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Friday 15th November 2024

Hello everyone, hope you've all had a good week.

It's been a busy week at Oakwood, from Positive Noticing Day, parents evenings and afternoons, wearing odd socks as part of our learning around anti-bullying week, as well as your children continuing to access the wide range of activities and opportunities our curriculum has to offer.

Safety week next week, watch this space and our FB page for updates throughout next week!

All at Oakwood hope you have a lovely weekend, see you on Monday.

Mr Arnold and the Oakwood Team.

Diary Dates to Remember

Monday 2nd December NON PUPIL DAY

23rd Dec to 3rd January CHRISTMAS BREAK

17th Feb to 21st Feb HALF TERM

7th April to 21st April EASTER BREAK

Monday 5th May MAY DAY BANK HOLIDAY

26th May to 30th May HALF TERM

Monday 30th June
MAY DAY BANK HOLIDAY

Wed 23rd July

NEW LUNCH MENU STARTING 4TH NOVEMBER

We have been given the option to add tomato pasta, ham and cheese paninis to the menu week commencing 4/11/2024 this will run alongside the new menu as a daily choice.

We have colours choices on parent pay,
Purple -cheese and tomato
orange -ham and tomato
yellow-tomato pasta.
It consists of half a panini with nachos.





W/C - MONDAY: 4TH NOV, 25TH NOV, 16TH DEC, 13TH JAN, 3RD FEB, 3RD MAR, 24TH MAR

WEDNESDAY

MEAT FREE MONDAY CHOICE1- H, W, V,

Margherita pizza with potato wedges

Allergens: (Glu), (Wh), (So), (Mi), m/c (E)

Katerveg meatballs

served with

homemade tomato

sauce & pasta

Allergens: (Glu), (Wh), (So)

CHOICE 2 - H, W, V, VE

CHOICE 2 - H, V, VE

Chickpea & sweetcorn burger served in a bun with potato wedges Allergens: (Glu), (Wh), (Mi, (So)

TUESDAY

CHOICE 2 - H, W

Chicken curry

with rice

All day breakfast choose from meat or climate friendly option

Meat Option Allergen: (Glu), (Wh), (E), (Mi)

ate Friendly Allergens: (Glu), (Wh)

THURSDAY CHOICE 1- H

Roast chicken, Yorkshire pudding, gravy and roast potatoes

Allergens: (Glu), (Wh,)(Mi), (E)

CHOICE 2 - H, V

Golden pastry topped vegetable pie, gravy & roast potato

Allergens: (Glu), (Wh), (Mi), (Ce)

CHOICE1 - H

FRIDAY

Homemade breaded haddock fillet served with fresh chips

Allergens: (Glu), (Wh), (E), (Mi)

CHOICE 2 - H, V Tangy cheese, quinoa & vegetable muffin served with fresh chips

Allergens: (Glu), (Wh), (E), (Mi)

SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEAMS / CHEESE / TUNA MAYONNAISE / COLESLAW



DESSERT - V, VE Fruit Salad

DESSERT - H, W, V **Butternut** and date cake

(Wh), (E)

OESSERT - H, V, VE

Cornish fairing biscuits and fruit slices

Allergens: (Glu), (Mi), (E)

S DESSERT - H, V, VE

Fruit platter or Yoghurt

Allergens: (SU), (Mi)

65 DESSERT - H, W, V, VE Fruity cornflake

tart with custard Allergens: (Wh), (Bar)









W/C - MONDAY: 11TH NOV, 2ND DEC, 30TH DEC, 20TH JAN, 17TH FEB, 10TH MAR, 31ST MAR

MONDAY

CHOICE 1- H. W

Baked bean and sausage pasta bake

Allergens: (Glu), (Wh)

TUESDAY

CHOICE 1 - H, V, VE Katerveg mince

chilli and rice

WEDNESDAY

CHOICE1-H Chicken chow mein

Allergens: (Glu), (Wh), (Se), (So)

THURSDAY

CHOICE1-H Roast beef, Yorkshire pudding, gravy and

roast potatoes Allergens: (Glu), (Wh), (Mi), (E)

CHOICE 1 Fish fingers served with fresh chips

FRIDAY

Allergens: (Glu), (Wh), (F)



CHOICE 2 - V. VE

Quorn dippers with seasoned potato wedges

Allergens: (Glu), (Wh)

CHOICE 2 - H. V

Tasty cheese wheels with herby diced potato

Allergens: (Glu), (Wh), (Mi), (Mu)

65 CHOICE 2 - H, V, VE

Vegetable sausage, mash and gravy

Allergens: (Glu), (Wh), (Ce)

65 CHOICE 2 - H, V, VE

Roast Quorn fillet, gravy and roast potatoes

Allergens: (Glu), (Wh), (Bar)

CHOICE 2 - H. W. V

Homemade cheese and tomato quiche served with fresh chips

Allergens: (Glu), (Wh), (E), (Mi)

SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW



DESSERT - V, VE Fruit Salad

DESSERT -H, V, VE Fruity flapjack

Allergens: (Glu), (O) m/c (Wh), (Bar)

DESSERT - H. W. V

root cake

Westcountry

DESSERT - H, V, VE

Fruit Platter

Allergens: (Glu), (O), M/C: (Wh), (Bar)

DESSERT - H. V

Zesty cake with custard

Allergens: (Glu), (Wh), (E), (Su), (Mi) m/c (Bar)









WEEK 3

W/C - MONDAY: 18TH NOV, 9TH DEC, 6TH JAN, 27TH JAN, 24TH FEB 17TH MAR

MONDAY CHOICE 1- H, W

Beef cobbler served with mash and gravy

Allergens: (Glu)(Wh) m/c (Mi)(Bar)

TUESDAY

CHOICE1 - H Chicken paella MEAT FREE WEDNESDAY

CHOICE 1- H, V, VE Tasty Katerveg bolognaise with garlic bread & pasta

Allergens: (Glu), (Wh), (So) m/c (Se)

THURSDAY CHOICE1-H

Roast gammon loin, Yorkshire Pudding, gravy & roast potatoes

Allergens: (Glu), (Wh), (E)

FRIDAY CHOICE 1 - H

Homemade fish cakes served with fresh chips

Allergens: (Glu), (Wh), (F), (E)

CHOICE 2 - H. V

Crispy samosa with rice

Allergens: (Glu), (Wh), (E)

CHOICE 2 - V, VE Quorn nuggets

with diced potato Allergens: (Glu), (Wh)

CHOICE1-H. V

Creamy macaroni cheese with garlic bread

Allergens: (Glu), (Wh), (Mi), (Mu) m/c(Se)

CHOICE 2 - H, V, VE

Golden crisp topped shepherds pie, gravy & roast potatoes

Allergens: m/c (Glu), (Wh), (Bar)

CHOICE 2 - V, VE

Quorn fingers served with fresh chips

Allergens: (Glu), (Wh)

SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW

DESSERT - V VE

DESSERT - H, V Fruit salad Orange honey cake

Allergens: (Glu), (Wh), (Mi), (E)

DESSERT - H, V, VE Custard biscuits

with fruit slices

Allergens: (Glu), (Wh)

S DESSERT - H, V, VE

Fruit Platter Allergens:

DESSERT - H, W, V, VE

Chocolate cake with chocolate sauce

Allergens: (Glu)(Wh)(E)(Mi) m/c(Bar)

AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT



NOVEMBER

BONFIRE NIGHT (TUESDAY 5TH NOVEMBER)

Hotdogs with seasoned wedges, Warming chilli and rice, Jacket potatoes with bonfire beans and cheese, Toffee apple cake and custard



CHRISTMAS LUNCH (SEE YOUR SCHOOL FOR DATE)

See your schools poster for the full Christmas menu and date



SIX NATIONS (FRIDAY 31ST JANUARY)

Fish fillet and chips or pasta, Cheese and leek plait, served with French green beans and carrots, Melting moments



(MONDAY 10TH FEBRUARY)

Winnie the Pooh honey chicken with seasoned wedges and coleslaw, Kung Fu Panda stir fried noodles with veg, Paddington Bear marmalade cake



INTER. SCHOOL MEAL DAY

(THURSDAY 13TH MARCH)

Roast beef and Yorkshire pudding, Italian Frittata, Lamington tray bake, Salad bar includes Swedish beetroot and apple salad





STAY UP TO DATE: 1 fo







At CATERed, we pride ourselves that the majority of the food we serve is cooked from scratch every day, making Ed's lunchtime menu truly awesome! Because we use fresh, local, seasonal and organic ingredients we're also supporting local growers, farmers and the regional economy whilst we keep an eye on our eco-footprint.

We use:-

- Locally caught and landed Pollock and Mackeral
- Free range eggs (including in our mayonnaise)
- Westcountry milk
- Westcountry yoghurts
- · Organic herbs
- No fried food
- Fairtrade sugar
- · Wholemeal flour
- Seasonal fresh vegetables and fruit (which may vary due to availability)

Please visit our pages at www.catered.org.uk

UIFSM: All children in Reception, Year 1 and Year 2 are entitled to receive a FREE school meal every day regardless of household circumstances. This is called universal infant free school meals. So you can come in and have a great tasting meal every day and pay Ed nothing!

We encourage everyone to take up this free offer!

FSM: If you think you may be entitled to free school meals for your child under aged 7 and for older children, information about free school meals can be found by following the link to Free School Meals within the CATERed webpages or by calling the FSM team on $01752\,307410^\circ$. Eligibility for FSM also provides schools with additional income via the Pupil Premium.

We encourage everyone one who's eligible to take up this free offer!

If you are buying a meal, one of Ed's Super Fantastic two course meals including a drink currently costs £2.75.

For a full allergen breakdown please contact us at catering@catered.org.uk, let us know what school your child attends so we can talk through the menu offer currently at that school.

Mandatory Food Standards apply to all school lunches details can be found by following the link from our pages or by visiting http://www.schoolfoodplan.com/actions/school-food-standards/













We want to know what you think about our food so if you have any questions, comments or want to send us some recipe ideas contact us on 01752 977166 or by email catering@catered.org.uk

Tell Ed!





is a company jointly owned by schools across the City and Plymouth City Council serving great tasting, freshly prepared food to children and young people every day.

Company No: 9355912 | VAT No: 208 5215 29



Below is the link to the Parent App introduction video that you might like to watch https://myhappymind.lpages.co/myhappymind-parent-app-introduction/

myHappymind has developed a set of resources for parents. These can be accessed online on your computer, or through the myHappymind app which can be downloaded on your device. The resources allow children to continue to practise some of the habits they have developed at school, such as Happy Breathing, and for you to learn more about what they are learning in the program. Also included are activities for you to do together at home, to complement the in-school lessons.

To access the materials, go to https://myhappymind.org/parent-resources and enter your name, email and 143305. The authentication code must be kept within our school community and has been sent out via this school newsletter.



Family Support Network



Mrs J Chubb Assistant Head of School

Deputy Designated Oakwood Academy

Lead for Safeguarding

Safeguarding

Education and Curriculum

Behaviour

Family Support

Service Families



Mrs Fliss Lock INCO

SEND Support

SEND and behavioursupport for parents

> School Nurse Referrals

DLA Applications

GP letters

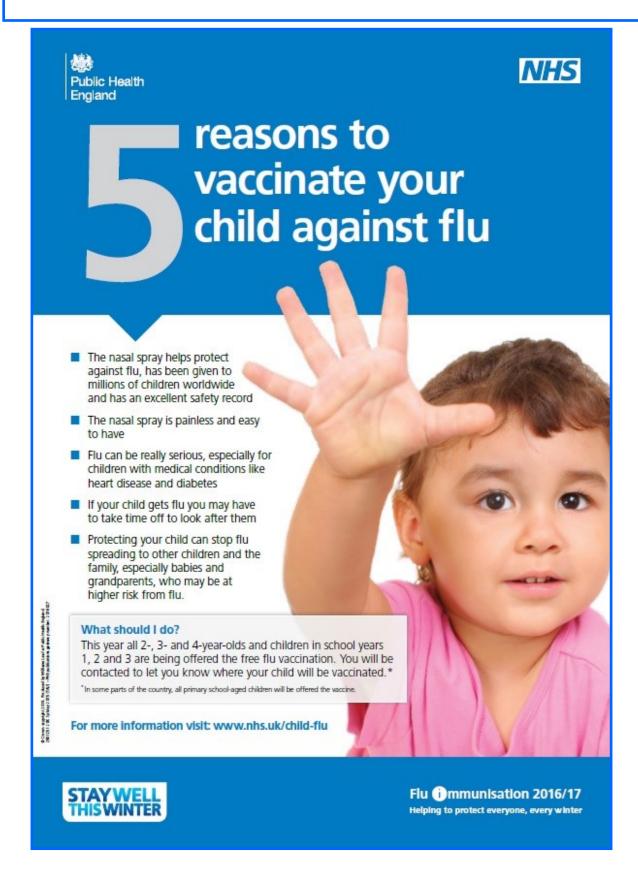


Mr P Arnold Senior Head of School

Designated Oakwood Academy Lead for Safeguarding

Family Support

Any parents who missed the consenting process and still wish their child to have the flu vaccine, please ask them to call us on 01392 342 678 and we will complete a consent form over the phone and refer them to book into one of our community clinics to be vaccinated.





Children, Young Person and Families' **Neurodiversity Wellbeing Team**

A casual meet up for parents and carers of neurodivergent children (no diagnosis required). Come along and meet our Community Support Workers and have a cuppa and a chat. No need to book, just turn up - and your little ones are more than welcome!



Coffee & Connect - sessions start Monday 7 October

Mondays, 9-10.30am Rees Centre Wellbeing Hub, Plympton PL7 2PS

Weds, 9.15-10.45am DELL Emerging Family Hub, High View School, Efford PL3 6JQ

Weds, 1-2.30pm Manor Street Children's Four Woods Farmy

Stonehouse, Hub, Crownhill Road, PL1 1TL

Thursdays, 1-2.30pm PL5 2LN

For further information please contact our advice line Monday to Friday from 09.00-11.00 or 14.00-16.00

Tel: 01752 435404

We support people to lead independent, healthy lives

Plymouth Family Hubs

28/10/2024



Plymouth Methodist Central Hall, Eastlake St, Plymouth, PL1 1BA Every Tuesday 1.15-2.30pm

PEEP corner for ideas through play to promote speech and language Café available

> Family Hub staff from Barnardo's, LARK and Action for Children (and other professionals) will be available for support and advice if needed.

Plymouth Family Hubs Autumn Timetable



Scan the QR code above or click <u>here</u> to view our Autumn term timetable

Parenting Courses



For more information on our parenting courses across the city click <u>here</u>







Dad's Group

Saturday 16th November Saturday 7th December

All groups are 10-11.30 and based at Green Ark Family.



Call 01752 686750 or go to Eventbrite to book.





What is Circle of Security?

Circle of Security is an 8 week programme available at various locations around Plymouth for parents and carer's focusing on attachment and attunement. The course aims to support in making sense of what our children are really asking.

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you? The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Using the COSP™ model developed by the Circle of Security originators, our trained Facilitators at Family Hubs work with parents and care-givers to help them to:

- Understand their child's emotional world by learning to read emotional needs
- · Support their child's ability to successfully manage emotions
- · Enhance the development of their child's self esteem
- · Honor the innate wisdom and desire for their child to be secure

For more information, or to find a course near you, contact Lark, Barnardos or Action for Children, and we can point you in the right direction.

Lark - 01752 313293 or email <u>expressionsofinterest@larkcluster.co.uk</u>
Barnardo's - <u>plymouthchildrenscentres@barnardos.org.uk</u>
Action for Children -01752 686750 <u>afc_referrals@actionforchildren.org.uk</u>







pesp supporting parents and children to learn together <u>Peep courses</u> <u>coming in January:</u>

Peep Outdoor Dads sessions Peep at Nomony Peep at Southway







For more information on our Peep groups across the city click here

Home Learning (Peep)



DAD'S SPORTS AND SOLIHULL LEARNING SESSIONS



AT ST PETER'S PRIMARY SCHOOL RENDLE STREET, PL1 1TP

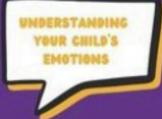
This course is for dads and male carers of children aged 0-8 years old.

Combining 45 minutes of active fun led by Argyle Community Trust with 45 minutes of Solihull learning and a cuppa! Pop along to these weekly sessions, where topics and talking points will include:



WEDNESDAYS FROM 6PM-7.30PM AT ST PETER'S PRIMARY SCHOOL









FOR MORE INFORMATION CONTACT US



01752 686750



GREEN ARK FAMILY HUB & MANOR STREET CHILDREN'S CENTRE



Action for Children, whose registered address is at 3 The Boulevard, Ascot Road, Watford WD18 BAG and registered as a charitable company limited by guarantee in England & Wales under number 4764232.

Registered charity numbers 1097940/5C038092.

Free School Meals

You may be entitled to apply for Free School Meals for your child/ren if you receive the following benefits:-

- Universal Credit, Income Support
- Income Based Job Seekers Allowance,
- Income Related Element of Employment and Support Allowance,
- Guaranteed Credit element of Pension
- Child Tax Credit (without Working Tax Credit) with an annual income of £16,190 or

We would urge parents who may be eligible for Free School Meals for the children to either apply on-line through the Plymouth City Council website or contact the school office for a form as soon as possible. This is very important, even if your child does not wish to take up the free meal. The register of FSM entitlement affects our overall school budget and we may be missing out on funding as a

Please do not confuse this with Universal School Free School Meal entitlement for children Meals in Years Reception to Year Two.



KS2 REN reading word count

The winners of this weeks word count for w/c 11th November is:-

Years 1 and 2 - Zimmer Class -1409 words

Year 3 – Lloyd-Webber Class – 6 473 words

Years 4 and 5 - Dun Class - 104 013 words

Year 6 – Elgar Class – 548 760 words



CHILD ABSENCE

If your child is unwell and is due in school. please leave a message on the child absence line by 9.00am each morning. Thank vou.



Keeping in Touch

Can we please remind parents that the vast majority of contact between school and parents is done by telephone or email. Please could you ensure that we are kept updated with you current contact details to enable us to keep in touch with you when needed.

Parent Pay

Please activate your parent pay account as this allows us to send Newsletters, trip letters and other important information that we may need to convey to you. Please contact the school office if you need assistance.

Facebook and Website

Please follow us on our Facebook page at Oakwood Primary Academy. Please refer to our school website for latest news and calendar dates.

Email Addresses to Remember

Year 6 - Elgar Class - r.sherrell@discoverymat.co.uk

Year 6 - Tchaikovsky Class - s.betts@discoverymat.co.uk

Year 4/5 - Bernstein Class - j.kelleher@discoverymat.co.uk

Year 4/5 - Dun Class - k.loftus@discoverymat.co.uk

Year 4/5 - Holst Class - I.crocker@discoverymat.co.uk or k.harvey@discoverymat.co.uk

Year 3 - Britten Class - a.moore@discoverymat.co.uk

Year 3 - Lloyd-Webber Class – s.wieprecht@discoverymat.co.uk or a.blakeston@discoverymat.co.uk

Year 2 - Zimmer Class - m.francis@discoverymat.co.uk

Year 1/2 - Vivaldi Class - t.ocarroll@discoverymat.co.uk or g.chandler@discoverymat.co.uk

Year R/1 - Price Class - c.wye@discoverymat.co.uk

Rec - Brahms Class - m.kelly@discoverymat.co.uk