



Pendeen Crescent, Southway, Plymouth, PL6 6QS
Tel : 01752 775478
Email : oakwood.office@discoverymat.co.uk

Friday 31st January 2025

Hello everyone and HAPPY FRIDAY!

Hope you have all had a good week, we certainly have here at Oakwood!

Super Swimming

Our Year 5 cohort have begun their 3 weeks' worth swimming coaching at the Life centre. The children have certainly enjoyed this experience and are looking forward to honing their skills in the coming weeks.

Year of the Snake

Chinese NEW year has been celebrated across the school this week, as you may have seen from our Facebook page the children have enjoyed learning about Chinese customs and culture.

Parent Forum

We held our second parent forum meeting on Tuesday this week, thank you to all those that attended. We discussed points raised at the previous meeting and everyone had the opportunity to ask questions and view opinions with the Senior Leadership Team. We value these opportunities for feedback and will hold our next parent form before the Easter break on Tuesday 1st April. I realise that this is April Fool's Day, but I can assure you I'm not joking, and I look forward to welcoming you all on the 1st April.

Trust Leadership visit

Mrs Nettleship, our Trust CEO, and Mrs Clark, our Director of Education, have spent a significant amount of time at Oakwood Primary over recent weeks. They have been in classrooms, observing teaching and learning, talking to pupils and giving feedback to staff and the Senior Leadership team. On the whole, these were positive visits and there is much to be pleased about at Oakwood Primary. As a school, we will continue to act upon feedback and information to ensure consistency of approach and so we can continue on our journey of improvement.

Please continue to check our diary dates section on this newsletter, we've got a busy few weeks coming up!

Enjoy your weekend, Mr Arnold and the Oakwood Team.

Diary Dates to Remember

Monday 3rd-Friday 14th February
YR5 SWIMMING

Tuesday 4th February
NATIONAL STORYTELLING WEEK

Monday 3rd - Friday 7th February
CHILDREN'S MENTAL HEALTH WEEK
THURSDAY 6TH - ALL IN PE KIT FOR CIRCUITS
FRIDAY 7TH- PJ DAY

Tuesday 11th February
EYFS WOW SPACE DAY!

17th Feb to 21st Feb
HALF TERM

MONDAY 3rd March
CAREERS DAY & DRESS UP

RECEPTION AND YEAR 6 PUPILS HEIGHT & WEIGHT MEASUREMENT PROGRAMME

Week of 3rd March
PARENTS AFTERNOON/EVENING DETAILS TO FOLLOW

Thursday 6th March
WORLD BOOK DAY

7th April to 21st April
EASTER BREAK

Monday 5th May
MAY DAY BANK HOLIDAY

Sunday 11th May
SCHOOLS MARATHON CHALLENGE

26th May to 30th May
HALF TERM

Wednesday 4th June
EYFS AQUARIUM TRIP

Monday 30th June
NON PUPIL DAY

Family Support Network



Mrs J Chubb
Assistant Head of
School

Deputy Designated
Oakwood Academy
Lead for Safeguarding

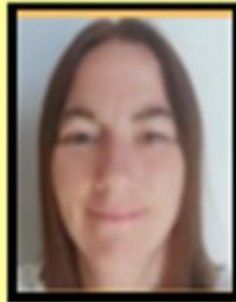
Safeguarding

Education and
Curriculum

Behaviour

Family Support

Service Families



Mrs Fliss Lock
INCO

SEND Support

SEND and behaviour-
support for parents

School Nurse
Referrals

DLA Applications

GP letters



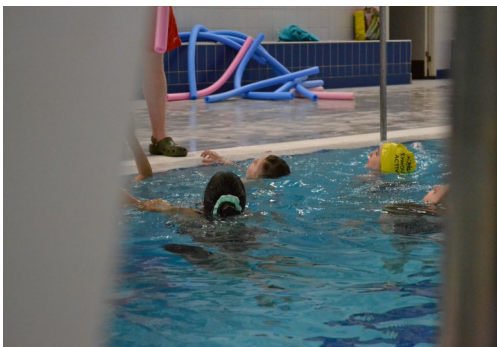
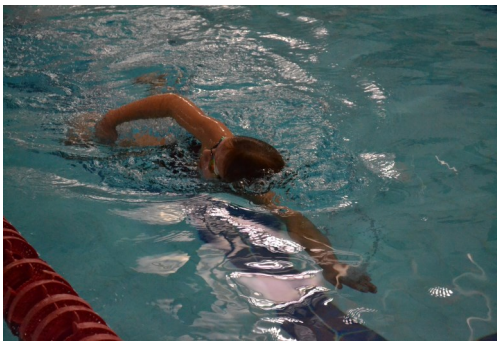
Mr P Arnold
Senior Head of School

Designated
Oakwood Academy
Lead for Safeguarding

Family Support

Super Swimming

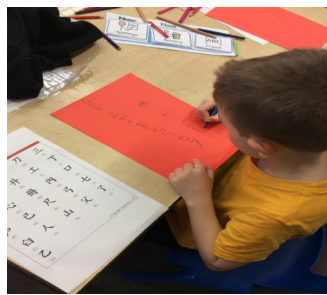
Our Year 5 cohort have begun their 3 weeks' worth swimming coaching at the Life centre. The children have certainly enjoyed this experience and are looking forward to honing their skills in the coming weeks.



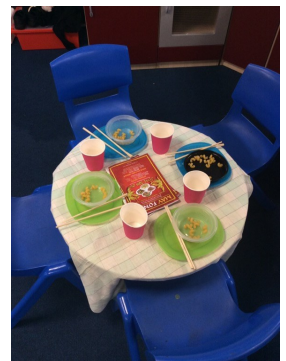
Celebrating Chinese New Year at Oakwood! Year of the Snake

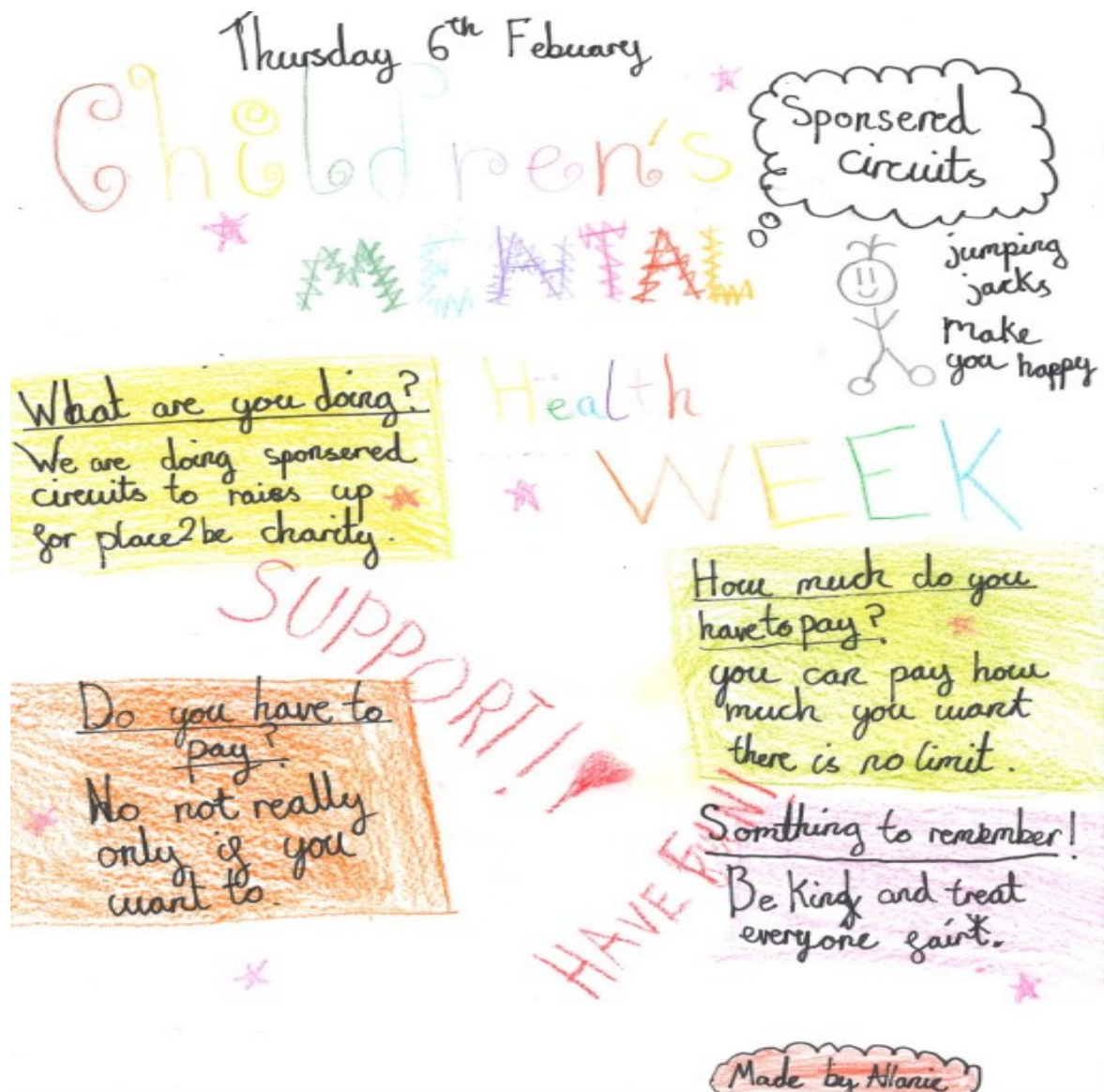
Chinese NEW year has been celebrated across the school this week, as you may have seen from our Facebook page the children have enjoyed learning about Chinese customs and culture.

This week, our school was filled with excitement as we celebrated Chinese New Year 2025 with a variety of fun activities! Children learned about the traditions and meanings behind the festival, created beautiful lanterns and snake crafts, practiced Chinese numbers, and even tried some traditional Chinese foods in the canteen. It was a fantastic way to explore a new culture and enjoy a joyful celebration together. Happy Chinese New Year!



Foundation have been making lanterns, writing their names using Chinese symbols and they have also had a role play Chinese restaurant where they have been using chopsticks





We are proud to be taking part in Children's Mental Health week this year. Across this week, all children will be taking part in discussions in their classrooms to learn more about this. We have also enlisted the help of our School Champions and Happiness Heroes, who have decided that they would like to fundraise for Place2Be. This charity uses the money to help children and families across the country.

Thursday 6th February- Children are asked to wear PE kits so all children can have a go at completing circuits and asking those at home to sponsor them.

Friday 7th February- Pyjama Day

If you would like to sponsor a child or donate towards this charity, we kindly ask for any donations via our JustGiving page (no physical money please). To make this accessible to everyone, as even a small donation would be amazing, we ask these to be anonymous if possible. [Oakwood Primary Academy Plymouth is fundraising for Place2Be.](#)

We are so grateful to those who have donated already!

Space Day!

Tuesday 11th February



Brahms class are having a space themed WOW day.

As part of this, the children can come to school dressed as something linked to space.

Throughout the day they will participate in a range of space themed activities including going for a “walk on the moon” and tasting space food!

Plymouth and District Junior Netball League



Would your child like to try a new sport?

Junior Netball League are offering FREE Taster netball sessions for Boys and Girls in years 3-6 who don't currently belong to a netball club.

**Boys 10-11.15 GIRLS 11.30-12.45,
Plymouth Life Centre, Saturday
1st February.**

Please email

pdjnlenquiries@gmail.com to book your place, and see why it is one of the biggest sports for girls in the UK and one of the biggest growing for boys 😊



FAMILY WELLNESS DAY

Saturday 8 February from **10.30am to 2.30pm**
at **Plymouth Life Centre**

Join us for a wellness day for families in Plymouth. The focus of the day is supporting the mental health and wellbeing of children, young people and their families.

A range of organisations will be present to provide guidance and advice, alongside engaging activities such as dance, yoga, wrestling, and a bouncy castle.

Scan the QR code to book a space and view the full timetable of activities.



For
ages 4
to 11

Derriford Church



Kids Club



Come along on:

£1
per family

Friday 10th January
Friday 7th February
Friday 7th March

- Arts & Craft
- Games
- Bible Stories
- Food

3.45 - 5:30pm

@ Derriford Church
Powisland Drive
Plymouth, PL6 6AB



Family members are
welcome to join us!
Refreshments provided



BARNARD'S

'Jump' with Dad

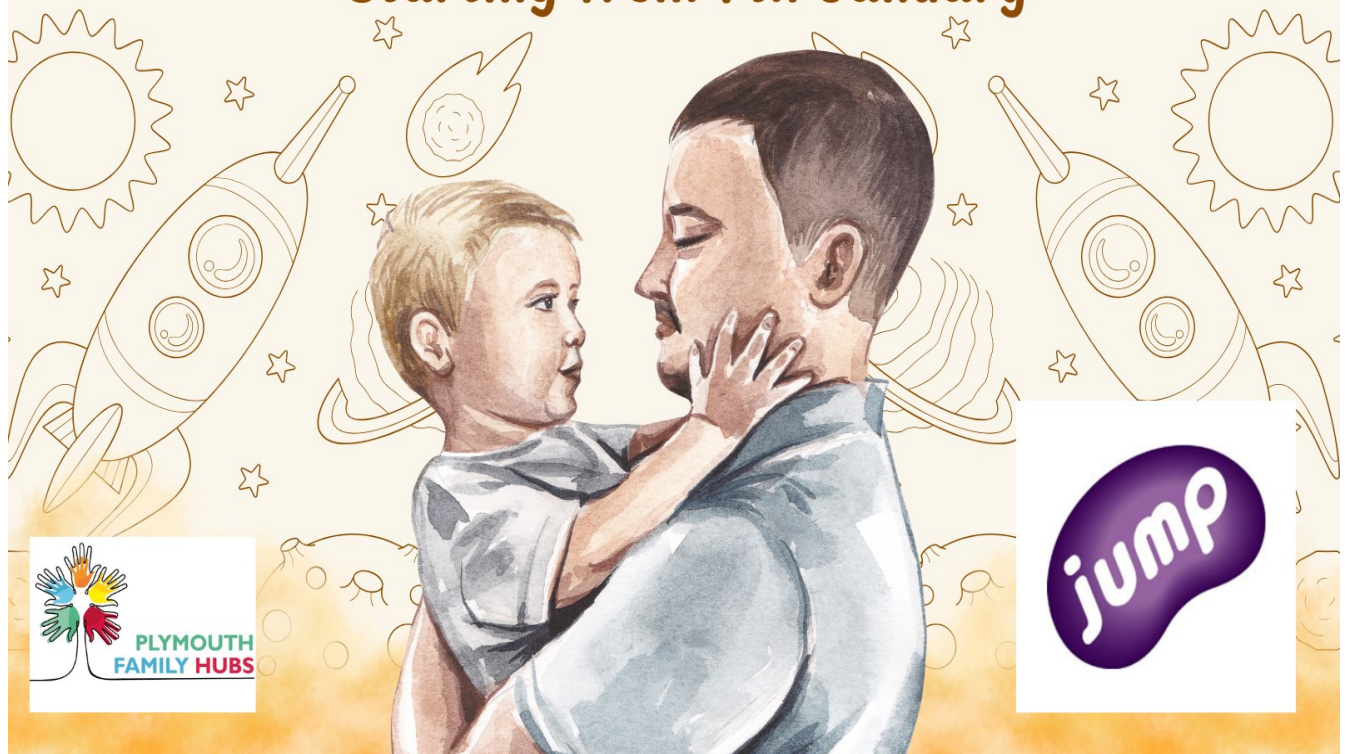
FREE

SOFT PLAY SESSION

at

Jump Plymouth

The 1st Tuesday of every month, 3.30-6pm
Starting from 7th January



DAZZLE DANCE

DANCE YOUR WAY TO  FAMILY FITNESS!



Ballet for Kids

Mondays & Thursdays - 16:00 - 17:00 (age 4 to 6) and 17:00 - 18:00 (age 7 to 12)

Dance fitness and every other Monday

Belly Dance Mondays - 18:00 (Adults)

Stretch & Tone & Belly Dance

for All Ages Thursdays - 18:00 -

19:00 Stretch & Tone and every other Thursday

Woolwell centre

Contact Information: Mobile:

07551299724

Email:

amerissa2024@outlook.com



Woolwell
COMMUNITY CENTRE

AMERISSA VOGIATZI
DANCE INSTRUCTOR

WOOLWELL COMMUNITY CENTRE



LUNCH MENU

Ham and cheese paninis are on the menu week commencing 4/11/2024 this will run alongside the new menu as a daily choice.

We have colour choices on parent pay ,

Purple -cheese and tomato

orange -ham and tomato

It consists of half a panini with nachos.



WEEK 1

**WINTER WARMER
HOT PANINI OR PASTA**

Choose from Ham & Tomato or
Cheese & Tomato, served with tortilla chips
and vegetables. Or a Homemade tomato
sauce with pasta.

W/C - MONDAY 4TH NOVEMBER, 25TH NOVEMBER, 16TH DECEMBER, 20TH JANUARY, 10TH FEBRUARY, 10TH MARCH, 31ST MARCH

| MEAT FREE MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| <p>CHOICE 1 - H, W, V Margherita pizza with potato wedges Allergens: (Glu), (Wh), (So), (Mi), m/c (E)</p> | <p>CHOICE 2 - H, W Chicken curry with rice Allergens: (Su)</p> | <p> All day breakfast - choose from meat or climate friendly option Meat Option Allergens: (Glu), (Wh), (E), (Mi) Climate Friendly Allergens: (Glu), (Wh)</p> | <p>CHOICE 1 - H Roast chicken, Yorkshire pudding, gravy and roast potatoes Allergens: (Glu), (Wh), (Mi), (E)</p> | <p>CHOICE 1 - H Homemade breaded haddock fillet served with fresh chips Allergens: (Glu), (Wh), (E), (Mi)</p> |
| <p> CHOICE 2 - H, W, V, VE Katerveg meatballs served with homemade tomato sauce & pasta Allergens: (Glu), (Wh), (So)</p> | <p> CHOICE 2 - H, V, VE Chickpea & sweetcorn burger served in a bun with potato wedges Allergens: (Glu), (Wh), (Mi), (So)</p> | | <p>CHOICE 2 - H, V Golden pastry topped vegetable pie, gravy & roast potato Allergens: (Glu), (Wh), (Mi), (Ce)</p> | <p>CHOICE 2 - H, V Tangy cheese, quinoa & vegetable muffin served with fresh chips Allergens: (Glu), (Wh), (E), (Mi)</p> |

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

| | | | | |
|--|--|---|---|---|
| <p> DESSERT - V, VE Fruit Salad</p> | <p>DESSERT - H, W, V Butternut and date cake Allergens: (Glu)(Wh), (E)</p> | <p> DESSERT - H, V, VE Cornish fairing biscuits and fruit slices Allergens: (Glu), (Wh)</p> | <p> DESSERT - H, V, VE Fruit platter or Yoghurt Allergens: (Su), (Mi)</p> | <p> DESSERT - H, W, V, VE Fruity cornflake tart with custard Allergens: (Wh), (Bar)</p> |
|--|--|---|---|---|

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

Fresh fruit, local WESTCOUNTRY yoghurt and West Country milk available daily. Fresh drinking water is available throughout the lunch time period. All meals served with seasonal vegetables. Chicken alternatives to beef and pork upon request. One meat free day.

H = HOME-MADE IN THE KITCHEN, W = WHOLE WHEAT INGREDIENTS, VE = VEGAN DISH, V = VEGETARIAN

Allergen Key: Gluten (Glu), Barley (Bar), Wheat (Wh), Oats (O), Rye (R), Soya (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (Mi), Nuts (N), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lupin (L), m/c May Contain

= Climate Friendly



WEEK 2

**WINTER WARMER
HOT PANINI OR PASTA**

Choose from Ham & Tomato or
Cheese & Tomato, served with tortilla chips
and vegetables. Or a Homemade tomato
sauce with pasta.

W/C - MONDAY 11TH NOVEMBER, 2ND DECEMBER, 6TH JANUARY, 27TH JANUARY, 24TH FEBRUARY, 17TH MARCH

| MONDAY | MEAT FREE TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| <p>CHOICE 1 - H, W Baked bean and sausage pasta bake Allergens: (Glu), (Wh)</p> | <p> CHOICE 1 - H, V, VE Katerveg mince chilli and rice Allergens: (So)</p> | <p>CHOICE 1 - H Chicken chow mein Allergens: (Glu), (Wh), (Se), (So)</p> | <p>CHOICE 1 - H Roast beef, Yorkshire pudding, gravy and roast potatoes Allergens: (Glu), (Wh), (Mi), (E)</p> | <p>CHOICE 1 Fish fingers served with fresh chips Allergens: (Glu), (Wh), (F)</p> |
| <p> CHOICE 2 - V, VE Quorn dippers with seasoned potato wedges Allergens: (Glu), (Wh)</p> | <p>CHOICE 2 - H, V Tasty cheese wheels with herby diced potato Allergens: (Glu), (Wh), (Mi), (Mu)</p> | <p> CHOICE 2 - H, V, VE Vegetable sausage, mash and gravy Allergens: (Glu), (Wh), (Ce)</p> | <p> CHOICE 2 - H, V, VE Roast Quorn fillet, gravy and roast potatoes Allergens: (Glu), (Wh), (Bar)</p> | <p>CHOICE 2 - H, W, V Homemade cheese and tomato quiche served with fresh chips Allergens: (Glu), (Wh), (E), (Mi)</p> |

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

| | | | | |
|--|--|--|--|---|
| <p> DESSERT - V, VE Fruit Salad</p> | <p> DESSERT - H, V, VE Fruity flapjack Allergens: (Glu), (O) m/c (Wh), (Bar)</p> | <p>DESSERT - H, W, V Westcountry root cake Allergens: (Glu), (Wh), (E) m/c (Mi), (Bar)</p> | <p> DESSERT - H, V, VE Fruit Platter Allergens: (So)</p> | <p>DESSERT - H, V Zesty cake with custard Allergens: (Glu), (Wh), (E), (Su), (Mi) m/c (Bar)</p> |
|--|--|--|--|---|

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= Climate Friendly



WEEK 3

**WINTER WARMER
 HOT PANINI OR PASTA**

Choose from Ham & Tomato or
 Cheese & Tomato, served with tortilla chips
 and vegetables. Or a Homemade tomato
 sauce with pasta.

**W/C - MONDAY 18TH NOVEMBER, 9TH DECEMBER, 13TH JANUARY, 3RD FEBRUARY,
 3RD MARCH, 24TH MARCH**

| MONDAY | TUESDAY | MEAT FREE WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| <p>CHOICE 1 - H, W Beef cobbler served with mash and gravy Allergens: (Glu), (Wh), m/c (Mi), (Bar)</p> | <p>CHOICE 1 - H Chicken paella</p> | <p>CHOICE 1 - H, V, VE Tasty Katerveg bolognaise with garlic bread & pasta Allergens: (Glu), (Wh), (So) m/c (Se)</p> | <p>CHOICE 1 - H Roast gammon loin, Yorkshire Pudding, gravy & roast potatoes Allergens: (Glu), (Wh), (E)</p> | <p>CHOICE 1 - H Homemade fish cakes served with fresh chips Allergens: (Glu), (Wh), (F), (E)</p> |
| <p>CHOICE 2 - H, V Crispy samosa with rice Allergens: (Glu), (Wh), (E)</p> | <p>CHOICE 2 - V, VE Quorn nuggets with diced potato Allergens: (Glu), (Wh)</p> | <p>CHOICE 1 - H, V Creamy macaroni cheese with garlic bread Allergens: (Glu), (Wh), (Mi), (Mu) m/c (Se)</p> | <p>CHOICE 2 - H, V, VE Golden crisp topped shepherds pie, gravy & roast potatoes Allergens: m/c (Glu), (Wh), (Bar)</p> | <p>CHOICE 2 - V, VE Quorn fingers served with fresh chips Allergens: (Glu), (Wh)</p> |
| <p>SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW</p> | | | | |
| <p>DESSERT - V VE Fruit salad</p> | <p>DESSERT - H, V Orange honey cake Allergens: (Glu), (Wh), (Mi), (E)</p> | <p>DESSERT - H, V, VE Custard biscuits with fruit slices Allergens: (Glu), (Wh)</p> | <p>DESSERT - H, V, VE Fruit Platter Allergens: (So)</p> | <p>DESSERT - H, W, V Chocolate cake with chocolate sauce Allergens: (Glu), (Wh), (E), (Mi) m/c (Bar)</p> |

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

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Climate Friendly



ED'S SPECIAL EVENTS



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



DECEMBER CHRISTMAS LUNCH (SEE YOUR SCHOOL FOR DATE)

See your schools poster for the full Christmas menu and date



JANUARY SIX NATIONS (FRIDAY 31ST JANUARY)

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



FEBRUARY TEDDY BEAR DAY (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



MARCH 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





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 Mackerel
- 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)



Tell Ed!

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

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

UFSM: 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. 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/>

Design by www.crunchecreative.co.uk



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



Plymouth Family Hubs

MONTHLY UPDATE



December 2024



[Click here for Plymouth Family Hubs Facebook Page](#)



Brainwaves Free mental health resources for secondary schools

[Click here for more information](#)

FAMILY HELP AND INFORMATION LINE

Need help or advice about your own family? Are you a practitioner who wants to get some advice about a family you are working with? Get in touch using our new Early Help and SEND advice line. Our Family Support Workers are here to talk about any worries or answer your questions.

We can offer support around:

- Relationship worries
- Education worries
- Parenting guidance
- School attendance
- Emotional wellbeing
- SEND concerns
- Social and emotional difficulties
- The SEND process

Book a conversation now at www.plymouth.gov.uk/familyhelp

Plymouth Family Hubs Autumn Timetable



Scan the QR code above or [click here](#) to view our Autumn term timetable



For more information on support for cost of living [click here](#)

Parenting Courses



For more information on our parenting courses across the city [click here](#)



Lark Children's Centre (North Prospect Emerging Family Hub) are currently working on plans to move into a new centre in North Prospect. Whilst this transition is underway, we continue to offer a service and will be operating temporarily out of St James The Less Church Hall. This is next door to our previous Ham Drive delivery space, to ensure our community can still access us with ease.

Whilst work is underway to prepare our new building, we may have some changes to our programme and group services, however we are still accepting referrals and will continue to deliver our service during this transition period. We are looking forward to launching our new family hub in the new year!

For more information, or for enquiries about Lark please contact 01752 313293.

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:

- UNDERSTANDING YOUR CHILD'S BEHAVIOUR
- BENEFITS OF PLAY AND INTERACTIONS
- UNDERSTANDING YOUR CHILD'S SHOOTING
- UNDERSTANDING YOUR CHILD
- SOLIHULL APPROACH

WEDNESDAYS FROM 6PM-7:30PM AT ST PETER'S PRIMARY SCHOOL

FOR MORE INFORMATION CONTACT US

01752 686750

GREEN ARK FAMILY HUB & HAMDRIVE STREET CHILDREN'S CENTRE



PLYMOUTH FAMILY HUBS

Plymouth Family Hubs

MONTHLY UPDATE

December 2024



COMMUNICATION – CARING DAD’S PROGRAMME

Caring Dads is a 17-week FREE to agency and attendees programme designed for Dad’s who acknowledge they need to change their behaviour towards their partner (or ex-partner) and children who they are having contact with.

What are the programme aims?

- Help Dad’s improve their relationship with their children.
- End controlling, abusive and neglectful behaviours with relationships.

Criteria for the programme:

- Dad is to be having at least weekly contact with child/ren.
- No previous sexual offences
- Abstaining from using alcohol and other substances

Referrer needs to remain involved with the Dad throughout the programme or take responsibility for constructively passing the case on to another case holder, for at least the remainder of the group.

- We cannot work with men in total denial. Most men are likely to minimise, deny, blame etc. we can consider a man for assessment if he regrets some of his actions and accepts, he needs to change something.

What is required of Referrers?

- Talk with the Dad and encourage his interest.
- Ensure you can identify some realistic positive outcomes for the mother and children from the Dad’s participation in the programme.
- Agree that you will retain responsibility for the Dad throughout the programme or ensure that some other person/agency will take on that role.

Attend a pre assessment interview with the Dad and a Caring Dad’s facilitator, a mid-way meeting and one at the end of the programme

- Engage with us over you experience of the programme and inform us of any ways we need to improve.

When: Course starts on Thursday 6th February 2025
Course Finishes on Thursday 29th May 2025

Where: Manor Street Children’s Centre, Stonehouse, Plymouth, PL1 1TL

Closing Dates for referrals will be the Friday 17th January 2025.
Any further questions please contact Francesca.green@actionforchildren.org.uk

Barnardo's Exceed Service DICE
A 4-week Online Parenting Support Programme

DICE provides families with information, advice and support to help them provide a safe and protective environment for their child or young person. Supports families to understand the risks young people face in modern society. 4 week online free universal support for parents/carers of pre-teens and teens who are worried about parenting in the modern world, with the risks and challenges this presents.

The programme is running on a regular basis throughout the year. Please ensure you contact Exceed to request a referral form and a space or you can use the QR Code below which will take you to our referral via google forms.

exceed@barnardos.org.uk

01752 256339

exceed@barnardos.org.uk

www.barnardosexceed.org.uk

Registered Charity Nos. 216250 and SC037605

Session 01 Introduction and talk about the life of a Teenager
The teenage brain, why teenagers might take risks and the pressures they face in the modern world.

Session 02 The exploitation of children and young people
Grooming—what it is, how does it happen, where and by whom? How can we spot the signs? Active listening techniques, advice and guidance, managing stress and pull factors.

Session 03 Digital Dangers
Social media, sexting and nude selfies How can we be better digital parents/carers?

Session 04 A safe place to share ideas about parenting
Parenting top tips - Practical advice and information about the support available. Communicating effectively, life parenting a teenager, support networks and working together.

The Barnardo's Exceed service is open 9am - 5pm Mondays to Fridays (not including bank holidays). We aim to get in contact with you within 1 working day after receiving your enquiry.

For all enquiries, further information or a referral form please contact - exceed@barnardos.org.uk

Barnardo's Exceed Service DICE
Upcoming Dates

Please note this is a 4-week course. Therefore please ensure you're able to attend all 4 weeks listed. All sessions are on Thursdays unless stated otherwise.

| October | February |
|-----------------------------|-----------------------------|
| Evening Course - 5pm to 7pm | Evening Course - 5pm to 7pm |
| Thursday 10th | Thursday 6th |
| Thursday 17th | Thursday 13th |
| Thursday 24th | Thursday 20th |
| Thursday 31st | Thursday 27th |
| November | March |
| Evening Course - 5pm to 7pm | Day Course - 10am to 12pm |
| Thursday 7th | Monday 24th February |
| Thursday 14th | Monday 3rd |
| Thursday 21st | Monday 10th |
| Thursday 28th | Monday 17th |
| January | |
| Evening Course - 5pm to 7pm | |
| Thursday 9th | |
| Thursday 16th | |
| Thursday 23rd | |
| Thursday 30th | |

01752 256339

exceed@barnardos.org.uk

www.barnardosexceed.org.uk

Registered Charity Nos. 216250 and SC037605



Plymouth Family Hubs

MONTHLY UPDATE

December 2024



Plymouth Methodist Central Hall, Eastlake St, Plymouth, PL1 1BA
Every Tuesday 11:5-2:30pm

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.

PEEP corner for ideas through play to promote speech and language

Family Hub Soft Play
"FREE"

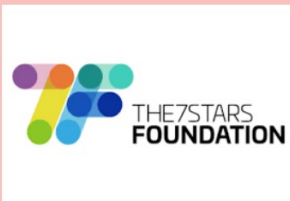
COSY CHRISTMAS CAROLS AND STORIES

Monday 16th December: Plymouth Library, 3.30-4.00pm
Monday 16th December: Crownhill Library, 3.30-4.00pm
Monday 16th December: Efford Library, 3.30-4.00pm
Thursday 19th December: Plymstock Library, 3.30-4.00pm
Thursday 19th December: St Budeaux Library, 3.30-4.00pm
Friday 20th December: Central Library, 2.30-3.00pm
Friday 20th December: Southway Library, 3.30-4.00pm

Fit and Fed

Plymouth City Council has received funding from the Department for Education to coordinate a city-wide holiday activity and food programme during the 2024 Easter, summer and Christmas holidays to primarily support families with children who receive benefit related free school meals.

For more information please click [here](#)



7Stars Foundation is offering grants of up to £2,500 for registered charities with an annual turnover of less than £1.5 million across the UK to deliver projects and activities that support young people aged 16 years and under across the priority themes of abuse, addiction, child carers, and homelessness.

Apply for funding [here](#)

Fit and Fed

Free Family Activities

Family Swim
National Marine Aquarium
Ice Skating
Tenpin Bowling

Only for children in receipt of benefit-related free school meals

Enquire now at www.plymouth.gov.uk/fitandfed
or
Email getactive@plymouthactive.co.uk



Plymouth Family Hubs

MONTHLY UPDATE

December 2024



Clare Young - Community Support Worker, CYP&F Neurodiversity Wellbeing Team
Please see the link below for our free Family Fun Day in January.

[Book a space here](#)

My Mind, My Body, My Money – A Family Wellbeing event

Save the Date

Saturday 8 February
Plymouth Life Centre 10.30 to 2.30

Find out and experience some of the amazing services available to children, young people and families across Plymouth.

Workforce Development - Support for Young People Worried about their sexual behaviour - SHORE



Click [here](#) to join the meeting

16th January
2024
4-5pm

Libraries news



Library Market Days

Plymouth Libraries will be hosting three Library Market Days in December:

St Budeaux Library - Tuesday 3

December, 10am to 4pm

Plymstock Library - Friday 6 December, 10am to 2pm

Plymstock Library - Tuesday 17 December, 10am to 2pm

During these events, you can expect to find a variety of local and small businesses, a library book sale, festive coffee mornings and craft activities for children and families.

To find out more click [here](#)



Christmas activities in libraries
We have some exciting festive activities happening in libraries over the next few weeks including coffee mornings, carol singing, craft activities and even a sprout themed treasure hunt!

We are also delighted to announce that Santa will be making an appearance at some of our Rhymetimes!

Browse our online calendar to discover free, fun, festive events and activities happening at your local library and to check Santa's timetable!

To find out more click [here](#)



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.



5 reasons to vaccinate your child against flu

- The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- The nasal spray is painless and easy to have
- Flu can be really serious, especially for children with medical conditions like heart disease and diabetes
- If your child gets flu you may have to take time off to look after them
- Protecting your child can stop flu spreading to other children and the family, especially babies and grandparents, who may be at higher risk from flu.

What should I do?
This year all 2-, 3- and 4-year-olds and children in school years 1, 2 and 3 are being offered the free flu vaccination. You will be contacted to let you know where your child will be vaccinated.*

*In some parts of the country, all primary school-aged children will be offered the vaccine.

For more information visit: www.nhs.uk/child-flu



STAY WELL THIS WINTER

Flu Immunisation 2016/17
Helping to protect everyone, every winter

School Trip payment reminders

Nethercott Farm

Further instalment payment of £50 due 31/01/2025. Please contact the school office if you require any assistance. Thank you.

London Trip

Further instalment payment of £50 due by 31/01/2025. Please contact the school office if you require any assistance. Thank you.

PGL 2025

Further instalment payment of £30 due by 31/01/2025. Please contact the school office if you require any assistance. Thank you.

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 Credit
- Child Tax Credit (without Working Tax Credit) with an annual income of £16,190 or less.

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 result.

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



KS2 REN reading word count

The winners of this weeks word count for is:-

Years 1 and 2 – Zimmer Class – 8073 words

Year 3 – Lloyd Webber Class – 295 791 words

Years 4 and 5 – Bernstein Class – 106 729 words

Year 6 – Elgar Class – 536 080 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 you.



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 your 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 – l.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