



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

## Friday 7th February 2025

Hello everyone, hope you have had a good week.

Year 5 have continued to access the Life centre everyday to take part in swimming lessons and activities. In addition, we have all enjoyed taking part in our mental health week activities including the physical ones, as you can see from the pictures below.

A HUGE thank you to Mrs Loftus and Mr Kelleher for organising and leading these events for us.

### **Children's mental health week.**

This week, the whole school have been taking part in activities to promote mental health awareness. As well all children learning about this in class, Mr Kelleher organised and ran exercise circuits in the hall that we all completed across Thursday morning. We were impressed at everyone's enthusiasm! We also raised awareness by sporting our PJs today. Thank you everyone who has donated so far, we've raised over £100 for Place2Be! We'll update you next week with the final amount.

### **Open the Book**

On Monday, Open the Book visitors from Derriford Church delivered an assembly based on the story of Daniel and the Lions Den. The story emphasised courage, bravery and making the right choices.

I hope you all have a lovely weekend, and we look forward to seeing you all on Monday.

Mr Arnold and the Oakwood Team.

### **Diary Dates to Remember**

**Monday 10th-Friday 14th February**  
**YR5 SWIMMING**

**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**

**Wed 23rd July**  
**SUMMER BREAK**

As you maybe aware, we have been taking part in the PINS project. To support us through this, it is important to gather parental contributions. Please find a link to a parent questionnaire. The privacy statement is at the top of the questions. This survey will close on the 3<sup>rd</sup> Match.

[PINS Survey 2 | Plymouth Parent Carers Voice on Glue Up](#)

As part of the PINS project we have a Coproduction meeting for parents of children on the SEN register in school with Plymouth Parent Voice coordinator Claire Paddon on Wednesday 12<sup>th</sup> March.

If you are interested in attending, please email Fliss Lock (INCO) directly, so we can ensure that we have enough tea and biscuits.

f.lock@discoverymat.co.uk

# Family Support Network



**Mrs J Chubb**  
Assistant Head of  
School

Deputy Designated  
Oakwood Academy  
Lead for Safeguarding

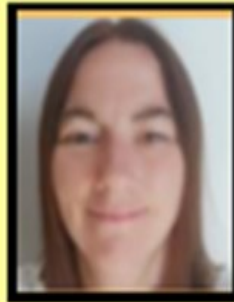
Safeguarding

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



# Children's Mental Health Week.

This week, the whole school have been taking part in activities to promote mental health awareness. As well all children learning about this in class, Mr Kelleher organised and ran exercise circuits in the hall that we all completed across Thursday morning. We were impressed at everyone's enthusiasm! We also raised awareness by sporting our PJs today. Thank you everyone who has donated so far, we've raised over £100 for Place2Be! We'll update you next week with the final amount.



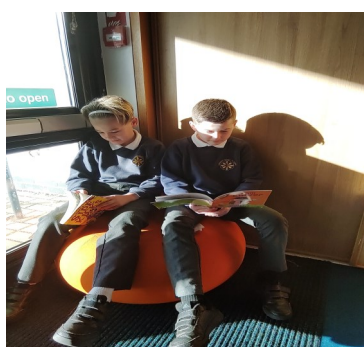


# PYJAMA DAY!

The children enjoyed Pyjama day today raising awareness for Children's Mental Health Week!  
Please keep the donations coming in!



**Last week, Dun class enjoyed moving our reading lesson to the library. We began by choral reading the text, both as a class and with our partner. We then spent some time reading for pleasure with our friends and choosing new books.**



## OPEN THE BOOK

On Monday, Open the Book visitors from Derriford Church delivered an assembly based on the story of Daniel and the Lions Den. The story emphasised courage, bravery and making the right choices.





# Space Day!

**Tuesday 11<sup>th</sup> 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!





ARGYLE  
COMMUNITY  
TRUST



# FEBRUARY HALF TERM ROADSHOWS

PLYMOUTH FEB 2025 | 9.30AM-3.30PM BOYS & GIRLS ALL ABILITIES AGED 5-15

**New & improved** roadshows with **huge savings!**

Prices  
from  
**£10!!!**

## Monday, 17 February

Magic Monday at Home Park - **£10**

Ivybridge Community College Football Roadshow - **£15**

## Tuesday, 18 February

Technical Tuesday at Manadon Sport Hub - **£15**

Wembury Primary School Multi Sports - **£15**

Sherford Community Hub Football Roadshow - **£15**

## Wednesday, 19 February

Wild Wednesday Street Games at Manadon Sport Hub - **£15**

Wembury Primary School Gymnastics Roadshows - **£15**

## Thursday, 20 February

Thursday Thrill Epic Football Tournament Day  
at Manadon Sports Hub - **£15**

Lipson Vale Primary School Multi Sports - **£15**

## Friday, 21 February

Friday Fanatics at Home Park - **£15**



SCAN ME

**Book now 01752 522202**

[www.officialsoccerschools.co.uk/argyle/courses.html](http://www.officialsoccerschools.co.uk/argyle/courses.html)

[www.argylecommunitytrust.co.uk](http://www.argylecommunitytrust.co.uk)

### FOOTBALL ROADSHOW

Our Soccer Roadshows are age and football specific with the emphasis on fun, enjoyment and development. Sessions include skills, techniques, competitions and small sided games.

### MULTI SPORTS/SKILLS

Chance for participants to undertake a wide range of sports throughout the day. Sports will vary from football, handball, tag rugby plus many more. Each venue and area will offer different sports.

### MAGIC MONDAY

Participants will meet and have lunch at The Theatre of Greens, the home of Plymouth Argyle.

### TECHNICAL TUESDAY

Technical Tuesday will focus on technical based practices and the technical aspects of football coaching.

### WILD WEDNESDAY STREET GAMES

Street games include penalty hot seat, the crossing game, Wembley singles, Wembley doubles, back-to-back goal and many more classic and fun football themed games.

### THURSDAY THRILL EPIC FOOTBALL

#### TOURNAMENT DAY

Experience the thrill of football as participants are split into teams to compete in matches and competitions such as penalty shoot-outs and the crossbar challenge.

### FRIDAY FANATICS

Participants will have a tour of The Theatre of Greens - the home of Plymouth Argyle, and will meet the main man himself - Pilgrim Pete!



ARGYLE  
COMMUNITY  
TRUST

**PHONE** 01752 522202

**REGISTERED CHARITY NUMBER** 1128906

For our cancellation policy please visit  
<https://argylecommunitytrust.co.uk/terms>



@ArgyleTrust

<https://officialsoccerschools.co.uk/argyle/courses.html>

# LEARN. PLAY. SUCCEED



## 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

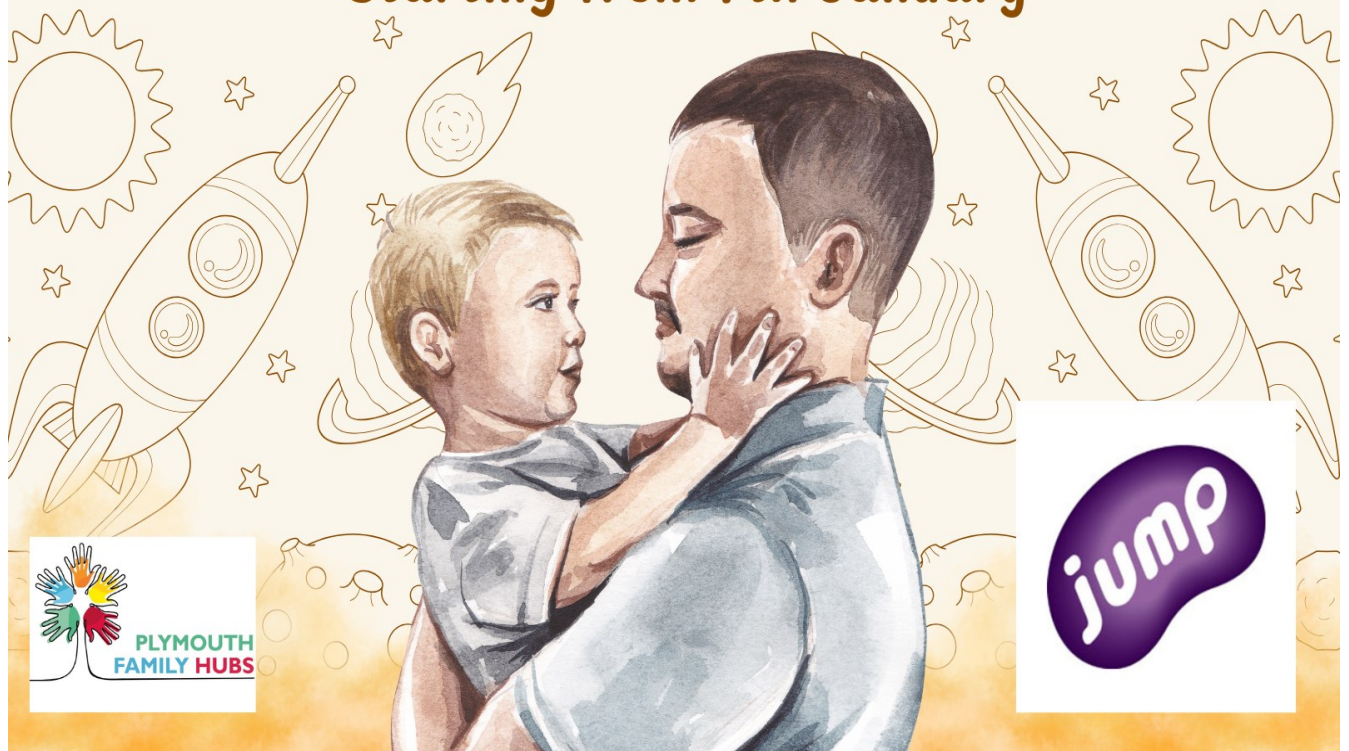
**FREE**

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](mailto:amerissa2024@outlook.com)



*Woolwell*  
COMMUNITY CENTRE

**AMERISSA VOGIATZ**  
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><b>CHOICE 1 - H, W, V</b> Margherita pizza with potato wedges <b>Allergens:</b> (Glu), (Wh), (So), (Mi), m/c (E)</p>	<p><b>CHOICE 2 - H, W</b> Chicken curry with rice <b>Allergens:</b> (Su)</p>	<p> All day breakfast - choose from meat or climate friendly option <b>Meat Option Allergens:</b> (Glu), (Wh), (E), (Mi) <b>Climate Friendly Allergens:</b> (Glu), (Wh)</p>	<p><b>CHOICE 1 - H</b> Roast chicken, Yorkshire pudding, gravy and roast potatoes <b>Allergens:</b> (Glu), (Wh), (Mi), (E)</p>	<p><b>CHOICE 1 - H</b> Homemade breaded haddock fillet served with fresh chips <b>Allergens:</b> (Glu), (Wh), (E), (Mi)</p>
<p> <b>CHOICE 2 - H, W, V, VE</b> Katerveg meatballs served with homemade tomato sauce &amp; pasta <b>Allergens:</b> (Glu), (Wh), (So)</p>	<p> <b>CHOICE 2 - H, V, VE</b> Chickpea &amp; sweetcorn burger served in a bun with potato wedges <b>Allergens:</b> (Glu), (Wh), (Mi), (So)</p>		<p><b>CHOICE 2 - H, V</b> Golden pastry topped vegetable pie, gravy &amp; roast potato <b>Allergens:</b> (Glu), (Wh), (Mi), (Ce)</p>	<p><b>CHOICE 2 - H, V</b> Tangy cheese, quinoa &amp; vegetable muffin served with fresh chips <b>Allergens:</b> (Glu), (Wh), (E), (Mi)</p>
<b>SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW</b>				
<p> <b>DESSERT - V, VE</b> Fruit Salad</p>	<p><b>DESSERT - H, W, V</b> Butternut and date cake <b>Allergens:</b> (Glu)(Wh), (E)</p>	<p> <b>DESSERT - H, V, VE</b> Cornish fairing biscuits and fruit slices <b>Allergens:</b> (Glu), (Wh)</p>	<p> <b>DESSERT - H, V, VE</b> Fruit platter or Yoghurt <b>Allergens:</b> (Su), (Mi)</p>	<p> <b>DESSERT - H, W, V, VE</b> Fruity cornflake tart with custard <b>Allergens:</b> (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

**DID YOU KNOW**  
You can have mixed or brown rice instead of potatoes!  
*Tilda*



# 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><b>CHOICE 1 - H, W</b> Baked bean and sausage pasta bake <b>Allergens:</b> (Glu), (Wh)</p>	<p> <b>CHOICE 1 - H, V, VE</b> Katerveg mince chilli and rice <b>Allergens:</b> (So)</p>	<p><b>CHOICE 1 - H</b> Chicken chow mein <b>Allergens:</b> (Glu), (Wh), (Se), (So)</p>	<p><b>CHOICE 1 - H</b> Roast beef, Yorkshire pudding, gravy and roast potatoes <b>Allergens:</b> (Glu), (Wh), (Mi), (E)</p>	<p><b>CHOICE 1</b> Fish fingers served with fresh chips <b>Allergens:</b> (Glu), (Wh), (F)</p>
<p> <b>CHOICE 2 - V, VE</b> Quorn dippers with seasoned potato wedges <b>Allergens:</b> (Glu), (Wh)</p>	<p><b>CHOICE 2 - H, V</b> Tasty cheese wheels with herby diced potato <b>Allergens:</b> (Glu), (Wh), (Mi), (Mu)</p>	<p> <b>CHOICE 2 - H, V, VE</b> Vegetable sausage, mash and gravy <b>Allergens:</b> (Glu), (Wh), (Ce)</p>	<p> <b>CHOICE 2 - H, V, VE</b> Roast Quorn fillet, gravy and roast potatoes <b>Allergens:</b> (Glu), (Wh), (Bar)</p>	<p><b>CHOICE 2 - H, W, V</b> Homemade cheese and tomato quiche served with fresh chips <b>Allergens:</b> (Glu), (Wh), (E), (Mi)</p>
<b>SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW</b>				
<p> <b>DESSERT - V, VE</b> Fruit Salad</p>	<p> <b>DESSERT - H, V, VE</b> Fruity flapjack <b>Allergens:</b> (Glu), (O) m/c (Wh), (Bar)</p>	<p><b>DESSERT - H, W, V</b> Westcountry root cake <b>Allergens:</b> (Glu), (Wh), (E) m/c (Mi), (Bar)</p>	<p> <b>DESSERT - H, V, VE</b> Fruit Platter <b>Allergens:</b> (So)</p>	<p><b>DESSERT - H, V</b> Zesty cake with custard <b>Allergens:</b> (Glu), (Wh), (E), (Su), (Mi) m/c (Bar)</p>

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= Climate Friendly

**DID YOU KNOW**  
You can have mixed or brown rice instead of potatoes!  
*Tilda*



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

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

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Climate Friendly

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 Tilda



## 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](mailto:catering@catered.org.uk)

Please visit our pages at [www.catered.org.uk](http://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](mailto: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/>



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



Design by [www.crunchecreative.co.uk](http://www.crunchecreative.co.uk)

# 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](http://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

## 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](mailto: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](mailto:exceed@barnardos.org.uk)

01752 256339

[exceed@barnardos.org.uk](mailto:exceed@barnardos.org.uk)

[www.barnardosexceed.org.uk](http://www.barnardosexceed.org.uk)

Registered Charity Nos. 216250 and SC037605

**Barnardo's Exceed Service DICE**

**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](mailto: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 one-to-one by phone.

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

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Registered Charity Nos. 216250 and SC037605



# Plymouth Family Hubs

## MONTHLY UPDATE

December 2024



Plymouth Methodist Central Hall, Eastlake St, Plymouth, PL1 1BA  
Every Tuesday 11:15-2:30pm

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

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](#)

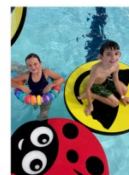


7Stars Foundation is offering grants of up to £2,500 for registered charities with an annual turnover of less than £1.5 million across the UK to deliver projects and activities that support young people aged 16 years and under across the priority themes of abuse, addiction, child carers, and homelessness.

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](http://www.plymouth.gov.uk/fitandfed) or

Email [getactive@plymouthactive.co.uk](mailto: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](http://www.nhs.uk/child-flu)

**STAYWELL THISWINTER**

Flu **i**mmunisation 2016/17  
Helping to protect everyone, every winter

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## **School Trip payment reminders**

### **Nethercott Farm**

Further instalment payment of £50 due 28/02/2025. Please contact the school office if you require any assistance. Thank you.

### **London Trip**

Further instalment payment of £60 due by 28/02/2025. Please contact the school office if you require any assistance. Thank you.

### **PGL 2025**

Further instalment payment of £30 due by 28/02/2025. 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:-

TO FOLLOW!

Years 1 and 2 –

Year 3 –

Years 4 and 5 –

Year 6 –



## 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