







Pendeen Crescent, Southway, Plymouth, PL6 6QS

Tel: 01752 775478

Email: oakwood.office@discoverymat.co.uk

Friday 22nd November 2024

Hello everyone, hope you have had a great week.

We have all been busy at Oakwood learning about Road Safety week. All children learned about road safety in their classes, specifically focusing on the road safety heroes who help us stay safe on the roads as well as those who help us if there is an accident. We were lucky enough to have a visit from Ruth, the crossing patrol lady from Beechwood who talked to use about her job and how we can be safe near roads. Here are some of the children who were nominated as our own Road Safety Heroes by their teachers for their knowledge and contributions to discussion.



Have a great weekend everyone, and look out for our Oakwood Promotional video in your emails and on our face book page, please feel free to share!

Have a great weekend everyone, 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 SUMMER BREAK



Teddy Bears Picnic

Friday 6th December



To celebrate the end of our theme topic work, Brahms Class will be having a teddy bear's picnic in school.

On this day, your child can bring in a teddy from home.

Picnic lunch will be provided from school

LUNCH MENU

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.





WEEK 1

W/C - MONDAY: 4TH NOV, 25TH NOV, 16TH DEC, 13TH JAN, 3RD FEB, 3RD MAR, 24TH MAR MEAT FREE MONDAY **TUESDAY** WEDNESDAY THURSDAY **FRIDAY** CHOICE 2 - H, W CHOICE 1 - H CHOICE1 - H CHOICE1- H, W, V, Chicken curry Roast chicken, Yorkshire Homemade breaded Margherita pizza with pudding, gravy and haddock fillet served with rice potato wedges All day breakfast roast potatoes with fresh chips Allergens: (Glu), (Wh), (So), (Mi), m/c (E) choose from meat or Allergens: (Glu), (Wh,)(Mi), (E) Allergens: (Glu), (Wh), (E), (Mi) climate friendly option Meat Option Allergens: (Glu), (Wh), (E), (Mi) CHOICE 2 - H, W, V, VE CHOICE 2 - H, V, VE CHOICE 2 - H, V CHOICE 2 - H, V Golden pastry topped vegetable pie, gravy & roast potato Katerveg meatballs served with Tangy cheese, quinoa & vegetable muffin served with fresh chips Chickpea & sweetcorn burger served in a bun Climate Friendly Allergens: (Glu), (Wh) homemade tomato with potato wedges sauce & pasta Allergens: (Glu), (Wh), (Mi, (So) Allergens: (Glu), (Wh), (Mi), (Ce) Allergens: (Glu), (Wh), (E), (Mi) Allergens: (Glu), (Wh), (So)

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



DESSERT - V, VE Fruit Salad

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

Allergens: (Wh), (E)

DESSERT - 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)

S DESSERT - H, W, V, VE Fruity cornflake tart with custard

Allergens: (Wh), (Bar)



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







W	//C - MONE	DAY: 11TH NOV, 2ND D	EC, 30TH DEC, 20TH JA	AN, 17TH FEB, 10TH MA	R, 31ST MAR
MONDAY		MEAT FREE TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked be sausage po	CHOICE 1- H, W Baked bean and usage pasta bake Allergens: (GIU), (Wh) CHOICE 1- H, V, V Katerveg mind chilli and rice Allergens: (So)		CHOICE1 - H Chicken chow mein Allergens: (Glu), (Wh), (Se), (So)	CHOICE 1 - H Roast beef, Yorkshire pudding, gravy and roast potatoes Allergens: (Giu), (Wh), (Mi), (E)	CHOICE1 Fish fingers served with fresh chips Allergens: (Glu), (Wh), (F)
Quorn dippers with seasoned potato wedges Allergens: (Glu), (Wh)		CHOICE 2 - H, Y Tasty cheese wheels with herby diced potato Allergens: (Glu), (Wh), (Mi), (Mu)	Vegetable sausage, mash and gravy Allergens: (Glu), (Wh), (Ce)	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: (GIU), (WN), (E), (MI)
	SELECTION	N OF JACKET POTATOES ARE AV	'AILABLE EACH DAY: BEANS / CH	IEESE / TUNA MAYONNAISE / CO	LESLAW
S DESSERT Fruit S		Fruity flapjack Allergens: (Giu), (O) m/c (Wh), (Bar)	DESSERT - H, W, V Westcountry root cake Allergens: (Giu), (Wh), (E) m/a (Mi), (Bar)	DESSERT - H, V, VE Fruit Platter Allergens: (Glu), (O), M/C: (Wh), (Bar)	DESSERT - H, V Zesty cake with custard Allergens: (Giu), (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 Fruit salad

DESSERT - H, V Orange honey cake

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

DESSERT - H, V, VE Custard biscuits

with fruit slices Allergens: (Glu), (Wh)

ST 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/













Tell Ed!

We want to know what you think about our food so if

you have any questions,

comments of want to send us some recipe ideas contact us on 01752 977166 or by email catering@ catered.org.uk

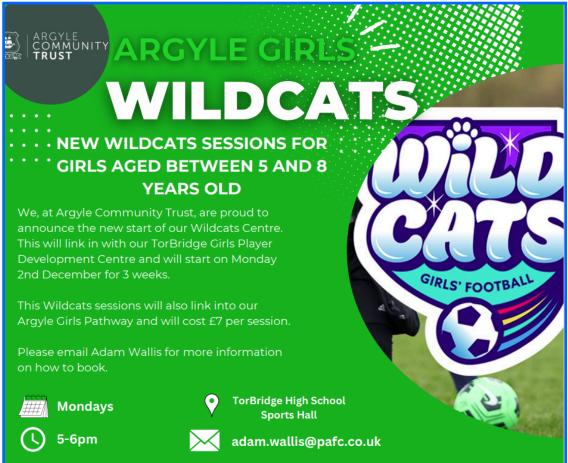




is a company jointly owned by schools across the City and Plymouth City Council serving great tasting, freshly prepared food to children and young people every day

Company No: 9355912 | VAT No: 208 5215 29







JUNIOR NETBALL



PRIMARY SECTION - FLAMES & SPARKS AGES 6-10 YEARS OLD - SCHOOL YEARS 2-5

FREE TASTER

SESSIONS



START
YOUR
CHILD'S
NETBALL
JOURNEY
NOW!

SESSIONS TERM TIME
TUESDAYS
5PM
PLYMOUTH LIFE CENTRE

REGISTER

https://group.spond.com/EOHEL

plymouthfirebirdsnetball@hotmail.com

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

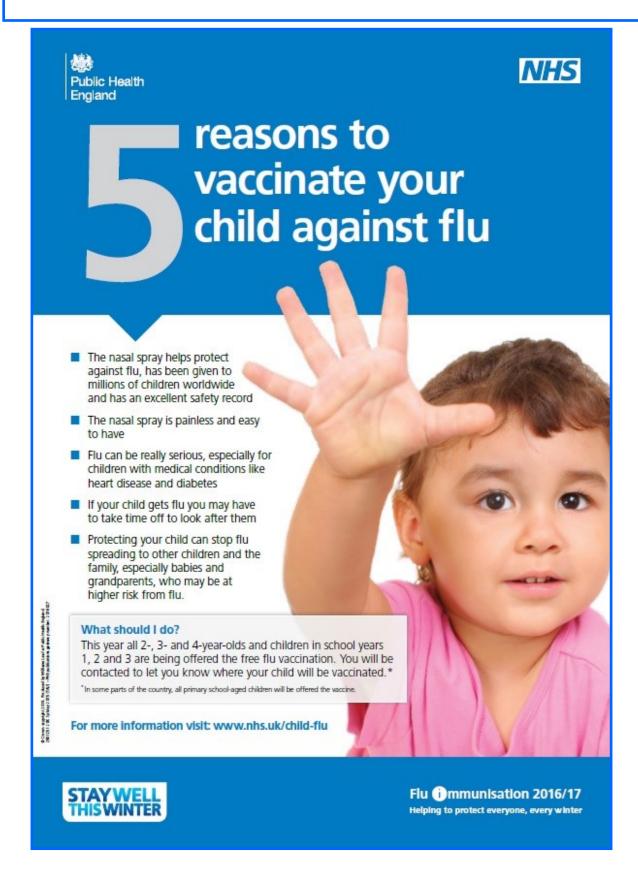


Mr P Arnold Senior Head of School

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

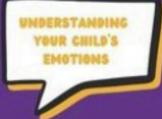
This course is for dads and male carers of children aged 0-8 years old.

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 18 1th November is:-

Years 1 and 2 - Vivaldi Class -605 words

Year 3 - Britten Class - 37429 words

Years 4 and 5 – Holst Class – 87879 words

Year 6 – Tchaikovsky Class – 117027 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