



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

Friday 25th October 2024

Hello everyone, and HAPPY HALF TERM!

It has been an action packed 7 weeks or so at Oakwood Primary Academy. On the whole your children have made a seamless transition into life in their new year groups and classrooms. I'm finding it hard to believe that I've only been with you all for 7 weeks, the time has flown by.

Thank you for your support this term, please continue to come and chat to either myself , Mrs Chubb or Mrs Lock, we are always keen to hear from you and help in any way we can.

I hope you can have a good half term break and we'll see you all back at Oakwood Primary on Monday 4th November.

Mr Arnold and the Oakwood Team.

Diary Dates to Remember

28th October to 1st November
HALF TERM HOLIDAY

Weds 6th November
Parents/Carers invited for lunch for remembrance

Tues 12th November
ODD SOCKS DAY

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

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 colour 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





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 NOV, 25TH NOV, 16TH DEC, 13TH JAN, 3RD FEB, 3RD MAR, 24TH MAR

MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CHOICE 1 - H, W, V Margherita pizza with potato wedges</p> <p>Allergens: (Glu), (Wh), (So), (Mi), m/c (E)</p>	<p>CHOICE 2 - H, W Chicken curry with rice</p> <p>Allergens: (Su)</p>	<p> All day breakfast - choose from meat or climate friendly option</p>	<p>CHOICE 1 - H Roast chicken, Yorkshire pudding, gravy and roast potatoes</p> <p>Allergens: (Glu), (Wh), (Mi), (E)</p>	<p>CHOICE 1 - H Homemade breaded haddock fillet served with fresh chips</p> <p>Allergens: (Glu), (Wh), (E), (Mi)</p>
<p>CHOICE 2 - H, W, V, VE Katerveg meatballs served with homemade tomato sauce & pasta</p> <p>Allergens: (Glu), (Wh), (So)</p>	<p>CHOICE 2 - H, V, VE Chickpea & sweetcorn burger served in a bun with potato wedges</p> <p>Allergens: (Glu), (Wh), (Mi), (So)</p>	<p>Meat Option Allergens: (Glu), (Wh), (E), (Mi)</p> <p>Climate Friendly Allergens: (Glu), (Wh)</p>	<p>CHOICE 2 - H, V Golden pastry topped vegetable pie, gravy & roast potato</p> <p>Allergens: (Glu), (Wh), (Mi), (Ce)</p>	<p>CHOICE 2 - H, V Tangy cheese, quinoa & vegetable muffin served with fresh chips</p> <p>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</p> <p>Allergens: (Wh), (E)</p>	<p>DESSERT - H, V, VE Cornish fairing biscuits and fruit slices</p> <p>Allergens: (Glu), (Mi), (E)</p>	<p>DESSERT - H, V, VE Fruit platter or Yoghurt</p> <p>Allergens: (Su), (Mi)</p>	<p>DESSERT - H, W, V, VE Fruity cornflake tart with custard</p> <p>Allergens: (Wh), (Bar)</p>
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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), Lactin (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 NOV, 2ND DEC, 30TH DEC, 20TH JAN, 17TH FEB, 10TH MAR, 31ST MAR

MONDAY	MEAT FREE TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CHOICE 1 - H, W Baked bean and sausage pasta bake</p> <p>Allergens: (Glu), (Wh)</p>	<p>CHOICE 1 - H, V, VE Katerveg mince chilli and rice</p> <p>Allergens: (So)</p>	<p>CHOICE 1 - H Chicken chow mein</p> <p>Allergens: (Glu), (Wh), (Se), (So)</p>	<p>CHOICE 1 - H Roast beef, Yorkshire pudding, gravy and roast potatoes</p> <p>Allergens: (Glu), (Wh), (Mi), (E)</p>	<p>CHOICE 1 Fish fingers served with fresh chips</p> <p>Allergens: (Glu), (Wh), (F)</p>
<p>CHOICE 2 - V, VE Quorn dippers with seasoned potato wedges</p> <p>Allergens: (Glu), (Wh)</p>	<p>CHOICE 2 - H, V Tasty cheese wheels with herby diced potato</p> <p>Allergens: (Glu), (Wh), (Mi), (Mu)</p>	<p>CHOICE 2 - H, V, VE Vegetable sausage, mash and gravy</p> <p>Allergens: (Glu), (Wh), (Ce)</p>	<p>CHOICE 2 - H, V, VE Roast Quorn fillet, gravy and roast potatoes</p> <p>Allergens: (Glu), (Wh), (Bar)</p>	<p>CHOICE 2 - H, W, V Homemade cheese and tomato cheese served with fresh chips</p> <p>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</p> <p>Allergens: (Glu), (O) m/c (Wh), (Bar)</p>	<p>DESSERT - H, W, V Westcountry root cake</p> <p>Allergens: (Glu), (Wh), (E) m/c (Mi), (Bar)</p>	<p>DESSERT - H, V, VE Fruit Platter</p> <p>Allergens: (Glu), (O), M/c: (Wh), (Bar)</p>	<p>DESSERT - H, V Zesty cake with custard</p> <p>Allergens: (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 NOV, 9TH DEC, 6TH JAN, 27TH JAN, 24TH FEB 17TH MAR

MONDAY	TUESDAY	MEAT FREE WEDNESDAY	THURSDAY	FRIDAY
<p>CHOICE 1 - H, W Beef cobbler served with mash and gravy Allergens: (Glu)(Wh) m/c (M)(Bar)</p>	<p>CHOICE 1 - H Chicken paella</p>	<p>CHOICE 1 - H, V, VE Tasty Katerveg bolognese 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, V, V, VE Chocolate cake with chocolate sauce Allergens: (Glu)(Wh)(E)(Mi) m/c(Bar)</p>

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Climate Friendly

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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/>



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



CATERed
The School Food Alliance

BONFIRE NIGHT

FIZZ, BANG, WHIZZ!
TUESDAY 5TH NOVEMBER 2024

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

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 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

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 mmunisation 2016/17
Helping to protect everyone, every winter

October half term climbing taster sessions 26th-31st October.

Join one of our taster sessions.

Day	Age	Start time	Finish time	Price
Saturday	Family session	12:45pm	1:45pm	£9.50
	5+ years	2:00pm	3:00pm	
Sunday	Family session	11:00 am	12:00pm	£9.50
	5+ years	12:15pm	1:15pm	
Monday	Family session	12:15pm	1:15pm	£9.50
	5+ years	1:30pm	2:30pm	
Tuesday	Family session	12:15pm	1:15pm	£9.50
	5+ years	1:30pm	2:30pm	
Wednesday	Family session	10:30 am	11:30am	£9.50
	5+ years	11:45am	12:45pm	
Thursday	Family session	12:15pm	1:15pm	£9.50
	5+ years	1:30pm	2:30pm	



To book:
Pop into the climbing wall
Or
give us a call on
01752 606900 option 3

If you have already tried climbing and want to learn more speak to our climbing team about our Climbing Weekly Classes for kids and our Adult Beginners' Courses.

POETRY BY HEART

CHOOSE A POEM • LEARN IT BY HEART • PERFORM IT OUT LOUD

We are delighted to announce that we will be hosting another poetry recital evening in March 2025. Last year it was such a special and well attended event. If your child is interested in taking part in the recital evening and or wanting to enter the competition, please use links below to access poetry to choose from. Miss Crocker will be hosting a poetry club after Christmas but if you want to get a head start at reading your poem fluently, see the website or chat with Miss C. Children who wish to take part will also need a permission slip to take part. These can be sent home with children, should they request one.





MARJON ROCK'S HOLIDAY CAMP

OCTOBER HALF TERM
28/10 - 01/11

UNRIVALED ACTIVITIES & ADVENTURE

Available to all local children aged 5 - 12



**Odd
Socks
Day**



We'll be wearing our
odd socks this Odd
Socks Day, will you?

Tuesday 12th November 2024



#AntiBullyingWeek

Book at: <https://www.plymouthias.org.uk/workshops/the-next-step-primary-to-secondary-for-children-with-send/>

PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



SEND Workshops

Due to popular demand we have added some more dates for the following free workshops.

Choosing a Secondary School for September 2025

This workshop is for parents/carers of children in years 5 or 6 with special educational needs and disabilities (SEND) and/or an Education, Health and Care Plan (EHCP)

- Thursday 10 October 2024,
10:00am-12:00pm – Face-to-Face (Jan Cutting
Healthy Living Centre)



Livewell
Southwest

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	Weds, 9.15-10.45am	Weds, 1-2.30pm	Thursdays, 1-2.30pm
Rees Centre Wellbeing	DELL Emerging Family	Manor Street Children's	Four Woods Family
Hub, Plympton	Hub, High View School,	Centre, Stonehouse,	Hub, Crownhill Road,
PL7 2PS	Efford PL3 6JQ	PL1 1TL	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

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 w/c 21st October is:-

Years 1 and 2 – Zimmer Class – 1 281 words

Year 3 – Lloyd Webber Class – 135 331 words

Year 4/5 – Dun Class – 344 991 words

Year 6 – Tchaikovsky Class – 897 718 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