Weekly Update

Respect Responsibility Kindness

Building wisely for life

Friday 2nd October 2026

Dear parents and carers,

It has been another busy and enjoyable week in school, with plenty of opportunities for our children to learn, reflect and get involved beyond the classroom.

Responsibility

Our Collective Worship this week focused once again on our value of responsibility. On Monday, we reflected on how we manage big emotions and used two poems by Michael Rosen: *I Am Angry* and Matt Goodfellow: *The Concrete Cracks and Crumbles* to explore this. The children reflected thoughtfully on how our emotions can affect others and how we can support one another in expressing feelings appropriately. Their responses demonstrated our Building Wisely for Life vision in action.

It was National Poetry Day on Thursday, giving each class an opportunity to share and enjoy poetry together. It was lovely to see the children engaging with poems and discovering the enjoyment and power of words. If you want to explore poetry with your child, a link to a good website for poetry books for children in KS2 is here: https://schoolreadinglist.co.uk/genres/poetry-books-for-7-11-year-olds/

On Friday, the children enjoyed a Karate session with a local instructor called Izzy Bailey. They represented the school wonderfully well, showing excellent listening skills, respect, and an ability to follow instructions. Well done to all of them. Further information about the Karate Club, where Izzy is a coach, is included below.

Harvest Festival

Everyone is warmly invited to join us for the Harvest Festival at St Lawrence's Church on Friday 9th October at 2:15pm. We would also be grateful for donations of food for Abingdon Food Bank; please bring any donations of tinned food, packets of rice, pasta and other non-perishable items to school from Wednesday 7th October – there will be containers out of the front of school where you can put them. Please check that they are well within the expiry date. Thank you in advance for your generosity.

A Reminder

A reminder please to park safely and drive sensibly around the school at pick up and drop off times. Church Lane is to remain car free so that children can walk/scoot/cycle safely out of school; this includes reversing into the lane please. Thank you for your cooperation in this matter.

Residential Trips

Next week, our Year 6 children will be heading to Kilvrough in the Gower Peninsula for their residential trip. They will take part in a range of exciting activities, including caving and abseiling. We wish them a fantastic week and look forward to hearing about their adventures when they return!

Looking ahead to next year, we have also booked a residential trip for our Year 4 and Year 5 children to Youlbury in Oxfordshire. Residential trips are a valuable opportunity for children to develop independence, resilience and responsibility. If you have any questions about the trip, please do not hesitate to get in touch.

Finally, each week one class will share a short update about what they have been learning and enjoying in school. This week, it is the turn of Hazel Class (YR/Y1).

Have a lovely weekend,

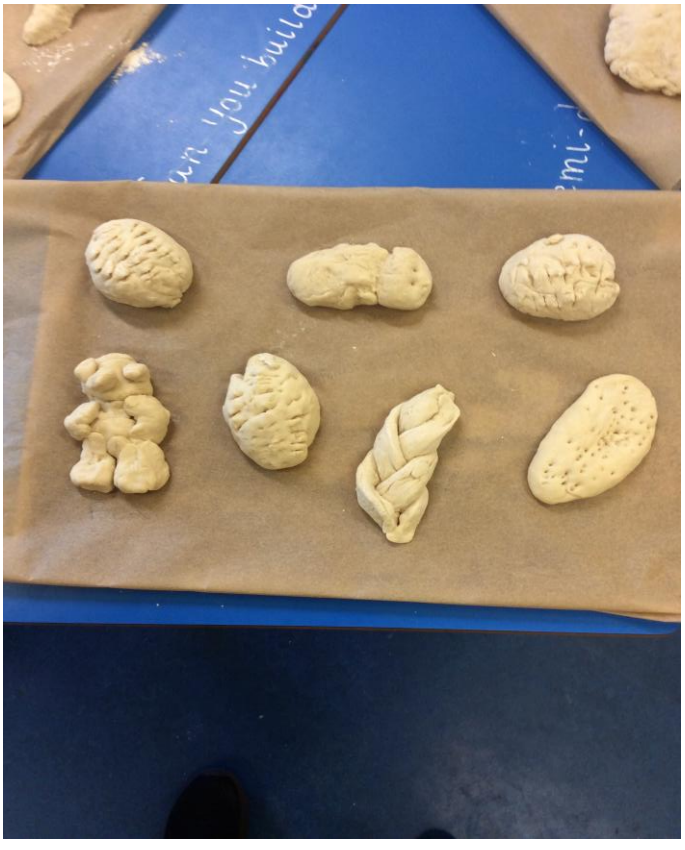
Emma King

Hazel Class Make Bread!

This week, Hazel Class enjoyed a very special bread-making activity! After washing our hands, we worked together in groups to mix flour and water to make our dough. We loved getting our hands stuck in and, as you can imagine, things got a little sticky!

Once our dough was ready, everyone had their own piece to work with. We talked together about what we could create and used our imaginations to make buns, biscuits and even different animals. Some of us found shaping the dough quite tricky, but we persevered and used tools such as scissors and cotton buds to add details, including faces and hedgehog spikes.

With lots of teamwork, creativity and a little bit of mess, we were very proud of our creations. Mr Gidlow then took them to the kitchen to be baked in the oven.










XF RED SPORT & TRADITIONAL MARTIAL ARTS
空手
CHILDRENS KARATE
SOUTHMOOR &
KINGSTON BAGPUIZE
EVERY WEDNESDAY
SOUTHMOOR & KINGSTON BAGPUIZE
VILLAGE HALL
OX13 5BY
OSTMA LIONS | AGES 3 - 6
3.30PM - 4PM
BEGINNER KARATE | AGES 6+
4PM - 4.45PM
CONFIDENCE - FITNESS - DISCIPLINE - FUN
FREE TRIAL
BOOK YOUR FREE TRIAL TODAY

Key Dates for Autum Term 1

Wednesdays & Fridays – School Library is open at lunch time

Monday, 5th – Friday, 9th October – Y6 Kilvrough Manor Residential

Tuesday, 6th October – Y5 Humanities workshop Abingdon School

Friday, 9th October – Harvest service at the church 2:15pm for children and parents

Monday, 12th October – Cross country selected children from KS2 - afternoon

Monday, 12th - Friday, 16th October - Teacher - Parent meetings 1to1 (10min slot)

Thursday, 22nd October – School and after school club finish as normal

Friday, 23rd October – INSET day

Sunday, 25th October 2026 – The clocks go back one hour at 2am to 1am

Monday 26th – Friday 30th October – Half term

Monday 2nd – Friday 6th November – Y6 Bikeability

Wednesday 4th November – Whole School Immunisation Flu Vaccination

Thursday 5th November – MF Dance club after school club start for KS1 (Thursdays)

Friday 6th November – Individual School photo

Friday 6th November – Remembrance service for children only

Monday, 9th November – Reception Vision Screening

Wednesday, 25th November – Year 2 Oxford Castle trip

Thursday, 3rd December – Christmas Fair

Wednesday, 9th December – Rocksteady concert **2:30pm** for parents **TBC**

Wednesday, 9th December – Y2 Christmas show **2pm** for parents **TBC**

Wednesday, 16th December – Christmas lunch

Thursday, 17th December – Pantomime trip Oxford Playhouse - Snow White

Friday, 18th December – School finish 1:15pm (JAG closed this afternoon)

Further information about any events listed will be available closer to the time.
Please do not use Parent Pay anymore.

Your School Lunch

Let's Eat TOGETHER

WEEK ONE 13th April, 4th May, 1st June, 22nd June, 13th July, 31st Aug, 2nd Sept, 12th Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza (Cheese & Tomato) (V, EF) Vegetable & Bean Chilli with Rice (VG) Jacket Potato with Baked Beans (VG, GF) Sweetcorn & Baked Beans Lemon Oat Cookie (V, EF, DF) & Raisins	Beef Bolognese with Pasta (EF, DF) Veggie Bolognese with Pasta (VG) Jacket Potato with Cheese (V, GF, EF) Carrots & Green Beans Iced Sprinkle Cake (V, DF)	Roast Chicken Breast (GF, DF, EF) Quorn Roast (V, GF) Jacket Potato with Tuna Mayo (GF, DF, EF) Roast Potatoes, Yorkshire Pudding, Cauliflower & Peas Cherry Biscuit (V, EF)	Chicken Korma with Rice (EF, GF) Mac 'n' Cheese (V, EF) Jacket Potato with Cheese (V, GF, EF) Carrots & Sweetcorn Rock Cake (V)	Chicken Nuggets (EF, DF) Veggie Sausage Roll (V, EF) Jacket Potato with Baked Beans (VG, GF) Chips or Pasta Peas & Baked Beans Vanilla Ice Cream (V, GF, EF) with Pineapple

WEEK TWO 20th April, 11th May, 8th June, 29th June, 20th July, 7th Sept, 28th Sept, 19th Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza (Cheese & Tomato) (V, EF) Sweet Potato & Chickpea Curry with Rice (V, GF, EF) Jacket Potato with Baked Beans (VG, GF) Sweetcorn & Baked Beans Vanilla Sponge Cake (V, DF)	Meatballs in a Tomato Sauce (GF, DF, EF) Veggie Meatballs in a Tomato Sauce (VG, GF,) Jacket Potato with Cheese (V, GF, EF) Pasta, Peas & Broccoli Ginger Biscuit (V, EF)	Roast Loin of Pork (GF, DF, EF) Quorn Roast (V, GF) Jacket Potato with Tuna Mayo (GF, DF, EF) Yorkshire Pudding, Roast Potatoes & Gravy Carrots & Cabbage Shortbread (V, EF, DF) with an Orange Wedge	Creamy Chicken Risotto (GF, EF) Veggie Sausage Pasta Bake (V, EF) Jacket Potato with Cheese (V, GF, EF) Peas & Green Beans Sultana & Syrup Cookie (V, EF)	Flipper Dippers (DF, EF) Veggie Samosa's (VG) Jacket Potato with Baked Beans (VG, GF) French Fries or Pasta Baked Beans or Sweetcorn Strawberry Ice Cream (V, GF, EF) with Melon

WEEK THREE 27th April, 18th May, 15th June, 6th July, 14th Sept, 5th Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza (Cheese & Tomato) (V, EF) Spinach & Pepper Pasta (VG) Jacket Potato with Baked Beans (VG, GF) Sweetcorn & Baked Beans Melting Moment (V, DF, EF) with Mandarins	Chicken & Leek Pie with New Potatoes (DF, EF) Sweet & Sour Veggie Noodles (V, DF) Jacket Potato with Cheese (V, GF, EF) Vegetable Medley & Broccoli Cinnamon Cookie (V, EF)	Roast Gammon (GF, EF, DF) Vegetarian Quorn Roast (V, GF) Jacket Potato with Tuna Mayo (GF, DF, EF) Roast Potatoes & Yorkshire Pudding with Gravy Savoy Cabbage & Peas Banana Cake (V, EF)	Pork Sausages with Gravy (DF, EF) Veggie Sausage with Gravy (VG, GF) Jacket Potato with Cheese (V, GF, EF) Mashed Potatoes (GF, EF) Carrots & Cauliflower Crunchy Cornflake Cookie (EF, DF)	Fish Fingers (DF, EF) Cream Cheese & Broccoli Pinwheel (V, EF) Jacket Potato with Baked Beans (VG, GF) Chips or Pasta Peas & Baked Beans Strawberry Jelly (V, GF, DF, EF) with Peaches

Available Daily – Fresh bread, Salad Bar, and lots of Fresh water, as well as a choice of natural yoghurt, or fresh fruit as an alternative to dessert

Allergy advice – All our food is prepared in a kitchen where any of the 14 Allergens may be present, and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergen information is available from your school. Any fish we serve will vary depending on availability. We only select fish from sustainable sources. Suitable for vegetarians or vegetarian option available. Our fish and chicken dishes may contain bones.

KEY: V – VEGETARIAN, VG – VEGAN, EF – EGG FREE, DF – DAIRY FREE, GF – GLUTEN FREE

OXFORDSHIRE COUNTY COUNCIL

SMILE

NHS Oxford Health NHS Foundation Trust

Lunch box shopping list

Date: _____

Choose one or two items from each food group below or an alternative to create your own healthy lunch box

*Please note some people have food allergies. Check with your setting before sending in food.

Protein

- Chicken
- Hummus
- Eggs
- Tofu

Fruit & Vegetables

- Banana
- Carrot
- Blueberries
- Cucumber

Carbohydrate

- Bread
- Chapati
- Crackers
- Pasta

Dairy or alternative

- Cheese/soft cheese
- Plain yoghurt
- Plant based alternative

Copyright OCDS Oxford Health NHS Foundation Trust

SMILE

NHS Oxford Health NHS Foundation Trust

Sugary drinks and oral health

Did you know?...

Fact

All fizzy drinks including sugar-free options contain acid which can cause tooth decay

Fact

Unsweetened juices and fruit smoothies are high in sugar and also contain acid

Keep sugary/fizzy drinks to mealtimes only

Swap sugary/fizzy drinks to water or milk

Or

Or

SMILE

NHS Oxford Health NHS Foundation Trust

Healthy Lunch Boxes

- Eating a healthy lunch keeps gums and teeth healthy
- A healthy lunch box should include fruit, vegetables, carbohydrates and protein
- Choose foods in a variety of colours, finger foods and crispy snacks to make your lunch box more appealing

Lunch Box Ideas

See https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/

Salmon and salad bagel, rice cakes, grapes, semi-skimmed milk	Tuna and bean salad, satsuma, malt loaf, semi-skimmed milk
Spicy chicken and salad wrap, peaches/strawberries, homemade popcorn with cinnamon, sugar-free orange drink	Hummus dip with pitta bread and vegetable sticks, banana, sugar-free jelly, water

*Please note some people have food allergies. Check with your setting before sending in food.

Copyright CDS Oxford Health NHS Foundation Trust

Appleton Chess Club

My Background

My name is Rob Willmoth. I have played chess for 35 years. I am currently ranked in the top 100 players in the UK and have played in 17 consecutive British championships. I run chess coaching services that provide professional chess coaching in schools

What can Chess offer to Children.

- Potential for better performance in academic studies
- Enhanced problem solving
- Enhanced strategic thinking
- Enhanced self esteem
- Friendly forum for making friends
- Healthy competition in a safe environment

School Chess Club Lesson.

- Structured lesson plan by term ,from basic play to advanced play
- Regular grading system to assess performance.
- Weekly coaching on demonstration board
- Graded weekly games against other children
- Weekly recap on knowledge learnt.

Sign up For Chess Club

ONLINE REGISTRATION ONLY

12 lessons commencing Afterschool from Wed 16th Sep, ending Wed 9th Dec at……..……

Chess Club is for years one to six from 3.15pm to 4.15pm……
Cost:- £8.5 (including V.A.T) per lesson. **Total cost for term is £102**.(12 Sessions)……

Online payments at https://www.chesscoachingservices.net/online-payments/school-club

Website: chesscoachingservices.net email admin@chesscoachingservices.net Tel 07956 297329



INSIDE LIFE & MIND

A free science fair for all ages with stalls, activities, and talks

Scan or visit bit.ly/insidelam

SAT 3 OCT 12:00–17:00

Life & Mind Building,
South Parks Road, OX1 3EL

University of Oxford | Department of Biology | Experimental Psychology

---

The Library Oxfordshire

SHORT STORY COMPETITION 2027

Up to 3,000 words for adults & young adults and up to 1,000 words for children.

The winning story in each category will be published as an ebook for library members to borrow!

ENTRIES OPEN: 14 SEPTEMBER
CLOSING DATE: 15 NOVEMBER

Adults: 18+
YA: 12-17
Children: 7-11

www.oxfordshire.gov.uk/shortstorycompetition

Oxfordshire County Council

FESTIVAL OF THE GIRL

Sat 3 & Sun 4 Oct
Business Design Centre,
Islington London



For 7-11 year old girls & their families

Activities range from: engineering to sports, aerospace to visual effects, vaccinations to gaming, mental health to sustainability, medicine to dancing, activism to mechanics and much more.

Although aimed at girls everyone is welcome!

Tickets via QR code or website
www.festivalofthegirl.com
SEND & Pay-what-you-can options available

FAMILY SHOWS AUTUMN 2026

The North Wall Arts Centre

TINY IDEAS FESTIVAL

Page One Theatre presents

RISE AND FALL

Saturday 26 September 11am and 2pm

Meet all manner of balloons from small floating moons to vast bouncing orbs! Forever expanding and contracting, balloons are free to float, fly and sway. Hold your breath and go sailing away.

Rise and Fall is a poetic and intriguing performance for young audiences about holding on and letting go. Performed by one dancer, Rise and Fall has toured internationally and at UK venues including The Royal Opera House.

AGES 2+





The Last Baguette presents

BIN RAT

Sunday 27 September 11am and 2pm

A rat-astic and realistic look into refuse and recycling. Rummage through the rubble with Bin Rat to discover where all the junk goes!

Scrape scraps off the streets in this interactive puppetry show, & find out what literally happens to litter.

The Last Baguette presents an entertaining, accessible and eccentric work for family audiences.

AGES 3-8

TICKETS: £12 (£8 children, under 2s go free)

BOX OFFICE: 01865 319 450 / thenorthwall.com

The North Wall, South Parade, Oxford, OX2 7JN

How can we support your child's development?

Where Play Meets Potential

Life Skills

School Readiness

Social Development

New to JAG? Register & Book Now!

Create your account online in minutes to book **Wraparound Care** and **Holiday HQ**, unlock flexible payment options, and enjoy exclusive offers. **Let the adventure begin!**

Family Support

Payment Options

Sibling Discount

Key Links

Find your local JAG school or venue

Register Online:

Contact Us:

Scan here to learn more

Junior Adventurers Group

Wraparound Care at your school

RISE AND SHINE THEN STAY AND PLAY





ACTIVE ADVENTURES HOLIDAY CLUB

Give your child an unforgettable school holiday filled with fresh air, freedom and adventure!

Set within 42 acres of stunning woodland in rural Oxfordshire at Youlbury, Boars Hill, children aged 8-16 will take part in a daily programme of non-stop outdoor action. With expert instructors leading the way, creating a safe and supportive environment where children run, climb, explore, and build confidence while unplugging from screens and having a blast with friends in the great outdoors!

What's on offer:

- High-energy adventures such as archery, ziplining, and climbing.
- Fun team building games and problem-solving challenges.
- Survival skills such as shelter building, backwoods cooking and fire lighting.
- Connect with the natural world with mindful activities, outdoors arts and crafts, wildlife spotting, and nature walks.

When is it:

- Running throughout February, Easter, May, Summer and October school holidays (see website for dates).
- 8.30am - 5.30pm daily (activities run 9am - 5pm)
- Participants can attend individual days, or the entire week.

Pricing:
£35 per day, per child. Save 10% on a 5-day block and each additional child.

School holidays just got more exciting!

Fresh air, freedom and adventure!



Ready for a school holiday full of excitement?

Active Adventures at Youlbury is the ultimate outdoor adventure club for children aged 8–16. Packed with thrilling challenges, nature connection activities, and epic team games, each day offers a new adventure to inspire a love for the great outdoors!

www.scoutadventures.org.uk/events

Book now and join the adventure!

www.scoutadventures.org.uk/events

activeadventures@scoutadventures.org.uk

Scout Adventures Youlbury,
Boars Hill, Oxford OX1 5HD

Scout Adventures is owned and operated by The Scout Association.
Reg.Charity number 306101 (England and Wales). Registered address.
The Scout Association, Gilwell Park, Chingford, London, England E4 7QW





October Half Term!

Come and enjoy the great outdoors at wonderful Hill End

Family Days

Weds 28 & Thurs 29 October
10am - 2pm

Make natural crafts, explore the Halloween trail, and enjoy campfire and s'mores.
PLUS! Discover the incredible world of Harris's Hawks & Homing Pigeons with the University of Oxford's Dept of Biology. Featuring a live hawk flying demonstration!

Wild Days

for 7-12 years

Mon 26 & Tues 27 October
9.00am - 4.30pm

Get hands-on in the stunning surroundings of Hill End and Wytham Woods.
From campfire cooking to mini-beast hunting, our expert tutors will lead exciting hands-on activities, while kids connect with nature and make new friends.

Booking essential: https://hill-end.org/activities/upcoming-events

Hill End
A place of possibilities

hill_end_centre
HillEndOEC
Hill_End

Hill End Centre, OX2 9NJ
01865 863510

Registered charity: 1173987

TARGET NETBALL ACADEMY
EST. 2024

OCTOBER HALF TERM NETBALL CAMP





TWO DAYS OF NETBALL, SKILLS AND FUN TO DEVELOP, LEARN AND PLAY!

- TUESDAY 27TH & THURSDAY 29TH OCTOBER
- OXFORD HIGH SCHOOL
- 9:00AM – 3:00PM
- AGES 8–13 YEARS
- £40PP

INSPIRE. LEARN. ACHIEVE.

IMPROVE	LEARN	FOCUS	FUN
YOUR SKILLS & CONFIDENCE	FROM EXPERIENCED COACHES	ON TECHNIQUE, TACTICS & GAME PLAY	FRIENDS, TEAM SPIRIT & GREAT ENERGY!

SIGN UP TODAY!

VISIT TARGETNETBALLACADEMY.CO.UK
EMAIL TARGETNETBALLACADEMY@GMAIL.COM

ELITE CAMPS OCTOBER

ACTIVE. CREATIVE. CHILDCARE.

EARLY BIRD
10% OFF!
"SPOOKY10"
OFFER ENDS 2ND OCTOBER

30+ ACTIVITIES THIS OCTOBER
Sports, games, creative activities and new experiences

FANCY DRESS & HALLOWEEN ACTIVITIES ON FRIDAY!

EVERYTHING PARENTS NEED TO KNOW

- Ages 5-13
- Full days & extended days
- Childcare Vouchers accepted
- Tax-Free Childcare accepted
- Flexible booking by day or week
- Ofsted Registered

GREAT CAMPS, RIGHT ON YOUR DOORSTEP

ABINGDON
Fitzharrys School, OX14 1NP

+ more locations all over Oxfordshire & West Berkshire

PEACE OF MIND FOR PARENTS

- OFSTED REGISTERED — High standards you can trust
- EXPERIENCED STAFF — Trained, qualified & DBS checked
- PAYMENTS MADE SIMPLE — Childcare Vouchers & Tax-Free Childcare
- SAFE & SUPPORTIVE — A welcoming environment for every child

JOIN US THIS OCTOBER
SPACES FILL FAST!
BOOK NOW!
eliteyouthsports.co.uk

ELITE

BOOK NOW

SuperCamps
THE HOME OF INSPIRING HOLIDAY EXPERIENCES

OCTOBER HALF TERM

OCT 19-30

SUPERCAMPS.CO.UK
01235 467 300

Abingdon
Foodbank
Together with Trussell



Harvest appeal

Help support your food bank this Harvest

Each week, the Abingdon Foodbank gives out around 40 food parcels for local individuals and families facing hardship.

Donate food

Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community.

Donate money

Help cover the costs of buying food and running the food bank: use the QR code below.

Shopping list

- Tinned meat and fish
- Tinned soup or tomatoes
- Pasta and curry sauces
- Coffee or hot chocolate
- UHT Milk: whole or semi
- Cereal
- Squash
- Custard or rice pudding
- Peanut butter or honey
- Deodorant, shampoo

07562 247443

abingdon.foodbank.org.uk

Abingdon Foodbank is an outreach activity of Christ Church Abingdon
(Registered charity 1153844)