



St Andrew's C of E Primary School 25th September

Everyone is different. Everyone is special. Everyone is our neighbour.





International Evening



This was a huge success, with children creating flags, completing world jigsaws and reading books in different languages, as well as the incredible array of food from different countries. A huge thank you to Mrs Arnold for her planning of the event, joined by Mrs Wright for the amazing set up. Please do consider volunteering for these events as it is a lot for just one or two teachers to organise. It was very helpful to have parents help pack up at the end - thank you.









Harvest donations



In our preparation for Harvest Service, we like to collect donations which are displayed in church and then taken to the Oxford Community Emergency Foodbank. If you could bring in any items on the list by Friday 2nd October, that would be hugely appreciated.

[Oxford Community Emergency Foodbank | CEF Oxford CEF Oxford](#)

The following items are needed for the foodbank

- Bottled or tinned sauces**
- Long Life Milk**
- Tins of meat**
- Tins of Vegetables - Sweetcorn, Peas, Carrots, Tomatoes etc (Pulses)**
- Coffee, Tea and Chocolate**
- Tins of puddings**
- Tins of fish**
- Tins of Fruit**
- Biscuits**
- Long Life Juice**
- Jams and other spreads**
- Rice (No Pasta)**
- Sugar**
- Cereals**
- Long Life Fruit Juice**
- Essential Toiletries/cleaning material**
- Nappies**

Football tournament

St Andrew's are the MCS Cup Winners 2026!!

On Wednesday, Andy Masters took a mixed team of Year 5 & 6, boys & girls to Madaglen College School for a football tournament. The team played several matches against other local schools, got through to the finals and won!

We are really proud of the way they worked together as a team, as they'd not had practice at this before, and how well they represented St Andrew's. Congratulations to Esther L, Phillip, George, Dougie, Samar, Charlie, Tristan, Ismail, Oliver and Flossie







MCAS - updating information



Important: Please Check Your Child's Information on MCAS

Please ensure that your child's **medical and dietary information** is up to date on **MCAS (My Child At School)**. This can be found under the **Medical/Dietary** section on MCAS.

It is essential that we are informed of any dietary requirements relating to **allergies**. Our catering provider, Edwards & Ward, requires a separate dietary form to be completed for

allergies and food intolerances, such as milk-free or egg-free diets, to ensure food is prepared safely.

It is also very important that we are aware of any dietary requirements related to **religious beliefs**, for example halal or no pork. Please note that the school offers a halal menu.

In addition, please check and confirm your **photo permissions** on MCAS.

Thank you for your support in helping us keep our records accurate and ensure the safety and wellbeing of all pupils.

Coffee mornings with Suzanne Walker



1 - Please feel free to come to the Thursday coffee mornings (8.45 - 9.30am) with Suzanne Walker, our Home School Link Worker. This is an opportunity to meet other parents/ carers and discuss parenting. We also have several special visitors lined up for this term.



Reception places for September 2027

We know the new school year has just begun, but this is also the term when parents/ carers are looking at schools for next academic year.

We will soon be offering tours of St Andrew's for Reception places for September 2027. Please do share the link on the website for any parents/ carers interested in a tour: [St Andrew's Church of England Primary School, Oxford - Home](#) (bottom of the page)

Oxfordshire Early Years team message

Oxfordshire County Council would like to hear about your child's move to primary school.

If your child has started in a Reception class, please take a few minutes to fill in our short survey: [Moving onto Primary School – parent/carer questionnaire](#)

Your answers will help us understand what is going well and what could be better.

We will use your feedback to help nurseries, preschools, childminders, and schools make the move to primary school easier for all children.

Your answers will be anonymous. No one will know what you said.

Health, Safety and safeguarding



Earrings

St Andrew's uniform policy is that earrings must be plain stud. For safety reasons, children should not be wearing hoops or dangling earrings. Children should be able to take their own earrings out for PE. If this is not possible, children should not wear earrings on a PE day.

School climbing equipment

We respectfully ask parents/ carers to ensure that children do not play on the climbing equipment before or after school.

School Health Nursing newsletter

[Autumn Term \(1\): Primary SHN Newsletter September 2026](#)

Childline Data: The Five Apps Most Linked to Online Sexual Abuse - NSPCC

The NSPCC has published figures showing which platforms children name when they talk to Childline about online sexual abuse [Top 5 platforms and apps linked to online child sexual abuse](#). Between April 2025 and March 2026, Snapchat came top with 324 mentions, up 19% on the year before. It was followed by TikTok (234), Instagram (197), Discord (92) and WhatsApp (39). Between them, these five platforms came up in nearly 900 counselling sessions.

The NSPCC is also calling for nudity-blocking technology to be built into children's devices as standard.

Trousers, shorts or skirts	Plain (no logos) grey, navy or black (no jeans) Skirts should be knee length (shorts or leggings – plain grey, navy or black - can be worn under skirts)
Shirts, blouses, polo shirts	White or blue – plain or with school logo
Summer dresses	White/blue gingham
Pullovers, sweatshirts, cardigans	Royal blue – plain or with school logo
Footwear	Flat shoes or trainers (which do not rise above the ankle) – plain colour No flip flops, jelly shoes or high heels
Socks / tights	Plain grey, navy, white or black
Jewellery	No jewellery to be worn except for small plain stud earrings (removed for PE). A plain, no internet-enabled watch may be worn
Cultural/ religious clothing	e.g. a hijab should be in line with school uniform (grey, navy, black or white) and functional for all curriculum subjects/ health & safety
Hair	Long hair should be tied back for school and PE for safety
Coats	Personal choice, but warm and waterproof

Dates



Term dates for this academic year (2026-27) are available [here](#).

Class letters and topic webs have been sent home which contain information about key dates specific to your child's class.

These are whole school events.

Wednesday 30th September – Flu vaccines

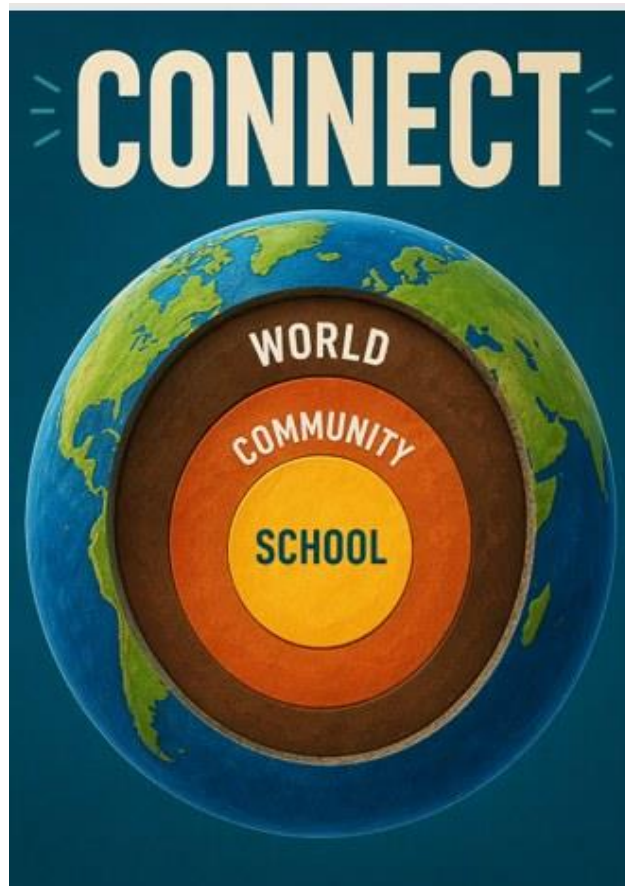
Tuesday 6th October, 10.30am – Harvest Service at St Andrew’s Church

Tuesday 13th & Wednesday 14th October, 3.30 – 6.00pm – Class teacher meetings

Friday 16th October – Years 3 – 6 British History Day

Monday 19th – Thursday 22nd October – Deep learning week 'Connect' week – a shared learning experience for the whole school

Friday 23rd October – INSET – no children in school



Cheney School events

The Iris Project is organising the following free event:

Victorian Festival - Rumble Museum at Cheney School, Oxford

Thursday 22nd October, 3.30 - 5.30pm

The Rumble Museum at Cheney School is delighted to announce our Victorian Festival!

The festival will include a wide range of performances, stalls, activities and workshops themed on the Victorian era, and aimed at all ages. Highlights include a Blacksmith Forge, Walking Forest Suffragettes, Penny Farthings and Victorian Magic Shows. There will be a number of local museums and organisations, as well as creative activities and stalls run by Cheney's Museum Council students.

There will be three repeated Victorian Magic Shows at 3.05pm, 4pm, and 5pm.

The event is free and aimed at all ages. To book places, [please fill in this form](#).

Please email lro@cheneyschool.org with any questions. There is a webpage for the event [here](#).



OPEN EVENTS 2026

Open Evening	Tuesday 22 September
5:30pm - 8pm Presentations at 5:30pm and 6:30pm	
Open Mornings	Tuesday 22 September Thursday 24 September Tuesday 13 October
9:00am - 10:30am Tour at 9:00am and Presentation at 9:45am	
SEND Open Morning - Thursday 15 October 9:30am - 11:00am	

www.cheneyschool.org
There is no on-site parking

Part of the
RUMBLE
LEARNING
TRUST

External opportunity but at St Andrew's School



Helpful information for parents/ carers

Parent/carers engagement:

At St Andrew's, we would love for every parent/carers to feel that they can engage with the school at the level at which they feel comfortable. For some this might mean becoming a governor; for others this might mean helping out at an event or being able to contribute financially.

SASA (St Andrew's School Association) is the parent/carers group of which every adult with a child in the school is automatically a part.

Fundraising:

As a school, we are extremely grateful to our parent body / SASA who look for ways to raise money for the school, through events such as the fun run, disco, film night etc - this all supports the wider learning opportunities, such as keeping our lovely library well-stocked, updating our

play equipment, developing our music provision. In addition, as a school, we seek out opportunities for grants and free events/ trips, to enable all of our pupils to have a rich learning experience during their time at St Andrew's.

Sometimes families are unable to attend the fund-raising events but would still like to contribute to the school. For this reason, we have set up the following options:

1. A **QR code** found on our [website](#).
2. An **Amazon 'wish list'**: <https://amzn.eu/2DAkpvb>
3. **Cashback from Sainsburys and Argos** – signing up to the MySchoolFund. When someone signs up using our school code, the individual gets 2% cashback on spend in Sainsburys and Argos and the school gets 1% in eGift vouchers. Link to our school (use postcode OX3 9ED) on the My School Fund website. If this could work for you, please do sign up. Sign up today at www.myschoolfund.org Our school registration number : 29600

Eggs

Don't forget that eggs from our very own chickens are on sale in the office. The children looking after the chickens are keen to get this money, as we need it to buy food for the chickens!

Toys

At St Andrew's we ask that children do not bring in toys and special items from home, as these items can be lost, which causes upset and tension between children when accusations arise as to who might have taken or broken an item.

Information about local events

Community Flyer

Play Grassroots Football with Summertown Stars AFC!

Did you know that hundreds of children from our school community lace up their boots every single weekend to play for Summertown Stars AFC?

As North Oxford's premier grassroots community football club, we offer safe, inclusive, and highly fun football for boys and girls from Under-6s all the way up to adults. With over 60 teams, our focus is entirely on friendship, teamwork, and developing a lifelong love for sport—no matter your child's experience or current skill level!

- Fully accredited FA Coaches

- Dedicated girls' teams across almost all age groups

- Fun mid-week training at Phil & Jim and at Cherwell School and our home grounds of Five-Mile Drive. Weekend league and cup matches locally and away.

We are currently welcoming new players across several age groups, as well as parent volunteers who want to get involved in coaching or team support.

Want to join the fun?

Find your child's age group or register your interest today at

www.summertownstars.org or email our team at secretary@summertownstars.org.

Come and be a part of your local community club!

HEADINGTON SCHOOLS PARTNERSHIP : extended learning for all ages



24.09.26

term 1 – letter 3

TINY IDEAS FESTIVAL Saturday 26 – Sunday 27 September <https://tinyideasoxford.com/>
Making dreams come true.....celebrating creativity by and for children, toddlers and babies! But grown ups can join in too!
bookable events at Pegasus Theatre, North Wall Arts Centre, Caper bookshop, UPP cinema, The Story Museum drop in at the Oxford University Museum of Natural History <https://tinyideasoxford.com/festival-schedule/>
(the 'Festival schedule' button still doesn't work – but it's all there if you click the Menu button, top right!)

COURTSIDE AT BURY KNOWLE *Bury Knowle Park, OX3 9JJ*
You can still join the tennis, yoga, walking and back to netball courses that are underway
But have you tried all the other activities on offer? tennis – mini-tennis – basketball – table tennis – shuffleboard some are bookable – others just turn up and use <https://courtside.oxford.uk/bury-knowle/activities>

DANCIN' OXFORD the twentieth Oxford family dance festival 25 September – 31 October
Dancin' Oxford brings a month of dance, creativity and family fun to venues and communities across Oxford and Oxfordshire but mainly from mid-October
Whether your family loves watching dance, wants to get up and join in, or has never been to a dance performance before, there's something for you. Expect magical adventures, live music, storytelling, ballet, creative workshops and, of course, plenty of opportunities to dance yourselves.
<https://www.dancinxford.co.uk/come-and-dance-with-us-our-autumn-family-dance-festival-is-back/>

MOX MUSEUM OF OXFORD *Oxford Town Hall, St Aldate's, OX1 1BX*
SOUNDS OF THE CITY a new exhibition open until March 2027
Sounds of the City is an exhibition of objects, memorabilia, and stories celebrating Oxford's music scene in the 90s and beyond. The exhibition highlights iconic bands, gigs, grassroots venues, festivals, and record labels that all energetically shaped Oxford's sound. Marking 30 years since BBC Radio 1 Sound City Oxford in 1997, the exhibition revisits pivotal moments in the city's musical journey – from Ride's breakout as 'shoegaze' progenitors, to Supergrass' seminal album *I Should Coco* in 1995, and to Radiohead's epic hometown show at South Park in July 2001.

LIVE AND LOCAL Friday 2 October 7.00 To kick off the Sounds of the City: LIVE events programme, there's a welcome to Mick Quinn's DB Band and Emma Hunter, featuring stripped-back performances from these two stars of the local music scene.
tickets £10 or £8 pay a little less; £12 pay a little more which includes free entry to the museum and the Sounds of the City exhibition. doors open at 6.30pm, with a chance to explore the museum before the performance starts promptly at 7.00 pm <https://museumoxford.org/whats-on/special-exhibitions>

THE BODLEIAN WESTON LIBRARY *Broad Street, OX1 3BG*
PETS AND THEIR PEOPLE final weekend - closes on Sunday 27 September – do catch it if you haven't!!
About the exhibition We have been domesticating animals for over ten thousand years. But why do we want tame wolves in our homes or wild cats on our laps?
This exhibition explores the relationship between humans and their pets – or pets and their humans and asks how the special bond between owners and their pets has evolved over time, and what that evolution tells us about who we really are. Are we taming our pets, or are they bringing us back to our wild roots?
<https://visit.bodleian.ox.ac.uk/event/pets-and-their-people>

THE OLD BODLEIAN – DIVINITY SCHOOL *Catte Street OX1 3BG*
HALLOWEEN FILM SCREENINGS Friday 30, Saturday 31 October, Sunday 1 November
each day : Monsters Inc. (2001) 3.00 Beetlejuice (1988) 6.00 Bram Stoker's Dracula (1992) 9.00
doors will open half an hour before each screening
early bird £22 in advance £25 on the door (if available) £30
half price for children for Monsters Inc.
<https://visit.bodleian.ox.ac.uk/event/2026/oct/halloween-film-screenings>

MOTHERSONG – melodies in motherhood
Folk and pop songs from around the world – sung by ear – FREE – for women of all ages and stages of life - and babies and pre-schoolers are welcome
Tuesdays 10.30-11.30 from 8 September *Bullingdon Community Centre, Peat Moors, OX3 7HS*
Fridays 10.30-11.30 from 4 September *Barton Park School, Barton Fields Road, OX3 9WN*
hannah.mothersong@gmail.com <https://hannahfredsgaardjones.co.uk/mothersong>

SCIENCE OXFORD *The Science Oxford Centre, Stansfeld Park, Quarry Road, OX3 8SB*
FAMILY DAYS every Saturday – two hours in the Exploration Zone 10.00-12.00, 12.30-2.30, 3.00-5.00
the outdoor water lab and all day access to the woodlands best for ages 3+ but all are welcome
£8.50 per person which includes the Eventbrite fee - free for Under 3s
You are advised to book in advance <https://scienceoxford.com/events/family-days-every-saturday>
SENSORY FRIENDLY FAMILY DAY Saturday 3 October with smaller numbers admitted
includes the Planetarium show 'Life elsewhere' <https://scienceoxford.com/whats-on/sensory-friendly-family-days/>
booking essential

STEM THEMED SATURDAY CLUBS 10.00-11.30, 12.30-2.00, 3.00-4.30
£15 per child – accompanying adult(s) free <https://scienceoxford.com/centre/science-oxford-centre-events/>
helping you and your child to learn from each other and work together while trying out new things
book now - they sell out quickly! <https://scienceoxford.com/whats-on>
SCIENCE CLUB : GERM BUSTERS Saturday 26 September 10.00, 12.30, 3.00
for ages 5-9 <https://scienceoxford.com/whats-on/germ-busters/>
NATURE CLUB : THE WOODLOUSE EXPERIMENT Saturday 10 October 10.00, 12.30, 3.00
for ages 5-9 <https://scienceoxford.com/whats-on/the-woodlouse-experiment-3/>
SCIENCE CLUB : SKELETONS Saturday 24 October 10.00, 12.30, 3.00
for ages 5-9 <https://scienceoxford.com/whats-on/skeletons>

IF OXFORD SCIENCE AND IDEAS FESTIVAL through October with booking already open and many of the workshops/shows/experiences are VERY popular! !
The 2026 science and ideas Festival is ready for you again, with exciting, intriguing and unexpected events and activities for all ages across dozens of venues in and around the city, and beyond.
Browse the full programme now: www.if-oxford.com and plan your festival.
This year marks the 35th science and ideas Festival in Oxford, with most events still offered on the Pay What You Decide (PWYD) system, with no questions asked, plus a range of FREE events

IRIS PROJECT – RUMBLE MUSEUM *Cheney School, Cheney Lane , OX3 7QH*
VICTORIAN FESTIVAL
Thursday 22 October 3.30 - 5.30
The Rumble Museum at Cheney School is delighted to announce their Victorian Festival! The festival will include a wide range of performances, stalls, activities and workshops themed on the Victorian era, and aimed at all ages. Highlights include a blacksmith forge, walking forest suffragettes, pennyarthring cycles and Victorian magic shows. There will be displays from a number of local museums and organisations, as well as creative activities and stalls run by Cheney's Museum Council students. There will be three repeated Victorian magic shows at 3.05, 4.00, and 5.00.
The event is FREE To book places, please use the on line form
please email ira@cheneyschool.org with any questions. <https://rumbledmuseum.org.uk/index.php/what-s-on>

HILL END OUTDOOR EDUCATION CENTRE *Eynsham Road, OX2 9NU*
HALF TERM ACTIVITIES already bookable! <https://hill-end.org/activities/upcoming-events/>
WILD DAYS FOR 7-12 YEAR OLDS Monday 26, Tuesday 27 October 9.00-4.30
For small groups of up to 16 children, offering nature-immersive activities exploring the woodland, meadows, ponds and streams at Hill End and in next-door Wytham Woods - setting up base camp each day for an exciting range of activities such as nature walks, bushcraft, campfire cooking, den-building, and finding out about autumn plants and animals.
£50 per day lots more information at <https://hill-end.org/news/wild-days/>

WOODLAND SPOOKYACULAR FAMILY DAYS Wednesday 28, Thursday 29 October 10.00-2.00
Spend a fantastic day of autumn adventure at Hill End! Explore the stunning 67-acre site, get creative with nature crafts, enjoy spooky activities, and gather around the campfire to toast marshmallows.
booking essential £9 adults, £7 children aged 2-16 under 2s free
bring a picnic or add lunch to your booking – filled jacket potato £6, soup £5
https://hill-end.org/news/woodland_spook/

further ahead but best to book early WW1 TRENCHES TOUR Saturday 7 November 10.00-12.00
Deep in Wytham Woods are genuine WW1 practice trenches dug by Oxfordshire Soldiers 100 years ago, before they were posted to the front lines. This remembrance weekend, join our volunteer Kim Base on this poignant guided tour – with many thanks to the University of Oxford Wytham Woods.
Please note that the walk from Hill End takes 20-25 minutes, and is up hill at times. Sturdy footwear is recommended.
booking essential £7 adult, £5 children https://hill-end.org/news/ww1_practice_trenches/

Lesley Williams Headington Extended Schools Coordinator 07982 439 828
lesley.williams@headingtonpartnership.co.uk

THE STORY MUSEUM



Tiny Ideas Festival



"A fantastic piece of children's theatre"
Broadway Baby



"An enchanting tale that gripped the children
from the start"
Derek Awards



"I was blown away...go see this show"
Tonylovesthefringe

Hoglets Theatre presents:

THE TALE OF THE LONELIEST WHALE

Saturday 26 Sept

A beautiful, heartfelt deep-sea adventure
celebrating friendship and being yourself.
Recommended for ages 4+

11:00 & 14:30 Tickets: £14pp

Book tickets: 01865 807 600
hello@storymuseum.org.uk
storymuseum.org.uk



The Story Museum is registered charity no. 1107809

TERM TIME CLASSES

HOLIDAY WORKSHOPS



Book Now!



Art Classes

FOR AGES 5+

THE UK'S LEADING FINE ART SCHOOL FOR CHILDREN

At Cygnets our focus is on traditional drawing, painting, and sculpture, combined with unique projects, all taught by experienced teachers, using professional quality materials.

Old Headington Village Hall,
Headington, OX3 9BY
&
Seacourt Hall, Botley,
OX2 9TH



✉ northoxford@cygnetsartschool.com

🌐 cygnetsartschool.com/northoxford

☎ 07301 618 307

“

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

SOAP'S SUMMER CHILL OUT

13.09.26
12 - 4PM*

MUSIC
BBQ
BAR

COFFEE
CAKES
TUCK SHOP
FACE PAINTING
& CRAFTS

FREE ENTRY | EVERYBODY WELCOME!
CHILDREN MUST BE ACCOMPANIED BY AN ADULT
(*11AM FOR FAMILY TRIATHLON PARTICIPANTS ONLY)



All money raised
goes towards keeping
SOAP open and free!



soap
southoxford
charity garden tour

{JAM} CODING

GAME DESIGN

FROM 2D GAMES TO RETRO CLASSICS

LONG-TERM AFTER SCHOOL CLUB

St Andrew's CoE Primary School - Game Design and Retro Gaming

In this extended program, children will first dive into GAME DESIGN, learning to code and create their very own 2D computer games. They'll design interactive animations, work in teams, and develop problem-solving and logical thinking skills.

The club will then shift to RETRO GAMING, where children will design and code classic games such as Pong!, Asteroids, Space Shooter, and Doodle Jump.

Teams will create maps, characters, and game code, then test their skills in friendly competitions to see who can beat their friends at their own games!

This exciting combination of workshops fosters creativity, teamwork, and coding skills, all while making learning fun. At the end of the term, every child will receive a certificate, and one team will be awarded a trophy!

DATES
21 / 28th Sept
5 / 12 / 19th Oct
2 / 9 / 16 / 23 / 30th Nov

TIME
Mondays
at
15:20 - 16:20

PRICE
£10 per session (inc. VAT)
£100 for a whole term of fun!

TO BOOK A PLACE, CHOOSE ONE OF THESE FOUR OPTIONS:

- Click the link below
- Scan the QR code to the right
- Visit www.jamcoding.com/our-workshops/, enter the first part of your postcode, and select your venue
- Contact your area manager who can manually book you on



BOOK HERE: [Jam Coding Class 6273](#)

CONTACT YOUR AREA MANAGER:
✉ oxford.am@jamcoding.co.uk
☎ 01865 965 391

WIN A FREE PLACE!
Follow us on social media for the chance to win a free place.



www.jamcoding.com




ONE CITY
ONE COMMUNITY

OXFORD CITY VS AFC PORTCHESTER

THE OPENING DAY | THE MGROUP STADIUM | 2PM KO

FREE TICKETS

FOR OXFORD SCHOOLS



SCAN ME

USE THE CODE: SCHOOL



MORE
LEISURE



BIG
Open
WEEKEND

3RD & 4TH OCTOBER

FREE TASTER SWIMMING LESSON

Try a class for free during the weekend! Pre-booking essential.
Available for all age groups across all participating centres.

Head to our website for more information.



robyn.weller@serco.com or harry.saunders@serco.com





oxfordcityleisure.com



OXFORD
CITY
COUNCIL

MORE for
everyone



USE
PROMO CODE
OXFORD
SWIM

**JOIN
FOR £1**

**and pay nothing on swimming
lessons until October!**

MORE *for*
every body

MORE

Adult & Toddler
**SWIMMING
LESSONS**

for adults and children
aged 18 months – 4 years


STARTING
13TH SEPTEMBER


ONLY
£37.25
for 5 consecutive
SUNDAYS



Speak to a member of our team or visit our website to sign up today.

 let's do **MORE**



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

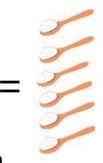


Sugary drinks and oral health

Did you know?...



Tropicana
orange juice
300 mls

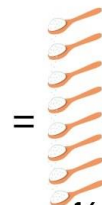


25.8g 6 tps

Fizzy drinks, fruit juice, smoothies and squash can be high in sugar
tps = teaspoons of sugar



Innocent
Berry
smoothie
300 mls



30g 7.5 tps



Monster
473 mls



55g 13.5 tps



Macdonalds
strawberry
milkshake - medium



57g 14 tps



Swap to water or milk





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**



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



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





**OXFORD SCIENCE
+ IDEAS FESTIVAL**

www.if-oxford.com

**Browse and
book now
for free**



**Pick from
over 100
events and
activities
designed
for people
of all ages**





2026 Festival Programme
if-oxford.com

35 years of connections
at events for everyone
across Oxford and beyond

16–31 Oct 2026*
**A taste* of
the Festival...**

Arts and performance

Anna Dumitriu exhibition, JR Hospital 6
Optical illusion uchiwa, Pegasus (all Festival)
Lady Ionosphere, E.Ox Community Centre (Fri 9 Oct)
Poetry of Science, Westgate Library (Sat 17 Oct)
The Cloud Factory, Science Oxford (Sat 17 Oct)
Brain Bending Illusion Show, Pegasus (Sun 18 Oct)
Ruskin's Skies, Ashmolean Museum (Sat 24 Oct)
Storm-Cloud, Natural Hist. Museum (Sat 24 Oct)
Amazing Animals, The North Wall (Tue 27 Oct)
Orbit, by Creation Theatre, and
Dancing Dark Matter (Thu 29 Oct)
Fusing Glass: Becca Rowland, (31 Oct & 1 Nov)

Interactive Festival zones

Packed with hands-on activities for families, teenagers
and adults on weekends, evenings and during half term,
spend a few hours at: **Family Day** (Sat 17 Oct)
EXPLORAZONE (Sat 17 Oct)
TECHWORKS (Sun 25 Oct)
BLAST! (Tue 27 Oct)
ZONE ONE (Thu 29 Oct)

Presentations and Talks

The Dawn of AI (Sat 17 Oct)
Ghost in the Machine documentary, Q&A (Tue 20 Oct)
Careers in Medical Research (Wed 21 Oct)
Spilling the Tea with Uncomfortable Oxford (Wed 21 Oct)
Breakup Monologues: Artificial Intimacy? (Mon 26 Oct)
Weapons of Mass Persuasion: Propaganda (Mon 26 Oct)
Modelling the Undead: Zombies & Health (Sat 31 Oct)

Workshops and a new hobby?

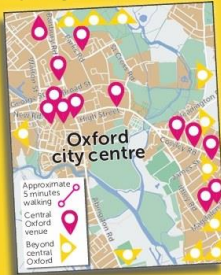
Get coding with **Glow Your Own** (Wed 14 Oct–18 Nov)
Photographing Big Science at Culham (Sat 17 Oct)
Enamelling: Make a pendant (Mon 19 & 26 Oct)
Metals and Colour from the Earth (Tue 20 Oct)
The Chemistry of Colour (Thu 22 Oct)
Exploring Art for Science: Wildlife Drawing (Mon 26 Oct)
Fusion Fix It (Thu 29 Oct)
Origami Engineering: beginner to expert (Sat 31 Oct)

Try tours!

UKAEA Open Day (Sat 24 Oct)
History of Oxford Science (Sat 31 Oct)

**Download and browse the
Festival programme (PDF, 15MB)**

IF Oxford is a vibrant, inclusive Festival where
you, your family and friends can get hands-on
with science, meet experts and explore big ideas
through a huge range of activities like skills
workshops, performances and talks in the city
centre, in your neighbourhood and online.



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Book your events this Autumn: www.if-oxford.com

OPEN EVENING

Thursday 24th September

3:30 - 6:00pm



"Lessons are calm"

"Behaviour across the school
is now very positive. Pupils
are calm and respectful, with
positive attitudes to learning"



"Leaders' very positive
improvements in behaviour and
the school's new embedded
learning culture are particularly
noticeable"



"Staff are very positive about
working at the school"

"Pupils are happy in school, they
feel known and loved by their
teachers"

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Praised by OFSTED for a 'systematic'
approach to improvement

FAMILY SHOWS AUTUMN 2026



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

FAMILY SHOWS AUTUMN 2026



M6 Theatre presents

ALL THE SMALL THINGS

Saturday 24 October 11am and 2pm

Deep in the woods, in the middle of nowhere, lives the Story Collector. Drawers, cabinets and cupboards brim with baddies and goodies, hopes and wishes, once upon a time and far, far away. A magical place of possibilities. On the turn of the snow globe, the enchantment begins...

M6 Theatre's trademark beautiful design and heartwarming storytelling combine with singing, puppetry, and physical comedy in this brand-new spin on fairytales.

AGES 4+



Sonrisa Arts presents

DANCE IN THE DARK

Wednesday 28 October 1pm & 3pm

Come in your favourite PJs for a slumber party in a giant sleepover den and a playful night-time adventure. As darkness descends, giggle as we get ready for bed, explore spooky shadows, listen to night-time sounds, and feel the wind and rain on our faces.

Discover the magic of the dark, whirl and twirl, catch a shooting star and learn to be brave at bedtime.

Co-created with children, this beautiful new show is a dreamy multi-sensory feast that gently introduces little ones to the magic and wonder of theatre.

AGES 3-8

STAY AND PLAY!

Families are invited to join us for relaxed and inclusive arts and crafts, activities and play between children's shows. These are free drop-in workshops, open to all.

Details of timings for each Stay and Play session are available on the website.





A free group bike ride for families!



Sunday 27 September 2026

**All ages and abilities welcome!
Children must be accompanied by an adult**

Feeder routes begin at 2:00pm:
Florence Park
Cutteslowe School
Makespace (Jericho, OX2 6TP)
Headington (Manor Surgery, OX3 9BP)
West Oxford (Oatlands Road Rec, OX2 0HS)

**Meet 2:30pm Gloucester Green
Combined ride begins at 3:00pm**