# Message from Mr Rabiasz

Dear Parents and Carers,

It's hard to believe that we've already reached the end of the first half term of the year! The children have worked so hard and shown great enthusiasm for their learning. They've made fantastic progress and should be very proud of everything they've achieved so far.

I'd like to take this opportunity to thank you all for your continued support. The partnership between home and school plays such an important role in helping the children succeed and we really value everything you do. We hope you all have a relaxing and enjoyable half-term break and we look forward to another exciting and successful half term ahead.

Kind regards,

Mr Rabiasz

ASPIRATIONS

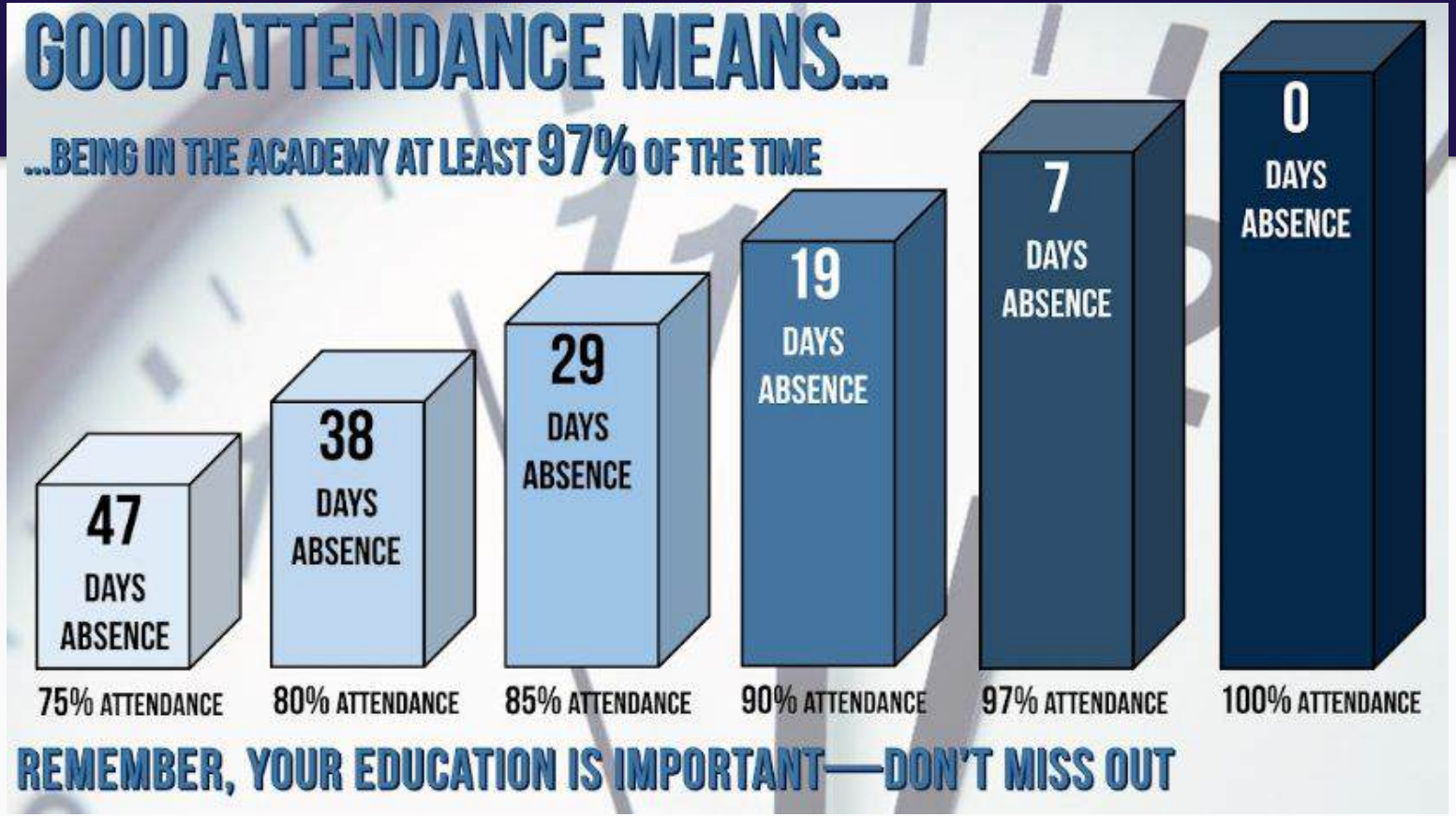
Harriers Banbury Academy
an Aspirations Academy

***Our Vision: to cultivate high quality education in a supportive environment, enabling our pupils to become kind, happy, confident individuals, ready to take on the world***

# Harriers Newsletter

Friday 24th October 2025

# Attendance


GOOD ATTENDANCE MEANS...
...BEING IN THE ACADEMY AT LEAST 97% OF THE TIME
47 DAYS ABSENCE
75% ATTENDANCE
38 DAYS ABSENCE
80% ATTENDANCE
29 DAYS ABSENCE
85% ATTENDANCE
19 DAYS ABSENCE
90% ATTENDANCE
7 DAYS ABSENCE
97% ATTENDANCE
0 DAYS ABSENCE
100% ATTENDANCE
REMEMBER, YOUR EDUCATION IS IMPORTANT—DON'T MISS OUT

# Upcoming Dates Term 2

3rd November - First Day of Term

4th November - Open Morning for Prospective Parents

5th November - Year 1 Kings and Queens Day

November 6th - Fireworks Event

November 6th - Open Morning for Prospective Parents

November 7th - EYU Phonics Workshop

9th November - Remembrance Parade in town

11th November - Y5 Cinema Trip

11th November - Parents Evening 3.30-5

11th November - Children singing for Children 7pm

12th November - Year 2 Cinema Trip

13th November - Parent's Evening 3.30-7

14th November - year 4 Cinema

17th-21st November Road Safety Week

21st November - Children In Need Day (non uniform)

21st November - Year 3 library visit AM

Term 2 parent's evening: 11th November and 13th November

# Upcoming Dates Term 2

27th November - Year 1 Warwick Castle trip

28th November - INSET - no pupils in school

2nd December - Year 1 Christmas Songs in the Hall 9.15

3rd December - Year 1 Christmas Songs in the Hall 1.45

4th December - Year 3 Christmas Book and Brew

9th December - EYU nativity 9.15

10th December - EYU Nativity 1.45

11th December - Carol Concert at St Mary's 12.30

15th December - iRock concert 10am

16th December - Year 2 nativity 9.15

17th December - Year 2 nativity 1.45

17th December - Christmas Dinner Day

18th December - Aspirations Award Winner assembly 9am

19th December - Christmas Party day

19th December - LAST DAY OF TERM

Term 2 parent's evening: 11th November and 13th November

# Upper Phase Assembly
06.10.25

# Lower Phase Assembly
07.10.25

# Upper Phase Assembly 13.10.25

# Lower Phase Assembly 14.10.25

Aspiration Assembly
23.10.25

# MTC Parent Meeting

Thank you to all those parents who came to join our year 3 and 4 MTC meeting. It was lovely to see so many parents engaged in finding out more about the MTC, TTRS and how we can work together to support your child to develop their times table knowledge.
https://www.loom.com/share/39edd68a28dc4bc1905f0cddbbe22d4c?sid=a4900e25-a1fb-400b-8ac1-375badaf448e
https://www.loom.com/share/b35811ced2c242d484fc85d10773000d

Please follow the links to a two part loom with a summary of the information given in the meeting.

Please also see the TTRS recommended preparation schedule- this shows which modes are recommended throughout the year.

# Rugby Festival

10 pupils from Years 5 & 6 had the opportunity to develop their rugby skills at the NOSSP rugby festival which was hosted at Banbury Rugby Club on 16th October.

In the morning they played lots of games which helped them to learn and practice some basic rugby techniques and skills as well as develop their teamwork. After enjoying lunch from the stands overlooking the main pitch, the children had an opportunity to implement all that they'd learnt and practiced by playing some matches against some other schools from the local area.

It was evident to see as the day progressed that the children improved their rugby skills and developed in their knowledge and understanding of how to play T1 rugby - a variant of touch rugby. The children represented Harriers brilliantly and were a real credit to the school. Well done all!

# Girls' Football Festival

16 girls from Years 3, 4, 5 and 6 made the short walk over to Wykham Park to represent Harriers at the first girls-only NOSSP Inter School Football Competition on 9th October.

The Year 3s and 4s made up one team, with the Year 5s and 6s making up the other team. With 7 schools being represented and over 100 girls competing, both teams had the opportunity to play multiple matches. The girls showed tremendous enthusiasm, teamwork and spirit both on and off the pitch, with unity particularly coming in the form of a rendition of a song which is still firmly stuck in my head! Thanks girls and well done!

If you're brave enough, maybe you could ask the girls to give you a rendition of the song!

# Nursery

This week we have been practising our speaking and listening skills in small groups.

We have also been looking at the differences between sand and mud, with our sand and mud kitchens (don't mix them!)

We have been moving like trains in PE.

# Early Years

In Early Years we have been looking at what materials are best used to make a bridge.
The bridge then had to hold the weight of a toy car.

The children were very enthused and enjoyed experimenting with the different materials.
There was also some fantastic teamwork involved!

Year 1

Year 1 had an amazing time on their trip to banbury library. The librarians discussed how the books are organised and played sorting games with the class. Each pupil got to choose a book to take back to school with them.

# Year 2

Year 2 have really enjoyed working collaboratively this week in their Design & Technology lessons.

The pupils designed and created their chairs using paper and tape! We have been learning all about creating designs with stability and the type of materials we would use.

# Year 3

Year 3 have really enjoyed reading Oliver and the Seawigs. We have made our own 'Seawigs' so that we can write about the process of making them!

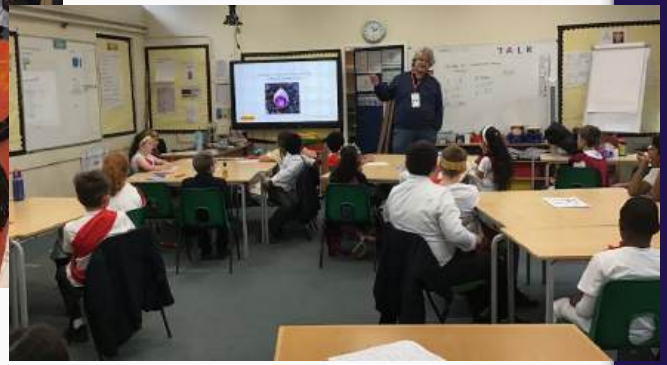
# Year 4

Year 4 pupils had a fantastic time consolidating their learning about sound in the brilliant workshop run by Science Oxford.
The show demonstrated many different ways to experiment with pitch and vibrations including fire sound waves and a whoopee cushion!
The workshop was a round robin of engaging investigations for the pupils to explore.

Year 4
A Book and a Brew

Thank you to all parents and carers who supported our event.

# Year 5

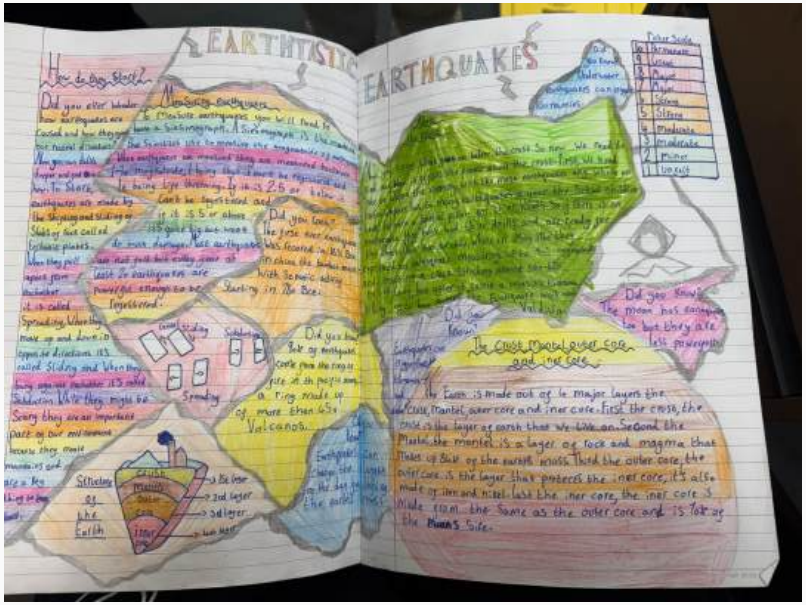


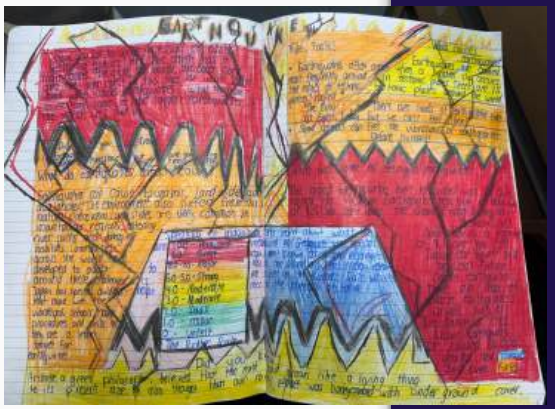
Year 5 had a brilliant Roman Day! They came to school dressed in their best Roman outfits, had a Roman numerals themed maths lesson, made their own shields and had a visit from Mr Roberts who talked about his work on the Broughton Roman Villa 'Time Team' dig.

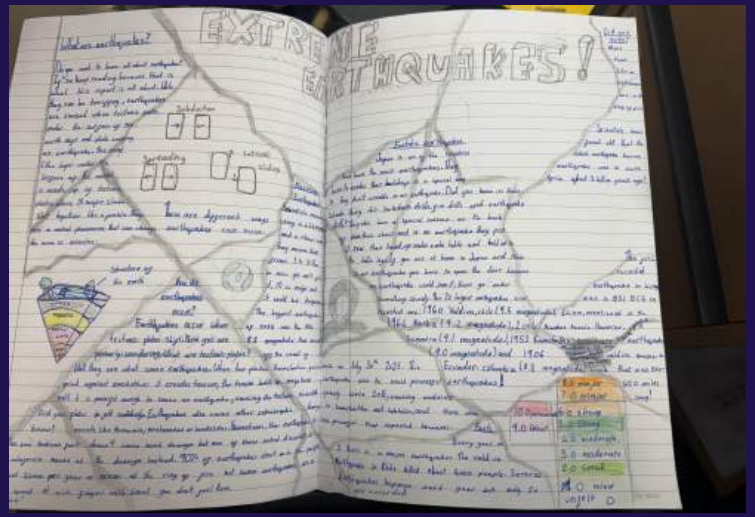
# Year 6

Year 6 have had a tremendous first term of English learning crossed with our applied topic of earthquakes.

Here are a sample of some of the Year 6's non-chronological reports.







# Portal for Secondary School Application portal open

We sent out a notification to all Year 6 parents earlier in the week about the Secondary school application portal being open now.

It can be accessed at:

www.oxfordshire.gov.uk/secondaryadmissions

The deadline for completed applications is the 31st October 2025 with National Offer day being the 2nd March 2026.

*Cucina*

# There **is** such thing as a FREE LUNCH

Your child may be eligible for a free school meal which could save you over **£475 a year** and gain additional funding for your school. To see if you qualify, visit

**www.gov.uk/apply-free-school-meals**

## DON'T FORGET

**School meals are free for Reception, Year 1 and Year 2 regardless of circumstances!**

# Music Lessons at Harriers

# Children from Harriers will be singing on Tuesday 11th Nov

Tickets are available to purchase from the school office until 24th October. Cash only

# SEN and Inclusion

Miss Buswell
SENDCo

Just as we look after our physical health, it's important to look after our mental health.

Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing. It can help your body and mind to relax, drift away, or be more energised.

This self-care plan walks primary-aged children through a series of steps, helping them create a simple self-care plan that works for them. It helps children identify activities that they can use to support their mental health.

Some of the suggested self-care activities include:

- music and dance
- mindfulness
- art

The resource was co-written by Anna Freud experts and young people, who shared ideas on self-care strategies that work for them.

https://d1uw1dikibnh8j.cloudfront.net/media/18656/my-self-care-plan-primary.pdf

If you cannot access the link…

https://d1uw1dikibnh8j.cloudfront.net/media/18656/my-self-care-plan-primary.pdf

## Activity one - music & moving

Create a playlist of all your favourite tunes that fill you with joy and make you want to move your feet.

When you feel like you need a distraction or a boost, put on your playlist and start to dance.

The combination of uplifting music and physical activity should trigger a positive response in your body. Why not try **Happy** by Pharrell Williams or **Electric** by Katy Perry?

**My five favourite songs to dance to are:**

1.

2.

3.

4.

5.

## Activity two - mindful moments

Being mindful means being aware of what is going on around you and how you are feeling.

Taking a few moments in your day to be mindful can help to calm your mind. You could focus on an everyday activity more mindfully, or use a guided activity like the one below.

You can find other guided mindfulness activities on Mentally Healthy Schools or apps like Headspace.

### Using the senses

There are five senses - seeing, hearing, smelling, touching and tasting. Not everyone can use their senses in the same way. Have a look at the lists below and focus on the senses that are most important to you, and notice:

**5 things you can see**

1.
2.
3.
4.
5.

**4 things you can hear**

1.
2.
3.
4.

**3 things you can smell**

1.
2.
3.

**2 things you can touch**

1.
2.

**1 thing you can taste**

1.

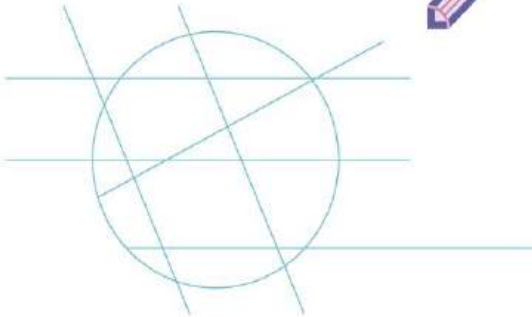
## Activity three - get arty

Keeping your mind and hands occupied may help you to focus attention away from any worries or anxieties you are feeling. Arts and crafts are a great way of doing this and there are activities to suit everyone. You might want to try sewing, knitting, cut and stick mosaics or simple origami.

Below is a simple drawing activity for anyone to use - all you need is paper and colouring pencils or pens although you can use chalks, crayons or paints if you prefer.

Take a blank page and draw six to eight lines on the page, dividing it into a number of sections. These lines can be straight, curved, wiggly or zig-zagged as you prefer. Then try to fill each section with a unique and colourful pattern, this can be as simple or intricate as you like. Take each section in turn thinking carefully about the pattern and filling the whole section. At the end you should have a colourful page full of different, fun and interesting patterns.

**Colour the lines below:**



If you cannot access the link…

https://d1uw1dikibnh8j.cloudfront.net/media/18656/my-self-care-plan-primary.pdf

## Activity four - the power of positivity

Sometimes we remember the negatives more than the positives. At home you could create a hope box or notebook to remind yourself of all the amazing things about you, for any time you are feeling low.

To start with, think of ten things about yourself that are positive and write them in the notebook or on a bit of paper to add to the box.

These could be statements like 'I am healthy', 'I am kind', 'I am a great sister'. You can decorate the box or notebook and keep adding to it as you learn new positive things about yourself and you can ask friends and family to tell you their favourite quality about you to write down.

### Write 10 positive things about yourself below....

1.
2.
3.
4.
5
6.
7.
8.
9.
10.

## My self-care plan

Being mindful means being aware of what is going on around you and how you are feeling.

Taking a few moments in your day to be mindful can help to calm your mind. You could focus on an everyday activity more mindfully, or use a guided activity like the one below.

You can find other guided mindfulness activities on Mentally Healthy Schools or apps like Headspace.

### Activities to try :

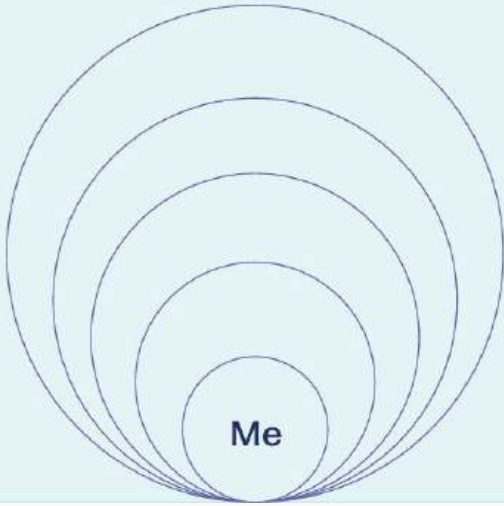
1.
2.
3.
4.
5.
6.

### Which self-care activities work best for me:

1.
2.
3.
4.
5.
6.

## My circle of support

You can fill these circles with the names of people who you can talk to if ever you feel worried, sad or anxious. This might include your friends, family, your teacher and even your pet!



If you cannot access the link…

https://d1uw1dikibnh8j.cloudfront.net/media/18656/my-self-care-plan-primary.pdf

## Twenty-five creative challenges for you to try

- Draw a picture of something that makes you laugh or smile.
- Try to juggle with three pieces of fruit.
- Spend a day wearing your favourite colour.
- Write a thank you note to someone who has been kind to you or helped you.
- Decorate eggs to look like your favourite animal.
- Learn to make an origami butterfly.
- Find out what song was number one your last birthday and perform it!
- Learn how to say hello in ten languages.
- Make a show with sock puppets.
- Make some flowers out of paper to decorate your house with.
- Learn a magic trick with playing cards.
- Write a short story for your favourite cartoon character.
- Recreate a scene from your favourite film to share with friends.
- Make a robot out of empty cardboard boxes.
- Create a dance routine to your favourite song and challenge others to learn it too.
- Try to make animal shadow puppets with your hands.
- Find five things in your home that are blue.
- Make a boat that can float in the bath with you.
- Create jewellery out of pasta.
- Ask someone to hide five items around the house and then give yourself five minutes to find them all.
- Have a paper plane throwing contest.
- Create your own jigsaw puzzle.
- Learn how to spell your name in British Sign Language.
- Create a hope box of things and items which make you smile.
- Become a superhero. What would your superpowers be? What would your outfit look like?

You can try these activities whenever you're feeling down or bored. See which ones you enjoy the most and try them again if you like them or try the next one.

## Where can I find support?

If you or someone you know needs help right now, you should, if possible, try to talk to a parent or carer or a trusted adult such as your GP.

If talking to an adult is not possible, you can find a list of organisation which offer 24 hour support by text, email and phone on our Urgent Help page or below: Call: 0800 1111 email | online chat Call: 116 123 email | visit | write Emergency Services Call: 999 Where can I find support?

**Do you need help right now?** The AFC Crisis Messenger text service provides free, 24/7 crisis support for young people across the UK.

If you are experiencing a mental health crisis and need support, you can text AFC to 85258.

SAMARITANS
Call: 116 123
email / visit / write

childline
Call: 0800 1111
email / online chat

Emergency Services
Call: 999

# SEN and Inclusion

We are sending out a plea for some resources to support children. If you, your family or friends have any of the following items at home and you are happy to donate them to our school we would be hugely grateful! The list is not exhaustive, any sensory items are welcome.

- a working radio
- fairy lights / christmas lights
- bean bags to sit on
- ball pit and balls
- mirrors (small/medium)
- tunnel
- projector light
- lava lamp
- black out material/blinds/curtains

# Safeguarding our children

Who we are……..

If you have any concerns about your child's safety, your safety or that of another child/family in our school, then please see one of the Designated Safeguarding Team. Mrs Agate is our Designated Safeguarding Lead (DSL)

Mrs Agate

Miss Thewlis

Miss Wayte

Mr Sherington

Mrs Stephens

Miss Buswell

# Safeguarding our children

Keeping children safe this Halloween. Please read this useful information from the CAPT site about flammable costumes.

https://capt.org.uk/halloween/?utm_source=capt&utm_medium=email&utm_campaign=parentsoct25&mc_cid=376a41f0ed&mc_eid=d72f37d350

## 5. Teach children to Stop, Drop and Roll

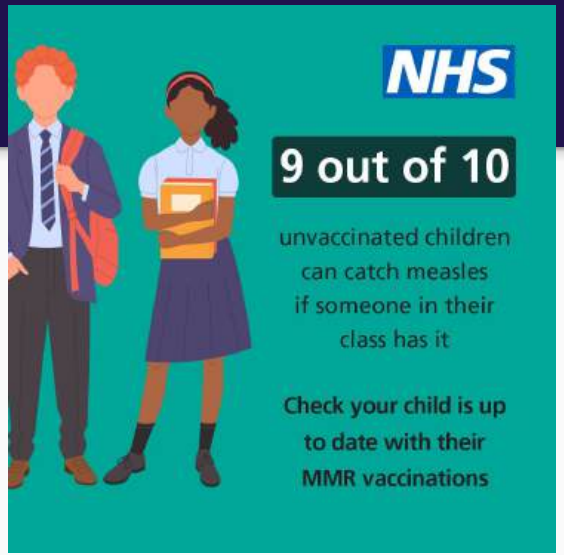
Ahead of Halloween, make sure children know what to do if their clothes catch fire. The instinct is to run. So, encourage them to practice stopping, dropping to the ground, covering their face with their hands, and rolling over a few times to put out the flames.

# Online Safety - Wake-up Wednesday Advice

Memes may seem like harmless fun, but they can carry hidden risks. This guide explores how meme culture affects young people - from misinformation to inappropriate content and digital footprints.

This other safety guide focuses on social pressures linked to social media influencers. It looks at how to tackle a range of potential risks such as body image, bad habits and unrealistic role models.

Please see here for the latest Primary School Health Newsletter
https://sway.cloud.microsoft/GJeq3VNj7sNYwVm3?ref=email&loc=play




## Term 6: Primary School Health Nursing Newsletter

https://sway.cloud.microsoft/GJeq3VNj7sNYwVm3?ref=email&loc=play

AUTISM FAMILY SUPPORT SERVICE
YOU ARE NOT ALONE

## You Are Not Alone - Free Parent OnlineDrop-In

Parenting an autistic child can feel amazing, confusing, and overwhelming, sometimes all in the same day. That's why we host our **no-cost monthly online drop-in sessions for parents and carers**.

**First Tuesday of every month**
7pm - 8.30pm
Platform: Zoom

**Erik Wagter - host of the drop-in**

**What these sessions are all about**

We've created a safe, non-judgemental space where parents can bring their questions, share worries and connect with others who 'get it'.

**Topics often included:**

- Understanding and responding to challenging behaviour
- Making sense of autism on a deeper level
- The ups and downs of family relationships and dynamics
- Working with schools and professionals
- Meeting like-minded parents and realising you are not alone

**What parents can expect to take away:**

- Feeling heard, appreciated, and understood
- Knowing they are seen as the experts on their own child and family
- Feeling hopeful and having gained practical ideas

**Who runs the sessions?**

I'm Erik Wagter, co-founder of Autism Family Support Service. Alongside being a social worker, trainer and Solution Focused family coach, I also bring over two decades of personal lived family experience of autism.

**If you would like to join please send an email to sallywagter@gmail.com and we will send you the Zoom link.**

# Fostering in Oxfordshire

oxfordshire.gov.uk/fostering

## Fostering in Oxfordshire

You care with our support

**Being a foster carer is rewarding** but, we'll be honest, it's not easy. Our children and young people have often been through a lot and can need plenty of support. But every day we see the impact that support has. Seeing them grow in confidence – well, nothing beats that.

Fun trips to the shops, cuddles after a bad dream, helping with homework, being there during those tricky teen years – foster caring is about providing stability, positivity and reassurance when a child needs it most.

## Want to know more?

Scan me

Visit **oxfordshire.gov.uk/fostering**
or give us a call on **0800 783 5724**

# Career opportunities

STUDY SMART
Free Online Courses

Aspire Education | ncfe. | cache | Education & Skills Funding Agency

**Fully Funded School Support Course**

**Available in Levels 1, 2 & 3**

*Please go to our website for more detailed information.

**6 Week Course**
**Mon - Fri**
**Daily sessions**
**1st session 9:30 - 11:30am**
**2nd session 12:30 - 2pm**

**www.studysmartuk.online**

**Available In the following levels:**

| | |
|---|---|
| Level 1: | CACHE Level 1 Award in Preparing to Work in Schools |
| | CACHE Level 1 Award in Safeguarding in a Learning Environment |
| | CACHE Level 1 Certificate in Wellbeing |
| | Level 1 Occupational Studies for the Workplace |
| Level 2: | CACHE Level 2 Certificate in Understanding Safeguarding & Prevent |
| | CACHE Level 2 Certificate in Understanding Challenging Behaviours |
| Level 3: | Level 3 Certificate in the Principles of Special Educational Needs |

Please go to our website address above, for more information.

*Please take note of the online live webinar sessions that MUST be attended to complete this full time 6 week course, and the ESFA's (Education Skills Funding Agency) eligibility criteria.

We've now helped 500+ STEM professionals return to work across the UK

**Are you looking to return to STEM?**

STEM RETURNERS

Have you taken a career break of any length from STEM and wish to return?

Are you working below your capability?

Do you have a STEM qualification that you aren't using?

**STEM Returners opportunities with**

UK Atomic Energy Authority

Location:
Culham, Oxford, Hybrid

**If so this could be the opportunity for you!**

**Please contact us for more information:**

www.stemreturners.com jazmine.gouldbourne@stemreturners.com

Abingdon & Witney College | Oxfordshire Adult Learning

## Employability Workshops

The Banbury Larder

Banbury Food Larder
Marlborough Rd
Methodist Church,
Banbury
OX16 5BZ

Unlock your potential with our employability courses.

Join us and empower yourself with knowledge and support for personal growth.

| COURSE TITLE | DATE | START | END | DAY |
|---|---|---|---|---|
| Building Resilience | 30/09/2025 | 14:30 | 16:30 | Tuesday |
| CV writing | 07/10/2025 | 14:30 | 16:30 | Tuesday |
| Digital Skills inc. AI | 14/10/2025 | 14:30 | 16:30 | Tuesday |

There are opportunities to progress onto a Level 1 Qualification
For more information, please contact Shabnam

thebanburylarder@gmail.com

# Activities outside school

# Activities outside school

# Activities outside school