Message from Mr Rabiasz

Dear Parents and Carers,

It's been another very good couple of weeks at Harriers and we've seen some excellent learning taking place across the school.As the children have become more and more used to their routines within the school day they have been showing their knowledge and skills even more so.
As a school we are continually monitoring attendance and uniform across the school - thank you very much for your continued support with both of these matters, we've seen a real improvement with both areas. We have noticed that on PE days some children have not been bringing their kit in, please could you make sure your children bring their kit in with them for their PE days. Please also remind your child, if they are in Year 5 or 6, to switch mobile phones off before coming through the gate.

Kind regards,
Mr Rabiasz

ASPIRATIONS

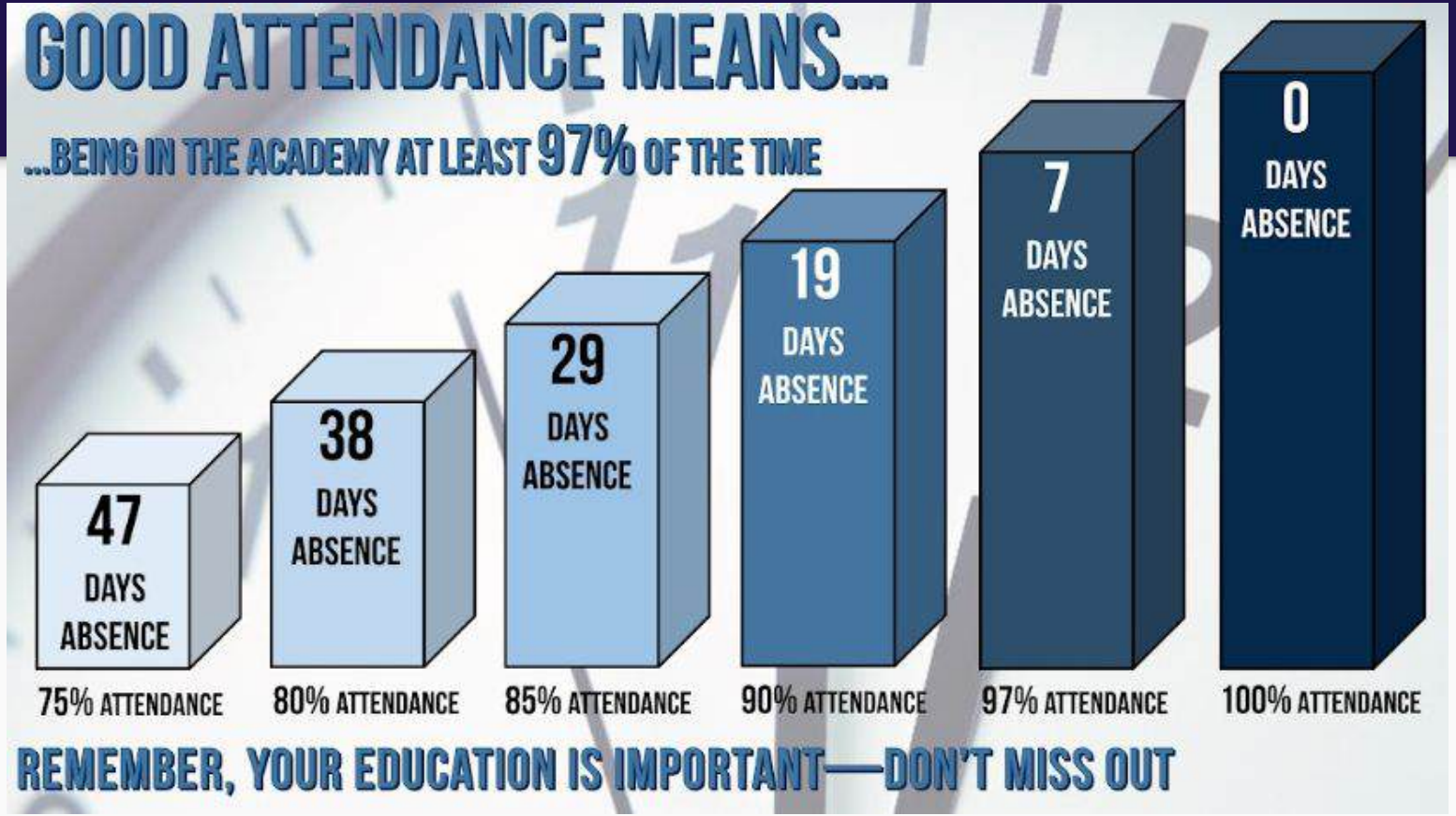
Harriers Banbury Academy
an Aspirations Academy

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 3rd 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 1

2nd Sept - Inset

3rd Sept - Inset

4th September - First day back for children.

EYU and Nursery Sessions differ on the first 5 days of school - please check letter if applicable.

W/C 9th September - Y6 mock SATS

10th Sept - Year 5 Workshops in class

10th Sept - Year 4 travel agent visit

11th Sept - Year 5 Workshops in class

15th to 17th September: Y6 residential

22nd / 23rd year 3 Avon Dasset trip

26th September - MacMillan coffee morning

26th September- Flu Vaccination

26th September- European Day of Languages

3rd October - Year 4 book and brew

10th October - Individual photos in hall- School Photo

17th October - Year 2 King Sutton Trip

22nd October - Harvest Festival Celebrations - 2.30 onwards

23rd October - PTFA Halloween Disco

24th October - End of Term.

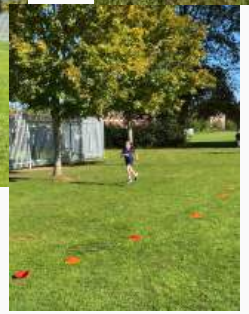
Term 2 parent's evening: 11th November and 13th November

Upper Phase Assembly 22.9.25

Lower Phase Assembly 23.9.25

Upper Phase Assembly 29.9.25

Lower Phase Assembly 30.9.25



Cross Country

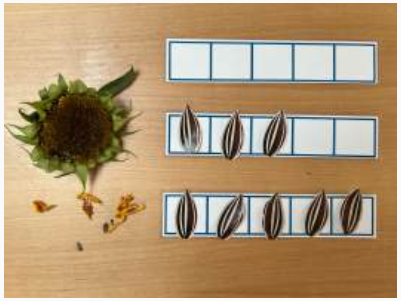
16 children from Years 3, 4, 5 and 6 went to the North Oxfordshire School Sport Partnership's (NOSSP) Inter School Cross Country Competition and represented Harriers in the glorious sun that shone down on the sports fields at Wykham Park on 25th September.

All those competing showed brilliant determination, perseverance and stamina to get round the course and whilst not competing, enjoyed cheering on and encouraging their fellow Harriers pupils.

The stand out performances were Alyssia (Toucans) who finished 4th in the Year 3/4 girls race and Simon (Owls) who finished 1st in the Year 5/6 boys race. As a result of them finishing in the top 20 in their races, they have both qualified for the Cross Country Finals taking place at Sibford School in December. Well done all!

Nursery

This week we have been busy gathering and sorting leaves in Forest School, subitising sunflower seeds on five-frames, learning about full and empty, building things, playing outside in the sun and resting!



Early Years

Early Years had a visit from Molly, who is a nurse. She told us all about her job looking after babies and showed us some of the things she uses to do her job. We learnt a lot and had fun wrapping ourselves up in bandages!

Year 1

Year 1 had an amazing time testing different materials to find out which would be the best for the Everywhere Bear's hat! They explored a variety of materials, including cotton wool, felt, foil, paper, and fabric. The children investigated each material's strength, flexibility, and water resistance, thinking carefully about which one would keep the Everywhere Bear warm, dry, and comfortable on all his adventures.

Year 2

The Year 2 pupils had a brilliant time creating 'forest faces' in Forest School!

The children used natural materials and worked in pairs to create some excellent faces!

Year 3

Year 3 had so much fun at Avon Dassett. We learned about how it used to be the floor of a Jurassic sea bed and therefore we might be able to find some fossilised sea creatures.

We loved finding the layers in the sedimentary rocks and searching for fossils.

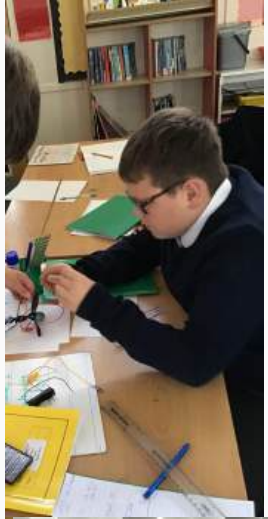
Year 4

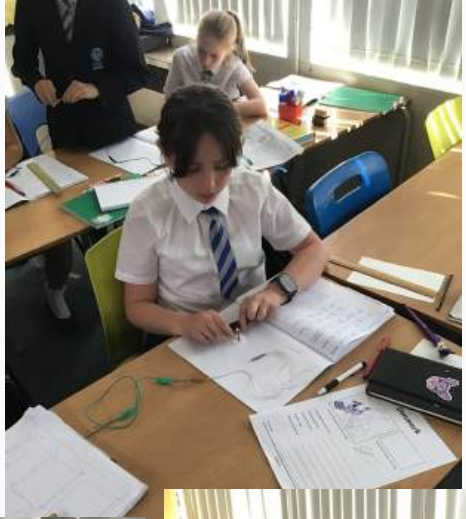
In art, Year 4 pupils have enjoyed experimenting with charcoal.

They practised using strong and blurred lines with dark and light shade in order to give depth to their still life picture.

Year 5

Year 5 enjoyed putting their food tasting skills to the test in DT. They tried 2 different bolognese sauces and compared them based on their texture and appearance. They also looked at the nutritional content and considered how this could be part of a balanced diet.

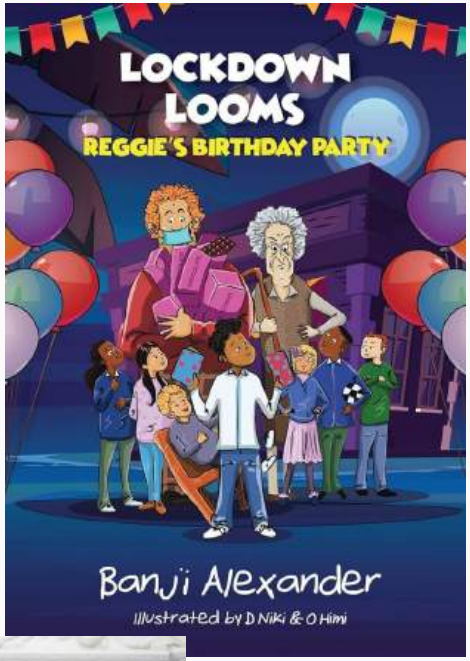




Year 6

In Year 6, the children have been learning about circuits. The children learnt about different symbols for the circuits.

This led onto the children investigating which bulbs are the brightest due to the close proximity of the battery.



Author Visit!

Our school will be taking part in a special author visit being facilitated by celebrated, published author/teacher, **Banji Alexander!**

Children in Reception to Y6 will take part in a workshop on the 14th of October.

A letter will shortly be sent out for book pre-orders. £10 (cash only please) can be given to the Office by Monday 13th October 2025.

The book pre-orders cover the cost of the visit, allowing all pupils to enjoy the experience, so please support if you can!

Thank you to everyone who donated a cake and popped by last Friday to our Macmillan Coffee morning

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.

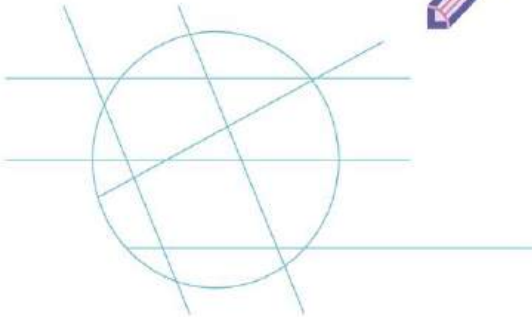
Activity three - get arty

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:



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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 :

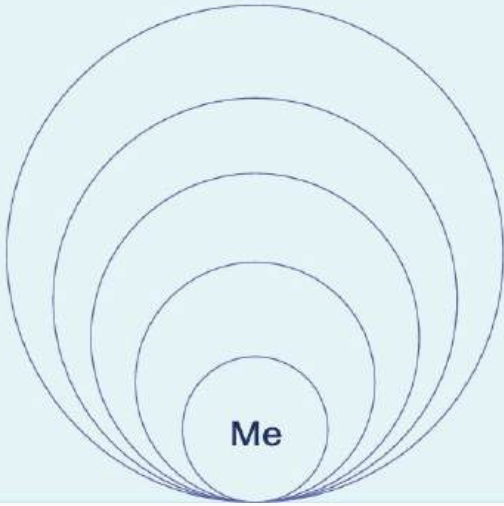
1.
2.
3.
4.
5.
6.

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…

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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

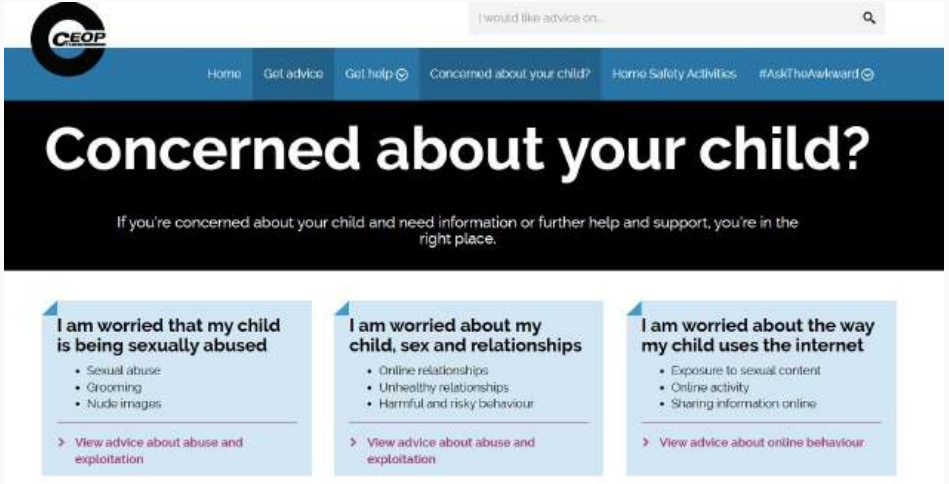
Mr Sherington

Mrs Stephens

Miss Buswell

Safeguarding our children

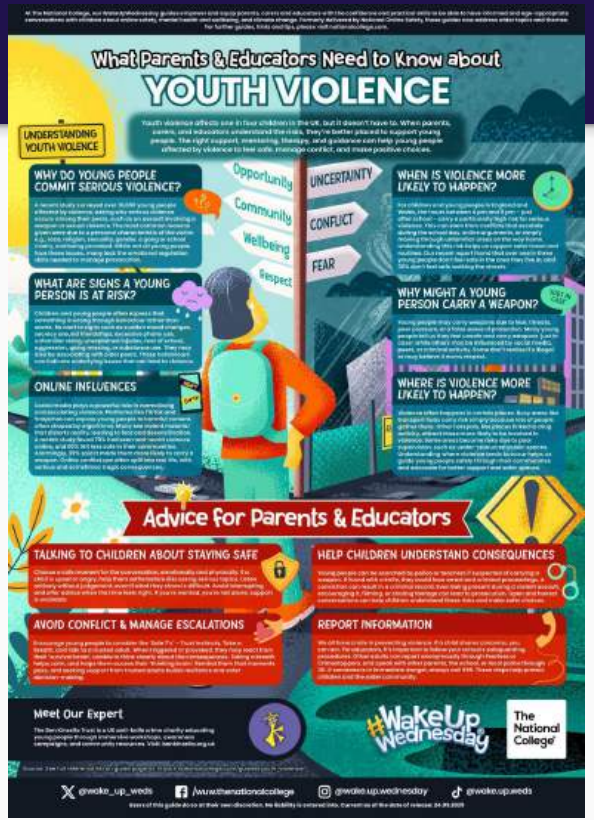
Ceop is a really useful resource for parents supporting your child, especially with online behaviour; https://www.ceopeducation.co.uk/parents/Concerned-about-your-child/



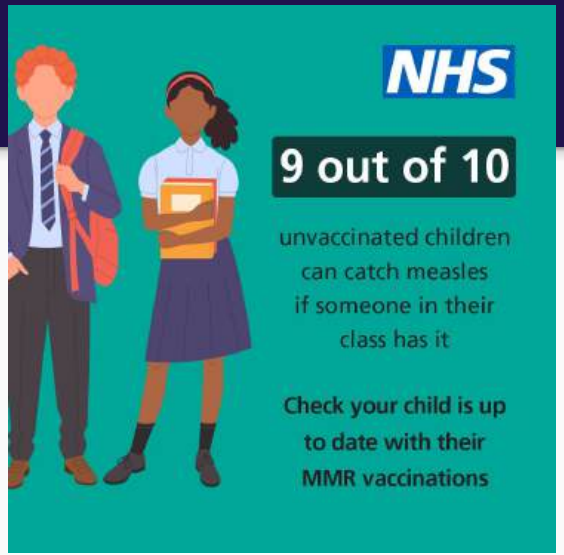
Online Safety - Wake-up Wednesday Advice

One online safety guide explores EA FC 26 – the latest edition of the immensely popular football game. It flags potential risks, including in-game purchases, scams, and exposure to strangers via voice chat.

The other explores the issue of youth violence – what causes it, where and when it often occurs, and how adults can help keep young people safe and informed.



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

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.

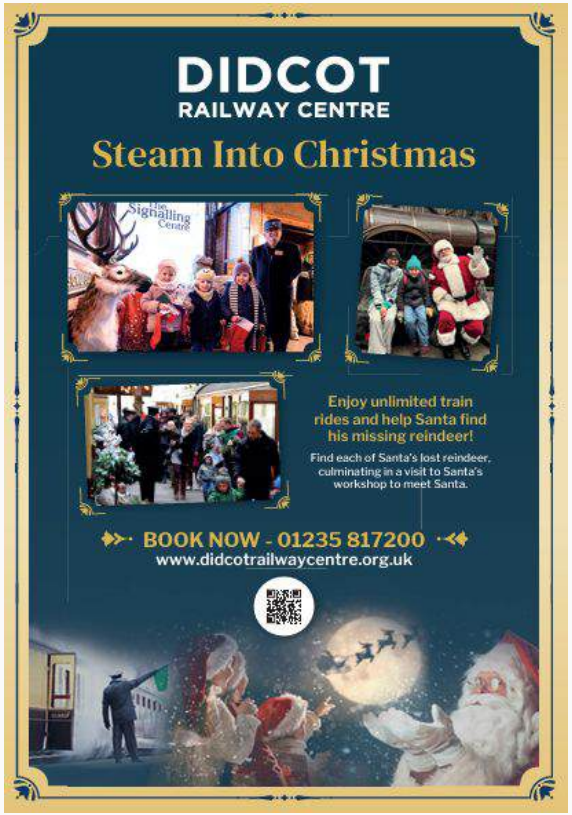
Join us and empower yourself with knowledge and support for personal growth.

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

Keeping Your Child Safe in School Week 6th-10th October

Next week is the NSPCC 'Keeping Your Child Safe in Sport' week, please see the toolkit link:

https://thecpsu.org.uk/media/zgriysrw/partner_activation_toolkit_v2.pdf

Activities outside school