



**Dashwood Banbury Academy**  
an Aspirations Academy

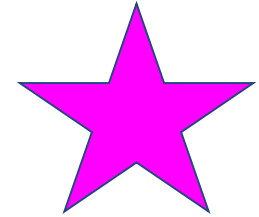
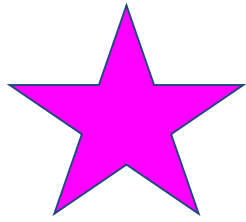
# Dashwood News

## Friday 24th January 2025

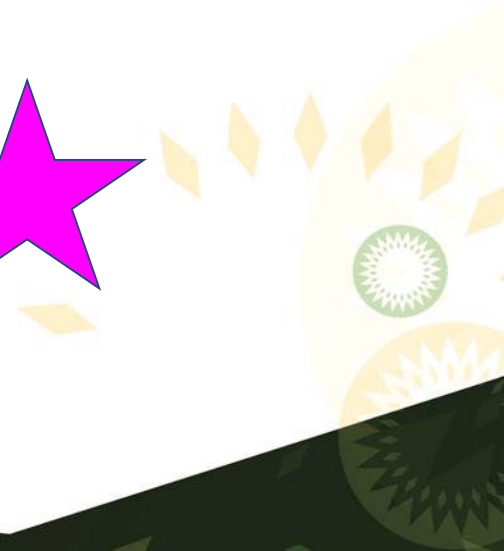
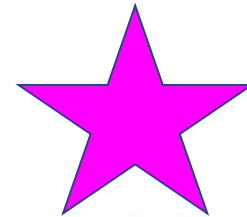
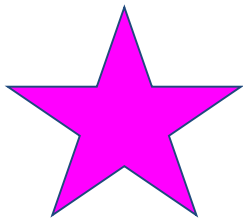
### Part II



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# Whole School Reminders



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# Mental Health Awareness Week

On Monday 3rd February, pupils can wear a **YELLOW accessory** in support of mental health awareness week. Looking after our physical and mental health is so important so we will be doing lots of activities to raise awareness.

We will be collecting donations (50p) to donate to The Standing in the Gap Mental Health Awareness Charity. There will also be bracelets and and sweet treats to buy (50p-£1) - led by some of our students.



# Parent Workshop |

Thursday 6th February

This workshop will focus on the functions of behaviour and strategies to support dysregulation at home.

Come and join us for some theory but also a chat- hopefully you will pick up some tips and tricks!



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# PTFA Disco

Tickets will be available on ParentPay for £3.50 from Monday 20th January 2025. **Please sign up by 4 pm on Tuesday 4th February 2025.** Please note, parent pay will close at 4 pm on this day as we need to ensure we have time to organise the event with the correct numbers. We will not accept any more ticket purchases after this time. We will run two sessions:

**EYFS and KS1 (Year 1 & 2): 3.15 pm - 4.15 pm** Children can bring a party outfit to wear in a named bag and we will take them down to the hall. You do not need to collect them at 3.15pm.

**Key Stage 2 (Years 3 - 6): 4.30 pm - 5.30 pm-** Children will need to be collected from school at 3.15pm as normal and brought back to school for 4.30 pm. They will come through the office; a table will be there for them to be signed in. **Please note that Year 6 pupils must be collected from this event by an adult on the contact list.**



# Whole School Reminders

## Healthy snacks at breaktime

Reminder that all breaktime snacks **must** be fresh fruit or vegetables. These can be whole or cut up pieces of fruit, a pot of grapes, raspberries, strawberries, blueberries etc, raisins, vegetable sticks - carrots, cucumber etc. No fruit substitutes such as fruit stars or wipers are allowed. Please ensure your child has these separate from their lunchbox each morning so they can eat them at break time.

## Healthy lunchboxes

At Dashwood, we encourage all pupils to have a healthy lunch. Please ensure that this is a nut-free lunch (including NO chocolate spread) and is a balanced mix of foods with **one** treat only. There are some ideas on the next page.

## Drinks

To support dental hygiene, please ensure that your child has **water only** in bottles in class. They can bring fruit juice/squash to have with their lunch. If they bring squash into class they will be asked to save it for their lunch and can access water from class instead.



## The NHS recommends that a healthier lunchbox should include:

Starchy carbohydrates that keep your child feeling fuller for longer (wholemeal bread, pasta, potatoes, rice). **Top Tip:** If your child does not like wholemeal bread, try making a sandwich from one slice of white and one slice of wholegrain to get them used to it. Please ensure sandwich filling are also low sugar - no chocolate spread please.

Make healthy swaps to cut down on crisps, chocolate and fruit bars that are high in refined sugar. Find out more about healthier snack swaps at <https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/>

Only **ONE** small treat should be included in lunchboxes if absolutely necessary. No 'grab bag' crisps or extra-large sized chocolate should be included. A portion of fruit or a low-sugar yoghurt are much healthier choices. Calories should be under 100 calories.

Include at least one portion of vegetables or salad: cherry tomatoes, cucumber, celery sticks and sliced peppers all count towards your child's '5 a day'. You could add a small pot of cream cheese for your child to dip their vegetables in.



**At Dashwood Banbury Academy, we believe that school meals are a great choice for your child, but if you choose to make a packed lunch for them instead, here are some tips for providing a healthier lunchbox. Please help your child to live a healthy life.**



Include fresh fruit that is in season: chopped apple, raspberries, strawberries, blackberries, blueberries and melon, all make great snacks too. **Top Tip:** add a squeeze of lemon juice to chopped fruit to stop it from going brown.

Include a source of protein such as beans and pulses; eggs; meat; cheese; and fish.



**REMEMBER: We are a NUT-FREE school.**

Please **NO** peanut butter, chocolate spread or nuts as snacks as some of our children and staff members have severe allergies.



Find healthy lunchbox choices and ideas from the NHS at Change4Life and <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>



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# Whole School Reminders

## Uniform - earrings and jewellery

We remind all pupils that a single stud earring in each ear only can be worn as per our uniform policy. **No hoop earring are permitted in any year group.** If your child has their ear(s) pierced, please ensure that these are removed on PE/swimming days or that your child can remove the earring(s) themselves or that they are taped over.

As per our uniform policy, no jewellery should be worn to school. If your child wears this to school, they will be asked to remove it.





# Up and coming events and dates for your diary



Term 3 Dates:

<https://dashwood.academies.aspirationsacademies.org/wp-content/uploads/sites/8/2025/01/Term-3-Dates-2025.pdf>



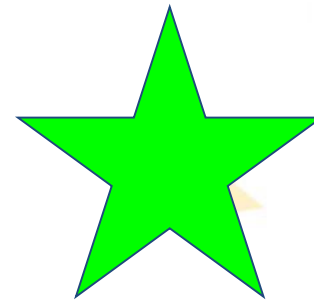
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# Parent and Carer Support Section



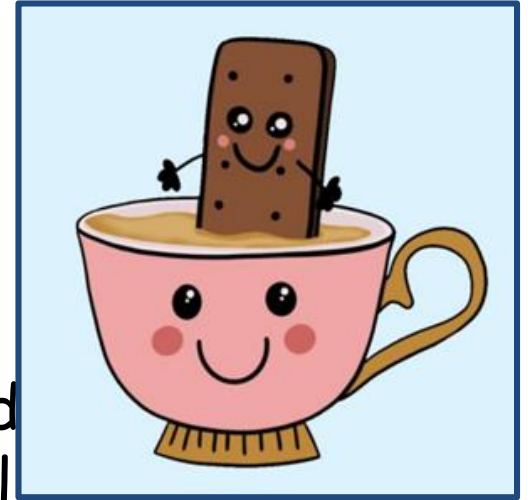
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# MHST Coffee Mornings

- Friday 7th February (8.45 - 9.45)
- Friday 4th April (8.45 - 9.45)
- Friday 23rd May (8.45 - 9.45)
- Friday 4th July (8.45 - 9.45)



These will be held in school with Nicole and the Mental Health Service Team and open to all parents/carers.

These sessions are an invaluable opportunity to ask questions and get advice/useful strategies for supporting your child at home.



# Parent Support Workshops from Camhs

<https://www.oxfordhealth.nhs.uk/camhs/oxon/sir/webinars/>



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**PARENT WEBINAR**

Parents are the most important part of young people's lives and hold the key to helping them. Let us help you, to help them.

**CAMHS**  
Child and Adolescent Mental Health Service

MENTAL HEALTH AWARENESS SESSIONS FOR PARENTS AND CARERS

SUBJECTS INCLUDE

- TEEN ANXIETY
- SELF HARM
- LOW MOOD
- HOW TO TALK TO YOUR DISTRESSED CHILD

[WWW.OXFORDHEALTH.NHS.UK/CAMHS/OXON/SIR/WEBINARS](https://www.oxfordhealth.nhs.uk/camhs/oxon/sir/webinars/)



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Growing together; succeeding together



On Monday 3rd February 2025, pupils can wear a yellow accessory in support of mental health awareness.

We will be collecting donations (suggested 50p) for wearing a yellow accessory. There will also be items on sale for 50p - £1.00, such as sweet treats, and bracelets, organised by some of our pupils.

All donations will go to the Standing In the Gap mental health awareness charity



Our mission is to support children and families by providing tools to build emotional wellbeing and good child mental health.

[www.standinginthegap.uk](http://www.standinginthegap.uk)



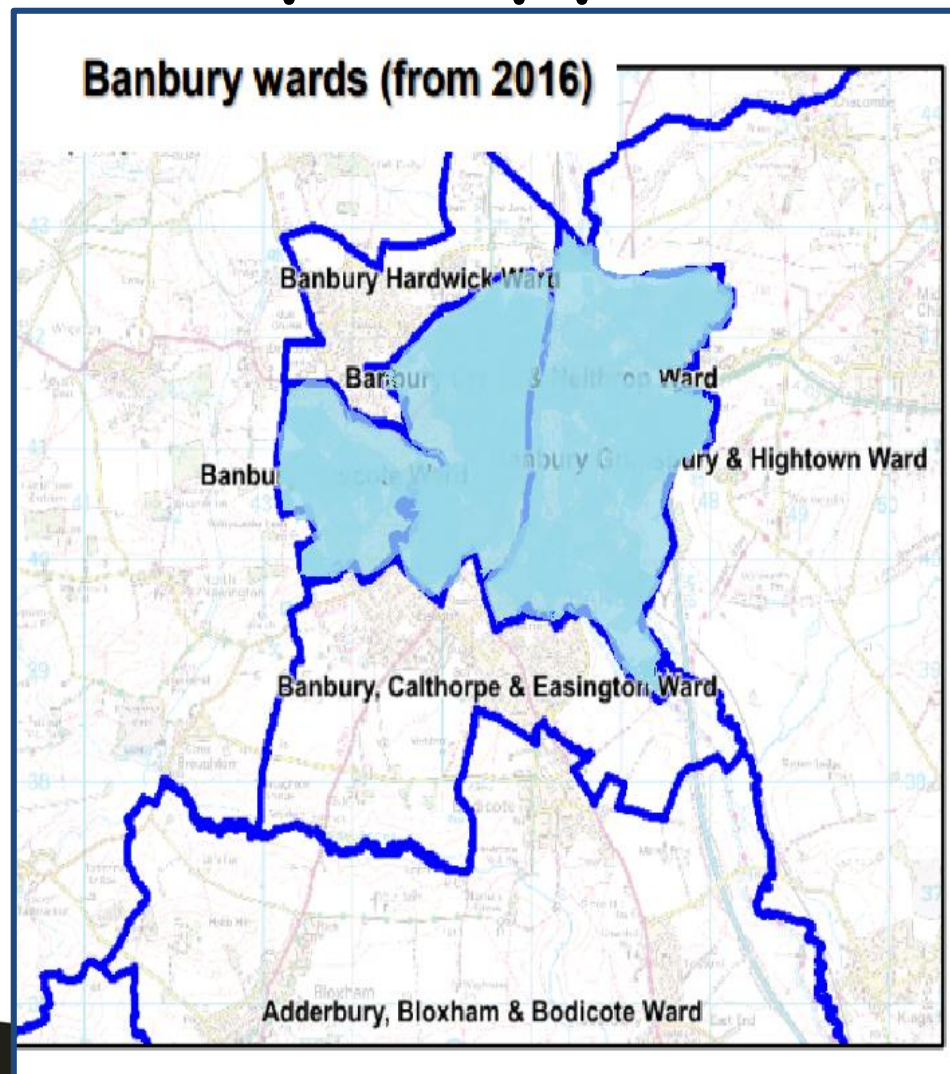
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# Standing in the Gap-support for parents

Standing in the Gap are delivering **FREE** Managing Anger and Managing Anxiety workshops to **any families** living in the Ruscote, Neithrop, Grimsbury and Hightown wards of Banbury. See the picture below. The wards we are supporting with **FREE** workshops are in light blue.



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The workshops are on MS Teams and places are available once a month to attend each workshop. Families need to scan the QR Code and book a family ticket. 48 hours before the workshop you will be emailed a MS Team calendar invitation to join the session.



Supporting children to manage their emotions

[www.standinginthegap.uk](http://www.standinginthegap.uk)

Standing in the Gap is an early intervention mental health charity based in Bloxham, Banbury. We support preschool and primary aged children and families by providing the tools to build emotional wellbeing and good child mental health.



Does your child get anxious, worried or wobbled about doing things? Do you want to support them but aren't always sure how to?

Come along and listen (you can bring your child along) to one of our **Online Managing Anxiety workshops**. (you don't have to share any info) We look at:



Every parent who has attended the workshop felt more confident at managing their child's anxiety:

"It was really informative and reassuring, I feel supported not isolated."

"This was great, not too long and fun for the kids".

"A good overview of causes and feelings and ideas for tools, Sam was brilliant and explained everything".

#### How to book your place on the workshop

Scan the QR and Book ONE Ticket per family group  
We will send you a MS Teams link 48 hours before the workshop

If you live in the Banbury wards of Ruscote, Neithrop, Grimsbury & Hightown book a FREE place



Supported by well together



Supporting children to manage their emotions

[www.standinginthegap.uk](http://www.standinginthegap.uk)

Standing in the Gap is an early intervention mental health charity based in Bloxham, Banbury. We support preschool and primary aged children and families by providing the tools to build emotional wellbeing and good child mental health.



Does your child get really angry, and hit out? Do you want to support them but aren't always sure how to?

Come along and sit in (you can bring your child along) on one of our **Online Managing Anger workshops**. (you don't have to share any info) We look at:



Every parent who has attended the workshop would recommend it to another parent:

"This was an informative and easy to follow session with useful tips on helping your child manage their anger. I would highly recommend it."

"Hugely informative, exactly the right pitch and speed, and loads of practical useful stuff as well as background and context."

#### How to book your place on the workshop

Scan the QR and Book ONE Ticket per family group. We will send you a MS Teams link 48 hours before the workshop

If you live in the Banbury wards of Ruscote, Neithrop, Grimsbury & Hightown book a FREE place



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<https://smartphonefreechildhood.co.uk/>

What's the problem with kids and smartphones?

When children first started getting smartphones a decade ago, there was no research about their impact. Now there is, and it's overwhelming. Exposing children to things their brains aren't yet developed enough to deal with can cause a whole host of problems, from triggering anxiety and eating disorders, to opening the door to cyberbullying or sexual predators, according to the latest research.

When we give our children access to the whole world in their pocket, we give the whole world access to our children.

Resources: <https://smartphonefreechildhood.co.uk/resources>



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Join the growing movement of parents across Britain who believe that childhood is too short to be spent on a smartphone.

It takes 30 seconds to sign the Parent Pact. And the more of us who do, the quicker we'll change the social norm - and protect childhood for our children and future generations.

Find out more about the Parent Pact at:

<https://smartphonefreechildhood.co.uk/theparentpact>



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Smile... and greet your child.  
Please put your mobile phone away.  
Thank you.



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# Internet Safety - Parent Support

From our Dashwood Action Committee meetings last academic year, it was suggested that parent advice regarding how to keep your child safe on the internet would be welcomed. We have created an online page on our website with a wealth of information and guides to help support parents with knowing how to manage your child's online use and ways to keep them safe. The guides on this page are really useful for helping parents to stay one step ahead.

<https://www.dashwood-aspirations.org/parent-information/supporting-your-childs-safety-online/>

Kidscape is also a great resource for parents and carers:  
<https://www.kidscape.org.uk/programmes/digital-safety-training-for-parents-and-carers/>



# Parent conduct onsite

I would like to take this opportunity to direct your attention to the unacceptable conduct policy.

<https://dashwood.academies.aspirationsacademies.org/wp-content/uploads/sites/8/2023/01/Dashwood-Unacceptable-Behaviour-Protocol-023-01-17-1.pdf>

Dashwood is, and always will be, a safe place, free from intimidation or fear for all its pupils and parents that attend. I will not tolerate any form of aggressive behaviour on site towards staff or between parents. If this does occur, I will not hesitate to withdraw permission for people to be onsite. If issues arise outside of school, the police have advised that you contact them for support.



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# Safeguarding - What to do if you have a concern about a child

If you have a concern about any child over the holidays you can, make a referral as a member of the public. For more information on how to do this follow:

[Report child abuse | Oxfordshire County Council](#)

[Report abuse to the NSPCC](#)



# Free online parenting support

## Online Parenting Courses - Family Lives

Family Lives has produced a series of online parenting courses that are free to access. I have sampled the teens one and found it very accessible.

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

Family Lives offers a confidential and free\* helpline service for families in England and Wales (previously known as Parentline). They can be contacted on **0808 800 2222** for emotional support, information, advice and guidance on any aspect of parenting and family life. Their website is also a rich source of useful support and advice.



# Does your child have an article for the DBA News pupil-led newspaper?

We love hearing from our pupils about talents, hobbies, interests or clubs they are involved in outside of school!

If they want to share a piece of artwork, poem, story or any other creative arts, we would be delighted to share it in the DBA News!

Maybe they would like to share an article about their pet or an event you have celebrated as a family - perhaps a religious or cultural event? Or tell us what you have been up to in the Easter break!

Please send stories to: [office@dashwood-aspirations.org](mailto:office@dashwood-aspirations.org) or hand to Miss Gooch or the school office.



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# Old blazers, ties and summer dresses



We are committed to ensuring that all pupils can be able to wear our smart school uniform. Please donate your blazers, summer dresses and ties if they are in good condition. We can then sell them in our second hand shop in the office. We buy books with the proceeds!





We now have some new ties available to purchase from the school office for £4.50.



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# P.E kit reminder

## Physical Education

The school P.E. Kit is compulsory. For indoor P.E., all children require a pair of **black pumps**, a pair of sensible **black shorts** and a **white tee-shirt plain** or inscribed with the academy logo. The P.E. Kit is to be kept at school in a bag (drawstring if possible) during the week. For outdoor P.E. a pair of training shoes, **black tracksuit/jogging bottoms** and a black sweatshirt is essential.

*Reminder: Children are not allowed to wear coloured jumpers/t shirts or clothing with large logos on.*



## 2024 - 2025 Term dates:

Term 3 2025: Tuesday 7th January 2025 to Friday 14th February 2025

INSET Day: Monday 6th January 2025 - School closed for pupils

Term 4 2025: Monday 24th February 2025 to Friday 4th April 2025  
There will be no After School Club on Friday 4th April

Term 5 2025: Tuesday 22nd April 2025 - Friday 23rd May 2025  
Bank Holiday: Monday 5th May 2025 - School closed

Term 6 2025: Monday 2nd June 2025 - Friday 18th July 2025  
INSET Day: Friday 27th June 2025 - School closed for pupils

Last day of term - Friday 18th July - school will close 1.45 pm on this day. There will be no After School Club



## Update: Early finish

Please note that, in the next academic year 2025 - 2026, to align with the Aspirations Trust Schools in Banbury, we will be finishing at 1.30pm on Friday 19th December 2025 at 1.30pm

We will also finish at 1.30pm on Friday 17th July 2026



# 2025 - 2026 Term Dates

Term 1 2025: Thursday 4th September - Friday 24th October 2025

INSET Day: Tuesday 2nd and Wednesday 3rd September - School closed for pupils

Term 2 2025: Monday 3rd November - Friday 19th December 2025

INSET Day: Friday 28th November - School closed for pupils

Last day of term - Friday 19th December - school will close 1.30 pm on this day.

There will be no After School Club

Term 3 2026: Tuesday 6th January - Friday 13th February

INSET Day: Monday 5th January 2026 - School closed for pupils

Term 4 2026: Monday 23rd February - Friday 27th March

Term 5 2026: Monday 13th April - Thursday 21st May

Bank Holiday: Monday 4th May - School Closed

INSET Day: Friday 22nd May - School closed for pupils

Term 6 2026: Monday 1st June - Friday 17th July

INSET Day: Friday 26th June - School closed for pupils

INSET Day: Monday 20th July - School closed for pupils

Last day of term - Friday 17th July - school will close 1.30 pm on this day.

There will be no After School Club



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