

Great Oaks Weekly

Friday 18th October 2024



Healthy High 5 – Healthy Eating

Throughout this year we are working towards the Southampton Healthy High 5 award.

The five challenges are:

- To undertake more **Physical activity**
- **Mindfulness** minutes throughout the day
- Regular access to **water**
- **Healthy eating** – including healthy school dinners
- **Nurturing Nature** and enjoying our outside environment

Every few weeks we will focus on a different one of the challenges. This week in Assemblies and tutor time we looked at healthy eating and discussed what makes a healthy school dinner or lunchbox. Below are pictures of some of the great healthy cooking some of our Pathway 3 pupils have been involved in



More details can be found on the SCC website: <https://www.southampton.gov.uk/schools-learning/support-inclusion-education/healthy-schools/healthy-high-5-award/>

Coming up

Thursday 24th, Friday 25th October – INSET Days

28th October – 1st November Half-term

Monday 4th November – INSET Day

5th – 8th November STEM week – Future Technologies

12th November – Futures Fayre for pupils / students and Parents in Year 10 and above. More details see left

Friday 6th December – Christmas Fayre

20th December – End of Autumn Term

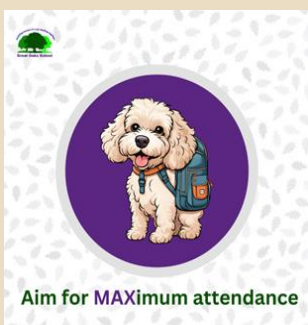


Max's Attendance Challenge

Our attendance this week has dipped and we didn't meet Max's challenge target of 92%. We understand that lots of students have been poorly or ill. If you are unsure whether your child can come in, there is some helpful guidance [here](#) or you can call our school office or welfare team who will be happy to advise you.

A special well done to 3IG, 4PL and T16 who all achieved 100% attendance this week. Well done also to 4CR, 4ES, 3FC and 4LB who all achieved more than 96% attendance.

Just a three day week next week - so lets see if we can meet the 92% challenge and make Max happier than he looks in the picture above!



Getting ready for Halloween

A few Halloween parties are being planned in classes and Pathways next week. Pictured below Post 16 students getting their Pumpkins ready.



...but first they had to pick and clean them!



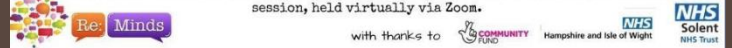
Next week at Re:Minds

21st - 25th October 2024

CAMHS
Evening Advice Clinic
Wednesday 23rd October 6pm
Book a 10 minute private appointment to speak with a clinician about any issues CAMHS deal with via Zoom
The clinic is led by the Southampton Specialist CAMHS Service and is open to ALL members of Re:Minds for general advice
Please note, they are unable to give information about CAMHS services outside of Southampton

Millbrook Support Group
Friday 25th October 10am
A chance to talk to other parents/carers with neurodiverse children and/or mental health issues. Get advice & support from our team - it doesn't matter where you live, you can attend any group!
You can also access the book & sensory library on request
please allow 48 hours prior notice for this
Face to face meetings are held at:
All Saints Church, Seabrook Road, Millbrook, Southampton, SO18 9HU
Children welcome!
This venue has free parking onsite and is accessible - Refreshments available

Please email Info@reminds.org.uk to book your space at one of the clinics or see the 'Events' section on Facebook for the booking form. You will have at least 10 minutes in a private session, held virtually via Zoom.



Great Oaks School, Vermont Close, Southampton, SO16 7LT

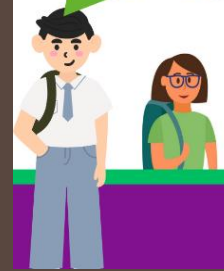


Great Oaks Futures Fayre
Tuesday 12th November
5.30 - 7.30pm
Vermont Close Site



- Colleges:
- City College
 - Itchen College
 - Totton College
 - Eastleigh
 - Richard Taunton
 - Choices College
 - Great Oaks College

There will be a range of colleges and adult day services in attendance.
Take your time to speak with them, ask questions and find out a bit more.
We hope it will give both parents and pupils an insight into the opportunities after Great Oaks.



Adult day services

Year 10 & 11 Pathway 1, 2 & 3 & Post-16

We need you for the **Christmas Fayre**
6th December

If you have time to us help plan and run the Xmas please contact Dawn

Reminder that next Thursday and Friday and Monday 4th November are School INSET days