Our Lady's News
The RUAH



Friday 6th November 2026

We are here to help. If you are struggling and need support, please contact your child's class teacher or speak to a member of school staff at the school gates.

If you have concerns about a child, please contact our school's safeguarding team without delay:

safeguarding@ourladyscowley.co.uk
or
visit the safeguarding page on our school website.

Graded outstanding in all areas in our diocesan inspection in December 2024.

A message from the Headteacher

Dear Parents and Carers,

Welcome back after half term, I hope you had a lovely week with the children. In our gospel this week, we listened to the Beatitudes which are a series of blessings spoken by Jesus. One particular verse is really relevant for this time of year:

"Blessed are the peacemakers, for they will be called children of God." (Matthew 5:9)

As we approach Remembrance Sunday, we take time as a school community to pause, reflect and remember all those who have given their lives in the service of others as well as all of the innocent people who lost their lives through being caught in the middle of conflict and oppression. We remember the courage and sacrifice of those who fought to protect the freedoms we enjoy today, as well as the families and communities whose lives have been changed forever. As a Catholic community, we are reminded of our responsibility to love our neighbours, stand alongside those who are suffering and work together to build a world where everyone can live in peace.

Thank you to our amazing Year 6 children who showed true leadership qualities when showing new parents around our school today. We look forward to many of you coming to school again tomorrow (yes - Saturday!) to help.

At the end of next week (Friday 13th November) our attention focuses on supporting the charity Children in Need. The children are invited to come to school wearing their pyjamas for a minimum donation of £1. Please help us to raise as much money as possible.

Have a lovely weekend and if you are attending a bonfire night/fireworks display, please keep safe.
With best wishes,
Ms Davies and all the staff

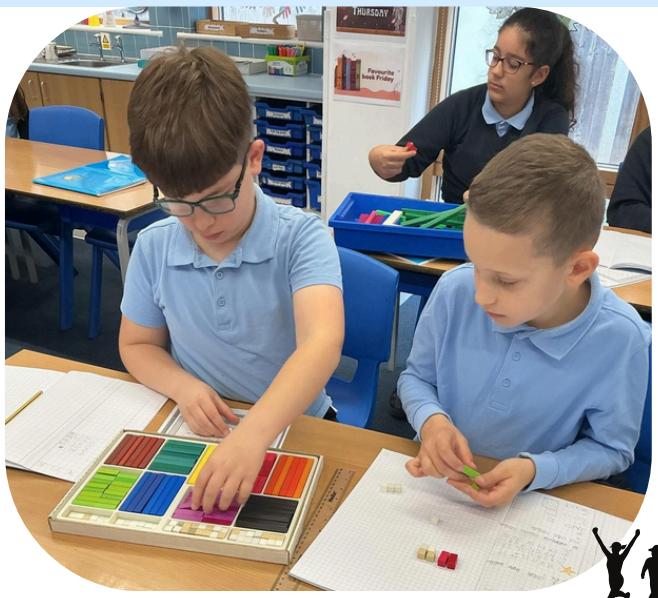
News from the classrooms

✏️📚 Maths – Exploring Square, Cube and Division Numbers!

Aqua have been exploring square and cube numbers. They enjoyed using blocks to create and represent different square and cube numbers, helping them to understand how these numbers are formed.

Year 6 have been putting their skills to the test by tackling long division. Ask your child to talk you through how they would solve the following calculation:

345 ÷ 23 = ? 🌟





Emerald Class – Fantastic Sportsmanship!

🏃‍♀️🏃‍♂️💚

We are so proud of all the children in Emerald Class for the wonderful sportsmanship they showed this afternoon during the cross-country trials! They demonstrated great determination, encouragement and support for one another. Well done, Emerald Class! 🌟



🦴 A Special Visitor in Lime Class! 💪

Lime Class had a very special visitor to help us recap our learning about bones and joints before moving on to discover all about our muscles!

As you can see, the children absolutely LOVED meeting our very own school skeleton! They had great fun moving his joints and exploring how our skeleton helps us move, supports our bodies and protects our vital organs.

What a fantastic way to bring our learning to life! Well done, Lime! 🍋🌟



Respect, understanding, affection, humour

News from the classrooms



🎶🌍 A Musical Journey Around the World! 🌍🎶

We were delighted to welcome Magdalen College School as we officially began rehearsals for a very special musical performance!

Our Sapphire children will be taking part in Children of the World, a wonderful concert at the iconic Sheldonian Theatre in Oxford this summer! ✨

The performance will celebrate different cultures and languages through music, with the children learning a fantastic selection of songs featuring languages from around the world.

It was fantastic to see our Sapphire children throwing themselves into their first rehearsal with such enthusiasm and excitement! Over the coming months, they will have the opportunity to develop their musical skills, build confidence and deepen their appreciation of different cultures.

We are incredibly excited to be part of such a special project and cannot wait to see our children shine on stage this summer! 🌟

Well done, Sapphire! We are so proud of you! 💙



🌞 All About Me – Sunshine Nursery!

This week, the children have been enjoying our special ‘All About Me’ show and tell sessions! 🌟 Each day, they have had the opportunity to stand proudly in front of their friends and share their special bags, filled with some of their favourite things.

It has been wonderful to see the children growing in confidence as they talk about the things that are important to them. Their bags have certainly been a hot topic of conversation, sparking lots of lovely discussions, curiosity and questions!

These special moments are a fantastic way to develop the children's communication and language skills, build confidence and help us learn more about one another. Well done, Sunshine! ☀️💛

News from the classrooms

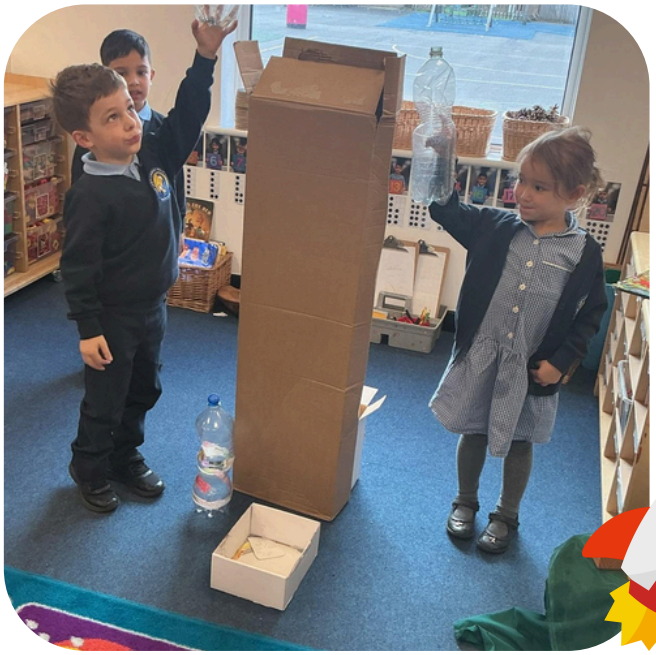
🌟 Reception! Exploring Our New Topic-Starry Night! 🌙✨

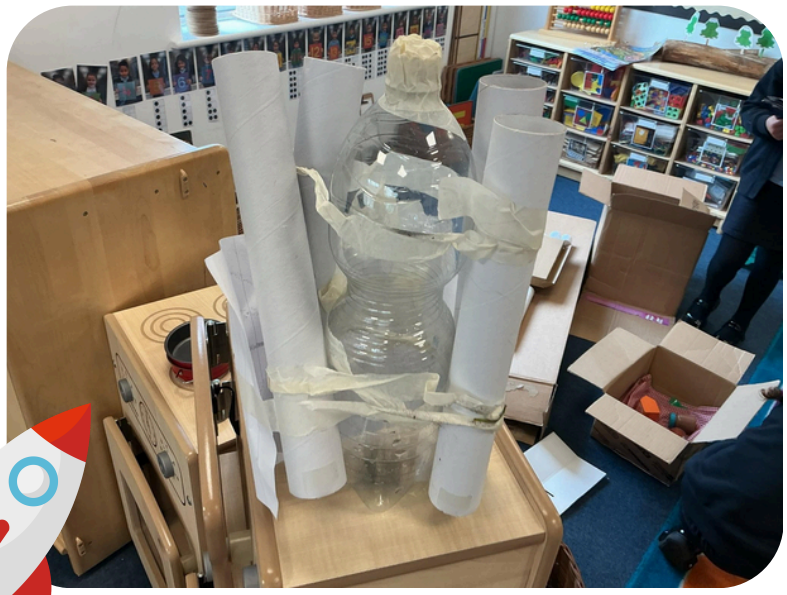
Reception have made a fantastic start to their new topic, 'Starry Night', with lots of exciting activities and opportunities to explore, create and discover.

Over the coming weeks, we will be learning all about day and night, exploring the wonders of space, stars and planets, and discovering how the Earth changes through the seasons. We will also be finding out about nocturnal animals and the fascinating things they get up to while we are fast asleep!

Reception have already been busy getting ready for their space adventures, designing and making their very own rockets and space helmets. We have also created some beautiful and unique firework artwork and enjoyed exploring our dark tent, sparking lots of curiosity and imagination!

We are looking forward to an exciting half term filled with wonder, creativity and discovery as we explore the magic of our Starry Night topic! ✨





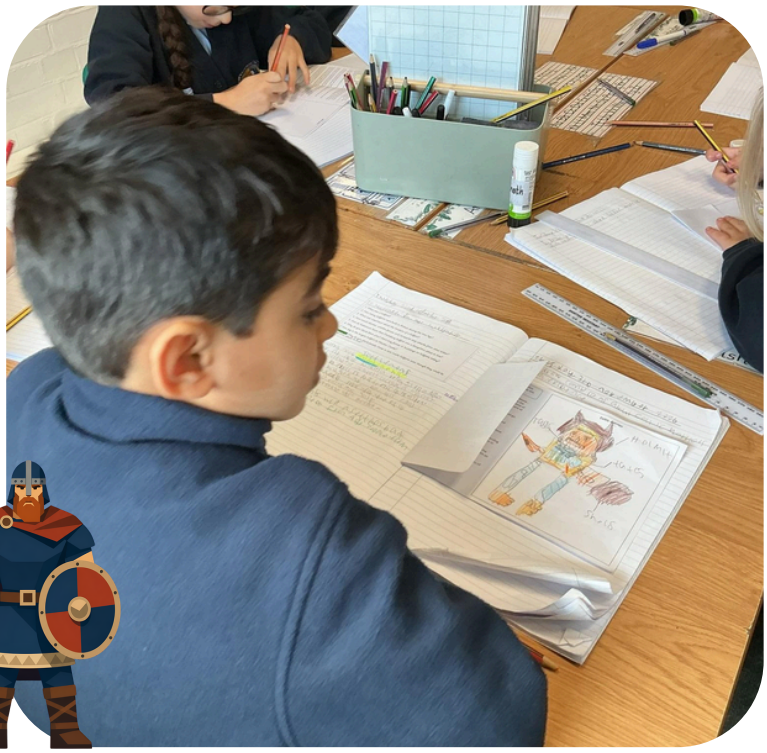
⚔️ Fearsome Celtic Warriors! 🛡️

In Topic, Lime have been bringing their history learning to a close by exploring the fascinating world of the Celts!

We examined a range of historical sources to discover what the Celts may have looked like, carefully considering how reliable and convincing each piece of evidence was. The children then used their historical knowledge and imagination to create their own interpretations of what Celtic warriors might have looked like heading into battle.

Swipe through to see some of Lime's fantastic and fearsome Celtic warrior drawings! 🎨

Super historical thinking and creativity, Lime! Well done! 🍋🔍💭



Parent Code of Conduct

At Our Lady's, we are committed to fostering a positive, welcoming and respectful relationship between home and school. We have a Parent Code of Conduct which sets out the expectations for how all members of our school community work together. We ask all parents and carers to ensure that their interactions with school staff are always courteous, respectful and considerate. Our staff work incredibly hard to provide the very best education and care for every child, and they deserve to be treated with kindness and respect at all times. We recognise that there may be occasions when parents and carers have questions, concerns or frustrations and we encourage these to be raised through the appropriate channels in a calm and constructive manner. By treating one another with respect, we can continue to build the strong, positive partnerships that enable our children and our school community to flourish.
Thank you

Parking at our school

We would like to remind all parents and carers of the importance of parking considerately and safely when dropping off and collecting children. Please ensure that you do not park or stop across our school gates at any time. It is essential that the vehicle gates are kept clear for staff access, deliveries or emergency vehicles if needed.

We ask that everyone is mindful of our neighbours and the wider community, showing consideration for those who live and work around our school and therefore, please do not block access to neighbouring properties or obstruct local residents' driveways, particularly residents of Bennett Crescent. Parking inconsiderately can cause frustration for local residents and create unnecessary safety risks for our children and families.

We share the frustrations about the lack of parking near our school and we are constantly trying to create solutions to the issue. I have arranged a meeting with our local councillor and this week raised concerns to the council about the suspension of the short-time parking bays on St Luke's Road. If you have any ideas or contacts in local businesses who will be willing to help us, please get in contact.

OPEN DAYS FOR 2027 ADMISSIONS

OPEN DAYS FOR 2027

November

6th & 7th 09:30am-10.30am

18th & 20th 13:30pm-14.30pm



A welcoming, Catholic school family where every child is precious and loved.

Come and discover why our school is one of top performing primary schools in the whole of Oxfordshire and understand how our children flourish as Individuals.

Our school has a nursery for children age 3 upwards and extended care facilities from 07:30am to 6.00 pm to support working families.

RUAH is at the heart of our school, guiding us to live out the values of Respect, Understanding, Affection and Humour in all that we do.

OUR LADY'S CATHOLIC PRIMARY SCHOOL

YOUNG · PRECIOUS · LOVED

01865 779176

www.ourladyscowley.co.uk

You are young, you are precious, you are loved.

📱 Follow Us on Instagram!

@ourladyscowley

Don't forget to follow us on Instagram to keep up to date with all the latest school news, exciting events, important announcements and wonderful moments from across our school. We love sharing what the children have been getting up to!

Supporting Pupil Wellbeing and Mental Health

MOBILE PHONES

Mobile phones have become a huge part of young people's everyday lives, but new restrictions on their use in schools and proposed restrictions on social media are changing how children and young people can use them. This guide explores mobile phones, their use by young people, what the evidence tells us, the current and future legal position, and what parents and educators should do.

What are the risks?

MENTAL HEALTH AND WELLBEING

The relationship between smartphone and social media use and young people's mental health is complex, and evidence does not establish a simple cause-and-effect relationship. Some researchers and commentators, however, including Jonathan Haidt, author of The Anxious Generation, argue that increased smartphone and social media use may be contributing to poorer mental health and wellbeing among young people.

LEARNING AND ATTENTION

Mobile phones can distract pupils from learning and make it harder to maintain attention and concentration. Research suggests that learning and attention have improved in schools that already prohibited mobile phone use, particularly among pupils with lower prior attainment. Now that the DfE's guidance on mobile phones is statutory, schools should ensure that the whole-school community understands and follows their policy, while monitoring how effectively it is implemented.

HARMFUL CONTENT AND BULLYING

Mobile phones can be a means of extending peer conflict from the community into schools and from schools back into the community. They also provide easy access to harmful and inappropriate content, including content that is sexually explicit, promotes self-harm or eating disorders, or is violent in nature. Exposure to this content can negatively affect children's mental health and wellbeing, potentially increasing the support they require from schools, parents, and support services.

EXCESSIVE SCREEN TIME

Ofcom research found that 13- to 14-year-olds spend an average of 4 hours 19 minutes online each day across smartphones, tablets, and computers. However, there is considerable variation between children, with some spending significantly more or less time online. Excessive screen time can contribute to disrupted sleep and fragmented attention, both of which can negatively affect children's mental health and wellbeing.

The current and upcoming rules

SCHOOL BANS

As of 1 September 2026, schools are expected to be phone-free environments by default, with any exceptions limited to specific circumstances. Schools can decide how best to implement this. For example, some may provide secure storage or collect phones at the beginning of the school day, while others may prohibit pupils from bringing them onto school premises altogether. Schools can also confiscate mobile phones in line with their behaviour policy, while searches for prohibited phones must follow the relevant legal requirements.

REASONABLE ADJUSTMENTS

Schools should make reasonable adjustments where necessary for disabled pupils and may allow exceptions in other circumstances, including where mobile phone use is necessary to support a medical condition or an identified need. For example, a pupil with diabetes may use a continuous glucose monitor linked to their mobile phone to monitor their blood sugar levels. Schools may also make adaptations where mobile phone use provides agreed support for pupils with SEND. Any exceptions should be clearly reflected in the school's policies and procedures.

ONLINE SAFETY ACT 2023 AND 2026 PROPOSALS

Platforms are required to protect children from harmful content and use age checks to prevent children from accessing pornography and certain other types of harmful content. In June 2026, the government announced that it intends to stop social media companies offering services to under-16s. These restrictions are expected to be introduced in spring 2027, but the precise scope and rules have not yet been confirmed.

WHAT SHOULD YOU DO?

While there is ongoing debate about the relationship between smartphones, social media and young people's mental health, there are steps that parents and educators can take to help reduce the potential risks associated with their use:

1. Delay smartphones. Consider waiting until a child is 14 before giving them a smartphone. Where a child needs a device to contact family, a basic phone may be an alternative.
2. Delay social media. Consider delaying access to social media until the age of 16.
3. Support phone-free schools. Parents, pupils, and staff should understand and support the school's approach to mobile phones.
4. Encourage screen-free activities. Promote independent and outdoor play, alongside other activities that give children opportunities to socialise and spend time away from screens.

Meet Our Expert

Mark Emmerson OBE, CEO – City of London Academies Trust. With nearly 45 years' experience in inner-city education, including 26 years in senior leadership roles, Mark was an early advocate for tackling the risks of mobile phones in schools, introducing a ban as headteacher in 2000. He has also served as a national DfE adviser and held local authority roles, consistently driving improvements in pupil outcomes and Ofsted judgements, particularly in disadvantaged communities.



#WakeUpWednesday®

The National College®

Let's Celebrate

Learner and Salesian of the week

	Learner	Salesian
Sunshine	Rachel	Elviano
Buttercup	Maila	Yusef
Sunflower	Isra	Surian
Coral	Romario	Lucas
Ruby	Akshia	Marcel
Scarlet	Gurvir	Cadhla-Mae
Lime	Vivaan	Samantha
Olive	Hadi	Khadija
Emerald	Hasan	Marcelius
Indigo	Jasmine	Elina
Aqua	Max	Ian
Sapphire	Theo	Aziel

Let's Celebrate

Caught being kind

Name	Class
Qais	Sapphire
Zenias	Lime

Attendance Award

Top attendance this week	
1.	Sunflower - 100%
2.	Coral - 100%
3.	Scarlet - 98.9%
4.	Buttercup 98.4%

⭐ RECEPTION ADMISSIONS FOR SEPTEMBER 2027 ARE NOW OPEN! ⭐

Is your child due to start Reception in September 2027? If your child was born between 1 September 2022 and 31 August 2023, now is the time to apply for their school place!

IMPORTANT!

📅 **Important Dates**

Applications now open

Application deadline: 15 January 2027

National Offer Day: 16 April 2027

⚠️ Please remember: Parents and carers are responsible for submitting their child's Reception application. Although schools will share information and reminders about the admissions process, applications must be completed directly by parents/carers through Oxfordshire County Council. Please make sure you submit your application before the closing date. Late applications are considered after those received on time and are significantly less likely to secure a place at your preferred school.

💻 Apply online here:
https://oxfordshire.gov.uk/schools/apply-school-place/reception-applications/make-application

Please share this information with any family or friends who may have a child starting school in September 2027! 💛

Dates for your diary

November	
Saturday 7th	Open Morning for 2027 Admissions 09.30-10.30
Wednesday 11th	Matilda Theatre Trip
Friday 13th	Children in Need Pyjama Day
Monday 16th- Friday 20th	Anti-Bullying week
Wednesday 18th	Open Morning for 2027 Admissions 13.30-14.30
Friday 20th	Open Morning for 2027 Admissions 13.30-14.30
Thursday 26th	Cinema Night 15:10-17:00 Years 1-6
December	
Friday 11th	Christmas Bazaar
Monday 14th	Learning Showcase 08:45-09:15

December	
Tuesday 15th	Advent Service 10:00-11:00 Reception Class Nativity 14:00-15:00
Wednesday 16th	iRock Concert 09:00-10:00 Christmas Dinner Day 🎄
Thursday 17th	Nursery Christmas Concert 11:00-11.30 KS1 Nativity 14:00
Friday 18th	End of Term 🎄 Nursery closes at 11.30 Reception-Year 6 closes at 12.30
January 2027	
Tuesday 5th	New Term begins

The Playground

For site security, our playground will need to be locked from approximately 3.20pm every day for safeguarding reasons. Please make sure that you vacate the premises as soon as possible at the end of the school day.
Thank you

Communication

We send out information through Arbor and/or Class Dojo - you must make sure that you have both of these apps so you are kept fully up-to-date- with school events, information and notices.
We will be sending First Aid incidents via Arbor starting Next week