

BeActive

NEWS



Sharing everything

ACTIVE @

Oxley Park Academy.



BE ACTIVE, BE HEALTHY, HAVE FUN!

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BeActive

Oxley Park Academy
January 2025

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BeActive updates

What an eventful Autumn term we experienced! One of the highlights was receiving 10 brand new bikes from MK Council. Our school was fortunate enough to be selected for an initiative aimed at encouraging more children to ride bikes safely. To keep these fantastic bikes, we needed to achieve an 80% participation rate in Bikeability. We are thrilled that we were able to train the majority of Year 5 children in Bikeability Level 2. This term, we plan to have even more children cycling, as some will be participating in Level 1 training.

Mrs Lyttle is collaborating closely with Get Around MK to explore additional ways for our children to stay active in the community. This month, our Academy Ambassadors will visit the Mayor's Parlor to meet Marie Bradburn, the Mayor of Milton Keynes. We will discuss the various Be Active initiatives we are implementing at OPA and seek advice on further strategies to encourage our children to be active in MK!



BeActive inspiration...

If you're looking for an inspiring film, then "Young Women and the Sea" is essential viewing! This movie tells the true story of a young woman from the 1920s who aspired to swim across the English Channel from France to England, at a time when women had far fewer freedoms than they do now. It's a genuinely uplifting narrative! It's wonderful to be in a world where we can take both girls and boys to our Swimming Gala this term!

NEWS



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BeActive Before School...

BeActive Before School Highlights

We enjoyed an amazing Autumn term in our Before School BeActive sessions! Activities included Cross-Country, Girls Football, Netball, Basketball, Badminton, and several others. It has been fantastic to witness such a high turnout of children at these events. Please keep an eye on your emails for any invitations for your child or their year group to participate in one of our BeActive Before School sessions. Some sessions are available to entire year groups, while others may be designated for team practices. Our Before School sessions run from 8:00 am to 8:30 am, after which children are walked to their classrooms.

BeActive Spring Term

This half term the following BeActive Before School sessions will be.....

BeActive @ Year 5/6 Badminton Team Practise

BeActive @ Year 1 and 2 Gym (open to all children)

BeActive @ Year 5 and Year 6 Dodgeball Team Practise

BeActive @ Year 3 and 4 football



BEFORE SCHOOL



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BeActive After School...

We are thrilled to announce our new Be Active After School sessions for the Spring term. These sessions will take place from 3 PM to 4 PM. Bookings went live on Monday 16 December and will remain open until all the places have been filled. Bookings can be made via School Gateway under the clubs tab. The clubs on offer this term are;

Computing KS2

Stories and activities KS1

Dodgeball Year 3 and 4

Sewing Year 5 and 6

Football KS2

Dodgeball Year 5 and 6

Fun Football Year 1 and 2

Dance - Club External

Musical Theatre - Club External

Film Club KS2

Nature Based Art - KS1

BeActive Highlights from this half term

Throughout this term, the children have been quite engaged in our Be Active After School sessions. We've offered a variety of activities including Fun Football, Photography, Nature Art, Art Club, Dodgeball, and many others. Two students participating in our Nature Art club mentioned, "We have had the best time and have learnt lots of new techniques" "I have really enjoyed it!"



AFTER SCHOOL



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BeActive In School

BeActive @ Bikeability

We are immensely proud of all our Year 5 children who successfully completed their Level 2 Bikeability course. This course ensures that children gain the knowledge and skills necessary to ride safely on the road. We have identified that some children are unable to ride a bike, and as a result, we will be looking into providing a Level 1 Learn to Ride course for our Year 4 children. More information about this will be available soon.

BeActive @ Swimming

Last saw the return of the on-site swimming pool, and Years 5 and 6 participated in swimming lessons over a two-week period. All the children who attended made progress in their swimming abilities. However, we still have several children who did not meet the 25-meter mark. As mentioned in our previous newsletter, swimming is a crucial life skill that we want all our Oxley Park children to have before leaving school.

To support this, we have explored local swimming pools offering lessons, allowing children to continue their swimming journey if needed. We cannot emphasize enough how important swimming is. As a school, we are committed to improving our swimming curriculum to ensure that more children leave Oxley Park Academy able to swim 25 meters confidently.

Please refer to the next page for further information on local swimming pools.



IN SCHOOL



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BeActive In School

BeActive @ Swimming Further
Information on local pools



Because Community Matters

Swimming lessons

At Middleton Pool

Learning to swim brings freedom, fun and endless opportunities to create lifelong memories in and around water. Places Leisure follow the Swim England Learn to Swim Framework to deliver swimming lessons that build water confidence from the first splash for a lifetime of water safety and enjoyment.



Pre-school lessons



Stages 1-10



Private lessons

To find out more, visit middleton.placesleisure.org
01908 610477

FAST TRACK SWIMMING



Monday 28th October - Friday 1st

November
9.30-12.00

Enquire at the reception or via email for specific stage timings!

5 x 30 minute lessons for £27.50



- Boost confidence and build stamina
- Great introduction for new swimmers
- Improve stroke weaknesses with less time between lessons to forget

For swimmers stage 1-5
4-15 years

Contact us
01908 624725
swimbookings@shlacademy.org



SWIMMING LESSONS

Beginners or Improvers
Any experience or skill level

Lea

Experience The Difference!
Our swimming lessons are focused on improving swimming performance and water safety by offering a distinct and easy to follow pathway.

Learn to Swim stage 1-7
Preschool lessons
Adult lessons
Ladies only classes
Rookie lifeguard
Parent & Child

Contact us
01908 624725
swimbookings@shlacademy.org

IN SCHOOL



BeActive @Play...

BeActive @ OPAL



We have witnessed some fabulous activities at OPA during the Autumn Term. Our stages have come alive with drama performances, races have taken place on our tracks, sports games have been organised with our coaches, potions have been crafted in the mud kitchen, and wonderful dances have filled the disco zone.

Donations for OPAL

We are always seeking donations to enhance our provision at OPA. Your contributions help ensure that our OPAL offerings are engaging and exciting for our children. FAB donations can include small world resources, kitchen role play items, LEGO for our LEGO Shed, and even loose parts. Please keep an eye on our school's social media and Round Up to see what we are looking for next. Thank you for your support!

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@PLAY



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BeActive Outside School

BeActive @ Competition

At Oxley Park, we love to celebrate the various activities children engage in outside of school to stay active! We are incredibly proud of Keeva from Year 6, who received an outstanding award this term. Keeva participated in the Southern Regional Oireachtas 2024 this term and danced as part of her under-10s Ceili team from the Herlihy Burgoine School of Irish Dance. They achieved a remarkable victory with a unanimous perfect score from all five judges. As a result, they are heading to the Irish Dancing World Championships 2025 for the second consecutive year. This year, the championships will take place in Dublin during the Easter holidays, bringing together thousands of dancers for an intense week of competition. We wish Keeva and her team the best of luck; we know they will do fabulous!



BeActive Oxley Park VS Giles Brook

Last term, we hosted our first Year 2 football match between Oxley Park and Giles Brook. We were delighted to organise this event and were impressed by the efforts of both teams. The match ended in a 2-1 victory for Oxley. We are very proud of our Year 2 football team; they played remarkably well. We look forward to hosting another football match here in the future.



BeActive @ Swimming Gala

We are so proud of our Oxley Parkers that attended the Swimming Gala. They were all incredible and we finished in an impressive 4th place out of 20 schools!

OUTSIDE SCHOOL