



BGN Newsletter

A WORD FROM THE HEADTEACHER

As we come to the end of a wonderful year at Blessed George Napier School, we have so much to celebrate. Our students have embraced every opportunity available to them, achieving success both inside and outside the classroom. From Duke of Edinburgh expeditions, theatre visits and the memorable trip to Paris, to retreats, acts of service and the Lourdes pilgrimage, our young people have demonstrated compassion, faith and a willingness to challenge themselves.

We are especially proud of the way our students continue to live out our Gospel values. Whether serving others in Lourdes, reflecting on faith at Soli House, or supporting one another throughout the year, they have been outstanding ambassadors for our school community. Through their actions they have shown compassion, maturity and a genuine commitment to put the needs of others before their own.

We also congratulate our Year 11 and Year 13 students as they move on to the next stage of their journeys. Their Leavers' Masses and Prom celebrations were fitting occasions to recognise their achievements, friendships and contributions to school life. We wish them every success and happiness in the future.

We extend our sincere thanks to Mr Nhanca, Mr Symington and Mrs Tucker for their dedication and service to BGN and wish them every success as they begin the next chapter of their careers.

This year also marks the retirement of three highly valued members of staff: Mrs O'Donnell, Mrs Iredale and Mrs Clark. Between them, they have devoted many years of service, care and commitment to our school community, making a lasting difference to the lives of countless students and colleagues. Whilst they will be greatly missed, we are delighted that they can now enjoy a well-earned retirement, and we thank them for everything they have given to our community. We wish them good health, happiness and many blessings for the years ahead.

We were delighted to welcome Miss Gow to BGN this term and we are looking forward to September when Miss Lester, Mr Rann, Mr Uche, Mr Isaacs, Mr Clack, Mrs Harvey and Mrs Robbins will join the BGN family. We are excited for the experience, enthusiasm and expertise they will bring.

Thank you to our students, staff, parents and guardians for your continued support throughout the year. Together, we have achieved so much, and we are incredibly proud of all that has been accomplished.

Have a wonderful, restful and well-deserved summer break. God bless and congratulations to everyone on a fantastic year at Blessed George Napier.

Sean Masterson - Headteacher



Diary dates

Friday 17 July

School closes at 12.30 pm for the summer break

Thursday 13 August

A Level results day – school open from 8 am to 12 pm

Thursday 20 August

GCSE results day – school open from 9 am to 12 pm

Thursday 3 September

School opens at 8.40 am to Years 7, 10 and 12 ONLY [Week A]

Friday 4 September

School opens at 8.40 am to ALL years [Week A]

Thursday 10 September

Years 7, 10, 11 and 12 photographs

Thursday 17 September

Year 7 Welcome Mass at 6 pm

Wednesday 23 September

Open Evening at 6 pm

Wednesday 7 October

Sixth Form Open Evening

Friday 9 October

INSET day – school closed to ALL pupils

Friday 23 October

School closes at 3.20 pm for the half-term break

Monday 2 November

School opens at 8.40 am [Week A]

LOURDES PILGRIMAGE 2026: A WEEK FILLED WITH SERVICE, FAITH, COMPASSION, FRIENDSHIP, A LOT OF WALKING AND NOT MUCH SLEEP!

Lourdes is nestled in the foothills of the Pyrenees mountains in the southwest of France. This dramatic landscape is a fitting background to a holy place couched in nearly 150 years of pilgrimage and visited by thousands of Catholics, with special appeal for the fragile and sick. It all began in 1858 when a 14-year-old peasant, Bernadette Soubirous, proclaimed she had 18 encounters with the Virgin Mary.



This year's BGN pilgrimage to Lourdes involved twenty-nine Year 12 students accompanied by three members of staff, Mr Masterson, Mrs Stewart and Mrs Butler. Following a 25-hour journey by coach and ferry, we arrived bleary-eyed at the Alba hotel, dropping off our bags and heading straight out to explore this beautiful town and get our bearings. On the first night we attended mass at the Grotto, a hollow in smooth rock carved by nature and the place where Our Lady appeared to Bernadette. The altar was bathed in shimmering candlelight while the moon cast a silver glow on the congregation. This prayerful time was really thought-provoking, reflective and emotional.

The students fully immersed themselves in the experience and were an absolute joy to be around. They worked various shifts throughout the week in the Accueil hospital assisting pilgrims by taking them to Mass, helping at mealtimes, cleaning rooms, making beds with hospital corners, and taking the pilgrims to visit local shops and cafés, all completed in high temperatures with copious amounts of sunscreen. It was a very humbling experience and the students more than rose to the occasion with kindness and patience, demonstrated by the overwhelming positive feedback received from both the pilgrims themselves and Hospitalité staff over the course of the week. They were respectful, hard-working, joyful and genuinely inspiring – a real credit to the school and we could not be prouder of how they represented themselves and our BGN values.

Some of the highlights included the torchlight procession, visiting the High Stations, which were located on the steep wooded slopes of the Hill of Espélugues with life-size statues, guessing the hotel menu for the day, and maintaining energy levels – with some even meeting Mr Masterson for an early morning running session!

A particular favourite was the trip to Gavarnie where we marvelled at the snow-capped glacier of the Pyrénées and the surrounding waterfalls. Some students and staff braved the crystal-clear icy waters, with one student staying in the ice-cold water for some 32 minutes, while others bravely ducked beneath the surface – luckily the sun soon warmed us all up. The students valued the new friendships they built, both with their year group, and with those from other schools. Crêpes and ice-cream were also a favourite, along with the ever-changing duty rota that always brought amusement to everyone!

Lighting the BGN candle was a focal point shared amongst the group; both a humbling and emotional experience where we remembered all those in our community who have sadly departed, and those in need of our prayers for whatever reason. In addition, some rose to the challenge at the 'Open Mic' event with the boys' rendition of 'Only Girl in the World' a real crowd pleaser and the girls 'Still the one I want' making everyone raise their phone torches and sway to the music. We were so proud.



Photo taken by Karolina

Everyone says you cannot really explain what Lourdes is like, you just need to experience it, and this is so true. Lourdes is a place for anybody and everybody, welcoming all walks of life, backgrounds and denominations. Staff and students alike want to go back, which is a testament in itself. Lourdes 2026 may have stolen our sleep, but it lifted our spirits, was so very meaningful and left us all with memories, friendships, and selfies, that will last a lifetime.

[Mrs Stewart and Mrs Butler]

Catholic life @ BGN



MEMORIES MADE IN LOURDES...

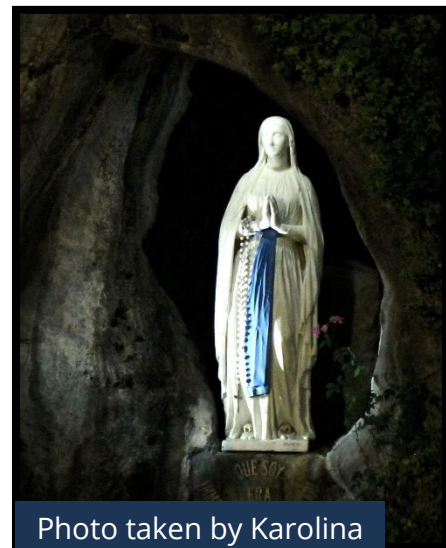
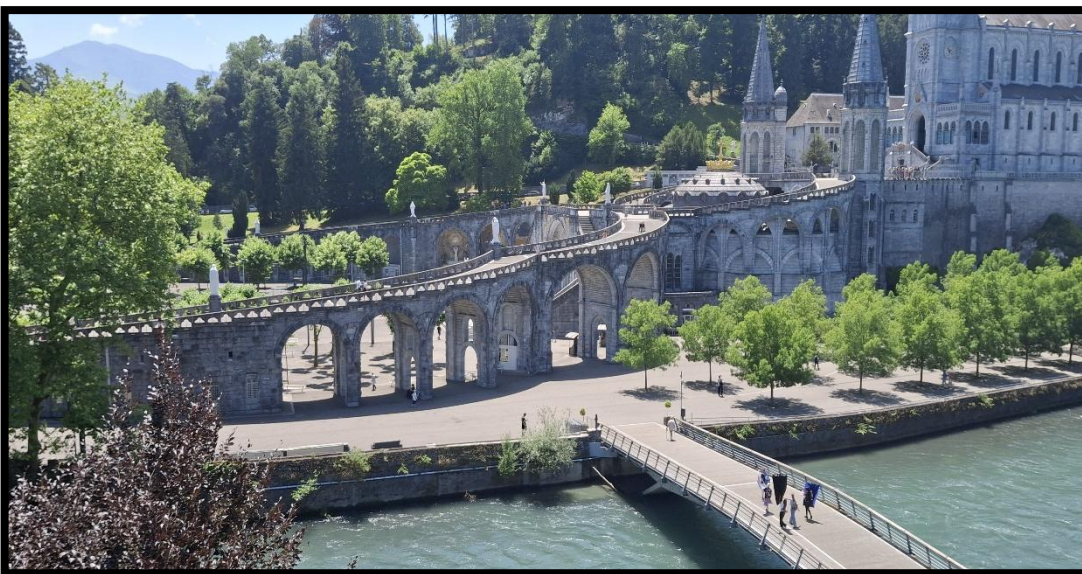


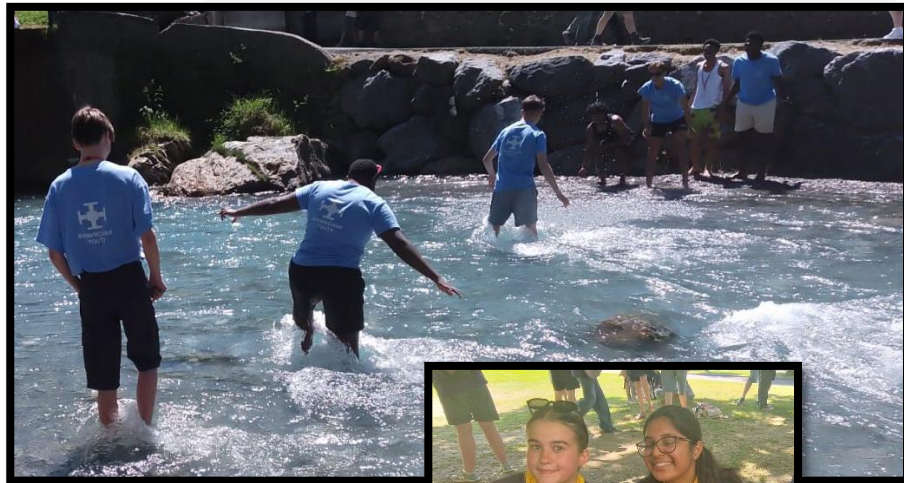
Photo taken by Karolina



Catholic life @ BGN



...THAT WILL REMAIN IN OUR HEARTS AND MINDS FOREVER



Compassion

Respect

Truth

Service

Forgiveness

PRE-LOVED, RE-LOVED

At the recent Year 6 pre-entry evening some of the John-Paul II award students organised and sold mountains of pre-loved BGN school uniform. This was a great initiative focusing on our Catholic Social Teaching: stewardship. All the money raised on the evening will go towards supporting Father Hudson's Caritas, a Catholic Social Care Agency which works to support the homeless, disabled, elderly, refugees and migrants and children and families in our Archdiocese.

Reasons to buy pre-loved clothes:-

It helps the planet God gave us.
It respects workers who make our clothes.
It supports charities and people in need.
It stops waste and encourages thoughtful choices.
It builds community and helps everyone live well.



[Mrs Harris – Head of RE]



YEAR 10s FIND A TIME TO REST, REFLECT AND RENEW

In June, we had the pleasure of taking a group of students on a spiritual and religious retreat to Soli House in Alton. We were extremely proud of the way they embraced every aspect of the retreat, showing enthusiasm, maturity and a genuine willingness to get involved. They impressed us with their knowledge of Catholic Social Teaching and made thoughtful contributions during discussions and activities throughout the three days. Below is a short review from one of the students who attended.

[Mr Clarke – Cover Supervisor]

Day 1

On the first day we took the coach, driving two hours before arriving in Stoke-on-Trent, where we all disembarked at the beloved Alton Towers. For many students this was the highlight of the trip, since we were allowed to go our separate ways and spend the time there with our friends. Around 3:30 pm we all assembled at the meeting point, content with the morning's events. From there we drove another 20 minutes, arriving at our 'home' for the next three days.

We were given dinner: a delicious mac 'n' cheese meal, before gathering downstairs and being put into smaller groups. We did various activities such as meditation, booklet work and listening to the readings of the Bible. After that we headed to our rooms, enjoying spending time with our friends before going to sleep, tired from the long day.

Day 2

We all woke up rested and excited for the day ahead, knowing it was going to be a full one. For breakfast we were given some comforting toast and cereal to fill us up. We then had a choice of three activities: archery, a walk to a café, or crate stacking. Reports from others say that archery was a fun activity, allowing them to try a new sport or practise one they have already tried. The walk was said to be a nice relaxing event, with the destination a quaint café where students were able to buy some drinks or sweet treats. When we came back, we spent some time all together, completing activities such as charades, 'riff off' and treasure hunt, all centred around Catholic Social Teaching. This taught us what it meant to be a good Christian and how to treat others in the way that Jesus had taught us.

After this, we had one big activity involving everyone. We were all handed out a slip of paper stating who we were in the real world, such as a '*rich businessman in Dubai*', a '*manager at a law firm*' or a '*refugee*'. Then we were told to line up whilst different situations were being called out and if it applied to your role, you had to step forward; for example, "*Step forward if you've never had to worry about money*" or "*Step forward if your life was never in danger due to the area you live*". This activity was done to show us the stark contrast between the lives of those who need help, and those who can sometimes have too much. It was depicted as a race, some being held back whilst some were being given a headstart. This clearly demonstrated the unfairness of the world and how some talent is lost due to people's circumstances.

Catholic life @ BGN



Following this activity, we were given sweet 'n' sour chicken for dinner. We were told that the tuckshop would be open, after which we would have Mass. After leaving the dinner hall, we all had free time to play board games as well as just enjoy each other's company.

During Mass, many students volunteered to read, passing on the stories of Jesus and the Catholic Social Teaching to the rest of us.

Day 3

This was our last day. When we woke up we were asked to do the three Bs: **B**ins, **B**ags, **B**efore breakfast. Meaning we were packed up and ready to go. After breakfast, we were given a choice of activities for example, colouring in a prayer sheet, writing a letter to God, and meditating. Additionally, we all did a 'race' involving charades of the Catholic Social Teachings, trying to get to the finish line first to win the prize of sweets [Gary's group won].

Following the activities we had lunch, which was hotdogs – a highlight of everyone's day. Unfortunately, after lunch it was time to go, meaning we all boarded the coach having said goodbye and thanking the instructors.

Overall, Soli House was a highlight of Year 10 for students, allowing a break from revising for exams, and a chance to connect more with others and God.

[Lena – Year 10 Student]



STRENGTHENING THE LINKS BETWEEN BGN AND OUR LOCAL PARISH

On 27 June 2026 we had the honour of having a Senior and Junior team compete in *'It's a knockout'* in Coventry. This is an annual event run by the Kenelm Youth Trust that brings together Catholic parish youth groups from across the Diocese for a day of competition, teamwork and faith. The Trust is well known for hosting our annual school trips to Alton Castle in Year 7 and Soli House in Year 10.

Throughout the day, teams competed in 22 challenges designed to test communication, teamwork, problem-solving and resilience, while also providing an opportunity to meet young Catholics from other parishes. The day began with a series of fast-paced events, including racing Go Karts, Foot Darts and a Scavenger Hunt where countries and capitals revealed the word *'Baptism'*. One of the morning's standout performances came in the Transfer Relay, where the Senior team set a new event record by transferring 132 golf balls between buckets, with Leon completing the final throws. Watching them work in perfect harmony, it was hard not to think of the Holy Spirit guiding their efforts.

The morning concluded with an entertaining game of Zorb Football, finishing in a 4-4 draw after Francis scored a dramatic long-range, last-minute equaliser.

Following a short break giving everyone the chance to grab a drink, cool down in the summer sunshine and socialise with other parish groups, the teams continued with Match App before taking part in Archery, led by Fr Chris, who demonstrated safe technique while encouraging participants to develop their skills.

Competitors were challenged to move across a climbing wall using wooden pegs and batons, where Ava-Grace and Beatrice demonstrated excellent balance and teamwork.

Tunnel Trouble required each team member to crawl through tunnels collecting rubber ducks. The final event before lunch was the Bungee Run, where Tilly, Francis and Gianluca all achieved the highest possible score.

The afternoon programme began with Get Netted, followed by Guttered, where the senior team again demonstrated excellent teamwork as they guided golf balls through gutter pipes. Their co-operation echoed St Paul's teaching that, although we each have different gifts, together we form one Body in Christ.

Further events included Splash Dash, Tin Can Alley, Ladder Bolas and Stackers, with the team completing all four Stackers patterns with eight seconds to spare. Hoist the Colours was another highlight, with pairs working together to complete the challenge in just 3 minutes 15 seconds. Sharpshooter required competitors to use a giant slingshot to hit a target, recalling David's courage in 1 Samuel 17. Balancing Act challenged teams to build the tallest possible tower, reminding us of St Peter's words in 1 Peter 2:5, where we are called to become "living stones" built together into God's spiritual house. The final challenge, In The Hole, required four team members to balance a platform so that a ball rolled into the centre. Their superb co-ordination earned them a new event record of nine successful attempts.

STRENGTHENING THE LINKS BETWEEN BGN AND OUR LOCAL PARISH

While the competition provided plenty of memorable moments, the celebration of Mass remained the focal point of the day. Gathered around the campfire with youth groups from across the Diocese, everyone came together in worship as one Catholic community.

Thank you to Francis, who served at the altar throughout the Mass and a further thank you to Riley in Year 7 who showed courage to proclaim the First Reading in front of hundreds of people. It was a wonderful example of young people actively participating in the Liturgy.

The Mass featured much-loved songs including 10,000 Reasons and We Are the Free, creating a joyful atmosphere of prayer and praise. Perhaps the most moving moment came when Bishop Timothy Menezes distributed Holy Communion before everyone renewed their Baptismal Promises together. Surrounded by hundreds of young Catholics, it was a powerful reminder that our shared faith unites us as one family in Christ.

Following Mass came the eagerly anticipated presentation of the results. After announcing the Junior placings, attention turned to the Senior competition. The organisers paused for one final drum roll before declaring St Joseph's Banbury Seniors as the 2026 It's a Knockout Champions!

Our Senior team proudly received the trophy from Bishop Timothy Menezes to enthusiastic applause from everyone gathered around the firepit.

The day concluded with a barbecue shared by all the youth groups before the journey home. While our Senior team returned with the trophy, every member of both teams came away having strengthened their faith, built lasting friendships and experienced the joy of belonging to the wider Catholic community.

Our winning team had the following to say:

"It was an incredible event where everyone was able to have fun and participate in various activities to get points to win."

[Francis]

"It was a really enjoyable experience where you make so many new friends and you enjoy spending the day doing many fun activities."

[Beatrice]

"It was good because of the people, the games, the organisers and all the fun because it's about the friends we made along the way."

[Leon]

We would like to thank Christian, David, Dino and Giampaolo from the Banbury Catholic Youth Ministry for making this possible.

[Mr Clarke – Cover Supervisor]



A NEW HOME-GROWN PRIEST!

In July Jithin Titto was ordained a priest for the Archdiocese of Birmingham. Fr Jithin and his family are members of the parish of St John's in Banbury and Fr Jithin's sister, Jismaria, was a BGN student.

Fr Jithin was ordained at St Chad's Cathedral on 6 July 2026 and our very own Year 12 student, Edwin, had the honour of being one of the altar servers. Fr Jithin's first Mass was celebrated at St John's Church, Banbury on 7 July, followed by a reception hosted in the Rachel Smith Hall at BGN, with many of our Sixth Form students supporting by serving food and wine.

An exciting time for the Catholic community of Banbury. Ad multos annos, Fr Jithin!



[Mrs Harris – Head of RE]



FROM CLASSROOM TO THE VATICAN SERVING AT THE ALTAR OF ST PETER'S BASILICA



The annual Europe-UK Convention of the Syro-Malankara Catholic Church is a major spiritual gathering for the faithful from across Europe. This year it was held in Rome, and I was lucky enough to attend. Members of our community from different countries were brought together under the guidance of His Beatitude Moran Mor Baselios Cardinal Cleemis Catholicos, Major Archbishop-Catholicos of the Syro-Malankara Catholic Church, along with several bishops and clergy.

The Syro-Malankara Catholic Church is an Eastern Catholic Church rooted in the ancient St Thomas Christian tradition of India. Following the West Syriac liturgical tradition, it developed from the Malankara Orthodox Syrian Church and, while preserving its rich Eastern Christian roots, was reunited with the Catholic Church in 1930 under the leadership of Archbishop Mar Ivanios, establishing full communion with the Holy See.

The convention, held under the theme 'L-Bēt Šlīḥe' which translates 'To the House of the Apostles', focused on spiritual renewal, fellowship and our rich liturgical heritage. The gathering began with the celebration of the Holy Qurbana (Divine Liturgy/Mass) at the main altar of St Peter's Basilica, an historic moment for the Syro-Malankara Catholic faithful. This was also the privilege of a lifetime for me as I was serving at the altar of St Peter's Basilica during the Holy Qurbana. This was followed by a reception that presented the history and growth of the Syro-Malankara Catholic Church in Europe.

During the convention, around 300 faithful had the opportunity to attend a Papal Audience with His Holiness, Pope Leo XIV. A seminar was also conducted at the Pontifical Urban University, where bishops and priests reflected on the spiritual mission and future of the Syro-Malankara Catholic community in Europe.

Being part of such an historic celebration and witnessing the beauty of Rome is an experience I will remember forever.

[Edwin – Year 12 Student]



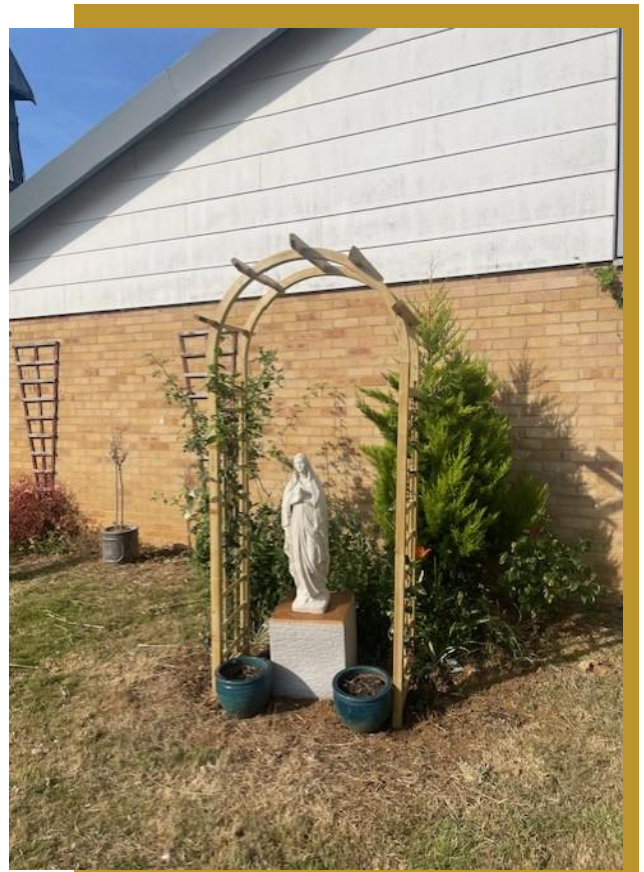
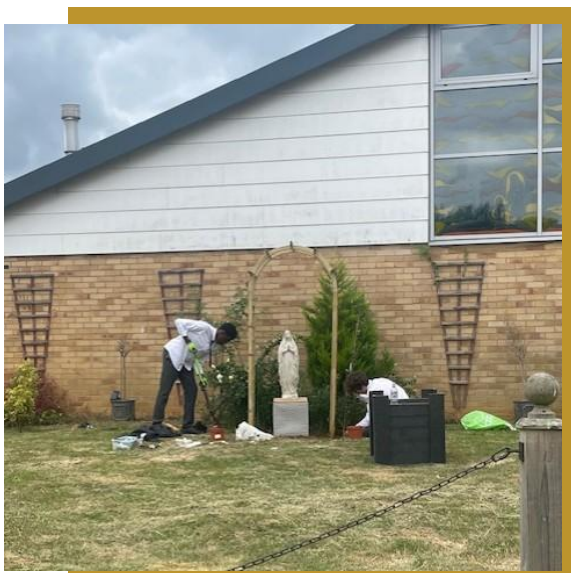
HONOURING OUR LADY AT BGN

Whilst on work experience this year, some Year 10 boys spent the week creating a shrine to Our Lady on the grass outside our school's Chapel. There have been plans to create this space for prayer for many years and now the Year 10 students have worked tirelessly to make our vision a reality. They weeded the Chapel garden and prepared the ground, built the rose arch, and planted climbing flowers. Finally, they moved the very heavy statue of Our Lady into place!

Thank you to Josh, Lexiss, Leon, Austin and Khuram for all their hard work and heavy lifting. And a special mention to Mrs Crossley whose dedication to the project and vision for the shrine has ensured this beautiful space for prayer has come to fruition.

This is your legacy to the school which will be enjoyed for many years to come.

[Mrs Harris – Head of RE]



Exam results



ONE DAY, ENDLESS POSSIBILITIES

Summer exam results will be available for collection from the LRC on:-

A Level

Thursday 13 August 2026 from 8 am to 11 am

GCSE

Thursday 20 August 2026 from 9 am to 12 noon

If you would like any other person [including family members] to collect your results, you must give your **written authorisation** to school before results day.

Candidates who would like their results posted must leave an A5 stamped addressed envelope with the Examinations Officer **before** results day.

Results will be emailed to the students' school email address only at 8 am on 13 August [A Level] and 11 am on 20 August [GCSE].

Please note no results will be given out over the telephone

Taster day at BGN



PRIMARY SCHOOL PUPILS SPARK THEIR CURIOSITY AT BGN

Primary school pupils from St Thomas More, Kidlington and St Mary's, Bicester recently exchanged their familiar classrooms for an immersive taster day at BGN. Designed to offer them a flavour of life at BGN, the visit gave the younger students a wonderful opportunity to experience secondary life first hand. From navigating a larger site, to exploring specialised subject areas, the day was packed with interactive learning and memorable moments, as you will see from the account from St Thomas More School below.

Year 5 had a brilliant day at Blessed George Napier School (BGN) and thoroughly enjoyed experiencing life as a secondary school student.

BGN is part of the Pope Francis Catholic Multi Academy Company, making this a fantastic opportunity for our pupils to gain a real insight into life at a Catholic secondary school and what their future educational journey could look like.

The day began in the science laboratories, where the children tested different liquids to discover whether they were acidic or alkaline. They created a rainbow effect in test tubes and explored the pH scale using a range of household liquids.

Next, the pupils visited the Design and Technology department, where they designed and created their own badges. They also learned how computers can be used to create and develop digital images.

To finish the day, the children took part in a PE session. Supported by sixth-form students and the Head of PE, they learned a variety of golf skills, including putting and chipping, while aiming for different targets.

It was a fantastic experience that gave the children a valuable taste of secondary school life within a faith-filled Catholic environment. The pupils represented our school brilliantly throughout the day and returned full of enthusiasm about the opportunities that await them in the future.



YEAR 10 STUDENT WINS PRESTIGIOUS OXFORD UNIVERSITY TRANSLATION PRIZE

A few months ago, the Spanish Department entered our Year 10 students into the Anthea Bell Prize for Young Translators, a prestigious translation competition organised by Oxford University.

Over the years, this competition has grown into one of the largest language initiatives of its kind in the UK. The prize supports Oxford University's mission of building a vibrant community of linguists, bringing together thousands of students and hundreds of dedicated teachers from across the country each year.

Our students worked either individually, or in pairs, to translate an unseen text from Spanish into English. Using only a glossary and a dictionary, they completed the task under exam conditions. The text presented a range of linguistic challenges, testing both grammatical accuracy and vocabulary knowledge.

We are delighted to announce that one of our students, Nadia in Year 10, was selected as a winner. Her outstanding translation stood out among more than 25,000 students who took part in the competition, with more than 5,400 entries submitted this year. This is an exceptional achievement and a testament to Nadia's talent, dedication and hard work.

The judges commented on the remarkably high standard of entries this year, noting that selecting the winners and commendations was an extremely difficult task.

We are incredibly proud of Nadia's success and of all the students who participated in the competition. Their enthusiasm for languages and commitment to excellence reflect the values of our school.

We look forward to nurturing more talented young linguists who will continue to make us proud and carry the BGN spirit into the future.

[Señora Saccaro – MFL Teacher]



FUN FACTS

Spanish is the second most spoken language in the world

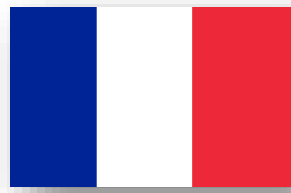
The Spanish love siesta

Most Spaniards live in apartments or flats

Spain's national dish is paella



Anthea Bell Prize
for Young Translators



FROM CROISSANTS TO DISNEY CASTLES...

On Tuesday 2 June, 43 Year 8 pupils and four members of staff headed to Paris. The week was full of adventures and is best told in the students own words below.

Tuesday

Although we were up early and travelled lots, it was quite fun. We were always talking to friends and enjoying ourselves on the bus and the ferry; the latter was amazing and quick. Luckily, we could bring our phones with us, which helped to keep us entertained on the long journey!

It rained all day, but it didn't matter since we were travelling. We arrived at the hotel in the early evening and, after settling into our rooms, we went to a local steakhouse where we enjoyed burgers, chips and chocolate mousse!

Wednesday

On Wednesday we left the hotel at 7.45 am to venture into central Paris. When we arrived on the banks of the River Seine, we had a calm boat ride passing one of the seven wonders of the world: the Eiffel Tower. Along the way we also got to view other spectacular monuments such as the Notre Dame Cathedral and the Musée D'Orsay.

After this we had lunch right opposite the river. We walked around the Champ de Mars to get beautiful views of the Eiffel Tower. Later on in the day we got to see the Louvre Museum from the outside, along with the famous glass pyramid. We then hopped onto our

coach to travel to the Montmartre district, and climbed the steps to the famous Sacré Cœur Basilica. After visiting some souvenir shops, we had a lovely three course meal in a beautiful restaurant called '*La Mère Catherine*' to end the day's adventures.

Thursday

On Thursday we went to Disneyland. It was a short 30-minute journey, with a coupon for our lunch which we could use at most places. When we arrived the sky was grey and it was chilly. There was a heavy downpour but luckily we were under some shelter before going into a haunted house for our first ride, which was slow but scary. Once we got out the rain had stopped, but the floor was still wet. The next ride we went on was called '*Big Thunder Mountain*'. The queue was quite long but it was definitely worth the wait, It was the biggest ride in the park and lasted for about two minutes. Once we got off, we decided to do some shopping.

Then we all reunited at our meeting point so we could make sure everybody was safe. After this we went to the famous castle and explored it. We then went on a water ride – Pirates of the Caribbean – the line was very long but it was fantastic so worth the wait. We visited the other park where we had lunch; burger, fries and coke, which was very refreshing. By then the weather had completely cleared up and it was very hot and sunny. We went on the Avengers rollercoaster twice. It went from 0-57mph in two seconds which was really fun.

After this amazing day, we headed back to our hotel.

FROM CROISSANTS TO DISNEY CASTLES...

Friday

On Friday, we woke up and had an amazing breakfast. We then put our suitcases onto the coach in readiness for the return journey.

Once we left the hotel we drove to the Arc de Triomphe where we went to the very top and took beautiful pictures. We learned about the history of the monument, built by Napoleon, along with the Tomb of the Unknown Soldier from World War 1. We said a prayer for peace at the foot of the monument, before boarding the coach to eat our lunch and make our way to the ferry.

Once we were on the ferry we got to relax and eat a meal with the food coupons that once again were provided for us.

We crossed the sea back to England and hopped back onto the coach and listened to music until we were back home in Banbury.

The trip was truly spectacular and really worth going on. We would like to thank Madame Savin for organising such a fantastic trip, and our teachers Mr Kenny, Mr Smith, Ms Herridge and Mrs Morgan who accompanied us.

*[Ethan, Nathan, Elliot and Keanu
Year 8 students]*



FROM CROISSANTS TO DISNEY CASTLES...



A DAY AT THE PALACE



This year marks the 70th anniversary of the Duke of Edinburgh Awards and to celebrate this occasion and the Gold Awards, a garden party was organised at Buckingham Palace on 20 May, which I was lucky enough to attend, representing the school's participation in the DofE Awards process.

It was a warm sunny day with tea and cupcakes provided on the lawn and military bands playing. A speech was given by the current Duke of Edinburgh and speaking from the West Terrace, Evie Ball, 19, from Preston, told attendees that *"DofE is an equaliser"* which has enabled her to discover her resilience. Evie, who did her DofE at Sir Tom Finney Community High School, said: *"In my opinion the DofE is an equaliser. No matter your background, it will encourage you to succeed. Everyone here today has been on their own unique journey, and that's what makes this Award so special"*.

For her physical section, Evie chose swimming and swam the distance of the English Channel to raise money for charity. Although she found her expedition physically and mentally challenging, thanks to a supportive team and positive mindset, Evie discovered just how resilient she is. She said: *"Getting stuck crossing cattle grids, in the mud, and in kissing gates, definitely tested my resilience, but it showed me when the road is bumpy to never give up"*.

For her skills section, Evie overcame shyness to discover new passions like public speaking and debating: *"With practice and experience, I have found my voice. My message is clear. Every voice is valuable and needs to be heard. Sometimes you just need to be given that chance"*.

This is a sentiment we hear again and again from our BGN students who have taken part at all levels in the DofE Awards.

A DAY AT THE PALACE

A Gold DofE Award is a major achievement – young people spend at least 12 months honing new skills and talents, planning and completing an expedition and residential, and volunteering for a cause they are passionate about.

Since its conception in 1956, the DofE has reached over 15.5 million young people globally, with more than 8.8 million young people having started a DofE Award in the UK – enough people to fill Wembley Stadium 98 times. In the last year alone, over 345,000 young people in the UK started their DofE – the highest annual start in our 70-year history – giving over 6 million volunteering hours in their communities, worth an estimated total value of £45.4m.

Ruth Marvel OBE and CEO of The Duke of Edinburgh's Award, commented: *"It's an absolute privilege to be celebrating our amazing Gold Award holders in the Buckingham Palace Garden today who, through DofE, have shown extraordinary perseverance and resilience, and developed core skills for life. As young people navigate an uncertain time, we will continue to champion opportunities that build confidence, resilience and human skills. I'm deeply grateful to our volunteers, partners and supporters who make this possible, and over the next five years, we look forward to building on that further by helping an additional two million young people access a life-changing DofE Award of their own".*

Other speakers at this event included BBC The One Show presenter, Alex Jones, actors Larry Lamb and Hugh Bonneville, and Olympic champion, Tabby Stoecker, while speakers at the other three celebrations included presenter and podcaster Sam Thompson, Strictly Come Dancing star Katya Jones, TV chef Jon Watts, F1 pundit Billy Monger and Olympic great, Dame Kelly Holmes MBE OLY.

Even the Palace has technical issues like the rest of us, as their speaker system stopped working! It was a fantastic day out with people just chatting about their experience of DofE and the challenges they worked through to gain their awards.

This year alone we have 43 Bronze, 31 Silver and 5 students enrolled for Gold at BGN. This would not be achievable without the support of Mr Masterson and the DoE team consisting of Mr Thornton, Mr Cross, Ms Williams and Mrs Russell.

I wish all the students the very best of luck in achieving their awards this year and thank the school for sending me on this special day.

[Mr Williams – DofE Assessor and Verifier]



ECOLOGY FIELD TRIP FOCUSES ON HANDS-ON DATA COLLECTION IN THE SURREY HILLS

From 19 to 21 June, 24 of our enthusiastic Year 12 biology students headed off on the annual biology field trip to Juniper Hall Field Study Centre in the heart of the Surrey Hills.

The group tackled every activity with curiosity, resilience and good humour. Succession was investigated on Mickleham Downs, followed by the completion of the students' core practical 12 at Burford Spur: they investigated the impact of an abiotic factor on the distribution of a biotic factor; collecting and marking snails to estimate the population of snails in a pond, and collecting woodlice to investigate their preferred environment. From statistical analysis to species identification, the course was pitched perfectly to meet the AQA specification, allowing students to apply classroom learning to real-world ecosystems.

"On our trip to Juniper Hall, amongst completing core practical investigations and doing lots of statistical analysis, we made lifelong memories such as watching the sunset on the top of a hill and toasting marshmallows around a campfire. The hall we stayed in served lovely food and we had a common room to spend our free time in, such as playing table football, Uno and watching TV. The work itself was engaging, especially painting snails and capturing woodlice. Overall, we thoroughly enjoyed our stay, and it has developed our love for ecology and biology as a whole."

[Alice – Year 12 biology student]



MATHS CHALLENGE EVENTS

On 29 April, we had nearly 80 Year 7 and 8 students who competed in the Junior Maths Challenge in the hall here at BGN. It was truly wonderful to see everyone showing the best of themselves in their conduct and problem-solving skills, with lots of enjoyment evident from all those who took part.

Special congratulations go to the certificate winners who were as follows:-

Gold Certificate

Noah	Year 7	[Best in year and best in school]
Isabella	Year 7	
James	Year 7	

Silver Certificate

Barney	Year 8	[Best in year]
Seth	Year 8	
Victor	Year 7	
Douglas	Year 7	
Bobby	Year 7	
Nat	Year 7	
Mateusz	Year 7	
Frederick	Year 7	
Francesco	Year 7	

Bronze Certificate

David	Year 8
Sara	Year 8
Scarlett	Year 8
Navnit	Year 8
Archie	Year 8
Genevieve	Year 8
Frankie	Year 8
Vedith	Year 8
Jerzy	Year 8
Zofia	Year 8
Maria	Year 8
Shaun	Year 8
Inga	Year 7
Alex	Year 7
Maximilian	Year 7
Artur	Year 7
Oliver	Year 7
Patrick	Year 7
Sebastian	Year 7
Sienna	Year 7

Noah, Isabella and James also qualified for the follow-on competition and competed on 9 June – massive congratulations to them!

In addition, William in Year 10 won a Bronze Award and Benedek in Year 11 achieved a Silver Award in the Pink Kangaroo Competition.

[Mr Pike
Maths Department]



VERSE AND VISION BGN'S WRITING CLUB SPARKS STUDENT CREATIVITY

This Spring, students have been inspired to express themselves and get writing with 'I Have A Dream 2026 - Heartfelt Words', a National Poetry competition for 11-18-year-olds. They had the opportunity to consider future hopes and dreams, whether for themselves or the world around them, and to dive further into creativity and write about wonderful dreamlands or creepy nightmares.

BGN's Writing Club runs fortnightly and helps students build their writing and vocabulary skills while reflecting on social issues, personal growth or imagination, linking to key themes in English, History and PSHE.

Students could use any poetic style to structure their ideas, and the theme was open to interpretation, giving them a chance to write in a way that suits them, creating something unique and personal. The awesome prizes [to be announced in the Autumn term 2026-27] include £250, Apple AirPods and cinema vouchers!

From all the schools across the UK, 17 BGN students were chosen to have their work published in an anthology book of poems. The book will be kept and listed in the British Library, and our school gets a copy for students to view. Our students will also receive a branded bookmark and certificate in recognition of their hard work.

A huge well done and congratulations to all those involved:

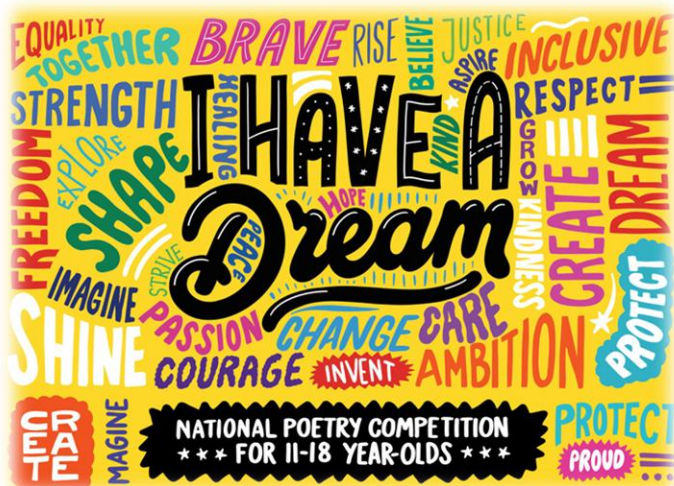
Simas – 9A
Talia – 9B
Lilliana – 9C
Caio – 9D
Zarja – 8C
Anita – 7D

Noah – 7B
Tilly – 7B
Emily – 7B
Aaliyah – 7D
Andreas – 7D

Artur – 7D
Martha – 7D
Yvonne – 7D
Olivier – 7D
Jagoda – 7F

The next competition 'SOS Sagas: Wanted' has already launched and our young writers are already working hard to produce a brilliant set of entries!

[Miss Veres – English Department]



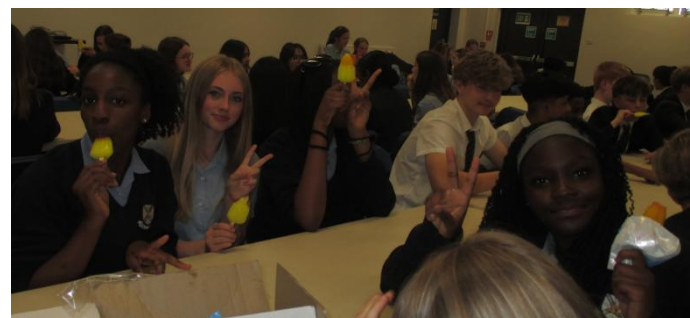
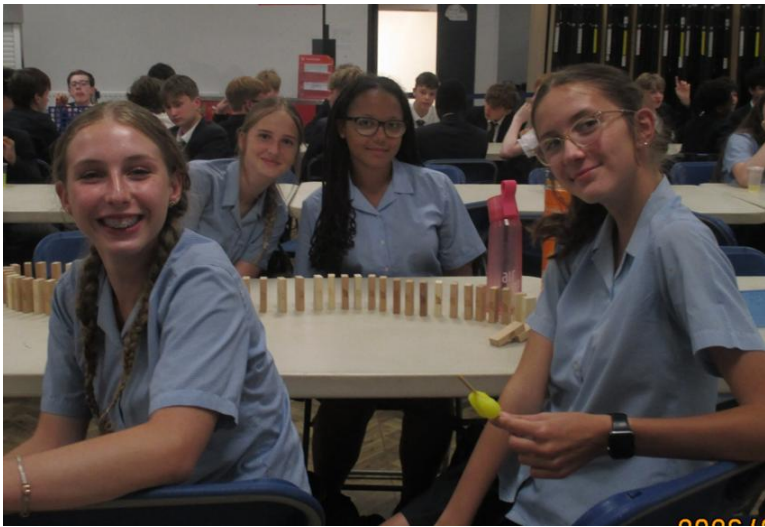
CELEBRATION TIME FOR YEAR 9s

The Year 9 Tutor Team and I have continued to be impressed with the students in our year group. We have enjoyed supporting them this academic year and have been particularly gratified to see their dedication, commitment and hard work within their classes. It has also been inspiring to see many of them consistently demonstrate our Gospel values in their day-to-day interaction with the school community, particularly the values of respect, truth and service.

We were both delighted and proud to be able to congratulate the Year 9s with a 'mini party' at the end of term. Over 70 of the Year 9 cohort spent the afternoon enjoying a healthy glass of squash, an iced lolly and some classic '*Medwin Dad Jokes*'! It was heart-warming to see such joy as the students sat, chatted and enjoyed each other's company whilst playing classic card games, Jenga and other fun board games.

Well done Year 9! You've been awesome!

[A very proud *Mr Medwin* – Head of Year 9]



PRIDE AND PROGRESS AS YEAR 10 ACE THEIR MOCK EXAMS

I would like to congratulate our Year 10 students on the outstanding way they have approached their recent mock examinations. Throughout the examination period, they demonstrated maturity, resilience and an exceptional attitude to learning, making us incredibly proud.

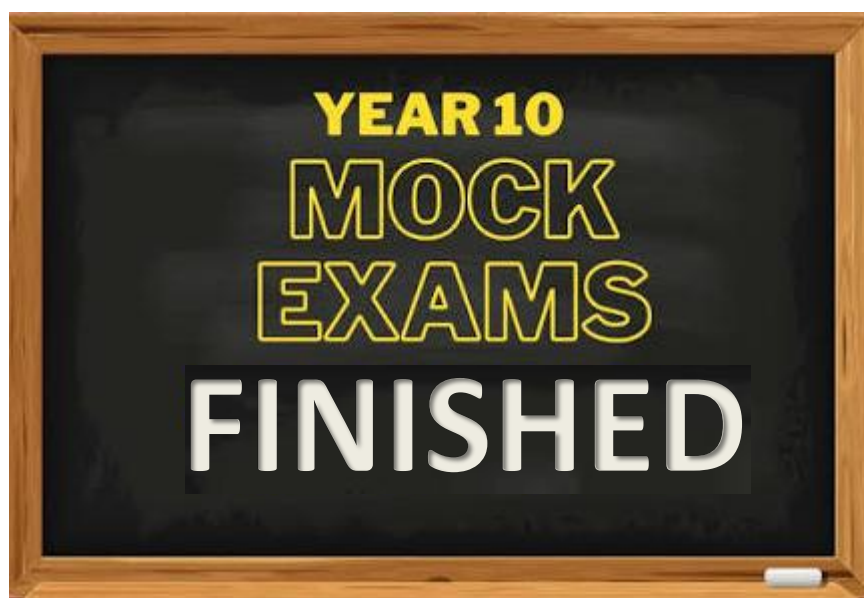
This year group has consistently impressed me with their commitment, determination and willingness to challenge themselves. They have embraced every opportunity to learn, supported one another and approached their studies with a level of focus that reflects the high standards we strive for at BGN.

Their conduct during the mock examinations was exemplary. Students arrived prepared, showed respect for the examination process, and displayed the calm confidence that comes from hard work and dedication. They have been a real credit to themselves, their families and our school community, whilst being excellent role models for our younger pupils. They continue to demonstrate the values that make our school such a positive place to learn.

Whilst the mock examinations are an important milestone, they are also a valuable learning opportunity to reflect, celebrate successes and identify the next steps. I have every confidence that this talented and hardworking year group will continue to build on this strong foundation as they move into Year 11.

I am excited to see what they will do over the coming year and have very high hopes for their GCSE success. Well done, Year 10—you should all be incredibly proud of yourselves. Keep believing in your potential, continue working hard, and we have no doubt that you will accomplish great things.

[Miss O'Neill – Head of Year 10]



YEAR 11 LEAVERS' MASS

This year our Year 11 Leavers' Mass was celebrated by Father Philip Harrop on Thursday 21 May 2026. This is a long-established tradition at Blessed George Napier Catholic School. It was a wonderful celebration evening offering staff, parents and students the opportunity to say their goodbyes to each other and for the school to wish students the very best for the future.

During the evening, the Sean Concannon cup was awarded. It is voted for by teachers and given to a pupil that embodies the qualities of a former student at BGN, namely Sean Concannon. Sean was a pupil here until his untimely death on 21 December 1988. Sean, along with his mum and dad, were on board Pan Am flight 103 which was destroyed by a terrorist bomb over the Scottish town of Lockerbie. Sean had just completed the first term of his A Level studies. His death was a huge shock to the BGN community and he was very much missed by his peers and teachers alike. In school Sean was an all-rounder, quietly getting on with things, always cheerful, always polite. He loved sport, worked hard at his studies, and knew how to have fun. It is to a person of a similar manner that we award the cup; someone who has contributed to the school over time by being simply his or herself. This year the cup was awarded to Don Ezekiel for his values and kindness shown towards others. Many congratulations Don.

[Mrs Terry – Head of Year 11]



THE NEXT CHAPTER BEGINS FOR OUR YEAR 11s

It has been an absolute pleasure being your Head of Year for the last four years. I hope I have provided you with a safe space, to be yourself and know that I always had your best interests at heart. It has not always been easy, but I believed in what author, Sheila Bethel, said in her book *'Making a Difference'*, when she suggested that pupils *"Don't care how much you know, until they know how much you care"*. I have had a personal interest in your academic achievement and general wellbeing, and have guided you to be motivated to succeed while you have been at BGN.

Education is not a destination; it is a journey. The last five years have been part of that journey. I hope that we have left you with special memories that make you smile whenever you think of your time with us. Whether it be a visit to Glasbury, Alton Castle/Soli House or Sports day, performing in a show, or listening to an inspirational speaker, our aim has always been to give you the best quality education alongside a range of experiences that will prepare you well for life. We hope that you take what you have learned with us and use it to shape your future. Remember to always aspire to great things. Set yourself the highest bar and work hard to achieve your goals. There will always be times when life tries to knock you off course and slow you down; try to not let the knocks stop you from realising your dreams.

Of course, school is more than just exams and lessons. We know that many of you have built relationships that have shaped you and how you see the world. We know it hasn't always been plain sailing! Some of you spent a lot of time in Pastoral falling out and making up again but you have made it now and have grown into responsible young people. We hope we always supported you to make wise choices, treat people with respect, and to be kind towards each other. As you move on to new chapters in your life, some of those friendships will thrive and others will drift as you make new friends at college, work or university, but you will always remember the relationships you formed in school.

Finally, I want to wish you all the very best for the future. Please keep in touch and let us know what you are doing. It is always wonderful to hear about the success stories of past pupils and to feel that sense of pride that we might have helped you to achieve something great. It is hard to find the words to say goodbye, so I will end by saying these words: *"If you have a dream, live it and always be proud to say that you are from BGN. As long as you can look yourself in the mirror and say you have done your best, no one can ask more than that"*.

Now go and live your dream!

[Mrs Terry – Head of Year 11]

Year 11 news



THE PROM - A NIGHT TO REMEMBER THE PERFECT SEND OFF FOR YEAR 11



ONE LAST DANCE: GOLDEN HOUR, GOLDEN MEMORIES

Leavers' Mass brought many laughs, tears and smiles to the faces of everyone present. It highlighted the achievements and hard work of our fellow peers. Bringing together our families, friends and year group in the same room for our final Mass at BGN was certainly a surreal experience, which cemented the people in our year as those who we will keep close in our hearts as we head off in separate ways. The various speeches from our teachers and pupil leadership team highlighted the memories from our years at BGN and, most importantly, there were many smiles and much laughter in the room at our final farewell celebration.

Prom was another really fun experience with everyone together for the last time, leaving us with wonderful memories of BGN. It also helped us to unwind following the stressful exam season. Achievements and opinions of our fellow classmates made us all laugh, ensuring everyone had a good time.

We will forever be grateful for the amazing moments we have had together at BGN, and the Year 13 Prom was most definitely a highlight of our time here.

Thank you!

[Oliwia – Year 13 student]



Attendance DOES matter



95%	=	47 LESSONS MISSED EACH YEAR 8 days in total or 1 week and 3 days
90%	=	95 LESSONS MISSED EACH YEAR 16 days in total or 3 weeks and 1 day
85%	=	142 LESSONS MISSED EACH YEAR 24 days in total or 4 weeks and 4 days
80%	=	190 LESSONS MISSED EACH YEAR 32 days in total or 6 weeks and 2 days

ATTENDANCE MATTERS

WHAT DO YOUR
ATTENDANCE
FIGURES
ACTUALLY MEAN?

BE SMART BE THERE!

Percentages based on 190 academic days

*SO WE WANT YOU in school on time, every day, in order to
achieve the best grades possible and be the best you can be*

Attendance and punctuality

Punctuality and good attendance are essential if students are to benefit fully from their education. All students are expected to attend for more than 96% of each school year. This is the national expectation for all students, as research shows that anything less than this will mean students miss out on more than 10 days of school in an academic year and will more than likely drop a grade in their achievement each year this happens. If a student's attendance is less than 90%, they will be classed as a 'persistent absentee' by Ofsted and the Department for Education.

Punctuality

At BGN we expect all students to arrive in school on time as lack of punctuality affects learning and behaviour not only of the pupil who is late, but it also has an impact on all other learners when their lesson is disrupted.

Punctuality is also a key workplace skill which must be learnt in school. Employees who are regularly late to work may lose their job.

Reporting sickness

Please notify the Attendance Office on:
Telephone: 01295 264216 extension 518
Email: absence@bgn.oxon.sch.uk
App: The Arbor App
by **9.30 am each day** of your child's absence.

As a duty of care to students is paramount to us, should we not hear from you, we will send a text to remind you to contact the school regarding your child's absence. If we still have not heard from you as to why your child is absent, we will telephone you as student welfare is a priority. Any unexplained absences will be marked as unauthorised.



Help raise funds for BGN



easyfundraising

Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising free donations for Blessed George Napier School with *easyfundraising*? There are over 8,000 retailers onboard ready to donate including Amazon, eBay, Argos, John Lewis & Partners, Compare the Market, ASOS, Booking.com, Sainsbury's, Debenhams, Next, Moonpig, Just Eat and M&S, to name but a few. Even better, it will not cost you a penny extra to help us raise funds.

All you need to do is follow these simple steps:-

1. Go to [BGN cause page](#) or scan the QR code below to join for free.
2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping, or download the 'Donation Reminder' tool.
3. After you have checked out, the retailer will donate to Blessed George Napier School, at no extra cost to you.

There are no catches or hidden charges, and Blessed George Napier School will be really grateful for your donations.

Thank you so much for your anticipated help and happy online shopping!



Why not join our 200 Club? For just **£5** a month you have the opportunity of winning **£100** every month whilst donating to a very worthy cause – your child's school.

We currently have spare numbers available, so if you are interested or require any more information, please contact our 200 Club Administrator at finance@bgn.oxon.sch.uk.

March's winning number was **3**

April's winning number was **87**

May's winning number was **16**

STUDENTS LEARN NEW SKILL SET

Amelia, Alicja, Alana, Jess, Mollie and Scarlett were selected to become members of the Oxfordshire Coach Academy. This programme is designed to work with young people in schools to develop their confidence and leadership skills enabling them to deliver physical activity sessions for less active students in schools.

The Coach Academy programme is split into stages. There is online training led by Jenna Downing from the Youth Sport Trust. Jenna is a former Olympian who was the creator of the content for this programme. In addition to the online sessions, the leaders are set exit activities to embed their learning from each session. They are then tasked with planning and delivering a series of physical activity periods on their own school site, engaging a cohort of young people identified as the least active or engaged.

The leaders will also have a face-to-face session which brings all the girls together to share good practice and develop their skills further and includes formal First Aid training. This will happen during the summer term at Radley College.

[Mrs Thornton – PE Department]



ELISE DOMINATES THE GREEN IN SINGLES THRILLER

Huge congratulations go to Elise who has successfully progressed to the semi-finals of the Oxfordshire Junior Under-14 Singles Bowls Championship.

This is a fantastic achievement and reflects Elise's dedication, resilience and composure under pressure. Competing against some of the County's most talented young bowlers, Elise has demonstrated excellent skill, determination and sportsmanship throughout the competition.

Everyone in school is incredibly proud of her success and wishes her the very best of luck in the semi-finals. We look forward to hearing how she gets on and celebrating her continued achievements.

Well done, Elise – your hard work and commitment are an inspiration to others!



JACOB TAKES ON THE WELSH OUTDOORS!

Congratulations to Jacob in Year 10 who achieved an incredible feat over the weekend by successfully completing the 'Long Course Weekend in Wales'. Over the course of three demanding days, Jacob pushed himself to the limit, completing a 1.2-mile open water swim, a 40-mile coastal bike ride, and a 10km run. This event tested not only his physical fitness, but also his determination, resilience and mental strength.

Taking on such a challenging endurance event is a fantastic achievement, particularly alongside the demands of school and preparing for Year 11. Jacob's commitment, perseverance and positive attitude are qualities we are incredibly proud to celebrate.

Well done, Jacob, on this outstanding accomplishment. You are a brilliant example of what can be achieved through hard work, dedication and a willingness to challenge yourself. We look forward to seeing what you take on next!

[Miss O'Neill – PE Department]



BGN ACHIEVES GOLD AWARD FOR THE FOURTH YEAR IN A ROW

We are delighted to announce that BGN School has again achieved the School Games Mark Gold Level Award for the 2025/6 academic year. This is the fourth year in a row we have achieved gold, allowing us to apply for Platinum level next year.

The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community.

As part of our application, we were asked to fulfil criteria in the areas of participation, competition, workforce and clubs. We also have a thriving leadership programme in which our students support the delivery of various competitions and festivals for The BGN Cluster of Primary Schools throughout the year.

We are delighted to have been recognised for our success.



Years 7, 8 and 9 Cricket Leaders umpiring and scoring at Years 5/6 Dynamo Cricket

SPORT LEADERSHIP

The summer term was no different for sport leadership with BGN delivering Primary School events for their cluster of primary schools. This included the Year 2 All Star Cricket Festival, the Year 6 Transition Training in Sport Leadership, Dynamo Cricket and Quadkids Athletics competitions. Cluster primary schools attending these events included Bishop Loveday, Cherry Fields, Longford Park, Orchard Fields, St John's, St Joseph's, St Mary's ALW and William Morris.

In addition, our Year 8 Student Leaders have supported The Partnership Quadkids Finals held at North Oxfordshire Academy; our Year 7 Student Leaders have delivered Multi-skills Festivals for Years 3 and 4 at St John's and reception children at Bishop Loveday. Finally, Mr Mawle took a group of Year 9 Student Leaders to help out at Bishop Loveday's Sports Day.

Our students value these opportunities and, as always, are fantastic role models.

Sport leadership



Below are some comments following the events.

"I would like to congratulate the BGN pupils who were running the event. They gave clear instructions and amazing support. During the longer races they even ran alongside, encouraging pupils who were finding the distance challenging. However, I think the most important skill they shared was the way in which they encouraged the younger pupils to support their team members, especially those who were finding events difficult. It really emphasised the focus on taking part, trying your best, supporting your team and enjoying it."

[St John's Grandparent]

"My class have thoroughly enjoyed today's activities and it has provided very good teaching ideas for future PE lessons. All of the Leaders spoke confidently and clearly and really encouraged the children through the activities. Thank you for organising this."

[William Morris Teacher]

"We enjoyed teaching the reception children and seeing them progress."

[Gabija and Emily – Year 7 BGN Students]

JUNIOR ACTIVE LEADERS

Congratulations to 16 Year 7 students who have completed the Junior Active Leaders course. As part of the 20-hour course, students learnt about first aid, CPR training and how to deliver organised and inclusive activities.

During the spring they delivered a Multi-skills Festival to Year 2 children at Bishop Loveday and created their own games to run a festival which they delivered to Years 3 and 4 pupils at St John's.

[Mr Mawn – School Sports Co-ordinator]



Year 7 Sports Leaders at Bishop Loveday delivering Early Years Multi-skills Festival



Year 7 Students at Bishop Loveday



Year 8 Student Leaders at Quadkids

Year 7 Active Leaders at St John's Primary School



Did you know...



...Unprotected exposure to the sun can lead to burns, premature ageing of the skin and other complications & illness	...You can get sun burn even on a cool, breezy, cloudy day	...On average, children get 3 times more sun exposure than adults	...Over the past decade, melanoma incidence rates have increased by nearly a third (31%) in the UK	...About 86% of melanomas can be attributed to exposure to ultraviolet radiation from the sun	...Avoiding sun burn when young can reduce the chances of developing melanoma by as much as 78%
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North Oxfordshire School Sport Partnership continues to campaign for **Sun Awareness**, and remains sun protection accredited.



The campaign was designed to tackle melanoma, one of the UK's most common cancers in young people **by helping to develop and support sun protection practices for all those who work outdoors with children.**



Just a few serious sunburns can increase everyone's risk of melanoma by **80%**. With **86%** of melanomas attributed to excessive sun exposure, and levels of melanoma rising in the UK, sun protection habits need to change.



To encourage this change, North Oxfordshire School Sport Partnership has a **Sun Protection Pledge**, which is promoted and endorsed by our team at all our outdoor events, as well as through our direct support of PE and Sport in Schools.



You can help too!

Not only students at your school, but children and young people in your family and within your local community.



...encourage young people to wear appropriate sunscreen (SPF30+), clothing, hats and sunglasses when taking part in any outdoor activities - even on cloudy days!



...promote the importance of hydration, encourage young people to carry water with them (and drink it!) particularly on warm/hot days.



...encourage young people to seek shade whenever possible when they are taking part in outdoor activities.



...lead by example, make the above actions part of your everyday routine, and help to spread the word on the importance of sun protection.



By raising awareness of the risks of prolonged sun exposure and educating young people on the importance of sun safety, we aim to further promote lifelong participation in health promoting activity.

Please help us to prevent over exposure to the harmful rays of the Sun's light and heat related illness, and reduce the risk of someone you know developing melanoma.

#StaySunSafe

NORTH OXFORDSHIRE
School Sport Partnership
Making a positive difference!

#STAYSUNSAFE

SIX SIMPLE STEPS TO STAY SUN SAFE

BE SUN SMART.
BEAT THE HEAT.

- 1

SLIP ON CLOTHING

Wear lightweight, long sleeves and shorts.
- 2

SLOP ON SUNSCREEN

SPF 30 or higher, broad spectrum. Reapply every 2 hours and after sweating.
- 3

SLAP ON A HAT

Wear a wide-brim hat or cap to shade your face, head and neck.
- 4

SLIDE ON SUNGLASSES

Choose wrap-around sunglasses with UV400 protection.
- 5

SEEK SHADE

Take breaks in the shade when you can, especially between games or training sessions.
- 6

STAY HYDRATED

Drink water regularly before, during and after exercise to keep your body performing at its best.

YOU CAN BURN EVEN ON A CLOUDY DAY.

PREVENT HEAT RELATED ILLNESS AND SKIN DAMAGE.

LOOK AFTER YOURSELF AND YOUR TEAM.