Luminous Oak Academy

Weekly Newsletter

SOLENT Academies Trust

DATE: 6TH NOVEMBER 2026 **luminousoak-academy.net**



Our vision

At Luminous Oak Academy our pupils grow strong roots, find their voice and learn to believe that they can achieve great things.

Key Dates

Christmas Holiday
21st December – 1st January 27

February Half-Term
15th February – 19th February 27

Easter Holiday
26th March – 9th April 27

May Day
3rd May 27

Summer Half-Term
31st May – 4th June 27

Summer Holiday
23rd July – 1st September 27

Inset Days 2026/2027
4th January 2027
12th February 2027
12th April 2027
7th June 2027

Welcome to Luminous Oak Academy

It has been wonderful to welcome all of our pupils back to school following the October half-term break. We are incredibly proud of the positive start they have made and the enthusiasm they have shown for learning. Pupils have returned settled, ready to engage, and excited to take on the challenges and opportunities of a new half term.

Throughout the week, we have seen fantastic behaviour, excellent attitudes to learning, and a real commitment to our school values. Pupils have worked hard in lessons, shown kindness towards their peers, and demonstrated maturity in the way they have approached their learning and personal development.

To recognise this fantastic start, many of our pupils have enjoyed a special reward of hot chocolates and marshmallows. This was a wonderful opportunity to celebrate the hard work, positive behaviour, and determination that pupils demonstrate each day. It has been lovely to see pupils taking pride in their achievements and enjoying time together as their efforts are recognised.

We have also been delighted to see pupils supporting one another, showing excellent manners, and embracing school routines so positively. These everyday successes help to create the welcoming, respectful, and nurturing environment that makes our school community so special.

Thank you for your continued support and understanding. We have experienced a number of staff absences due to illness this week, and we are incredibly grateful for the patience, flexibility, and kindness shown by our families during this time. Your support has been invaluable in helping us maintain consistency and stability for our pupils. By continuing to work together in partnership, we can ensure that our pupils feel supported, continue to thrive, and are able to achieve their very best each day.

Louisa Paston
Principal

Metal Water Bottles in School

We would like to remind parents, carers, and pupils that **metal water bottles are not permitted in school**. This measure has been put in place to help maintain a safe environment for all members of our school community, as metal bottles can present a risk of injury if dropped, thrown, or misused.
Pupils should bring water in a **plastic bottle or reusable non-metallic container** instead. We appreciate your support in ensuring that prohibited items are not brought onto the school site. Any metal water bottles brought into school may be confiscated and returned at the end of the school day, in line with school procedures. Thank you for your cooperation.

IMPORTANT: Communication with School Staff

We would like to remind all families that any communication regarding your child should be sent via the school administration team, either through the school admin email inbox or by telephoning the school office.

Please do not email teachers directly. Teachers are unable to respond to direct emails from parents and carers, and any emails sent directly to teaching staff may not be monitored or actioned.
All enquiries, messages, requests, and concerns must be sent through the school office administration team. This ensures that communications are recorded appropriately, directed to the relevant member of staff, and responded to in a timely manner.

Please note: Any direct emails sent to teachers will not receive a response and will be redirected through the administration team where necessary.

Morning Drop Offs



To ensure the safety and wellbeing of all pupils during morning arrival, we kindly remind parents, carers, taxi providers, and transport escorts that children must not be allowed to exit vehicles until a member of school staff is present and ready to welcome them into school.

Pupils should remain seated in their vehicle until they are met by a member of staff. This procedure helps us maintain a safe and supervised transition from transport to the school environment and ensures that every child arrives safely and receives the support they may need at the start of the school day.

We greatly appreciate your cooperation and support in following this important safeguarding measure to help keep all pupils safe.

A MESSAGE FROM YEAR 5

Year 5 have thoroughly enjoyed their cooking session this week, making delicious cheese and vegetable muffins. Throughout the activity, pupils practiced a wide range of important life skills, including weighing ingredients, chopping vegetables, whisking mixtures, reading and following instructions, and working safely in the kitchen.

The class also focused on good hygiene routines by washing their hands and wearing aprons before cooking. After baking, pupils showed great responsibility by tidying up after themselves, washing up equipment, and wiping down work surfaces. It was wonderful to see everyone working together, developing their independence, and taking pride in their finished muffins. Well done, Year 5!

Harri





Conversation Starter

Try asking your child:

What made you smile this week?

Wellbeing Tip

At the end of each day, think of one thing that went well and one thing you are proud of. Small positive reflections can make a big difference.

SEMH Focus of the Week

Progress is progress, no matter how small. This week, encourage pupils to focus on one positive thing they have achieved each day, whether it's answering a question in class, helping a friend, or managing a difficult emotion. Taking a moment to recognise these successes can boost confidence, resilience, and overall wellbeing.

School Timings

Monday -	08:45 - 15:00
Tuesday -	08:45 - 15:00
Wednesday -	09:45 - 15:00
Thursday -	08:45 - 14:00
Friday -	08:45 - 15:00



Follow Us on Facebook

Don't miss out on school news, updates, photos, and important reminders! Follow our Facebook page to stay up to date with everything happening across the school and be the first to hear about upcoming events and celebrations.

Find us on Facebook and join our school community today!

CLICK HERE TO FOLLOW



IN THE SPOTLIGHT

Take a look at some of the highlights from this week across the school. Below is a selection of photographs from each class, showcasing the fantastic learning, creativity, and achievements of our pupils. We hope you enjoy seeing what everyone has been up to!



Year 5 - Harri's Class



Year 6 - Beth's Class



Year 7 - Charlie's Class

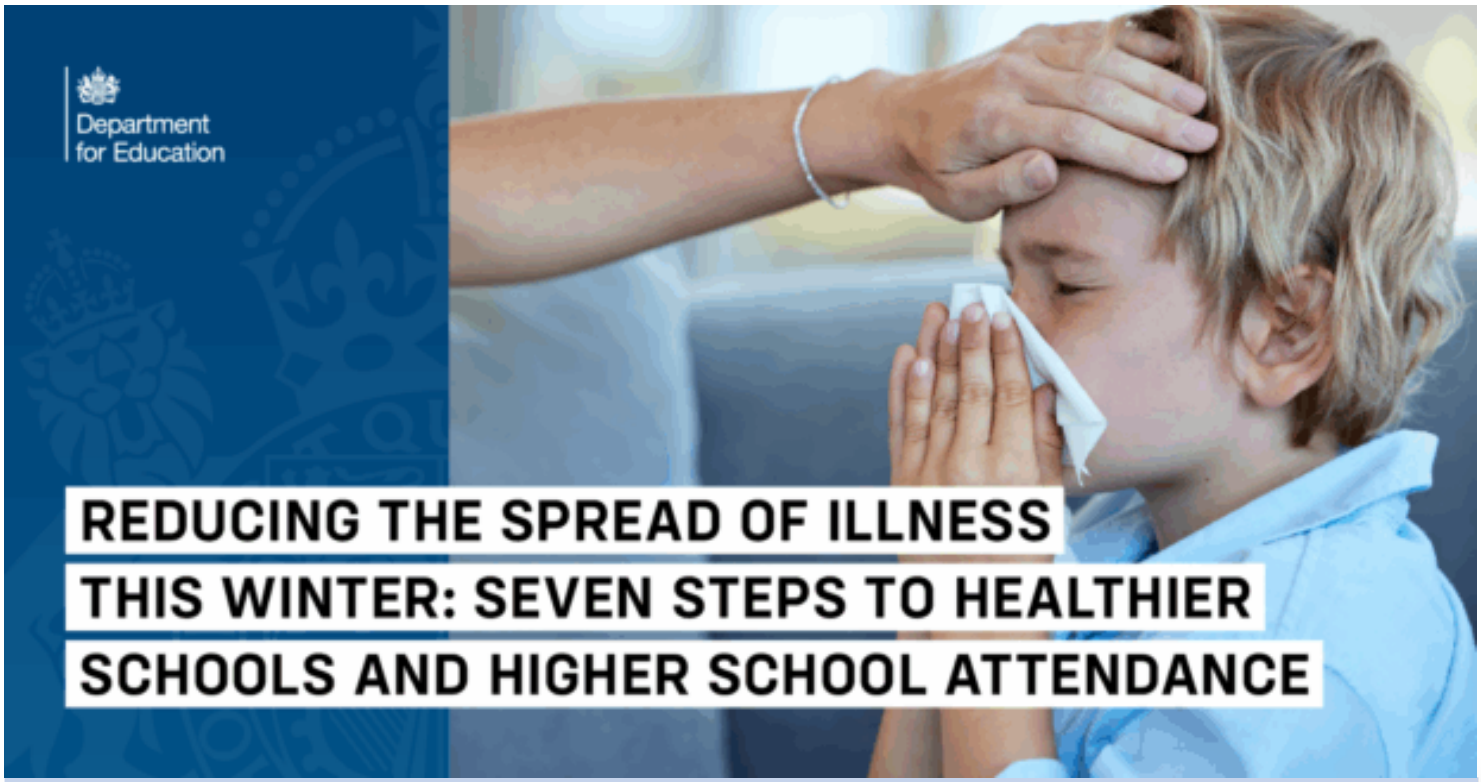


Year 7 - Amy's Class



Year 8 - Jess's Class





As the colder months approach, we can expect to see increases in common airborne viruses. Illness is the biggest single reason for school absence; while some absences due to illness are unavoidable, many can be reduced through simple, proactive measures that minimise the spread of infections.

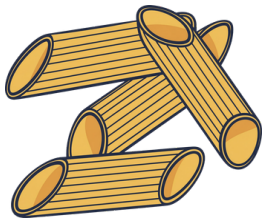
Scientific evidence demonstrates that vaccination, disinfection (cleaning), handwashing, and ventilation can significantly reduce the transmission of infectious diseases. Schools can play an important role in helping reduce the spread of seasonal illnesses, helping keep pupils and staff healthy, supporting healthy learning environments and regular school attendance.

In this blog, former Chief Scientific Adviser to the Department for Education Professor Russell Viner sets out actions schools can take across seven areas for maximum impact.

Professor Russell Viner is a clinical paediatrician, professor at the University College London Great Ormond St. Institute of Child Health and former President of the Royal College of Paediatrics and Child Health.

The NHS provides guidance on when children are well enough to attend school. Most mild illnesses — such as a runny nose, sore throat, or slight cough — do not require time off school, unless a child has a temperature.

Is my child too ill for school? Click here for guidance.



Lunch Menu



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Week 1 7th Sept, 28th Sept, 2nd Nov, 23rd Nov, 14th Dec			
	Mains	Sides	Dessert
Mon	**Option 1:** Macaroni Cheese V **Option 2:** Flaky Quorn Twist V **Option 3:** Jacket Potato with Cheese V	Choice of at least 2 vegetables & choice from the Salad Bar	Lemon & Ginger Oatcake OR Fruit OR Yogurt OR Cheese & Crackers V
Tues	**Option 1:** Chicken & Bean Curry with Rice **Option 2:** Frittata V **Option 3:** Jacket Potato with Tuna Mayo	Choice of at least 2 vegetables & choice from the Salad Bar	Peach Upside Down Cake & Custard OR Fruit OR Yogurt OR Cheese & Crackers V
Wed	**Option 1:** Beef Cobbler **Option 2:** Lentil Roast V **Option 3:** Jacket Potato with Coleslaw V	Choice of at least 2 vegetables & choice from the Salad Bar	Chocolate Orange Shortbread OR Fruit OR Yogurt OR Cheese & Crackers V
Thu	**Option 1:** Pork Sausage Pasta **Option 2:** Vegetable Goujons V **Option 3:** Jacket Potato with Cheese V	Choice of at least 2 vegetables & choice from the Salad Bar	Date & Cocoa Swirls OR Fruit OR Yogurt OR Cheese & Crackers V
Fri	**Option 1:** Salmon Fish Cake & Fries **Option 2:** Baked Bean Lasagne V **Option 3:** Jacket Potato with Beans VE	Choice of at least 2 vegetables & choice from the Salad Bar	Fruity Flapjack OR Fruit OR Yogurt OR Cheese & Crackers V

Week 2 14th Sept, 5th Oct, 9th Nov, 30th Nov			
	Mains	Sides	Dessert
Mon	**Option 1:** Southern Quorn burger in a bap **Option 2:** Vegetable Wellington V **Option 3:** Jacket Potato with Tuna Mayo	Choice of at least 2 vegetables & choice from the Salad Bar	Apricot Oatie OR Fruit OR Yogurt OR Cheese & Crackers V
Tues	**Option 1:** Chicken & Thyme Pie **Option 2:** Chickpea Burger V **Option 3:** Jacket Potato with Cheese V	Choice of at least 2 vegetables & choice from the Salad Bar	Lemon Drizzle Cake OR Fruit OR Yogurt OR Cheese & Crackers V
Wed	**Option 1:** Lasagne & Garlic Bread **Option 2:** Soy Balls with Tomato Sauce & Pasta V **Option 3:** Jacket Potato with Coleslaw V	Choice of at least 2 vegetables & choice from the Salad Bar	Pear Pastry Puff OR Fruit OR Yogurt OR Cheese & Crackers V
Thu	**Option 1:** Roast Chicken & Roast Potatoes **Option 2:** Veggie Pasta Bake V **Option 3:** Jacket Potato with Cheese V	Choice of at least 2 vegetables & choice from the Salad Bar	Apple & Cinnamon Sponge OR Fruit OR Yogurt OR Cheese & Crackers V
Fri	**Option 1:** Fish Fingers & Fries **Option 2:** Meatless Chilli & Rice V **Option 3:** Jacket Potato with Beans VE	Choice of at least 2 vegetables & choice from the Salad Bar	Fruit Pie & Custard OR Fruit OR Yogurt OR Cheese & Crackers V

Week 3 21st Sept, 12th Oct, 16th Nov, 7th Dec			
	Mains	Sides	Dessert
Mon	**Option 1:** Cheese, Pepper & Tomato Pizza V **Option 2:** Boston Quorn Sausage & Beans V **Option 3:** Jacket Potato with Tuna Mayo	Choice of at least 2 vegetables & choice from the Salad Bar	Banana Muffin OR Fruit OR Yogurt OR Cheese & Crackers V
Tues	**Option 1:** Roast Pork & Roast Potatoes **Option 2:** Chickpea Roast V **Option 3:** Jacket Potato with Coleslaw V	Choice of at least 2 vegetables & choice from the Salad Bar	Cinnamon Bun OR Fruit OR Yogurt OR Cheese & Crackers V
Wed	**Option 1:** Shepherd's Pie **Option 2:** Vegetable Goujons V **Option 3:** Jacket Potato with Beans VE	Choice of at least 2 vegetables & choice from the Salad Bar	Sultana Cookie OR Fruit OR Yogurt OR Cheese & Crackers V
Thu	**Option 1:** Hawaiian Street Pan Chicken **Option 2:** Cheese & Onion Turnover V **Option 3:** Jacket Potato with Coleslaw V	Choice of at least 2 vegetables & choice from the Salad Bar	Oatie Fruit Crumble & Custard OR Fruit OR Yogurt OR Cheese & Crackers V
Fri	**Option 1:** Tuna Pasta Bake **Option 2:** Beanie Wraps V **Option 3:** Jacket Potato with Cheese V	Choice of at least 2 vegetables & choice from the Salad Bar	Chocolate Brownie & Chocolate Sauce OR Fruit OR Yogurt OR Cheese & Crackers V

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