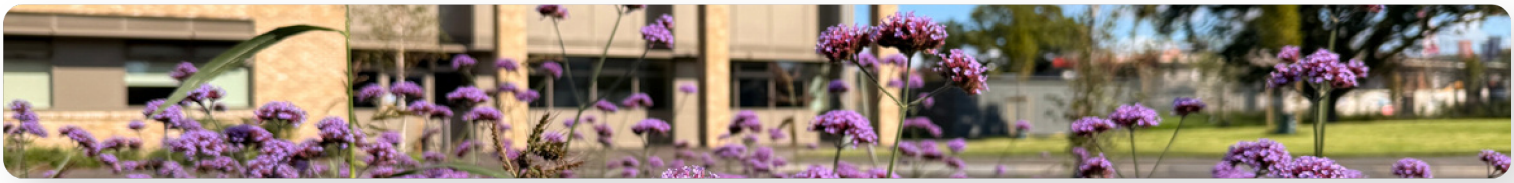
Luminous Oak Academy

Weekly Newsletter

SOLENT Academies Trust

DATE: 20TH 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 another lovely week at Luminous Oak Academy, and once again, we have so much to celebrate! It has been wonderful to see our pupils continuing to grow in confidence, show kindness towards one another and make the most of the opportunities available to them. We are incredibly proud of the little steps, big achievements and positive moments we see across the academy every day.

There has been plenty happening this week! Our Year 5 pupils enjoyed a fantastic school trip to Fort Purbrook, where they had an exciting day of adventure and even got to try their hand at archery! We also welcomed our school immunisation team into the academy to support our pupils with their vaccinations, alongside a visit from one of our trustees, who enjoyed spending time walking around the school with some of our pupils.

We would also like to give a special mention to our pupils for the fantastic way they have been following our mobile phone expectations. We have been really pleased to see pupils making sensible choices and using their phones appropriately, without allowing them to become a distraction during the school day. Thank you to everyone for their cooperation with this.

As always, we continue to be so proud of the progress our pupils make, not just academically, but socially and emotionally too. Every day brings new opportunities to learn, develop and achieve, and it is a privilege to watch our children grow in their own individual ways.

We hope you enjoy reading this week's newsletter and seeing some of the wonderful things happening across our school. Have a lovely weekend, and we look forward to welcoming everyone back next week!

Louisa Paston
Principal

School Immunisation Team

This week, we welcomed the school immunisation team into Luminous Oak Academy. They visited to support our pupils with their routine vaccinations, helping to protect their health and wellbeing. We would like to say a big thank you to the team for their time, care and support, and to our pupils for being so brilliant!



Trustee Visit

This week, we were delighted to welcome one of our trustees to Luminous Oak Academy! During her visit, she enjoyed a walk around the school alongside some of our pupils, giving her the opportunity to see our school in action and experience some of the wonderful things happening throughout the day.

It was lovely for our pupils to have the chance to show her around, share their experiences and proudly represent our school. Thank you for taking the time to visit us!

A Message from Year 7

It has been lovely to be back with Year 7 and to see how well the children have adapted to the structure and routines of the classroom. They have showed a positive attitude to learning and developing their independence as they become familiar with daily expectations.

In Maths, we have been developing our understanding of place value and have been working with numbers up to one million. The children have impressed us with their confidence when reading, comparing and ordering large numbers.

In English, we have been reading and writing about our class novel, The Machine Gunners. The children have enjoyed exploring the characters and themes of the story and have produced some thoughtful pieces of writing inspired by the text.

In Art, we have been getting into the festive spirit by creating Christmas decorations. It has been wonderful to see the children's creativity shine through, and they have taken great pride in their finished pieces.

We are very proud of all that Year 7 have achieved so far and look forward to seeing their confidence and success continue to grow over the coming weeks.

Charlie







Age-Appropriate Gaming

We would like to remind families about the importance of **checking age ratings** and content before purchasing video games for children.

Following recent discussions around the release of **Grand Theft Auto VI (GTA 6)**, we encourage families to be mindful that not all games are suitable for younger audiences.

GTA games contain strong adult themes, violence and inappropriate content and are intended for adults, not children.

It is important that we work together to keep our pupils safe, both in and out of school. Please take the time to check age ratings, understand what your children are playing and have conversations about online gaming and the content they may encounter.

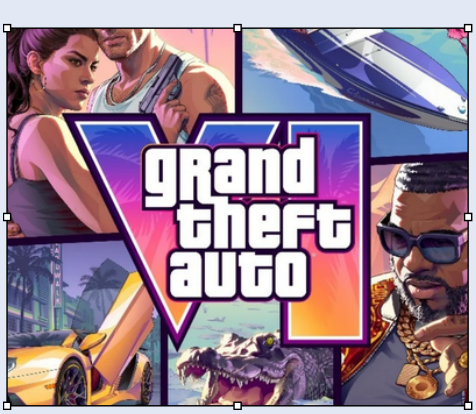
Remember, just because a game is popular or friends are playing it doesn't mean it is appropriate for everyone.

Thank you for your continued support in helping us keep our pupils safe.











Year 5 Trip to Fort Purbrook

What a fantastic day Year 5 had on Wednesday at Fort Purbrook! Our pupils enjoyed an exciting day of adventure, with the highlight being the opportunity to try their hand at archery! They put their aim, patience and concentration to the test, learning new skills and having lots of fun along the way.

There was plenty of excitement, laughter and friendly competition as everyone had a go. It was wonderful to see our pupils challenging themselves, trying something new and cheering each other on. A brilliant day full of new experiences and happy memories!











Conversation Starter

Try asking your child:

If you could press pause on one moment in your day, when would it be and why?

This is a lovely opportunity to explore what makes us feel happy, calm, safe or proud. Encourage pupils to think about moments they wish could last a little longer and what makes those moments special.

SEMH Focus of the Week

This week, we are focusing on helping pupils understand that it's okay to make mistakes, face challenges and try again. We want to encourage a positive attitude, reminding children that it's not about getting everything right, but about learning along the way!

Wellbeing Tip

Encourage your child to take a few minutes each day to do something they enjoy. Even a small moment of calm can help boost mood and 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

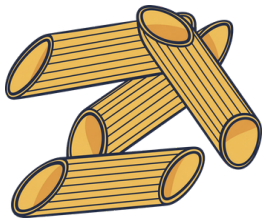


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CLICK HERE TO FOLLOW



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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