



Luminous Oak
Academy

Weekly Newsletter

SOLENT
Academies Trust



DATE: 9TH OCTOBER 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

Autumn Half-Term

19th October – 30th October 26

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

This week, I have been incredibly proud of our pupils and the way they have worked with staff to resolve challenges positively. Pupils have engaged well with learning consequences, showing maturity in reflecting on their choices, understanding the impact of their actions, and working towards making positive changes.

We are equally keen to celebrate those pupils who consistently make the right choices every day. Across our school, positive behaviour is rewarded with opportunities to take on responsibility and become role models for others. Pupils can serve as school ambassadors, support with Bus Bingo, help supervise at lunchtime, and we are looking forward to introducing opportunities for pupils to support in Reception. These valued roles help pupils develop confidence, leadership skills, and a sense of pride in contributing to our school community.

I have particularly enjoyed seeing pupils representing our school so well in the local community this week. They have demonstrated excellent road safety awareness, beautiful manners, and shared thoughtful ideas about how we can care for and improve the community around us.

On a personal note, I have absolutely loved sampling some of the delicious food our pupils have been making. Their creativity, enthusiasm, and growing skills have been a joy to see, and I have been very grateful for the opportunity to taste their fantastic work!

Thank you for your continued support. Together, we are helping our pupils become kind, responsible, and successful young people, and I am very proud of all they are achieving.

Mrs Paston



One week to go!

We are now just one week away from half term and the countdown is on! A reminder that the half term break will run from **Monday 19th October to Friday 30th October**. We hope our pupils and families enjoy a well-earned break and take the opportunity to relax and recharge. We look forward to welcoming everyone back to school after the holiday, ready for another exciting half term of learning and achievement.

Hot food at school

To help ensure lunches can be served safely and efficiently, we kindly ask that pupils **do not** bring food into school that requires heating or reheating.

Unfortunately, we are unable to warm up meals brought from home. Any packed lunches sent into school should contain cold food that is ready to eat. This helps us maintain food safety standards.

Thank you for your understanding and support. If you are unsure whether a particular item is suitable for a packed lunch, please contact the school office for advice.



SEMH Focus of the Week

Wellbeing Tip:

When emotions feel overwhelming, try the "5-4-3-2-1" grounding technique: identify 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell and 1 you can taste.



Kindness Counts

We have seen some wonderful acts of kindness this week, from pupils helping their peers to supporting staff around the school.

Thank you for making our school community such a positive place to be.



Conversation Starter

Try asking your child:

- What made you smile this week?





Updates Around the School

As a brand new school, it has been wonderful to see our environment continue to grow and develop over the past few weeks. More areas of the building are gradually being brought into use, helping us create an even better learning experience for our pupils. Each new space provides additional opportunities for learning, enrichment, and supporting our pupils' individual needs.

One of the most exciting developments has been the increased use of our practical learning spaces. Pupils have thoroughly enjoyed taking part in cooking activities over the last couple of weeks, developing valuable life skills while having lots of fun along the way. From preparing ingredients to following recipes and, of course, tasting the finished results, these sessions have been a huge success and have been enjoyed by pupils across the school.

We are also delighted to see our new library beginning to take shape. Although it is still a work in progress, it is already becoming a welcoming and exciting space where pupils can develop a love of reading, explore new interests, and enjoy some quiet time with a good book. As we continue to grow our collection, we would be very grateful for any donations of good-quality children's and young adult books. If you have any books at home that are no longer needed and would like to donate them, please send them into school. Every donation will help us create an even richer reading environment for our pupils.



A MESSAGE FROM YEAR 7

Year 7 have had a fantastic week and continue to make a brilliant start to life at Luminous Oak. It has been a real pleasure getting to know the children, their personalities, interests and the many strengths they bring to our classroom each day.

In Maths, the pupils have been taking part in an exciting competition where they have been challenging and even beating the teacher! Their determination, teamwork and problem-solving skills have been fantastic, and we are delighted to have reached the final zone of the competition. In English, the children have produced some excellent work, including thoughtful and imaginative letters to their future selves. They have shown great maturity when reflecting on their goals, aspirations and hopes for the future.

In Art, the pupils had lots of fun designing and creating their own robots. They demonstrated creativity, imagination and some fantastic design ideas, producing work they were proud to share.

During Food Technology, the children enjoyed making delicious shortbread, demonstrating independence and following instructions carefully while developing their baking skills.

In PE, we had an exciting and energetic game of dodgeball. The pupils showed excellent teamwork, resilience and sportsmanship whilst having lots of fun.

We are incredibly proud of how well everyone has settled into school, embraced new experiences and supported one another. What a fantastic start to our first term at Luminous Oak! We look forward to another week of success, learning and achievement.

Charlie



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

Pupil Voice: Should Animals Live in Zoos?

This week, two of our pupils produced a fantastic piece of persuasive writing, sharing their views on why animals should not be kept in zoos. We were impressed by the thoughtful arguments, use of evidence, and confident expression of opinion.

Well done Charlie and Enzo 🎉

charlie + Enzo

Writing your argument	
Main Idea/Title Animals should not be in a zoo	
Introduction we believe that animals should not be in a zoo	What is the main point you want to make about your argument?
Argument 1 They don't have a big enough habitat.	Find some evidence to back up your arguments. Useful words: Firstly... Secondly... In my opinion... It is...
Argument 2 They can't hunt for food naturally.	
Argument 3 They are separated from family.	
Conclusion - the animals live longer in the zoo	Bring all your points together and write a summary.



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

School Age Immunisation Service - Parent Newsletter

Annual Flu Vaccination Programme

All children are eligible to receive the flu vaccine. Parents and carers are sent a link to the online consent form between September and November, ahead of the school vaccination session.

The vaccine is usually given as a nasal spray. For children who cannot have the nasal spray due to medical or religious reasons, a porcine-free injectable vaccine is available. Details about how to request this are included on the electronic consent form.

Why should I get my child vaccinated? Flu is a highly infectious illness that children can catch and spread easily. For many children, flu can be very unpleasant and may lead to complications such as ear infections, bronchitis, or pneumonia. In some cases, it can result in serious illness requiring hospital treatment.

Vaccinating your child not only helps protect them from flu but also reduces the spread of the virus to others who may be more vulnerable to serious illness, including babies, pregnant women, older adults, and those with long-term health conditions.

What if my child misses their school vaccination session? If you provide consent for your child to receive the flu vaccine and they are absent on the day of the school session, you will automatically receive an email inviting you to book an appointment at a local community clinic, ensuring your child still has the opportunity to be vaccinated.

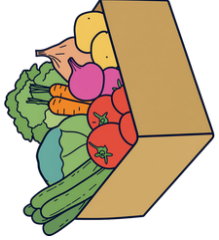
It's not too late to complete the consent form. Even if your child's school vaccination session has already taken place, submitting a form now will allow you to book an appointment at a local community clinic.

For contact details and further information about the School Aged Immunisation Service and the vaccination programmes offered, please visit:

<https://www.healthforkids.co.uk/hampshire/collections/school-age-immunisation-service/>



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 bun Option 2: Vegetable Wellington V Option 3: Jacket Potato with Tuna Mayo	Choice of at least 2 vegetables & choice from the Salad Bar	Apricot Oatlie 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	Oatlie 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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Staff at Luminous Oak Academy



Louisa Paston
Principal



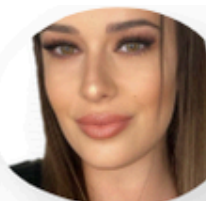
Jess Kennedy
Vice Principal



Lauren Wilkinson
High Level Teaching
Assistant



Sophie Sanderson
Administration Lead



Louise Noyce
Administration Officer



Harri
Year 5 Teacher



Beth
Year 6 Teacher



Charlie
Year 7 Teacher



Amy
Year 7 Teacher



Jess
Year 8 Teacher



Charlie
Teaching Assistant



Katie
Teaching Assistant



Laura
Teaching Assistant



Sophie
Teaching Assistant



Mariette
Teaching Assistant



Shel
Teaching Assistant



Alice
Teaching Assistant



Anne-Marie
Teaching Assistant



Kara
Teaching Assistant



Liv
Teaching Assistant

Our Safeguarding Team



Louisa Paston
Designated
Safeguarding Lead
(DSL)



Jess Kennedy
Deputy Designated
Safeguarding Lead
(DDSL)



Lauren Wilkinson
Deputy Designated
Safeguarding Lead
(DDSL)