

March 2020

## Contact Details

It is really important that we hold up to date address and telephone number details for you, and for your child's emergency contacts. If you have changed address or have a new telephone number please tell reception or send your child's name, along with the updated details to [lucy.ware@clf.uk](mailto:lucy.ware@clf.uk)

## Corona Virus Updates

At present, your child(ren) should attend school as normal.

Unless you have recently returned from one of the category 1 countries/areas, or you have returned from a category 2 country/area and have symptoms.

All the up to date information is available here:

<https://www.clf.uk/coronavirus-advice/>

## Lost Property

We are finding an increasing amount of lost property.

Please can you ensure your student's uniform, coats and PE kit are labelled with their name and year group. That way, we can ensure items are returned the correct students.

Lost property is kept in reception for two days, where we will check for name labels, and then after the two days we will put items without name labels on a lost property table in the main corridor. At the end of each term we will donate anything left to charity.

## Parking

Please can we remind parents to drive carefully and slowly at all times when dropping off or collecting students. We would like to encourage students to walk and use public transport wherever possible.

**There is to be no parking on designated pavements or double yellow lines.**

## Important Dates

### REMAINING TERM DATES

#### Term 4

Monday 24<sup>th</sup> February to Friday 3<sup>rd</sup> April

#### Term 5

Monday 20<sup>th</sup> April to Friday 22<sup>nd</sup> May

#### Term 6

Monday 1<sup>st</sup> June to Friday 17<sup>th</sup> July

### INSET DAYS

Friday 3<sup>rd</sup> April 2020

Friday 3<sup>rd</sup> July 2020

Monday 6<sup>th</sup> July 2020

### Other

Friday 8<sup>th</sup> May 2020 – May Bank Holiday

### PARENTS EVENINGS

Thursday 26<sup>th</sup> March 2020 – Year 11

Thursday 30<sup>th</sup> April 2020 – Year 8 Options Evening

Thursday 9<sup>th</sup> July 2020 - Year 9

### PRINCIPAL'S FORUM

Wednesday 25<sup>th</sup> March 6pm-7pm

This is an optional opportunity for Parents to meet with Jon Angell, the Principal, to discuss current school matters.

Visit our new website for news and events:

<http://www.cityacademy.bristol.sch.uk/>

Follow us on Twitter @\_City\_Academy

# Aladdin Production – 17<sup>th</sup> and 18<sup>th</sup> March – Tickets Available

## Exam Invigilators Needed

Our CLF Academies are looking to recruit more Exam Invigilators, readers and scribes to assist with scheduled exams.

These are casual positions, where you will be advised when you will be needed, and you advise if you are available.

The role is paid on an hourly rate plus holiday pay. For more information and to apply please go to:

<https://isw.changeworknow.co.uk/cabotlearningfederation/vms/e/careers/positions/c9pGrbqeTo6iVbPZmHAXnG>

## HPV Vaccinations

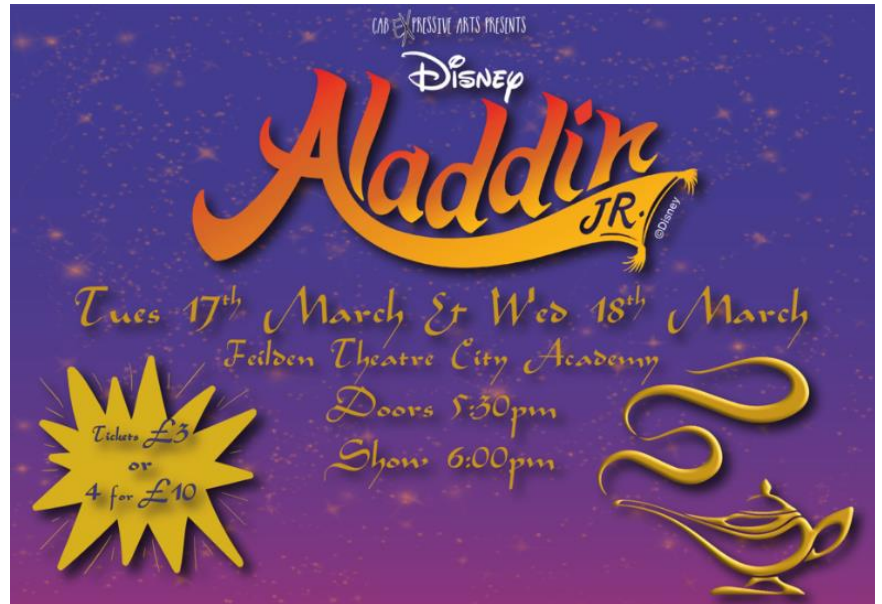
HPV Vaccinations are taking place on Monday 23<sup>rd</sup> March. These are for all Year 8 Girls and Boys.

Consent forms have already been sent home, if you have not yet returned it, please do so as soon as possible.

If you need another copy of the form please ask your child to collect one from our First Aider.



The job that helps protect against HPV cancers



Our school production of Aladdin Junior takes place on Tuesday 17<sup>th</sup> March and Wednesday 18<sup>th</sup> March. Doors open at 5.30pm and the production starts at 6pm.

Tickets are available to purchase by students for themselves, friends and families at break times from C121 – tickets are £3.

We would like to encourage as many people as possible to attend and watch this wonderful production.

## Healthy Digital Habits – Parental Software ‘Family Link’

Google have developed an app called Family Link which is available in the Android and the App Store. The Family Link app helps you set digital ground rules to help guide them as they learn, play and explore online. In the app you can view their activity, other apps, set time limits, lock their devices, get reports and see where they are. Help your child make healthy decisions and download Family Link to your device so you can stay in the loop as they explore online.

[https://families.google.com/intl/en\\_uk/familylink/](https://families.google.com/intl/en_uk/familylink/)





# Strategies for Guided Reading with your child



## GUIDED READING *that works*

### SEND Student Voice

Our SEND student voice group, SEND The Message, have been running assemblies in school to raise awareness of Special Educational Needs and Disabilities.

Students are learning about how needs can be identified, the kinds of support that some students may need, and how the law protects individuals with SEND against discrimination and hate crime

### Kickboxing Club

These girls have taken part in kickboxing club, with Ms Cook, every week afterschool since it started last term.

They have all shown excellent determination and ability and I am really pleased with how much their confidence and skills have improved.



For more information about the club, students can contact Ms Cook in school.

- Think about the children's interests and the suitability of the text
- Take the child's interests into account. Children are much more likely to stay focussed if they are engrossed in the reading material. Let the child choose the book.
- Check the text is suitable, reading is about decoding, fluency, expression and understanding.
- Have other materials handy
- Instead of only using books, consider using various other reading materials too. Magazines, comics, websites, and packaging are all easy to get hold of and can make for fun and interactive learning materials.
- Create comfy and inviting reading spaces
- In order to facilitate the children's excitement for reading, you may first want to consider the reading area. Is the area away from distractions and noise? If the reading area on offer is bright and comfortable the child will be more interested in being in it.
- Use audio books
- In many cases, it is good for a child to be able to hear and see the word at the same time. This helps them reinforce the relationship between sound and meaning in their minds.
- Make use of technology
- Interactive programmes now exist on the internet to help children with their reading. These applications allow the students to get involved with stories, change outcomes and earn rewards as they go along. Colourful animations and jazzy sound effects also work to keep the children focused on the task at hand.

<https://www.phonicsplay.co.uk/>

<http://www.mightybook.com/>

Endless Wordplay – This app is available on IOS

<https://www.teachyourmonstertoread.com/>

<https://www.oxfordowl.co.uk/>

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Google have developed an app called Family Link which is available in the Android and the App Store. The Family Link app helps you set digital ground rules to help guide them as they learn, play and explore online. In the app you can view their activity, other apps, set time limits,



## Rugby Festival Success

### City Academy students on ITV News Westcountry

Six students from City Academy Bristol spoke to ITV News West Country about the pressures of growing up as a young black woman in the city.



These students were selected to attend a Bristol Bears Rugby festival at North Bristol rugby club, in recognition for their hard work and attendance to Bristol Bears rugby training on a Friday after school. They played 4 games and won 3, the students demonstrated not only their talent within rugby, but pride in representing City Academy. They have been selected by the other schools at the festival to go through to the next festival at Ashton Gate Stadium. This was due to all of them demonstrating the core values of Rugby. (Teamwork, Respect, Enjoyment, Discipline, Sportsmanship).

Massive well done to all - Patricia, Anta, Charlotte, Hamdi, Mumtas, Munira, Mercy, Abreeah, Tegel, Maya and Ayan.

### Iceland Trip

We have a group of students going to Iceland at the end of this month. They are very excited. In the next newsletter we will share photos and information about their trip.



## Robot – First Tech Challenge Success



This is our second year of after-school robotics club, and the first year that we've had a robot working well enough to go the regional finals. We not only competed but won an award (the Design Award) and qualified for the National Finals.

The activity builds teamwork, cooperation, technical knowledge (mechanical / electronic / software) and programme management & planning, and the idea of "gracious professionalism" (being good winners and losers, and even helping other teams – e.g. helping them fix their robots too) runs throughout the programme.



# @ Docklands Parent's/carers Group



Open to all parents/carers

@ Docklands Youth &  
Community Centre,  
74-80 City Road, St  
Pauls, BS2 8UH

1st Monday of each month- 6pm-8pm

No need to book just come along! Any queries or for more  
info please call or text Bev 07810506966 or check out our  
website: [www.fullcircleproject.org.uk](http://www.fullcircleproject.org.uk)



*We believe it takes a village to raise a child - lets  
come together and build that village*

Free confidential advice & support- open  
environment

come along, have a drink, snack and a chat!

Discuss emerging issues, show support and swap ideas about how they can support  
their children who are growing into young adults that we don't always understand!

**Meeting Dates Parents/Carers Group  
Docklands Youth Center Brigstocke Rd St Pauls  
6-8pm**

<b>Date</b>	<b>Theme</b>	<b>Speaker</b>
<b>6<sup>th</sup> April 2020</b>	<b>Education – Exclusion</b>	<b>Calum Paton</b>
<b>11<sup>th</sup> May 2020</b>	<b>Apprenticeships COBC</b>	<b>Paul Rogers</b>
<b>1st June 2020</b>	<b>Parents Discussions</b>	<b>Jacqui &amp; Bev</b>
<b>6<sup>th</sup> July 2020</b>	<b>Debt Management</b>	<b>St Pauls Advice Centre</b>
<b>3<sup>rd</sup> Aug 2020</b>	<b>CHAMS</b>	<b>Hayley Wilson</b>
<b>7<sup>th</sup> Sep 2020</b>	<b>Positive parenting Stories</b>	<b>Various positive Parents</b>
<b>5<sup>th</sup> Oct 2020</b>	<b>BAME police officer</b>	<b>Maryan Collacott-Nuur</b>
<b>2<sup>nd</sup> Nov 2020</b>	<b>Parenting</b>	<b>Annie Oliver &amp; Sally Williams</b>
<b>7<sup>th</sup> Dec 2020</b>	<b>Parent/carers festive celebration</b>	<b>Bev &amp; Jaqui</b>

# Extra-Curricular PE Timetable: Term 4

	Location	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	SH1	Basketball Club Yr 7/8/9 	Basketball Club Yr 10/11 	Basketball Club Yr 7/8/9 	Basketball Club Yr 10/11 	
	SH2 & SH3	5-a-side Football Club 	5-a-side Football Club 	5-a-side Football Club 	5-a-side Football Club 	
	SH3	5-a-side Football Club 	5-a-side Football Club 	5-a-side Football Club 	5-a-side Football Club 	
After School	3G	Bristol Storm Basketball All Years  JM	Multi Sports All Years  TB/JM	Football Training Year 9 & 10 Boys  JM	Girls Active: Angels Dance Academy Dance Club  HP	Bristol Bears Rugby Club Year 7 & 8 Boys and Girls 
	SH	Recreational Badminton 	Boys Football Year 7 & 8  TF/BP	Girls Rugby All Years  HP		
		Cambridge National Catch up (CE09/10)  HP/TB/TF	Kickboxing All Years 			

# 9 Ways to Beat Revision Stress

by @inner\_drive | www.innerdrive.co.uk



Do the actual work - revise!



When really stressed, talk to someone about it



Get some fresh air each day



Stick to regular meal times



Do something to switch off an hour before bed



Don't dwell on worst case scenarios



A good sleep the night before is better than last minute cramming



Once you've done the exam, move on to the next one



Don't aim for perfection - it's a myth and doesn't exist

# 6 Reasons to Put Your Phone Away

by @Inner\_Drive  
www.innerdrive.co.uk



## Lowers Concentration

Having your phone out while doing homework or revision has been shown to reduce performance by 20%.



## Increases FOMO

Fear of Missing Out (FOMO), or the compulsive need to know what others are doing, leads to worse moods and increased anxiety.



## Increases Stress and Anxiety

Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.



## Warps Your View of Reality

Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.



## Reduces Memory

Instant messages are distracting, which often leads to forgetfulness



## Makes You Sleep Worse

Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.





# Join Digitech in Year 10

Oversubscribed in Sept 2019



**Digitech**  
STUDIO SCHOOL BRISTOL



Cabot  
Learning  
Federation

## Perfect for the coders, designers, creatives, film makers and entrepreneurs of the future.

We offer both academic and vocational qualifications for students joining us in year 10. Subjects include:

- ✦ Art & Design
- ✦ Creative Digital Media
- ✦ Graphic Design
- ✦ Photography
- ✦ 3D Design
- ✦ Games Design
- ✦ Computer Science
- ✦ Business & Enterprise
- ✦ IT
- ✦ Sport



For more information go to  
[www.digitechstudioschool.co.uk](http://www.digitechstudioschool.co.uk)



Visit  
[www.digitechstudioschool.co.uk](http://www.digitechstudioschool.co.uk)  
for open event dates.



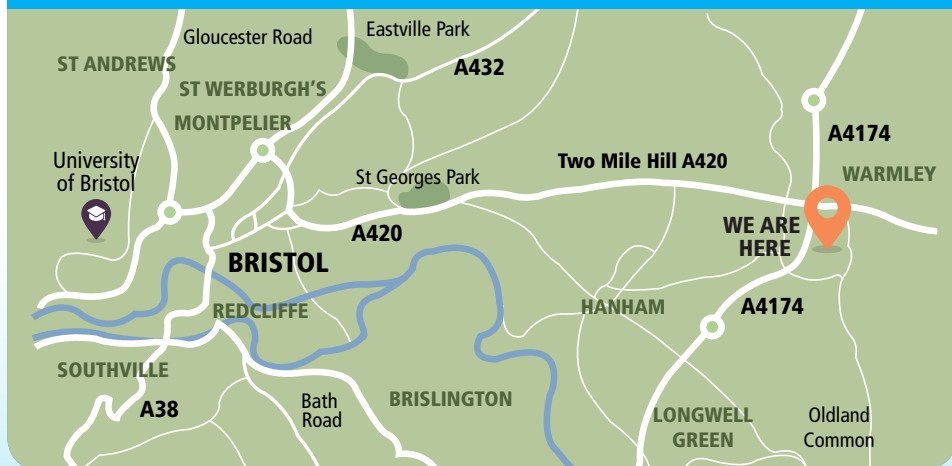
## Find us...

### Travelling by Bike:

Digitech is near the Bristol and Bath Railway cycle path and is easily reached by bike.

### Travelling by Bus:

Digitech is served by a number of bus routes. Timetables for these are available on our website.



**Digitech**   
STUDIO SCHOOL BRISTOL

For more information go to  
[www.digitechstudioschool.co.uk](http://www.digitechstudioschool.co.uk)



# Join us in Post 16

**Digitex**  
STUDIO SCHOOL BRISTOL



We offer two specialist full-time courses:

1. IT and Business or
2. Creative Media and Arts

- ✦ Accredited through Cambridge Technical Diplomas
- ✦ Work Experience
- ✦ Studio Days
- ✦ Coursework
- ✦ UCAS Points
- ✦ Resit English & Maths
- ✦ Bursaries
- ✦ Great Outcomes

Perfect for the coders, designers, creatives, film makers, innovators and entrepreneurs of the future.



For more information go to [www.digitechstudioschool.co.uk](http://www.digitechstudioschool.co.uk)



## Digitexh Post 16 Studio School offers two specialist courses, IT and Business & Creative Media and Arts.

### IT and Business

#### *IT and Business Cambridge Technicals*

Cyber Security; Computer Networks and Computer Systems (Hardware and Software); PC Configuration; Virtual and Augmented Reality, Social Media and Digital Marketing, App Design, Mobile Technology, Business Environment, Business Resources, Website Strategy, Global Businesses, Entrepreneurship. Information Systems; Employability Skills; Developing Computer Games. **Units to Suit YOU**

### Creative Media and Arts

#### *Arts and Media Cambridge Technicals*

Film-Making; Art and Design in Context; Exhibiting and Presenting Art Work; Fine Art; 2D and 3D; CAD; Photography, Illustration; Graphic Design; Web Design; Events Management. **Units to Suit YOU**



To find out more and apply  
[www.digitechstudioschool.co.uk](http://www.digitechstudioschool.co.uk)

