

December 2022 - Term 2

Year 11 Speed Interviews

On Monday year 11 took part in the Careers Speed Interview Event. We had 15 different companies and Post 16 providers at City Academy for our students to engage with and interview. The students were polite, focused and mature and really did the school proud. The employers said 'it was a pleasure to meet such brilliant young people.' The companies who were involved included Thrive Law, GKN Aerospace, We the Curious, Civil Service, SGS College, Boomsatsuma and Onsite Bristol. The wide variety of industries helped to inspire our young people.



Important Dates

TERM DATES

Term 2

Monday 31st October to Friday 16th December
Finish at 11.45am

Term 3

Wednesday 4th January to Friday 10th February

Term 4

Tuesday 21st February to Friday 31st March
Finish at 11.45am

Term 5

Monday 17th April to Friday 26th May

Term 6

Monday 5th June to Friday 21st July **Finish at 11.45am**

INSET DAYS

Tuesday 3rd January
Monday 20th February
Friday 7th July

BANK HOLIDAYS

May Day - Monday 1st May
King's Coronation - Monday 8th May

REMINDER

Students finish at 11.45am on Friday 16th December

Year Group	Date
All Year Group Tutor Evening	Wednesday 19 th October
Year 7 Parents Evening	Wednesday 3 rd May
Year 8 Parents Evening	Wednesday 22 nd February
Year 9 Options Evening	Wednesday 25 th January
Year 9 Parents Evening	Wednesday 24 th May
Year 10 Parents Evening	Wednesday 8 th February
Year 11 Parents Evening	Wednesday 7 th December
Year 11 Parents Evening	Tuesday 21 st March

Digital Day

Our digitally minded year 9 students took part in the BIMA Digital Day which was run by a fantastic digital marketing company called Torchbox. Torchbox designed and delivered the content needed to enter the BIMA competition. Half the students had to design an app for Primark to advertise how eco-friendly their products are, and the other groups had to think of digital ideas that Royal Mail could use to improve their services. They then took part in a well negotiated Dragons Den competition at the end. A huge well done to those students who took part, you presented fantastic ideas.

Parking

If you are dropping off or picking up your child from school, please do not park on the pavement outside as this causes an obstruction to local traffic and pedestrians.



Period Pants

We have been able to source some Modibodi Period Pants for students. We have a limited supply of adult sizes 6 to 18 and these will be given on a first come first served basis. If you would like 2 pairs for your child, please email cabinfo@clf.uk and we will discreetly give these to them.



Sewing Club

Easton Community Centre has offered some of our EAL students free sewing classes for 8 weeks. Lessons will take place on Mondays from 5pm until 7pm. The students will be learning how to make tote bags and pencil cases. Students are really enjoying the sessions and are having a lot of fun making use of Miss Azmina's sewing skills!



Holiday Activities

Hundreds of holiday activities are available in Bristol

Your
Holiday
HUB
Bristol



You can choose anything from sports, music, cookery, gardening and much more



yourholidayhubbristol.co.uk



HAF funded by DfE – supported by Bristol City Council, BAND, Feeding Bristol and Playful Bristol

Jacari's Big Night In

Cook for Jacari this November and raise vital funds to help us tutor EAL pupils



How it works:

- Invite your guests, buy ingredients and prepare a meal
- Organise your meal anytime in November
- Each of your guests donates a small amount to Jacari

Find out more: www.jacari.org/big-night-in



JOIN US FOR OUR

WINTER CELEBRATION

**TUESDAY 20TH DECEMBER | 4-9PM
TRINITY CENTRE, BRISTOL, BS2 0NW**

Join us from **4-9pm on 20th December** for a relaxed afternoon of:

- Tasty British & Sudanese food
- Candle Making & DJ workshops by Charli Brix
- Henna tattooing
- Manicures
- Arts & Crafts
- Games & more...
- Plus one's welcome
- Wheelchair accessible

We can also help with transport if needed, just let us know. As always, our aMAZing team will also be on hand to listen to any concerns or feedback you have surrounding food insecurity & how we can help.

**Just scan the QR code to grab your free ticket or text
07570 314645 to confirm a spot, see you soon!**





**A free, inclusive
course to help parents
and carers raise
happy, confident
children, from babies
to teens**

strengthening families strengthening communities

**These sessions
changed mine
and my
daughter's life**



**Starts Wednesday 11th
January, and runs for 12
weeks**

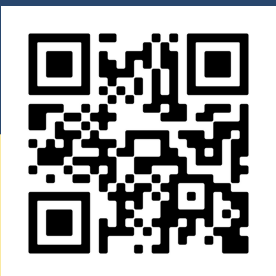
9.15am - 12pm

**Wellspring Settlement
Family Centre
43 Ducie Road, Bristol,
BS5 0AX**

**For more information
or to book, call Sally or
Karen on 0117 955 6971
extension 161**

**Professionals: find a referral form at
<https://form.jotform.com/222903517095355>**

Parents: self refer here



**Settlement Site, 43 Ducie Road, Barton Hill, BS5 0AX - 0117 955 6971 |
Wellspring Site, Beam Street, Barton Hill, BS5 9QY - 0117 304 1400**

www.wellspringsettlement.org.uk | info@wsb.org.uk

Wellspring Settlement is a company limited by guarantee registered in England and Wales under number 05031499, and is a charity, number 1103139

Evaluating a new vaccine for the prevention of whooping cough



BE A
SUPER HERO
STANDING UP
TO PERTUSSIS

We are recruiting volunteers (6-17 years old)
for a clinical study and are looking for
SUPERheroes like your child!

Contact our site for more information.

UHBW and Bristol Vaccine Centre
0117 342 0160 or nasal-pertussis@bristol.ac.uk
www.supertrial.co.uk

TIPS TO MAKE YOUR DAYS BRIGHTER THIS WINTER



My Wellbeing Checklist

- Am I getting enough sleep?
- Am I eating well?
- Am I drinking enough water?
- Am I connecting with friends?
- Am I moving my body enough?

A Few Ideas To Get You Started

- ☆ Make food together → ['Christmas For Kids Recipes'](#)
- ☆ Go outside in nature or for a walk → ['The Best Walks in Bristol'](#)
- ☆ Play a game together
- ☆ Do something creative → ['Top 10 Free Creative Ideas for Families'](#)
- ☆ Listen to music
- ☆ Watch a film
- ☆ Move - dance, play, run do yoga, play 'Statues'
- ☆ Grow a plant → ['Plants to Enhance Learning and Wellbeing'](#)
- ☆ Rest and sleep → ['Tips for Better Sleep'](#) | ['How to Relax'](#)
- ☆ Enjoy a bedtime story → ['How to Read a Bedtime Story'](#)
- ☆ Get some space → ['Safe and Peaceful Place Visualization Exercise'](#)
- ☆ Self-care menu → ['Self-Care, Anxiety and Depression Coping Strategies'](#)
- ☆ Wellbeing action plan → ['Wellbeing Action Plan'](#)

compiled & produced by



BOOSTING YOUR MOOD



Happiness Chemicals and How to Hack Them

DOPAMINE THE REWARD CHEMICAL <ul style="list-style-type: none">• Completing a task• Doing self-care activities• Eating food• Celebrating little wins	OXYTOCIN THE LOVE HORMONE <ul style="list-style-type: none">• Playing with a dog• Playing with a baby• Holding hands• Hugging your family• Giving compliments
SEROTONIN THE MOOD STABILIZER <ul style="list-style-type: none">• Meditating• Running• Sun exposure• Walk in nature• Swimming• Cycling	ENDORPHIN THE PAIN KILLER <ul style="list-style-type: none">• Laughter• Essential oils• Watch a comedy• Dark Chocolate• Exercising

Apps

- ☆ [Calm Harm](#)
- ☆ [Clear Fear](#)
- ☆ [Calm](#)
- ☆ [Headspace](#)
- ☆ [DistrACT](#)

Managing Challenging Thoughts & Feelings

- ☆ ['How to Deal with Unhelpful Thoughts'](#)
- ☆ ['Reframing Thoughts - Take That Thought to Court'](#)

Christmas Resources

- ☆ ['Tis The Season To Be Lonely' zine](#)
- ☆ ['Looking After Your Mental Health Over the Holidays'](#)
- ☆ ['Childline: Christmas'](#)

Coronavirus & Mental Health

- ☆ ['Coronavirus and Mental Health'](#)
- ☆ ['Help With How I'm Feeling'](#)



Community Resources

- ☆ [Bristol Somali Resource Centre](#)
- ☆ [Barton Hill Activity Club](#)
- ☆ [Bristol Youth Concern](#)
- ☆ [Southmead Development Trust](#)
- ☆ [Southville Community Centre](#)
- ☆ [Hartcliffe & Witherwood Community Partnership](#)
- ☆ [Bristol Refugee Rights](#)
- ☆ [Muslim Youth Helpline](#)
- ☆ [Knowle West](#)

Alcohol & Other Drugs

- ☆ [Bristol Drugs Project: Contact Us](#)
- ☆ [Bristol Drugs Project: The Drop](#)
- ☆ [Bristol Drugs Project: Online Tools](#)

Support For Parents/Carers

- ☆ ['Parents Survival Guide'](#)
- ☆ ['Supporting Your Child During the Coronavirus Pandemic'](#)
- ☆ [Action For Children: 'Talk To Us'](#)
- ☆ ['Five Ways to Manage Your Wellbeing as a Parent During Lockdown'](#)
- ☆ ['Guide to Supporting Children Who Are Worried'](#)
- ☆ ['The Stress Bucket'](#)



If you're struggling...

- ☆ **Kooth**
An online counselling platform for young people aged 11-18, allowing you to talk to a trained counsellor via webchat. You can also take part in discussion boards and read articles written by other young people.
- ☆ **Childline | 0800 1111 (7:30am-3:30am)**
Helpline and webchat where you can talk about anything that's on your mind.
- ☆ **CAMHS Crisis Line | 0800 953 9599 (24/7/365)**
Immediate emotional and practical telephone support for young people aged 17 and under.
- ☆ **Papyrus HOPELINEUK | 0800 068 4141 (9am-midnight)**
Offering phone, text and email support for young people experiencing suicidal thoughts.
- ☆ **Samaritans | 116 123 (24/7/365)**
Listening support for anyone who is struggling to cope and wants someone to talk to.
- ☆ **Shout | Text 'SHOUT' to 85258 (24/7/365)**
Text support for young people in crisis.
- ☆ **Campaign Against Living Miserably | 0800 58 58 58 (5pm-midnight)**
Helpline and webchat providing information and support.
- ☆ **The Mix | 0808 808 4994 (3pm-midnight)**
Information and advice for young people up to the age of 25, including articles, discussion boards, and phone and webchat support.



creativyouthnetwork.org.uk



bdp.org.uk



otrbristol.org.uk

North Bristol

- ☆ <https://southmead.org/event/youth-sessions-at-the-ranch/2022-12-14>
The Ranch offer sessions at their adventure playground across different weekday evenings. A good chance for children to keep social over the christmas holidays!
- ☆ <https://southmead.org/gym>
The Greenway Centre Gym in Southmead offers concession rates for young people. Classes can also be accessed via move GB
- ☆ [Where are all the warm banks in the South West? These are the confirmed locations so far | ITV News West Country](#)
Warm Banks where people can go to spend time in the warm, talk to others in the community and learn some useful energy saving tips.
- ☆ [welcome | Bristol NW Foodbank \(bristolnorthwestfoodbank.org.uk\)](#)
North Bristol food banks.
- ☆ [Help For SEND Parents & Carers - Wednesday 18th January 2023 - The Mead BS10 - Southmead News & What's On](#)
Support in January for parents of children with SEND.
- ☆ [Lawrence Weston Farm Outdoor Activities](#)
Call Helen on 0117 9381128 or email Helen@lwfarm.org.uk to find out more.
- ☆ www.ebe.org.uk/welcomingspace
'What's on at Ebenezer Church' November/December, lots of weekly and one-off events



South Bristol

Community support

- ★ <https://www.knowlewest.co.uk/welcomingspaces/>
Knowle West Welcoming Spaces
- ★ [Hartcliffe and Withywood Community Partnership - Home | Facebook](#)
Hartcliffe and Withywood Community Partnership
- ★ [BS3 Community – improving the lives of people living in BS3 and the surrounding area](#)
Improving the lives of people living in BS3 and the surrounding area
- ★ [Oasis Hub South Bristol - Home | Facebook](#)
Oasis Hub South Bristol
- ★ [Bristol-FOOD-Clubs-2022.pdf \(family-action.org.uk\)](#)
Bristol Food Clubs 2022
- ★ [Welcome - South Bristol Children's Centres \(southbristolcc.org.uk\)](#)
South Bristol Children's Centres

Children & Youth Services

- ★ [Youth Moves](#)
Youth clubs and 1:1 support around South Bristol
- ★ [Community Youth Clubs - Young Bristol](#)
Youth Clubs South Bristol
- ★ [Advice | Creative Youth Network](#)
- ★ [Children and Young People - Bristol Drugs Project \(bdp.org.uk\)](#)

South Gloucestershire

- ☆ [Directory of Services for Children and Young People](#)
- ☆ [BBC Club Finder](#)
Join a sports club
- ☆ <http://www.integramusic.co.uk/>
Learn a musical instrument or join a music group
- ☆ <https://wearencs.com/>
Volunteer and help out in your community
- ☆ <https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=GvGHCpq5i7s>
Volunteer and help out in your community

East & Central Bristol

- ☆ [What we do — Barton Hill Activity Club](#)
Barton Hill Activity Club
- ☆ <https://eastsidecommunitytrust.org.uk/whats-on/>
East Side Community Trust
- ☆ <https://www.eastonccc.org.uk/calendar/2022/12/10/winter-fair>
Easton Community Children's Centre Winter Fair

