

Mar 2024

## Parent drop in

Monday's 9.30am

Queries/Issues with Free school Meals & Parent Pay

## Old Vic inspiration for drama students

A group of 20 enthusiastic students, from Years 7 & 8 were invited by the internationally-renowned Bristol Old Vic Theatre to watch the new musical Starter for Ten.

Adapted from the hilarious novel by bestselling author David Nicholls & the popular 2006 film, Starter for Ten is a bright, big-hearted production. Featuring an irresistible original soundtrack inspired by the riotous student scene of the '80s, this coming-of-age comedy is about love, belonging & the all-important difference between knowledge and wisdom.

Rebecca said: "It was a fantastic opportunity for our students to witness professional theatre firsthand. We are incredibly grateful to Bristol Old Vic for extending this invitation, and we're eagerly looking forward to our own performance on the same stage in April."



## Important Dates

### Term 4

First day of term for students  
Monday 19th February 2024

Last day of term for students  
Thursday 28th March 2024

### INSET Dates

Friday 29th March 2024  
(Bank Holiday)

### Term 5

First day of term for students  
Tuesday 16 April 2024

Last day of term for students  
Friday 24th May 2024

### INSET Dates

Monday 15th April 2024  
Monday 6th May 2024 (Bank Holiday)

### Term 6

First day of term for students  
Monday 3rd June 2024

Last day of term for students  
Tuesday 23rd July 2024

### INSET Dates

Friday 5th July 2024 (Conf.)

## Leading prayer to gain confidence



Abdirahman Osman (Year 10) was asked to lead a Friday Khutba (sermon) to help his confidence. This isn't an easy task and it was his first time of doing this. As a 'thank you', Iman Rizwan rewarded him with chocolate!

## 7 week activity on Hair & Beauty



A group of GRT students have been offered a 7-week activity in partnership with Felix Adventure Playground based on hair and beauty. Learning new skills!



## Lion King Production

The spectacular masterpiece 'The Lion King' will be on Wednesday, 24th and Thursday, 25th April at 6pm and tickets are on sale now via Parent Pay, or you can purchase a ticket on the door for £3.

The students have worked incredibly hard on the show and their talent and commitment is inspiring, so please so come along and support if you are able to.

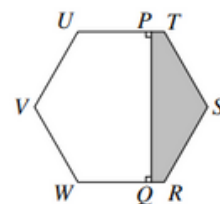
## Maths Challenge

Our top set Year 9s and 10s completed the intermediate math's challenge last month. This is a national mathematical problem-solving competition, consisting of 25 multiple choice questions and a time-limit of 60 minutes. Some of the questions get really difficult (see below): The top 50% of scores are given Bronze, Silver and Gold awards in the ratio, 3:2:1.

**Five** of our students achieved a Silver Award:

Riley Giles  
Kieran Lee  
Luca Tsegaye  
Ben Wycherley  
Bethan Simmons Sastry

The diagram shows a regular hexagon  $RSTUVW$ . The area of the shaded pentagon  $RSTPQ$  is one quarter of the area of the hexagon. Jay and Kay walk around the hexagon from  $P$  to  $Q$ , Jay going clockwise and Kay anticlockwise. What is the ratio of the distance Jay walks to the distance Kay walks?



**Seventeen** of our students achieved a Bronze Award:

Armaan Ahmed  
Abdihafid Ahmed  
Abdirahman Ali  
Alisha Asim  
Annabel Hambidge  
Ruben Hill  
Ramatoulie Laye  
Isobel Naim  
Esohe Osarumwense  
Jake Wycherley  
Salim Ahmed  
Abdirashid Ali  
Hadja Bah  
Safiyo Hussein  
Adeel Malik  
Abdirahman Osman  
Nathaniel Tsegaye



A massive congratulations to these students!

## Careers & Aspirations at CAB



A group of **Year 10** photography students went to Aardman Animation today, which was organised with Bristol Works. 9 students enjoyed a fantastic morning learning about the development and growth of Aardman Animation. They also created their own short animation films. This involved making their own characters in plasticine, writing a short story board and recording the animation. The students had a lot of fun and they were keen to try and gain some work experience with Aardman Animations in July.

For the **Year 9** Raising Aspirations event on the 6th March we have Gritty Talent, a company who "connect under-represented talent with the TV industry" and TLT, a law firm, coming in to deliver workshops to help inspire students. Gritty Talent have created 5 fantastic workshops involving props, photography and working on an app created by the Gritty Talent Team.

All **Year 11** students should have applied for a College or Sixth form placement or found an apprenticeship vacancy by now. If any students are struggling please contact Rachel Martin the careers coordinator for support.

**Reminder** - work experience week is Monday 8th July to Friday 12th July. The deadlines for the work experience agreement forms to be completed and returned to Miss Martin is Thursday 28th March. This is a very exciting opportunity and we encouraged all students to take part in the week.



## Biggest Ever Football Session



A group of students took part in the biggest ever football session inline with International Womens day. Everyone who took part thoroughly enjoyed this session & worked very well together as a team. Well done Girls!

## A message from the CLF Governance Team

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If you have ever considered volunteering within your community, working with and contributing to one of our CLF Academies could be one of the most rewarding things you ever do. If you have the desire to improve children's lives and outcomes, are passionate about the importance of education to change lives for the better then this could be the role for you.

I cherish the role I play in children's education; I live and work within my local community and feel everyone's contributions, no matter how small, can make a real difference to a child's life. As a Councillor I have the opportunity to shape the lives of children and therefore shape the community and society I live within. It is a really rewarding role.

Education is not just about the academic work that children undertake; it is a time when children develop their life skills creating the young adults that join our society; as Councillors we have a chance to help shape their lives and give them opportunities they may otherwise never have.

If you have an enquiring and challenging mind, put it to use and help shape the educational direction of the academy.

As a Councillor, I have had the opportunity to undertake professional roles outside of my own everyday remit and develop a diverse range of skills that are transferable to other areas of my professional life. I would highly recommend a role as an Academy Councillor within the Cabot Learning Federation; the training and opportunities are invaluable, joining really can make a difference.

Why wouldn't you want to?.....



# Come And See Your School Nurse

Get confidential advice and support about:



Mental health and anxiety management



Healthy eating



Healthy Relationships



LGBTQA+



Drugs, alcohol and smoking



Dental health



Sexual health



Sleep



Physical health concerns



Toileting trouble

When: Thursday lunchtime—12:55-13:30

Where Room CEO3

You can also text our anonymous ChatHealth service using 07312 263 093: Mon-Fri, 9am-5pm.

For more info visit: [bit.ly/ChatHealthCCHP](https://bit.ly/ChatHealthCCHP)



Your school nurse is

### Your Confidentiality

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we are concerned about your safety, but we would always try to speak to you first.

Service provided by







# Ready for your family to have healthier habits?

Join **BeeZee Families Live**. A free, 12 week online healthy lifestyle course for you and your family.

## Check out our timetable



**5-8 year-olds** Monday 5:30pm, Tuesday 4:30pm



**9-12 year-olds** Monday 6:30pm, Tuesday

**Have fun, play games  
and build healthy  
habits**



# FELIX GIRLS

Fridays 3.30 to 5.30pm

Includes  
Light Meal

Email [jaiya@upourstreet.org.uk](mailto:jaiya@upourstreet.org.uk)

Call 07572 708 293

A girls only play session at Felix Road Adventure Playground, facilitated by female playworkers.

Alongside free play there are a range of activities - **football / dancing / arts and crafts / listening and choosing music / cooking and making mocktails /** What happens at Felix Girls is led by the Girls who attend, so come along with ideas!

No need to book just turn up.

## For more information

Girls over eight can come along unaccompanied or under eights with female carers. Dads and male carers will be asked to drop off and pick up (as long as the child is 8+).

We welcome trans and nonbinary children who may feel more comfortable in a girls-only space.



MAKING OUR DIGITAL FUTURE

Felix Road Adventure  
Playground

DigiLocal Girl's Coding Club  
every Friday after Felix Girls  
between 5.30 to 6:30pm

Use the online form to enquire about a place: [digilocal.org.uk/eoi](https://digilocal.org.uk/eoi)

**Come in!**  
**For tasty food**  
**and good company**



**Free meals**  
**Wednesdays**  
**6.30pm and**  
**Saturdays 1pm**

**Everyone is welcome**

**FoodCycle Bristol**  
**Wellspring Settlement**  
**43 Ducie Road**  
**BS5 0AX**



# Yes We Can!

# YOUTH EMPOWERMENT EVENT

## 20th APRIL 2024

**TIME** REGISTRATION: 11:00AM – 11:30AM  
STARTS: 11:30AM – 4:00PM

**AGE: 15 - 22YRS**

**VENUE:**

Rose Green Centre,  
Gordon Rd, BS5 7DR

### GUEST SPEAKERS

- \*University of West England
- \*Avon and Somerset Police
- \*Dr. (Dave) Bradley – Royal Air Force Reservist
- \*Councillor Asher Craig
- \*Vimbai Fredrick – Submarine Delivery Agency
- \*Dr. Jo & Mike – NHS Paediatrician and Mental Health Practitioner
- \*Chad Swaby – Dept of Work and Pensions

### TOPICS

- \*Exploring career choices and higher education
- \*Exploitation, drugs and knife crimes
- \*Employment opportunities
- \*Engagement in civil activities and citizenship
- \*Women in engineering
- \*Mental and physical wellbeing
- \*Diversity and inclusion

Come and be part of an exciting event tailored just for you! Engage in thrilling activities, gain valuable knowledge about education and employment, and find real networking opportunities! Food will be provided on the day. To attend please register by emailing your interest to [knowledgeempower22@gmail.com](mailto:knowledgeempower22@gmail.com)

Your guardian need to complete a consent form if you are aged below 16.

## See you there!



**EDEN STEPS CIC**  
RAISING ASPIRATIONS  
FOR CHILDREN AND  
FAMILIES