

Mar 2026

A Midsummer Night's Dream

Years 7 & 8 Students had the exciting opportunity to attend 'A Midsummer Night's Dream' at Bristol Old Vic on Wednesday afternoon and it was truly a memorable experience for all who participated.

From the start all students were captivated by the avant-garde storytelling, vibrant characters, and powerful performances on stage.



Important Dates

Students finish at 11.50am
on Thursday 2nd April

Bank Holidays
Friday 3rd April 2026

Term 5
First day of term for
students
Monday 20th April 2026

Last day of term for
students
Friday 22nd May 2026

Bank Holiday
Monday 4th May 2026

Term 6
First day of term for
students
Monday 1st June 2026

Last day of term for
students
Tuesday 21st July 2026

INSET Dates
Friday 3rd July 2026

World Book Day 2026



Staff at City Academy Bristol (CAB) swapped their traditional school attire for costumes of their favourite literary characters as the academy celebrated World Book Day, the annual event dedicated to promoting reading and literacy.

The highlight of the day at CAB was the academy's annual book character scavenger hunt. Staff dressed as their favourite characters from literature, while learners were challenged to track down as many characters as possible around the school. As part of the activity, students also had to question staff about their costume choices and explain the stories behind the characters they had chosen.



The interactive event encouraged learners to engage with a wide range of books and authors while sparking cStaff at City Academy Bristol (CAB) swapped their traditional school attire for costumes of their favourite literary characters as the academy celebrated World Book Day, the annual event dedicated to promoting reading and literacy.

James Cameron, Teacher of Humanities and Literacy Co-ordinator at City Academy Bristol, said: "World Book Day is a fantastic opportunity to remind our learners that reading can be exciting, imaginative and fun.

"Seeing staff bring their favourite characters to life helps spark curiosity and opens conversations about books our students might not have discovered yet.

"Activities like the scavenger hunt encourage learners to explore different stories, ask questions and develop a genuine enthusiasm for reading that can stay with them for life."



MegaFest Rugby Festival inspires young players



The Annual T1 MegaFest brought together more than 200 children and young people from 13 schools from across the South West for an unforgettable day of sport, teamwork, and inspiration.

The event is a key part of a partnership between the Cabot Learning Federation (CLF) and Bristol Bears, and gives young people a chance to visit Bear Country and play on the indoor pitch at the prestigious Bristol Bears High Performance Centre.

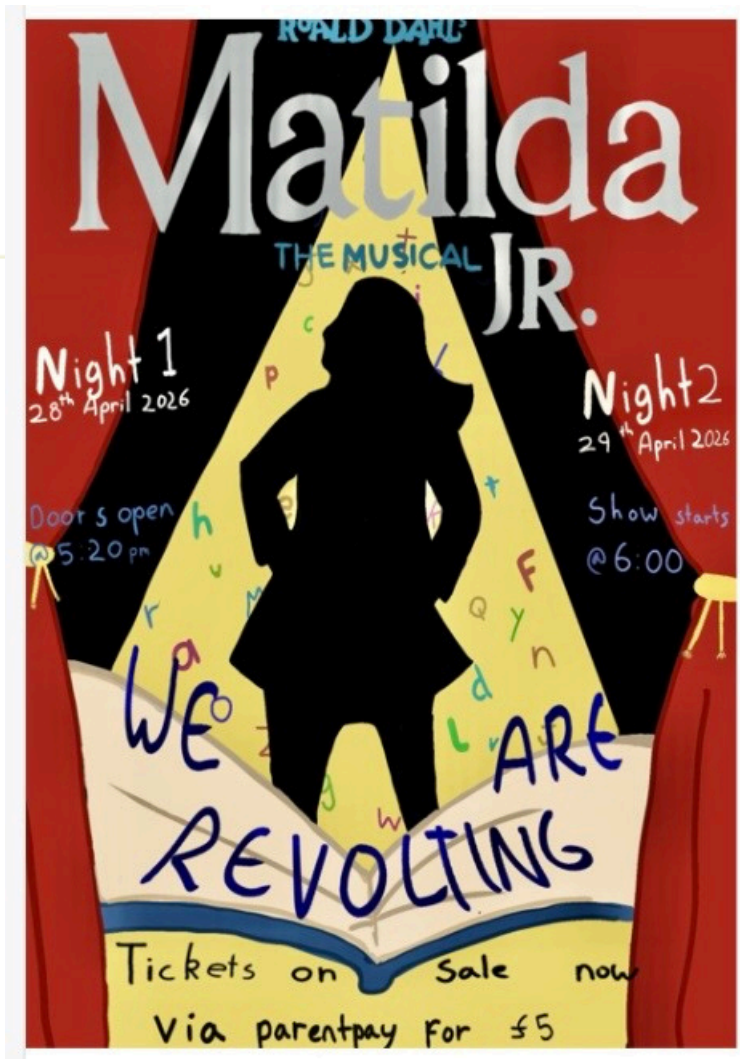
Young athletes took the opportunity to run, pass and catch on the same pitch used by world class professionals from the men's and women's game, in a celebration of grassroots rugby on a grand scale.

Throughout the event, Bristol Bears Men and Women's players including AJ MacGinty, Sam Worsley, Joe Owen, Matias Moroni, Rownita Marston-Mulhearn, Demelza Short, Jenna De Vera, Meryl Smith and Jenny Hesketh took part in games, offering valuable advice and guidance to the young players. They also took time to sign autographs for their new fans. A new feature for 2026 was the introduction of Sports Leaders from City Academy, who not only led all the primary activities, but also refereed the secondary T1 festival. They all acted as outstanding ambassadors for their school throughout event and made it such a memorable occasion for everyone involved.

Theresa Bickell, Secondary School Engagement Co-ordinator for CLF and Bristol Bears Foundation, who organised the event, said: "We were incredibly proud to see so many young people come together to enjoy rugby in such a positive and inclusive environment. "The T1 format is a fantastic way to introduce the game, allowing every child to develop skills, confidence, and a love for rugby.

"Events like MegaFest are all about creating opportunities, celebrating teamwork, and inspiring the next generation to stay active and engaged in sport."

The T1 MegaFest highlights the continued commitment to growing rugby at grassroots level, providing inclusive and exciting opportunities for young people to get involved in the sport.



**SAVE
the DATE**



Tues 28th & Wed 29th April



**Doors open at 5.20pm, show starts at
6.00pm**



Tickets are available to buy on ParentPay



CAB Book Fair



The CAB book fair was a huge success, earning over £150 worth of free books for the library.

The students had a great time browsing and buying a range of books for both younger and older readers.

Special thanks to James Cameron who has helped organise it.

Jasmine Davey
City Academy Library Assistant



Family Support at CAB

Introducing our Family Support Team at CAB

City Academy are excited to introduce Azmina Mitha, Hinda Noor and Raul Vasile who are part of our family support team.

Please feel free to contact the team if you need any support or guidance.

Family Support Mobile and WhatsApp Number – 07864948860

Azmina Mitha

Family Support Manager
Phone: 01179 542821
Ext:0294

Azmina.mitha@clf.uk

Languages spoken: Urdu ,Punjabi ,Hindi, Swahili, Kutchi and Gujrati

Raul Vasile

Family Support Worker
Targeted for Gypsy Roma
Phone: 01179 413800
Ext:0207

Raul.vasile@clf.uk

Languages spoken: Romanian and Gypsy Roma

Hinda Noor

Family Support Worker
Phone: 01179 413800
Ext:0295

Hinda.noor@clf.uk

Languages Spoken: Somali



Hinda, Raul, Azmina

Parent support – Internet Safety

The school is here to help you with any concerns you have concerning your child. You can send an email to info@cab.clf.uk and somebody will be in touch. We have a range of mentoring and counselling options for all our young people to enable them to thrive in their personal development.



YOUNGMINDS



There are also some organisations that can support you with a range of issues.

- Parental controls and privacy settings guides | Internet Matters
- Parents experiences with cyberbullying - Internet Matters
- Report online child sexual abuse imagery or 'child pornography'
- Parents Helpline | Mental Health Help for Your Child | YoungMinds
- Confidential family support and bullying helpline | Family Lives



Keeping Bristol Safe Partnership run a range of free evidence-based programmes for parents of children aged 3 to 17 years old. You can sign up using the links below.

These programmes include:

The Incredible Years: for parents and carers of children aged 5 to 10 years with challenging behaviour

Parents Plus Adolescents Programme: for parents and carers of children and teenagers aged 10 to 17 years with adolescent behaviours

Non-Violent Resistance or NVR: for parents or carers of children aged 8 to 17 years with violent, controlling or self-destructive behaviours

Read the full menu of available face to face and online parenting programmes.

School Catering



Please find our three-weekly menu on our School website

Breakfast

07.45am - 08.15am

Free breakfast is available for all students. Bagels with jam or a selection of cereal.

Breakfast items to purchase

Scrambled Egg,
Bacon, Sausage,
Baked beans,
Tomatoes,
Mushrooms, Hash
Browns, Toast.

Lunch Time

12.40pm - 13.20pm

Served daily - Hot Meals, Pasta Bowl, Jacket Potatoes with various Fillings, Sandwiches, Paninis, Filled Baguettes (Vegetarian options available)
Hot & Cold Puddings

Free School meals

You can apply for free school meals and Pupil Premium if you get any of these benefits.

- Universal Credit if your household income is less than £7,400 a year or £616.67 a month after tax.
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment & Support Allowance
- Child Tax Credit (as long as you're not also entitled to Working Tax Credit & have an annual gross income of no more than £16,190)
- Support under Part 6 of the Immigration & Asylum Act 1999

Visit www.gov.uk/apply

Meal & Pudding - £2.60

Meal Only - £2.30 (which includes - Pasta Pot, Jacket Potato with One Filling, Panini, Filled Baguette or Sandwich)

Jacket Potato with Tuna - £2.60

Dessert Only - 80p

Fruit Plate - 80p

Soup & Roll - £2.30

Soup & Roll with Pudding - £2.60

We are now a cashless academy - all lunch payments are to be made via Parentpay



HOLIDAY ACTIVITIES AT **OTR**

Delicious free food included

Make connections, learn a new skill and join us for a different activity each day!



Join us at OTR for relaxed, welcoming holiday sessions designed for young people. You'll have space to hang out in our lounge, courtyard garden, and kitchen, with activities that let you get creative, move your body, and try something new.

RUNNING DATES

Tuesday 7th April
Wednesday 8th April
Thursday 9th April
Monday 13th April
Tuesday 14th April

LOCATION

8-10 Old Market
Bristol BS2 0BH

AGE RANGE

11-16

SOME OF THE ACTIVITIES INCLUDE:

Printmaking
Calm with Art

Yoga & Gentle Movement

Poetry & Spoken Word

Seed Planting



SIGN UP AT



www.otrbristol.org.uk/what-we-do/holiday-activities



CAREERS

FAIR

Aged 14-25? This is your chance to unlock real opportunities, get advice and connect with over 20 companies across sport, tech, creative, business, health and construction.

OVERVIEW:

Join us for a Careers Fair bringing together a range of **businesses and organisations** ready to support you on your **career journey**.

WHEN AND WHERE:



Thursday 16th
April, 14:00-16:00



Empire Fighting
Chance Gym, BS5
0YJ

[Click Here or Scan](#)
the **QR code!**



Are you a parent/carer of a child in a CLF school?

FREE

English Course

Level: Pre-entry, E1, E2

FEBRUARY- MAY 2026

Call or message to make an appointment

tel: 07801400884
 ewa.stanicka@clf.uk
 Beacon Centre, Russell Town Avenue, BS5 9LT

BEACON
Adult & Community Learning

City of Bristol College

Cabot Learning Federation



Parents/carers - Please be mindful when dropping off or collecting students at the start of or the end of the day. We have had a few complaints from the public about cars stopping in the middle of the road to let students out of cars. Causing a back up of traffic or disruption to the main

Could you tell if your child was being exploited?



Join one of our free online sessions led by Child Exploitation Prevention Officer Andri Nicolaou

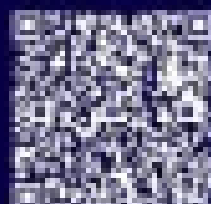
18 March 7:00 - 8:30pm

30 March 10:30am - 12:00pm

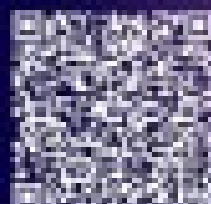
Learn about the different forms of child exploitation and how offenders groom/exploit children both online and offline. We'll highlight warning signs a child may be at risk and practical steps you can take to keep them safe and respond to any concerns.

Visit the Avon and Somerset Police Eventbrite page or scan the QR codes below

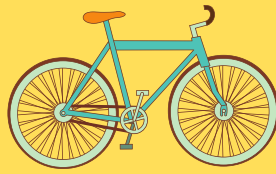
18 March



30 March



E-Bikes



As e-bikes become increasingly popular among young people, we want to ensure all families are aware of the current UK laws regarding their use.

What Is a Legal E-Bike?

In the UK, an electric bike must meet the following criteria to be legally used on public roads without a license or insurance:

- Have pedals that can be used to propel it.
- The motor must not exceed 250 watts.
- The motor must only assist while pedalling.
- Motor assistance must cut off at 15.5 mph (25 km/h).
- Riders must be 14 years or older.

These bikes are known as Electrically Assisted Pedal Cycles (EAPCs).

What About 500W or 1000W E-Bikes?

E-bikes with motors over 250W (such as 500W or 1000W models) are not legal for use on public roads, cycle paths, or pavements. They are classified as motor vehicles and require:

- A valid driving license
- Insurance and registration
- Helmet use
- Use only on private land with permission

Using these more powerful e-bikes without meeting legal requirements can result in fines, points on a license, or the bike being seized.

Keeping Everyone Safe

We encourage all families to check the specifications of any e-bike before purchase or use. If you're unsure whether a bike is road-legal, please feel free to reach out for guidance.

Thank you for helping us keep our community informed and safe.

Please note that any bike that does not comply with UK law and EAPC standards will not be allowed school site.



Our Trust & Academy operate a zero-tolerance stance regarding sexual harassment

a policy which extends to all forms of bullying,
harassment or discrimination in the workplace.

We would like to make all parents and carers aware that a new mandatory duty to prevent sexual harassment in the workplace became effective on the 26 October 2024.

Numerous high-profile cases and campaigns have highlighted the need for enhanced protection against sexual harassment at work – and has now been reformed

resulting in a new Worker Protection (Amendment of Equality Act 2010) Act 2023.



The Trust and our Academy have reflected on this important legislation and are now taking further positive, preventative action in this area to respond. This includes:



Staff training



Staff voice
exercises



Reviewing our HR
policy & procedures



Reflecting on any
learning across
the Trust

If we are made aware of any concern, we will always treat these concerns with great importance and act in accordance with our internal procedures. It is our ambition that all of our academies provide a safe, happy and enjoyable space for our colleagues, pupils and visitors.

If you do have a concern of this nature then we have a complaints policy and procedure which you can access via our website.

LOCAL SUPPORT FOR FAMILIES



Does your child need extra help? You do not need a diagnosis to find support.



Bristol Parent Carers is a friendly group run by parents to help other parents.

We run free sessions to support families and also work with the council and health services to try to make support better for families.



Bristol City Council have a Local Offer website that provides key information about services and support for children and young people in Bristol.



Sirona have information on carious health needs such as mental health, toileting, trauma, eating and many other needs.



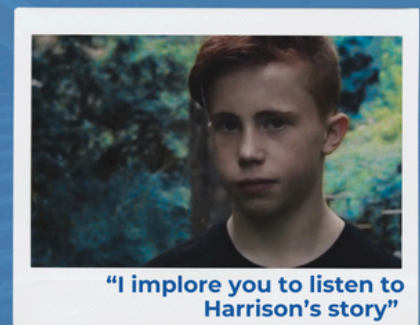
Discover our FREE rail safety videos and keep your children safe by visiting railsafefriendly.com

THE RAIL SAFE FRIENDLY PROGRAMME

The Rail Safe Friendly programme has educated over **3 million young people** on the dangers of the railways.



DON'T LET YOUR CHILDREN BECOME THE NEXT STATISTIC



Simon Frazer, Principal, Guilsborough Academy

According to the **ORR Report**, April 23 - March 24 on UK railways:

12

people died in accidents while trespassing

58%

were struck by a train or tram

42%

were electrocuted

According to **Rail Safe Friendly**, July 25:

120+

companies support the programme

11,000+

schools in the UK have engaged

20,000+

UK schools still need to be reached

Mental Health Support Team

Mental Health Support Teams (MHSTs) were established to support schools, helping them develop ways to look after the mental health and wellbeing of children and young people (CYP) as well as the wider school community including school staff and parents/carers.

The MHST are now delivering online sessions which are free to sign up to. Please scan the QR code below to register for our next webinar.

NEW

Online Parent/Carer Sessions

An Introduction to Anxiety

NEW

To sign up, please
complete a registration
form here:



[MHST Online Session](#)



What is it? This session covers:

- What anxiety is, when it is useful, when it becomes unhelpful, and what keeps anxiety going. Our body's response to anxiety focusing on our
- thoughts, feelings, physical sensations and behaviours. Providing strategies for managing and overcoming anxiety
-

Who is it for? Helpful for parents and carers whose children may be struggling with mild anxiety.

When are they? Sessions will be run at 12pm-1pm every Wednesday, Thursday and Friday.

New topics and dates will be released regularly.

The MHST is a partnership between Off the Record (OTR) and CAMHS. We are working with selected education settings across Bristol, North Somerset and South Glos. To find out where we work, check out our webpage:

www.otrbristol.org.uk/what-we-do/mhst/



EASTER HUB

Looking for a fun and active way to spend your Easter break? Join **Easter Hub!** It's the perfect chance to **get fit**, learn some **new skills**, and have a **blast with friends**, all without the contact. Whether you're a beginner or have some experience, you'll love the **energy and the challenge**.

FREE for any young person aged 8 to 16

WHEN AND WHERE:

Week 1: Tuesday 7th April - Friday 10th April, **10:30 - 12:00**.

Week 2: Monday 13th April - Friday 17th April, **10:30-12:00**.

**Empire Fighting
Chance Gym,
BS5 0YJ**

SIGN UP:

Scan the **QR code** below and **fill out your details** to **register your interest!**



Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
 Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free
 groups for
 adults run
 by Bristol
 Children's
 Centres

Scan here
 to find out
 more and
 register your
 interest!



Your parenting
 toolbox:



For more information please call: **07721 311 497**
 or email: **pssso@bristol.gov.uk**

Once you have registered your interest via:
www.bit.ly/BristolParentingGroups we will be in touch to find
 the best group option for you.



ADVENTURE

that launches you for life today

**SEA
CADETS**

**Brislington
JOIN NOW!**

At Brislington we help young people create unforgettable memories through Junior Sea Cadets. Get in touch today to find out more about the opportunities we can offer young people! **CONTACT US ADMIN@BRISTOLADVENTURESCC.ORG**

Parading:

Seniors (12-18) Tues/
Thurs 19:00- 21:00
Juniors (10-11) Tues
19:00-21:00



Charity Registration No. 1203491



Support for Inter-Parental Communication






FREE support available for one or both parents

- Do you have a child or children aged between 8 and 14?
- Do you find it hard to get on with your partner or your ex?
- Do you argue or shout at each other?
- Or have you stopped talking to each other because it's too difficult?

If so, then this SIPCo project could help.

Support is available for either one or both parents. The help on offer will either be relationship therapy (delivered by the couple therapy charity Tavistock Relationships) or a local practitioner will help you access online resources which can be used at your own pace. If English is not your first language, translators can be provided.

Please contact Gina Pazienza:

-  relationshipsmatter@bristol.gov.uk
-  07721 635376
-  Visit the SIPCo page at www.bristol.gov.uk

When you apply, your details will not be shared with anyone else. After applying online, if you do not see our response email, please check your junk/spam folder, then mark relationshipsmatter@bristol.gov.uk as a trusted sender.

Scan QR code to find out more





Free and Confidential Support

Call the 24/7 Helpline

08088 021 122

or visit groceryaid.org.uk

GroceryAid[®]

