

*April 2024*

## City Academy students empowered & inspired' by new police initiative

Avon and Somerset Constabulary, in conjunction with Elevated Minds CIC, is working with City Academy students and students across the country, to help build stronger relationships with young Black people in Bristol and nationally.

Expert educational practitioners from Elevated Minds joined Avon and Somerset Police's school engagement and neighbourhood officers at City Academy, seeking the opinions of students of black heritage about their local police service and gathering their ideas for improving relationships with them.

The programme also aims to improve children of black heritage's perceptions of the police and encourage them to consider a career in the police service.

Elevated Minds envisions a world where young people and their families are equipped and empowered to know who they are, identify their purpose and raise their aspirations.

This partnership marks a significant step forward in promoting diversity, understanding, and collaboration within the community.

Hardeep Kosal, Inclusion Manager at City Academy, added, "The positive workshop for young people with Elevated Minds and the police and was both engaging and informative. Doreen, who was leading the workshop was approachable and supportive, creating a safe space for participants to ask questions and share their thoughts and concerns.

"Through interactive activities and discussions, the workshop fostered a sense of collaboration and mutual understanding between the young people and the police.

"The participants left the workshop feeling empowered and inspired, with a greater appreciation for the role of the police in their community. Overall, the workshop served as a valuable opportunity for young people to build positive relationships with the police and gain valuable insights into the practices and procedures."



## Important Dates

### 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.)

# GOLDEN HOUR

We're thrilled to share that Arts Council England has awarded City Academy with a prestigious Gold Artsmark Award, recognizing our outstanding arts provision spanning the Art, Drama, and Music departments. This accolade reflects our commitment to diverse representation, excellent curriculum planning, teaching quality, and a vibrant extracurricular program. Arts Council England commended City Academy, stating, "You have considered how your arts curriculum is representative of your setting and wider society... You value arts and culture for their wider contribution to wellbeing, personal development, and the setting's sense of community." They also highlighted our dedication to inclusivity, student involvement in curriculum planning, and providing opportunities for creative expression and live performances. We would like to thank our Expressive Arts staff whose dedication and hard work have made this achievement possible. This award is a testament to our ongoing commitment to fostering excellence and enriching the lives of our students through the arts.



**Artsmark  
Gold Award**  
Awarded by Arts  
Council England

## Performing at the Bristol Old Vic

14 Year 7 & 8 students spent the day at Bristol old Vic on a Sunday and were excited to perform their devised performance based on a zombie apocalypse on the award-winning stage they were all incredible.





## Everybody's Talking About Jamie @ The Bristol Hippodrome

A huge congratulations to Becky Anderton for organising an inspiring trip to see 'Everybody's Talking About Jamie ' at Bristol Hippodrome with 14 Performing Arts students it was a huge success



## SS Great Britain - Careers News

We were lucky enough to have the SS Great Britain team to come into school and run their annual STEM workshop with 50 of our year 7 students. This was a fun and interactive day which showed immense creativity from our students. Students work on designing a helipad which would hold the most weight possible. They worked as small teams to create a prototype to test at the end of the day. There was a fantastic effort from all students.





## The Lion King is a roaring success!

Many staff & students were involved in the production of The Lion King. It was a sold out show on both nights! Miss Hickey said “ The performance was outstanding & the whole production has been brilliantly planned & executed!”

Thank you to all that supported the production, helped with costumes & setting up and to all that attended.

A massive thank you to Miss Pearce & Miss Anderton for overseeing the whole production.



## Mentoring inspires City Academy Students

A group of 12 Year 8 students from City Academy took part in the Ablaze One Day Career Mentoring programme with a team of four trained business mentors from Clarke Willmott.

The mentors described their own career journeys and imparted their knowledge of workplace skills and employability opportunities. Activities during the day encouraged students to discuss barriers, understand resilience and develop their employability skills.

Evaluations at the end of the programme revealed the following key findings: 70% of the students taking part felt more confident about themselves and their abilities, 95% said they were better at taking part in discussions, 85% said they felt better at making decisions, and 100% said they had learned about career pathways.

All students said they had learned about skills needed for work during the programme, which included teamwork, being creative, giving feedback, communication and decision-making.

Inspired by this mentoring programme some students shared their inspirations about their future career steps.

They said: “Study a subject at university which will help me with a career.”

“Look into completing an apprenticeship.”

“I want to become an architect.”

“I want to run my own café.”

“Open my own clothes shop.”

A spokesperson for the programme said: “Programs that inspire young students about their future options play a crucial role in shaping a progressive society.



They foster positive youth development by promoting resilience, social and emotional competence which are essential for the growth of young individuals.

“I think it’s important for young people to meet more adults who have different career backgrounds, so they understand there are lots of different routes and opportunities for them. I also think it’s great for young people to meet adults who are not in their immediate circle to help build their confidence.”

## Future Brunel programme with the SS Great Britain

After 50 year 7 students successfully completed a workshop at school, 12 students were then picked to go to the next round of the Future Brunel programme with the SS Great Britain. They attended a workshop at the ship where they were tasked with creating an aqueduct that was over 1m, didn't leak any water, was strong enough to hold 3kg and had a unique design. They were in mixed teams with students from 3 other schools and worked hard together to create 12 different designs. The winning design successfully held over 3kg, was leakproof and had an innovative design. They represented the school very well and 2 of the 12 students will be chosen to go to the next stage of the Future Brunel programme.



## Price Increase

From September 2024 there will be a small price increase with the cost of Lunch.

### Meal & Pudding - £2.50

If you would like support with the Bristol City Council Free School Meal Application, the City Academy offer a 'drop in' on Mondays from 09:00 - 10:00hrs to help support with the application.

Your child may be able to get free school meals if you get any of the following:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.



# **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](mailto: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](mailto:Raul.vasile@clf.uk)

Languages spoken: Romanian and Gypsy Roma

## **Hinda Noor**

Family Support Worker

Phone: 01179 413800 Ext:0295

[Hinda.noor@clf.uk](mailto:Hinda.noor@clf.uk)

Languages Spoken: Somali

## **Parent Coffee Mornings**

**09/05/2024**

**All parents are welcome**

Somali weaving workshop- This workshop will be about learning nomadic Somali weaving/ history of Somalia. Parents will have the opportunity to weave and share stories.

Dhaqan Collective – Ayan Cilmi and Fozia Ismail

**16/05/2024**

**Year 9 parents**

Parents can come to coffee morning to book appointments, and get any other support they need

Ms Hinda Noor- Family Support Worker

**23/05/2024**

**All parents are welcome**

Last day of term 5- Parents can attend with any school related issues

Ms Hinda Noor- Family Support Worker





## A message from the CLF Governance Team

A message from the CLF Governance Team

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?.....

# **Young Carers**

At City Academy we acknowledge that there are likely to be young carers amongst our students, and that being a Young Carer can have an adverse effect on their education; we are committed to identifying and supporting Young Carers to access the education to which they are entitled.

## **What is a Young Carer?**

A young carer is someone aged under the age of 18 who cares for a family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support.

This could include:

- Cooking and preparing meals
- Helping with the shopping
- Cleaning around the house
- Managing medicines or money
- Giving personal care
- Helping their special person move and get out of the house
- Looking after their siblings
- Giving emotional support
- Keeping an eye on things generally

## **How can staff at City Academy support?**

We offer regular check-ins to ensure our Young Carers feel supported and listened to.

We are considerate and flexible in our approach if caring duties impact learning.

We can, if necessary, offer the use of a telephone during break or lunch time to phone home

We can make referrals to Young Carers Service which also provides additional support outside school.

If you have any queries about Young Carers or would like to talk to a member of staff regarding special arrangements, please contact our Young Carer Lead Lisa Bunker at [Lisa.bunker@clf.uk](mailto:Lisa.bunker@clf.uk). The SLT Young Carer Lead is Catherine Hickey at [Catherine.hickey@clf.uk](mailto:Catherine.hickey@clf.uk).



# 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**