

July 2026

Empty t-shirt project



City Academy students visited College Green in the centre of Bristol, as part of the city wide Empty t-Shirts project.

An art exhibition showcasing school shirts emblazoned with anti-knife crime messages will go on display as part of Knife Crime Awareness Week. Created by young people in Bristol, the exhibition will be held at The Lord Mayor's Chapel on College Green, Bristol, on 19 May.



In the Empty Shirts, Lost Childhoods project, participants aged 13 to 25 were invited to decorate plain white school shirts with poetry, slogans, artwork, and memorials that reflect their feelings and experiences of knife crime.



The University of Bristol's Dr Jade Levell, who led the project, said the exhibition "shines an important light" on young people.

Knife Crime Awareness Week, which runs from 19 – 25 May, is an annual campaign by The Ben Kinsella Trust that aims to raise awareness of knife crime's devastating effects and promote preventative solutions.

Important Dates

Last day of term for students

Tues 21st July 2026 at 11.50am

First day of term for students

Year 7 -

Mon 7th Sept 2026

Yr 8, 9, 10 & 11 -

Tues 8th Sept

Last day of term for students

Wed 21st Oct 2026

INSET Dates

Thurs 3rd Sept 2026

Fri 4th Sept 2026

Thurs 22nd Oct 2026

Fri 23rd Oct 2026

City Academy Principal on ITV News West Country

City Academy welcomed the national conversation around young people's use of social media following Prime Minister Keir Starmer's announcement that under-16s in the UK will be banned from using social media by spring next year.

The proposed legislation follows a government consultation in which 89% of 9,499 parents and carers said they strongly supported a legal minimum age for social media access. Of those respondents, 88% strongly agreed that the minimum age should be set at under 16. ITV News West Country visited the academy and spoke to Principal Ben Tucker about this latest initiative.

Please note this a small part of a bigger piece broadcast by ITV News West Country.

<https://youtu.be/4Hg9U6Rf3i4?si=umLraG258Nv7eH5e>





School Uniform



Black jumper with logo (available through Price & Buckland or at school reception)

28"-34" £16.75

36"-48" £19.95

Plain black jumpers are also allowed available at any supermarket.

School Tie (available through Price & Buckland or at school reception)
£7.95

Students are required to wear plain black trousers or skirt, white shirts or blouse. Plain black shoes or trainers. (Available at any supermarket)

For PE - Red T-Shirt, Plain black shorts & Knee high Red socks (available at any supermarket)

www.price-buckland.co.uk/city-academy-bristol

CAB is Looking for Academy Councillors



As City Academy is part of Cabot Learning Federation, which is a Multi-Academy Trust, we do not have a Governing Body like maintained schools, but we have an Academy Council. Our role is similar, in that we hold the Principal and his Team to account, and scrutinise policies and data, and support the school to improve practice in teaching and learning, but also in terms of the support, culture and ethos of the Academy etc.

We also have a specific role in some areas and have Parent Councillors who are elected by parents to give their perspectives (these roles are full, but parents can take up other roles), and others, who are Link Councillors in areas like safeguarding and SEND, and take a particular interest in that area alongside the manager who leads in CAB.

Two of our more longstanding and knowledgeable Councillors have just left and we do have a vacancy for next year. It is particularly helpful to have people with some education background, HR or Finance, but we are also looking for someone who can take on a safeguarding link role. However, training is offered by CLF so a commitment to the school and transferable experience is also fine. We aim to be a diverse Academy Council so particularly welcome people from different backgrounds with an understanding of equity issues. If you are interested, there is a formal CLF application process, but please first contact the Chair, Ruth Pickersgill, to find out more about the role, and for an informal discussion. She can be contacted via the main email: cabinfo@clf.uk

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

Family Support at CAB

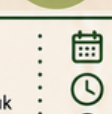
Coffee MORNING

September - October

— TERM 1 & 2 —

Join us for a friendly coffee morning, connect with other parents and get helpful information to support your child's education.



THURSDAY 10TH SEPTEMBER 2026		Support with Free School Meals Application (Y7 PARENTS)
THURSDAY 17TH SEPTEMBER 2026		My Child at School App registration (Y7 PARENTS)
THURSDAY 24TH SEPTEMBER 2026		An opportunity to meet the year teams and discuss any concerns. (Y8 PARENTS)
THURSDAY 1ST OCTOBER 2026		An opportunity to meet the year team and discuss any concerns. (Y9 PARENTS)
THURSDAY 8TH OCTOBER 2026		An opportunity to meet the year team and discuss any concerns. (Y10 PARENTS)
THURSDAY 15TH OCTOBER 2026		An opportunity to meet the year team and discuss any concerns or issues. (Y11 PARENTS)
THURSDAY 22ND OCTOBER 2026		All parents can attend and get support. (ALL PARENTS)



Hinda Noor-
Family Support Worker

✉ Email: hinda.noor@clf.uk

☎ Telephone: 01179413800



Date: Every Thursday



Time: 9:30-10:30



Place: City Academy Venue



Tea and
coffee
will be
served!



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

From September 2026, children in households receiving Universal Credit will be eligible for Free School Meals with no income limit.

You will need to apply via the Bristol City Council website – this is now open to apply and we would encourage you to apply as soon as possible – the quickest and easiest way to apply is online here:

<https://www.bristol.gov.uk/residents/schools-learning-and-early-years/travel-and-free-school-meals/free-school-meals>

If you need any support to apply, please contact us.

If your child is currently receiving free school meals, there is nothing you need to do, Bristol City Council will verify if you still qualify and if there are any issues they will contact you.

Meal & Pudding - £2.75
Meal Only - £2.45 (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.

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:

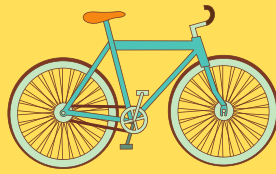
The Incredible Years: for parents and carers of children aged 5 to 10 years with challenging behaviour

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.

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.



Cabot
Learning
Federation

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.



Parents Plus Adolescents Programme

Parenting Teens can be tough!

Free Course!

From the Family Help team



Topics Include:

Positive Communication and Listening
Connecting with your Teenager
Problem Solving
Rules and Discipline
Encouraging your Teenager
Dealing with Conflict and Aggression

Refreshments Provided

Tuesdays (term-time only)
10am-12.15

Starts: 29th Sep 2026 (Taster Session)
9 weeks

Beacon Centre, Russell Town Ave, Redfield BS5 9J

Please contact:

Kauser Perveen: 07880101276 or
Charlene Irvine: 07876817126
to book your place!



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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 various health needs such as mental health, toileting, trauma, eating and many other needs.

Your Holiday HUB Bristol

Hundreds of
holiday activities
are available
in Bristol

*Eligibility criteria apply



Sports



Day trips

Cookery



Performing
arts

Crafts

yourholidayhubbristol.co.uk



Funded by
UK Government



Department
for Education



HAF funded by DfE – supported by Bristol City Council, BAND, Feeding Bristol, Bristol Play and Youth Alliance

**Summer
Holidays**
12:00-13:00
16:00-17:00



Join us on Facebook



FREE **BMX**

HILLFIELDS PUMP TRACK

**FOR YOUNG
PEOPLE**

**BIKES AND
EQUIPMENT
PROVIDED**

Hillfields Park, Gorse Hill, Bristol BS16 4EG

CONTACT

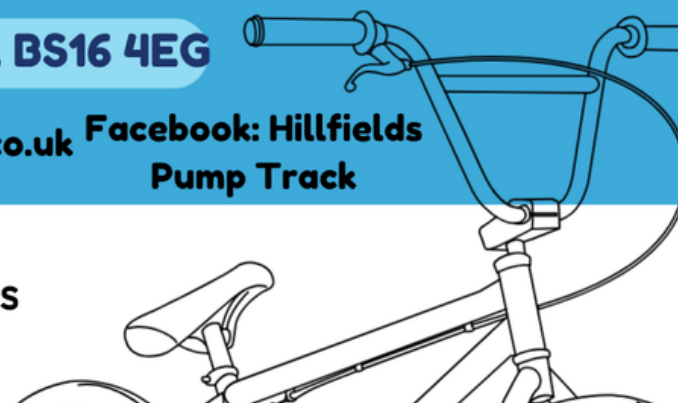
bmx@accesssport.co.uk

**Facebook: Hillfields
Pump Track**

HILLFIELDS
BMX CLUB



**Access
Sport**



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/



Mental Health Support Team [MHST]

What we do

The Mental Health Support Teams (MHST) model is delivered in educational settings for children and young people aged 5 up to their 18th birthday. We work with mild to moderate mental health difficulties. The teams deliver evidence-based individual interventions, group interventions and have a strong focus on whole school approaches to improve mental health outcomes for children and young people.

In Bristol, North Somerset and South Gloucestershire (BNSSG), the MHSTs programme is delivered in partnership with Off the Record (OTR) and Avon and Wiltshire Mental Health Partnership NHS Trust (AWP).

Our one-to-one interventions are called low intensity cognitive behavioural therapy (LI-CBT) and can include supporting children and young people with the following:

anxiety
low mood
exam stress

We work to deliver a 'whole-school approach' to wellbeing, supporting the entire school community – staff, students, and parents/carers – through engaging workshops, assemblies, training sessions, and useful resources.

Location - Bristol
Drop-in or signup
Age - 11-17

Please speak to a teacher or your School's Mental Health Lead to sign up

Contact Us
awp.mhstenquiries@nhs.net
01174038735

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/





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:

Listening

Play

Praise

Nurture

Empathy

Connection

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.





Support for Inter-Parental Communication



- 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





Gloucestershire
Cricket Foundation

SOFTBALL CRICKET FUN DAYS FOR 5 TO 12 YEAR OLDS

**SUMMER
HOLIDAYS
2026**



SCAN ME!

**£27.50 per
child, per day**

All sessions- 10am-4pm

Hatherley & Reddings CC

Aug 3, 7, 13, 27

Bishopston CC

July 30, Aug 6, 19, 26

Stroud CC

July 27, Aug 13, 18, 24

Frenchay CC

Aug 4, 11, 18, 25

Cinderford St John CC

Aug 20, 27

Gloucester area TBC

**Boys and girls
welcome**

CONTACT

Chris Munden- 07557 924941

SPEAK OUT

**JOIN A VIBRANT CREATIVE COMMUNITY
WHETHER YOU SING, RAP, DANCE, OR MAKE
ART, THERE'S A PLACE FOR YOU. GET
INVOLVED! AGES 14-18YRS OLD**

**FIRST SESSION MON 11TH MAY
5:00PM UNTIL 8:00PM**

**THEN EVERY 2ND MONDAY
OF THE MONTH**

**THE TRINITY CENTRE
BRISTOL
BS2 0NW**

Contact 07733172184 for more info

Find out more:
www.trinitybristol.org.uk



TRINITY:



Funded by
UK Government

SPEAK OUT

The Trinity Centre Bristol, BS2 0NW info@trinitybristol.org.uk 01179351200
Registered Charity Number 1144770

GIRLS GROUP TUESDAYS

MAKE NEW FRIENDS, HAVE YOUR
VOICE HEARD, GET CREATIVE

3.30PM-5.30PM

COMING TO YOU FROM THE LOVE STAPLETON
ROAD YOUNG PEOPLE PROGRAMME

**EVERY WEEK
INCLUDING
HOLIDAYS**

THE TRINITY CENTRE
BRISTOL
BS2 0NW



AGES 10-18



Find out more:
www.trinitybristol.org.uk

TRINITY:



The Trinity Centre Bristol, BS2 0NW info@trinitybristol.org.uk 01179351200
Registered Charity Number 1144770

NEXT-GEN SOUNDS



**FREE, WEEKLY DROP-IN MUSIC
SESSIONS FOR YOUNG PEOPLE
AGED 14-25**

**EVERY THURSDAY FROM
4:00PM UNTIL 6:00PM**

**THE TRINITY CENTRE
BRISTOL
BS2 0NW**

Find out more:
www.trinitybristol.org.uk



TRINITY:



Funded by
UK Government

The Trinity Centre Bristol, BS2 0NW info@trinitybristol.org.uk 01179351200
Registered Charity Number 1144770



Free and Confidential Support

Call the 24/7 Helpline

08088 021 122

or visit groceryaid.org.uk

GroceryAid[®]





Community Learning Assessment Day

Come along to find out about what courses we offer, from Cooking, to Maths, English and ESOL to Child Care Qualifications.

We offer a wide range of courses. This assessment day is for those who will be able to attend classes in Easton and the Centre.

Where: Bristol Quaker Meeting House. 5 Champion Court Champion Square, Bristol BS2 9DB

When: 27th August 2026. 10:00am-1.00pm

Contact Info: amber.rose-dewey@bristol.gov.uk / Richard.davies@bristol.gov.uk

Great British Summer Savings

Rising prices can make life's little treats harder to afford, especially during the school holidays when costs build up for families. This Government is determined to help, and that is why last month the Chancellor announced the Great British Summer Savings scheme.

From 25 June to 1 September 2026, the Government is temporarily cutting VAT from 20% to 5% on children's meals in restaurants, children and family tickets to cinemas, theatres, concerts and exhibitions, and admission to a wide range of attractions. Combined with free bus travel during August for children aged 5 to 15 in England, families and young people will be able to enjoy experiences that make summer special, including visits to the kinds of cultural and educational attractions that enrich children's lives outside the classroom.

The public are ready to get behind the scheme and are keen to take advantage of the discounts available. As trusted pillars of their communities, schools play a vital role in connecting families with important information.

We need you to help spread the word. So please share details of the Great British Summer Savings scheme through your newsletters, school apps, and other communications to parents and carers, so that the families in your school community know about the experiences they can enjoy this summer for less.

This forms part of a broader effort by the Government to ease financial pressures on families. From ending the two-child limit and expanding free school meals, to rolling out free breakfast clubs and delivering 30 hours of free childcare, this Government is taking action to put more money back into parents' pockets and give every child the best possible start in life.

As part of this campaign, we have launched an attraction finder website which allows families to type in their postcode and find participating venues near them to make the most of summer savings. To use the attraction finder, please visit [Your paragraph text](#).

Businesses can find out more about the VAT reduction by visiting GOV.UK and searching 'Temporary reduced rate of VAT for family attractions'.

Yours sincerely,
RT HON BRIDGET PHILLIPSON MP
Secretary of State for Education

RAF WORLD

**BUILT TO
RISE ABOVE
EXPECTATIONS**

Step into the action with
RAF World.

Engage with RAF personnel
live, face mission ready-
scenarios and explore diverse
career paths with a force that's
always one step ahead.

VIRTUAL EVENT

JOIN US AT VIRTUAL EVENTS
THROUGHOUT THE YEAR

What awaits you:

- ✦ Hear from serving RAF members and uniformed what it's really like behind the scenes
- ✦ Dive into scenarios and test your decision making under pressure.
- ✦ Chat to experts from every Profession.
- ✦ Considering a career that redefines possibility? Don't miss out on this one-of-a-kind 360° virtual adventure!

Sign up today! Your first mission begins

**FIND
YOUR
FORCE**

**BOOK
YOUR FREE
TICKET NOW!**



 **ROYAL
AIR FORCE**
REGULAR & RESERVE

**FIND
YOUR
FORCE**

MEET US AT

RAF TOWN SHOW

BRISTOL

2026

COME ALONG
FROM 7 AUG - 9 AUG
AT BRISTOL
BALLOON FIESTA.



**SCAN TO
REGISTER
FOR FREE!**
#RAFTOWNSHOW

TO

The RAF Town Shows are making their way across the UK. This is a free event showcasing RAF careers, apprenticeships and Reservist opportunities. **Come and meet RAF personnel, find out what we do and enjoy a great day out.**

[CLICK HERE TO REGISTER INTEREST](#)

Can't register? No problem, just come along. We look forward to seeing you soon.





Fishing for Change

Join us for a **free** day of adventure starting at **your local** train station.

Enjoy travel by train, Bristol Community Ferry Boats, and SeaCycler to explore Bristol Harbour, clean up the waterway by litter picking, and even make your own litter fish!

A FREE family day out

Lawrence Hill station - Monday 27th July and Tuesday 25th August 9:45am - 3:10pm

Stapleton Road station - Thursday 6th August and Tuesday 1st Sept 9:40am - 2:10pm

To find out more, see our other locations, and to reserve your place please visit www.fishingforchange.co.uk



Make a difference to a family in 2 hours a week

**HOME
START**
Bristol & South
Gloucestershire

Volunteer with us to make a difference to a family living in Bristol or South Gloucestershire. Our volunteers support young families who are going through tough times.

- Support a family with under 5s
- Home visits or help at a group
- Just 2-3 hours a week

Join our free
volunteer
training course
starting this
October!

Contact us today to find out more!

homestartbsg.org.uk

0117 950 1170

Charity no. 1116207 Home-Start Bristol & South Gloucestershire, Unit 11, Greenway Business Centre, Doncaster Road, Bristol BS10 5PY



Help give children a better start in life

If you have a listening ear and parenting skills to share, Home-Start Bristol & South Gloucestershire would love to hear from you!

We're looking for volunteers to support families with under 5s who are struggling. Our volunteers do home visits or help at parent groups, giving 2 hours a week to make a real difference to families.

Volunteers receive training and are supported by an expert staff team. Why not join our free volunteer training course starting on 2nd October?

Find out more at homestartbsg.org.uk or call 0117 950 1170 and make a real difference to families in need in Bristol and South Gloucestershire.

Thank you.

**HOME
START**
Bristol & South
Gloucestershire