City Academy
Grit, Honesty and Team Spirit

Newsletter

News and Views from City Academy

Oct 2026

Year 10 Trip to Bristol Old Vic

In September, our Year 10 Performing Arts students visited the Bristol Old Vic to experience a bold, modern adaptation of Romeo & Juliet.

Blending physical theatre, music and storytelling from the characters' perspectives, the production offered students an exciting insight into contemporary theatrical performance and innovative ways of bringing a classic text to life.



Important Dates

Last day of term for students
Wed 21st Oct 2026
Term 2
First day of term for students
Mon 2nd Nov 2026
Last day of term for students
Fri 18th Dec 2026
INSET Dates
Mon 23 Nov 2026
Term 3
First day of term for students
Tues 5th Jan 2027
Last day of term for students
Thurs 11th Feb 2027
INSET Dates
Mon 4th Jan 2027
Fri 12th Feb 2027
Term 4
First day of term for students
Mon 22nd Feb 2027
Last day of term for students
Thur 25th Mar 2027
Bank Holidays
Frid 26th Mar 2027
Term 5
First day of term for students
Mon 12th Apr 2027
Last day of term for students
Fri 28th May 2027
Bank Holiday
Monday 3rd May 2027
Term 6
First day of term for students
Monday 7th June 2027
Last day of term for students
Friday 23rd July 2027
INSET Dates
Friday 2nd July 2027

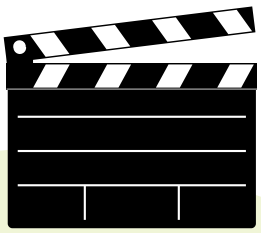


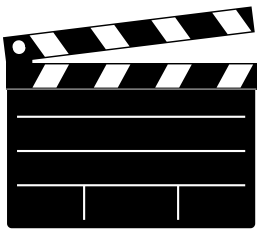
Bristol School of Acting Workshop

Year 10 and Year 11 Performing Arts students took part in an inspiring acting workshop led by an industry professional from the renowned Bristol School of Acting.

Students explored ensemble movement, verbatim theatre and techniques for developing believable, engaging characters.

The workshop provided a valuable opportunity to strengthen their practical performance skills, experiment with new theatrical approaches and deepen their understanding of the acting process.





Learners Enjoy an Inspiring Day at Belmont Estate





Learners from City Academy Bristol and Northstar 240 recently enjoyed a fantastic visit to Belmont Estate, where they spent the day exploring the wonderful world of nature, rewilding, conservation and outdoor careers.

The visit gave students the opportunity to learn about the many different roles involved in caring for and managing natural environments. As they toured the estate, they met staff working across a range of areas, including the Estates Team, where they gained insight into landscape management, horticulture, agriculture, and the different career journeys taken by team members.
It was particularly interesting to hear about the variety of pathways into these roles and to learn that careers in this field can also be accessed through volunteering opportunities and apprenticeships, as well as more traditional routes.
Students also learned about nature education and how the site is used to engage different age groups. Younger children are encouraged to explore the environment through natural curiosity, climbing trees and splashing in the river, while older students experience the site through activities linked to subjects such as geography.
The visit helped bring careers connected to science, geography, and environmental studies to life, providing valuable insight into the wide range of opportunities available within the sector.
One of the highlights of the day was discovering the wildlife that calls Belmont Estate home. Learners used their observation skills to identify different species and were thrilled to spot a skylark, a bird that has become increasingly rare in the UK. Seeing this beautiful bird in its natural habitat was a special moment for everyone and sparked lots of discussion about conservation and protecting wildlife. As we went round the site we spoke about how rewilding the space has encouraged thousands more species, also had fun identifying different types of trees, wildlife and saying hello to Belmonts pigs and cows!

Staff praised the learners for their enthusiasm and engagement, and everyone came away with a greater appreciation of the outdoors and the wide range of careers available within environmental and land-based industries.
It was a truly memorable experience, and both City Academy Bristol and Northstar 240 had a wonderful time.



A Spectacular Success: City Academy's Late Summer Show!

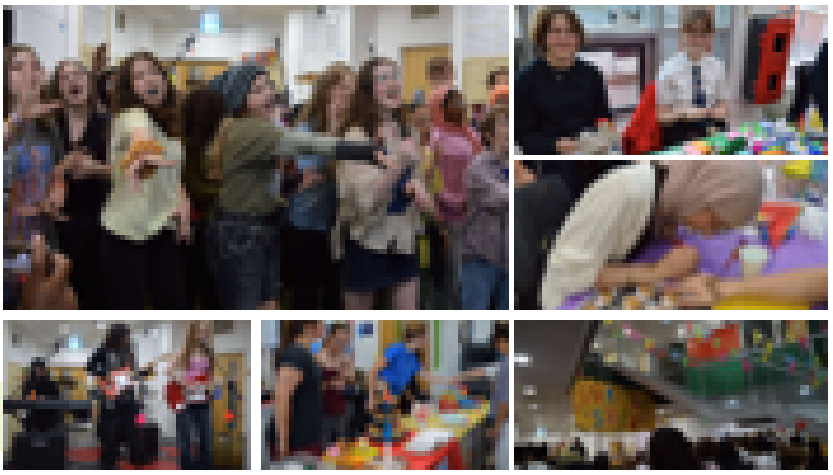
Our Late Summer Show was a resounding success, bringing together our school community for an unforgettable celebration of creativity and talent.

The evening was packed with incredible entertainment, featuring a variety of performances from our brilliant student bands and solo singers. Audiences were also treated to some fantastic choreography from our dancers, alongside a spectacular art display showcasing our students' hard work. A major highlight of the night was a special performance by the cast of our upcoming production of Matilda, who captivated everyone with hits from the show!

Beyond the stage, attendees explored an array of wonderful craft stalls, which included beautiful handmade crochet items and stunning henna designs. The refreshment stands were a massive hit, completely selling out of delicious cakes and refreshing slushies.

Parents, pupils, and staff all had a wonderful time celebrating the end of the term together. Best of all, thanks to your incredible generosity, we raised over £500! Every penny will go directly toward funding and enhancing future school shows.

Thank you to everyone who performed, volunteered, and attended to make the night so special!





Ms Berruezo is celebrating the amazing results of her Y11 Spanish classroom with a super 75% pass.



Muy bien señorita!



Do you have a Yr6 child?

Deadline to apply for your school place is 31st Oct



A British Museum - Muneera Pilgrim

The whole of Year 7 and Year 8 enjoyed a touring performance of A Night at the Museum by Muneera Pilgrim, brought to City Academy by Bristol Old Vic
.
The thought-provoking performance explored identity and what it means to be British. Students particularly enjoyed the music and engaged enthusiastically, laughing, clapping and dancing along.

During the Q&A, students asked some excellent questions, showing their curiosity and engagement with the themes of the performance

SHREK

Shrek Auditions!

Our exciting school production this year is Shrek, taking place on 21st and 22nd April at 6pm in the Field Theatre.

Over 80 students auditioned for roles, alongside a rigorous application process for the backstage crew. Our students have successfully secured their roles, and rehearsals are now underway!

We're looking forward to bringing this hilarious show to life, full of comedy, larger-than-life characters, and over-the-top performances.

We can't wait to share it with you!



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

The **Parents Plus Adolescents Course** started on Tuesday, 6th October 2026, and runs until Tuesday, 1st December 2026.
The course takes place during term time only.
📍 Venue: The Beacon Centre
📅 When: Every Tuesday, 10:00 am – 12:15 pm
The course covers a range of topics to help parents build positive relationships with their teenagers, including:

- Positive communication
- Connecting with your teenagers
- Problem-solving
- Rules and discipline
- Encouraging your teenagers
- Dealing with conflicts and aggression

For more information, please speak to Hinda.

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
Saved daily - Hot Meals, Pasta Bowl, Jacket Potatoes with various Fillings, Sandwiches, Paninis, Filled Baguettes (Vegetarian options availablle)
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.

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.

Changing childhoods.
Changing lives.

Barnardo's Family Route Service in Bristol is offering family therapy to support positive outcomes for young people aged 11-17.

Are you worried about your child's use of alcohol or substances, relationships at home, or risks in the community?

Barnardo's are providing free multidimensional family therapy as part of a clinical trial.

The therapy is delivered over 4-6 months and provides support to the young person, parents and the family together.

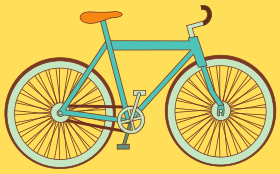
MDFT has proven very successful in the US and other European countries and could be a good support for you and your family to achieve the positive changes you would like to see.

To take part a young person needs to have used alcohol or a substance on 4 different days in the past 28 days

There is more information on the website
Bristol & South Gloucestershire Family Route | Barnardo's

And the team can be contacted at **familyroute@barnardos.org.uk**

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.

LOCAL SUPPORT FOR FAMILIES

Bristol Parent Carer Forum
Shaping the Future Together

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



Bristol Parent Carer Forum
Shaping the Future Together

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

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

Sirona care & health

Sirona have information on carious health needs such as mental healt, 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

BEST START IN LIFE | Funded by UK Government

Your Holiday HUB Bristol | Department for Education | Bristol City Council | BAND Making Childcare Count | Feeding Bristol | Bristol Play & Youth Alliance

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

BD18382

october school break



north bristol basketball camp

WHAT TO EXPECT

- QUALIFIED AND EXPERIENCED BASKETBALL COACHES
- OPPORTUNITY TO IMPROVE BASKETBALL SKILLS
- GAME-SENSE COACHING STYLE
- INCLUSIVE, WELCOMING ENVIRONMENT
- Opportunities to win prizes

COTHAM SCHOOL, BS6 6DT

9AM - 4PM - SCHOOL YEARS 3-11
£35 per day

26th , 27th, 28th , 29th 30th October
BOYS & GIRLS OF ALL ABILITIES

@bristolflyerscommunity
@flyerscommunity
Community@bristolflyers.co.uk

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/

MHST
Tools to thrive

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

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MHST
Tools to thrive

Bristol Family Hubs

Bristol Parenting Groups

- Are you pregnant ora parentof a0 - 8 yearold?
- Would you like to add ideasand 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:

- Nurture
- Empathy
- Play
- Praise
- Listening
- Connection

For more information please call: **07721 311 497**
or email: **psso@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.

nbcc north bristol children's centres
Wellspring Settlement
Central Bristol Children's Centres
EBCC East Bristol Children's Centres
SBCC South Bristol Children's Centres

BD16729


UNDER THE LIGHTS
sky bet CHAMPIONSHIP
EFL
£10 TICKETS
City WOLVES
WED, NOV 4TH | 8PM
Cabot Learning Federation Ticket Offer*
ADULTS £10 | JUNIORS £5
USE CODE: CLFCITY10
*Tickets available in the Atyeo Stand only
BCFC.CO.UK/TICKETS

CHANCE TO SHINE
Spreading the power of cricket

Free Indoor Cricket

Come and join us - all abilities welcome!

EASTON-Juniors

SUNDAYS-CITY ACADEMY SPORTS CENTRE

13:00-14:30

AGE 5-9

All sessions run during term time!

FOR MORE INFORMATION

kieran.slade@gloucestershirecricketfoundation.org

Gloucestershire Cricket Foundation

To register interest..

SCAN ME


WOMEN'S
TAPEBALL CRICKET
HUB
Day: Sundays
Time: 1-2.30pm
Location: City Academy
Sports Centre, BS5 9JH
Age: 16+
Free to attend
Indoor space
Female coach
Beginner friendly
CRICKET CITIES NATIONAL
TAPEBALL COMPETITON
Sign up here!
07534 541945
jen.muckle@gloucestershirecricketfoundation.org

BRISTOL FLYERS COMMUNITY HUB SESSIONS

VENUE: Cotham School, BS6 6DT

DAY: Saturday

TIME: 9am - 4pm

FOR: Reception - Year 13

Delivered by expert coaches. All abilities welcome.
Basketball focusing on developing skills, game play and fun.



STAY UP TO DATE

@bristolflyerscommunity @FlyersCommunity

Community@bristolflyers.co.uk

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

Sheffield Hallam University

YOUTH ENDOWMENT FUND

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

Bristol Horn Youth Concern

Bristol City Council

Love Stapleton Road

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.

THE NISBET TRUST

COMMUNITY FUND

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 021122

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



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