

*December 2021 – Term 2*

## January Return Dates

The plan for students returning after the break has been updated to include a day for Covid testing as directed by the Government. Therefore, all students return to school on Thursday 6th January. The plan is as follows:

- Monday 3rd January – Bank Holiday
- Tuesday 4th January – INSET day
- Wednesday 5th January – Covid testing taking place in the Sports Hall
- Thursday 6th January – All students return to school at 8.30am

### Covid Lateral Flow Testing – Wednesday 5<sup>th</sup> January

On Wednesday 5th January we will be holding Covid testing in the Sports Hall for any student who has consent for lateral flow testing.

Students can arrive any time within the time slots shown below. Students will have a test and then leave site to return home.

Any time between 9am to 11am – Years 7 and 8  
Any time between 11am to 2pm – Years 9, 10 and 11

## Safeguarding Information and advice for Parents/Carers

We have lots of information available about Safeguarding on our website here: <https://cityacademybristol.clf.uk/key-information/safeguarding-information/>

The first edition of the Cabot Learning Federation Parent/Carer Safeguarding Newsletter can also be found here: <https://cityacademybristol.clf.uk/wp-content/uploads/CLF-Parent-carer-Safeguarding-newsletter.pdf>

### Glass Bottles

Please note that students are NOT allowed to bring any type of glass bottles in to school, including water bottles.

## Important Dates

### REMAINING TERM DATES

#### Term 3

Thursday 6<sup>th</sup> January to Friday 18<sup>th</sup> February

#### Term 4

Monday 28<sup>th</sup> February to Friday 8<sup>th</sup> April

#### Term 5

Monday 25<sup>th</sup> April to Friday 27<sup>th</sup> May

#### Term 6

Monday 6<sup>th</sup> June to Thursday 21<sup>st</sup> July

### INSET DAYS

Tuesday 4<sup>th</sup> January 2022  
Friday 8<sup>th</sup> July 2022

### OTHER DATES TO BE AWARE OF

Wednesday 5<sup>th</sup> January 2022 – Covid testing day

Monday 2<sup>nd</sup> May 2022 – Bank Holiday

Thursday 21<sup>st</sup> July 2022 – students finish school at 12pm

Friday 22<sup>nd</sup> July 2022 – closure day

Visit our new website for news and events:

<https://cityacademybristol.clf.uk/>

Follow us on Twitter @ \_City\_Academy

# School Nurse Drop-In Sessions

We now have a school nurse called Ranjit, who comes to City Academy and runs a drop-in session for students. This is run every Thursday in room CE06. Students can book an appointment via the First Aider, or there is a drop-in clinic every Thursday lunchtime from 12.55pm to 1.30pm.

## CAB LGBTQ+

### lunchtime group!

Miss Jacobs and Miss Mulhern are running a LGBTQ+ lunchtime group. If your child is interested in attending the group, please ask them to speak to Miss Jacobs, Miss Mulhern or their Learning Facilitator.



## Careers Information for Year 11

Careers newsletters have been sent to all Year 11s with information about the post-16 applications process.

Parents/Carers can see the information here:

<https://secure.campaigner.com/CSB/Public/archive.aspx?args=NDg5NzU%3d&acc=NzY2Mzcx>



## Come & have a confidential chat with your school nurse



*Relationships • Bullying • HPV • Friendship Issues  
Staying Safe • Divorce • Exercise  
Puberty • Sleep • Anger • Contraceptive  
Advice • Smoking • C-Card and Condoms  
Healthy Weight And Eating*

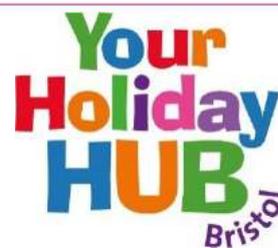
## Parent Coffee Mornings

We hold a Parent Coffee Morning every Thursday from 9.30am to 10.30am, run by our Family Support Team. If you would like further information. Please feel free to contact them by email on [Azmina.mitha@clf.uk](mailto:Azmina.mitha@clf.uk) and [Hinda.Noor@clf.uk](mailto:Hinda.Noor@clf.uk) Or by phone 0117 9413800 - Extension 232 (Azmina) or Extension 257 (Hinda).

Next term, the themes are as follows:

Term 3	Theme
06/01/2022	Homework support
13/01/2022	Safeguarding
20/01/2022	internet safety
27/01/2022	Self-harming/mental health issues
03/02/2022	Bullying/discrimination
10/02/2022	Attendance
17/02/2022	Truancing

# Winter Support for Children & Households



## CAB+ Cake Sale Success

The CAB+ cake sale last Friday was a great success and the students raised £106 for their charity Save the Children.



## School Food Champions

School Food Champions have been grilling head chef Adam Grinter about our school dinners. Adam was really helpful and listened to their suggestions and answered their questions

He told them that all meat at lunchtime is halal from a local farm, there are up to 7 vegetarian options in a day, and the school is environmentally friendly as possible by using recyclable containers and by recycling all food waste.

The students asked for spicier food and for burgers and salad bar to be available all year round. Negotiations will continue in the new year.



Please find below, information regarding the Youth Holiday Hub programme and Winter Support Fund in place over Christmas. Bristol City Council is not sending supermarket vouchers this holiday.

Instead, Children and young people who are eligible for free school meals will be able to access over 190 four-hour inclusive, free sessions at Your Holiday Hubs (YHH) across the city this school winter holiday. Around 35 organisations across the city will be running YHH programmes during the break, which will include a variety of fun activities, offering opportunities to learn and develop skills, alongside a nutritious, hot meal.

Activities include sport, cooking, arts and crafts, drama, dance and music, with organisations like Bristol City Robins, Bristol Somali Youth Voice and the SS Great Britain Trust.

A list of organisations and locations running YHH programmes are available on the Bristol City Council website here:

<https://www.bristol.gov.uk/people-communities/find-a-holiday-activity>

The YHH programme also includes over 3,500 food parcels from FareShare South West, which will be going to around 40 different organisations across the city, as well as 1,400 activity packs from the Children's Kitchen, Unique Voice and Children's Scrapstore.

Provided as part of the government's expanded Holiday Activities and Food (HAF) programme, the scheme provides enjoyable activities and nutritious meals for primary and secondary school aged children who are eligible for benefits-related free school meals.

Bristol City Council is working with local schools, voluntary and community organisations, and childcare providers to provide the HAF programme (Your Holiday Hub). The free places are funded by the Department for Education.

Please find full details via the links below:

[£4 million grant given approval to support vulnerable Bristol residents - bristol.gov.uk](https://www.bristol.gov.uk/news/4-million-grant-given-approval-to-support-vulnerable-bristol-residents)

[Your Holiday Hub returns to support families this Christmas - bristol.gov.uk](https://www.bristol.gov.uk/news/your-holiday-hub-returns-to-support-families-this-christmas)

# City Academy Council Information

## Community Engagement Meeting

We were pleased to hold our second Community Engagement Meeting, attended by many community groups, with an enthusiasm in the school to open up more to communities, to develop partnerships, and to work alongside community groups to keep improving outcomes for our students.



## How to find out more

If you want to find out more about us, or see minutes of our meetings, see our section on the school website [Academy Council - City Academy Bristol \(clf.uk\)](https://cityacademybristol.clf.uk/wp-content/uploads/City-Academy-Council-Pen-Portraits-2021-2022.pdf) and you can contact us via our clerk [linda.corbidge@clf.cabot.ac.uk](mailto:linda.corbidge@clf.cabot.ac.uk)

Why does City Academy have a Council and what do they do?

Local Authority schools have a Governing Body, which has responsibility for managing the school and holding the staff to account. As City Academy is part of a Multi-Academy Trust (Cabot Learning Federation), it has a different structure. CLF has a Board which carries out the management role for all its academies, and locally we have what we call the City Academy Council. This consists of sponsored councillors appointed by CLF, parent councillors elected by parents, and teacher and support staff governors elected by staff. We also have a Student Advocate role, along with the Principal and the Executive Principal from the CLF, Sally Apps.

The Academy Council members are:

Ruth Pickersgill (Chair)  
Clare Colvin (Vice Chair)  
Aylwin Yafele, Joanna Tomlin, Raymond Veira and Abdi Mohamed (Sponsored Councillors)  
Lin Thielen and Sabah Bakali (Parent Councillors)  
Claire Rodgers (Teacher Councillor), Ben Pearce (Student Advocate)  
Ben Tucker and Sally Apps (Ex officio members)

For more information about our Councillors, please see here: <https://cityacademybristol.clf.uk/wp-content/uploads/City-Academy-Council-Pen-Portraits-2021-2022.pdf>

Our official role is to 'hold Principals and their leadership teams to account for the quality and effectiveness of the academy experience of the students under their care.' We have regular meetings where we will focus on particular areas (like attendance, equalities or GCSE results) and we look at data, ask questions and make suggestions for improvement. We also have particular responsibility for monitoring performance and risks, and overseeing systems and processes for the safeguarding of children and the health, safety and wellbeing of academy staff. We are expected to both support and challenge the Principal to help them to improve the school.

We may spend meetings looking at policies or the Academy Improvement Plan, however we can also be seen around the school, as we have what we call link roles (e.g. SEND, Health and Safety, safeguarding) and we come in and look in more depth at those areas. We also try to hear the voice of the students and ask their views on what is happening (although this has been really challenging during COVID), and we do Learning Walks to look at teaching and can be asked to be on exclusion appeals or recruitment panels and try to act as a bridge with the local community.

Our two Parent Councillors, Lian and Sabah have particular responsibility for linking with parents/carers. They will be working closely with the new Family Support Team to run coffee mornings, Principal Forums and other events and training.

### Extra-Curricular Activities in PE – After school

Monday	Tuesday	Wednesday	Thursday	Friday
Cheer Leading E09 Miss Palmer	Maths Homework Club CE116	Badminton Sports Hall Mr Pearce/Miss Leat	Volleyball Sports Hall Mr Fudge/ Mr Marsh-Ballard	Year 11 Football Astroturf Mr Burfield
Football – All Years Astro Turf Mr Mooney	Basketball – All Years Sports Hall Mr Taylor	Boxing Sports Hall Mr Fudge	Table Tennis Sports Hall Mr Mooney	
Rugby Astro Turf Mr Marsh-Ballard	Girls Football Astro Turf Miss Palmer	Year 9 Football Astro Turf Mr Burfield	Girls Basketball Basketball Coach Mai/ Miss Broom	
Girls Rugby Astro Turf Miss Broom		Cinema Club R05 Ms Miller and Ms Ryan	Year 10 Football Astro Turf Bristol City Robins	
Maths Challenge Club R114 Miss Hill and Mr Ruscoe		Geography Cinema Club HD01 Mr Thayer		

### Lunch Times Clubs

Monday	Tuesday	Wednesday	Thursday	Friday
GCSE Drama Club A011/A012	Debate Club E119 Ms De Feo and Ms Luke	Newspaper Club E112 Ms Spring, Ms Mandel, Ms Begum, Ms Huang	Spanish Club Miss Toscano	Feminist Poetry and Views E03 Ms de Luca, Ms Yates
LGBTQ+ Group Discovery Ms Jacobs and Ms Mulhearn	EAL Club (Invitation Only) E115 Mr Dawski	Musical Theatre Club A011		Games Club (invite only) C010 Mr Arden
Choir Club A012	KS3 Drama Club A011A012			
	Music Club (all years) Music Department			



Community Children's  
Health Partnership



School Immunisation Team  
3 Station Road  
Pill  
Bristol  
BS20 0AB

16<sup>th</sup> December 2021

Dear Parent/Carer

### Back-to-School COVID clinics

The school-aged immunisation team are putting on COVID vaccination clinics for 12 – 15 year olds who have missed their **first** dose of the COVID vaccination for any reason at the UWE Mass Vaccination centre on Wednesday 29<sup>th</sup> December 2021 and Tuesday 4<sup>th</sup> January 2022. These are strictly by appointment only.

Please book an appointment at

<https://imms.sirona-cic.org.uk/covid19/2021/rebook>

These appointments are for first dose vaccinations only and if your child has had a positive COVID test result there must be a 12 week interval before they can be vaccinated

### Flu Clinics

We also have more flu clinic appointments available, including at Ashton Gate stadium and at UWE Mass Vaccination centre, these can be booked here

<https://imms.sirona-cic.org.uk/flu/2021/bookflu>

Although, the above link is for a nasal flu appointment we will be able to offer the inactivated flu vaccine (porcine gelatine free) for those young people who are unable to accept porcine gelatine products at the clinic. Please complete the form to book the appointment and you can request this on the day.

In the meantime, if you have any questions please contact the School Immunisation Team on 01275 373104 or email [sirona.sch-imms@nhs.net](mailto:sirona.sch-imms@nhs.net)

Yours faithfully

Karen Evans - Head of Specialist Services for Children

Service provided by:



# TIPS TO MAKE YOUR DAYS BRIGHTER THIS WINTER

## MY WELLBEING CHECKLIST

- ✓ Am I getting enough sleep?
- ✓ Am I eating well?
- ✓ Am I drinking enough water?
- ✓ Am I connecting with friends?
- ✓ Am I moving my body enough?

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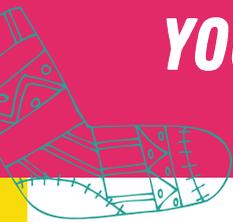


## A FEW IDEAS TO GET YOU STARTED

- ☆ Practice kindness to your family and yourself → ['14 Ways To Be Kind'](#)
- ☆ Make food together → ['Christmas For Kids Recipes'](#)
- ☆ Go outside in nature or for a walk → ['The Best Walks in Bristol'](#)
- ☆ Play a game together
- ☆ Do something creative → ['Top 10 Free Creative Ideas for Families'](#)
- ☆ Listen to music
- ☆ Watch a film
- ☆ Move - dance, play, run do yoga, play 'Statues'
- ☆ Grow a plant → ['Plants to Enhance Learning and Wellbeing'](#)
- ☆ Rest and sleep → ['Tips for Better Sleep'](#) | ['How to Relax'](#)
- ☆ Enjoy a bedtime story → ['How to Read a Bedtime Story'](#)
- ☆ Get some space → ['Safe and Peaceful Place Visualization Exercise'](#)
- ☆ Self-care menu → ['Self-Care, Anxiety and Depression Coping Strategies'](#)
- ☆ Wellbeing action plan → ['Wellbeing Action Plan'](#)
- ☆ Breathe! → ['Kids Meditation - Cooling Out Breath'](#)



## BOOSTING YOUR MOOD



### APPS

- ☆ [Calm Harm](#)
- ☆ [Clear Fear](#)
- ☆ [Calm](#)
- ☆ [Headspace](#)
- ☆ [DistrACT](#)

Happiness Chemicals and How to Hack Them	
<b>DOPAMINE</b> THE REWARD CHEMICAL	<b>OXYTOCIN</b> THE LOVE HORMONE
<ul style="list-style-type: none"><li>• Completing a task</li><li>• Doing self-care activities</li><li>• Eating food</li><li>• Celebrating little wins</li></ul>	<ul style="list-style-type: none"><li>• Playing with a dog</li><li>• Playing with a baby</li><li>• Holding hands</li><li>• Hugging your family</li><li>• Giving compliments</li></ul>
<b>SEROTONIN</b> THE MOOD STABILIZER	<b>ENDORPHIN</b> THE PAIN KILLER
<ul style="list-style-type: none"><li>• Meditating</li><li>• Running</li><li>• Sun exposure</li><li>• Walk in nature</li><li>• Swimming</li><li>• Cycling</li></ul>	<ul style="list-style-type: none"><li>• Laughter</li><li>• Essential oils</li><li>• Watch a comedy</li><li>• Dark Chocolate</li><li>• Exercising</li></ul>

## MANAGING CHALLENGING THOUGHTS & FEELINGS

- ☆ ['How to Deal with Unhelpful Thoughts'](#)
- ☆ ['Reframing Thoughts - Take That Thought to Court'](#)

## CHRISTMAS RESOURCES

- ☆ ['Tis The Season To Be Lonely' zine](#)
- ☆ ['Looking After Your Mental Health Over the Holidays'](#)
- ☆ ['Childline: Christmas'](#)

## CORONAVIRUS & MENTAL HEALTH

- ☆ ['Coronavirus and Mental Health'](#)
- ☆ ['Help With How I'm Feeling'](#)



## ***COMMUNITY RESOURCES***

- ☆ [Bristol Somali Resource Centre](#)
- ☆ [Barton Hill Activity Club](#)
- ☆ [Bristol Youth Concern](#)
- ☆ [Southmead Development Trust](#)
- ☆ [Southville Community Centre](#)
- ☆ [Hartcliffe & Withywood Community Partnership](#)
- ☆ [Bristol Refugee Rights](#)
- ☆ [Muslim Youth Helpline](#)



## ***ALCOHOL AND OTHER DRUGS***

- ☆ [Bristol Drugs Project: Contact Us](#)
- ☆ [Bristol Drugs Project: The Drop](#)
- ☆ [Bristol Drugs Project: Online Tools](#)

## ***SUPPORT FOR PARENTS/CARERS***

- ☆ ['Parents Survival Guide'](#)
- ☆ ['Supporting Your Child During the Coronavirus Pandemic'](#)
- ☆ [Action For Children: 'Talk To Us'](#)
- ☆ ['Five Ways to Manage Your Wellbeing as a Parent During Lockdown'](#)
- ☆ ['Guide to Supporting Children Who Are Worried'](#)
- ☆ ['The Stress Bucket'](#)



# IF YOU'RE STRUGGLING...



## **Kooth**

An online counselling platform for young people aged 11-18, allowing you to talk to a trained counsellor via webchat. You can also take part in discussion boards and read articles written by other young people.



## **Childline** | 0800 1111 (7:30am-3:30am)

Helpline and webchat where you can talk about anything that's on your mind.



## **CAMHS Crisis Line** | 0800 953 9599 (24/7/365)

Immediate emotional and practical telephone support for young people aged 17 and under.



## **Papyrus HOPELINEUK** | 0800 068 4141 (9am-midnight)

Offering phone, text and email support for young people experiencing suicidal thoughts.



## **Samaritans** | 116 123 (24/7/365)

Listening support for anyone who is struggling to cope and wants someone to talk to.



## **Shout** | Text 'SHOUT' to 85258 (24/7/365)

Text support for young people in crisis.



## **Campaign Against Living Miserably** | 0800 58 58 58 (5pm-midnight)

Helpline and webchat providing information and support.



## **The Mix** | 0808 808 4994 (3pm-midnight)

Information and advice for young people up to the age of 25, including articles, discussion boards, and phone and webchat support.



[creativyouthnetwork.org.uk](http://creativyouthnetwork.org.uk)



[bdp.org.uk](http://bdp.org.uk)



[otrbristol.org.uk](http://otrbristol.org.uk)



# ADULT EDUCATION COURSES



- **ESOL Entry 1, Entry 2, Entry 3, Level 1**
  - Provided in partnership with City of Bristol College
  - Free for learners on certain benefits, eligibility rules apply
  
- **Free ESOL for Beginners**
  - Informal classes
  - Tuesdays, 10 - 12
  - Thursdays, 10-12
  - Fridays, 10 - 12

**Enrolling now  
in the Beacon Centre, Autumn 2021**

For more information call

**Trina 0117 954 2806**

Beacon Centre, City Academy, Russell Town Avenue,  
Redfield, Bristol BS5 9JH

