



## Welcome



Dear Parents, Carers and  
Members of the Hanham Woods Academy Community,

As we reach the end of Term 3, I would like to take the opportunity to reflect on what has been a purposeful, energetic and highly successful term for our academy.

Students have demonstrated real determination and positive learning habits, and it has been a pleasure to see their confidence and resilience in action. The quality of work across subjects continues to be impressive, and many students have taken full advantage of the enrichment opportunities on offer—from sports fixtures and creative arts clubs to leadership activities within our school council and CLF community projects. A particular highlight was watching our students perform at the Bristol Beacon. Their enthusiasm and commitment bring great pride to our school community.

For our Year 10 and Year 11 students, this term has been especially important. They have approached mock exams, assessments and intervention sessions with maturity and focus. I am grateful to our dedicated staff who have provided expert guidance and support to help our students prepare for the challenges ahead.

Attendance and high expectations remain central to our continued improvement, and I want to thank families for your partnership in ensuring that students arrive ready to learn every day. Your ongoing support is crucial in helping us sustain high standards and secure the best outcomes for every young person.

As we look forward to Term 4, we remain committed to excellence in teaching, strong pastoral support and providing every student with opportunities to thrive both in and beyond the classroom. I am excited for what the next term will bring as we continue our journey of improvement together.

Thank you for your continued trust, encouragement and engagement. I wish all students, parents and staff a restful and enjoyable break.

*Mr. Ballard | Principal*

- Poetry Live
- Art
- Physical Education
- DoE
- MCAS
- World Book Day
- EAL Club
- Sparx Reader
- FHWA
- Safeguarding
- Wellbeing
- Attendance
- General Information
- Young Carers



**Cabot  
Learning  
Federation**



# Poetry Live



poetry  
**live!**

GCSE Poetry Day

**BATH**

Forum

BA1 1UG

Wednesday 21st January 2026

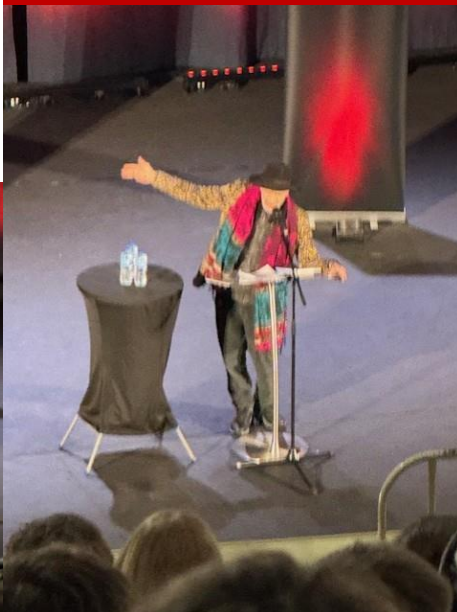
- 10.35 To seats
- 10.45 Introduction
  
- 10.50 Imtiaz Dharker
- 11.05 Questions
- 11.10 Liz Berry
- 11.25 John Agard
  
- 11.50 Break
  
- 12.10 Tony Childs
- 12.30 Carol Ann Duffy
- 12.50 Questions
  
- 1.00 Lunch
  
- 1.45 Tony Childs  
examiner session
- 2.00 Daljit Nagra
  
- 2.20 Short break
  
- 2.30 Simon Armitage
- 2.50 Questions
- 3.00 Ends

Chair Emmeline Armitage

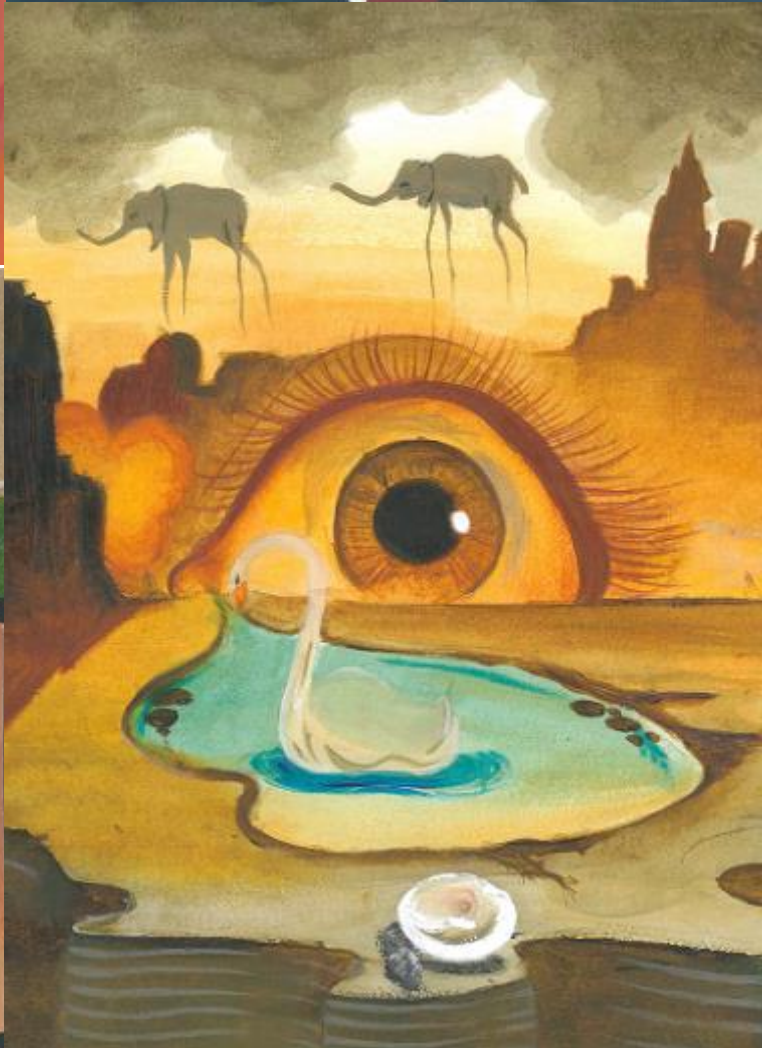
[www.poetrylive.net](http://www.poetrylive.net)



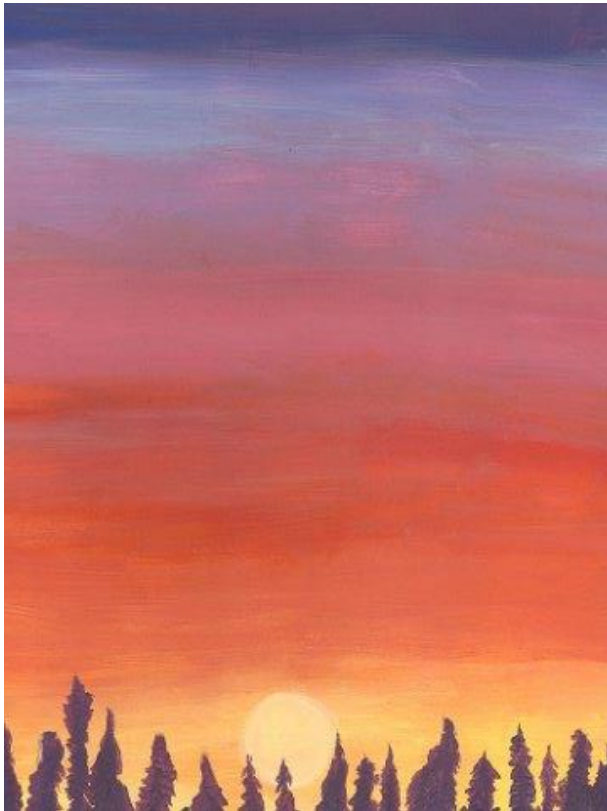
Year 11 attended the wonderful Poetry Live event in Bath. Many of the poets studied for their English Literature GCSE course were there to read their poems and explain what inspired or motivated them. Helpfully, an AQA Exam representative was also present to provide students with guidance, explaining how to approach answering the Unseen Poetry section in the Literature Paper 2 exam, which was very informative.



# Celebrating Y11 Student Artwork



# Celebrating Y11 Student Artwork





## EYE OF THE STORM



### COLOUR

This image has a range of flat colours with no sense of shading.

### CONTENT

This image is made up of everyday objects in a still life form.



### COMPOSITION

This frame is very random with layers of different objects which aren't drawn at their correct size. One focal point in this image would be the Safety Pin, this is because it is floating. This makes it very abstract.

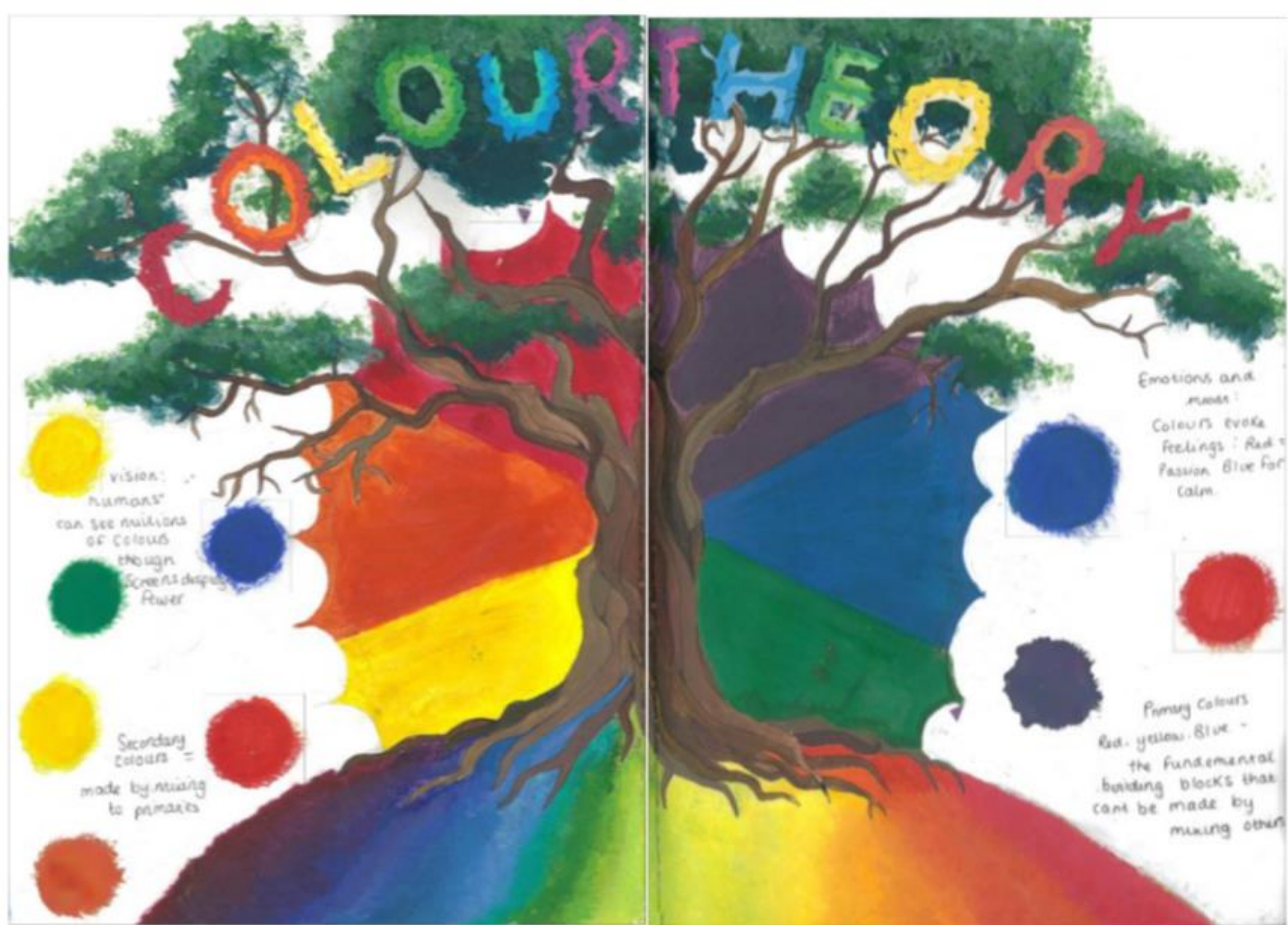
### TECHNIQUE

It's a large scale acrylic painting with precise lines which are achieved by using a piece of tape.

# A01



# Celebrating Y11 Student Artwork





A huge well done to all teams for competing so well and **congratulations** to Mangotsfield Year 7 girls and Hanham for winning the 3 remaining year groups - best of luck at the County Finals 🤗 🏆

Results are below:

## Year 7 Girls

1. Mangotsfield 145
2. Hanham 118
3. SBL 111
4. Downend 101
5. Kings Oak 92

## Year 7 Boys

1. Hanham 145
2. Downend 133
3. Mangotsfield 128
4. Kings Oak 97
5. SBL 79

## Year 8 Girls

1. Hanham 147
2. Mangotsfield 130
3. SBL 113
4. Downend 94
5. Kings Oak 93

## Year 8 Boys

1. Hanham 153
2. Downend 135
3. SBL 123
4. Kings Oak 104

## Sportshall Athletics County Finals

Yr 7 boys = 1<sup>st</sup> (County Champions)

Yr 8 boys = 2<sup>nd</sup> Runners up

Yr 8 Girls = 5<sup>th</sup>

The year 10s beat SBL 10-2 and 11s beat SBL (first ever win against the cup holders) 3-0.

2 amazing performances with fantastic attitude demonstrated by both year groups.

## Football

Yr 7s 5-0 Kings Oak

Yr 8s 5-0 Kings Oak

Yr 11s 3-1 Kings Oak

100% win for football teams so far!



# Physical Education



## Inter-house competitions



**BICKLEY**



**CLEEVE**



**CONHAM**



**HENCLIFF**



# Duke of Edinburgh Peer Reading Support



Adrian has been a fantastic peer educator, volunteering to support our least confident readers to develop their fluency and comprehension skills. He has made students feel at ease and valued as emerging readers during his regular weekly reading sessions in the School Library. Adrian has shown great patience and offered actionable feedback to the younger students whom he has supported.

Over the last year, Adrian's confidence has grown and, as he has become more comfortable in his volunteer role, he has helped the younger students develop their individual voices whilst they read to him and discuss their reading habits. At a time when reading for pleasure is decreasing amongst the younger population, it has been brilliant to have Adrian be a role model to students, encouraging them to read more and develop confidence as they become more independent readers.

I hope this experience has helped Adrian see how he can act as mentor and educator, perhaps using this as part of his future career pathway. Well done for your excellent contribution, Adrian!



We are delighted to offer our Year 11 GCSE English students the opportunity to attend a performance of *Macbeth* at the Tobacco Factory Theatre, Bristol, on **Tuesday 10th March 2026**.

We believe that watching Shakespeare's work performed live brings the text to life for students, and we are excited to enhance their understanding and appreciation of the play in advance of their GCSE Literature Paper 1 exam later this year.

*Watch this space for a review of the show in our next newsletter!*



# World Book Day



## THURSDAY 5 MARCH

### BRING US YOUR BOOK DONATIONS!

We would welcome donations of books suitable for our students at HWA. Please do have a look if there are any books you no longer read which could be used as part of our WBD celebrations. Donated books will be used at a 'Breakfast & Books' event where students will pick a book to keep. Students do not need to have donated to pick a new book. Please can book donations be brought to school on Monday 2nd March - these can be delivered to the School Reception.

### TUTOR TIME

Lots of fun activities are being planned for tutor time and assemblies to celebrate World Book Day!

### BOOK BINGO

Year 7 and 8 will be playing the much-loved Book Bingo game in their library lessons.

### STAFF DRESS UP

As in previous years. Staff will be dressing up as their favourite book characters. Don't forget to ask students who wore the best costume!



Due to the success of Lis Jardine's WBD visit last year, she will be returning to inspire the Year 7 students once again.

Lis (former HWA Librarian) will be talking to students about her wonderful 'The Detention Detectives' series on Thursday 26th February.

Students are welcome to bring a copy of the book along if they would like it to be signed.

WORLD BOOK DAY  
5 March 2026

**£1 Book Token**

Sponsored by  
**NATIONAL BOOK TOKENS**

Choose your £1 book **for free!**

Win Boris's ultimate reading tutorial!  
Discover the incredible world of books to read with Boris.  
Get a Boris Pledge and up to £300 worth of vouchers with over 1,000 titles to choose from.  
30 minutes up the global line awarded to you.

Book tokens will be handed out before end of term to Y7 - Y9 in tutor or available from the Librarian.

The tokens start Thurs 12 Feb – Sunday 15 March.

- Your local independent bookseller
- Argosy
- Asda
- Blackwell's (selected stores only)
- Easons
- Foyles
- Sainsbury's
- Tesco
- TG Jones
- The Works
- Waterstones
- WHSmith Travel (selected stores only)

<https://www.worldbookday.com/>





EAL club began this term and has been successful. Some students are on LEXIA literacy intervention software, whilst others are reading on our wonderful literacy package Sparx Reader.

*(EAL – English as an Additional Language)*



## Student Voice (in their own unedited words)

### About Friday club

*I'm Hassah, a student club. I'm enjoy with other students. Its so fun and helpful for English us. We work on computer in the sparx reader or core 5. In the Friday club, MS is with us she help is so much when we have problems and so kind as well.*

### About Friday club

*I'm Aisha a student in Friday club I'm enjoy with other students. We can learn English together. It's so fun and helpful for English us. We work on the computer in the sparx reader or Core 5. In the Friday club, MS is with us she help us so much when we have problems and so kind as well. I like her so much even Hassah my friend she likes also MS. When I want it help from school they told me you can study in Friday club. I found a lots of friend in Friday club. They are so friendly and help person. I want to say finaity that Friday club is so enjoy, helpful.*

LEXIA  
**POWER UP**  
LITERACY

Sparx Reader



# Sparx Reader Leaderboard



## Top 3 students per class on the Sparx Reader Leaderboard for 2026

[Recorded 09/02/2026]

### YEAR 7

**Ewan B**, Bobby S, Eli M

**Gracie S**, Elsie S Jacob H

**Gracie K**, Mackenzie D, Amelia B

**Jacob C**, Fraser K, Molly B

**Zacari D**, Olivia M, Nevaeh E

**Ruby B**, Cerys G, Mia G

### YEAR 8

**Kirk K**, Dylan H, Madison G

**Jack A**, Zi P, Emily A

**Max H**, Roman H, Ava F

**Robyn P**, Emmeline L, Anya W

**Isabelle D**, Evie M, Alfie C

**Noah H**, Naomi D, Lars B

Sparx Reader has been very successful in its second term as a homework for Y7 – Y9. It is also proving highly beneficial for our students for whom English is a second language. Overall, we have seen students increase in literacy levels since Sparx Reader has been implemented. We are delighted to see some of our most reluctant readers positively engaging with this as an additional reading resource.

### YEAR 9

**Blessing A**, Dylan W, Lucas G

**Ryan S**, Freya H, Libby W

**Niamh W**, Emma M, Henry W

**Jash Z**, Alexander B, Nancy G

**Olivia C**, Ella P, Finley C

**Marta K**, George B, Peter M

## Sparx Reader



All listed students have received

## Character Points





## Why does Sparx Reader exist?

Sparx Reader is an online reading platform that helps students to practise reading regularly, to set them up for success at secondary school and in life beyond.

**Building confident readers through regular reading practice**

<https://sparxreader.com/parents/>

## We are excited to have Sparx Reader at HWA

- Enhances literacy across the curriculum
- Helps to improve reading outcomes
- Builds confidence answering questions about unseen texts – essential skills at GCSE
- Develops students' comprehension skills

Years 7, 8 and 9 have been set Sparx Reader as homework. Students are required to read around 45 minutes a week. This is achievable with careful reading. If students read too fast or click random answers, they will not get the points they need. They can read for 10 minutes a day or complete the reading in one sitting.

Sparx Reader can be found on their student navigation page next to Sparx Maths. Students login using the same Microsoft email login they use for Sparx Maths.

### **SPARX HOMEWORK**

#### **HAND-IN:**

**Y7 – Wednesday**

**Y8 – Friday**

**Y9 - Thursday**

# Sparx Reader



# MCAS – My Child At School app



We have launched the MCAS app for parents and carers.

MyChildAtSchool (MCAS) is a portal that enables parents/carers to view **their child's attendance, behaviour, and academic performance** in real-time via a web browser or mobile app. This facility allows exclusive access to key academic dates, attendance information and the personal details the school holds for you and your child.

It is important that you **sign up** to this app; as this is now the only way that you will receive communication from the Academy.

If you have not signed up to this then please email [HWAMCAS@df.uk](mailto:HWAMCAS@df.uk) where they will then activate your account for you.

Please use one of the QR codes to download the app:



Apple



Google Play



# Friends of Hanham Woods Academy



Friends of Hanham Woods Academy

Welcome back to school, from all of us at the Friends of Hanham Woods Academy (FHWA). We hope you had a great summer. And welcome to all the new students and their families. We look forward to meeting you at tuck shop or when we're selling refreshments, and (sometimes) uniform at open evenings/performance events. For those of you that don't know us, and a reminder for those that do, we're a PTA of around 12 people (currently all mums, but dads and other carers are most welcome to join us!)

**We raise money and donate 100% of our profits to help improve our school**, enabling the staff to buy more new and improved resources, and helping them to provide student rewards.

Over the last year, we have supported many different projects to benefit as many students as possible. **Our biggest donation was £2000 for the refurbishment and restocking of the music department**, which is still in progress. We've also supplied **two new ovens for Food Technology**, given **£500 to the English Department to help fund a production visit**, funded treats, each term, for student rewards, and much, much more.

## Did you know that:

We raise money by running a tuck shop on the last day of each term, and on special days and open events.

We run a school uniform shop – pre-loved branded uniform items cost just £5/£2 for ties. You can donate good quality, outgrown/unused, uniform, to help us raise more money (and to declutter wardrobes!)

**Please email us at [friendshwa2022@gmail.com](mailto:friendshwa2022@gmail.com)**

You can help us increase our fundraising, with minimal effort, by downloading the easy fundraising app. Enter Friends of Hanham Woods Academy – Bristol as your chosen charity. Each time you use it to shop online (at no extra cost to yourself), companies pass on a small donation to us. Many big brands are involved, including Boots, M&S, eBay, Tui, H&M, Shein, Money Supermarket, Argos, and loads more. In August alone, we raised £42.32 through easyfundraising. This could be greatly increased if more people join – a great excuse for some retail therapy!

We're on Facebook, listed as Friends of Hanham Woods Academy. You don't have to be on the Friends committee to join the online FB group. However...



*We're always looking for more people to join us. We're a very friendly bunch, and we always have a lot of fun planning and running our fundraising activities. If you're interested in joining, or just finding out more, please get in touch 😊*



# HWA Safeguarding Team



**Miss Thorpe**  
Vice Principal  
Online Safety Lead



**Mrs. Hurrell**  
Associate Assistant Principal  
Strategic Safeguarding lead  
Attendance Lead



**Mr. Ballard**  
Principal



**Miss. Dickson**  
Designated  
Safeguarding Lead  
Prevent Lead



**Mr. Hocking**  
Assistant Principal  
Anti-bullying Lead



**Mrs. Gardner**  
Assistant Principal  
EDI Lead



**Mrs. Booy**  
Attendance Link Worker  
Attendance  
DDSL



**Mrs. Reeves**  
KS3 Pastoral Lead  
DDSL



**Miss. Marler**  
KS4 Pastoral Lead  
DDSL

[safeguarding@hwa.clf.uk](mailto:safeguarding@hwa.clf.uk)  
**SAFEGUARDING  
TEAM**  
**Hanham  
Woods  
Academy**



**Ms. West**  
Academy Councillor



**Miss. Snook**  
Attendance Officer  
Attendance



**Mrs. Smith**  
KS3 Pastoral Lead  
DDSL



# Safeguarding



[www.police.uk/streetsafe](http://www.police.uk/streetsafe)

For our latest HWA Safeguarding Newsletter go to:

<https://hanhamwoodsacademy.clf.uk/key-information/safeguarding-information-2/>



**Kooth**—Your online mental wellbeing community. Free, safe and anonymous support.  
<https://www.kooth.com>



**Childline**—a free, private and confidential service where you can talk about anything.  
<https://www.childline.org.uk>



**Off The Record**— mental health social movement by and for young people aged 11–25.  
<https://www.otrbristol.org.uk>

**YOUNG MINDS**  
fighting for young people's mental health

National charity offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers.

Parents Helpline: 802 5544

Website: [youngminds.org.uk](http://youngminds.org.uk)

Young Minds Crisis Messenger Service for free 24/7 support across the UK of you are experiencing a mental health crisis.

Text YM to 85258.

**shout**  
**85258**

here for you 24/7

**Shout**—Shout 85258 is a free, confidential, anonymous text support service. You can text us from wherever you are in the UK. If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day or night.

**Text SHOUT to 85258**



**Mind**—If you're struggling to cope, you're not alone.  
<https://www.mind.org.uk/>



**Place2Be**— We provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research. In addition, we also offer expert training and professional qualifications.  
<https://www.place2be.org.uk/>





## Reminder of the 5 ways to wellbeing

Especially in winter it is important for us to take care of our health and wellbeing. This isn't just our physical health but also our mental, emotional and social health too! The NHS recommend 5 strands that we can focus on to support our wellbeing, take some time to reflect on which ones you do well and where you could give yourself some more self-care.

**Take notice** – be aware of how you interact, your language and your actions

**Learn** – not only in school but also for yourself in your own areas of interest

**Connect** – speak with friends and family, share your day and ask about theirs

**Be active** – move your body regularly and even better if you can do this outside!

**Give** – your time, your effort and your attention to the people and things important to you





**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**

## REPORTING ABSENCES



Contact the Academy **before 8:30am** on each day of your child's absence with a clear explanation of symptoms or reason.

**Failure to do this will result in an absent call or message.**



**0117 4408900 (option 2)  
HWAAttendance@clf.uk**

## PUNCTUALITY

All students are expected to arrive at school in good time for the start of the school day **before 8:35am.**

If a student arrives after 8:35am, they will be marked in the register as late and will be issued with a 15-minute lunch time detention. Students with multiple late marks will receive a more serious sanction.

Being **5 minutes** late each day can result in over **3 days** of missed school per year.

Bring **15 minutes** late each day can lead to over **10 days** of missed school per year.

Bring **30 minutes** late each day can accumulate to over **20 days** of missed school per year.





## Medical Appointments

We understand that arranging appointments can be challenging. However, we kindly request that where possible, appointments are scheduled outside of Academy hours. If this is not possible, **please inform the Academy in advance and provide evidence of the medical appointment so that it can be authorised.**



**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**

## Feeling Unwell at School?

If your child becomes unwell during the school day, we kindly ask that a parent/carer comes to collect them. This ensures they are safe and comfortable and prevents them having to walk home while feeling poorly.



## Term Time Leave Request

Absent request should be made in **4 weeks in advance**, and only if necessary. Any request should be put in writing via the appropriate form. Term Time Leave request can be found on the Academy website or provided from the Academy reception team. Request will be considered by the Principal and Attendance Lead.

**Parents and carers are reminded that taking leave during term time without authorisation may result in a penalty notice of £80 per child, per adult. Additionally, repeated or extended absence could result in prosecution.**

## Home Visits

Home visits help establish and strengthen the relationship between staff, students, and their families, fostering trust and respect, and making students feel more comfortable and supported. By visiting students' homes, staff can gain a better understanding of the child's living conditions and family dynamics, which helps tailor educational approaches to better meet the student's needs. Additionally, home visits can lead to improved behaviour and conduct in school, as students often exhibit better behaviour and a more positive attitude when they know their teachers care enough to visit their homes. These visits also encourage parents to be more involved in their child's education, leading to better communication between parents and staff and ensuring that parents are consistently informed about their child's progress. Finally, staff can discuss any concerns or issues directly with parents in a comfortable and familiar setting, leading to more effective problem-solving and support for the student.



# General Information



*"Please can we ask parents/carers to regularly check that their child's Cafeteria balance is not overdrawn and upload funds via **SCOPAY** as necessary to clear any debt. Thank you."*

## Free School Meals

Do you think your child might be eligible for free school meals?

If you wish to apply for free school meals for your child attending Hanham Woods Academy you can apply either online, in writing to South Gloucestershire Council or by phone, **01454 868008**.

[Free School Meals Online](#)



## Data Protection

Following the UK Data Protection legislation (including UK GDPR), we asked for permission to process and use some personal and sensitive data belonging to students, for example photographs and recordings. This consent can be changed at any point. To change the level of consent given, please email us: [dataqueries@hwa.clf.uk](mailto:dataqueries@hwa.clf.uk).

**Please note:** Student photos in our Newsletters appear in both print and online platforms, including the Academy website.

## Change of Details

Please can you ensure that if you change address, Phone number or email address that you inform the school as soon as possible to ensure that we have the most up to date contact details for you and your child. Please email any changes to [reception@hwa.clf.uk](mailto:reception@hwa.clf.uk)

## Lost Property

Please ensure that all of your child's school uniform is **clearly labelled** with their name – named items are returned to students as soon as they are handed into the office.

This also includes **coats, water bottles and pencil cases**.

Students are able to come to the school office during break time, lunchtime or after school to claim any lost property. Parents are also invited to ring the school office or to come into Reception if their child has lost any items.

At the end of each half term any unclaimed items are sorted and either donated to 'Friends of Hanham Woods' for resale or sent to local charity shops.

## Student Absence

Absence line:  
**0117 440 8900**  
(Option 2)

Absence email:  
**HWAAttendance@clf.uk**





## Supporting an Autistic Sibling

We know many of our young carers help support their siblings with autism. This can be a positive experience, as they can share their unique qualities and outlook on life with you. It may help you to become a more accepting person. However, it may also be quite stressful at times.

You might be concerned about the future care needs of your autistic sibling (if they have high support needs), particularly when your parents are no longer able to be their carers. It may be useful to meet as a family to talk about ideal care options for your autistic sibling in the future. Your sibling should be included in this if possible, using whatever means of communication that will give them the opportunity to express their views.

## Teenage and child siblings of an autistic person

You may feel that your autistic sibling doesn't get told off as often as you do and that your parents give them more attention. As a sibling this may make you feel angry, sad, jealous, frustrated and/or confused. Watching [What is autism?](#) may help you understand why your siblings act in the way that they do.

Bridget shares her experience of having an autistic sister:

*"Even now I still find it hard. I'm a lot more patient with my sister than I used to be, and I'm trying to be a better sibling to her. I sometimes slip and get into a bad mood - but hey, I can't be perfect. I'm still getting used to the whole concept of autism, and I don't really understand all about it."*

It's important to remember that your parents don't love you any less than your autistic sibling. It could be that you don't require the same level of support that your sibling does, and so your parents feel they are able to trust you to do certain things alone.

Although it may be difficult, try to speak to your parents to tell them how you feel, you may feel more comfortable doing this by text or email. They may be able to arrange some time when it can just be you and them.

If you can't talk to your parents, then try to talk to an adult in school, a friend, a helpline or your support worker at young carers.

## In school

You could ask a teacher or pastoral support worker if they can teach autism awareness in school.

Talking to others who have autistic siblings may also help. There are some groups that your family can ask for support and who may be able to give you the chance to meet others in a similar situation.

Find out more about our National Autistic Society branches and groups. [Support & information](#) in Bristol or [Gloucestershire South](#)

Discuss with our online community (over 16s only) <https://www.autism.org.uk/what-we-do/community>

Visit Sibs, which offers support for siblings of autistic people <https://www.sibs.org.uk/>

Find out about Contact, a charity supporting families of autistic people. <https://contact.org.uk/about-us/>

Resources for parents of younger children with autistic siblings [http://autism.sesamestreet.org/storybook/we-are-](http://autism.sesamestreet.org/storybook/we-are-amazing/)

[amazing/](http://autism.sesamestreet.org/storybook/we-are-amazing/) or <https://www.bbc.co.uk/cbeebies/joinin/pablo-talking-to-your-child-about-autism>



# Family/Parenting Support



**NHS website:** Advice for parents on a range of parenting issues, including talking to teenagers, fussy eating and teenage aggression.

Website: [www.nhs.uk/family](http://www.nhs.uk/family)

**Parent Buddies** is a confidential, universal, one-to-one listening service offering short-term support depending on family need. Volunteers are trained to provide parents/carers with listening, and signposting to specialist services.  
<https://www.parentbuddies.co.uk/>

**CCP – Caring for Communities and People** – Offer outreach support for families at an early help level. Families can self-refer. [www.ccp.org.uk](http://www.ccp.org.uk)

## Support for families who have children with additional needs

### SEND and You - SAY:

Local SEN and disability information service (SENDIAS) - Information and support around Special Educational Needs and Disabilities, for children, young people and families. (previously Supportive Parents)

Tel: 0117 9897725 Mon-Fri 9.30 - 4.30 (answerphone at other times),

Email: [support@sendandyou.org.uk](mailto:support@sendandyou.org.uk)

Website: <https://www.sendandyou.org.uk>

### South Glos Parents and Carers:

Information and groups for parents who have children with a disability and/or additional needs. Offers a weekly drop in for parents and carers, support groups, workshops, counselling and events. They also run the Parent Carer forum in South Gloucestershire to collect feedback and views from families with disabled children.

Website: [www.sglospc.org.uk](http://www.sglospc.org.uk)

Email: [team@sglospc.org.uk](mailto:team@sglospc.org.uk)

### JIGSAW Thornbury

Support families who have children who are 0-25 years and have any additional needs or disability. This can be anything from learning needs such as dyslexia to complex disabilities or medical problems. Many children who come have no diagnosis. Weekly support group for parents, carers and children + training courses on a range of topics. Telephone: 01454 416381

Website: <https://www.jigsawthornbury.org.uk/>

## Adult Mental Health

**South Gloucestershire Talking Therapies - Vitamins:** Therapeutic interventions including counselling and group courses, in line with people's differing needs, age 16+. Self-referral via the website: <https://www.wellaware.org.uk/projects/talking-therapies-south-gloucestershire/>

Tel - 0333 200 1893

<https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/>

**Samaritans:** Free, confidential emotional support for those experiencing despair, distress, self-harm or suicidal feelings. Tel: 116 123 (free, from any phone, 24/7).

Website: [www.samaritans.org](http://www.samaritans.org)  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)



# Parent Carer Support



## Need Some Help Navigating Parenthood?

Is your parenting journey different to that of your friends? Maybe your child received an early diagnosis. Or maybe you are seeing areas where your child is experiencing difficulties, or you are finding their behaviour a challenge to handle. This could be:

- In school
- With friendships and peers
- At home
- During or after activities that should be fun
- Or all of the above.

Sometimes it comes as a shock to learn that you're providing much more support to your child than your friends need to; and we don't always realise we are Parent Carers to our child, until it's pointed out.

However you found out, we're here to guide you and welcome you into our supportive community.



## About SGPC

SGPC was started in 2009 by two mums who had trouble gaining the support they knew their children deserved and wanted to help make the journey easier for other Parent Carers.

Our team are Parent Carers themselves. We have felt the overwhelm, frustrations, heartbreak, determination, isolation, exhaustion, and unwavering love that many Parent Carers experience, and turned it into a passion to help make a difference for South Glos children with SEND, and their Parent Carers.

## Volunteering Opportunities

We welcome Parent Carer volunteers to join us - you can help in as little as a few hours a month - and we promise you'll feel valued and supported in your role.



## Join Us SGPC TEAM

team@sglpc.org.uk FB: @sgpc.community



Community Interest Company (not for profit) 8364673  
Copyright South Glos Parent Carers 2022



www.sgpc.org.uk



**WORKING TO SUPPORT ALL PARENT CARERS**

**NO DIAGNOSIS NECESSARY**

We listen to your experiences and gather your views

We work with professionals to shape the services available to your family

We connect you with our community of parent carers and other support

## Each Child Is Individual, And So Is Their Journey

Identifying additional needs and disability can occur at any point from pregnancy to secondary school (and beyond!). That's why we offer services that support Parent Carers of children from 0-25.

We work with Parent Carers at all stages and information can be found on our website to guide you through

- Early Years
- School Years
- Preparing for Adulthood

Our support takes many forms to ensure we can reach as many of you as possible.

## SGPC Services

- SGPC Community Base
- Online Support
- Community-based Support
  - Workshops & Information Sessions
  - Parent Voice
  - Little Treasures Stay-and-play group

## Together We Can Make A Difference

Hearing about your experiences is crucial for professionals who are working with us to design, shape, and improve local services for our community. We create lots of opportunities for you to share your stories and views:

- Surveys & Focus Groups
- Speaking directly with a member of our team
- Facebook Community Group posts
- Feedback via our support groups, training, and information sessions

## We Help Each Other

As the old saying goes, a problem shared is a problem halved, and sharing your views can also help you to process what you're living through, feel less isolated, and empower you. Sometimes, feeling heard can be beneficial to your overall wellbeing, and we can signpost you to additional sources of support or information we feel may be of benefit to you.





## Relationship Works – the new name for Relate Avon

We know that parenting can put a strain on adult relationships. We're here to help. Whether you're facing difficulties, looking to strengthen your relationship, or want help talking things through.

We're your local relationship specialists with over 80 years of experience and over 100,000 people helped. Whatever your circumstances, whatever your background, no matter how big or small the issues, we're here to help.

Adult relationship counselling: either online or face-to-face from our premises in Bristol or Bath.



**Relationship  
Works**

[www.relationship-works.co.uk](http://www.relationship-works.co.uk) / [enquiries@relationship-works.co.uk](mailto:enquiries@relationship-works.co.uk) / tel 01179 428 444

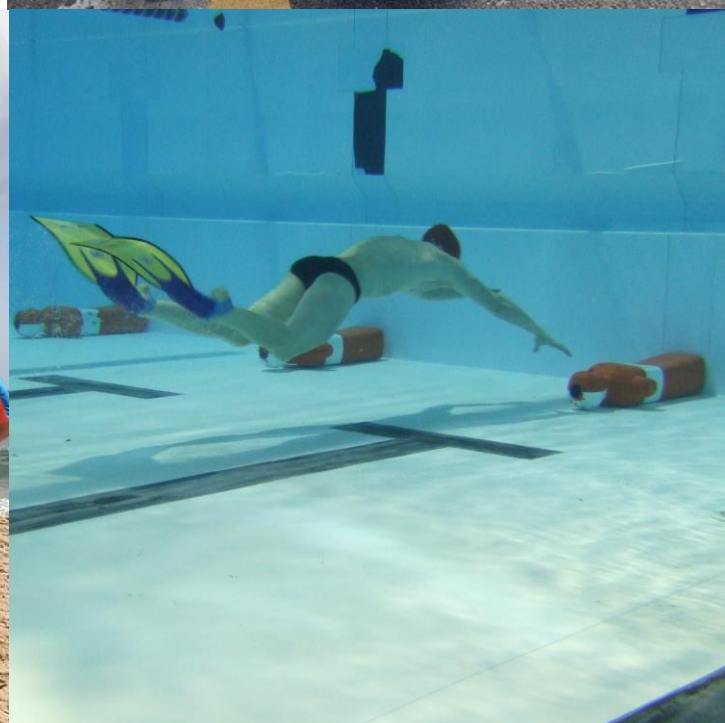
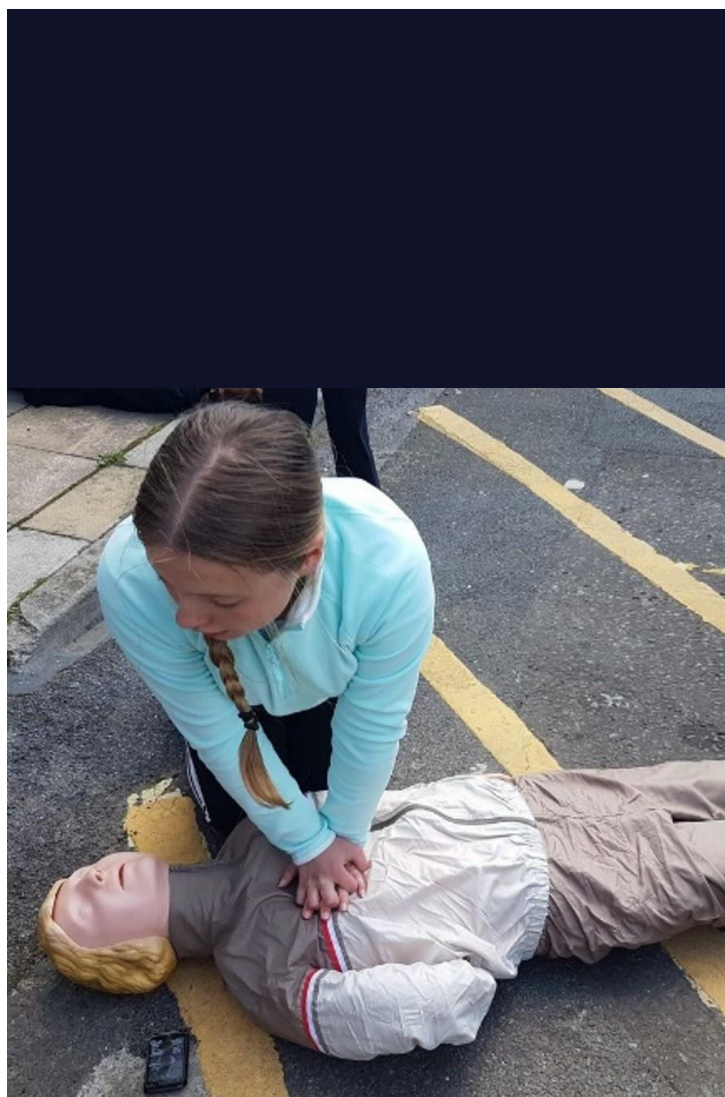




## Keynsham Life Saving Club

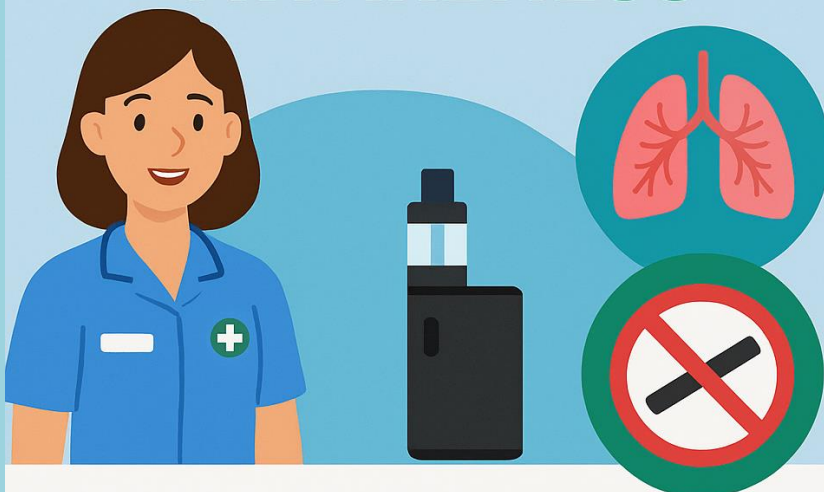
Welcome to Keynsham Life Saving Club! During our training sessions you'll learn essential first aid and water safety skills, including how to spot hazards and stay safe. We'll teach you how to react if you see someone in difficulty in the water, and how to rescue them safely. You'll get to try sample some lifesaving competition events, learn communication skills, and use specialised rescue equipment such as torpedo buoys and throw-bags. If you think you'd enjoy lifesaving, do please come along for a taster session- we'd love to see you there! Check our Calendar for our next training session.

For full details please visit [www.klsc.co.uk](http://www.klsc.co.uk)





## SCHOOL NURSING TEAM ROADSHOW VAPING & SMOKING AWARENESS



The School Nursing Team visited the academy on **TUESDAY 25TH NOVEMBER** and ran a **VAPING AND SMOKING ROADSHOW** to one of our **YEAR 7** classes.

The session focused on the dangers of vaping and smoking, helping students make informed choices for a healthier future.



On **Tuesday, 25th November**, the School Nursing Team visited the academy to deliver an engaging **Vaping and Smoking Roadshow** to one of our Year 7 classes.

This interactive session explored the dangers and health risks associated with vaping and smoking through practical activities that encouraged student participation. The aim was to provide accurate information and empower students to make informed choices.

### Topics covered included:

- Environmental Impact
- Unregulated Vapes
- General Knowledge
- Peer Pressure
- Health and Appearance

The workshop gave students the chance to reflect on their own views, learn from others, and gain valuable insights into these complex issues.

In addition, students received guidance on how to access further support from the School Nursing Service, ensuring they have the resources they need for ongoing advice and assistance.

Feedback from both students and staff was overwhelmingly positive, with many describing the session as informative and engaging. We look forward to arranging more of these workshops in the future.





A musical treat for the festive season!

# Holiday Singing Days

Two fun and engaging singing days during the Christmas Holidays. One for children in years 3-6, and one for those in years 7 upwards. With WEMA musician, composer and conductor Joe Galuszka.

**Monday 22 December: KS2 Singing Day**

**Tuesday 23 December: Secondary Singing Day**



More Information:

[wema.org.uk/music-activities-and-workshops](http://wema.org.uk/music-activities-and-workshops)





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.



# Free School Meals



Get in the **game** with **school meals**

South Gloucestershire Council  
Delivering for you

**BRISTOL BEARS**  
COMMUNITY FOUNDATION

The campaign is supported by Bristol Bears.

**Applying for free school meals could save you up to £414 per year, per child.**



You can check if you are eligible by using our online application form at: [www.southglos.gov.uk/schoolmeals](http://www.southglos.gov.uk/schoolmeals)



For more information, speak to your child's school.

## Your child could be entitled to free school meals.

You may be able to get free school meals if you receive 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)



You can check if you are eligible by using our online application form at: [www.southglos.gov.uk/schoolmeals](http://www.southglos.gov.uk/schoolmeals)  
For more information, speak to your child's school.



**The quickest way to complete your free school meal application is online.**



The Contact Centre is here to help and support those who are unable to access this service or require support in their online application. Contact **01454 868008** for more information.





## Help Us Improve School Vaccination Services

The NHS would like to hear your feedback about school vaccination services and your experiences when your child(ren) received their vaccinations.

Please share your views by completing the **BNSSG Parent / Carer Survey** using the link below:

[BNSSG Parent / Carer Survey](#).

Your responses are completely anonymous and will help improve vaccination sessions for families and schools.

**Deadline:** Please complete the survey by **16 January 2026**.

Thank you for your support in making these services better for everyone.





## Bristol

## Parent Power

### Parent Power: Your Guide to University Admissions

Join us for a special Parents Power session with the admissions team from **University of Bristol**.

#### This Session will:

- Explain the admissions process in a simple, supportive way
- Help parents feel informed and involved in their children's choices
- Strengthen your ability to guide and encourage your child
- Create an open space to share your views, questions and concerns
- Offer valuable, direct contact with university admissions staff

**Date : 16/12/2025**

**Time : 6pm -8pm**

**University of Bristol Micro campus, Ducie Road,  
Barton Hill, Bristol BS5 0AX**

To register your interest and find more information, scan the QR code or contact:

Abir Ahmed at  
[Abir.Ahmed@thebrilliantclub.org](mailto:Abir.Ahmed@thebrilliantclub.org) or 07366 594243



**UWE Bristol** | University of the West of England



University of **BRISTOL**

