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Hanham Woods Academy

Cabot Learning Federation

A word from The head



Dear Parents, Carers and Students,

Thank you, as always, for your continued support of the Academy. It is greatly appreciated and continues to make a real difference to the success of our students.

We are pleased to share that our revised **Behaviour and Rewards Policy** has now been finalised. We will revisit this work in September during our launch into the new academic year, to remind students of our expectations and celebrate the positive culture we are continuing to build.

Students have worked hard over the last two terms since I have been in post and have been keen to demonstrate their commitment to our Academy, striving to be their best and act as great ambassadors. Thank you. The culture of the Academy continues to grow, with a reduction in lost learning time and more positive starts to lessons. It is clear that students are enjoying their learning and are able to focus more readily in lessons.

Thank you for your continued support in maintaining our high standards, ensuring that students attend school regularly, arrive on time, look smart, and always give their best.

I have thoroughly enjoyed my first period of time at Hanham, getting to know the students and building positive relationships with families. I look forward to seeing the impact of the work we will undertake next year.

I am particularly looking forward to welcoming our new Year 7 students and their families to our community. Have a restful summer, prepare well for the new academic year, and I look forward to seeing you all in September.

Kath Cooper

Y11 Prom









Y11 Prom

















Y11 Prom








IT'S ALL ABOUT THE DRESS
SCHOOL'S OUT
BEST PROM EVER!!




BEST PROM EVER!!
SCHOOL'S OUT
PROM SQUAD


BEST PROM EVER!!
PROM SQUAD


SCHOOL'S OUT

Physical Education

South Glos Athletics results are in and following some brilliant performances by our students, there are some notable results. I have highlighted our results.

Given the circumstances, the large number of students unable to attend and the horrific weather, this isn't a bad effort!

Well done and thank you to everyone for pulling together and making this happen. The students did us proud!

HWA Results by gender:

Year 10 boys - 3rd
Year 9 boys - 3rd
Year 8 boys - 4th
Year 7 boys - 1st!

Year 10 girls - 5th
Year 9 girls - 9th
Year 8 girls - 6th
Year 7 girls - 12th

HWA Overall Year Groups:

Year 10 - 2nd
Year 9 - 7th
Year 8 - 4th
Year 7 - 5th

Overall Whole School - HWA = 3rd!!!



Geography

What a fantastic term it has been in Geography!

Students across all year groups have worked hard, thought deeply and achieved so much. Here's a round-up of the highlights...

Year 7

COASTS AND THE HOLDERNESS
Year 7 have been exploring the dynamic world of coastal landforms and the powerful processes of erosion. Students have investigated a range of coastal features, understood the strategies used to manage coastlines and taken a closer look at the challenges facing the Holderness Coast.
★ Well done Year 7 - your curiosity and enthusiasm have been fantastic!



Year 8

TECTONIC & CLIMATIC HAZARDS
Year 8 have delved into the fascinating (and sometimes fearsome!) world of natural hazards. From volcanic eruptions and earthquakes to hurricanes and droughts, students have built their knowledge and understanding.
A highlight has been watching and critically analysing Dante's Peak - bringing learning to life on the big screen!
★ Super effort Year 8-you've shown great insight and a real love of learning!



Geography

Year 9

EXPLORING WORLD ISSUES

Year 9 have been incredible global citizens this term, investigating a range of important world issues. We've explored the legacy of the last World Cup in Qatar, the impact of fast fashion, the destruction of rainforests and the importance of fair trade.

★ Thought-provoking discussions and excellent work all round!



Year 10

Year 10 have shown real determination and resilience this term as they completed their PPEs and sat their first official mocks.

The focus, preparation and positive attitude they've demonstrated will set them up for continued success as they move forward.

★Well done Year 10 - keep up the hard work!



Year 11

A FANTASTIC FAREWELL

We have loved seeing our Year 11 students grow, thrive and succeed over the years. Their hard work, commitment and humour will be greatly missed.

We celebrated in style with a fabulous prom- what an amazing way to say goodbye!

★ Good luck Year 11 - the world is yours!



Thank you to all our amazing students for a brilliant term.

Have a well-deserved break and we look forward to more adventures next term!

♥ From the Geography Department

Celebrating Student Success

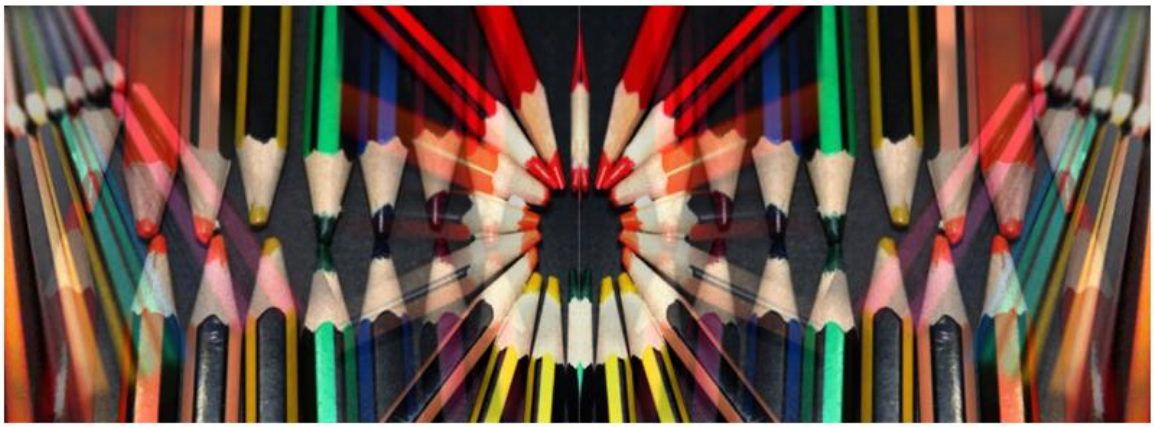


Kourtney



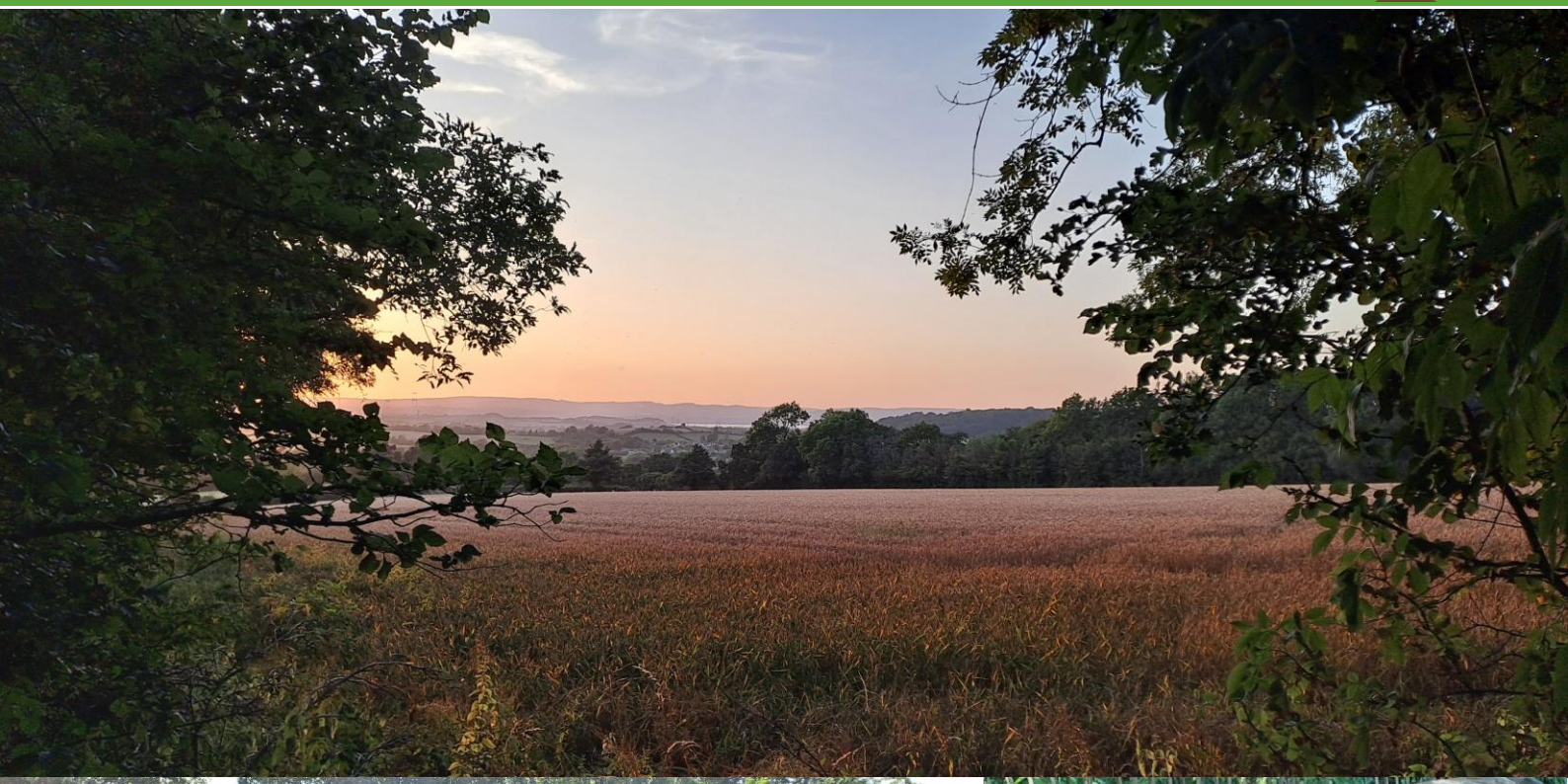
Amelie T

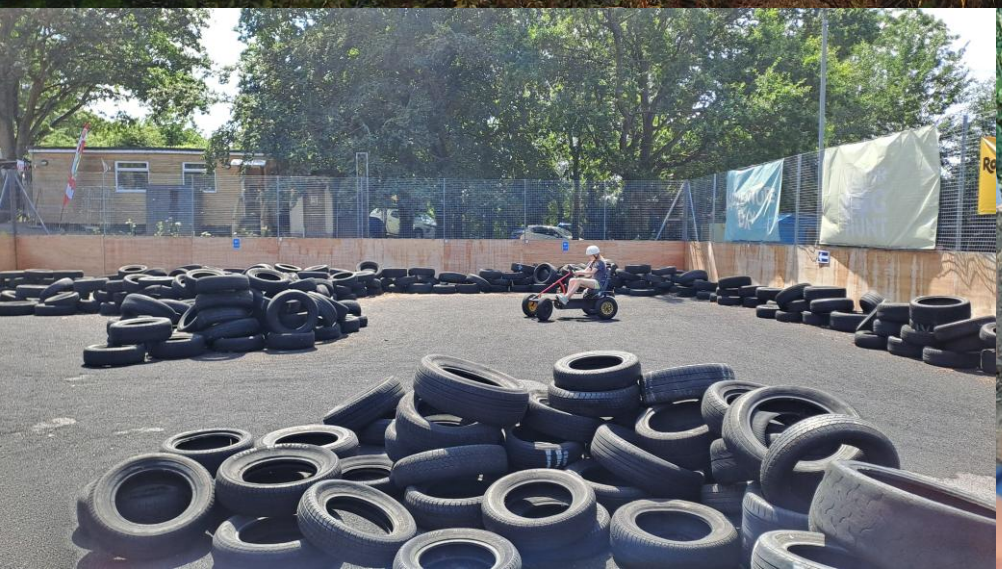
Y10 Photography



Maisie

HWA School Camp







"Camp was a fun experience. We did lots of activities and they were enjoyable. There was an adventure course, and it was fun, but the water smelt bad. On camp we also did abseiling it was high up in the air, but it was fun. We also made flintstone karts out of plastic barrels, logs and rope. However, my kart broke. The food was nice and we had a campfire and toasted marshmallows. We didn't sleep much because we were having so much fun, but the tents were very comfortable. Overall, it was a fun experience, and I would definitely go again." By Roman H

HWA Camp

"Camp was a fun experience. We did lots of activities and they were all really enjoyable. My favourite activity was when we had to climb up onto a small platform and do different instructions whilst trying not to fall off when there were 3 of us up there. I also enjoyed the adventure course because I got muddy and it was a great experience. We also did abseiling and although it was high up, it was still fun. During the day we played football and cricket. The food was nice and we had a campfire in the evening where we toasted marshmallows. The tents were comfortable, but I don't think anyone got much sleep because we were all talking through the night. Overall, it was really fun, and I would definitely go again." By Max H



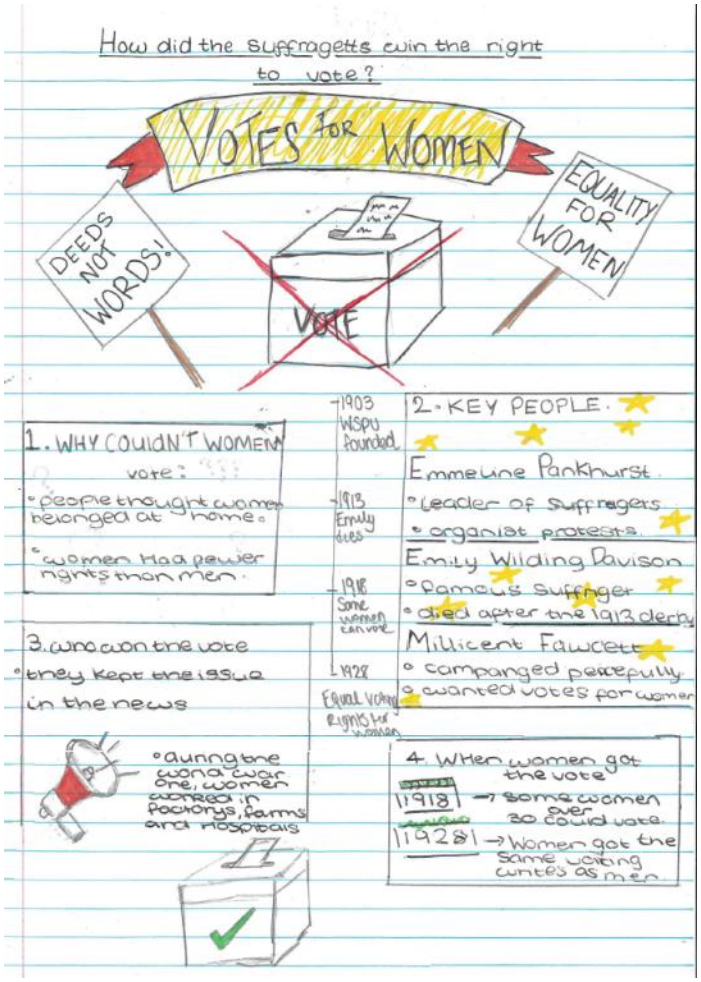







History

The history department want to say a big well done to everyone this year! We have been impressed all year by your hard work, inquisitiveness and love for history.



Year 7:

This year you have covered lots of topics and have blown us away blown us away with how you have tackled each of them from the Norman Conquest to Tudor England and African Kingdoms. Your homework projects were absolutely fantastic! We look forward to what you create next year. Here are just some of the highlights of your homework submissions!

Year 8:

What a fantastic year you have had! You have all tackled difficult historical topics with maturity and care including migration to Britain, the Enslavement Trade and the British Empire.





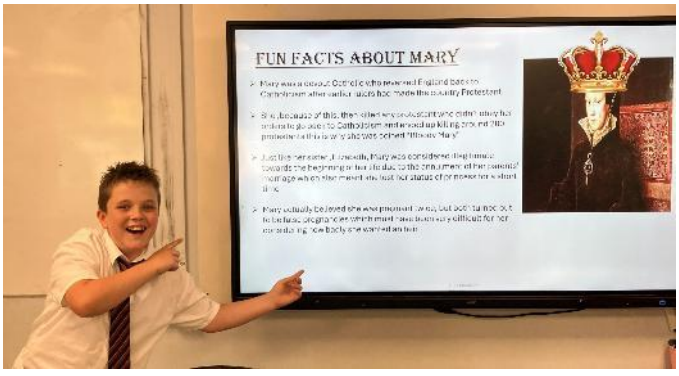
Year 9:

Well done year 9! You have been absolutely fantastic this year. The history department has been amazed by all of you this year. You have learned all about the 20th century and what an important time period it was with World War I and II, the Holocaust and the 1960s. We look forward to seeing many of you in our GCSE classes next year!

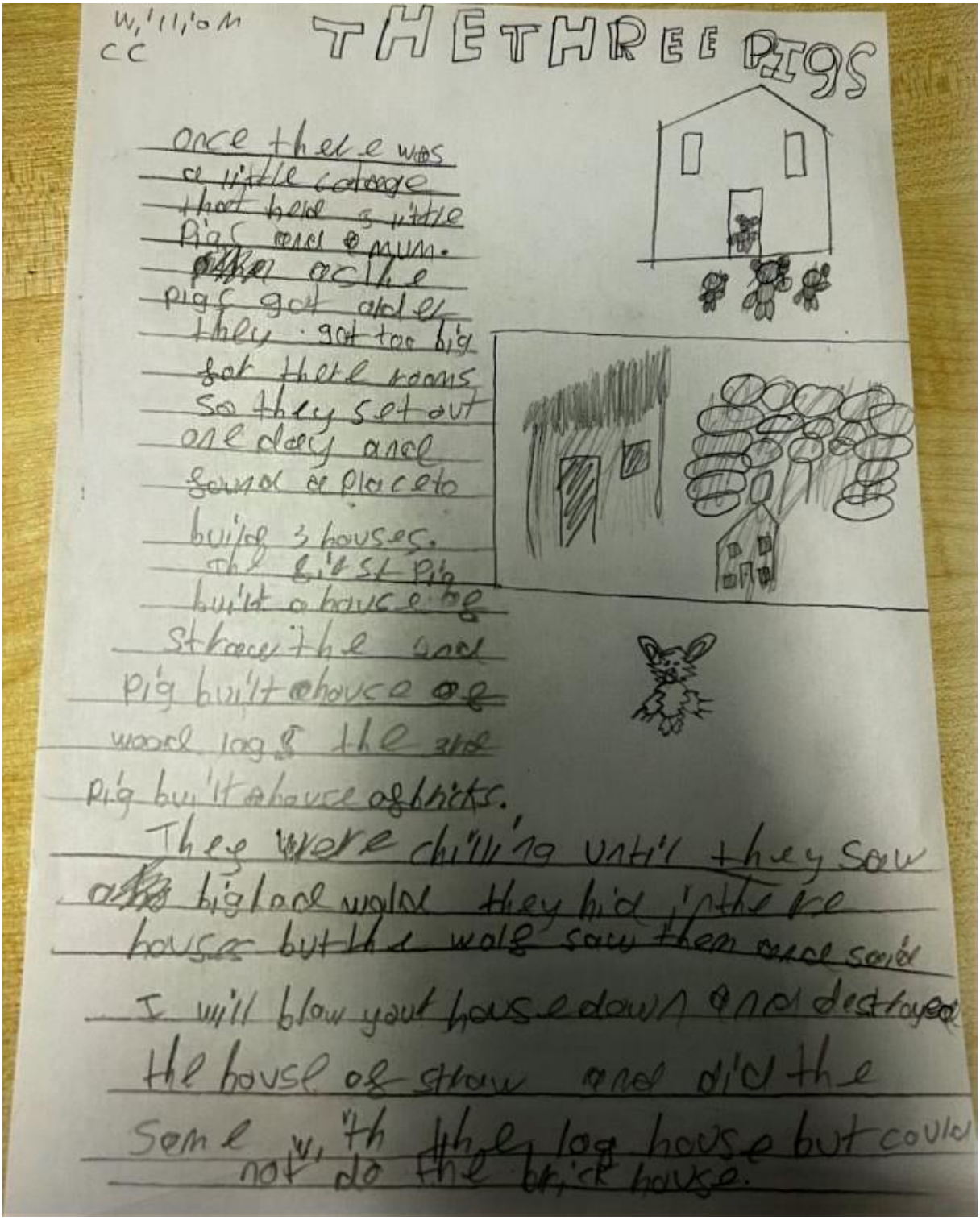


Year 10:

Well done year 10! What a fantastic end to your first year of GCSE. We are over halfway GCSE content having already covered crime and punishment, early Elizabethan England and half of the Cold War. We hope you have a restful break!







William C C (7B) Draw this picture and wrote this story/play idea in Drama today. The class were looking at a new genre of theatre called Epic Theatre, and tasked with taking a known fairytale and giving it a twist ending. William did an alternative task and produced this! He told me he was really proud of it.

Poetry by Maks

A voice calls in the wind.

Quiet, gentle

Unheard.

The wind blows.

East west

East west.

The shaking voice is broken in silent nothingness.

Nothing

Nothing

Nothing...

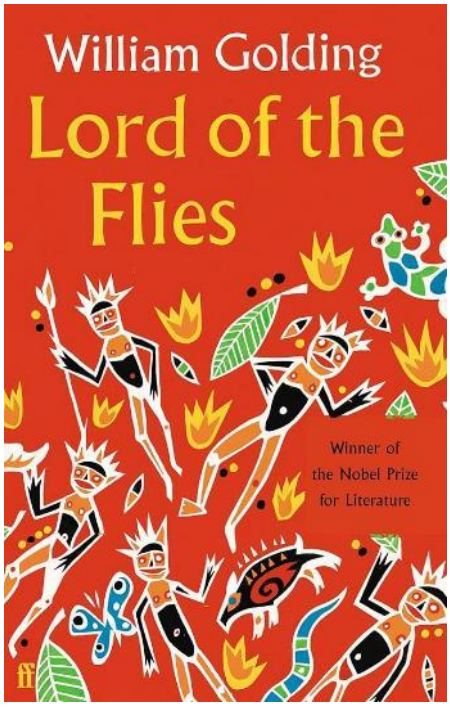
Your voice cries in the wind. No one will

Hear you.

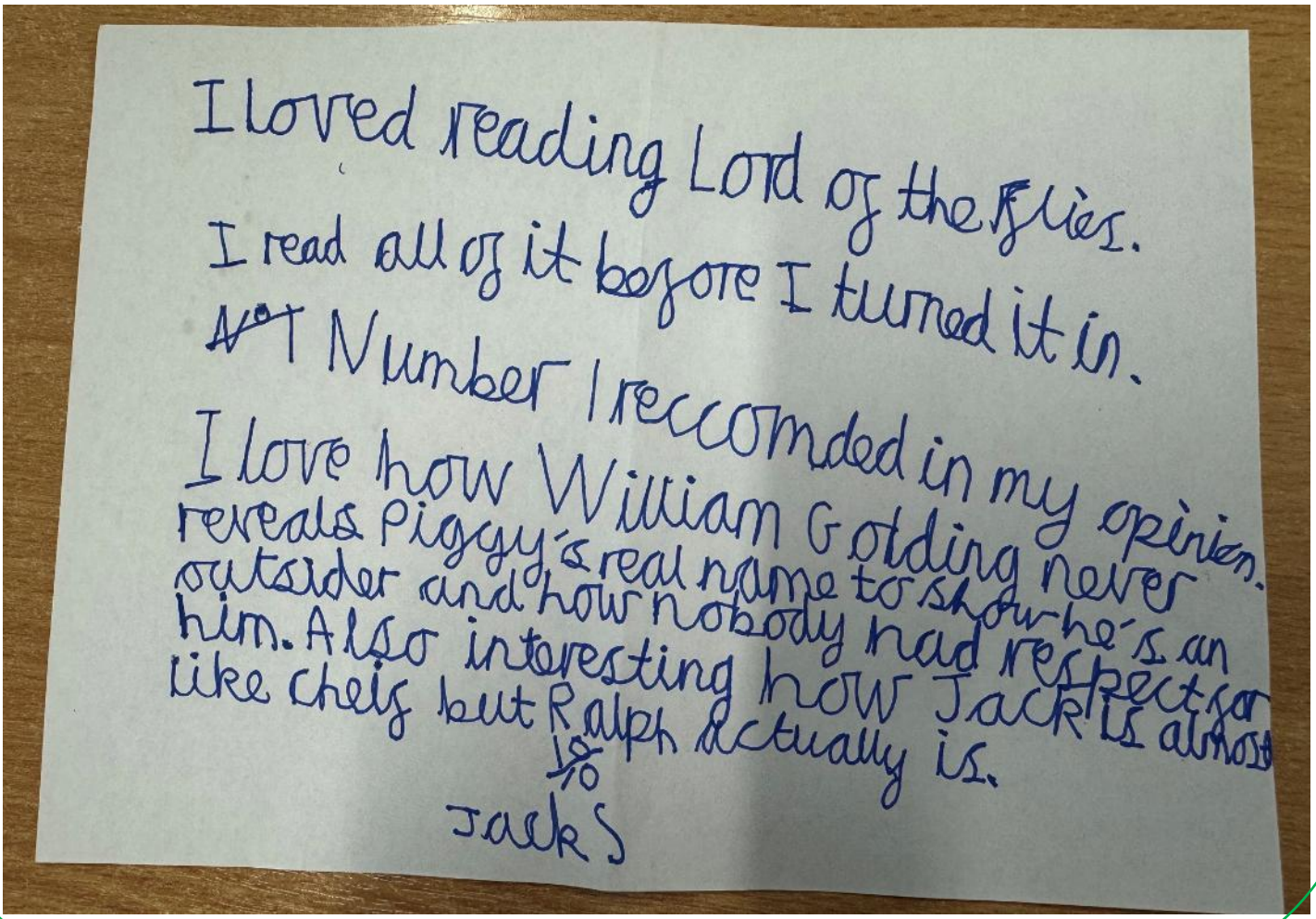
Be quiet.

Be silent.

Library



A book review of lord of the flies by William Golding, from one of the y8 students.


I loved reading Lord of the flies.
I read all of it before I turned it in.
~~Not~~ Number I reccomded in my opinion.
I love how William Golding never reveals Piggy's real name to show he's an outsider and how nobody had respect for him. Also interesting how Jack is almost like chief but Ralph actually is.
10/10
Jacks

The Mystery of James Sterling

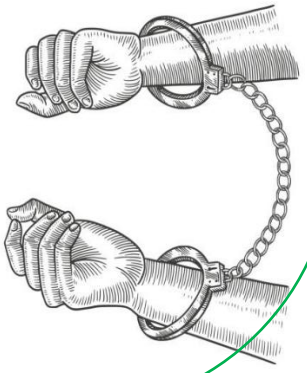
On the 21st of April 1985 a dead body was found washed-up on the shore on Santa Monica State Beach in Los Angles. Several detectives were sent to the scene. Little did they know this mystery was only the start of the endless story of twists and turns.

As many detectives arrived, only one stood out... it was the best detective in America. His name was Sgt. Trapp. Known all around the world, he walked out of a black porsche wearing only jeans and a plain shirt on a cold winter's day. A chill went down his spine as a body was found with a name carved in the tree next to him. The mysterious name was James Sterling.

Forty-six-year-old James Sterling was a murderer that broke out of jail the previous year. He was sent to be executed but on the way to the executioner's room, he had broken out of the chamber he was placed in. Death Row was the name of the place. The famous prison was almost unescapable but... only he escaped. It was then found that there was an opening on the top floor; security guards were confused to how he reached all the way up to the top of the building.

James Sterling was running through a deep, birch tree forest when he tripped over on a randomly placed pole. He was curious so he went to see what it was from. a shock went through him: he was looking at a mossy bunker door. When he tried to open it, his hands slipped off door. It was very hard to open! He then started to look around to find something to open it with. Then, out of nowhere, he spotted a stone button built to fit in with its surroundings. Once he pressed it, the door retracted into the ground before it was drawn to the side.

The police were looking for any trail or traces for DNA or locations. After hours of searching, a trail of footprints was found. As they followed the foot marks, one of the officers fell down a metal hole, the same one the murderous man discovered. Thankfully, she grabbed a hold of a rusty old pole about the length of a ruler. After throwing a torch down to test the depth of the tunnel, they let the fallen officer climb back up and sent troops down one by one.



After a few hours of waking up from the deadly fall, James rummaged around to find things like tools and weaponry. As he was searching, he found a pistol and a 9mm round ammo box. The weaponised man was now ready to explore the gloomy tunnel and try to find things for survival before he would climb back to the surface but soon, he would find out that it was a bad idea.

The police started to abseil down just in case the steps on the ladder were too weak. One by one the officers had reached the bottom, and they came

across the mess that it was in. It was an olive-green room that was rusted and chipped away and there were two columns of four big storage shelves that were knocked over. There were also files and documents about criminals and prison breakouts. At the end of the room, in the middle, the police had found a dark eerie tunnel. As Sgt. Trapp slowly walked in, being careful of his surroundings, all the rest of the police followed behind him. There was another shelf built into a wall. Inside of it was a singular note. The note said:

> Day 1 – the nuclear bomb has hit. Over half the planets population has died. Or that's what we think but we haven't come across any survivors yet, but this is only the beginning.
>
> Day 2 – this is bad! I was exploring and a survivor slashed my suit, and I am now exposed to the gases.
>
> Day 3 – now I am slowly dying and now this is the end_____

James Sterling was sprinting knowing that the police had come down and he then suddenly tripped on a step. It was so dark that he couldn't see that there were steps going up. As he started going up the broken stairs he couldn't think properly for all that has happened. It was a long day for Sterling although he did deserve to be executed. He didn't have long left until the police would catch up.

The police were dashing through the tunnels trying to navigate the murderer. Disturbed by the note, the police weren't on their full attention as they ran through a doorway and tripped on the exact staircase that James Sterling did. One officer was left behind as she had twisted her ankle and couldn't run. As the officers were running up the stairs Stg. Trapp knew that this would be another successful hunt because he could hear James Sterling panicking in the green abandoned forest. Their only suspect came to sight as Stg. Trapp tackled him to the ground. After getting handcuffed, James was annoyed because the officer that arrested him had another arrest out of the many. The execution finally taken place and James Sterling were killed as a consequence.

By William H

Fundraiser for Absolutely Together



🏎️ Lars' Sensory 1K for Absolutely Together! 🏎️
Hi everyone!

My name is Lars, and I am taking in the Sensory 1K at Parallel Windsor to raise money for a cause that means the world to me: Absolutely Together.
As someone with Autism, finding places that truly understand and welcome us is so important. I am incredibly proud to be part of the Absolutely Together karting group.

They do something absolutely amazing—they offer free karting to children with SEND (Special Educational Needs and Disabilities).
The joy, freedom, and confidence this gives to kids like me is hard to put into words. I am so grateful for the experiences I've had with them, and now I want to give back so more children can experience that same thrill.

🌟 How You Can Help
I am laced up and ready to run, but I need your support to help keep these karts rolling for families who need them.

Donate: Every pound helps provide free, accessible activities for SEND children.
Share: If you can't donate, please share my page to help spread the word!
Thank you so much for your support. It means the world to me!

Let's do this! 💪🏁 https://www.justgiving.com/page/lars-bond-16

Top 3 Sparx Reader students per class

Jan-July 2026

YEAR 7

Ewan B, Bobby S, Lily H

Gracie S, Elsie S, Jacob H

Gracie K, Mackenzie D, Archie P

Bella S, Molly B, Fraser K

Freddie M, Zacari D, Jack S

Ruby B, Sienna M, Claret N

YEAR 8

Kirk K, Dylan H, Madison G

Jack A, Zi P, Emily A

Max H, Roman H, Ava F

Robyn P, Ruby D, Emmeline L

Olivia F, Evie M, Alfie C

Naomi D, Noah H, Isla S

YEAR 9

Dylan W, Lucas G, Blessing A

Ryan S, Libby W, Livi H

Niamh W, Kuku N**,** Kyle G

Jash Z, Nancy G, Rhys I

Olivia C, Finley C, Ella P

Marta k, George B, Leah G



All listed students have received

House Points

[Recorded 18/05/2026]

Sparx Reader

Why does Sparx Reader exist?

Sparx Reader is an online reading platform that helps students to practice 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/

GCSE texts now on Sparx

KS3 curriculum and GCSE books are now on Sparx to support revision.

KS4 have both original and easy readers (ER) set of Macbeth and A Christmas Carol.
Y9 Romeo & Juliette (ER)
Y8 Animal Farm

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. Or by visiting http://www.sparxreader.com.

Students' login using the same Microsoft email login they use for Sparx Maths.

We are excited to have Sparx Reader at HWA

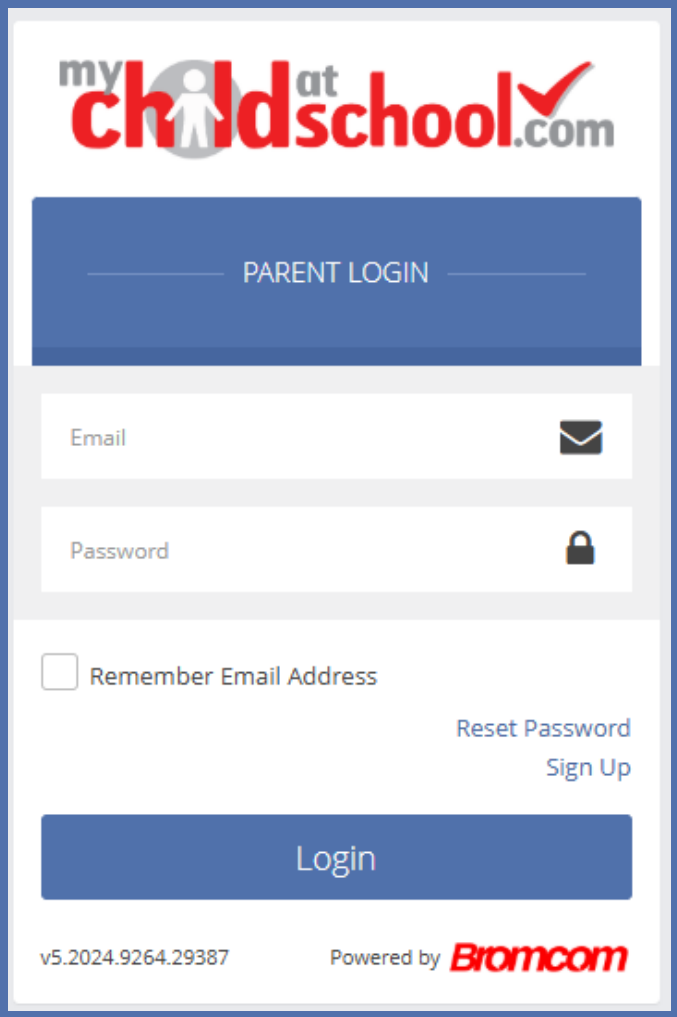
- Enhances literacy across the curriculum
- Helps to improve reading outcomes
- Builds confidence answering questions about unseen texts – essential skills at GCSE
- Develops students' comprehension skills

SPARX HOMEWORK HAND-IN:

Y7 – Friday
Y8 – Wednesday
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@clf.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

The Friends of Hanham Woods Academy (FHWA) would like to thank you, once again, for your continued supporting helping us to raise money for our school. Recently, we have served refreshments at parents' evenings, and at the brilliant school production of Mary Poppins, and have sold our usual sweet bags during breaktime at the end of term. We also continue to sell donated, branded school uniform - thank you to those that have passed items on to us.

Every penny that we make goes back into resources and treats for our children, and we aim to support causes that will benefit large numbers of students. We've recently donated money towards a 'Poetry Live' trip, and the Year7 author visit, helping these events to go ahead, and keeping costs lower for parents and carers. We provided breakfast items for year 11s taking exams, and paid for their post-exam inflatables on the field treat. We regularly donate money towards rewards for all year groups.

Sadly, a good number of the FHWA team will be leaving this summer, as their young people move onto college, and those of us that are remaining would like to say a HUGE THANK YOU to them for all their dedication and work over the years - some have been with the Friends for 6, 7 and even 9 years!

Being part of the FHWA is fun and rewarding – knowing that you're helping to provide extras for the students, especially when funding is currently so short for schools. It's a great way to meet other parents, to be part of a community, and it gives a chance to get to know teachers, staff, and students, which can often feel difficult once your children move onto secondary school.

We would love for more parents/carers to join our team, and we're holding a relaxed, no pressure, potential new members evening, from **7pm on Thursday 17th September, in the lounge bar at Hanham Community Centre**, for anyone wanting to come for a chat or find out more. Save the date!

In the meantime, we wish all the students and families a great summer break. From the FHWA
Email; friendshwa2026@gmail.com We're on Facebook, listed as Friends of Hanham Woods Academy. You can support us on easyfundraising.org.uk - enter Friends of Hanham Woods Academy – Bristol as your chosen charity.
https://www.easyfundraising.org.uk/causes/friendsofhwa/

HWA Safeguarding Team



Safeguarding



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

YOUNGMiNDS
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
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/

IMPROVING CHILDREN'S MENTAL HEALTH
Place 2Be

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.

Attendance

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**.

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

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 beak 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

MHST
Tools to thrive

OTR

NHS
Avon and Wiltshire Mental Health Partnership
NHS Trust

Mental Health Support Team (MHST)

Education Mental Health Practitioners (EMHPs) work as part of the MHST in your **selected schools**, either **1:1 or in groups**. We are trained to provide **early** intervention, Low Intensity Cognitive Behavioural Therapy **(LI-CBT)**, which is a type of brief talking therapy to help with **anxiety, low mood,** and other **wellbeing** struggles**.** It does take work so you need to **want to** work with us.
***We do not offer a crisis service.**

Get in Contact

0117 403 8735

awp.mhstenquiries@nhs.net

How can you access us?

Speak to a trusted member of staff in school who will work with the school **Mental Health Lead** (MHL) to make a referral to us.
OR

If you would prefer **not** to speak to a member of staff directly and think we are the right service for you, then complete a **self- referral** form by scanning the QR code or going to our website.

We will then meet with your MHL or review your online referral. Even if we are not the right service for you, we will still help your school to think about what options may be helpful.

If LI-CBT is suitable for you, then you will start meeting with your EMHP.

The MHST is a partnership between Off the Record (OTR) and CAMHS. We are working with **selected schools** across Bristol, North Somerset and South Glos.
To find out where we work, check out our webpage:
https://www.awp.nhs.uk/camhs/camhs-services/mh-schools/mental-health-support-team-mhst-2

This leaflet is also available in other languages. Please contact us for more information.

MHST
Tools to thrive

Young Carers

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 siblingshttp://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

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

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
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
Email: 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 - Vitaminds: 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.
Email: jo@samaritans.org

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 Us | News
Parent Carers | Events & Workshops
Support Services | Parent Voice

Sometimes a little information and guidance goes a long way!

No formal diagnosis is necessary to access our support and services. We welcome the opportunity to support you, and feedback your experiences and the support you need.

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@sglospc.org.uk FB: @sgpc.community

SGPC South Glos Parent Carers

Community Interest Company (not for profit) 8364673
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Members of NPCF

COMMUNITY FUND

www.sgpc.org.uk

SGPC South Glos Parent Carers

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.



"Your Voice"







School Nursing Service parent drop-in

If you are a parent or carer and would like to speak to a member of the School Nursing Team to get information and advice for your child, then please come along to one of our parent drop-ins.

This will also be an opportunity for you to meet with other parents and ask the School Nursing Team any questions you may have.

When: Every Friday including school holidays.10:30am -12pm

Where: Martins House, opposite Kings Oak Academy.

You can contact: School Nursing team 0300 125 5151.

Use the QR code to view our web page and find out more about our service.

Service provided by Sirona care & health

Firebird Band Camp



Join us at **The Engine Room** for a week of experiencing what it's like to be in a real band – songwriting, recording and live performance. Whether your child plays guitar, bass, drums, keyboard or sings, they'll form a band, learn to play a cover song, write an original song, and take the stage in front of an audience.

We're running two sessions in 2026:

- **Week 1:** 27–31 July
- **Week 2:** 24–28 August

Spaces are limited to 25 per week — book early to secure a spot.

Practical Info

Location: The Engine Room, Bristol, BS4
Time: 10am – 4pm
What to bring: Your instrument (we provide the amps), sticks, voice, and packed lunch
Led by: Charlie, professional musician and owner of Firebird Studios & The Engine Room
Supervised: Fully supervised throughout
Price: £250 per week

firebird STUDIOS

https://firebirdstudios.co.uk/firebird-band-camp-2026/



Recruiting now for volunteer

CADET LEADERS

IN SOUTH GLOUCESTERSHIRE

Do you have a **sense of adventure**?

Could you **make a difference** to a young person's life?

You don't need policing experience to volunteer. Our police cadets are supported by a fantastic team of volunteer adult leaders, who have different backgrounds and a diverse range of skills and experiences.

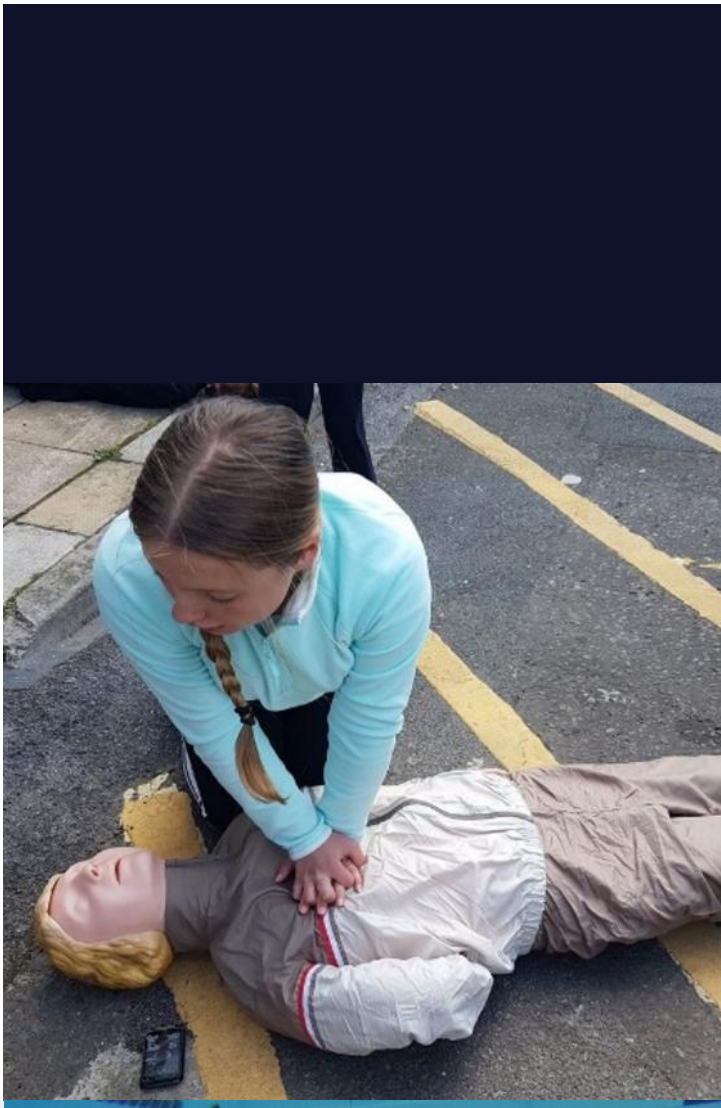
Based in Patchway or the surrounding area, they give a few hours of their time each week, to support our cadets as they learn about policing, participate in fun activities and attend community events.

Find out more or apply

If you're motivated, creative and looking for a new opportunity, scan the QR code to find out more or search 'Volunteering opportunities' on our website: **www.avonandsomerset.police.uk**

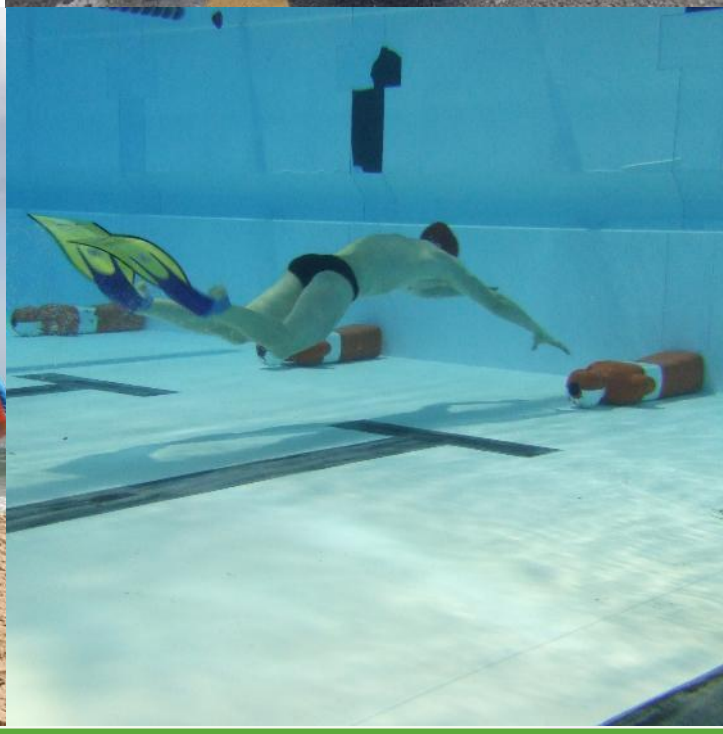
Keynsham Life Saving Club

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





Money saving summer holidays



PLACES KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2026



moneysavingcentral.co.uk/kids-eat-free

ANGUS STEAKHOUSE
Kids under 8 eat FREE daily, 12pm to 5pm

ASDA
Kids eat for £1 daily, with no adult spend

ASK ITALIAN
2 Kids eat free every day until Sept 6th 2026

BELLA ITALIA
Children eat free Sunday - Thursday

BEEFEATER & BREWERS FAYRE
2 Kids Eat Free Breakfast with 1 paying adult

BILLS
Kids Eat Free weekdays until September 1st 2026

BREWDOG
1 Kid eats free with 1 adult, 19th July - 31st August

CAFE ROUGE
Kids Eat FREE 12-4pm every day of the week

CHIQUITO
Kids eat free during all school holidays

COCONUT TREE
Kids eat free Mon 13th July - Sun 6th Sept

DOBBIES GARDEN CENTRES
Kids eat for £1 with an adult meal purchase

FARMHOUSE INNS
2 Kids eat FREE this summer holidays

FLAMING GRILL PUBS
Kids eat for 88p this summer holidays

FRANKIE & BENNYS
Kids eat FREE during school holidays

FRANCO MANCIA
Kids eat FREE school holidays Mon-Thurs

FUTURE INNS
Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS
Kids under 10 eat FREE all day, every day

HARVESTER
Kids eat for £1 every day until Sept 1st 2026

HUNGRY HORSE
Kids eat for 88p this summer holidays

IKEA
Kids get a meal from 95p daily from 11am

LAS IGUANAS
Kids under 12 eat FREE via the App

MARCO PIERRE WHITE
Kids under 12 Eat FREE daily with an adult spend

MORRISONS
Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM
Kids eat FREE with every £4 spend all day

PIZZA HUT
Kids Eat Free Every Day after 3pm

PREMIER INN
2 kids eat for free with 1 adult breakfast

PRETO
Kids up to age 10 eat free with 1 paying adult

PREZZO
Kids up to age 12 eat for £1 during half terms

PUREZZA
Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS
Kids eat for £1 on Wednesdays

SIZZLING PUBS
Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE
2 Kids Eat free breakfast daily with 1 paying adult

TESCO
Kids eat free every day this summer with a 65p spend

TGI FRIDAYS
Kids Eat Free until 6th September (Via App)

THE REAL GREEK
Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE
2 kids eat for £1 with 1 adult breakfast

TOBY CARVERY
Kids eat for £1 every day until Sept 1st 2026

TURTLE BAY
Kids eat free with every £15 adult spend via app

VILLAGE HOTELS
Kids eat free 20th July - 4th Sept via the village app

WHITBREAD INNS
2 kids eat for FREE with 1 adult breakfast

YO! SUSHI
Kids eat free all day (weekdays) in school holidays

ZIZZI
Kids eat free via app during school holidays

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GLEE Club

Matilda Musical Workshop 7-14 year-olds
learn vocals, choreography, perform!
WEDNESDAY 5TH AUGUST 9.30AM - 3.30PM
£35 PER CHILD OR £65 FOR SIBLINGS

SUMMER HOLIDAY PROGRAMMES

Hanham Community Centre

Physical Stories for kids

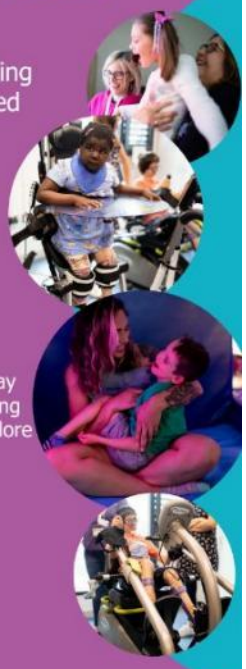
Create Stories, Games, Dance, Arts & Crafts for 3 - 7 year-olds!
THURSDAY 30TH JULY 9.30AM - 12.30AM
£18 PER CHILD OR £32 FOR SIBLINGS
PARENTS OF 3 YEAR OLDS ARE WELCOME TO STAY AND JOIN THE FUN - DISCOUNT AVAILABLE FOR STAYING PARENTS. 4+ YEARS CAN BE DROPPED OFF. LED BY A QUALIFIED TEACHER.

WWW.PHYSICALSTORIES.COM
PHYSICALSTORIES@GMAIL.COM

GYMPANZEES SUMMER POP UP 2026

Celebrating 10 Years of Gympanzees and Our 10th Pop Up!

Join us this summer for Bristol's leading accessible play experience for disabled children and young people.



Wed 5th Aug - Sun 23rd Aug 2026
Ilminster Avenue Nursery School
(it's much bigger than you might think)
Knowle West
Bristol BS4 1BX

Inclusive • Accessible • Fun

Experience specialist sensory and physical play equipment, exciting activities, and a welcoming environment where every child can play, explore and have fun. For ages 0-25.

BOOK NOW!
Scan/Click the QR code or visit the link below.

We can't wait to welcome you this summer - book your session now!

WEST OF ENGLAND MUSIC AND ARTS

INSTRUMENTAL & VOCAL LESSONS

Lessons are available in school, out of school and at weekends.



LESSON OPTIONS

30 minutes individual x 10 lessons	£253
20 minutes individual x 10 lessons	£169
30 minutes paired x 10 lessons	£124
Group x 10 lessons	£85

If your child is eligible for Pupil Premium funding, please ask at your school office about possible support.



INSTRUMENT HIRE
Instrument hire is available through WEMA.
Pupil Premium students are eligible for free hire.

For more details and to book visit:
wema.org.uk/learn-to-play

enquiries: create@wema.org.uk

Supported using public funding by ARTS COUNCIL ENGLAND

Saturday 25th July 2026

HORSE FEST

HORSEWORLD'S ANNUAL OPEN DAY
10:30am - 4:00pm
Fun for all the family!



☆Meet the horses ☆Demos ☆Stalls ☆Food

Booking essential

HorseWorld
Charity no. 1121920

www.horseworld.org.uk/events
Keynes Farm, Bristol, BS14 0QL
No dogs (except assistance dogs)



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 / enquiries@relalationship-works.co.uk / tel 01179 428 444

Free School Meals



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**
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**
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.

Family Maths Challenge

Answer from last term

6	1	8
2	15	4
7	5	3

Can you put the numbers 1 to 8 in each of the squares so that each side adds up to the middle number?

There are 8 solutions. An example of one is above.

Congratulations to the year 9 student and her mum who was the lucky winner of the chocolate.