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General Information



**T**erm 5 has marked the start of GCSE exams for year 11 who have risen to the challenge remarkably. It has been a privilege to continue to support our student through the culmination of five years of hard work to realise their full potential. Exams are set to continue until late June.

This term has seen some amazing sporting achievements; seeing students come together to peruse a shared goal and supporting each other to achieve it is an example of Academy Values in action; staff here at the Academy have enjoyed cheering students on from a variety of sidelines!

It has been a pleasure to see the hard work of students in years 7, 8 and 9 as they prepare for and complete their summer term assessments. I would like to recognise and thank year 10 students and their families for the preparation that continues to take place ahead of work experience in July; students across the year group are heading out into a huge variety of work settings. Activities through term 6 tutor will continue to prepare them to make the most of the fantastic opportunity to have a glimpse of the world of work.

During this term leaders have spent time reviewing our ready to learn system and have identified some adjustments that we feel will benefit our students. These will be implemented from the start of term 6, please make sure that you read the end of term 5 Academy updates letter to be aware of these changes.

I would like to wish students and families as restful half term break; we look forward to welcoming students back into the Academy on 2nd June.

***Dream BIG // Work Hard // Be Kind***

*Mrs. Tushingham*

*Vice Principal*



# Physical Education



**HWA year 11 football team won the Gloucestershire School FA U16 Country Cup Final. The team played at Cirencester Town FC supported by Elliott and Phil.**

The team did incredibly well to get to the final and a win is a phenomenal achievement



# Congratulations!





## Year 11 student Rugby Success!

Year 11 student Gracie, alongside her rugby team have been crowned league winners and National Champions. This is an incredible achievement and one we are very proud of. Please see below the article from Dings celebrating the win!!

### DINGS CRUSADERS U16 GIRLS CROWNED NATIONAL CHAMPIONS

Date: 5 May 2024

Location: Sixways Stadium, Worcester

Final score Dings Crusaders 43 - Sandal RUFC 10

Dings Crusaders RFC are proud to announce that our Under-16 Girls have been crowned National Champions after a commanding performance in the England Rugby National Cup Final held today at Sixways Stadium.

Facing a highly regarded Sandal RUFC side — twice winners of the title in the past two seasons — the Dings girls rose to the occasion in superb style. They surged into a 24–5 lead by halftime, displaying a blend of structure, intensity, and flair that set the tone for the match.

Sandal, known for their strong form in the North, mounted a spirited second-half comeback, showcasing why they've been such a force in youth rugby. But Dings held firm. With disciplined defense and excellent game management, they absorbed the pressure and regained control to seal a memorable and well-deserved victory.

This triumph marks a historic moment for the club and highlights the strength and potential of the women and girls' game at Dings Crusaders.

We commend the players, coaches, and all involved for their dedication and effort throughout the season.

Dings Crusaders U16 Girls – 2024 National Cup Winners. For further information, please contact: [join@dingscrusaders.com](mailto:join@dingscrusaders.com)





## Rugby sports report

This is a report on what happened on Thursday the 3rd of April at the Bristol bears training ground.

At 11:00am we all went to the pe block where we were told to wait in the gym room. Then at 11:30 we proceed to walk down to the minibus, we all got in and we were all told that we could get our phones out as long as we weren't posting pictures and texting friends in school.

We finally arrived at the bears training ground, there were other schools there as well and we walked into the huge building. We were walked down to the astro field by a Bristol bears coach and were advised to eat our lunch because we probably wouldn't have time any other moments.

Once we had been introduced to everybody we were separated into large groups. To get ourselves warmed up we played a game, some of us had a ball and we had to touch others on the shoulder to get them stuck like stuck in the mud and the only way to get unstuck is for another person to high five you.

Following that we had a rest then went back and played it again but a slightly different version, this one was practically tag but once you were tagged you had to freeze and someone with a ball had to pass the ball to you to unstick you from being frozen.

Next, we got called into the middle and told that we were going to do touch rugby/ T1 rugby. We all got lined up and separated into groups again, then we walk to our designated areas and started playing games of seven aside.

We then finished our day by getting signatures from some of the players that were there. After that we lined up and started our journey back to school. Once we were back, we went back into the gym room and waited for the final bell.

Megan





**Netball Tour** took place on the weekend of 25<sup>th</sup> April, with 27 students and 4 staff, leaving the academy at 2 o'clock to travel to PGL Swindon. The weather was kind to us and the sun shone all weekend, although at times it was very chilly!

We had 3 netballs entered, ranging from Year 8 to Year 10. They played in a tournament on Saturday and Sunday and during either the morning or afternoon had free time to take part in a variety of activities offered by PGL. These included the giant swing, a zip wire, leap of faith, archery and axe throwing. They also had a team challenge game on the Friday night and a silent disco on Saturday night. The silent disco is quite a sight!

All of the students were amazing ambassadors for the academy, playing well and demonstrating good sporting attitudes. One team of Year 9 made it into the semi-finals and achieved 3<sup>rd</sup> place. This was an incredible achievement as there were some extremely good teams in their group.

Thank you to the staff who gave up their weekend and the students for their great behaviour and effort.





Tuesday (7th May) **ESA Athletics competition.** We took Year 10 GCSE students and some Year 9 students and finished a wonderful 4<sup>th</sup> place despite missing some students on the day due to last minute injuries.

Notable performances from Ashton F - winning his heat in the 200m, Kai-on K winning the Javelin event & George S & Thomas S finishing 2<sup>nd</sup> & 3<sup>rd</sup> respectively in the Triple jump competition.

There were over 20 schools there from all over Avon!

Jordan E did a fantastic job as a leader helping to run the Shot Put event.

IN addition to this, the year 11 Football team's Regional Cup Final win & report last Thursday 8<sup>th</sup> May is up on the Website.





*"I am delighted to attach the poems from your students which have been selected for the CLF 15th Anniversary Poetry Anthology. Please congratulate them - the judging panel was impressed by their work.*

*We have had an overwhelming response, having received over 400 poems. We now have almost 200 poems which are going to be published."*

## Letter to an unknown ancestor

Dear sir or madam name unknown,  
Great-great-great-grandparent,  
Are you with others or alone?  
How are you at present?  
I hope the afterlife is treating you well,  
Is there a heaven and a hell -  
Or is it just some endless purgatory?

Here on Earth, I scarcely belong  
'Cept with my closest friends.  
Our bonds, they may be strong  
But I fear for if it ends.  
As I write this rambling verse  
In a world that's so diverse,  
I feel as if no other shares my story?

Hayden C, Year 9, HWA

## Not English

What I speak is not English  
It is Germanic that's true  
But it's also Cyrillic  
And Romantic too

What I speak is not English  
My Mum is of Bulgaria  
My Dad is of Poland

What I speak is not English  
It is entirely new

What I speak is not English  
And nor do you

What we speak is not English  
We each have a dialect

What English is is like what is a person is  
everchanging and each one individual

What I speak is mine.

Maks S, Year 8, HWA





## Top 3 students per class on the Sparx Leaderboard

# April

### YEAR 7

- A.** Izabella N-C, Ethan S, Liam D
- B.** Zi P, Jack L, Oliver V
- C.** Ava F, Tyler W, Ava F
- D.** Albie C, Jacob F, Ruby D
- E.** Olivia F, Joseph P, Sophia L
- F.** Amaya W, Naomi D, Lars B

### YEAR 9

- A.** Alice S, Thomas W, Isabella Y
- B.** Finley N, Harry S, Cordelia K
- C.** Oscar S, Logan H, Lilly S
- D.** Elizabeth S, Elsie-Mae S, Ethan W
- E.** Ben W, Seren L, Freya W
- F.** Hayden C, Harry F, Arthur S

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 8

- A.** Joel B, Mia T, Stanley P
- B.** Libby W, Brody C-H, Livi H
- C.** Niamh W, Favour B, Kyle G,
- D.** Maks S, Rhys I, Carla B
- E.** Olivia C, Jordan P, Ella P
- F.** Marta K, George B, Peter M

## Sparx Reader



All listed students have received a

# GOLDEN TICKET





## 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 bring Sparx Reader to 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
- Currently used as homework for KS3

Year 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. Student's login using the same Microsoft email login they use for Sparx Maths.

### HOMEWORK HAND IN

**Year 7 - 08:00 Wed**

**Year 8 - 08:00 Fri**

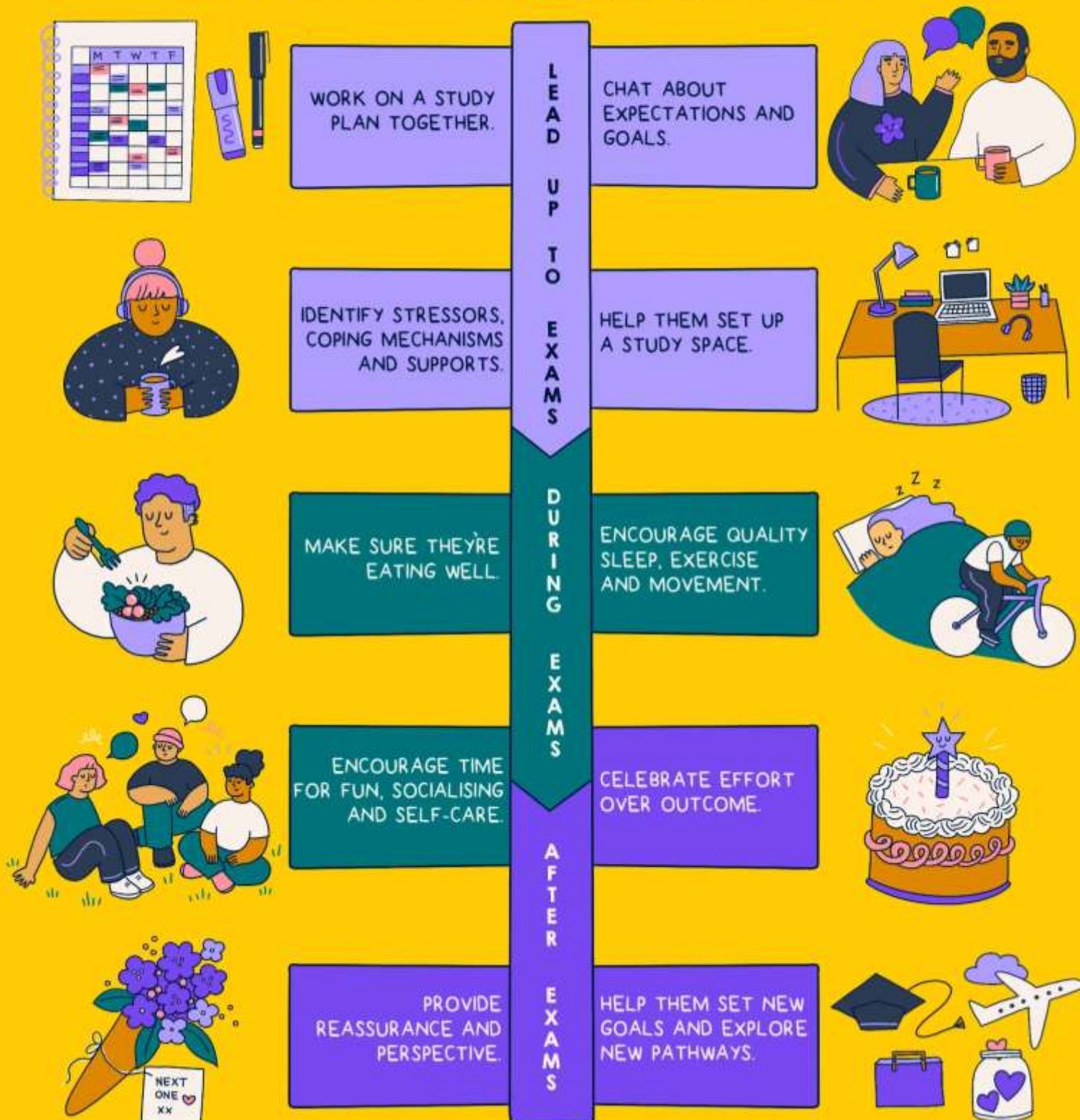
**Year 9 - 08:00 Thurs**

# Sparx Reader





## PRACTICAL STRATEGIES FOR MANAGING EXAM STRESS



# 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 from September this will be the only way that you will receive communication from the school, as we will no longer use our text message system.

If you have not signed up to this then please email [HWAMCAS@clf.uk](mailto: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





## NEWS

# Hanham Woods – where pupils can 'Dream Big'

HANHAM Woods Academy has won praise from Ofsted for encouraging its students to "Dream Big".

A team from the education watchdog spent two days assessing the school, during which time they met leaders from the school and its trust, spoke with parents and pupils, and carried out a range of inspection activities.

Although the visit was an ungraded inspection, Ofsted confirmed Hanham Woods has 'taken effective action' to maintain the standards which earned the school a 'Good' rating previously.

Inspectors highlighted the "ambitious curriculum", "calm and orderly" atmosphere and "high quality support" given to pupils.

In her report, lead inspector Sarah Favager-Dalton said: "The school has high aspirations of what all pupils can achieve. Pupils are encouraged to 'dream big' about their futures."

**Pupils and leaders at HWA are proud of the school's latest Ofsted report**



Ofsted noted: "In recent years, pupils have typically achieved well. However, the school's published outcomes in 2024 were below national averages. This is not typical for the school and is not reflected in the quality of education pupils receive currently."

To improve further, Ofsted said, the school should ensure children remembered what they had learned, should improve pupil attendance and should communicate with parents better.

Steve O'Callaghan, Principal at Hanham Woods Academy, said: "This is really proud moment for me as principal, to see the hard work of colleagues, students and the wider community recognised as we continue our improvement journey."

"We welcome the outcome of the inspection and are actively pursuing further improvement to give children the best chance of success."





The Friends of Hanham Woods Academy (FHWA) would like to thank you, parents and carers, for your ongoing support. Every time you send your child into school with a pound for tuck shop or buy a cup of tea at an open evening, performance, or transition event, 100% of the profit is put into the FHWA funds to support the school and our students.

Many of you will not be aware of how much those odd pounds, here and there, are helping, so much; since the beginning of this school year, we have contributed around £250 per term to Miss Hurrell's student rewards for positive behaviour and achievement; we've donated £2000 to the music department, to help with their overhaul (refurbishment, and buying new equipment/instruments), and we've given £500 to the English department to help enable them to organize a production visit, to benefit all of the year 10/11 GCSE students.

We've also bought reusable sushi mats, and two new ovens for food tech, and dry bags for all students taking part in Duke of Edinburgh expeditions, and more, besides. We try to use the money we raise to benefit as many students as possible.

We would like to thank you, also, for your donations of HWA branded uniform jumpers, ties and P.E. tops. Buying pre-loved uniform not only helps the environment but saves you the cost of buying brand new. We are always grateful for any donations of re-usable uniform – whether your child has outgrown them, or will be leaving school, and will no longer need them. Donations can be sent into the school office.

The FHWA are a friendly and enthusiastic bunch, trying hard to make a little difference. Sadly, we will soon be losing some of our members, as their children will be finishing their school journey. We will need to recruit new members in order to continue doing all we do. If you would be interested in joining us (if only for an hour a month, or as much as you're able – this could be helping to bag up sweets, selling tuck, getting involved with the school uniform stock, or serving refreshments at events etc), or if you have any questions, please email us at [friendshwa2022@gmail.com](mailto:friendshwa2022@gmail.com)



# Safeguarding



**Mrs Tushingham**  
Strategic Safeguarding Lead



**Miss Dickson**  
Designated Safeguarding Lead

**HWA Safeguarding team update:** We are pleased to announce that Miss Dickson has been appointed to the role of DSL. Miss Dickson has oversight safeguarding and child protection across the Academy works tirelessly to support vulnerable students and we are hugely fortunate to have her in role. Congratulations Miss Dickson!



**Mrs. Tushingham**  
Assistant Principal  
Strategic  
Safeguarding Lead  
Mental Health Lead



**Mr. O'Callaghan**  
Principal  
Online Safety



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



**Miss. Helen Barnes**  
Associate Assistant  
Principal  
Antibullying Lead



**Miss. Micky Snook**  
Attendance Lead  
Attendance



**Ms. West**  
Academy Councillor



**Mrs. Nic Hurrell**  
Associate Assistant  
Principal  
EDI Lead



# 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/](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>



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**—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 8:30am.**

If a student arrives after 8:30am, they will be marked in the register as late and will be issued with an after-school 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 or guardian 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 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: [Karen.Cooper@clf.uk](mailto:Karen.Cooper@clf.uk).

**Please note:** Student photos in our Newsletters appear in both print and online platforms, including the school 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](mailto: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 carer's. 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-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 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, frustration, 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

Community Interest Company (not for profit) 8544673  
Copyright South Glos Parent Carers 2022

Members of

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

## Your Voice

## 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.



# Chess Club



There Are 13 People That Go To Chess Club And It Is In The Math Block  
Some Of Us Often Host Mini Friendly Tournaments And There Are Plenty  
Of People At Different Levels and there are people from every year

**Chess Club Is On  
Every Monday  
From 3:00-  
4:00pm so come  
on by**



## ***Chess Club***

Chess Club Is A Fun Way To Play  
Chess With Lots Of Different  
People From Each Year In School  
And Anyone Can Come At Any Time  
And You Don't Need To Sign Up Just  
Come To The Math Block After  
School On A Monday

*Feeling Competitive  
Enough Join A  
Professional  
Tournament Held  
Across Many  
Different Schools (If  
Your Good Enough  
You Could Get An  
Award)*

They should  
join chess  
club



- Made , presented,  
and thought of by  
Ruben F YR8





We are looking for new players for next season



<https://www.fryclubjfc.co.uk/>

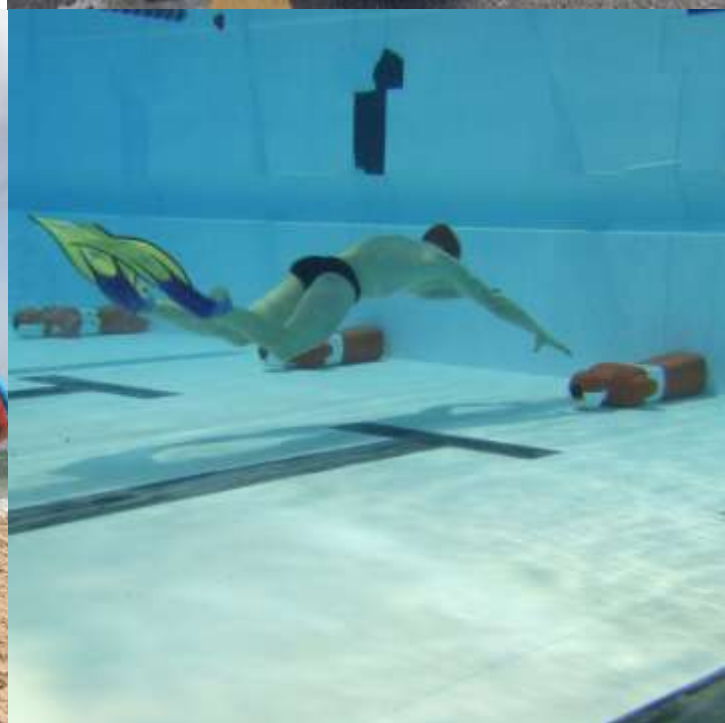
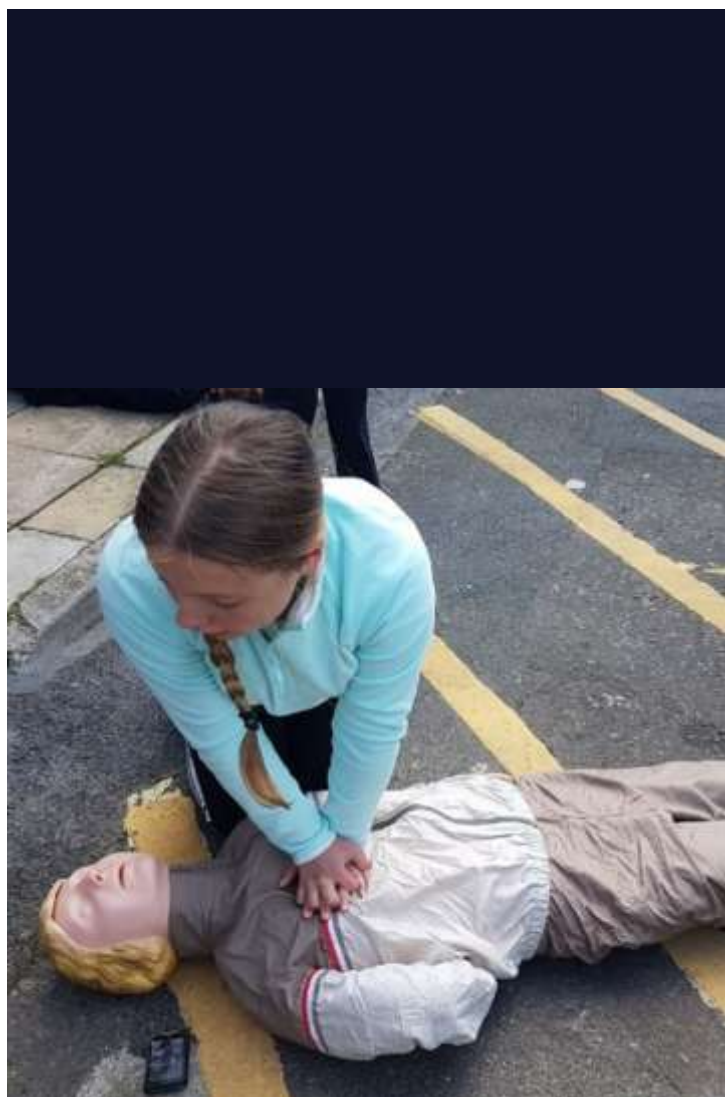




## Keynsham Life Saving Club

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](http://www.klsc.co.uk)





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



**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.

