



## Work Hard - Be Kind

Thank you to our children, families and local community for your support throughout the term. We hope that you enjoy reading our Term 2 Newsletter to find out more about what we have been up to this term and celebrate the progress and achievements that our children have made. We look forward to welcoming your child back into school on Wednesday 4 January 2023.

### Design a Bauble at KOA

Thank you to everyone who took part in the Friend of King's Oak Academy 'Decorate a Bauble' competition this term.

We hope you enjoyed decorating them as much as we enjoyed seeing them.

We are very pleased to announce that throughout the whole school 283 baubles were sold which made a profit of £90.

Here are some of the winners, well done!



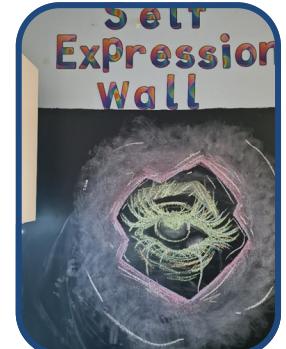
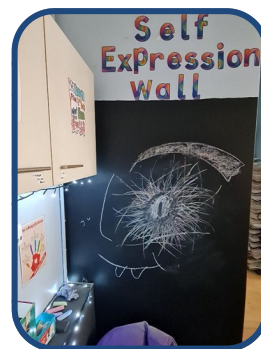
### The Hub at KOA

The Hub has been enjoying their trees and festive lights over the last few weeks. It has been giving students and staff a warm feeling whenever they come to the Hub.

Also, a few of our students have been expressing themselves on the Hub's Self Expression Wall while they were using the Chill Out Zone.

The SEND team and I would like to wish all our students and their families a wonderful Christmas.

Mrs Spicer—Hub Lead



A reminder that the last day of Term 2 is Friday 16 December. Term 3 starts for students on Wednesday 4 January 2023

## Careers at KOA

### Year 11 Virtual Mock Interviews

Well done to Year 11 students for their positive attitude and engagement in the virtual mock interviews. Many students were nervous but still engaged. All of Year 11 had the opportunity to have a virtual mock interview with external professionals.



Year 10 will hopefully have the opportunity to have face to face mock interviews in the summer term. Student feedback showed the students benefitted from the experience

and feedback from the interviewers showed that the students were respectful and engaged. Interviewers also gave students some useful feedback.

### Year 10 Work Experience

Year 10 students will have the opportunity to participate in work experience between 10-12 July 2023. Paperwork has been posted on Insight and when students have found a placement, they are also able to get paper copies of forms to be completed. Work Experience gives students the opportunity to gain valuable experience, build employability skills and get a taste of working in the 'real world', this is motivational and beneficial when considering their next steps.

### Year 11 Next Steps

All Year 11 students should be attending open events at local colleges, sixth form and completing application forms for chosen destinations. If students do not know what they are doing, they need to give their name to their tutor for a careers appointment.

#### **Useful websites:**

<https://post16.cif.uk/>

<https://www.sgscol.ac.uk/>

<https://www.cityofbristol.ac.uk/>

<https://www.gov.uk/apply-apprenticeship>

<https://www.careerpilot.org.uk/>

## Gardening Group at KOA

Thank you to all students and staff who came to our Winter Fayre, it was a huge success.

We raised £264!!!

A big thankyou to Debbs Spicer, for running the very busy lucky dip, Glenys Grass, who made the delicious jams and pickles from the school garden produce, Josh from Year 9 who worked with us on the stalls and the site team, who helped set up the event.

We had many donations from businesses from our community, which enabled us to run the event and raise money. Many thanks to:

**Bubble Tea CUPP; Asda; Team Sport; Bristol City FC; Circadian Trust; Bristol Loaf; Tesco; Wilko; Wetherspoons; Fire Away Pizza and Everyone Active.**



## CLF Talent Show

Friday 8 December saw the first ever BIG CLF TALENT SHOW, organised and hosted by City Academy. With a total of 24 acts from across nine CLF schools, two of our Year 8 students and one from Year 9 did an outstanding job representing the talent from King's Oak Academy. Ruby sang 'Nothing Holding Me Back', Aria was playing and singing 'Something Just Like This' and Peter performed an original composition, titled 'Synced' on vocals and ukulele. Well done to all involved.

## Performing Arts at KOA

### News from Music

It's been a busy two terms in Music.

**Year 7** have been improving their reading of Music and performing lots of Latin American rhythms. Ask your son or daughter to demonstrate

**Year 8** have been working on the Blues. After finding out about how the Blues was developed, they have been performing 12 Bar Blues, Walking Bass and different Blues melodies

**Year 9** have been composing and listening to Protest Music. They have produced some interesting and thoughtful lyrics for which they have started to compose backing tracks.

**Year 10** have started to cover different aspects of their BTEC Technical Award course, which is a new course being covered by us for the first time. The students are engaging well with both the historical, theoretical and practical aspects of modern styles, learning about styles such as Britpop, Rock, Motown and Soul. Year 10 have just begun studying their solo pieces for performance after Christmas.

**Year 11** have been continuing their preparations for the Music Industry, exam on January 12 2023. They have also started planning and preparing for the production of two Talent shows. Watch this space for further information!

Outside of the classroom the Christmas Concert last week was a great success. The choir and musicians performed to a packed Hexagon audience and a considerable amount of money was raised towards the KOA Minibus appeal. Thank you to the PTA for providing the refreshments!

One highlight (as well as the excellent BSL song) was the excerpt from Matilda which we are preparing to present in March next year. We are really looking forward to this and judging by the audience response so are parents/carers!

A BIG well done to all participants.....including the audience!

See our photos on the next page.

### News from Drama

Back to full business as usual for the Drama department as we are delighted to announce our new production of Matilda Jr. With over 40 students participating in the company, we are super excited to be able to anticipate a wonderful performance in front of an audience for the first time in three years!

KS3: In Terms 1 and 2 we have been studying the appreciation of major practitioners and basic skills.

**Year 7s** have been exploring the foundation skill required to be efficient performers on stage using Freeze Frames, narration, thought tracking all explored through group work and creative collaboration

**Year 8s** have been putting their performance knowledge and skills to the test with study of the iconic play Teechers by John Godber and the use of Poor Theatre techniques

**Year 9s** have explored major practitioners; Brecht, Stanislavski and Grotowski as we prepare for the advance skills and knowledge needed through to KS4.

KS4: Our amazing **Year 10s** have been learning to Fly and Walk on walls through the influence of Frantic Assembly, and how to produce ensemble work through exploration of our two texts: Les Misérables and The Curious Incident of the Dog in the Night-Time.

**Year 11s** have been preparing for their final practical exam which includes an 8 hours practical and the 3 hours written work. Next term is the real thing, so we wish them a restful yet resourceful holiday!

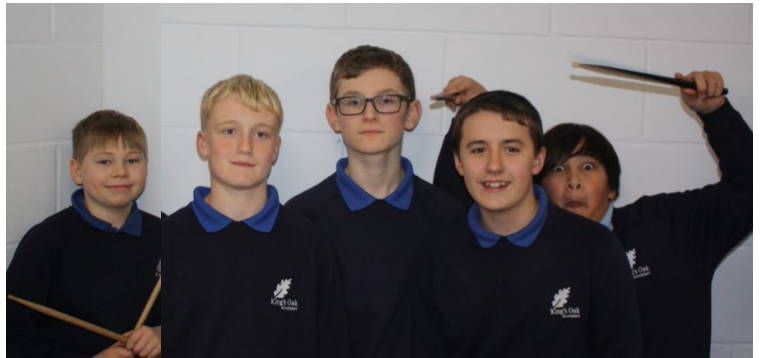
**Merry Christmas and a MUSICAL 2023 from the Performing Arts Team.**

### Staffing updates (Y7-11)

We are saying goodbye to a few of our colleagues this Christmas. Mr Kincel (Maths), Dr Kelly (Science) and Miss Jones (Creative Technology) have all given excellent service to the Academy and community over a combined total of almost 10 years. We would like to say a huge thank you for all that they have contributed and wish them well for the future.

These and other staff changes mean that we have taken the opportunity for some in-year timetable changes to Years 7-11. As such, timetables for all students in Years 7-11 will be re-issued through Insight over the holiday, with students receiving a paper copy on Wednesday 4 January when they return to school. The names of new teachers will be updated at the start of next term.

## Christmas Concert at KOA



## Sport at KOA

### KOA Football Festivals for CLF Sport

King's Oak hosted two girls football festivals in November. We had over 190 students from across Bristol and South Gloucestershire attend over the two dates. Our first festival was held for Years 7 and 8. There were a total of 12 teams participating. It was so lovely to see so many students enjoying and playing high quality football. The following week, it was the turn of Years 9 and 10. The King's Oak team won the tournament, after a bumpy ride, with penalties in the semi-final and extra time in the final. It was two fantastic events!



### Year 7 Netball Tournament at Hanham Woods

Our Year 7 netball team travelled to Hanham Woods Academy on a very cold, Wednesday afternoon at the end of November. It was a rearranged fixture due to bad weather conditions, and the girls played with high spirit.



Their performances improved over the tournament and were a credit to King's Oak Academy.

### Years 8 and 9 Football at Chipping Sodbury

We took our Year 8 and 9 team to Chipping Sodbury to the county cup tournament. It was a freezing cold evening, with the football played under the floodlights. After a slow start and lots of 0-0 draws, the girls finally scored their first in a long line of goals. It was a fantastic evening, with King's Oak placed third overall, narrowly missing out on winning the tournament on goal difference.



### Year 8 Boys Rugby Tournament at King's Oak Academy

King's Oak hosted our Year 8 Boys Rugby Tournament in November. The light was limited as winter was drawing in, but the boys worked hard, showing great resilience despite consecutive losses. They continued to improve throughout and did King's Oak proud, through amazing sportsmanship and respect.

### Year 7 Boys Rugby Tournament at Bristol Brunel Academy

The Year 7 rugby team demonstrated great team work and effort in their first ever Rugby tournament. Some brilliant rugby played by all, and the boys learned so much by playing against other students from other schools. A big well done to all involved!



### Upcoming fixtures next term:

Girls Utilita Cup Regional Football Tournament

Years 7 and 8 Sports Hall Athletics

Boys Football Tournaments

Dodgeball Tournaments

Benchball Tournaments



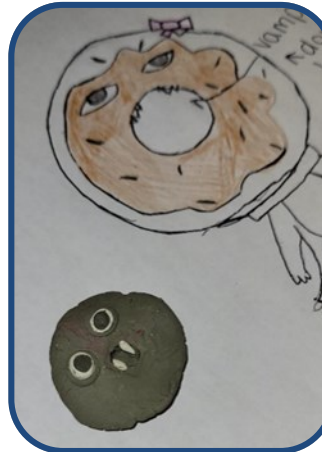
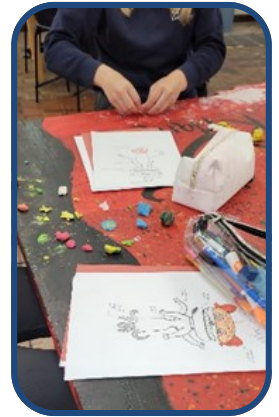
# Creative Technologies at KOA

## Year 9 Still Life Unit

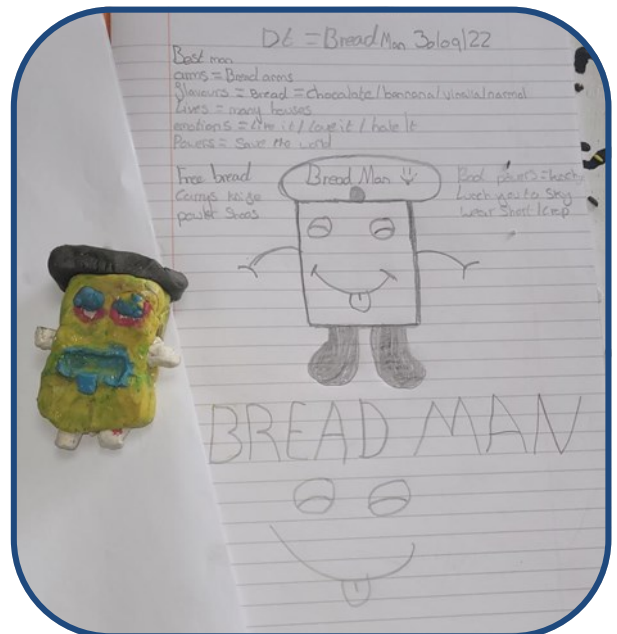
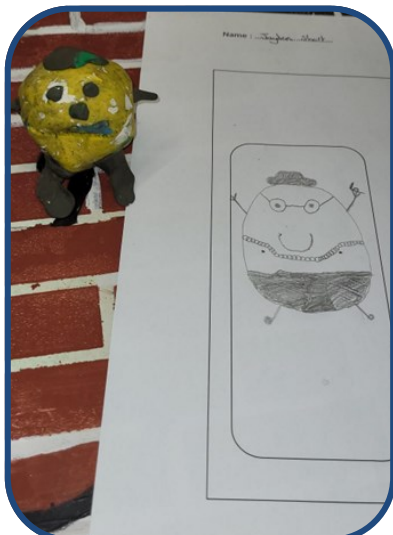
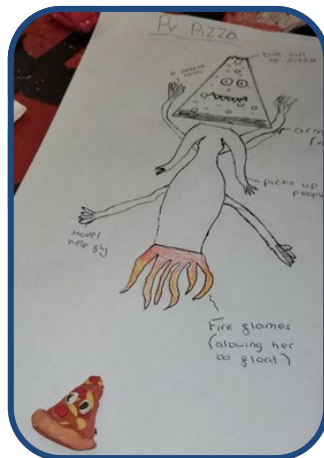
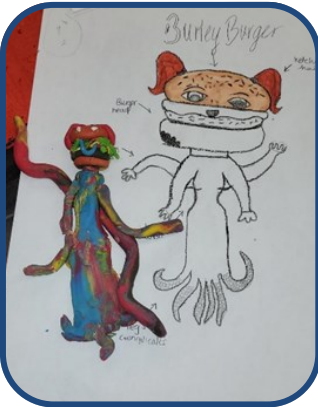


# Creative Technologies at KOA

## Year 10 Food Project



## Year 8 Graphic Design Unit



## Environmental Group and Eco Schools' Committee at KOA

We have been writing poems for Greenpeace. Here is Reuben's thought provoking words on world peace at Christmas time

### Listen to me

*Peace in the world around,  
Sound distracting the truth,  
Birds tweeting all year round,  
Come listen to our sound.*

*Poems may mean little,  
But little means a lot,  
when you see the world around,  
things are clearer and clearer,  
will you hear our sound.*

*Meaningful life costs us the pound  
Why won't you here my sound.  
Meaningful sounds all around  
Why wont you hear OUR sound.*

We have been playing recycling bingo and we have done a environmental survey of the site.

In January we will be starting a monthly squirrel count so watch this space.



I am sure we are all trying to reduce our energy consumption so here are some songs for the shower that are 4 minutes or less.



Reuben - All I want for Christmas is you

Louie - Merry Christmas everyone

Katie - Rocking around the Christmas Tree

Grace - Michael Buble—Its beginning to look a lot like Christmas

Lillie - Ed Sheeran and Elton John, Merry Christmas

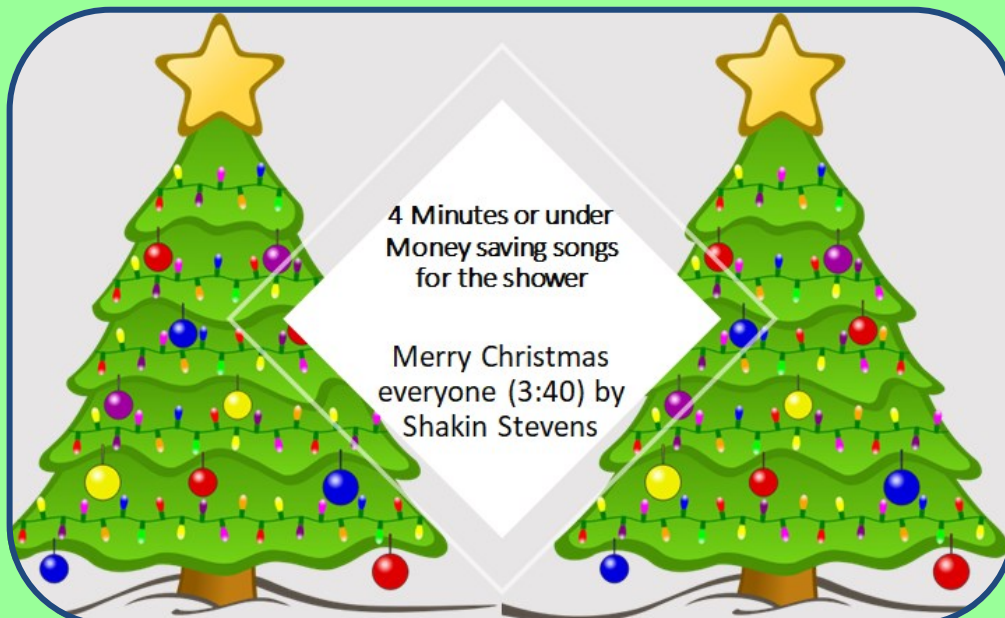
And for a very quick shower:

Issy - Baby it's cold outside



Eco Club All welcome on Tuesdays in AG8

We wish you all a very Merrylicious Christmas





# FEEL FAB CHRISTMAS STARS



## FIND YOUR CHRISTMAS BEANS

NAME \_\_\_\_\_

HOW MANY



DID YOU COLLECT?



IF YOU NEED TO RESEARCH SOME OF THE ACTIVITIES ONLINE MAKE SURE YOU ASK PERMISSION FIRST. IT'S A GOOD IDEA TO ASK FOR SOME HELP FROM AN ADULT & STAY SAFE WHEN TRYING ANYTHING NEW. Activities can be done in any order. Certificates are available from your school.  
Can you achieve CHRISTMAS GOLD by collecting at least 7 stars from the list? Let your teacher know if you do!

We would love to see some of your attempts on Twitter using #FeelFabChristmasStars and tagging: @AshtonSSP @CSETSports1 @NSSPEA1

## News from Lower School

Go for a 'Christmas light walk' as a family - where are your favourite lights?



Make Christmas cookies or go big and make a gingerbread house!



Organise a Christmas movie night or even a week, then everyone gets a chance to watch their favourite film



Make up your own game using balloons. Give it a name and play it with your friends or family



Set yourself a daily Christmas Star Jump challenge e.g. 3 sets of 10. How many can you do a day?



Design and lead a workout or dance routine for your family and friends. Must have at least 5 activities!



Turn your Christmas cards into next year's present tags



Persuade someone in your house to do some yoga with you. Find 'Cosmic Yoga' online



Perform at least one random act of kindness a day



Ride your bike, walk or scooter for at least 10 minutes a day



Donate or gift a toy or something else in new or good condition to charity



Learn and practise a new trick to show to your family e.g. juggling, keepie-uppies etc



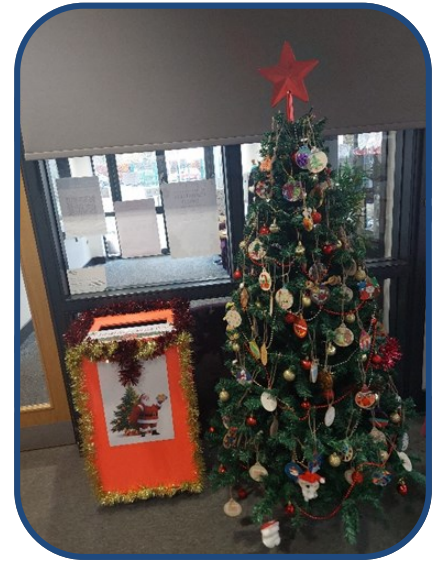
## Book Raffle

Thank you for continuing to prioritise daily reading as part of our home learning package. As you know, we were really fortunate to receive a new set of picture books, chapter books and non-fiction books for our pupils to enjoy in school and perhaps even take home as part of our Reading Raffle celebration.

Here are some of our latest lucky winners from Term 2 .



Thank you to our amazing Friends of King's Oak Academy for our Christmas bauble competition. Our Lower School Christmas tree is shining brightly this year. What a perfect representation of our Academy's community!



Thank you to all KOA families for coming to watch our Nativity performances over the past two weeks. Our amazing singers, dancers and actors are all really proud of their spectacular show!

## Applications for entry into Primary School in September 2023

A reminder that the closing date to apply for entry into primary school in September 2023 is 15 January 2023. This will be for any younger siblings born between 1 September 2018 and 31 August 2019.

It is important to apply on-time as siblings are not guaranteed a place at the older child's school and the school may fill up with on-time applications making it harder for late applicants.

Applications should be made to the local authority where the child lives; regardless of the location of the school they are requesting. For more information or for South Gloucestershire residents to apply on-line, parents can go to [www.southglos.gov.uk/admissions](http://www.southglos.gov.uk/admissions) . If you need help with the application process please ask them to telephone the contact centre on 01454 868008.

## News from Reception

In Reception this term, we have been busy learning the story One Snowy Night. We have learnt the story using actions and story maps and written our own shopping lists for Percy the Park Keeper.

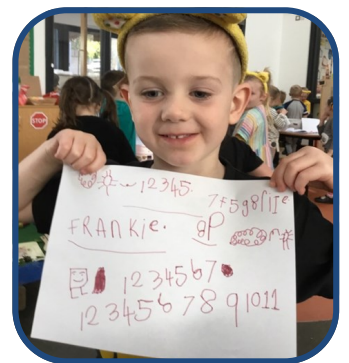
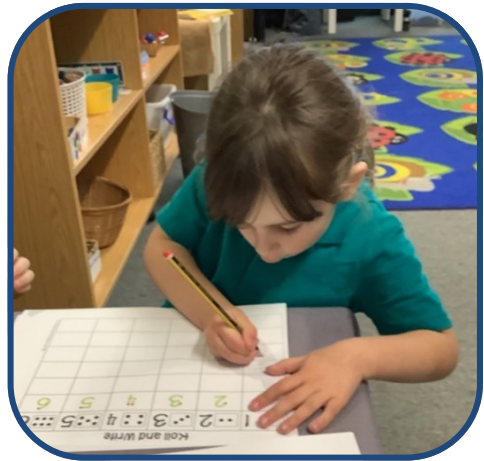
In Maths, we have explored numbers 1-5 - using more/fewer than to compare quantities and trying to subitise spots (count with our eyes not fingers!)

We have loved learning about Christmas and all of the Christmas songs for our KS1 Nativity.

We also learnt about the festival of Diwali and made our own Diva lamps and Rangoli patterns.

A great surprise came from the North Pole this week.. a box from Santa containing real reindeer antler!

Wishing all of our children and their families a wonderful break. Please see some of our highlights in pictures below:



## News from Year 1

Year 1 have been super busy this term! First of all, a huge congratulations for all the children for their fantastic Nativity performances. They worked really hard to learn the songs and dances and enjoyed performing for you.

We have also been busy as scientists, learning about the four seasons with a particular focus on Autumn. We took a 'welly walk' around the school grounds and found clues of Autumn everywhere.

As artists we have been learning about printing and made our own printing tools out of sponges and elastic bands.

As authors we have been blown away by how well Year 1 have engaged with our text, Meerkat Mail, and they have written some fantastic stories and postcards based on the book.

Have a very well-deserved break and see you after the holiday!



Years 1 and 2 singing Christmas songs and getting into the festive spirit.

## News from Year 2

Year 2 have had a fantastic term exploring all things Space. We have loved writing letters from our own spacecraft and a diary entry as if we were Neil Armstrong! We have planned, designed our very own planets using watercolours to bring them to life!

All the children have learnt so many facts about space—did you know the first animal to make an orbital spaceflight around Earth was a dog called Laika?!

In the last few weeks, we have enjoyed getting festive, eating our Christmas dinner together and making calendars and wreaths to hang at home.

The children worked incredibly hard to learn lines and songs for the Christmas nativity and we are very proud of all their effort to make it so special and enjoyable! Well done!



## News from Year 3

In Year 3 we have been creating sculptures out of recycling and Modroc. We have enjoyed each stage of the process—designing, structure, Modroc and painting!



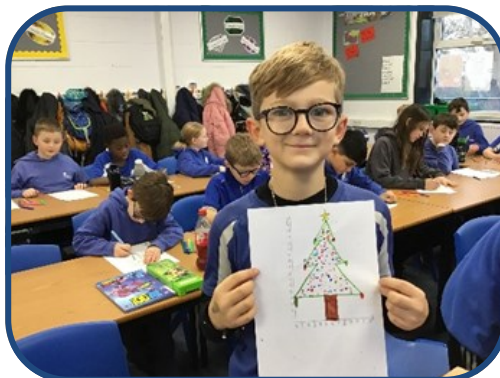
We made Christmas hats for our Christmas Lunch and Calendars for 2003.

We also enjoyed creating levers for our Christmas cards and designed a front cover for Santa to travel across the sky.



## News from Year 4

This term, Year 4 have been exploring 3D forms in art. We have compared different sculptors and have had a go at creating our own sculptures out of clay. It was messy but great



## News from Middle School

### News from Year 5

This term Year 5 have been working hard studying the book "A Story Like the Wind" and have written some fantastic stories and survival guides in English lessons.

They have also worked hard as Geographers learning about the East Coast of England and as Historians learning about The Romans.

In maths, they have developed their calculation knowledge by learning how to multiply and divide in the written method.

Forest School has also been lots of fun with opportunities to practise lighting fires as well as enjoying yummy treats such as popcorn and toasted marshmallows!

As the term has moved on, we have begun having lots of Christmas fun! This has included watching the Lower School Christmas performance, enjoying the first Middle School Christmas lunch and some fun Christmas coordinates in maths lessons.



## News from Year 6

Year 6 celebrated at the Middle School Festive Lunch in the canteen where teachers and students enjoyed a traditional Christmas dinner together.



Year 5 and 6 worked very hard to put together the Carol Concert and even learned British sign language to go along with the words of the song!



## News from Year 7

Year 7 continue to follow the school motto of 'Work Hard' and I am proud of their efforts across their classrooms and subjects.

We've seen some epic pizza making, they've started to use the machinery in Design Technology, and in all my lesson drop-ins, I've continued to see beautiful writing, drawing and high-level thinking.

We've also been getting crafty, doing Christmas cards, pillows and baubles for the PTA competitions, and there have been some fantastic team sporting events, as well as the Christmas concert, which gave us a taste of what's to come in Matilda, which lots of Year 7 are involved in.

The awards assembly highlights lots of students' achievements in each subject, as well as students who work hard and be kind across the school. Lots of children should be achieving their bronze and silver awards soon too!

7.2 have taken the lead in the Tutor Challenge Cup, I wonder who can be as consistent as them next term as they continue to race their quiz entries to my room by the deadline each fortnight!

I wish you all a restful holiday, ready to come back and tackle Term 3!

Be happy, be kind and be safe.

Miss Peach—Head of Year 7



## News from Year 8

Year 8 have been working particularly hard through Term 2. The day-to-day consistency of Year 8 to thrive and produce outstanding work in core subjects to creative subjects has impressed all of our teachers.

We have seen exceptional sporting achievements with students competing at a county level for swimming and football and exceptionally talented young people performing in Christmas concerts and CLF wide talent shows.

Many of Year 8 enjoyed a Middle School treat for those who have received the most achievement points this term through a celebratory festive movie this week. A great turnout at the Christmas Disco topped off what has been an exceptional term for an exceptionally kind and talented year group.

I want to wish all of Year 8 and their families a very merry Christmas and we will see you all in the new year for 2023!

Mr Nathan—Head of Year 8



## News from Upper School

### News from Year 9

This term in Year 9 students have made amazing progress in their learning in all their subjects and have proven yet again what a fantastic year group they are. Whether it be some brilliant performances in football or talented singing and drumming in the school Christmas Concert, they never fail to impress with their commitment and talents.

Throughout the term many of them have shown great resilience despite the dark mornings and evenings and many of them have come into school despite feeling under the weather. Lets continue to show this strength of character next term and keep that attendance high.

I hope you all have a relaxing, fun and joy filled Christmas. Come back in the new year with the same positive attitudes as you have shown throughout the first two terms.

Stay safe and healthy everyone.

Merry Christmas and a Happy New Year

Mr Mannin - Head of Year 9

### News from Year 10

Year 10 students have continued to work hard in Term 2 and have settled into their option and core subjects well.

This term the Bristol Bears interventions have continued, and students have carried on working on their resilience and managing situations and themselves better. Both the Bear in Mind and the Bright Sparks groups were invited to Ashton Gate to have a tour of the stadium and meet either two first team female or male Bristol Bears players. Both groups were a credit to the school and asked some interesting and well thought out questions



Connor M has been part of the aspire centre for rugby at BBA and has recently been selected to be part of an excel group at SGS. The is an academy set up and run by Bristol Bears. Connor was selected from over two hundred and fifty other students to make up this squad of twenty. They have their first match this week against Rhonda.

Good luck Connor and congratulations on your selection.

Year 10 student, Ben M has been working hard to raise money for the British Heart foundation. Ben started this last year for his Duke of Edinburgh Award, and he raised money through holding a sponsored step challenge and a cake sale in school. He raised over £900 in that time and due to this he was mentioned as a runner up in the British Heart Foundation Young Heroes 2022 awards ceremony in London this month.



Congratulations Ben for this fantastic achievement

Also, congratulations to Ella S who plays for Bristol City U16 football team which is the highest level of women's football for this age group. Ella is a high performing player so was recently selected to be part of the U21 squad to play in a fixture against West Ham. This is a huge opportunity for Ella especially as she is so much younger than this age group.



Congratulations Ella and well done.

This term has once again finished with a rewards event for the top 40 students in Year 10. This was based on their attendance, behaviour and reward points that they have gathered across this term.

We rewarded students with the opportunity to watch a film in the Hexagon with snacks. Well done to those students for continually making the right choices, engaging with your learning and working hard.

Well done for your concentration, hard work and commitment to learning this term. I hope you all have a fantastic Christmas and a happy new year. I shall look forward to welcoming you all back in the new year.

Mrs S Holtby—Head of Year 10

## News from Year 11

### Year 11 Mock Exams

At the start of this term, Year 11s sat their penultimate series of mock exams. The majority of students worked very well during these and were able to see the results reflecting this a few weeks later. These assessment will now be used by teachers to revisit key concepts and work towards higher attainments in our next set of mock exams. Keep working hard to get the grades that you deserve!

### Year 11 Parents evening

Year 11 parents were the first to be able to experience a parents evening in the new canteen. A high level of attendance shows the determination of both Year 11 students and parents to achieve the best possible at the end of this academic year. Thank you for your support with this event. It is now important that we work on the feedback from this event.

### External Speakers

We have had external speakers presenting during assemblies this term from different post 16 providers. These include our own CLF Post 16, St Brendans and Digitech. We have been fortunate to have informative talks from these providers and hope that this will help students making the important decisions for their next stages of education.

### Post 16 Open days

This is the time to start visiting Post 16 options to understand their courses, facilities, teaching and to get a feel for the place. It is recommended that students attend multiple providers so that they can make an informed decision that will best support them going forwards. If you require support with these, please get in contact. We have also sent out information on Insight throughout the year.

### Mock Interviews

Year 11 were provided with an opportunity to take part in mock interviews with members of the business community. Students fed back that they found this a useful experience which helped them understand the skills they need to develop so they are able to secure the positions they desire in the future. We will continue to work on careers in Tutor sessions for the rest of the year. Students have also been asked to fill in the form that was emailed to them if they would like a careers interview and guidance on where to go next.

Mr Heath—Head of Year 11

## Scarlet Fever Information and Advice

Although scarlet fever is usually a mild illness, it should be treated with antibiotics to minimise the risk of complications and reduce the spread to others.

**The symptoms** of scarlet fever include a sore throat, headache, fever, nausea, and vomiting. This is followed by a fine red rash which typically first appears on the chest and stomach, rapidly spreading to other parts of the body. On more darkly pigmented skin, the scarlet rash may be harder to spot, but it should feel like 'sandpaper'. The face can be flushed red but pale around the mouth.

If you think you, or your child, have scarlet fever:

- See your GP or contact NHS 111 as soon as possible
- Make sure that you/your child takes the full course of any antibiotics prescribed by the doctor.
- Stay at home, away from nursery, school, or work for **at least 24 hours after starting the antibiotic treatment**, to avoid spreading the infection.

**Complications.** Children who have **flu** or **chickenpox** at the same time as scarlet fever are more likely to develop more serious infection during an outbreak of scarlet fever and so parents should remain vigilant for symptoms such as a persistent high fever, cellulitis (skin infection) and arthritis (joint pain and swelling). If you are concerned for any reason, please seek medical assistance immediately.

If your child has an underlying condition which affects their immune system, you should contact your GP or hospital doctor to discuss whether any additional measures are needed.

You can find more information in the attached **Frequently Asked Questions** and further advice can also be obtained from the Health Protection Team on 0300 303 8162 during office hours.



### Follow KOA on Social Media

Instagram: @kingsoakacademy

Twitter: @kingsoakacademy

Facebook:

<https://www.facebook.com/kingsoakacademy/>



# \*FREE CHRISTMAS SPORTS CAMPS

**FREE HOT LUNCH INCLUDED**

**19th - 23rd December 2022**

**9am - 3pm**

**4-14 years old**

**Staple Hill Primary School**

Our Multi-Sports Camps offer the opportunity to enjoy a fun packed day full of sports, activities and games.

No experience needed, come along and give new activities a go, and meet some new friends at the same time...

\*Courses are free for children eligible for free school meal related benefits - check our website for more info



**Scan here to  
Book Now  
or head to  
our website**



**Use code HAFXMAS22  
If eligible for Free Courses**



[www.pro-coaching.co.uk](http://www.pro-coaching.co.uk)



[info@coaching.co.uk](mailto:info@coaching.co.uk)



Dear Parents & Carers,

Instructor Nick here - Taekwon-Do is back for King's Oak students & we are offering a Month Free! It's on Mondays, spaces will be limited and may be subject to a waiting list. It's all about high performance freestyle Tae Kwon-Do & developing that Self-control and Confidence. Yes, we have the black belts, kicks and tricks, but it's all about:

**T**eamwork  
**I**ntegrity  
**G**rowth  
**E**nergy  
**R**espect  
**S**elf-Control



The upcoming 4 week free trial will run at Kingswood Community Centre starting Monday 9th January and continue at that location going forward:

Infants (School Yr 1-2): Mondays 6:20-7:00

Juniors (School Yr 3+): Mondays 7:00-7:45

Please do not enter the building on pickup, release will be outside.

Our classes are the lowest priced pro Tae Kwon-Do sessions in the South West! After the free trial, should you wish to continue, classes are just £34 a month, which includes all training, belts, gradings, replacement uniforms, patches, licensing, insurance & VAT. Siblings train at a huge £9 per month discount too!

To register your child via mobile or desktop, please fill out this short form: [www.tigermartialarts.club/monthfree](http://www.tigermartialarts.club/monthfree)

Should you have any questions, feel free to contact Kat, TMA admin by email: [admin@tigermartialarts.club](mailto:admin@tigermartialarts.club) or by phone between 9am-3pm 07921855900.

Once booked, we'll contact you before the start to confirm details. To find out more about us: [www.tigermartialarts.club](http://www.tigermartialarts.club)

Thanks as always for your support,

*Instructor Nick*

Head Instructor - Tiger Martial Arts

Covid-19

# Local and financial support for South Gloucestershire



Delivering for you

**Covid-19** has had a major effect on our lives. Many of us are facing challenges. This leaflet lists help available. Book an appointment with a One Stop Shop Advisor to get the help you need.

📞 01454 868009

✉️ [OSSAppointments@southglos.gov.uk](mailto:OSSAppointments@southglos.gov.uk)




[www.southglos.gov.uk/oss](http://www.southglos.gov.uk/oss)

## Finance



### Financial support from South Gloucestershire Council


- i** We offer grants, welfare support and reduction schemes to help those on low or no income or struggling with financial pressures. Book an appointment with a One Stop Shop Advisor to get the help you need.


 01454 868009

 [www.southglos.gov.uk/oss](http://www.southglos.gov.uk/oss)

### Already on benefits and your income has changed


- i** If you are already receiving benefits and your income drops or increases you must notify the Department for Work and Pensions as soon as possible. They will then reassess how much you are entitled to receive.

 0800 328 5644

 [www.gov.uk/report-benefits-change-circumstances](http://www.gov.uk/report-benefits-change-circumstances)

### North Bristol Advice Centre

- i** Free and independent advice and support. Debt and welfare benefits specialists, including representation at appeal.


 0117 951 5751


 [www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)

### Accessing benefits for the first time - Universal Credit

- i** Universal Credit is a working-age benefit for people on low or no income. You need to apply online to the Department of Work and Pensions (DWP). You can get help with this at our One Stop Shops. We can also advise on other benefits and services that might be available to you.

 DWP 01454 868002

 South Gloucestershire Council  
01454 868009

 [www.southglos.gov.uk/universalcredit](http://www.southglos.gov.uk/universalcredit)

Mortgage  
payment  
holiday

Universal  
credit

Housing  
benefit

Welfare  
grant



## Citizens Advice

- Free and confidential advice on a range of areas including benefits, work, debt, housing to help you find the way forward.

0808 278 7947

[www.southgloscab.org.uk](http://www.southgloscab.org.uk)

## Talking money

- Free and independent advice on debt, energy debt, benefits and income maximisation.

0800 121 4511

[www.talkingmoney.org.uk](http://www.talkingmoney.org.uk)

## Bristol Law Centre

- Free legal advice in specialist areas of social welfare law, and also represents clients in court.

0117 924 8662  
between 10am-12pm & 2-4pm  
to discuss the help you need

[www.bristollawcentre.org.uk](http://www.bristollawcentre.org.uk)



## Employment



### South Gloucestershire Council support

- You can find out about community learning schemes to help you gain skills needed to get into work. If you are working, you can also get help to improve your skills to develop your career.

01454 868009

[www.southglos.gov.uk/  
education-and-learning](http://www.southglos.gov.uk/education-and-learning)

### Job centre plus

- Support in finding employment and applying for benefits.

0800 169 0190

[gov.uk](http://gov.uk) for job centres and  
employment support

### West of England Combined Authority: Realising Talent

- Free support for young people's wellbeing and life skills so education, training and career opportunities can be achieved beyond GCSEs.

[www.westofengland-ca.gov.uk/  
skills/realising-talent](http://www.westofengland-ca.gov.uk/skills/realising-talent)

## Getting enough food to eat

### Food banks

- i** Short-term, emergency support with food during a crisis. Most food banks need a referral, you cannot just show up. Apply for a food bank voucher through the councils One Stop Shop.

 01454 868009

 [www.southglos.gov.uk/oss](http://www.southglos.gov.uk/oss)


### Healthy Start


- i** If you're pregnant or have a child under 4, this scheme can help you buy milk, infant formula, fruit and vegetables. Speak to your health visitor, GP or Children's Centre about how to apply to the scheme.

 [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

### Community meals

- i** South Gloucestershire community meals, which is sometimes called 'meals on wheels', is a meal delivery and welfare check service for residents who have difficulty preparing food or need help to have regular, nutritious cooked meals.

 01454 865996

 [www.southglos.gov.uk/communitymeals](http://www.southglos.gov.uk/communitymeals)



### Free School Meals

- i** **Universal Infant Free School Meals (UIFSM)**

All children in reception, year 1 and 2 can have free school meals.


- Free School Meals (FSM)**

Your child may be able to get free school meals if you receive qualifying benefits. You can apply via the website below.

 [www.southglos.gov.uk/schoolmeals](http://www.southglos.gov.uk/schoolmeals)

### Southern Brooks

- i** Advice with food deliveries, prescriptions, mental health support and much more.

 03335774666

 [www.southernbrooks.org.uk](http://www.southernbrooks.org.uk)





# Emotional, physical and wellbeing support



## Age UK South Gloucestershire

- i** A range of local services including Activity Day Centres, Community Services, Befriending, telephone and home visiting.

 01454 411 707

 [www.ageuk.org.uk/  
southgloucestershire](http://www.ageuk.org.uk/southgloucestershire)

## One You South Gloucestershire


- i** Our friendly team can provide telephone and/or email support to enable you to build your healthier future and work towards goals such as manage your weight, quit smoking, move more, improve your wellbeing or drink less.

 01454 865337

 [oneyou.southglos.gov.uk](http://oneyou.southglos.gov.uk)

## Next Link domestic support service

- i** Providing local domestic abuse support services for women and men, women's mental health support services and independent support for victims of rape and sexual abuse.

 0800 470 0280

 [www.nextlinkhousing.co.uk](http://www.nextlinkhousing.co.uk)

## Local NHS 24/7 Support & Connect Helpline

- i** The NHS 24/7 helpline is staffed by experienced counsellors who will talk to callers and offer immediate emotional support and signpost to other local support services.

 0800 0126549


Textphone users can dial 18001 followed by 0800 0126549. Translators can support a call if English is not the callers first language. The line is also equipped for those with speech and language difficulties.

 [www.vitahealthgroup.co.uk](http://www.vitahealthgroup.co.uk)

## South Gloucestershire over 50s Forum

- i** A local community group to support people aged over 50 with local meetings and online events.

 07967 102141

 [www.southgloover50sforum.  
org.uk](http://www.southgloover50sforum.org.uk)



# Housing



## Homechoice

- i** This council service offer includes applying and bidding for social housing if eligible and free and impartial advice regarding housing options, including for people in housing need and those who are homeless.

01454 868005

[homechoice.southglos.gov.uk](http://homechoice.southglos.gov.uk)

## Shelter

- i** Shelter are a national charity who help those who are struggling with poor housing or homelessness with advice, support, and legal services.

0808 800 4444

[www.england.shelter.org.uk](http://www.england.shelter.org.uk)

## Warm and Well

- i** This service provides energy grants to residents on South Gloucestershire Council's behalf and free energy efficiency advice to all householders and landlords.

0800 500 3076

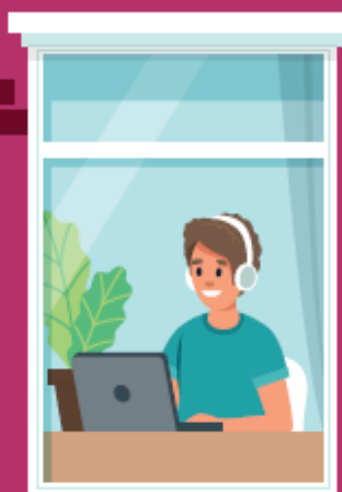
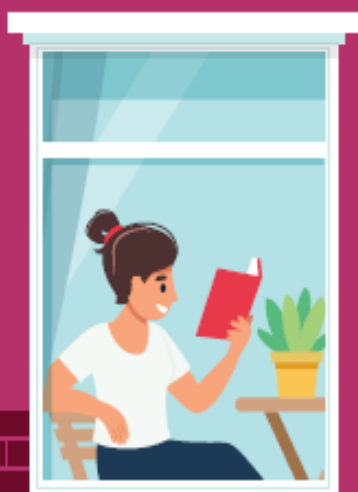
[www.warmandwell.co.uk](http://www.warmandwell.co.uk)

## Lendology

- i** South Gloucestershire Council work in partnership with not-for-profit lender Lendology CIC (previously named Wessex Resolutions CIC) to provide eligible homeowners with low cost loans for essential home repairs.

01823 461099

[www.lendology.org.uk](http://www.lendology.org.uk)



This leaflet provides information about financial, housing, food and other support available in South Gloucestershire. If you would like this information in a different format, for example: Braille, audio format, large print, computer file or a language other than English, please contact Tel: 01454 868009.

توفر هذه النشرة معلومات حول الدعم المتعلق بالجوانب المالية والإسكان وبالغذاء وأنواع الدعم الأخرى المتاحة في جنوب جلوسسترشاير. إذا كنت ترغب في الحصول على هذه المعلومات بتنسيق مختلف، على سبيل المثال: مطبوعًا بطريقة برايل، تنسيق صوتي، طباعة بأحرف وخطوط كبيرة، ملف كمبيوتر أو لغة أخرى غير الإنجليزية، فيرجى الاتصال على الهاتف: 01454 868009.

Тази листовка предоставя информация за финансова, жилищна, хранителна и друга помощ, предлагана в Южен Глостършир. Ако искате тази информация в различен формат, например: брайлово писмо, аудио формат, едър шрифт, компютърен файл или език, различен от английски, моля, обадете се на телефон: 01454 868009.

本传单提供有关南格洛斯特郡财政、住房、食品以及其他支持的信息。如需获取其他格式的信息，例如：盲文、音频格式、大号字体、电脑文件或其他语言版本，请致电：01454 868009。

本傳單介紹英格蘭南格洛斯特區所提供財務、住居、食物和其他支援的資訊。如您需要此資訊其他格式的版本文本，例如：點字、音訊格式、大字體印刷、電腦檔案或英文以外語言，請撥以下電話號碼聯絡：01454 868009。

Este folleto ofrece información sobre las ayudas financieras, de vivienda, de alimentación y de otro tipo disponibles en South Gloucestershire. Si desea esta información en otro formato, por ejemplo: braille, formato de audio, letra grande, archivo informático o un idioma distinto del inglés, contáctenos a través del tel.: 01454 868009.

આ પત્રિકા South Gloucestershireમાં ઉપલબ્ધ આર્થિક, આવાસ, ખોરાક અને અન્ય સહાયતા વિશે માહિતી આપે છે. જો તમે આ માહિતી અન્ય કોઈ સ્વરૂપમાં મેળવવા ઇચ્છતા હો, દાખલા તરીકે: બ્રેઇલ, ઓડિયો ફોર્મેટ, મોટા અક્ષરો, કમ્પ્યુટર ફાઇલ અથવા અંગ્રેજી સિવાયની અન્ય ભાષામાં તો કૃપા કરીને આ નંબર પર ફોન કરો: 01454 868009.

यह पत्रक South Gloucestershire में उपलब्ध वित्तीय, आवास, भोजन और अन्य सहायता के बारे में जानकारी प्रदान करता है। यदि आप यह जानकारी एक अलग प्रारूप में प्राप्त करना चाहते हैं, उदाहरण के तौर पर: ब्रेल, ऑडियो प्रारूप, बड़े प्रिंट, कंप्यूटर फ़ाइल या अंग्रेजी के अलावा अन्य भाषा में, तो कृपया इस टेलिफोन पर संपर्क करें: 01454 868009

Ez a broszúra tájékoztatást nyújt a South Gloucestershire területén elérhető pénzügyi, lakhatási, ételmezési és egyéb támogatásokról. Ha a tájékoztatóhoz más formában szeretne hozzáférni, például Braille-írással, hanganyagként, nagy betűmérettel, számítógépes fájlformátumban vagy nem angol nyelven, kérjük, érdeklődjön a következő telefonszámon: 01454 868009.

Il presente opuscolo fornisce informazioni su sostegno finanziario, alloggi, aiuti alimentari e di altro tipo nel South Gloucestershire. Per richiedere queste informazioni in un formato diverso, per esempio: braille, formato audio, caratteri grandi, formato elettronico o in una lingua diversa dall'inglese, si prega di contattare il numero telefonico: 01454 868009.

South Gloucestershire-ൽ ലഭ്യമായ സാമ്പത്തികം, പാർപ്പിടം, ഭക്ഷണം, മറ്റ് സഹായങ്ങൾ എന്നിവയെ കുറിച്ചുള്ള വിവരങ്ങൾ ഈ ലഘുലേഖ നൽകുന്നു. ഈ വിവരങ്ങൾ മറ്റൊരു ഫോർമാറ്റിൽ ലഭിക്കണമെന്ന് നിങ്ങൾ ആഗ്രഹിക്കുന്നുവെങ്കിൽ, ഉദാഹരണത്തിന്: ബ്രെയ്‌ലി, ഓഡിയോ ഫോർമാറ്റ്, വലിപ്പത്തിലുള്ള അച്ചടി, കമ്പ്യൂട്ടർ ഫയൽ അല്ലെങ്കിൽ ഇംഗ്ലീഷ് അല്ലാതെയുള്ള മറ്റൊരു ഭാഷ, ദയവായി ഇനിപ്പറയുന്ന ടെലിഫോൺ നമ്പറിൽ ബന്ധപ്പെടുക 01454 868009.

ਇਹ ਪਰਚਾ South Gloucestershire ਵਿੱਚ ਉਪਲਬਧ ਵਿੱਤੀ, ਰਿਹਾਇਸ਼ੀ, ਭੋਜਨ ਅਤੇ ਹੋਰ ਸਹਾਇਤਾ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿੰਦਾ ਹੈ। ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਜਿਵੇਂ ਕਿ: ਬ੍ਰੇਲ, ਆਡੀਓ ਫਾਰਮਟ, ਵੱਡੇ ਅੱਖਰਾਂ ਵਾਲਾ ਪ੍ਰਿੰਟ, ਕੰਪਿਊਟਰ ਫਾਈਲ ਜਾਂ ਅੰਗ੍ਰੇਜ਼ੀ ਤੋਂ ਇਲਾਵਾ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਟੈਲੀਫੋਨ ਨੰਬਰ 01454 868009 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

Niniejsza ulotka zawiera informacje na temat pomocy finansowej, mieszkaniowej, żywieniowej i innej dostępnej pomocy w South Gloucestershire. Jeśli chcesz otrzymać te informacje w innym formacie, na przykład: w alfabecie Braille'a, formacie audio, dużym druku, pliku komputerowym lub w języku innym niż angielski, prosimy o kontakt pod numerem tel.: 01454 868009.

Este folheto fornece informações sobre financiamento, habitação, alimentação e outros apoios disponíveis em South Gloucestershire. Se desejar estas informações num formato diferente, por exemplo: braille, formato áudio, letras maiúsculas, ficheiro informático ou numa língua diferente do inglês, por favor ligue para o tel: 01454 868009.

Acest pliant oferă informații despre asistență financiară, pentru locuință, alimente și alte tipuri de asistență disponibile în South Gloucestershire. Dacă doriți aceste informații într-un alt format, de exemplu: Braille, format audio, tipărire cu caractere de mari dimensiuni, fișier de computer sau o altă limbă decât engleza, vă rugăm să apelați la numărul de telefon: 01454 868009.

Настоящий лифлет содержит информацию о финансовой, жилищной, продовольственной и другой помощи, доступной в Южном Глостершире. Если вы хотите получить данную информацию в другом формате, например: брайлевской печатью, в аудиоформате, крупным шрифтом, компьютерном файле или не на английском, а других языках, свяжитесь, пожалуйста, по тел: 01454 868009.

இந்தத் துண்டுப்பிரசாரம், South Gloucestershire இல் கிடைக்கப்பெறும் நிதி, வீட்டு வசதி, உணவு மற்றும் பிற ஆதரவுகளைப் பற்றியத் தகவலை வழங்குகிறது. உங்களுக்கு இந்தத் தகவல் வேறு வடிவங்களில் தேவையெனில், எடுத்துக்காட்டாக: பிரெயில், ஆடியோ வடிவம், பெரிய அச்சு, கணினிக் கோப்பு அல்லது ஆங்கிலம் தவிர வேறு மொழி போன்றவை, நீங்கள் தொடர்பு கொள்ளவேண்டிய தொலைபேசி எண்: 01454 868009.

ಈ ಕರಪತ್ರ South Gloucestershire'ನಲ್ಲಿ ಲಭಿಸುವ ಆರ್ಥಿಕ, ಗೃಹ, ಆಹಾರ ಮತ್ತು ಇತರ ಮಧ್ಯಮ ಗುರಿ ಸಮಾಚಾರವನ್ನು ಅందిస్తుంది. ಮೀರು ಈ ಸಮಾಚಾರವನ್ನು ವೆಬ್ ಸೈಟ್ ಅಥವಾ ಫೋನ್: ಬ್ರೇಲ್, ಆಡಿಯೋ ಸೌಕರ್ಯ, ಏಡ್ ಪ್ರಿಂಟ್, ಕಂಪ್ಯೂಟರ್ ಫೈಲ್ ಲೆಡಾ ಇಂಗ್ಲಿಷ್ ಕಾಕುಂಡಾ ವೆಬ್ ಸೈಟ್ ಕೊಡುಕುಂಡೆ, ದಯವಿಟ್ಟು ಸಂಪರ್ಕಿಸಿ 01454 868009.

Bu broşür, South Gloucestershire'da bulunan mali, barınma, yiyecek ve diğer destekler hakkında bilgi sağlamaktadır. Eğer bu bilgileri farklı bir format halinde isterseniz, örneğin: Braille, ses formatı, büyük baskı, bilgisayar dosyası veya İngilizce dışında bir dil için, lütfen Tel: 01454 868009 ile iletişime geçiniz.

یہ کتابچہ مالی امور، باؤنگ، غذا اور South Gloucestershire میں دستیاب معاونت کی دیگر شکلوں کے بارے میں معلومات فراہم کرتا ہے۔ اگر آپ یہ معلومات کسی مختلف شکل میں چاہتے ہیں، مثال کے طور پر: بریل، آڈیو فارمیٹ، بڑے پرنٹ، کمپیوٹر فائل یا انگریزی کے علاوہ کسی اور زبان میں تو براہ مہربانی درج ذیل پر ٹیلی فون کے ذریعہ رابطہ کریں: 01454 868009۔