



## 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 3 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 Tuesday 21 February.

### School Council at KOA

KOA Student Councils making progress:

The new KOA Student Councils have been meeting regularly to discuss students' ideas for their school. Currently projects are looking at being more eco-friendly and developing school facilities. We even had our first All-Through Student Council, with members of Lower, Middle and Upper school joining together, as requested by the students.

More updates on these projects and developing student leadership to follow in Term 4.



### Tesco Tokens

Just a gentle reminder to continue shopping at Tesco and using the blue tokens available at the checkout for the KOA fundraiser.

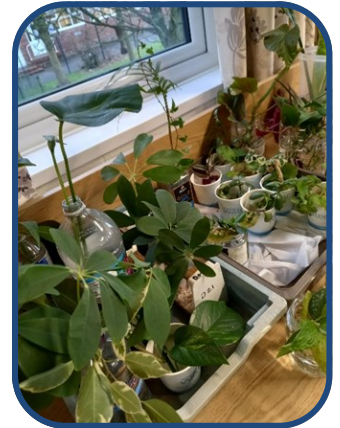
We have been to the one in Warmley and although it's close, it looks like we are in the lead!



### Gardening Group at KOA

The Gardening group have started a new project during the winter months. We have decided to grow some lovely indoor plants to enhance some of the school's indoor areas.

We have had a lot of donations from staff who have taken cuttings from their own home plants for us to root and plant on. We will keep you updated with their progress!



**A reminder that the last day of Term 3 is Friday 10 February. Term 3 starts for students on Tuesday 21 February 2023**

## Music and Drama at KOA

### Music Tuition



Mr Hoddinott (Drums ) and Mr Vaughan (Piano/ keyboard) gave an entertaining demonstration of their instruments performing different tunes and showing various

techniques on how to improve performance.

All students were also provided with information about the tuition available on those instruments. Letters were given to their class teachers for students who were interested to find out more.

If you would like further information please contact them or [tim.warren@clf.uk](mailto:tim.warren@clf.uk).

An interesting fact - **BOTH** Mr Hoddinott and Mr Vaughan are ex-students of King's Oak Academy (Kingsfield School)!!



### Matilda

The cast are working busily towards the performances in March. A reminder about getting your tickets - they are going fast!



### King's Oak Academy Talent Show

As part of their BTEC First Award course, the Year 11 music groups are preparing a Talent Show.

We would love to have as many students as possible displaying their talents and possibly winning one of the various prizes available.

During the evening, on Wednesday 29 March, there will also be refreshments and a raffle available. In fact, if you have any spare 'possible' raffle prizes at home you would like to donate please hand them in at the office, for the attention of the Year 11 BTEC Music students.

### Attendance at KOA

#### Why is excellent Attendance so Important?

Good attendance at school is vital for students to achieve their personal best.

This includes:

- Continuity of their learning which aids progress.
- Continuity of relationships and friendships.
- Improved performance in coursework tasks.
- Good references for further education or employment.
- Good habits are formed

## Careers at KOA

Watch this space - Next term is 'Enterprise Week'. Students will be encouraged to be enterprising and will be gaining and demonstrating employability skills which will be useful in the 'world of work'.

### Did you know:

As an entrepreneur, you can enrich yourself, make substantial efforts toward your goals, and run a successful business. Although you will face various challenges, your commitment to hard work can give you a tremendous sense of self-worth, self-reliance, and self-esteem, encouraging you to achieve your goals.

### 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/>

## Cooking at KOA

Year 7 have been enjoying their cooking this term. Their first bake was breakfast muffins, practising the creaming method and using techniques to check they were perfectly baked.

They also paid excellent attention to presentation when placing fruit on top of their muffins and picking muffin cases. Here is a photo of some of their breakfast muffins.



This term Year 8 have made creamy chicken pesto pasta. They practised making a sauce, tasted the food to see if it needed seasoning and avoided the risk of food poisoning by cooking the chicken to perfection. Lots of great washing up too.



## Environmental Group and Eco Schools' Committee at KOA

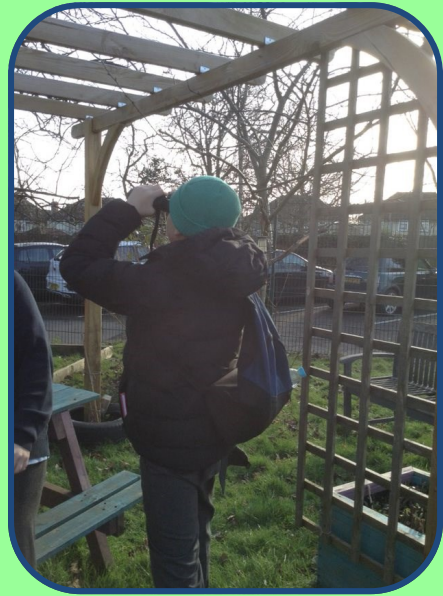
Eco Club have been taking part in the Great British Bird Watch. In half an hour we saw robins, wagtails, crow, seagulls and a magpie



In order to encourage more birds we have put up a peanut feeder. It's already half empty



Louie used some binoculars to see a large nest in more details and Ruby put up the feeder in the Forest School.



Our 4 minute energy saving song for the shower is Dancing Queen chosen by Lillie.



## Safer Internet Day

Safer Internet Day 2023 took place on February 7 2023, with celebrations and learning based around the theme **'Want to talk about it? Making space for conversations about life online'**.



Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people.

In the UK, it was celebrated by putting children and young people's voices at the heart of the day and encouraging them to shape the online safety support that they receive.

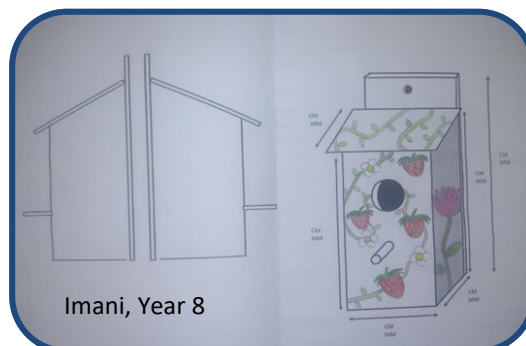
As parents and carers, take time to listen to children and young people and make positive change together.

Safer Internet Day - Film for parents and carers [https://www.youtube.com/watch?v=rl\\_gZTQ9F7w](https://www.youtube.com/watch?v=rl_gZTQ9F7w)

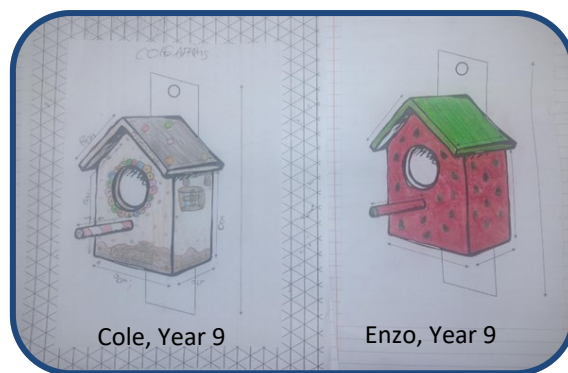


## DT at KOA

In DT, students in Years 8 and 9 have been learning about the process of designing a bird box. They have chosen a theme to decorate them and next term they will be making and decorating their own wooden bird box.

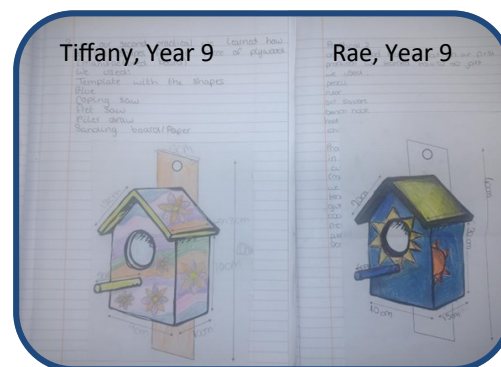


Imani, Year 8



Cole, Year 9

Enzo, Year 9

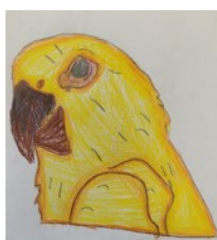


Tiffany, Year 9

Rae, Year 9

## Art at KOA

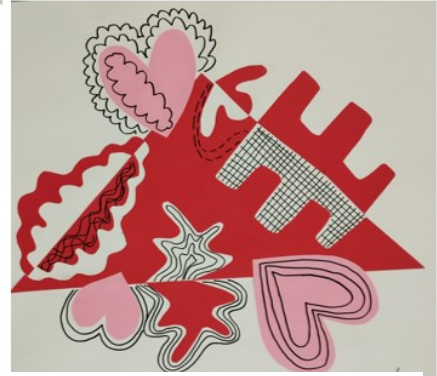
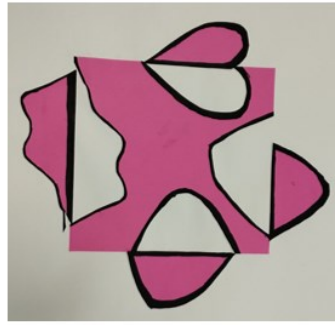
Year 5 have been reading the book 'The Golden Cage'. Inspired by this book they have produced some beautiful artwork.



Art  
Year 5

Art at KOA

*Art Club Term 3*  
*Mrs Smith*  
*Ms Webb*



*Yr 7 Self-Portrait Term 3*



Ella



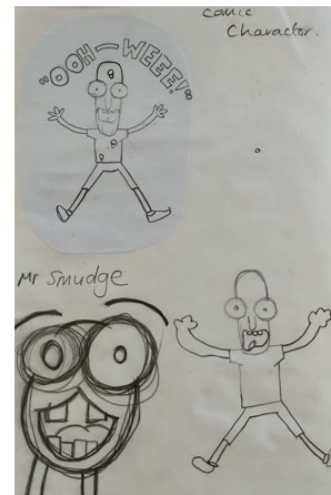
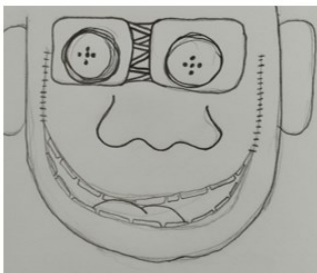
Nathan



Molly

*Yr 8 Creatures and Characters Term 3*

Work of Lucas



## Art at KOA

### Yr 9 Body Adornments Term 3

Year 9 Art have designed body adornments, They have researched it, chosen a theme, developed an idea and explored different textures with paper to finally create a body adornment to wear on a special occasion.



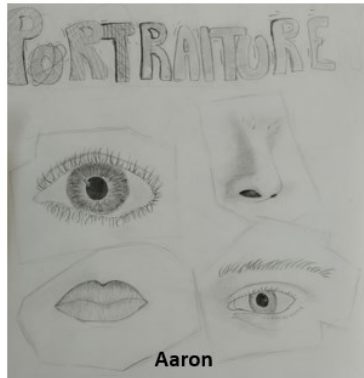
Work of Tia



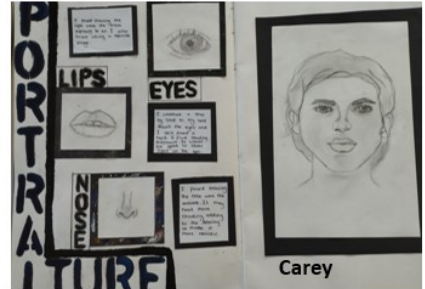
### Yr 10 Portraiture Term 3



Ruby



Aaron



Carey



Summer



Millie

### Yr 11 Artwork Term 3



Imogen

Shayla-Angel



cultural history and the representation of the African American community. She uses a grayscale to paint skin tones as a way to challenge the concept of colour as race.

the New York City African American community.

I chose her as an artist to research because I like her use of the grayscale, it really puts across the idea of cultural history.

# Yr 11 Artwork Term 3



By Teagan

## PE at KOA

### Sports Hall Athletics Years 7 and 8 @ Hanham Woods Academy

King's Oak Academy fielded four teams for Sports Hall athletics at Hanham Woods. Our Years 7 and 8 girls and boys' teams thoroughly enjoyed the evening against other South Gloucestershire schools. Students participated in endurance runs, sprints, shot putt, javelin and speed bounce competitions. Well done to all involved!

### Utilita Cup Girls Regional Football @ Imperial Ground



Girls from Years 7 and 8 represented Bristol Rovers Football Club in the second round of the Utilita Cup after winning the area tournament before Christmas. Students competed in the South West Regional round, playing schools who represented football clubs such as Plymouth Argyle, Swansea City, Newport County and Forest Green. The girls played some beautiful football throughout the day. A fantastic day for all, and Mrs Salvage was extremely proud of the girls dedication, resilience and team spirit! Well done!





## **PE at KOA**

### **Year 10 Boys Football @ Bedminster Down School**

The Year 10 boys headed to Bedminster Down to play their fixture in the second round of the National Cup. A great overall team performance by our Year 10 squad. Well done to all involved!

### **U12s Girls Football @ Chipping Sodbury School**

The U12 girls football squad travelled to Chipping Sodbury for a local school tournament. With a few new additions to the squad, it was fantastic to see the girls settle into the game. With some great individual and overall team performances, the girls won the tournament! An excellent achievement considering the high quality football that was being played by all schools



### **Year 9 Boys Football @ SBL**

The Year 9 boys team played SBL in a South Gloucestershire round robin tournament. The boys demonstrated good team spirit and resilience in the match, with a competitive opponent. Well done to all involved!



### **U14s Girls Football South Gloucestershire Cup @ Chipping Sodbury**

The U14s played in the first round of the Small Schools National Cup. With a player short the girls competed in a very tense game of football! Chipping Sodbury started the scoring off, and by half time, King's Oak finished on a level playing field with a score of 2-2. The second half was tense, with end to end football being played and both goal keepers being tested. In the last 10 minutes, King's Oak had a fantastic finish by Lily, with the game ending as a 3-2 win to King's Oak. The girls play Hanham Woods Academy in their next fixture.



### **Year 7 Girls Cricket @ City Academy Bristol**

The Year 7 girls participated in a Introduction to Cricket opportunity at City Academy. The sessions were run by an external company, with the girls learning some new skills and ending in an indoor cricket match. It was great fun and a big thank you to City Academy for hosting.



## NEWS FROM LOWER SCHOOL

### Book Raffle

Thank you for continuing to prioritise daily reading as part of our home learning package this term. We were really fortunate to receive yet **another** 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 3 who cannot get enough of reading!



## Times Tables Rock Stars



Our Year 3 and Year 4 Times Tables Rock Stars have been working incredibly hard over the past term. They have been showing incredible resilience and focus

when practising their skills and have been applying their knowledge in maths lessons to support their problem-solving and reasoning skills.

Here are some of our most valuable players from this term:



Follow KOA on Social Media

Instagram: @kingsoakacademy

Twitter: @kingsoakacademy

Facebook:

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



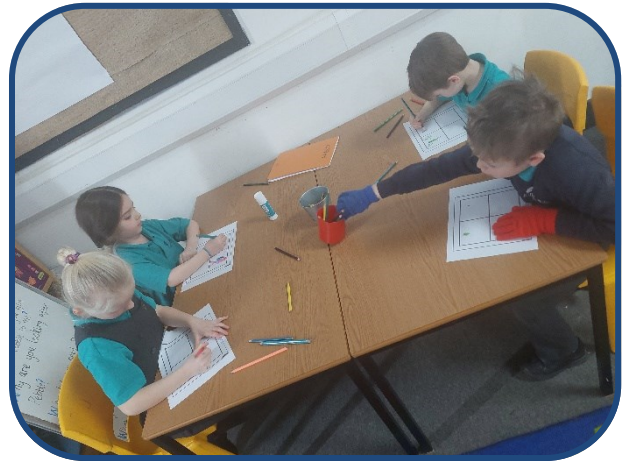
## Get Caught Reading

As part of our school focus to boost reading, we have launched our "Get Caught Reading" challenge! We have had an overwhelming number of entries and have created a celebration display including our staff and children enjoying their favourite books in the most exciting, cosy and fun location! All participants will receive a small appreciation and recognition prize to encourage further reading at home.



## Children's Mental Health Week

This year, in order to celebrate our Citizenship curriculum, we dedicated an afternoon to mental health, wellbeing and online safety themes on Tuesday 7 February. Students across the Lower School had a chance to engage in a variety of learning opportunities to explore different ways of staying connected and make space for conversations about life online.



We enjoyed an assembly from Beth, our Mental Health Support Team practitioner where we talked about our emotions and explored managing our feelings in a positive way.



Should you wish to complete any additional exploration of these themes at home, please follow the links below:

<https://www.childrensmentalhealthweek.org.uk/schools/primary-age-activities/>

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

<https://www.childnet.com/parents-and-carers/>

## Teddy Bears Holiday Club

There are still places for the February half term holiday club, we are open **Monday 13th and Thursday 16th February from 8.30am to 4pm.** We are not open for the school inset day on Monday 20th, sorry. Please do let us know if you want to book these sessions.

For more information see our poster at the end of this newsletter.

## CREW Session

This term during our last CREW session we welcomed Years 5 and 6 to Lower School. They came to show us and to celebrate all their wonderful learning. The younger children were really enthusiastic and it was evident that the Year 5 and 6 pupils were so proud to show their achievements. Well done and thank you.



## Progressive Sports - Fit 4 Life

Years R-Y6 took part in another enrichment day with Progressive Sports this term. The enrichment was titled Fit4Life. They were taught about healthy lifestyles, a variety of opportunities our open spaces can offer and healthy eating habits to help them learn how to lead healthy lifestyles. They then took part in a fun circuits activity where they put their bodies to the test by doing shuttle runs, squats, push ups and other core exercises.

This was our third Progressive Sports enrichment session this academic year. We are looking forward to next term's enrichment day which will be themed to celebrate Handball World Championships. We also have Cricket World Cup sessions and the Big Summer Enrichment sessions still to come later this year.



## News from Reception

Reception have had another busy term exploring Space and Kings and Queens. We enjoyed listening to a story whilst having a picnic on the moon, created our own shadow puppets and created lots of space based scenarios in the small world area.



We have learnt about castles, our Queen and new King and built castles with junk modelling. Check out our London Landmarks we made with the outdoor loose parts.



We also loved the Progressive Sports afternoon, learning how to have healthy habits and new ways to keep fit and had a visit from the school nurse to help us keep our teeth healthy. Did you know snails have over 20000 teeth?! Try keeping those clean!

## News from Year 1

Year 1 have been busy, busy, busy again in Term 3!



We started to understand our place in the world by exploring our locality as geographers, by identifying human and physical geographical features on a walk around the school, practising our fieldwork and observation skills throughout.



As linguists, we practised our numbers 0-5 in French and even used them in our maths lessons! We also learned new languages to answer the register: from Polish to Japanese, celebrating our different backgrounds and developing our understanding of countries around the world.

As authors, we explored the story Lubna and Pebble, and wrote our own version of the tale as well as writing in role for our non-fiction thank you letter.



As artists, we developed our painting skills and learned about two key artists: Mondrian and Kandinsky, and imitated their artwork. Well done, Year 1, for a fantastic term!



## News from Year 2

Both Rowan and Elm class had an exciting day trip to the Clifton Suspension Bridge in Term 3. We all had great fun learning about the history of the bridge and Sir Isambard Kingdom Brunel.



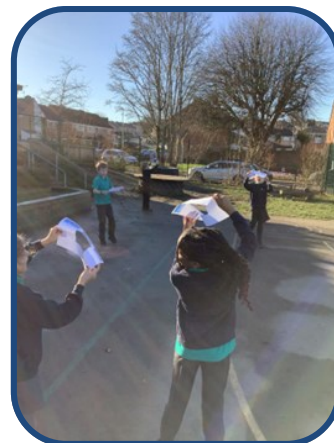
We took time exploring and walking along the bridge which was followed by our own bridge making!



This term we have been learning about the Victorians, so it was a fantastic opportunity for the children of Year 2 to immerse themselves into the topic.

## News from Year 3

In Year 3, we explored the water cycle and sorted types of clouds. We created our own water cycles and made careful observations of the clouds we could see from our



## News from Year 4

Year 4 have taken part in Forest School this term and have focussed on communication and teamwork. We have also used these sessions to practise our map skills and reinforce our knowledge about sound. During one of our sessions, we took part in the RSPB bird watch.



In Science we have been leaning about how sound travels and how we hear. We have also investigated pitch and volume. We had fun making



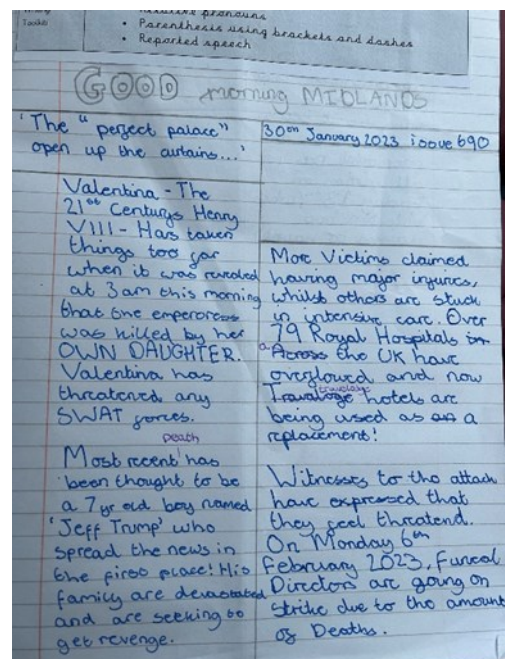
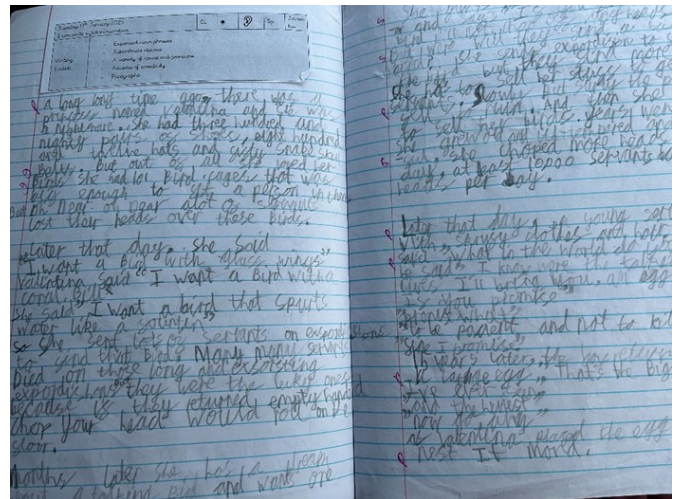
## News from Middle School

### News from Year 5

Year 5 have worked really hard this term across all of their learning. In Authors, they've particularly enjoyed studying the text *The Golden Cage* and have written some great stories and newspaper reports based on the text. They each turned their news reports into fantastic TV broadcasts which they recorded in groups.

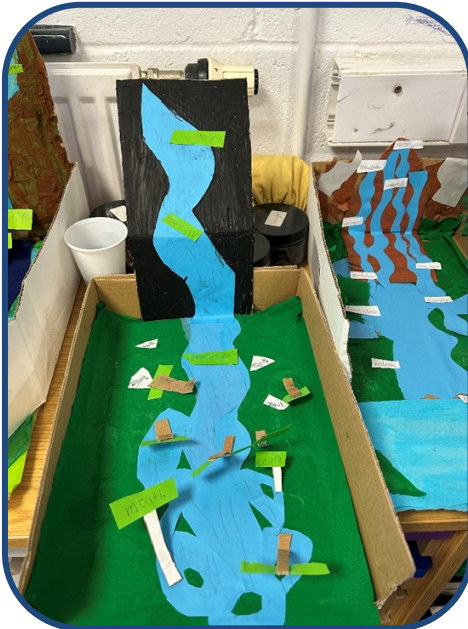
In maths we've continued to explore multiplication as well as perimeter and area.

As Historians, we have travelled across the globe to Egypt whilst learning about the pharaohs of the New Kingdom of Ancient Egypt and how the Egyptians lived their lives.



## News from Year 5 cont'd ...

As Geographers we have explored rivers and water ways as well as erosion. We have created our own 3D models of rivers and carried out an erosion experiment.



## News from Year 6

Each Thursday of Term 3, Year 6 have been travelling to Kingswood Leisure Centre to improve their swimming skills. We have been proud of their hard work, perseverance, bravery and progress in their lessons. Well done, Y6!



In our Authors unit this term, Year 6 have been learning how to write to explain with a focus on instructions.

As part of our learning, we worked together to follow instructions for how to mummify a pharaoh. Some groups successfully mummified their chosen pharaoh... others, not so much! We learned about the difference between good and bad instructions to help us with our learning outcome.





## News from Year 7

It's been another jam-packed term since we started 2023. Year 7 continue to impress with their hard work in lessons, and we have been particularly focussing on being kind and also being resilient.

Lots of students have won certificates across the term, and even more students have won awards in the end of term assembly! We have completed our first set of assessments in our lessons and have shown our skills and now understand how to improve moving forwards.



At the start of term we had a karate visitor for some students, and near the end of term some students were lucky enough to get a cookery

demonstration from Animal Aid.

We continue to have lots of sporting success and attendance at lots of different clubs, which we want to increase even more next term!

Next term we are hoping to have a bigger rewards event, perhaps a trip!? Who knows! Let's keep working hard and being kind to find out!

P.S. 7.5 have taken the Tutor Challenge trophy this term! 🏆 Well done to them!

Miss Pearch—Head of Year 7

## News from Year 8

Our Year 8s have had a great start to the new year. We have had some achievements with over 100 Bronze Awards being awarded, many Silvers and some Golds already!

This is testament to how motivated and passionate our Year 8s are at excelling in being an outstanding year group. Our tutor challenges have led to 8.5 being the leaders for the first half term of 2023, having won several weeks of challenges during tutor time.

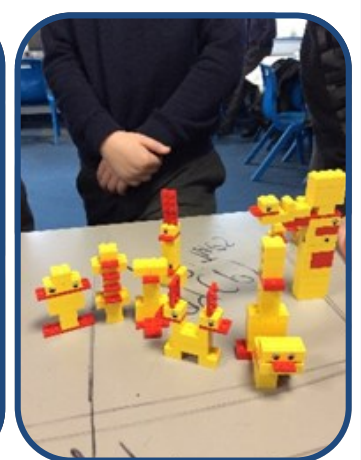
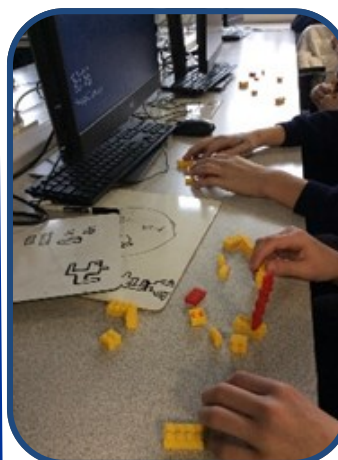
We were treated to a Karate lesson from expert Mark Woods from GKR Karate. Our students learnt the importance of self-control and how to control our emotions to the best of our ability. This is shown in the images below.

All in all, we have had a great start to the year and long may it continue into Term 4 and beyond!"

Mr Nathan—Head of Year 8



Year 8 had fun in their computing lessons working with sequencing algorithms using lego bricks.



## News from Upper School

### News from Year 9

I want to again thank Year 9 students for being such a fantastic year group to work with.

This term there is plenty to be proud of too; from amazing work in Miss Coll's English classes, to mature responses to difficult learning topics in History such as the rise of the Nazis.

I have seen wonderful examples of students being fantastic friends to each other and supporting each other when times are tough.

Next term will be a big one for us, as we approach our options sessions, culminating in our options choices event on 28 March. There is a lot for us to think about and discuss over the next few weeks, so now is a good time to be talking to your teachers about what the various GCSEs look like.

Have a great half term everyone and get some well needed rest but come back revived and ready to go for Term 4.

Mr S Mannin - Head of Year 9

### News from Year 11

#### Year 11 Mock Exams

This week Year 11s have started their mock exams which will continue after half term. These are hugely important to our students, as they will form the basis of college applications with predicted grades and give guidance on strengths and areas of weakness as we work our way towards the summer exams.

#### Vocational assessments

This term some Year 11 students have also sat their formal Enterprise, Music and Health and Social Care exams. The results from these assessments will count towards their final grade received in the summer. Well done to all of those involved who showed great maturity and determination and I look forward to receiving their results from this.

#### Year 11 football team

Our Year 11 students played the first game in their final season of South Gloucestershire school football against SBL. They came second in this game but look forward to further fixtures against Mangotsfield and Hanham. They were well supported throughout the game by a number of parents and students.

#### CLF Post 16

On Wednesday during the last week of term, some Year 11 students had the opportunity to experience a Post 16 day at John Cabo where they were able to participate in exemplar lessons and speak to current students regarding their experience in preparation for the next steps in their education.

Mr A Heath—Head of Year 11

## News from Year 10

Year 10 students have continued to work hard in Term 3 and made a good start to the new year in terms of their behaviour and attainment

During this term the Bristol Bears intervention has been focusing on health and fitness as part of the Sport and Fitness Award for their qualification.

Students have designed and delivered a three part warm up to the group as well as refereed conditioned games. The group have self-reviewed performances as coaches and referees detailing areas they want to improve on. In the past few weeks students have created innovative fitness plans and have completed sessions working really hard.

James Williams and Jon Hawkins from Bristol Bears produced detailed video messages about their routines and advice around nutrition and fitness which has been greatly appreciated by the group.

The focus of next term will be some detailed goal setting tasks with an academic focus as well as further developing confidence in leadership challenges.



Year 10s have also experienced their first set of mock exams. All students took papers in the core subjects Maths, English and Science. I was so impressed with the way they all rose to this challenge and the good behaviour they displayed during this time.

Well done for your continued hard work, concentration and commitment to learning this term. I hope you all have a good break, and I shall look forward to welcoming you back in Term 4.

Mrs S Holtby—Head of Year 10

## COMMUNITY GRANT

In stores 15 January 2023 till 31 March 2023



**VOTE FOR KOA  
USING  
THE BLUE  
TOKENS  
AT THE  
FOLLOWING  
TESCO  
STORES:**

### ~ BS15 Area ~

Westons Way, Kingswood, Tesco Express - BS15 9RR

Soundwell Road, Tesco Express - BS15 1PN

Warmley, Tesco Express - BS15 9JB

### ~ BS16 Area ~

Mangotsfield, Tesco Express - BS16 9JB

Staple Hill, Tesco Superstore - BS16 5NP

Fishponds, Tesco Express - BS16 3PQ

### ~ BS5 Area ~

Bell Hill, Tesco Express - BS5 7NF

Bristol East, Tesco Extra - BS5 6XU

Redfield, Tesco Express - BS5 9HT

# KING'S OAK ACADEMY'S PRODUCTION OF



ROALD DAHL'S

# Matilda

THE MUSICAL JR.

MUSIC AND  
LYRICS BY  
TIM MINCHIN

**MARCH 21 - 22, 2023**

TICKETS AVAILABLE VIA EVENTBRITE  
£3.00 PER PERSON + BOOKING FEE

BOOK BY  
DENNIS KELLY

This amateur production is presented by arrangement with  
Music Theatre International  
All authorised performance materials are also supplied by MTI  
[www.mtishows.co.uk](http://www.mtishows.co.uk)

# AUDITIONS

*AUDITIONS ARE NOW OPEN FOR  
THE KING'S OAK TALENT SHOW  
2023!*

*All auditions for Y7-Y11 held in MU1 at  
Lunch and after school. Mr Warren will be  
arranging special auditions for students in  
Years 4,5 and 6.*

*Tue Feb 21<sup>st</sup>*

*Wed Feb 22<sup>nd</sup>*

*Thur Feb 23<sup>rd</sup>*

*Friday Feb 24<sup>th</sup>*

*If you think you  
have talent, come  
audition for the  
show!!!*

**EMAIL OR SPEAK  
TO MR WARREN OR  
THE YEAR 11 BTEC  
MUSIC STUDENTS IF  
YOU HAVE ANY  
QUESTIONS !!**



There are still places for the February half term holiday club, we are open **Monday 13th and Thursday 16th February from 8.30am to 4pm**. We are not open for the school inset day on Monday 20th, sorry. Please do let us know if you want to book these sessions.

Other holiday club dates are:

Monday 3 April 2023  
Thursday 6 and 13 April 2023

Thursday 1 June 2023

Monday 24 and 31 July, 7,14,21 August 2023  
Thursday 27 July, 3,10,17,24 August 2023

Note, we are not open during the bank holiday week in August.

Fees will be:

8.30am to 4pm = £28

8.30am to 3pm = £25

8.30am to 12.30pm = £15.40

12.30am to 3pm = £9.65

We may also be able to book shorter sessions at £4-50 per hour should you want this.

Any questions please contact us.

Many Thanks,  
Regards,  
Abi (Deputy Manager)  
Teddy Bear's Childcare Ltd  
at: King's Oak Academy Primary  
Brook Road, Kingswood, Bristol, BS15 4JT  
Tel: 07760 237663  
Facebook: teddybearschildcare1

**EXTREME**  
COUPONING  
AND BARGAINS UK

# KIDS EAT OUT FOR LESS

## FEBRUARY HALF TERM 2023



**Morrisons** - Kids under 16 eat for free at Morrisons Café when an adult spends £4.99 or more on a meal.



**ASDA** Kids Free Hot Breakfast Between 8am-12pm every day during Half Term no purchase necessary.



Kids Eat for £1 with no purchase necessary until end of March 2023

**Bella Italia** - Kids Eat for £1 when an adult purchases a main meal between 4pm-6pm at Bella Italia.



**Dunelm** - Kids Eat for Free at Dunelm when an adult spends £4 or more at Pausa Cafe.



**YO Sushi** - Kids Under 10 Eat for Free at YO Sushi Between 13th - 24th Feb when an adult spends £10 or more.



**Dobbies** - Kids Eat for Free at Dobbies Garden Centre Cafes when an adult purchases a main meal.



**Sizzling** - Kids Eat for £1 at Sizzling Pub and Grill when an adult meal is purchased.



**Hungry Horse** - Free Kids Breakfast at Hungry Horse Pubs when an adult spends at least £3.49.



**Farmhouse Inns** - Kids Eat For £1 when you sign up to receive their email newsletter on their website.



**IKEA** - Pasta with Tomato Sauce and a soft drink for 95p or any other Kids Meal for £1.50. Available every day from 11am in their restaurants.



**Beefeater, Brewer's Fayre & Table Table** - Two kids under 16 eat breakfast for FREE with every adult breakfast purchased.

**INFORMATION CORRECT AT TIME OF POSTING**

**FREE**



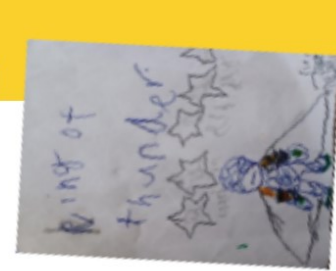
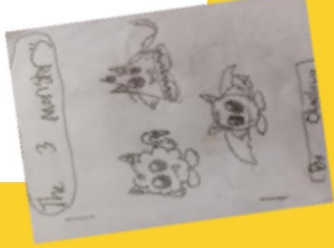
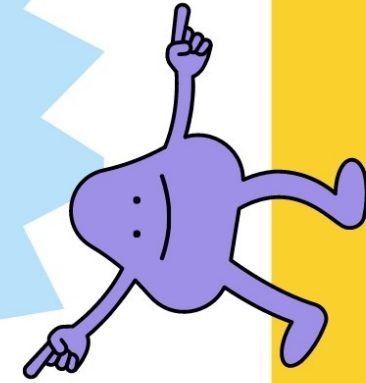
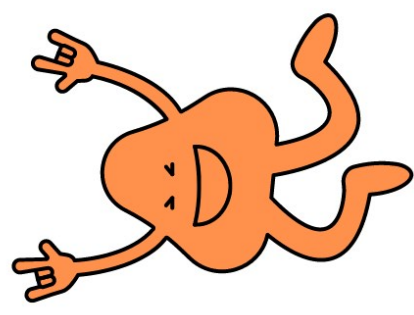
# ART & COMIC CLUB

**Saturdays  
2 - 4pm**

**for ages 6 - 12  
term time only**

- Fun
- Building Confidence
- Thriving
- Creative

**Every child deserves an opportunity to creatively express themselves in a thriving space**



To register your child or for more information please contact:  
Bola 0798 3959961 &  
K@M4E Office 0117 301 8739 or  
Email: [comicartclub@gmail.com](mailto:comicartclub@gmail.com)

Venue: Kingsmeadow @ MadeForever -  
COMMUNITY HUB, SHOP, GARDEN & CAFE  
Fisher Road, Kingswood, Bristol, BS15 4RQ

Facebook: [kingsmeadowmade4ever](https://www.kingsmeadowmade4ever.org.uk)  
[www.kingsmeadowmade4ever.org.uk](https://www.kingsmeadowmade4ever.org.uk)

Charity No.1148905





Community Children's  
Health Partnership



## School Health Nurses Free webinars for parents and carers

**Practical and informative online sessions from  
your expert team of local School Health Nurses.**

Our webinars lasts between 30 and 45 minutes, with the opportunity to ask questions throughout. They're suitable for parents and carers of children and young people of all ages.



### Topics include:

- Keeping your child happy and healthy
- Healthy eating and physical activity
- Supporting your child's emotional wellbeing
- Eating disorder awareness
- Dental health
- Sleep

Find out more and book your free space:  
[cchp.nhs.uk/schoolnursewebinars](https://cchp.nhs.uk/schoolnursewebinars)



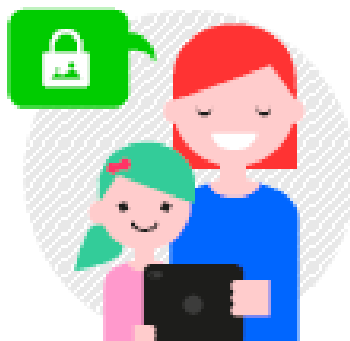
Service provided by

**Sirona**  
care & health

# How to create a great environment for kids to talk

1

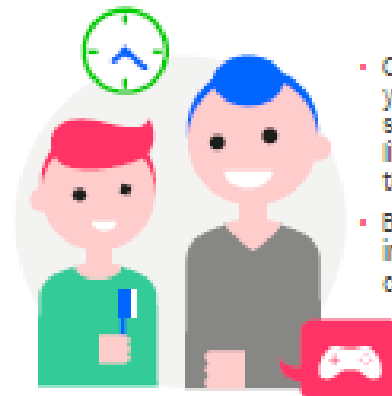
## TALK EARLY AND OFTEN



- Talk with children from an early age to make it easier to maintain good communication
- Have bitesize conversations that are relevant to them

2

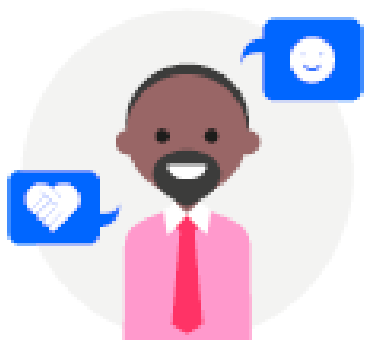
## CHOOSE THE RIGHT TIME



- Choose to talk when you are due to spend some time together, like over a meal or during their bedtime routine
- Bring digital experience into normal, everyday conversations

3

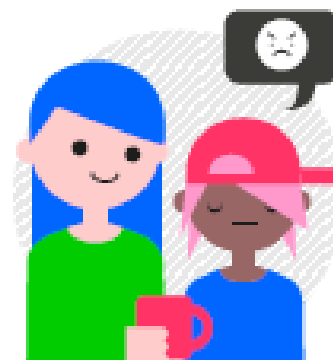
## OPEN UP AND SHARE TOO



- Model the behaviour you want them to show by sharing about your day
- Be open and encouraging to make them feel supported

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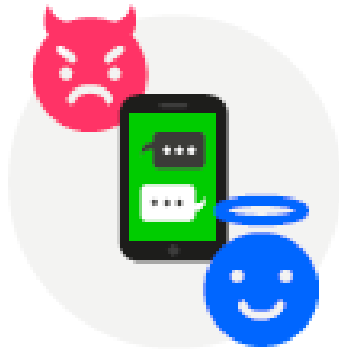
## CREATE A SAFE SPACE FOR YOUR CHILD



- Ask open-ended questions
- Ensure that your child feels listened to rather than cornered
- When they start talking, hold off with questions and really listen
- Be prepared, calm and patient with them

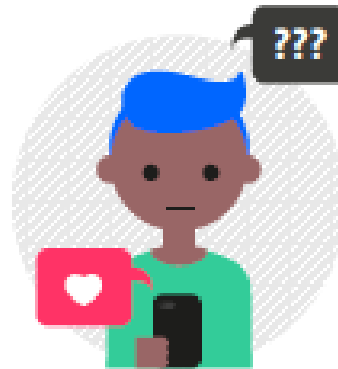
# Things to cover in conversations

## ONLINE REPUTATION



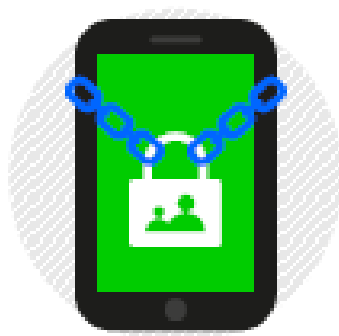
- Understanding how online activity creates a 'digital footprint' that lasts forever
- Being a good digital citizen e.g. treating people like you would face to face
- Thinking before posting

## CRITICAL THINKING



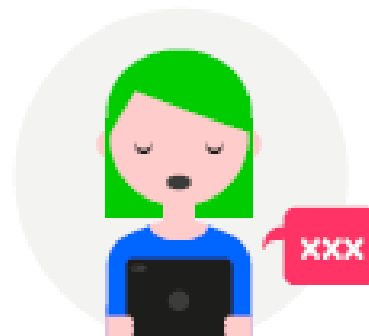
- Making them aware that some people hide behind fake profiles
- Being critical about what they see online as not everything is true
- Agreeing digital boundaries to allow them freedom to make informed decisions

## PERSONAL SAFETY



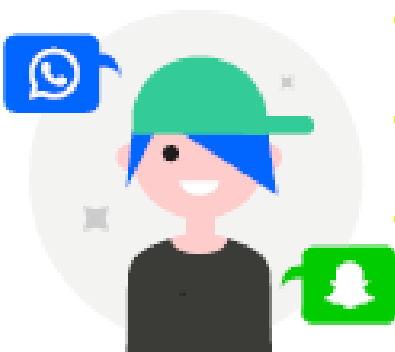
- Keeping info private on devices and apps they use through privacy settings
- What a good social media profile looks like
- Create strong passwords for every online account

## RESOLVING ONLINE ISSUES



- Tools and strategies to deal with issues they may face online such as cyberbullying or seeing inappropriate content
- Where & how to report an issue – encouraging them to speak to an adult

## BEST OF THE NET



- What they enjoy most about their favourite apps or sites
- The coolest sites and apps among their group of friends
- Talking about things online you can enjoy together and ways to stay involved in their digital world

## Internet Matters App



Download our free tablet app for a fun way to start a conversation about online safety with your child and help them make smart choices online

