



## Work Hard - Be Kind



Dear Parents and Carers,

As we approach the end of a remarkable year it is important to take a moment to pause, look back and reflect on the events of 2021. The challenges that we have faced together in the ongoing Covid-19 pandemic have changed the way we think, act and learn. I would like to use this

opportunity to thank all of our students, parents and councillors for their commitment to and belief in King's Oak Academy.

The stories that follow in this newsletter are shining examples of an academy that will not stand still and a community that holds a deep commitment to ensuring that every child can **Work Hard** and **Be Kind** every day.

Congratulations to all of the King's Oak students who are celebrated in these pages and thank you to the students, staff and parents for your ongoing support. **We are an academy for the community and together we can achieve anything.**

Lastly, I am sure that like me, you will be looking forward to the new year with great anticipation. As a growing all-through community, 2022 will mark an important stage in our development as it is often the case that in new school structures such as the Lower, Middle and Upper School we need to continue to make adjustments to ensure that the learning environment, teaching styles and communication systems fully meet the needs of our students in each phase so that they can achieve their full potential and personal goals. We will continue to keep you all updated on our plans for the future when we return after Christmas.

On behalf of all the staff and councillors at King's Oak, I hope that you have a safe and peaceful holiday with your respective families and we are looking forward to welcoming your child back to school on 5/6 January 2022.

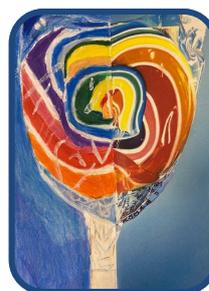
Katherine Ogden, Principal

### Art at KOA

Year 9 paintings are progressing well. Some students have finished so here are a couple for you to admire! Students were learning about the characteristics of Roy Lichtenstein and then using these features to develop their own compositions inspired by modern adverts. Fantastic creativity Year 9!



We continue to be so impressed with the standard of work produced by Year 10 as part of their current 'Food' project. This term we have been learning about the work of the photo realist artist, Sarah Graham. Students had to complete the missing half of the picture. It's hard to tell which half is the students own work!



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



A reminder that the last day of Term Friday 17 December. Term 2 starts for students on 5/6 January 2022

## Careers at KOA

### Year 9 Options Evening

Year 9 students have already been investigating different careers and they will soon start investigating different subject options. There will also be time for parents to have the opportunity to find out options and choices for students. The websites below can also be investigated to find out about different career pathways and the qualifications and skills needed.

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

<https://nationalcareers.service.gov.uk>

### Year 10 Work Experience

Work Experience letters have been sent home with students and posted on Insight. The dates for work experience are 11-13th July 2022 and students should ensure they are working with an employer that has employers' liability insurance, as they will be responsible for the student whilst they are working with them. Please can parents/carers help students to secure a placement as it is a very worthwhile experience, helping students gain employability skills and have a sense of purpose of why they are at school. **Letters do not need to be returned until employer information has been secured.**

In Terms 3 and 4 students in Year 8,9,10 and 11 will have the opportunity to engage with different employers. In Term 3 there will be a Careers Event for students in Years 8,10 and 11 and there will be a CLF Raising Aspirations event for Year 9 students in Term 4. This will help them to gain knowledge of different pathways and hear experiences of the 'world of work'

### Year 11 Mock Interviews

Well done to all our Year 11 students who participated in virtual mock interviews with professionals from HMRC and Lloyds. This gave students a taster of some of the challenges faced in an interview situation. The feedback from the interviewers was very positive.

Year 11 have all had 1:1 sessions with our careers advisor to produce an action plan of next steps. Any follow-up sessions will be conducted in Term 3. Students should be applying for their chosen destinations. Pleased find below two useful websites which gives information and guidance on different careers.

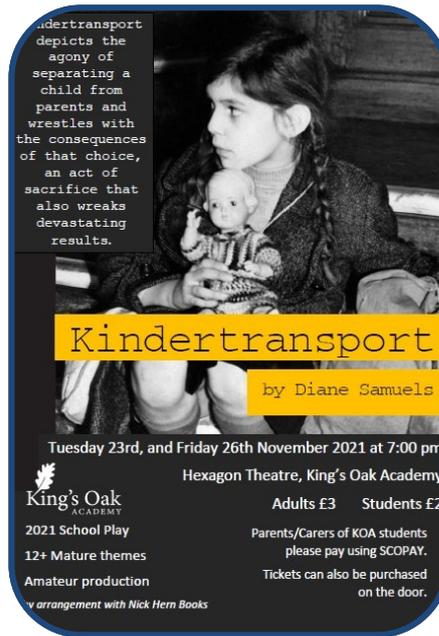
[www.careerpilot.org.uk](http://www.careerpilot.org.uk)

<https://nationalcareers.service.gov.uk>



## Drama at KOA

### Kindertransport school play 2021



A massive thank you to the cast and crew of Kindertransport who did an absolutely amazing job performing in front of rapt audiences for both nights of the play. It was wonderful seeing the students work together as a theatre ensemble to produce a thought-provoking and engaging performance.

Theatre is essentially about storytelling and they did this so well. The audience commented how impressed they were that the Year 11 students had learnt so many lines, concentrated for so long and had told the story of the Jewish Kindertransport in such a sensitive and mature way.

Personally I was so proud of them all. Once the performance started they were completely on their own, there was nothing I could do to help them. There was no need for me to worry though, as they took complete ownership of the performance to produce a professional, slick production that both entertained and challenged the audience.

Well done Year 11 drama! Your dedication, resilience and professionalism paid off as you produced two wonderful evenings of stimulating theatre, that thoroughly engaged the audience.

Graham Low, Drama Teacher

## Music at KOA

Year 7 students have improved their reading of notation and their performance skills. Beethoven's 'Ode to Joy' has been the main piece covered this term.

Year 8 students have developed their understanding and appreciation of Baroque music through listening, performance and composition. Try listening to Pachelbel's Canon if you need to relax over the Christmas period.

Year 9 students are finalising their studies into Film music. They are now able to perform some famous film themes and have a greater understanding of how and why music is used in Media.

Year 10 students have continued to develop their performance skills in addition to covering many different aspects of the Music industry, which is part of their Music BTEC coursework

Year 11 are now heavily into the planning for their Talent Shows which are scheduled to happen in March 2022. Watch and listen out for further information about how to get involved. They have also continued to improve their performance skills which is all part of their BTEC Music studies.

Well done to all members of the choir for their excellent participation in the preparation for the Christmas concert, which was unfortunately cancelled due to COVID.

We have seen (and heard!) a number of new drum students this term who definitely show potential for greater things.

There are spaces for tuition in Violin, Saxophone, Keyboard/Piano, Electric Guitar and Drums. If you are interested in music lessons, please speak to either Mr Warren or Miss Sibley.

Rehearsals for the next musical at KOA will be happening on Monday and Thursday evenings until 4pm next term. Come along to MU1 so you can help us make a decision about what the next KOA musical will be!!

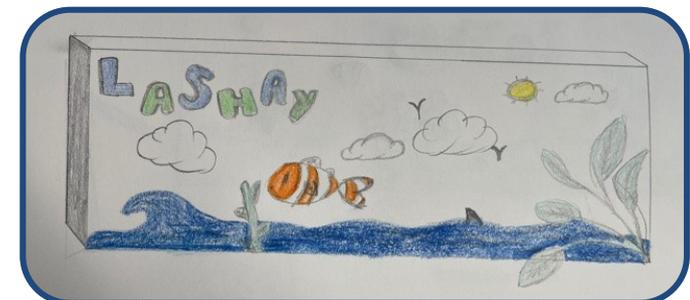
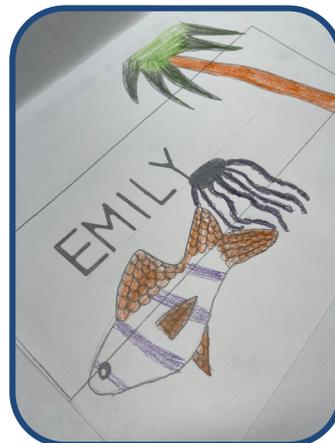
## Gardening Club Christmas Fayre

Last week we held a Gardening Club event for students and staff which raised a staggering £510.02. Thank you to everyone who helped and supported this event including some very generous donations from businesses in our local community: Beauty with Kay; Warmley Waiting Room; 1st Impressions Hairdressers, Hanham;; Grounded, Redfield; Active Leisure Centres; Charlie's Barber Shop, Staple Hill; Avon Valley Adventure and Wildlife Park - Ice Skating; Bristol City Football Club; Teamsport-Karting; The Wave, Bristol; Light up Bristol, Ashton Court; Cakesmiths—Bakehouse/Bakesmiths; The Lock Up, Redfield; Do My Nails, Kingswood; Tesco; Sainsbury's and Morrisons.

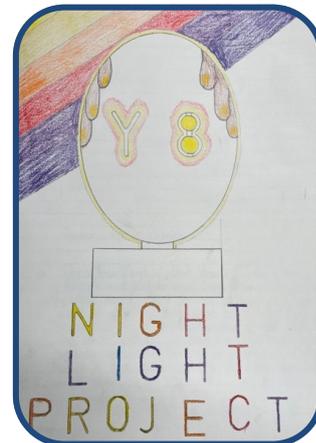


## DT at KOA

In Year 7, students have been working on their name plaque projects. They have learnt about the design process and how to measure, saw and design using CAD and CAM software. We are currently painting their works and will be constructing their final prototypes at the end of this term.

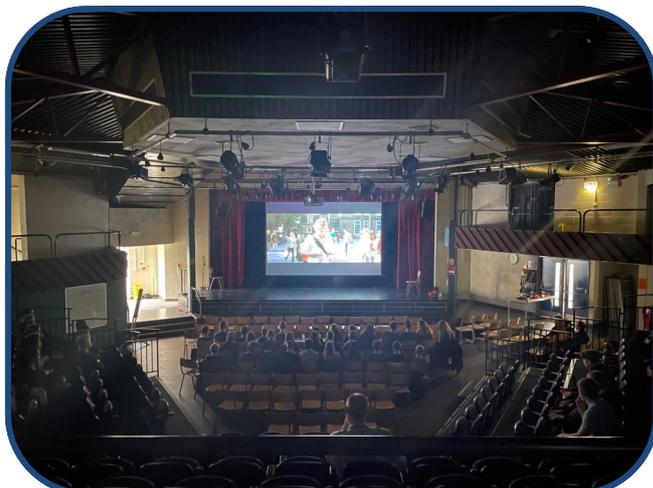


Year 8 have been busy learning about mechanical systems in their Night Light Projects this term. We have learnt about different types of plastics, CAD and CAM software and the different stages of the design process. We are now in the process of soldering our electrical components and finishing our designs.



## Upper School Reward event

The 40 students with the highest number of positive points in Years 9, 10 and 11 enjoyed a film afternoon watching Stormbreaker in the Hexagon on Thursday as a reward for their behaviour and effort this term. Well done to those who earned this celebration.



## Y3-6 Times Tables Rock Stars Tournaments

Times Table Rock Stars tournaments for this term can be seen below. Scoring is based on the average score children get related to the X tables they have learnt in class. This means that that even if Y3 are playing against Y6 it will still be fair!

10 January - 16 January against year group partner classes

17 January - 23 January Y3 vs Y5, Y4 vs Y6

24 January - 30 January Y3 vs Y6, Y4 vs Y5

31 January - 6 February Y3 vs Y4, Y5 vs Y6

7 February - 13 February against year group partner classes

14 February - 18 February Y3,4,5,6

Please remember that TTRS is part of our expectation for homework for all children in Y3-6 (and soon to be Y2 as well - logins coming soon).

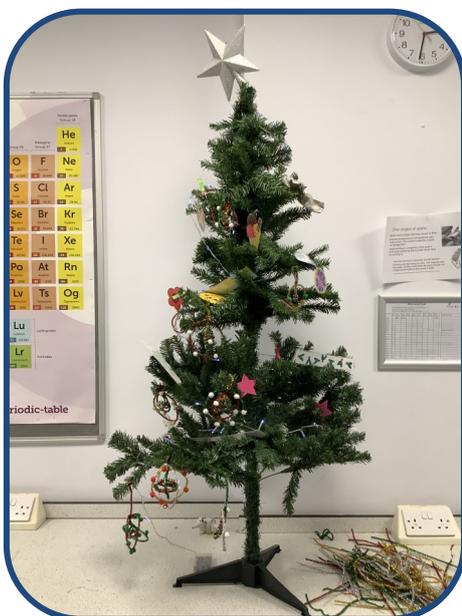
We expect at least 15 minutes a week. Little and often is better - a few minutes a day for example. Please speak to class teachers if you need any help accessing the website.

## Science at KOA



Festive Fun-  
Year 7 Science  
investigating the  
size of the force  
needed to pop  
party poppers!

Have a safe and  
happy Christmas  
from the KOA  
Science  
Department.



## PE at KOA

Many congratulations to Ella S (Year 9) who has been selected to play football for England Schools U15s which is a fantastic achievement especially as she is playing a year up for her age.



## Nasal Flu Immunisations

Nasal flu immunisations will be taking place for YR-Y6 on Thursday 13 January 2022.

## Reception News

The Reception year group has had a fantastic Term 2, filled with sparkler surprises, forest school, pumpkin crafting, present wrapping and so much more! And what better way to finish the year than with an amazing Nativity! We are so proud of how hard the children have worked and how kind they are being in their play. We're also very proud of Reception's contribution to the Christmas hamper for the Care Home, delivered by some of the children.



## Year 1 News

Another busy term for Year 1. We have enjoyed developing our skills as authors with descriptive and letter writing. We invited Kingswood Heritage Museum to school to share with us artefacts and experienced a local walk with a historian.

We have loved learning our nativity especially the songs and are really proud of our first ever live audience performances. A big thank you to parents for organising such brilliant costumes.

Happy Christmas from the Year 1 Team.



## Year 2 News

### Year2 Nativity



## Year 3 News

Year 3 have been very helpful scientists this term doing lots of experiments to help Father Christmas!

First we ran tests to find the best way to muffle Santa's noisy work boots, using different materials and rating them on a scale of 1-10.

Then we investigated which rock would be best to build the new steps going to the Grotto in the North pole! We tested the durability and permeability and found that granite would make the best choice as it was strong and kept out water!



## Year 4 News

In Year 4 this term, Redwood and Beech classes have enjoyed getting into the Christmas spirit through being artists. We have been creating a variety of Christmas artwork.

For our first piece we used watercolour paint to create a night sky. Once it was dry, we used oil pastels to create silhouettes of a sleigh and reindeer.

For our Christmas Calendars, we began by using a range of shades of blue to create a blustery, snowy scene. Once we had our snowy background, we added glitter and photos of ourselves looking freezing cold.

The last piece involved creating a variety of lines including the outline of a Christmas tree. Then we used different colours to create a geometric effect.



## Year 5 News

After learning all about the Romans this term, Year 5 celebrated Roman Day where we made Roman artefacts. Some of the artefacts included laurel wreath crowns, miniature soldiers and mosaic art, which we will display in our Roman museum! We also enjoyed a Roman banquet and sampled different foods that the Romans used to eat.



## Year 6 News

In their French lesson Year 6 students took part in a 'speed talking' exercise where they were moving their knowledge from their short term to long term memories.

Students supported each other and half the class took the role of the coach to encourage and give hints and tips in how to recall the correct answers.

Through practice and repetition students were able to show progress within their lessons and now have a bunch of transferable language skills.



Year 6 have been making Christmas boxes (by measuring angles to create nets in maths) and making Christmas sweets this week to give as gifts!



## Year 7 News

### Army Day

A cold and frosty morning didn't deter our Year 7 students from getting stuck into a day of activities laid on by the British Army. These activities included 'Tank building', 'Jungle maps' and 'Escape boxes'! All the activities focused on building team cohesion amongst our Year 7s and installing in them our British values. One of our Year 7 team summarised the day well, "I learnt that sometimes you need to work together. In films you often see one-person action heroes, but you do need to work together as a group". Well done year 7!"



Mr C Nathan, Head of Year 7

## Year 8 News

In Art, Year 8 started with making experimental texture tiles out of clay.



They then moved on to making monsters using those textures and learning about joining techniques.

Well done to the year 7 Award winners:

Year 7		
Head of School	Makayla K	Rowan T
	Work Hard	Be Kind
7.1	Louie H	Grace F
7.2	Harley H	Ivy P
7.3	Oliver P	Caitlin J
7.4	Mia H	Taylor-Mae B
7.5	Zak K	Skye M
	Progress	Attainment
English	Ellis H	Caitlin J
Maths	Ruby C	Erin S
Science	Harley H	Lila R
French	Charlie R	Romeo S
History	David K	Grace F
Geography	Bryony P	Ellis H
Art	Skye S	Lila R
Music	Rares H	Lillie E
Drama	Lillie E	Lila R
DT	Harrison M	Amy P
Food	Lilly E	Hendrie B
Comp Sci	Lacey T	Leo H
PE	Sam K	Lily C
H and W	Lila R	Kai M
HOY WORK HARD	Ellis H	Issy B
HOY BE KIND	Alex T	Lexi H

Well done to the Year 8 Award winners:

Year 8		
Head of School	Elle A	Jayton D
	Work Hard	Be Kind
8.1	Kitty L	Louis P
8.3	Cody J	Frankie M
	Progress	Attainment
English	Gracie G	Isabelle H
Maths		Gully L
Science	Ameera A	Merri K
French	Aria C	Hans B
History	Gabriella T	Chloe H
Geography	Alex P	Jayton D
Art	Joseph W	Rebeca P
Music	Reagan P	Aria C
Drama	Josh H	Chloe H
DT	Jacob H	Raluca P
Food	Regan P	Lucas G
Comp Sci	Sara B	Sam E
PE	Jack H	Emily C
H and W	Reece B	Jacob L
HOY WORK HARD	Ava Mae H	Emily C
HOY BE KIND	Aria C	Ella-Mae L

## Year 9 News

Well done to the Year 9 Award winners:

Year 9		
Head of School	Jo C	Grace L
	<b>Work Hard</b>	<b>Be Kind</b>
9.1	Ewan R	Megan D
9.2	Teya W	Claridge, R
9.3	Carey I	Ben M
9.4	Mia M	Jack H
9.5		
	<b>Progress</b>	<b>Attainment</b>
English	Richard G	Lexi A
Maths	Tiana W	Connor L
Science	Harry H	Archie B
French	Sub M	Ella S
History	Ruby T	Jack H
Geography	Wilf B	Ryan M
Art	Ellie G	Connor L
Music	Jack S	Connor M
Drama	Summer L	Gracie B
DT	Gracie B	Kyle K
Food	Nate A	Millie P
Comp Sci	Rheo L	Hnery L
PE	Gracie B	Megan D

Year 9 have been busy this term raising money for Children in Need, completing the volunteering section of their Duke of Edinburgh Award and researching potential careers in their careers/options session in tutor time.

The Year 9 students taking part in the Duke of Edinburgh award have started to complete their volunteering section with students volunteering in the local community and also in our lower school. Students have been working with pupils in Reception and Years 1 and 2 with sports and in after school club, been fundraising for the British Heart Foundation, working with younger students with St. John Ambulance, helping with local park runs, litter picking, sports coaching in the community and working in the school library.

During tutor time sessions students have been using Career Pilot, an online programme to research different jobs to understand what qualifications they need and how much money they can earn. The students have found this incredibly interesting and it will help them when we start the options process next term.

Individual successes:

Rheo L and Connor M have both shown a real talent in rugby and been nominated for the Bristol Bears Aspire programme. This is a development centre run by Bristol Bears to feed into their main academy. It enables these students to develop their game play and reach their potential in this sport.

Keep up the good work Year 9!

Mrs S Holtby, Head of Year 9

## Year 10 News

In Term 2, Year 10 have continued to take part in career based sessions during tutor time. They have further explored jobs and opportunities and as part of an assembly have been spoken to about options in The Army and at Lloyds Bank. In this assembly, forms for work experience were distributed encouraging students to start thinking about their placements later in the year.

Mock exams were unfortunately delayed and have been pushed back a week. It is important that students revise for these exams and try their best to ensure that teachers are able to effectively see where gaps in knowledge and misconceptions have occurred to ensure that lessons and content within these have the greatest positive impact.

This term we have also seen an increased Year 10 attendance at our sports clubs with a new group of students attending the weekly table tennis club and an informal Friday football training. This will move to more formal training and the opportunity (should Covid allow) to play against other schools again.

The Tutor Challenge continues. Currently 10.5 (Mr Wilkinson's) group are in the lead by a single point ahead of 10.1. There will be a prize for the winning tutor group in the last week of term. It is still all to play for!

Well done to the Year 10 Award winners:

Year 10		
Head of School	Ethan H	Sasha S
Attendance		
Attendance		
	<b>Work Hard</b>	<b>Be Kind</b>
10.1		
10.2		
10.3		
10.4	Jakub M	Federica K
10.5	Becks G	Felicia H
	<b>Progress</b>	<b>Attainment</b>
English	Luke Y	Magdalena D
Maths	Maddy H	Magdalena D
Science		Layla Harrison
Triple Science	Brayen B	Evie G
French	Lily-Mae R	Magda D
History	Dan N	Aimie H
Geography	Karolina W	Ruby G
Art	Nuala G	Amelia W
Music	Mia M	Shayla-Angel P
Drama	Abbie W	Mia M
DT	Kian M	Ashley M
Food	Erin S	Becks G
PE	Karolina W	Liam H
Business	Charlie B	Luke Y
H and S	Bethany C	Olivia K
BTEC Sp	Lizzy W	Harris T
Comp Sci	Kian M	Finley W

Mr A Heath, Head of Year 10

## Year 11 News

Year 11 have continued to work hard right up until the Christmas holidays. There have been great achievements, both in our awards assembly, and 40 students had the opportunity to attend the Upper School Movie reward, as they have had the most achievement points all year. We did of course mention our Mock Exams Reward day in our last newsletter.

Moving forward, we are focussing on keeping momentum for our next round of mock exams, but equally maintaining our mental and physical health.

Our Inter-Tutor competitions have ramped up, and the final challenge of 2021 takes place in the last hour of term!

### Tutor League Table current:

Final event on Friday!

SWT – 29

HCL – 28

BGE – 27

LTY – 22

RPB/GLW – 19

It's getting closer!



Merry Christmas and a Happy New year. Stay safe this Christmas.

Miss H Pearch, Head of Year 11

### Term 3 Return Information

INSET Day: 4th January—school closed for students.

After school clubs will resume on Monday 10th January.

A letter has been sent to all parents/carers to inform you of the staggered start timings which you can read [HERE](#)

And well done to the year 11 Term 2 Award winners:

Year 11		
Head of School	Mikolaj S	Gracie M
Attendance		
Attendance		
	<b>Work Hard</b>	<b>Be Kind</b>
11.1	Toby H	Courtney B
11.2	Tyisha S	Flora R
11.3	Bianca M	Ben R
11.4	Alfie D	Lavinia P
11.5	Kumba M	Nam B
	<b>Progress</b>	<b>Attainment</b>
English	Anandita K	Alex C
Maths	Mia S	Bethany B
Science	Nam B	Yazmin C
Triple Science	Matthew R	Cameron
French	Erin R	Sydney A
History	Lee H	Aiden C
Geography	Mikolaj S	Rio
Art	Hannah S	Lee H
Music	Inis J	Tyler G
Drama	Hannah S	Gracie M
DT	Robyn D	Katie L
Food	Grace D	Evie H
PE	Jack L	Alex C
Business	Mason B	Grace D
H and S C	Amber H	Katie O
BTEC Sp	Olivia H	Harry B
RS	Abby B	Ruby W
HOY WORK HARD	Harith A	Sienna M
HOY BE KIND	James M	Kodi A
<b>Mock Recognition</b>		
Jack L	Mia S	Megan B
Aaron S	Ilona S	Alex C
Mikolaj S	Hannah W	Anandita K
Alex B	Rebecca H	Tatiana B
Aiden C	Robyn D	
Sydney A	Tyisha S	
	Beth B	

	Lower School				
Date (Jan)	Reception	Year 1	Year 2	Year 3	Year 4
Tuesday 4 <sup>th</sup>	INSET DAY - SCHOOL CLOSED FOR STUDENTS				
Wednesday 5 <sup>th</sup>	All students in school following the normal school day timings (0830 - 1500)				
Thursday 6 <sup>th</sup>					
Friday 7 <sup>th</sup>					

	Middle School			
Date (Jan)	Year 5	Year 6	Year 7	Year 8
Tuesday 4 <sup>th</sup>	INSET DAY - SCHOOL CLOSED FOR STUDENTS			
Wednesday 5 <sup>th</sup>	Y5/6 students are in school following the normal school day timings (0835 - 1510)		Induction Session 0850 - 1050	Induction Session 1100 - 1300
Thursday 6 <sup>th</sup>			Students not in school today	Students not in school today
Friday 7 <sup>th</sup>	All students in school following the normal school day timings			

	Upper School		
Date (Jan)	Year 9	Year 10	Year 11
Tuesday 4 <sup>th</sup>	INSET DAY - SCHOOL CLOSED FOR STUDENTS		
Wednesday 5 <sup>th</sup>	Students not in school today		
Thursday 6 <sup>th</sup>	Induction Session 0850 - 1050	Induction Session 1100 - 1300	Induction Session 1310 - 1510
Friday 7 <sup>th</sup>	All students in school following the normal school day timings		

# Post 16 Diploma Specialists

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EQUIVALENT TO 3 A LEVELS**

**DIGITAL MEDIA PRODUCTION EXTENDED DIPLOMA  
EQUIVALENT TO 3 A LEVELS**

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Cabot  
Learning  
Federation

Empowering Learning

## **Consultation on the Draft Admissions Policy for King's Oak Academy 2023/24**

Admissions authorities are required to consult on their admission arrangements whenever a change to the arrangements are proposed, or if no changes are proposed, every 7 years. As such the Cabot Learning Federation is consulting on the admissions arrangements for King's Oak Academy, for students joining from September 2023.

**The consultation period will run from 1 November 2021 to 11 January 2022.**

The academy is amending its policy to make clear that the PAN for external students is 90. The full capacity in Year 7 is 150 students, of which 60 places are reserved for Year 6 students already on roll at King's Oak Academy (an all-through academy) that will automatically move up to Year 7.

A copy of the full draft policy can be found below.

Any comments on or objections to the proposals can be made during the stated period to Wendy Hellin, Corporate Services Assistant for the Cabot Learning Federation. The email address for correspondence is [wendy.hellin@clf.uk](mailto:wendy.hellin@clf.uk) or in writing to Wendy Hellin, Federation House, King's Oak Academy, Brook Road, Bristol, BS15 4JT.



Community Children's  
Health Partnership



School Immunisation Team  
3 Station Road  
Pill  
Bristol  
BS20 0AB

16<sup>th</sup> December 2021

Dear Parent/Carer

### Back-to-School COVID clinics

The school-aged immunisation team are putting on COVID vaccination clinics for 12 – 15 year olds who have missed their first dose of the COVID vaccination for any reason at the UWE Mass Vaccination centre on Wednesday 29<sup>th</sup> December 2021 and Tuesday 4<sup>th</sup> January 2022. These are strictly by appointment only.

Please book an appointment at

<https://imms.sirona-cic.org.uk/covid19/2021/rebook>

These appointments are for first dose vaccinations only and if your child has had a positive COVID test result there must be a 12 week interval before they can be vaccinated

### Flu Clinics

We also have more flu clinic appointments available, including at Ashton Gate stadium and at UWE Mass Vaccination centre, these can be booked here

<https://imms.sirona-cic.org.uk/flu/2021/bookflu>

Although, the above link is for a nasal flu appointment we will be able to offer the inactivated flu vaccine (porcine gelatine free) for those young people who are unable to accept porcine gelatine products at the clinic. Please complete the form to book the appointment and you can request this on the day.

In the meantime, if you have any questions please contact the School Immunisation Team on 01275 373104 or email [sirona.sch-imms@nhs.net](mailto:sirona.sch-imms@nhs.net)

Yours faithfully

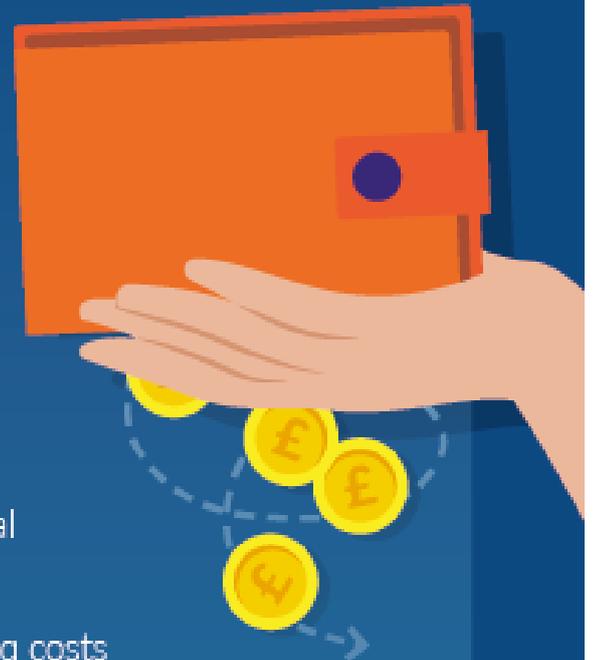
Karen Evans - Head of Specialist Services for Children

Service provided by:



# New financial support available

There are many reasons why you may be finding it difficult to cope financially.



You can apply for immediate and ongoing advice and financial support around essential outgoings such as:

 water  food  energy  housing costs  
and other essentials such as  warm clothing and  fuel.

We have a range of support options available to help customers who are struggling financially. This could be for a number of reasons:

- being made redundant
- a cut in working hours
- owning a business that has been closed due to lockdown
- increased living costs
- a cut in income

## This support is flexible and can give you support for your immediate or long-term needs

To apply for support you must:

- live in South Gloucestershire
- be over the age of 16

The fund is only available until 31 March 2022.

### How to apply

Complete the form online at:

 [www.southglos.gov.uk/essential-support](http://www.southglos.gov.uk/essential-support)

Email:

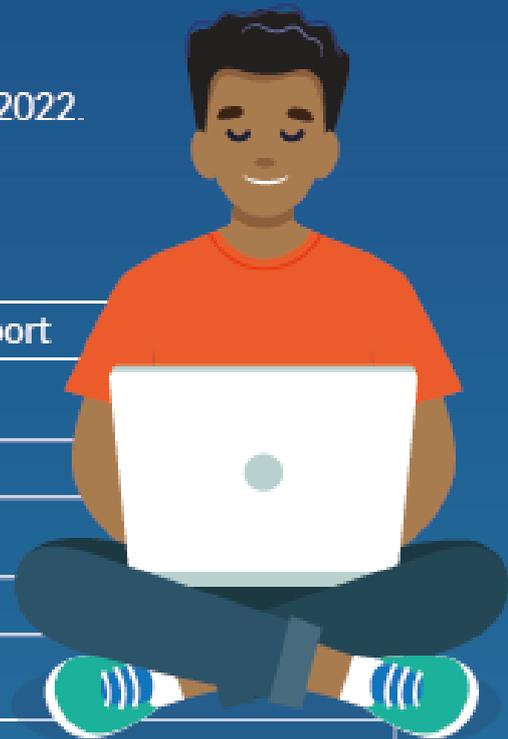
 [OSSAppointments@southglos.gov.uk](mailto:OSSAppointments@southglos.gov.uk)

Call:

 01454 868009

In person:

 South Gloucestershire Council One Stop Shop in Kingswood, Yate or Patchway, see [www.southglos.gov.uk/contactus](http://www.southglos.gov.uk/contactus) for details or call the number above.



### What happens next?

We will review your application and may seek supporting evidence to help us assess your claim.

After you apply you will hear from us within two working days for immediate support and five working days for long term support.

[www.southglos.gov.uk/essential-support](http://www.southglos.gov.uk/essential-support)

# **TIPS TO MAKE YOUR DAYS BRIGHTER THIS WINTER**

## **MY WELLBEING CHECKLIST**

- ✓ Am I getting enough sleep?
- ✓ Am I eating well?
- ✓ Am I drinking enough water?
- ✓ Am I connecting with friends?
- ✓ Am I moving my body enough?

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## **A FEW IDEAS TO GET YOU STARTED**

- ☆ Practice kindness to your family and yourself → ['14 Ways To Be Kind'](#)
- ☆ Make food together → ['Christmas For Kids Recipes'](#)
- ☆ Go outside in nature or for a walk → ['The Best Walks in Bristol'](#)
- ☆ Play a game together
- ☆ Do something creative → ['Top 10 Free Creative Ideas for Families'](#)
- ☆ Listen to music
- ☆ Watch a film
- ☆ Move - dance, play, run do yoga, play 'Statues'
- ☆ Grow a plant → ['Plants to Enhance Learning and Wellbeing'](#)
- ☆ Rest and sleep → ['Tips for Better Sleep'](#) | ['How to Relax'](#)
- ☆ Enjoy a bedtime story → ['How to Read a Bedtime Story'](#)
- ☆ Get some space → ['Safe and Peaceful Place Visualization Exercise'](#)
- ☆ Self-care menu → ['Self-Care, Anxiety and Depression Coping Strategies'](#)
- ☆ Wellbeing action plan → ['Wellbeing Action Plan'](#)
- ☆ Breathe! → ['Kids Meditation - Cooling Out Breath'](#)



## **BOOSTING YOUR MOOD**



### **Happiness Chemicals and How to Hack Them**



#### **DOPAMINE**

THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

#### **OXYTOCIN**

THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hands
- Hugging your family
- Giving compliments

#### **SEROTONIN**

THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

#### **ENDORPHIN**

THE PAIN KILLER

- Laughter
- Essential oils
- Watch a comedy
- Dark Chocolate
- Exercising

## **APPS**

- ☆ [Calm Harm](#)
- ☆ [Clear Fear](#)
- ☆ [Calm](#)
- ☆ [Headspace](#)
- ☆ [DistrACT](#)

## **MANAGING CHALLENGING THOUGHTS & FEELINGS**

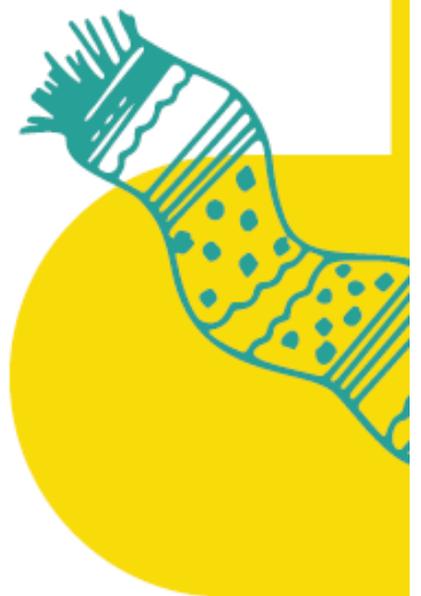
- ☆ ['How to Deal with Unhelpful Thoughts'](#)
- ☆ ['Reframing Thoughts - Take That Thought to Court'](#)

## **CHRISTMAS RESOURCES**

- ☆ ['Tis The Season To Be Lonely' zine](#)
- ☆ ['Looking After Your Mental Health Over the Holidays'](#)
- ☆ ['Childline: Christmas'](#)

## **CORONAVIRUS & MENTAL HEALTH**

- ☆ ['Coronavirus and Mental Health'](#)
- ☆ ['Help With How I'm Feeling'](#)



## **COMMUNITY RESOURCES**

- ☆ [Bristol Somali Resource Centre](#)
- ☆ [Barton Hill Activity Club](#)
- ☆ [Bristol Youth Concern](#)
- ☆ [Southmead Development Trust](#)
- ☆ [Southville Community Centre](#)
- ☆ [Hartcliffe & Withywood Community Partnership](#)
- ☆ [Bristol Refugee Rights](#)
- ☆ [Muslim Youth Helpline](#)



## **ALCOHOL AND OTHER DRUGS**

- ☆ [Bristol Drugs Project: Contact Us](#)
- ☆ [Bristol Drugs Project: The Drop](#)
- ☆ [Bristol Drugs Project: Online Tools](#)

## **SUPPORT FOR PARENTS/CARERS**

- ☆ ['Parents Survival Guide'](#)
- ☆ ['Supporting Your Child During the Coronavirus Pandemic'](#)
- ☆ [Action For Children: 'Talk To Us'](#)
- ☆ ['Five Ways to Manage Your Wellbeing as a Parent During Lockdown'](#)
- ☆ ['Guide to Supporting Children Who Are Worried'](#)
- ☆ ['The Stress Bucket'](#)



## IF YOU'RE STRUGGLING...

- ★ [Kooth](#)  
An online counselling platform for young people aged 11-18, allowing you to talk to a trained counsellor via webchat. You can also take part in discussion boards and read articles written by other young people.
- ★ [Childline](#) | 0800 1111 (7:30am-3:30am)  
Helpline and webchat where you can talk about anything that's on your mind.
- ★ [CAMHS Crisis Line](#) | 0800 953 9599 (24/7/365)  
Immediate emotional and practical telephone support for young people aged 17 and under.
- ★ [Papyrus HOPELINEUK](#) | 0800 068 4141 (9am-midnight)  
Offering phone, text and email support for young people experiencing suicidal thoughts.
- ★ [Samaritans](#) | 116 123 (24/7/365)  
Listening support for anyone who is struggling to cope and wants someone to talk to.
- ★ [Shout](#) | Text 'SHOUT' to 85258 (24/7/365)  
Text support for young people in crisis.
- ★ [Campaign Against Living Miserably](#) | 0800 58 58 58 (5pm-midnight)  
Helpline and webchat providing information and support.
- ★ [The Mix](#) | 0808 808 4994 (3pm-midnight)  
Information and advice for young people up to the age of 25, including articles, discussion boards, and phone and webchat support.



[creativeyouthnetwork.org.uk](http://creativeyouthnetwork.org.uk)



[bdp.org.uk](http://bdp.org.uk)



[otrbristol.org.uk](http://otrbristol.org.uk)

