

### KING'S OAK NEWS

Issue 65

Term 1

2022-2023

#### 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 1 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 Monday 31 October.

#### LRC at KOA

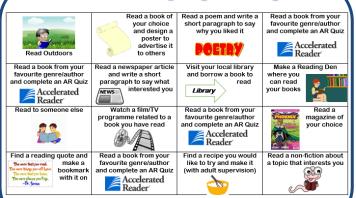
The five students who completed the KOA Summer Reading Challenge Bingo enjoyed an Afternoon Tea with our Principal, Miss Ogden in the LRC during the last week of term.

They enjoyed taking part in a variety of games and quizzes as well as discussing their favourite reads.





#### **KOA Summer Reading Bingo Challenge 2022**



Choose ANY line of 4 (horizontal, <u>vertical</u> or diagonal) to complete the challenge

ishers will be invited to 'Afternoon Tea' with the Principal in Septem

#### **Gardening Group at KOA**

The Gardening Group are busy preparing for the Christmas fayre.

We have Elephant Garlic, Grape Hyacinth and Daffodil bulbs, and some cuttings from the money plant.

There are still some chillis growing in the greenhouse—and look at the Avocado plant!!













A reminder that the last day of Term 1 for students is Wednesday 19 October. Term 2 starts on Monday 31 October.



#### **Student Council at KOA**

The new all-though Student Council is being launched this week during assembly slots for Upper/Middle School. Two students per year are to be selected through applications and elections to represent student voice at KOA. This is a great student leadership opportunity.



Elections will take place after half term!

Lower School students will be selected from each class by teachers

#### Food Technology at KOA

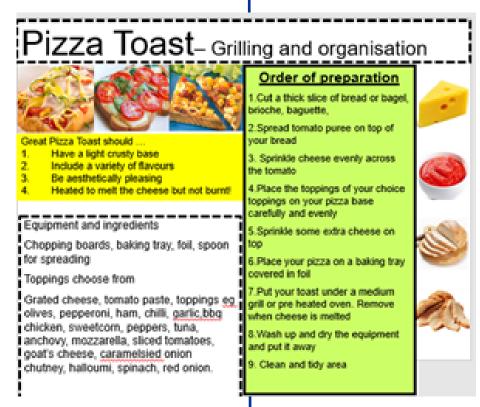
KS3 students in Years 7 - 9 have been busy making a variety of dishes this term and it is clear we certainly have some budding chefs at KOA.

Year 9 made chilli con carne and creamy spinach and mushroom gnocchi. Students were superb in these lessons demonstrating some fantastic cooking skills.

Year 8 made cheese omelettes and savoury rice. Star bakers were; Eleanor D, Holly M-B, Tyler B and Zack K.

Year 7 made fruit salad and pizza toast. We were very impressed with their skills and creativity. Star bakers ... Matilda Y, Sunny R, Callum, Alexander F and Christian A.

Here is the pizza toast recipe and some ideas for spooky Halloween pizza designs you could make at home over half term. *The Health Team* 







#### **Sport at KOA**

#### Years 8 and 9 Girls Football National Cup

Our first round cup game was away to the Blue School in Wells. We took the trip on a Wednesday afternoon in October. The girls were excited and nervous about representing the school for their first ever national cup match. They worked well as a team and their hard work paid off, after a 5-1 win. Kiesha and Lily were awarded players of the match.

The second round was held at King's Oak Academy, a week later. The girls were drawn against King's Of Wessex School which is based in Cheddar. The first half was extremely close, with the KOA goalkeeper making some fantastic saves to keep KOA in the game. The girls played extremely well, however, we were knocked out of the cup.

Although we were knocked out in the second round, Mrs Salvage and Mrs Harrold are extremely proud of the team and their first run in the national cup.



#### Years 7 and 8 Girls Football - Utilita Cup

Girls in Years 7 and 8 represented KOA in a 6-a-side football tournament at Lockleaze on Friday 14 October. The tournament was hosted by Bristol Rovers Football in the Community Trust.

There were over 200 girls participating from 20 schools across South Gloucestershire and Bristol.

After the group games, our teams managed to progress to the semi finals, and after a tense and close match reached the final. It was an extremely close match, with lots of attempts on goal at both ends. However, after the final whistle, it ended with a penalty shoot out. Mia managed to save a goal in sudden death which made us the tournament winners.

We are now going to represent the region at the next tournament. Well done girls!





#### **Netball Fixtures**

We have had a number of tournaments this year for our netball teams. Our U16 squad participated at Hanham last week. Even though we did not win the tournament, the team demonstrated determination, resilience and perseverance throughout the games.

The Year 7 Team will play on 18 October at Brimsham Green, and we are hosting a tournament on 19 October for our Year 8 and 9 teams.

We wish all the teams playing in the last week of term, Good Luck!



#### Follow KOA on Social Media

Instagram: @kingsoakacademy
Twitter: @kingsoakacademy





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

Facebook:



#### **Sport at KOA**

#### **Boys Football**

The Year 11 Boys had a fantastic win in the first round of the English Schools small school cup. This was played at KOA on 27 September. Well done!



The Year 10 boys won 4-1 away at Bristol Brunel in the Schools Football National Cup. This is a fantastic win against a local school, and we progress to round 2.



#### **Rugby Enrichment Day**

Students in Years R-6 were lucky enough to take part in a Rugby Enrichment day on Friday 14 October.

Progressive Sports carried out



short sessions with each year group so that all students were able to get a feel for rugby as a sport and celebrate the Women's Rugby World Cup! We heard lots of positive things from students about how much fun they had!











#### **Careers and Enterprise at KOA**

Year 11 students have all been sent a letter highlighting **'next steps'**. There are lots of open events happening where students can visit FE providers, sixth form and colleges to help. The website link also provides help: <a href="https://educationhub.blog.gov.uk/2022/10/11/how-were-helping-young-people-find-their-next-step-in-education-and-training/">https://educationhub.blog.gov.uk/2022/10/11/how-were-helping-young-people-find-their-next-step-in-education-and-training/</a>

If students still need to explore different career pathways: <a href="https://www.careerpilot.org.uk/my-job-sectors">https://www.careerpilot.org.uk/my-job-sectors</a>. Careers information and guidance resources are available in the LRC.

Students and parents can also find careers information and guidance on the King's Oak Academy website.

1st November	Abbeywood Community school	17:30-19:30	Booking required	
2nd November	Bradley Stoke Community School	17:30-19:30	Booking required	
3rd November	Bristol Cathedral Choir School	16:15-20:00	Booking required - closing date noon 6th Jan 2023	
3rd November	Winterbourne Academy	17:30-19:30	Booking required	
5th November	Bath College	10:00-13:00	Somer Valley campus- check website	
7th November	St Mary Redcliffe	18:00-20:15	Application deadline is noon Thurs 1st Dec 2022	
9th November	Churchill Academy	18:00-20:00	Churchill Academy- Booking required	
16th November	Bristol City community trust	18:30	Booking required	
16th November	St Brendans	17:00 - 20:00	St Brendans- booking required	
16th November	St Katherines Sixth Form	tbc	Check website	
16th November	City Of Bristol College	17:00-20:00	All sites	
17th November	Backwell Sixth form	tbc	Backwell School- check website	
24th November	Nailsea Sixth form	tbc	Check website	
24th November	City Of Bristol College	17:00-19:00	A level only College Green	
26th November	Bristol Institute of Performing Arts	10am-12pm	Stoke Gifford	
26th November	SGS College	10:00-13:00	All sites	
26th November	Access Creative	From 6pm		
3rd December	Bath College	10:00-13:00	City Centre Campus- Check website	
5th December	Bristol City community trust	18:30	Booking required	
5th December	Boomsatsuma- Games, VR & VFX	18:30	Leadworks- booking required	
6th December	Boomsatsuma- Photography	18:30	Leadworks- booking required	
6th December	Boomsatsuma - Creative Digital	18:30	Leadworks- booking required	
7th December	Boomsatsuma- Sports media	18:30	Ashton Gate Stadium- booking required	
8th December	Boomsatsuma- Film & Tv	18:30	Bottleyard studio- booking required	

#### **Environmental Group at KOA**

Ms Shaw is pleased to announce that the new KOA Environmental Group has started to meet and share ideas on how we can make a difference here at KOA and also locally, nationally and globally.

In the first meeting the students came up with some amazing ideas about what they would like to do - so watch this space

All welcome - Meet ups are in the LRC on Tuesday at lunchtime

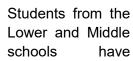
The students have raised £30 from pumpkin sale to raise money for wild flower seeds / bird boxes and other environmental projects around the site.





#### **Eco Schools' Committee at KOA**

Newly set up, the KOA Eco Schools' Committee has started work to achieve the Green Flag Award for KOA





begun to complete an audit of many environmental aspects of the site. Oscar from Year 6 and Reuben, Lillie, Katie, Lila, Louie, Brooklyn and Grace from Year 8 have been busy looking at issues such litter, recycling, and biodiversity around the site.

More updates to follow Please contact Ms Shaw for more information. Interest from other year groups welcome.

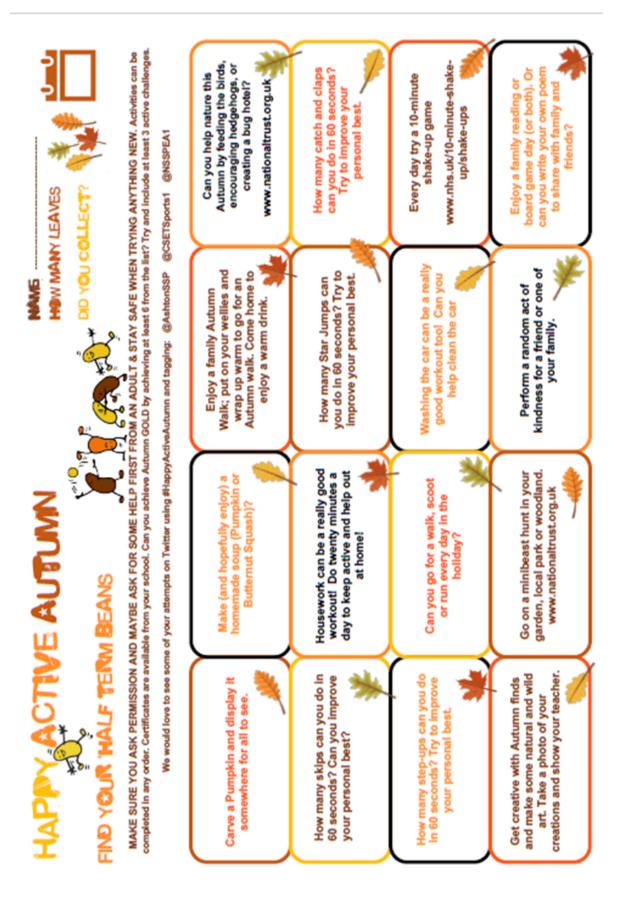
#### **GCSE Geography success!**

Ms Shaw and Mr Nathan would like to wish good luck to last year's GCSE students who are now taking A Level Geography with the CLF. Tatiana, Bianca, Amber and Courtney dropped in on a very wet Friday afternoon to tell us their latest news.



#### **News from Lower School**

Half Term is approaching, and it is a great opportunity to stay active and enjoy the outdoors! Have a go at some of the Happy Health Autumn activities and track which ones you do with pictures! Bring back your tracker to show Miss Southcott to get an award for keeping active!



#### Friends of King's Oak Academy

We are very fortunate to have a very supportive group of Friends of King's Oak Academy, who have worked tirelessly to raise money for various school-wide projects and resources. This term, our KS1 and KS2 children have received additional play equipment to enjoy during lunchtimes. We would like to use this opportunity to thank Friends of King's Oak Academy for their continued support, enthusiasm and determination.



If you would like to get in touch with the group and offer your support, please contact them on:

friendsofkoa@hotmail.com

#### **World Mental Health Day**



A huge 'thank you' to Miss Southcott for organising provision, additional learning opportunities and the #HelloYellow awareness day to recognise that the number of young people in need of mental health support is growing faster than ever. Thank you for your support on the day in showing our young people that they're not alone with their mental health!

#### **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 have received 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 our latest lucky winners from KS2:



#### New books

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#### **News from Reception**

Reception have had a fantastic first term at school. We have:

- Started phonics and learnt 24 sounds which we are using to read and spell words
- Enjoyed learning all about the numbers 1-5 and using the words more and fewer to compare them
- Enjoyed a weekly Forest School session with Rachelle
- Learnt all about the festivals of Harvest and Diwali















Year 1 have had such a busy term! It is always a big step from Reception to Year 1 and we are so proud of the progress the children have made so far.

As scientists, we enjoyed setting up a fair test to decide which material would be best for the Three Little Pigs' house, with all children being big bad wolves. We made jam sandwiches to introduce our author unit on 'instructions' (all children are now pros at making sandwiches, so I'm sure they'd be happy to make them at home too!)







As mathematicians we have been counting within 100, both forwards and backwards, with lots of number games and counting challenges to consolidate. We know starting a new school year can be tough, so we have tried our very best to use our ruby power as much as possible: one of the best ways to do this is with a big cheesy grin to help ourselves and others feel happy. Well done, Year 1 – we are looking forward to Term 2!



#### **News from Year 2**

Year 2 have had a fantastic first term and have enjoyed exploring topics such as Animal habitats in Science and Continents in Geography!

Using our key text titled the 'Tin Forest' we have written both character and setting descriptions focussing on descriptive language.

In Maths this term we have focussed on place value; becoming more confident with numbers all the way up to 100.

We are looking forward to exploring all things Space next term!

Year 3 have enjoyed learning about The Tudors this term. We celebrated with a Tudor Day where we dressed up, tried using a quill feather and ink to write, created a Tudor knot garden and shield. We picked the colours and animals for the shield based on what we wanted it to represent. We also tried to draw Henry VIII before taking part in a Tudor quiz where our knowledge shone through!

We have enjoyed developing our drawing skills in Art this term. We were inspired by Paul Klee and created our own self portrait using a range of techniques such as stippling and cross-hatching.









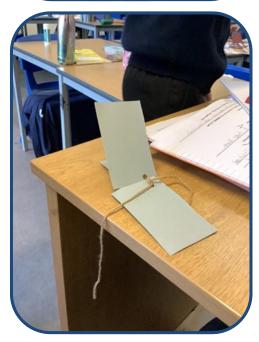
Year 4 have been enjoying learning about the Anglo Saxons. The children have written some fantastic non-chronological reports using their favourite facts. To finish our topic, we have been using our designers' skills. We have been researching, designing, and making our own Anglo-Saxon homes. To do this we had to investigate structures and experiment with different attachment techniques.











## News from Middle School News from Year 6

#### **Forest School**

Year 6 students have been enjoying Forest School activities this term. They've worked together to create a mud kitchen, a bird viewing area and planted daffodils in the flower planter. Next term we'll hopefully be able to build a fire in the fire pit!







#### **Sporting Chance Rugby Session**

On Friday 14 October, Sporting Chance came to deliver a rugby session for Year 6 students. They practised skills including coordination, passing and running and general teamwork skills. Jordi won man of the match!



Lifeskills This term, the Year 6s went on a school trip to Lifeskills. The children were put in scenarios, including road safety, fire safety and first aid putting their safety awareness to the test! They learned what they'd need to do in a real emergency, including how to make an emergency 999 call, and how to make the best choices to keep safe in real life.















Year 7 have settled in fantastically well and are an incredible asset to our King's Oak family. I have such seen beautiful reading, writing participation across a range of lessons, and I think I've learned everyone's names!

I've seen reading and writing in English; we've been doing Maths in French and have now moved on to colours; learning about probability in Maths (which included Miss Pearch learning from her mistakes by reading the question properly!), and more recently looking at types of number; looking at microscopes in science; analysing products in DT and learning more about healthy eating in Health and Wellbeing, which included making a fruit salad and some pizza toast!

The feedback particularly from the Health Team is that Year 7 are fantastic at cleaning up after themselves, and this is just one of the things we will be celebrating in our awards assembly, where lots of students have received awards from tutors, teachers, Miss Pearch and Mrs Watts.

We've also focussed lots on organisation homework, and here's one example of how the Science department are making sure you can your access homework don't forget there is also homework club on Wednesdays with Miss Pearch in C18.

have Finally, we looked at World Mental Health Day, and each tutor group

had to take on the #helloyellow challenge. Sadly post-its don't stick around for long, so the boards are starting to droop, but our amazing acts of kindness will stick with everyone for a very long time to come!

I am super proud of all of you, and hope you continue your excellent behaviour, attendance, and work ethic!

Tutor Challenge League Table:

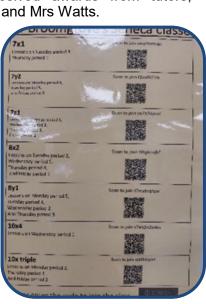
1<sup>st</sup> - LJn 25

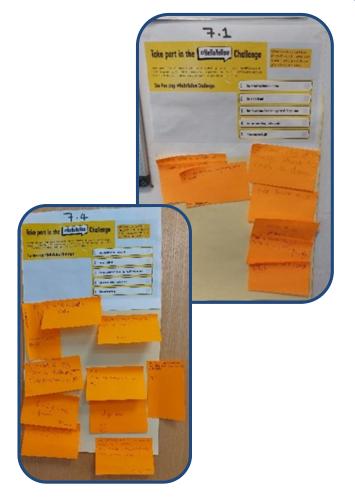
2<sup>nd</sup> - SMa 24

3<sup>rd</sup> - MMa 23

4<sup>th</sup> - LUm 23

5<sup>th</sup> - FMd 22





Year 7 pizza toast. Really great class with some students brining in ingredients grown or made at home, also excellent washing up!









Year 8 have made a great start to the final year of Middle School. We have seen excellent contributions to our community in little and large measures.

A small group of Year 8 and Year 10 students who are interested in a future in law went to visit St. Stephen's Barristers' Chambers in Bristol. They then visited the Crown Court and were welcomed by senior judges who talked them through a trial process. The Chambers then hosted our students for lunch and gave them the opportunity to ask questions.

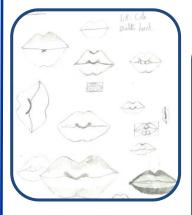
Destiny in Year 8 said "It has given me a better understanding of what I need to do to become a barrister". Whilst Hollie said "We were really lucky to stand in the witness box and get cross examined by a judge".

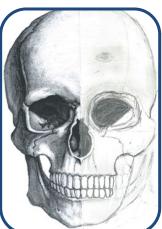


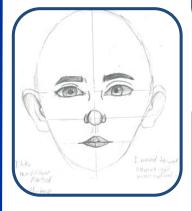
Year 8 have represented King's Oak Academy at a national, regional and local level. Our girls' team has gone from strength to strength. Our boys' rugby has been exceptional with a noteworthy performance against BBA where the team's grit, determination and fair play was noticed by both KOA parents and also BBA parents and staff.

As we enter the winter months there will be new opportunities and challenges facing our community, but I have no doubt in our outstanding year group's ability to excel at working hard and being kind.

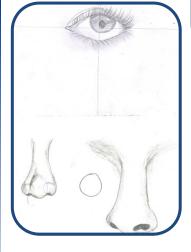
In Art our Year 8 students have been working hard studying facial features for their Portraiture Unit They have shown determination and have developed their ideas through continued adjustments. Below we can see some examples of the students' outstanding work.













Mr Nathan - Head of Year 8

Work by: La'Shay, Lillie, Reuben , Ruby, Leah and Madison

#### **News from Middle School**

#### **News from Year 9**

This term in Year 9. At the end of a long term, I'd like to congratulate all Year 9 students for the hard work and achievements they have made this first term. To reflect on this, we recently had a year group celebration of achievement assembly where teachers were asked to contribute their experiences of student successes in their lessons. There was such a huge list that it took up 6 slides on my PowerPoint. However, there were some students who stood out as receiving multiple commendations from their teachers, and received my 3-star Gold Award, they were: Gracie, Chloe, Emily, Regan, Joseph and Lucas.

One of the particular highlights for me was going to see an amazing cooking lesson led by our own Gordan Ramsey, Mr Heath. The students were cooking gnocchi. The smell coming from the classroom was amazing and what the students produced was delicious. However, Raluca has certainly emerged as our own MasterChef.

Lastly, I would like to highlight how brilliant the year group were when the BBC came into a whole year group assembly to mark 100 years of the BBC. Students listened amazingly to the success stories of some of the journalists and executives and confidently asked really relevant and thoughtful questions.

Have a relaxing break.

Mr Mannin—Head of Year 9

#### **News from Year 10**

Year 10 students have been working incredibly hard over the course of this first term, particularly in their option subjects. Students have taken on this new challenge amazingly well and have shown great enthusiasm and commitment to their learning as well as showing an increased maturity both in lessons and around the school.

Each week students have two sessions on PSHE, an assembly session and the Friday session which is split between tutor challenge and learning about revision techniques to prepare students for GCSE exams. In PSHE we have focussed on topics such as social media and the impact it has on day-to-day life, grief and how we cope, and all students recently took part in activities to raise awareness of mental health on World Mental Health Day. We have had assemblies on building resilience and how we can overcome barriers and Mr Tanner spoke to the students about Black History Month.

Mrs Gladwin also spoke to the Year 10 students about taking part in KOA School Council which is a new and exciting project we are running this year. Students can apply to be a School Council representative and then there will be a vote next term to elect two representatives from the year group. This is a fantastic opportunity for our students as it means that students' opinions can be listened to and acted upon so they can really make a difference.

Tutor challenge has carried on again this term and so far, Mr Tanner's group 10.4 are in the lead. It is still early in the year so everything to play for.

Students have also looked at some revision techniques to work out what suits them so they can plan for this early on in Year 10 so it has the right impact at the end of Year 11.

Some Year 10 students were once again given an opportunity to take part in the Barrister's Outreach Programme this term. Students were taken to St John's Chambers to observe and explore the work barristers and judges do in the courts. These students were taken into the court and talked through the process of how court runs and who does what. This was a unique experience and students were very lucky to have this opportunity to explore the courts. Thank you to Mr Nathan for organising and Mrs Salvage for taking the students.

The Year 10 football team has been successful this term. In their first game of the national Cup they beat BBA and drew with Millfield in the next round of the cup. This will be played at the beginning of next term, good luck to all involved. Ella has also been selected for the South West football team to represent them in the Trial Games. Congratulations Ella and good luck.

This term has 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 these students for continually making the right choices, engaging with their learning and working hard.

Well done for making such a positive start to Year 10. Keep up the good work all of you

Mrs Holtby - Head of Year 10

Year 11s have generally made a very positive start to the year with increased focus and determination to secure their best results. Students are proud to show off their work and it is pleasing to have examples of work sent to me by subject teachers. Keep this focus going!

#### Year 11 information evening

In October, we held our Year 11 information evening. This event provided parents with understanding of the Year 11 experience, how best to support students during this year, revision advice and the opportunity to explore revision guides/materials before placing orders. After a long time planning, it was great to see such a large attendance and I hope that the information provided on the evening will be useful to both Year 11 students and parents throughout the year. Thank you for your support with this event.



#### Football success

Our Year 11 football team won their home game in the ESFA Small Schools National Cup competition with an impressive performance wearing their new kit provided by Clifton Surveys. They are again at home in the next round after the half term break against Court Fields. We all wish them good luck for the rest of the competition.



#### **Period 6 sessions**

These are provided by several subjects across the Academy. These happen after school until approximately 4.15pm. This is a great opportunity for students to deepen their knowledge and receive additional support as they focus further on their studies. Students are encouraged to speak to their subject teachers to find out further information on these and will be given more specific times/locations.

Monday	Tuesday	Wednesday	Thursday
Computing	HSC (until 3.20)	HSC (until 3.20)	BTEC Sport
Art			Catering
Maths			DT
Geography	HSC lunch	HSC lunch	

#### **Mock Exams**

When we return after half term, students will sit their next round of mock exams. These are crucial for several reasons. From these exams, we are able to provide predicted grades that will be used on college applications. Students need these to ensure that they get onto the Post 16 courses that are right for them. Teachers will also get feedback from the exam papers on areas that students are confident in and areas in which they struggle. This will again help with making sure that lessons are even more specific to the needs of our students. Finally, we know that exams can be a stressful time for students. The more we go through the process, it is more likely that students will cope successfully with their end of Year 11 exams in the correct way.

Mr Heath, Head of Year 11



#### Follow KOA on Social Media

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Twitter: @kingsoakacademy



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











# Join us in Year 10 or 12



We're a small studio school that provides specialist courses to prepare students for successful careers in creative, digital and high tech sectors.



Perfect for the coders, designers, creatives, film makers and entrepreneurs of the future.

#### Come and have a look around...

#### **ACADEMY TOURS**

Various dates available

To reserve your space call 0117 992 7100

or email

info@digitechstudioschool.co.uk

Year 10
Applications
Must be submitted
to South Glos Council
by 31 Oct 2022





To find out more and to view all our courses visit: www.digitechstudioschool.co.uk









# Out of School Club Assistant/Play Worker Job Description

Job summary: Assist with day to day activities of the club Provide quality playcare within the framework of the club's policies and procedures

May be required to assist with club administration

Contract: from Zero Hours to 25 hour week term time with additional hours for session planning, admin and holiday club sessions. Happy to discuss contract type with the right applicant. Qualifications: the applicant will ideally have at least a Level 2 in childcare but will consider non-qualified too

Working relationships: Children attending the club and their parents/carers, Management and staff, including students and

volunteers, Schools and registering authorities

Line manager: Club Manager/Deputy

Location: King's Oak Academy Primary School, Brook Road,

Kingswood

Usual Session Hours: 7.15am to 9am, 2.45pm to 6pm and 7.45am to 5.45pm for holiday clubs; holiday club sessions will be rostered in advance

We are committed to safeguarding children and follow safer recruitment processes; a DBS check will be required.

For Application Information: please email <u>teddybearschildcare@virginmedia.com</u> or telephone 07760 237663.

Application Deadline: Open for Applicants to apply with the intention of appointing as soon as possible. Interviews to be arranged once application received. (advert updated Aug'22)

#### The Sohool Health Nursing Team

Your School Health Nursing Team is made up of School Health Nurses and School Health Assistants who are experienced in working with children and young people and providing young people-friendly services.

There is a named School Health Nursing Team for all schools with an allocated link School Health Nurse.













& Smoking









This service is provided by Sirona care & health as part of the Community Children's Health Partnership.







#### Let us know what you think and get involved

T: 0300 124 5300\* E: sirona.hello@nhs.net W: www.cchp.nhs.uk

\*Calls from a landline are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

This document can be provided in other formats and languages, please contact us for more Information.

> Date of creation: 08/20 Date for review: 08/22 **URN:** 0098

#### Registered Office:

Sirona care & health CIC, 2nd Floor, Kingswood Civic Centre, High Street, Kingswood, Bristol BS15 9TR Company Number: 07585003



Information for parents and carers of children starting primary school in Bristol and South Gloucestershire

Service provided by



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Healthy Eating













This service is provided by Sirona care & health as part of the Community Children's Health Partnership.



#### Let us know what you think and get involved

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Sirona care & health CIC, 2nd Floor, Kingswood Civio Centre, High Street, Kingswood, Bristol BS15 9TR Company Number: 07585003







Information for parents and carers of children starting secondary school in Bristol and South Gloucestershire

Service provided by ırona

# COMMUNITY CHILDREN & ADOLESCENT'S ASTHMA CLINIC





BE INVOLVED!

We are piloting a new
Community Asthma Clinic
from September 22 - March 23!

# TO REFER:

Please complete the attached form and email to:

ubh-tr.childrensasthma@nhs.net

Children will be reviewed by a Consultant Asthma Nurse in a community Children's Centre.

- FeNO
- Spirometry
- · Education & advice
- · Inhaler technique
- Allergy advice





# Back to school: children with asthma urged to use inhalers as a

Somerset and South Gloucestershire to start using their inhalers as they go back to GPs are calling on parents and carers of children with asthma in Bristol, North

precaution

The advice comes as temperatures start to reduce, and children are exposed to the usual increased risk of infection as they join hundreds of other pupils after the summer break. Evidence shows that using inhalers preventatively, ig before symptoms of wheezing occur, reduces the risk of becoming unwell. Using spacers, the plastic tube or coneshaped devices, also significantly increases effectiveness

Gloucestershire have asthma. 1 A child is admitted to hospital every 20 minutes in the It is estimated that 1 in 11 children in Bristol, North Somerset and South JK because of an asthma attack.

inhalers are found to be lost, broken or out of date when families find they need them For many, symptoms only occur during the winter months, which means that often

download for Android phones at Google Play and for iPhone or iPad from the iPhone The free HANDI app carries simple advice about how to care for a child with asthma or wheezy chest, along with other common childhood illnesses, and is available to app store or iTunes.

services lead for NHS Bristol, North Somerset and South Gloucestershire Integrated Dr Kirsty Alexander, GP at Southmead & Henbury Family Practice and children's Care Board said:

now just check your child's inhaler and spacer. For many children with asthma and other respiratory conditions, a daily puff on their preventative inhaler will give them "This advice is about getting ready. You've bought the shoes and the lunch box – that extra bit of resilience to weather the return to school



Bristol, North Somerset and South Gloucestershire

The free HANDI App is also a great way to check on symptoms and how to care for children with asthma and a range of other common illnesses and well worth having at your fingertips\*

concentrate on learning and seeing their friends, instead of going down with autumn "It's an exciting and happy time for the vast majority of children. Simple preventative measures, or even just checking inhalers are working and in date, will allow them to

https://www.asthma.org.uk/about/media/facts-and-statistics/ Asthma prevalence statistics from Asthma UK

bugs or getting wheezy as soon as the air gets damper."

2. The HANDi App aims to provide advice and support to parents and carers when your child is unwell.

including illness-specific home assessment guidelines for six common childhood It offers simple and straightforward advice on what to do and who to contact,

- Diarrhoea and vomiting
- High temperature
- Chesty baby (Bronchiolitis)
- Chesty child (Wheeze and Asthma)
- Abdominal pain
- Common newborn problems

Each of the six illnesses has a home care plan to help you provide the best support for your child and give you confidence in caring for them when they are unwell.

Download the HANDi App for Android phones at Google Play

For iPhone or iPad, download from the iPhone app store or iTunes, using the search term 'HANDi App'

https://www.asthma.org.uk/about/media/facts-and-statistics/

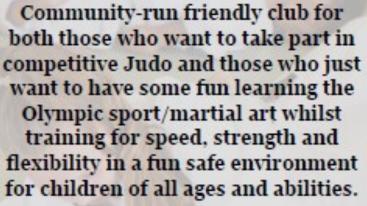


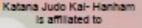




## Katana Judo Kai- Hanham









Primaries & Juniors (ages 4 -13) 19:00 - 20:00

Youth & Seniors (14+) 20:30 -21:30

Mat fees start at £14 per month for Primaries - Youth and £16 for Seniors with discounts also available for families



#### Typical session

- -Warm up
- -Breakfalls
- -Technique
- -Randori (semi-contest practice)

#### Judo includes

- -Throws
- -Hold downs
- -Armlocks
- -Strangles

#### Events

- -Gradings
- -Courses
- -Competitions

#### Benefits of Judo training:

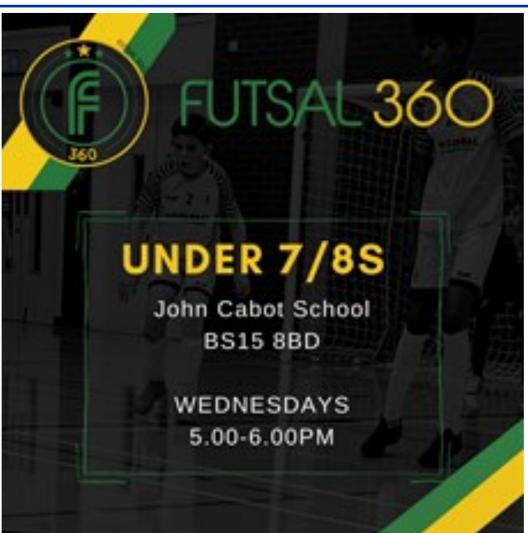
- Make new friends & have a good time.
- Improves balance, coordination, overall strength & health.
- Increases speed and agility.
- · Complements other sports.
- · Learn how to fall without getting injured.
- Gain the skills to defend yourself & enter competitions to win medals.
- · Increase mental toughness and confidence.
- Incredible value, we give far more for less when compared to any other martial art.

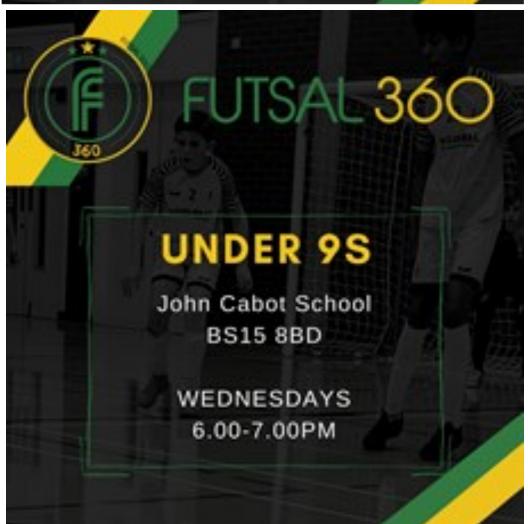




Matthew Hope Head Coach

Hanham Community Centre, 118-124 High St, Hanham, Bristol, BS15 3EJ matt.hope@hotmail.co.uk ~ 07986508957









# PLAYERS WANTED UNDER 16 (YEAR 10/11)

Girls football is going from strength to strength, paricularly since the Lionesses won the Euros.

If you have been bitten by the football bug but haven't found a club, Downend Flyers Under 16's (Year 10/11) are looking for players for the upcoming season.

We are looking for players at all positions including goalkeeper. We train each Thursday and play on Sundays. You don't need experience to be a goalkeeper as full training will be given.

We are a friendly team so come along and play the game you love!

For more information please contact info@downendflyers.com



#### **AVON SCHOOLS & YOUTH HOCKEY ASSOCIATION**

#### Opportunity for Volunteers

For 2022 - 2023 **Avon Junior Hockey Association** is seeking to appoint a <u>number of Volunteers</u> to complete administrative work for its Development Centres and Academy Centres.

There are a <u>number of</u> tasks that need to be completed to enable players to attend the Development and Academy Centres and the more volunteers that come forward the tasks can be split. Tasks include the following:

- Booking pitches.
- Manager Positions for age group Help with correspondence to players within the group. Checking on attendance through google sheets, taking register at each session and also advising lead coach of absences.
- Twitter communications.
- 4. Player Pathway Administrator Girls Administrator
- 5. Avon Junior Secretary Communications to schools and clubs.

If anyone is interested in helping to enable Avon Junior Hockey to continue with developing junior players please follow the instructions below.

Please send your expression of interest asap and CV to the Avon Junior Chair, Val Shipsey at:

hockeyavonjuniors@gmail.com



#### **AVON SCHOOLS & YOUTH HOCKEY ASSOCIATION**

#### Opportunity for Hockey Coaches and Managers

Avon Junior Hockey have had to reduce the age groups that they can deliver coaching to, due to the lack of Level 2 coaches. Therefore, Avon Juniors are advertising again to see if any coaches would like to assist in developing junior players. Avon Juniors are looking for additional coaches as follows:

Level 2 Coaches (Bristol) - To assist in leading sessions.

Level 1 Coaches (Bristol)

#### The Commitment

Academy Centres - 4 x 2hrs Sessions plus Competition in October/November 2022 and 4 x 2hrs sessions plus competition in March/April 2023

These sessions usually take place on a Friday evening from 6.15pm-8.15pm.

A current First Aid Certificate and a current Child Protection Certificate are required for Level 2 coaches and above.

All coaches would be subject to an Enhanced DBS check (through England Hockey). Avon Hockey will pay for these checks to be completed.

#### Payments & Expenses

All coaches contracted to the Development Centres and Academy Centres will receive payments based on their qualifications and role on a per session/hourly rate.

Payments for coaches are as follows:

Coaching Level	Training Fees	Tournament
	(Per session)	Fees
		(Per hour)
Non-Qualified coach	£18.00	£8.00
Assistant Coach - U18 Level 1 / Intro to Hockey	£25.00	£10.00
Assistant Coach - 18+ Level 1 / Intro to Hockey	£35.00	£12.50
Coach - Level 2 / Sessional Coach	£45.00	£15.00
Lead Coach - Level 2 / Sessional Coach	£50.00	£17.50
Lead Coach - Level 3 or more	£60.00	£20.00
Head Coach – Level 3 or more	£70.00	£25.00

Travel expenses will also be paid.

In addition to payments there is also funding available for Level 1 / 2 /3 courses to any coach who wishes to develop subject to a commitment to coaching at the Development Centres and Academy Centres.

Please send your expression of interest asap and CV to the Avon Junior Chair, Val Shipsey at:

hockeyavonjuniors@gmail.com