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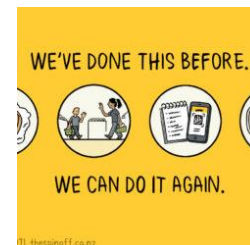
Happy New Year to you all. It seems this year has not started in the way any of us would have liked. We once again find ourselves in lockdown with the school only open to key worker and children identified as vulnerable. In order to keep our children and staff safe we are limiting the number of children on site. With over 100 children with places in school, we are now full. If you find you need a keyworker place in the coming weeks we can put you on a waiting list and let you know when one is available.

It is great to see so many children logging onto Google Classroom and completing as much work as they can. A few children have not managed to log on yet. If you are having trouble please let us know and we can help.

I understand how hard it is to get children engaged in remote learning and juggle everything at home. We are all feeling the strain of what life is throwing at us and home schooling adds to this. Please do not put pressure on yourself, try to get your child to complete as much as they can and submit it to the class teacher. Be kind to yourself and just do as much as you can. If you feel a phone call from a member of staff in school would help encourage your child to work then please email the school or class teacher on the class email address. We will see what we can do.

We will get through this!

Stay safe



School Values

Ironically, this month's value is Resilience. Being resilient isn't naturally instilled in us, and is something we have to learn. There are some great tips on the 'Mind' website which show us how we can help to develop these skills. Saying that, seeing how the children have adapted so easily to the new rules and ways of living, shows how resilient they truly are.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/developing-resilience/>

Living and Learning Together

Dates for 2020/21

Term 3 - 4th January 2021 - 12th February, 2021

Term 4 - 22nd February 2021 - 1st April 2021

Term 5 - 19th April 2021 - 28th May 2021

Term 6 - 7th June 2021 - 21st July 2021

Inset Days

28th May 2021

21st July 2021



Home learning material from Bristol Waste

Have your children expressed an interest in wanting to protect the environment, but felt they didn't know how to help? Many young people are exposed to photographs of oceans and marine life filled with plastic, but are not sure how to make a difference in their daily lives...

Join the Bristol Waste Community Engagement team for a fun filled online session, to inspire your little ones on how they can help Bristol #WasteNothing.

This webinar is open to children and parents who are keen to work together to learn how to reduce, reuse and recycle together at home. 45 minutes of entertaining interaction (for those that want) with time for questions, and plenty of ideas on how we can all look after the planet's precious resources.

Booking essential: <https://www.eventbrite.co.uk/e/133202194349>



What do I do if my child has COVID-19 symptoms?

Symptoms of coronavirus in children

The main symptoms of coronavirus are:

- a high temperature
- a new, continuous cough - this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to sense of smell or taste - this means they cannot smell or taste anything, or things smell or taste different to normal

What to do if your child has symptoms

If your child has any of the main symptoms of coronavirus:

1. Get a test to check if they have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get the test result - only leave your home to have a test.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get the result. If your child has one of these symptoms, they need to self-isolate and will not be able to come into school for 10 days unless they have a negative test.

If you are unsure about any of these symptoms or what to do please contact 119 for medical advice.

Further information can be found at:

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/>



School Places

The deadline for September 2021 Reception applications is **midnight 15th January**. You need to apply online via this link

<https://www.bristol.gov.uk/schools-learning-early-years/primary-apply>

We also have spaces available in our current Reception to Year 5 classes. Please do make this known to anyone you know of who may have just moved into the area.



Tips and Advice

Are you struggling to establish a good, working routine at home? Attached to this newsletter, you will find an example of a daily, home-schooling routine which you may find useful. We have also attached some key websites which may provide further help, guidance and assistance, during these unprecedented times.

Face coverings

Please can we continue to remember to wear face coverings on the school site. Thank you to those who do.

COMMUNITY LEARNING

First Aid with your child



We're Going on a Bear Hunt

Learn first aid skills with your child as you follow the Going on a Bear Hunt story and get a free book too.

Online course using Zoom
18th Jan to 8th Feb 2021
10.00 til 12.00 each week

To book your free place call Tracey Robinson on 07920416161.

WEST OF ENGLAND
Bristol Learning City



JOIN YOUR LOCAL FOOD CLUB

FOOD ON OUR DOORSTEP

FRESH VEG MEAT & DAIRY STORECUPBOARD ESSENTIALS WORTH £10-15

£3.50 PER BOX PER WEEK

£1 ANNUAL MEMBERSHIP

SUPPORTING LOCAL FAMILIES

WHERE?
STOCKWOOD
CHILDREN'S CENTRE
WHITTOCK RD,
BRISTOL BS14 8DQ

WHEN?
EVERY TUESDAY
9.15-11.15 AM

TO BOOK YOUR PLACE CONTACT
LUCIE.TEMPLE@BRISTOL-SCHOOLS.UK

family action Building stronger families

FEEDING BRISTOL A FOODS SURVIVAL KIT

FareShare South West

Want to give your two-year-old the best start in life?

Have fun, make friends and learn new things every day!



Good quality early education can make a huge difference to a child's life.

It can help improve social and emotional development, as well as improve communication skills.

Your child may be eligible for a completely free early education/childcare place, at a children's centre, nursery, pre-school or with a registered childminder.

Parents and carers can go to to
bristol.gov.uk/freeplacefortwo
or call **0117 3574192** for more information?

BRISTOL
LEARNING CITY





Who can apply?:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support through part 6 of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- Tax credits and have an annual income under £16,190 before tax
- The Working Tax Credit 4-week run on (the payment you get when you stop qualifying for Working Tax Credit)
- Universal Credit and has an annual income below £15,400

Or the parent / carer:

- Is a Zambrano carer (derivative right to reside in the UK under European law as the primary carer of a British child or dependent adult)
- Has Leave to remain with no recourse to public funds (NRPF) granted on family or private life (Article 8) grounds
- Is an 'Appeal rights exhausted' (ARE) asylum seeker receiving asylum support from the Home Office under section 4 of the Immigration and Asylum Act 1999

Or if your child:

- Receives Disability Living Allowance
- Has an Education, Health and Care Plan (EHCP)
- Has a child protection plan
- Is looked after by us
- Is a member of a travelling family
- Has left care but are not able to return home (are under a special guardianship order, child arrangements order or adoption order)

To find out more, call Bristol City Council's
Family Information Service on **0845 129 7217**
or go to **www.bristol.gov.uk/freeplacefortwo**



Structured Timetable



Up,
dressed and
ready for the
day – including
having a
healthy
breakfast



Reading



Free time



Focused
learning
activities



Free time



Focused
learning
activities



Lunch



Choose a
topic or
activity to
research/
explore
together



less structured Timetable

 9:00 Up, dressed and ready for the day – including having a healthy breakfast	 9:00 9:20 Reading or walk 	 9:20 9:35 Focused activity 1	 9:35 10:00 Free choice 
 10:00 10:15 Focused activity 2	 10:15 10:30 Creative time (Lego, colouring etc) 	 10:30 10:45 Focused activity 3	 10:45 11:30 Board games together 
 11:30 12:15 Lunch – perhaps encourage your child to help prepare the food!	 12:30 12:45 Focused activity 4	 12:45 1:30 Free choice 	 1:30 2:00 Physical activity: playing outside, family fitness session, a walk to the park
 2:00 2:15 Focused activity 5	 2:15 3:00 Baking 	 3:00 3:15 Focused activity 6	 3:15 4:00 Free choice 

TheSchoolRun.com

YOUNGmINDS

<https://youngminds.org.uk/>



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

<https://bristolmind.org.uk/>



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



<https://www.samaritans.org/>



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



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



<https://www.bristol.gov.uk/benefits-financial-help/emergency-payments-local-crisis-and-prevention-fund>

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



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



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

SBCC Groups and Services – January 2021

ALL OUR GROUPS ARE FREE TO BRISTOL FAMILIES

Start date	Group name & brief Description/target group	How to apply
<p>Wednesday's Starting 13th January</p> <p>9:30-10:00 am</p> <p>Via Zoom every week.</p>	<p>Zoom Sing and Sign</p> <p>Live from Knowle Children's Centre weekly with Gemma, Duane and Bill the Music Man. Come and join the fun! Half an hour of music, rhymes and action songs. A great way to start your day with a smile!</p>	<p>Please text or call Tracey from Knowle on</p> <p>07920 416161</p> <p>To Book</p>
<p>Tuesday's 1.00 -2.00 pm starting 9th of February with Aimi for 5 Weeks. 1-3yrs Via Zoom</p>	<p>Five to Thrive, Toddlers</p> <p>5 to Thrive Toddlers will be a weekly group for parents and children that will look into the 5 building blocks for healthy brain development and attachment. Each week we will look into a different block; respond, cuddle, relax, play and talk. The sessions will include a range of information, group discussions and activities for families.</p>	<p>Please text or call Kim from Hartcliffe on</p> <p>07795 952633</p> <p>To Book</p>
<p>Thursdays 1:00-2:00pm Starting 18th February with Kelly for 5 Weeks. Via Zoom</p>	<p>Thriving Thursday's</p> <p>A weekly wellbeing group based on the '5 Ways to wellbeing'. This group will provide steps, activities, and information for mental wellbeing. Learn mindfulness techniques and activities to help you reflect and relax.</p>	<p>Please text or call Kim from Hartcliffe on</p> <p>07795952633</p> <p>To Book</p>
  <p>Daily virtual groups Monday – Friday</p> 	 <p>Virtual Breastfeeding Support</p> <p>We welcome expectant and breastmilk feeding families in our groups where we can offer information and support on all topics relating to breastfeeding. These include:</p> <p>Starting breastfeeding, expressing, overcoming challenges, introducing solids, returning to work and breastfeeding, introducing a bottle, mixed feeding, and stopping breastfeeding.</p>	 <p>'Bristol Breastfeeding'</p> <p>'Bristol Breastfeeding Support Service'</p> <p>'Bristol Breastfeeding Mummies'</p> <p>Email: bristolbreastfeeding@bristol.gov.uk</p>

<p>Starting January.</p> <p>10:00-11:00 am</p> <p>With Leanne and Monique</p> <p>Via Zoom for twelve weeks</p>	<p>Rockabye.</p> <p>One hour's group for parents with babies aged between 2-8 months feeling anxious about having a new baby.</p> <p>It is designed to increase confidence and help understand your baby's non-verbal cues.</p> <p>Enjoy quality time with your baby through being together as a virtual group and finding out about using rhymes, music and colourful engaging props.</p>	<p>Please call Leanne from Stockwood on 07795952691</p> <p>To book & check availability. If you think you would benefit from this group.</p>
<p>Tuesday's</p> <p>11:00-12:00pm</p> <p>Max 12 people.</p> <p>Starting on 19th January</p> <p>With Carole, Via Zoom</p>	<p>Babes and Mums playing</p> <p>Each week we will be introducing you to ideas to boost your baby's development with items found at home, sensory play ideas, songs and question time for Mums.</p>	<p>Please contact Anna from Bedminster on either 0117 3746362 or anna.mcvey@bristol-schools.uk</p>
<p>Tuesday's</p> <p>9:30 - 10:15am</p> <p>For Babies 0-18mths, Roughly.</p> <p>With Joan, Via Zoom</p>	<p>Baby Singing time.</p> <p>Come along and have some fun singing and dancing with your little ones! Learn lots of new songs and ways to play with your baby with other new parents.</p>	<p>Please contact Joan from Bishopsworth, on 07881034544 for more information and to book.</p>
<p>Thursday's</p> <p>10:30-11:15am</p> <p>With Joan, Via Zoom</p>	<p>Singing and Story time.</p> <p>A chance for children to hear a well known story each week and to learn and practice new songs. Families can also find out some simple activities they can do together on the weekend that are linked to the story.</p>	<p>Please contact Joan from Bishopsworth, on 07881034544 for more information and to book.</p>

<p>Wednesday's Starting 13th January</p> <p>1:30-2:30 pm for Seven Weeks</p> <p>With Carole, Via Zoom</p>	<p>New Parent Talk Group One hour Zoom sessions for parents with babies under four months old. The course will help you to socialise on line with other new parents and develop an understanding of FIVE TO THRIVE.</p> <ul style="list-style-type: none"> • Early brain development • Sleep patterns • Baby massage • Creating a wellbeing plan for you • Creating play resources for your baby • Speech and language session • Baby wellbeing session • Weaning 	<p>Please contact Anna from Bedminster on either 0117 3746362 or anna.mcvey@bristol-schools.uk</p>
<p>Tuesday's Knowle 10:00-12:00pm Thursday's Bedminster 10:30-12:30pm</p>	<p>Health Visitors Any enquires, concerns and information to do with your baby.</p>	<p>Please contact the Health Visitors directly to book On 0300 125 6264 and to discuss any queries.</p>
<p>Tuesday's 1:30-2:30pm 4 week's rolling with Deb</p> <p>Via Zoom</p>	<p>Baby Massage Baby massage is suitable for babies aged between 6 weeks and 6 months old, it provides a special time for parents and their baby to share. It can help relieve symptoms of constipation, reflux and colic and can help parents and babies relax and can even help with sleep.</p>	<p>Please Contact Debs from Bishopsworth on 07795953067</p> <p>To check availability, Book and be added to the waiting list, for South Families.</p>
<p>Thursday's 9:30-10:15am Starting 14th January With Lucie & Florence Via Zoom</p>	<p>Baby group A zoom baby group while in lockdown with other new parents and talk about your Babies development and play until we can meet in person. Groups will also include singing with your babies.</p>	<p>Please text or call Lucie from Stockwood on 07469 413136.</p> <p>For more details and zoom link</p>
<p>Wednesday's 10:30 -11.30am</p> <p>With Joan, Via Zoom</p>	<p>Tea and Talk Take a chance to sit down and have a hot cuppa with others. A chance to have a chat about what is going on for you as a parent, family, and the community. Advice and support can be given if needed.</p>	<p>Please contact Joan from Bishopsworth, on 07881034544 for more information and to book.</p>

Thursdays 10:00-12:00pm Starting February 25 th With Fatuma and Deb Via Zoom	<p style="text-align: center;">Nurture</p> <p>A 10 week's programme which gives you ways to help deal with the challenges of family life, to give you a calmer happier lifestyle.</p>	Please contact Anna from Bedminster on either 0117 3746362 or anna.mcvey@bristol-schools.uk To Book and check availability.
Tuesday's 2:00-4:00pm Knowle Thursday's 1:00-3:00 pm Inn's Court Wednesday's 12:30-2:30pm Redcliffe Tuesday's 9:15-11:15am Stockwood Friday's 11:00-1:00pm Hartcliffe	<p style="text-align: center;">Food Clubs.</p> <p>FOOD clubs offer a means for families to access a mix of good quality ingredients including fresh fruit and vegetables, dried goods, fresh meat and dairy products. For a £1 membership fee and then £3.50 per week, each member receives a weekly bag of food worth £15 -£20.</p> <p>The clubs are run by Family Action using surplus food from supermarkets via FareShare, so it's good for your pocket and the environment! Local volunteers work alongside staff to run each club.</p> <p>Each food club has its own Facebook page to share healthy recipes and cooking demos often run alongside.</p> <p>Please call your local food club leader to find out more and become a member. Family members and professional can also to collect on behalf of those in isolation.</p>	<p>To register and for more information please contact the below members of staff.</p> <p>For Knowle and Inn's Court Contact Duane on 07795952961</p> <p>For Redcliffe contact Sharon on 07795952596</p> <p>For Stockwood contact Lucie on 07469 413136</p> <p>For Hartcliffe contact Florence on 07880 151392</p>
Tuesday's 9:00-12:00pm Bishopsworth Monday's 12:30-3:30pm Hartcliffe Tuesdays 12:30-2:30pm Knowle Tuesday's 9:00-12:00pm Bedminster Thursday's 12:00-3:00pm Stockwood	<p style="text-align: center;">Family Support Helpline.</p> <p>'A Family Support Worker will be available to Listen, Support & Signpost you to appropriate services'</p> <p>If you have any questions relating to your child's development or family life at the moment, call one of our team members who will provide listening and support and advise you on the best service that could help.</p> <p>Please leave a message on the answerphone if your call is not answered and a support worker will call you back.</p>	<p>For Bishopsworth please contact Joan on: 07881034544</p> <p>For Hartcliffe please contact Aimi on: 07920416399</p> <p>For Knowle please contact Diane on: 07392108882</p> <p>For Bedminster please contact Sharon on: 07795952596</p> <p>For Stockwood please contact Lucie on: 07469413136</p>



South Bristol Children's Centre Hub

Leinster Avenue, Knowle, Bristol BS4 1NN

Phone 07795952621

