



Weekly Bulletin

15th November 2024

Dear Parents/Carers, Learners, and Staff,

Change is a constant part of life, but it is something we often find challenging—especially in schools, where routines and relationships form the backbone of our community. Whether it is changes in staff, curriculum updates, or new policies, transitions can feel unsettling. When familiar faces move on or new ones arrive, it can take time to adjust, for both learners and staff. While change is inevitable and often beneficial, it can disrupt routines and create uncertainty. However, with the right approach, we can help ensure that change is both positive and manageable.

Here are a few ways we can work together to make transitions smoother:

- **Be Patient and Positive:** Adjustments take time, and a positive mindset can ease the process for everyone involved.
- **Support One Another:** Leaning on the community and offering support can make any transition feel less daunting.

We can all play a part in making change a positive experience for our learners, staff, and parents alike.

This week, we also celebrated World Kindness Day, which reminds us of the importance of kindness as a powerful force in our daily lives. Here are some interesting facts about the day and suggestions for how you can join in the spirit of kindness:

World Kindness Day Facts:

1. **Global Celebration:** World Kindness Day is observed annually on November 13th and is recognized in many countries, including the UK, Japan, and Australia, as a day to inspire acts of kindness.
2. **Founded in 1998:** The World Kindness Movement, an organization promoting kindness, first launched this day in 1998 to encourage communities to spread positivity.

3. Acts of Kindness: Simple gestures, like holding the door for someone or saying thank you, can make a big difference and brighten someone's day.
4. Health Benefits: Studies show that practicing kindness not only boosts happiness but also benefits our mental and physical health.

Suggestions for Spreading Kindness:

- At School: Encourage children to say something kind to a friend or offer to help a classmate.
- In the Community: Try giving a heartfelt compliment to someone or lend a hand to a neighbour.
- At Home: As a family, consider making a kindness jar where you add notes about kind acts done or received throughout the week.
- Online: Spread kindness on social media by sharing positive messages or giving a shoutout to someone who's been helpful.

Small acts of kindness can make a world of difference, and we are proud to see our school community embracing this spirit every day. Thank you for your continued support and positivity as we grow and adapt together.

Warm regards,

D. E Seagrove and The Belgrave Team



From our SEN Lead, Mrs Cormack

On Wednesday this week was World Kindness Day. The theme this year is encouraging everyone to move away from thinking about ourselves and focusing on the well-being of everyone.

Kindness is about taking an action that helps someone else. This doesn't have to be big things and often in life, and in relationships be they at home, at school, with friends or at work it is the small acts of kindness that really count.

I was reminded of this when I was listening to an interview with Karen Brady (a successful CEO and now television personality through The Apprentice) and Stephen Bartlett (who has a podcast called Secret Diary of a CEO). The link is below: it's a wonderful interview and for anyone with daughters a great practical example of women's empowerment.

In it she talks about how she really appreciates the small things - making a drink or walking the dog for someone else. These are not grand gestures, but they matter a lot.

At Belgrave we strive to create a culture of kindness in our school. The more acts of kindness each of us carries out, the more our collective wellbeing increases.

I hope you have a lovely weekend.

[Karren Brady: How To Win At Entrepreneurship & Love \(at the same time!\)](#)
youtu.be



Assembly

This week marks anti-bullying week and in assembly today we focussed on the following questions:

- What does respect look like in action?
- How can we support someone who may be facing bullying?
- What personal commitment will you make to treat others with respect moving forward?





Study Skills for Year 11

Year 11 continued study skills sessions this week. They tried out revision via the Pomodoro Method. We amended the time and ran the session for 10 minutes. Going forward, we will build on this time incrementally.

Please also see a great resource from BBC Bitesize for A Christmas Carol, it includes podcasts, quizzes etc. Below are the links for you to enable your child to access and revisit at home (time allowing).

[Pomodoro® Technique - Time Management Method](#)

[A Christmas Carol - GCSE English Literature - BBC Bitesize](#)



Square Foods recipes

Katsu Sauce

1 tbsp vegetable oil
2 onions, peeled and finely chopped
2 large carrots, peeled and finely chopped
2 garlic cloves, peel and crushed
Thumb-sized piece ginger, peeled and finely chopped
2 tbsp curry powder
1 tbsp flour
½ tsp ground turmeric
100ml can coconut milk
300ml veg stock

1. Place all of the veg in a pan over a low heat and cook in a little oil for 10 mins.
2. Add the curry powder and cook for 2 mins then add the flour and cook for 1 minute.
3. Add in the coconut milk and stock then cook for 10 mins.
4. Once the sauce is nice and thick blend it with a stick blender until smooth.

Lime Salad

1 carrot, peeled
1 pepper, thinly sliced
½ cucumber, peeled
Juice of 1 lime

Pinch of sea salt

1. Using a vegetable peeler, peel the carrot and cucumber into long pieces.
2. Mix all together in a bowl and season to taste.

Breaded Chicken

1 chicken breast thinly sliced in half

1 egg

50g flour

50g panko breadcrumbs

1. Season chicken breasts on both sides with salt and pepper.
2. Place flour, beaten egg, and panko crumbs into separate shallow dishes.
3. Coat chicken breast in flour, shaking off any excess; dip into egg, and then press into panko crumbs until well coated on both sides.
4. Pan fry in a little veg oil until golden on both sides. Ensure the chicken is cooked by cutting it in half.
5. Serve with the katsu sauce and salad.

Dan Ford | Kitchen Manager and Community Cookery Teacher

dan@squarefoodfoundation.co.uk



House of Basketball request

Below is from Dan Edozie, Director of House of Basketball. He delivers mentoring through collaborative sport and has just started working with Year 8.

Dear House of Basketball members, Parents, Carers and young participants,

We hope this message finds you well. We're reaching out to invite you to join hands with us in supporting an initiative that is making a real difference in the lives of young people around the local community.

House of Basketball is dedicated to providing a safe, positive, and engaging space for kids in Bristol, particularly those in deprived areas. Through basketball, mentorship, and community programmes, we're helping kids stay active, build confidence, and avoid the negative influences of street life. But we can't do it alone—and that's where you come in!

By supporting us through Co-Op Shops, you can help House of Basketball reach more young people and provide them with access to resources,

coaching, and a community that cares about their future.

Here's how you can support:

1. Use this [Co-op](#) link to support House of Basketball by either becoming a member or login in to donate to a cause. It's £1 to register via downloading the Co-op App and then you can choose House Of Basketball as your cause.

Or

2. Donate or volunteer if you're able to contribute in other ways—every bit of help makes a difference.

Your support will enable us to expand our programs and reach more young people who need a safe and inspiring environment to grow, play, and learn. Together, we can create lasting change, one kid at a time.

Please pass this onto family members, friends, work colleagues and any organisations that could support us too.

We are truly grateful for your continued support and being a part of this journey. Let's work together to build a brighter future for our young people in Bristol.

Kind regards,

House of Basketball Team



This Week:

Each week, our dedicated Learning Support Mentors will shine a spotlight on their classes achievements and provide a concise synopsis of their week's events.

Key Stage 2 Class This week we have been learning about Remembrance Day and we followed instructions in our English lesson to make a beautiful poppy cross. We will follow up this activity by making our own instructions next week using the features we have been learning about. We observed a two-minute silence in our class and gave our 'poppy crosses' out to members of staff to brighten their office wall.

We also have been thinking about anti-bullying week and have designed some odd socks for our anti-bullying display. We have enjoyed going to the park at lunchtime this week as the weather has been so bright and sunny.

Year 7 Class This week, Year 7 visited John Wesley's room to learn about how he spoke out against slavery in Bristol. We heard about his life story, which was very interesting.

We also enjoyed cooking "toad in the hole" in our cookery lesson, and making beetroot chocolate brownies in our Wednesday workshop.

In English, we are still reading *Skellig*, and in Maths, we have been learning about ratios.



Year 8 Class Year 8 has been fantastic this week. We had our first kick boxing session and really enjoyed it. The learners listened and focused well they represented the school brilliantly.

We have been focusing on budgeting in practical maths, looking at what a budget is and how we use budgeting tools and in maths we have been looking at ratio and probability and have been using fun activities and games.

In Challenge we are looking at friendships and developing a friendship toolkit to help us and in English we have been enjoying our book *Frankenstein*.



Year 9 Class The class have adapted well to the busy start of term. Last Tuesdays trip was well received by Year 9, they enjoyed the photography exhibition and loved exploring the museum as a whole. Last Wednesday, the class had the opportunity to visit the allotments, and realised the chance to help out in preparing it for planning in the Spring. We did plant some garlic too. In Science, the learners went to the park to complete a research project. In Cooking, the class made toad in the hole. For PE the class are now doing Kick boxing, which they all thoroughly enjoyed.



Year 10 Class Square foods: At Square Foods, we continued to refine our chopping skills by cutting onions, carrots and garlic. We battered the chicken and made homemade Katsu curry using curry spices, ginger and black pepper.

PE: We had our first kick boxing lesson and worked on punching and kicking techniques, stretching and recovery.

English: We have been reading and discussing the plot of Christmas Carol and the benefits of being generous. We have been exploring the contrast between Scrooge's character and the portrayal of the supporting characters.

Maths: We have been continuing with equations using fractions and exploring ratios and probability through games.

Science: We have recently completed an assessment to find out what points need revising in Science. We then made short revision cards on cell structures, the cell cycle / mitosis or diffusion.

Geography: We have been exploring the erosion of coasts and rivers, and looking at how water can impact the riverbeds. We have been revising the different parts of a river.

Art: We have introduced art as a GCSE subject and used interpretation to fill in missing parts of artwork using abstract lines and texture.

PSHE: We have been delving into what makes relationships healthy and how to approach difficult situations to maintain positive and respectful relationships

Year 11 Class After a week of a much-needed rest, some of our Year 11 learners were right back in the thick of it, as they had their Functional skills exams for English and Maths at the start of this week. In lessons, our learners are going back over A Christmas Carol and analysing the themes in English and in Biology they went over the unit module for the unique features of cells in animals and plants. This term they are also starting kick boxing lessons in PE, which was a hit with the students (quite literally - with pads of course!) After an intense warmup, our students were eager to get the gloves on and they practiced their punching and front kick techniques with brilliant guidance from the instructors.

Work experience has also been going on for the last 2 weeks for our Year 11 students. There have been a variety of placements including within a sports centre and gym, working for an interiors company, working with animation and at the airport flying club. Congratulations to all our Year 11s who have

completed this - you have learnt valuable workplace skills ... including getting up early and speaking beautifully on the phone to school when needed!



Dates for the diary next term:

- 18/11/2024 Mocks for Year 11 begin
- 20/11/2024 Art day trip to Holburne Museum, Bath via train
- 28/11/2024 Parent/Carers Evening for Years 10 and Year 11 Teams online
appointments
- 3/12/2024 Parent/Carers Evening for Key Stage 2 and Years 7, 8, 9 Teams online
appointments
- 16/12/2024 Christmas Lunch for all
- 17/12/2024 End of term