



Weekly Bulletin

22nd November 2024

Dear Parents/Carers, Learners, and Staff,
Staying Warm and Healthy This Winter

As we welcome the first flutter of snow, it is a timely reminder of the importance of keeping our learners warm and cosy during this chilly season. Coats, hats, gloves, and scarves are essential for protecting them from the cold, especially during outdoor play and lunchtime breaks. We understand that some learners may find these items uncomfortable or restrictive but being outdoors and enjoying fresh air is vital for their health and wellbeing. To ensure they can safely participate, we kindly ask that all learners come equipped with suitable clothing for the weather. Those without appropriate attire will need to stay indoors where it is warm.

Alongside staying warm, proper nutrition plays a crucial role in keeping our learners energised and focused throughout the day. A balanced, nutritious packed lunch is key, and we encourage including a variety of healthy foods that your child enjoys. While we are mindful that some learners have selective eating habits, please remember that we are a nut-free school to protect those with severe allergies. Additionally, we kindly request that sweets not be included in packed lunches, as we aim to promote healthy eating habits.

Hydration is just as important as nutrition. Drinking water throughout the day helps learners stay focused and feel their best. It is recommended that teenagers drink 6-8 glasses (around 2 litres) of water daily to stay properly hydrated. Learners are encouraged to bring their own water bottles, as most prefer drinking from them. However, we do provide water for those who forget, although some are less enthusiastic about drinking from a glass. Let's work together to ensure everyone stays hydrated!

Additionally, Mrs. Griffiths will be sending an email to all Year 10 and Year 11 Parents and Carers with instructions to book online appointments for Parents' Evening on Thursday, 28th November. Appointments will be offered on a first-come, first-served basis, so please respond promptly to secure your preferred time slot.

Thank you for your continued support in helping our learners thrive this winter

Warm regards,

D. E Seagrove and The Belgrave Team



From our SEN Lead, Mrs Cormack

We are in the middle of mock exams for our Year 11 learners at the moment and I thought it would be good to talk about something which most of us feel at some time in our lives: exam anxiety. Exam nerves can affect absolutely everyone and at all stages in life, even as adults we have to face assessments at work, driving tests and interviews from time to time.

Here are some tips for our learners and their carers to help cope with anxiety during exams:

- Make time for things you enjoy. Find ways to release stress and celebrate progress. You could listen to music, draw, cook, play with a pet or go for a walk. You can try things alone or with friends.
- Talk to others about how you feel. Speak to your friends to share how you are feeling. That will help you and help them. The team at Belgrave is all available for you as well when you need a chat.
- Try to find balance. Take regular breaks and be realistic about what you can achieve. Keep things in perspective and remember that exams won't last forever.
- Take care of your physical health. Make sure you get enough sleep, food, water and exercise. If you take regular medication, keep up with your routine.
- Focus on yourself. Try not to compare yourself to others. Think of things you like about yourself and what you are good at – this can boost your confidence.

Finally, it is important to remember that the mocks and the final exams are not the “be all and end all”. Each of us is much more than our exam results.



Assembly - Mrs Shattock

In assembly today, we focussed on one of Belgrave's core values 'empathy'. Through the use of a prop (basketball) and two willing volunteers we created a visual representation of perspective and how we all see things differently. We then made a pledge as a school to practice empathy in order to promote inclusivity and harmony!

'Empathy plays a pivotal role in creating a positive and inclusive school environment, nurturing a sense of belonging, and reducing incidents of bullying. When learners and educators practice empathy, they foster a supportive community where everyone feels valued and understood. By putting ourselves in others' shoes, we gain a deeper understanding of their experiences, emotions, and challenges. This understanding allows us to communicate more effectively, build stronger relationships, and collaborate harmoniously with our peers'.



Year 10 Shelter charity appeal

This term Year 10 are supporting Shelter Charity, we are supporting families in the Bristol area, who may be experiencing increased difficulties during the Christmas period.

We hope that we can donate small items, including toiletries/ gifts sets, toys for children including sticker books, craft sets, Lego sets. baby items, socks, gloves and hats for all ages, chocolates/selection boxes. Other items such as toothbrushes, toothpaste, deodorants and wet wipes can also be made into care packages for homeless people.

Many thanks for your support in advance. Items can be donated until Friday 13th December

Best wishes Year 10 and Mrs Milliner



Square Foods recipes

Baked apples

6 eating apples (score around the circumference of each with a small, sharp knife)

handful of sultanas

2 tbsp light muscovado sugar

1 tsp cinnamon

matchbox-size piece of butter

2 tsp demerara sugar

Method

STEP 1

Turn the oven on to 200C/180C fan/ gas 6. Sit each apple on the worktop and push the apple corer into the centre of each one.

STEP 2

Mix the sultanas, muscovado sugar and cinnamon together in a bowl.

STEP 3

Stand up the apples, side by side, in a baking dish. Using your fingers, push a little bit of the sultana mixture into each apple, using up all the mixture between them.

STEP 4

Add a blob of butter to the top of each and sprinkle over the demerara sugar.

Bake for 35-40 mins or until soft.

Puff pastry Tarts

1 apple, pear, plum or lemon – you can use any fruit really.

1 sheet of ready rolled puff pastry.

Sprinkling of demerara sugar

Thinly slice the fruit and lay on the puff pastry ensuring you leave ½ cm gap around the edges.

Sprinkle on the sugar and bake at 180 for 25 mins.

The pastry should be nice and golden around the sides.

Apple Sausage Rolls

2 tsp sunflower oil

1 small onion, finely diced

8 sage leaves, finely chopped

1 tsp wholegrain mustard

400g apple sausages taken out of their skin

1 x sheet ready-rolled puff pastry

1 egg, beaten

Preheat the oven to 180°C, fan 160°C, gas 4. Heat the oil in a small nonstick frying pan and cook the onion over a low heat for 8-10 minutes until tender.

Tip into a mixing bowl and add the sage and mustard. Leave to cool and then add in the sausage meat and stir everything together.

Unroll the pastry and place sausage meat mixture down the length of the pastry about 2cm from the edge – brush the other edge with beaten egg, then wrap the pastry over to enclose the sausage meat. Press down and trim. Place on a baking tray, seam-side down, brush with beaten egg to glaze and slash the top a couple of times with a knife.

Bake for 35 minutes until golden brown and crisp. Delicious hot or cold.

Coleslaw

½ Red cabbage

2 granny smith apples

1 carrot

½ red onion

Salt and pepper to taste
Juice of 1 lemon
2 tbsp mayonnaise

Thinly slice all the veg either with a knife or a peeler. Mix with the lemon juice, mayo, and seasoning.

Dan Ford | Kitchen Manager and Community Cookery Teacher
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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



**It's really hard when you think
your child isn't safe.
We are here to listen and help.**



My daughter isn't safe,
she is having to do
things which could get
her into trouble with
the police.

I feel isolated and
nobody is telling me
what is going on.

SAFECALL **It's your call.**

**Call or text 116 000, 7 days a week, 9am-11pm
for free, confidential support**

Safecall is a county lines exploitation support service operated by the charity Missing People
Registered charity in England and Wales (1020419) and in Scotland (SC047419)



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 We have been looking at the lovely seasonal weather this week and playing in the snow. We have also started our Christmas baking this week and have made delicious sausage rolls. In Maths, we are learning about 'time' and have been looking at the different seasons as well as learning the order of the months of the year.

Year 7 Class In Year 7 we have been looking at denotation and connotation and how that works in emotive language. Members of staff also received very creative and personal invitations to an event provided on 4th December in partnership with the key stage 2 class. More details to follow.

Year 7 - Ancient Origins – Mrs Shattock During Ancient Origins, the learners created a map of Ancient Greece using three paint colours and one of their thumbs. This resulted in the application of some fascinating painting techniques including gloves filled with paint and water where just the thumb was used to dab, swipe, swish the paint on the paper; a discussion about where our thumbs begin and end and the use of the thumb knuckle to maximise the paintable area. Well done Year 7, you rose to the challenge.

Year 8 Class have enjoyed cookery this week with guest visitor Gloria, smelling many different spices and tastes. They made Ghanian Jollof Rice and Chicken wings – delicious!

Year 9 Class The class have settled back into the new term well and are enjoying their learning. PE and cooking have been highlights, having learnt new moves in kickboxing and made their own version of Scottish shortbread. Due to year 11 mocks, the class have been having their lessons in the KS2 classroom which they all loved. A few members of the class have completed their projects in project portfolio and have been awarded a certificate for their hard work, well done guys – super efforts

Year 10 Class The highlight of Year 10's week was a trip to The Holburne Museum in Bath as part of our Art GCSE. An exhibition entitled "Uncanny Visions," was an opportunity to explore the artists, Paula Rego and Francisco de Goya, looking at their similarities and themes as well as the printmaking process. The learners did some sketching whilst in the exhibition, looking

closely at the artworks, with drawing prompts from Miss Williams, our art teacher! We enjoyed the autumn sun and ate lunch in the museum garden as well as the learners taking some photographs of their own for future art projects.

We also saw the "Neon Dreams," installation which is a life sized 3D sculpture by Chilakuman Singh Burman. The learners were highly engaged in drawing exercises and shared their sketches as a group as well as their own thoughts on the artists.



Year 11 Class This week is the beginning of the mock exams for Year 11, as they undertook a practice Physics, English Language and Geography paper. Even though this might induce some stress, it is really important that our Year 11's know what is coming next year, so our lessons this week have been focusing on their remaining tests. The main highlight of the week was a class trip to Tyntesfield on Monday, where many of our learners did live drawing and produced some wonderful photographs - capturing the exceptional flowers and plants on display throughout the grounds.



Dates for the diary next term:

- 28/11/2024 Parent/Carers Evening for Years 10 and Year 11 Google Meet
online appointments
- 3/12/2024 Parent/Carers Evening for Key Stage 2 and Years 7, 8, 9 Google
Meet online appointments
- 16/12/2024 Christmas Lunch for all
- 17/12/2024 End of term

