



Weekly Bulletin

24th October 2024

Dear Parents/Carers, Learners, and Staff,

It is with mixed emotions that we announce the upcoming departure of two members of our team. After 13 wonderful years at Belgrave, both as an Occupational Therapist (OT) and a Learning Support Assistant, we will be saying farewell and good luck to Clare Lanman. Clare has thoroughly enjoyed her time working with our learners and supporting their growth; she will be moving on to new and exciting ventures in the new year. While we are sad to see her go, we are fortunate to have her with us for one more half term and look forward to meeting the new OT during this time. Clare, we will miss you greatly but wish you all the best for your next adventure!

We also say goodbye to Mrs. Claire Probert, who will be leaving us a little sooner—one week after half term. Claire has accepted a position as a classroom teaching assistant at a school closer to her new home, with fewer hours to better balance her personal life. We are grateful for her contributions to Belgrave and wish her success in her new role.

We are delighted to announce that Ms. Nevaeh Rule will be joining us full-time in Year 10. Ms. Rule has been with Belgrave School for a month now, and her enthusiasm and dedication have already made a positive impact. We are thrilled to officially welcome her to the team as she takes on this new role! She will be introducing herself in the next Bulletin.

Whole School Trip – 5th November

We have the opportunity to take our learner to visit the 'Wildlife Photographer of the Year' exhibition which is being presented at The Bristol Museum and Art Gallery, Queens Road, Bristol, BS8 1RL.

This world renowned exhibition celebrates inspirational photography from around the world and offers an opportunity for our learners to explore photographs inspiring their curiosity about the natural world. Our goal is to foster a deeper appreciation for wildlife and the environment through this immersive experience. Furthermore, this experience will support our learners who are currently working towards a photography qualification.

During our time away from school some of our learners will be sitting the English Functional Skills exam, we of course wish them all the very best! We would encourage you to take

them along to this exhibition if you can. The exhibition will open on Saturday 26th October 2024 and ends on 27th April 2025.

Please be advised that there is a content warning disclaimer which we would encourage you to read and discuss with your child before attending the trip.

Content warning: visitors may find some images distressing due to images of animal cruelty and animal death. If you prefer not to view this content, please steer clear of the 'Photojournalism' and 'Photojournalist Story Award' sections.

Please complete the permission form, link below:

<https://forms.office.com/e/OfYhAXeW68>

Reminder: Clocks Go Back!

Please remember to turn your clocks back by one hour this Saturday, 27th October, as we end British Summer Time and enter Greenwich Mean Time (GMT). This means an extra hour in bed on Sunday—something we can all look forward to as we prepare for the busy weeks ahead!

Half-Term Activities in and Around Bristol

With half term approaching next week, there are plenty of activities for families to enjoy around Bristol. Why not visit the *Bristol Zoo Project* for some animal fun, or take a scenic autumn walk at *Ashton Court Estate*? For something more adventurous, *We The Curious* offers interactive science exhibits for the whole family. There are also some spooky events in the city leading up to Halloween that are perfect for some family-friendly fun! Click on the following link. [Halloween in Bristol - VisitBristol.co.uk](https://www.visitbristol.co.uk)

Wishing You a Relaxing Half-Term

We wish all our Parents, Carers, and Learners a relaxing and enjoyable half-term break. Take this time to rest, recharge, and enjoy the company of loved ones. Please be aware that the office email will only be checked periodically through half term, so please do not send anything urgent. We look forward to seeing everyone refreshed and ready for the new term on **TUESDAY, 5th NOVEMBER.**

Warm regards,

D. E Seagrove and The Belgrave Team



From our SEN Lead, Mrs Cormack

Next week my family will be getting ready for Halloween which takes place on Thursday. Each year we put sweets to hand out to children who are out “trick or treating” and carve a pumpkin 🍷 to put outside our door.



Did you know that the origins of Halloween are two thousand years old? As well as giving thanks for the harvest, the Celtic people believed that their festival brought them closer to the spirit world. That’s why children dress up as ghosts and other spooky creatures on 31st October.

Rituals are important because they provide structure to our lives. This is particularly important to many of our learners, for example children with ADHD and autism.

Organisation, clarity on what is needed and plenty of notice if things are going to change are all vitally important. These are all areas to which we pay huge attention at Belgrave. Visual timetables, checklists, daily, weekly and monthly routines all help provide structure and security.

Two thousand years ago, our ancestors created rituals and routines to give them a feeling of control over their environment. As we get ready for Halloween, let’s celebrate the routines that help us in our lives today and think if there are any others we need to help everyone to feel secure.



Assembly: The Quest of Empathy, Integrity, and Challenge

Once upon a time, in a land called Veritas, two heroes and one heroine were chosen to protect the kingdom. Their names were Empathy, Integrity, and Challenge. Each had a unique gift that reflected their character, and together, they were unstoppable.

Empathy, with her warm heart and a magical ability to feel what others felt, could sense the emotions of those around her. Wherever she went, people felt understood and heard. She had long, flowing hair that shimmered in different colours depending on the emotions of those near her.

Integrity was a tall, strong figure with a gleaming sword that only spoke the truth. He stood for honesty, fairness, and doing the right thing, even when it was hard. His armour shone with the glow of justice, and he never wavered in his beliefs.

Challenge was daring, with wild eyes and a fearless spirit. He thrived on overcoming difficulties and encouraging others to push beyond their limits. His special power was to create obstacles, not to defeat others but to help them discover their own strength.

One day, a dark cloud covered the skies of Veritas. The king's advisors warned that the Crystal of Hope, which gave light and energy to the kingdom, was dimming. Without it, the land would fall into darkness.

The three were called to embark on a dangerous quest to reignite the Crystal of Hope, hidden deep in the Maze of Doubt. It was said that only those who could balance empathy, integrity, and challenge would make it through.

The Journey Begins

The three set off together, their journey beginning at the entrance of the Maze of Doubt. The first trial came quickly—a path with two villagers arguing over a misunderstanding. Empathy immediately stepped forward, sensing their pain and frustration.

Empathy knelt beside them. "I understand both of you feel hurt. But if you listen to each other's hearts, you'll see that you both want the same thing: peace."

With a few more kind words, Empathy calmed their fears and guided them to a solution, allowing the three to continue their journey.

As they moved deeper into the maze, they encountered a dark cavern. At the centre, stood a guard who could not be persuaded by trickery or deceit. Only those who were truthful could pass.

This was Integrity's time to shine.

The guard asked Integrity a riddle, testing his honesty. "Tell me why you deserve to pass, but know this—only the truth will set you free."

Integrity stood tall and replied, "We do not deserve to pass because of power or status, but because we seek to save the kingdom. We carry no lies or deception, only our mission to reignite the Crystal of Hope."

Hearing his sincere words, the guard stepped aside, allowing them through.

The Final Challenge

As they neared the centre of the maze, the ground beneath them began to shake. Suddenly, enormous boulders and steep cliffs appeared, blocking their way. The path forward seemed impossible.

Challenge grinned. "Finally, something exciting! Don't worry, this is my specialty."

He leaped forward, finding footholds on the cliff and encouraging the others to climb with him. "Come on, this is tough, but we're stronger than we think. The only way through is to keep pushing ourselves."

Empathy and Integrity hesitated at first, but Challenge's energy was contagious. Together, they found the strength to climb the cliffs and dodge the boulders, pushing their limits but never giving up.

At the top, they saw the Crystal of Hope, dim and fading. All three knew what they had to do: they needed to combine their powers. Empathy reached out with her heart, sensing the pain

of the crystal. Integrity raised his sword, vowing to always protect the truth. Challenge stepped forward, urging the crystal to shine brighter than ever before. With their combined efforts, the Crystal of Hope blazed back to life, sending beams of light across Veritas. The dark clouds lifted, and the kingdom was saved.

The Lesson

When they returned, the king praised their bravery. "You have not only saved the kingdom, but you've shown that true strength lies in balancing empathy, integrity, and challenge. Together, you are unstoppable."

And from that day on, the people of Veritas knew that whenever they faced problems, whether in their hearts, their minds, or their world, they needed to draw on these three great virtues to succeed.

This story shows how Empathy helps us understand and care for others, Integrity teaches us to always be honest and fair, and Challenge encourages us to push ourselves to overcome difficulties. By working together, they create a better world—something young people at Belgrave can relate to as they face their own challenges in life! These are the three school values.



Square Foods recipes

Black bean fajitas

1 red pepper thinly sliced
1 red onion thinly sliced
400g black beans
1 teaspoon chili powder
1 teaspoon smoked paprika
1/2 teaspoon ground cumin
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 teaspoon dried oregano
1 teaspoon salt
1 teaspoon sugar

Heat a pan with 1 tbsp of veg oil.

Once hot add in the veg and beans and cook for 7-8minutes over a high heat.

Lower the heat and add in the spice seasoning and cook for 5 mins.

Tomato salsa

250g cherry tomatoes cut into 1/4
1/4 red onion finely diced
1 lime juice
1 handful of coriander sliced.
Season

Add all ingredients to a bowl and mix well.

Peamole

200g frozen peas (defrosted)

½ small clove garlic

2 spring onions

5 cherry tomatoes or 1 large tomato

¼ teaspoon chilli flakes (you can always add more if you want it hotter)

5g coriander leaves

1 lime

Salt and pepper to taste

Defrost peas.

Place the peas into a food processor or into a bowl and use a stick blender.

Add the lime juice, garlic and chilli to the peas and blitz with the blender into a paste.

(If the paste is a bit thick you can add natural yoghurt to loosen the paste.)

Save a small amount of coriander to garnish at the end. Add the spring onions, coriander and tomatoes to the paste and give it quick blitz in the food processor.

(You decide how chunky or small you prefer your onions/tomatoes, they can be chopped and added rather than blitzed in the blender.)

Taste and season with salt and pepper if desired.

Place in a bowl and garnish with chopped coriander.

Dan Ford | Kitchen Manager and Community Cookery Teacher

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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 Key Stage 2 class have been very busy. We made scones using a traditional English recipe, they rose beautifully and tasted amazing with jam and cream.

We also visited Hartcliffe Community Farm as part of our Workshop Wednesday sessions with Year 7. We had a workshop with Compost Jenny, learning about how to make good compost. We intend to compost green waste at our school allotment after half-term, so this was a useful session.



As the term comes to an end we are beginning to think about festivals and celebrations on the horizon such as Divali, this is an important celebration for Hindus. We are also celebrating Halloween, and we will be dressing up, enjoying some traditional games as well as painting a ghoulish pumpkin at the end of the week.



Year 7 Class I think the highlight of this week in Year 7 was creating "Sammy the Duck," our recycling mascot made out of scraps and recycled materials, designed to encourage recycling in the school.

Year 8 Class Year Eight have had a great week. In Science, we have been making planets and have been studying our universe. In Maths, we have continued our mode, mean and medium work. In English, we have been enjoying English games on a Wednesday

afternoon and I am so impressed at how well everyone joins in. We are all looking forward to our practical maths trip on Friday.

Year 9 Class The class have been rather exuberant this last week, seemingly excited for half term! Despite this, they have continued to remain engaged and ready to learn when needed of them. This week, the class made burritos in cooking, which were swiftly eaten! They finished their woodwork projects and were able to take their stools home. It took the learners a few attempts to get the hang of sitting on their one-legged creations! This term has been great from start to finish and the class have been a pleasure to teach.



Year 10 Class No item submitted this week – sorry!

Year 11 Class As we finished our first eight weeks of half term, I hope Year 11s are incredibly proud of the work that they have already achieved this year and take the time to reflect on the progress they have made. This week in English, our learners showed off their presentation skills, which ranged from the topics of: the importance of sleep, the rise and fall of gaming consoles and darts! In Biology, the class had a thoughtful and constructive debate about the positive and negative aspects of using embryonic stem cells, with some stand out statements from a few individuals. They also had their last lesson session of bikeability in PE, where the learners went around the track in an array of vehicles and finished off with an exciting race! A much deserved rest is needed for everyone, ready for the final part of 2024.

Miss Parsons reporting

PE

This term we have welcomed back our visits to the Bristol Family Cycle Centre, where learners have been put through their paces to gain their Level 1 or 2 Bikeability qualification with the lovely instructors there. Some thought they would breeze through the tasks out on the local roads, but it became apparent that learners needed to be more aware of their surroundings and to make sure that they look behind them and hold their space on



the road to protect themselves against other road users. I am pleased to say that all learners have been successful in achieving their qualification and are deemed safe on the road. Next year, we are hoping to run the Level 3, which will give the learners the experience to navigate busier roads and roundabouts!

Next term we are looking forward to starting a brand new activity; Kickboxing! Learners will be attending Bristol Martial Arts Academy where 3 instructors will teach them the techniques required. The school has purchased gloves, so learners will have their own designated gloves for the whole term.

Sports Leaders

This year, the Yr 11's will be studying to achieve their Sports Leaders Level 2 qualification, which is worth 5 credit. This term, learners have been learning about the correct terminology used and location on the body of the different bones, muscles and joints, where they thoroughly enjoyed creating their own skeleton and then sticking post-its all over Mr Taylor! They also chose their own sporting action and labels which bones, muscles and joints were being used. They did a great job working independently on this task. We



have just finished looking at the circulatory system, involving labelling the heart and the journey the blood takes.

Next term our Friday lessons will see us start Unit 1 Building Leadership skills. These will be more theory based, with some elements of theory through practical application. Learners are required to complete a booklet, that will be assessed internally, and a small sample will be via our provider; Leadership Skills Foundation. Term 3 during our PE lessons, learners will be getting stuck in planning activities to deliver to their immediate peers, younger learner in the school and finally within our community to accomplish 5hrs of leading, where they will record their planning in their booklets and receive feedback on their leadership.

PSHE

PSHE is being delivered differently this year. Instead of Miss Parsons teaching all secondary classes, it has now been spread across staff, who take responsibility for a year group. The theme across all years has been 'Being Me in My World'. Year 7 have looked at what makes them unique, who influences them and consequences to what they say. Yr 8 have looked at expectations that are placed on them from themselves and others around them and how to become a more active listener and how 'not to judge a book by its cover' when meeting new people. Year 9 have studied a more challenging topic of coercive behaviours, consent and touched on different types of grooming. Year 10 have gained understanding of netiquette online and how to protect ourselves, as well as looking at, what can be a difficult topic around how we deal with different types of grief. Finally, Year 11 have been discussing what it means to become an adult and the laws that are in place to protect them.

Next term, year groups will follow the new theme of Celebrating Differences, which will bring some thought provoking discussions.

Dates for the diary next term:

28/10 – 1/11/2024 Half term

4/11/2024 Inset Day

5/11/2024 School Trip to the Bristol Museum & Art Gallery to see the Wildlife Photographer of the Year Exhibition

5&6/11/2024 Functional Skills English & Maths Exams taking place for some Year 11's

5-15/11/2024 Work Experience Fortnight for Year 11s – choice of a week during this time to do work experience

8-29/11/2024 Into Film Festival for Schools

11/11/2024 Anti-bullying Week – Anti-bullying Alliance Theme: Respect

12/11/2024 Odd Socks Day – wear odd socks to show support for the Anti-bullying Week

18/11/2024 Mocks for Year 11 begin

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

