



Weekly Bulletin

30th January 2026

It has been another vibrant and enriching week here at Belgrave, filled with curiosity, hands-on learning and plenty of opportunities for our learners to shine.

Key Stage 2 enjoyed a fantastic visit to the Bristol Museum, where they explored a range of exhibits with excitement and thoughtful engagement. Staff were particularly impressed by the insightful questions and the connections learners made to their curriculum topics.

Closer to home, two classes spent time at Hartcliffe City Farm, where they learnt about animal care, sustainability and food production. These real-world experiences continue to build confidence, responsibility and an understanding of the natural world. Other groups took part in Forest School, working brilliantly together and showing resilience, creativity and teamwork in the outdoor environment.

We also had classes visiting Square Food Foundation, engaging in food education sessions that developed practical skills and strengthened collaborative learning. Feedback from facilitators was extremely positive, with pupils showing excellent focus and enthusiasm.

Back in school, PE continues to be a real strength this term, with learners demonstrating determination, teamwork and growing confidence across a range of activities. It has been wonderful to see such consistent effort and enjoyment.

Finally, a number of learners chose to take part in a national optional maths assessment/challenge this week. We are incredibly proud of those who put themselves forward choosing to stretch themselves academically shows real courage and aspiration.

Overall, it has been a purposeful, joyful and engaging week. Thank you to our staff for creating such rich learning opportunities, and to our learners for embracing every moment with positivity.

Warm regards,

Gwen Bennion

Principal, Belgrave School



Square Food continues to be an exceptional opportunity for our Year 10 learners, along with one dedicated learner from Year 11. Based in Knowle West, this inspiring not-for-profit organisation is supported by local partners such as Jolly Hog and Hobbs House, enabling our pupils to access high-quality food education in a professional and nurturing environment.

Our group is currently working towards their BTEC Home Cooking qualification, which will be formally assessed at the end of April. Over the past weeks, learners have shown tremendous progress: their confidence in the kitchen has grown, their knife skills have sharpened, and they are now working through increasingly complex recipes with both efficiency and skill.

A Square Food volunteer recently commented on how well our pupils collaborate, noting how supportive they are of one another and how clear it is that they genuinely enjoy working together. This sense of teamwork has become one of the real strengths of the group.

This week, the learners created delicious poke bowls, showcasing their ability to prepare fresh ingredients with care and precision. Next week, they will be turning their attention to Singapore noodles, continuing to broaden their culinary knowledge and practical expertise.

We are incredibly proud of their commitment, teamwork and growing independence. Square Food remains a highlight of the week for many of our learners, and we look forward to sharing more of their achievements as the course progresses.



POKE BOWL

SERVES 1

PREP TIME 15 MINS

COOKING TIME 20MINS



INGREDIENTS

100g cooked brown rice

100g Tofu (prepped see below)

¼ Cucumber (sliced)

1 Carrot
(grated/ribboned)

1 Spring onion (finely sliced)

¼ Pepper (finely sliced)

2 Radishes (sliced)

Handful podded and cooked edamame beans

½ Lime

Selection of seeds – sesame (white/black), nigella

Dressing

1 tsp sesame oil

1 tsp rice vinegar

1 tsp soy sauce

1 tsp minced ginger

1 tsp Honey

1 garlic clove minced

METHOD

1. Cook the rice per instructions on the packet. Leave to cool.

2. Prepare the crispy Tofu (see recipe below).

3. Prepare the vegetables and leave to one side.

4. Make the dressing by adding all of the ingredients together and giving them a good stir.

5. When ready to serve, place rice in a bowl and carefully arrange the vegetables in sections.

6. Add the crispy tofu and scatter over the mixed seeds

7. Pour over the dressing and eat straight away.

Celebrating Parent Mental Health Day – 30th January

On 30th January, we join communities nationwide in recognising **Parent Mental Health Day (PMHD)**, a day founded by the teenage mental health charity **stem4** to highlight the vital link between the wellbeing of parents and carers and the wellbeing of the whole family.

PMHD shines a light on the incredible role parents and carers play every day. The day encourages understanding, compassion, and awareness of the pressures adults face while supporting children and young people. It reminds us that when parents and carers look after their own mental health, everyone in the family benefits.

Celebrating Our Amazing Parents and Carers

Today, we want to take a moment to acknowledge the unsung heroes in our school community. Whether you are navigating daily challenges, offering emotional support, keeping routines going, or simply showing up with love and resilience, we see you, and we appreciate you.

Parents and carers often carry so much, and PMHD reminds us to pause, reflect, and celebrate the balance you strive for in your lives, even when things feel overwhelming. This day encourages you to take a moment for yourselves, recognise all that you do, and, where needed, seek support without stigma.

Your dedication shapes the emotional landscape of our young people. You support, guide, lift, encourage, and protect, often all at once. And we want to extend our heartfelt gratitude for the countless ways you pour energy into your children and into our wider school community.

What PMHD Stands For

Parent Mental Health Day reminds us that:

- **Parental wellbeing matters** — it is a cornerstone of healthy family life.
- **Challenges are real and year-round**, and it's okay to seek balance and support.
- **Talking openly** about parental mental health breaks stigma and strengthens whole families.

It is also a moment to recognise the importance of self-care and positive mental health strategies — not as luxuries, but as essential tools for every parent or carer.

Thank You, Parents and Carers

On this Parent Mental Health Day, and every day, we want to say a warm and heartfelt thank you. We are proud to work in partnership with such compassionate, dedicated families.

Your resilience inspires us.

Your commitment strengthens our community.

Your wellbeing matters deeply.

Wishing you all moments of rest, balance, and recognition today.

You deserve it. 🧡

Key Dates

- **Parents Mental Health Day – 30th January**
- **Children’s Mental Health Week – 9th-13th February**
- **Year 11 Mocks – 2nd-13th February (more information to follow)**
- **Year 10 & 11 academic reviews – 5th February**
- **End of term – 13th February**

Upcoming Inclusion & SEN Friendly Events in Bristol



Together for SEND 2026 –

Bristol’s Annual SEND

Event Monday 16 March 2026, 9:30am–
4:00pm

We The Curious, Millennium Square, Bristol

A major annual event bringing together families, schools, SEND professionals and community organisations. Families can attend **30+ talks and workshops**, meet **50+ exhibitors**, and access practical support in education, health and care. A brilliant day for parents who want to browse services, build connections and learn more about support routes in Bristol.

Website / Tickets: <https://www.tickettailor.com/events/bristolparentcarers/2013650>

Celebrating Growing Together: Embedding Inclusion & Collaboration

Thursday 19 March 2026, 1:30pm–4:30pm

M Shed, Princes Wharf

A warm, reflective celebration of three years of inclusive museum-development work in the South-West. Featuring presentations from participating museums, EDI champions and steering group members. Includes tea, cake, and accessible booking options.

A lovely event for families and staff passionate about inclusion and community partnership.

Event info:

<https://allevents.in/bristol/celebrating-growing-together-embedding-inclusion-and-collaboration/100001977271427065>

Neurodivergence Inclusion Training (Community Sport)

Wednesday 25 February 2026, 6:00pm–9:00pm

Hengrove Park Leisure Centre, Bristol

A practical, in person workshop for anyone supporting neurodivergent young people in community or school sport. Covers autism, ADHD, dyslexia, dyspraxia, barriers to participation, and how to create neuroinclusive sporting environments.

Event page / tickets:

<https://www.eventbrite.co.uk/e/bristol-neurodivergence-inclusion-in-community-sport-training-tickets-1980377437225>

Bristol Parent Carers – SEND Coffee Mornings & Workshops



Various locations across Bristol

Free events for parents & carers

Bristol Parent Carers run a wide range of inclusive, low pressure events including:

- SEND coffee mornings in North, South and Central Bristol
- Workshops on sensory processing, anxiety, additional needs and more

These sessions help families meet others, understand local services and access nonjudgemental support.

Event listings:

<https://www.eventbrite.com/o/bristol-parent-carers-7809612275>

Organisation website:

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

Bristol SEND Events Calendar (Ongoing Inclusive Sessions)

A continually updated calendar of inclusive events, activities, support sessions and workshops for children and young people with additional needs, curated by Bristol Parent Carers and local SEND organisations.

Calendar:

<https://www.bristolparentcarers.org.uk/events/>

Our Safeguarding Team



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