
ST URSULA'S E-ACT ACADEMY
ACHIEVE, BELIEVE
CREATE

Dear Parents/Carers,

Maternity Leave

I was advised yesterday when I visited the midwife of some health issues that require me to work from home next week. This means that today will be my last day at the academy before I leave to have my baby.

Thank you for your kind words throughout my pregnancy. St Ursula's is a very special place to work and I feel very lucky to be deputy headteacher of a school with such supportive and proactive parents and carers.

I will be keeping in touch with St Ursula's while I am away and look forward to hearing of the academy's continued success.

Parents' Evenings

Thank you to all parents and carers who attended our parents' evenings this week. They were very productive and well-attended. If you were unable to attend, please see your child's teacher to arrange a time to meet. We know that when parents and teachers work together we can achieve fantastic outcomes for the children and we are lucky to have so many parents and carers at our academy who are keen to support their children with their learning.

Firework display on Monday 5th November!

One of the key events in the St. Ursula's calendar is the firework display organised by our PTFA. It is an excellent event boasting one of the best displays in Bristol. Tickets are selling fast so please see a PTFA member for tickets. Money raised from this is used to improve the academy for its pupils.

Growth Mindset

We have been teaching the pupils about growth mindset in school. Growth mindset was a concept first introduced by Dr Carol Dweck. It focuses on the idea that we can either have fixed mindsets or growth mindsets. A fixed mindset is a belief that we are either good at things or we are not. Growth mindset, meanwhile, is the belief that with enough practice we can master whatever we want to. Miss Tingley is currently doing some exciting work on growth mindset with the Associate Governors. Watch this space!

Important message from the EYFS team

Please can you make sure your children do not play in the Early Years garden after or before school.

The staff work very hard to keep it tidy and they need resources in the correct places for learning.

Holiday Sports Clubs

The E-Act holiday sports clubs will take place during the October half term from Monday 29th October- Friday 2nd November from 9am-4pm, doors open at 8.30am. The cost is £15 per day with after care available from 4-6pm for just £10. The clubs are open to boys and girls in early years to year 6.

We play a wide range of sports and games throughout the week with the emphasis on having fun and enjoying the school holidays in a safe environment. To book a place please visit: e-act.bookinglive.com. Payments can be made online using debit or credit cards and childcare vouchers. By attending the holiday clubs you are helping to support your son/daughter's school as all profit goes back to the school to support fundraising efforts.

E-ACT values winners

Think big – Rio in Year 5 for thinking big with his World War 2 descriptive story
Do the right thing – Emily G in Year 1 for looking out for a child with an allergy to dairy
Team spirit - Reece I in Year 4 for encouraging another pupil to join in with a PE activity
Play leader of the week – Skye in Year 6

Enjoy the weekend!
Ellie Shaile
Deputy Headteacher



REMEMBER, REMEMBER THE 5th NOVEMBER

EARLY BIRD
TICKETS
£4
EACH *ES AFTER

GATES OPEN
6PM
FIREWORKS
7PM

ST URSULA'S
E-ACT ACADEMY
FIREWORKS
CELEBRATION

MON 5TH NOV

- ◆ BBQ
- ◆ BAR
- ◆ REFRESHMENTS
- ◆ FIREWORK DISPLAY
- ◆ STALLS

DON'T FORGET
TO WEAR
SENSIBLE SHOES

CJ HOLE

ST URSULA'S - BRECON RD - BS9 4DT

PTFA News:

Remember, remember our famous fireworks event tickets are selling fast! We've been outside the office for two weeks through wind and rain, chasing after blown away money, so don't be cross with us. Tickets are now available through either C J Hole offices in Henleaze and Westbury-on-Trym or online at <http://www.pta-events.co.uk>. Please share this link with friends and family.

Special halos go to anyone who can help on the night, especially with stewarding. If we don't have enough volunteers, we would have to cancel this event, which not only makes a huge amount of money for YOUR school, but is also supported by the wider community. Please don't let us lose 42 years of great reputation. It's 2 hours of help or less. Come on St. Ursula's!!! Email us: contact@stursulasptfa.org.uk or message us on Facebook.

Thank you!



LEGO DONATIONS WANTED

Josie is looking for lego for her club, any donations are welcome.

Thank You

Josie is looking for any donations of the following items:

GAMES
TOYS
PUZZLES
BEAN BAGS
CUSHIONS

any donations will be greatly appreciated

Autumn 2018

EAT WELL WITH BUBBLE & SQUEAK

w/c 3rd Sept, 24th Sept, 15th Oct, 5th Nov, 26th Nov, 17th Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Vegetarian Brunch Handmade vegetable pattie, frittata, beans and tomato	Cauliflower & Broccoli Cheese with herby bread	Quorn Roast with gravy & potatoes	Pasta Bar with selection of homemade sauces	Mini Cheese Pinwheel with chips & tomato sauce
	Brunch (Meat) Handmade pork pattie, frittata, beans and tomato	Beef Lasagne	Roast Chicken with stuffing, gravy & potatoes	Tomato & Basil Beef Bolognese Carbonara with Ham	Golden Fish Fingers (Cod & Salmon) with chips
	Pineapple Upside Down Cake	Tutti Frutti Tuesday Strawberry Mousse & fruit	Cheese & Crackers with fruit	Winter Sponge	Apple Flajack

w/c 10th Sept, 1st Oct, 22nd Oct, 12th Nov, 3rd Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2	Sweet Potato & Chickpea Curry with wholemeal rice	Cheese, Potato & Leek Bake with baked beans	Shepherdess Hotpot with gravy	Macaroni Cheese with herby bread	Quorn Meatball Sub with homemade tomato sauce
	Pork Sausage with mash & gravy	BBQ Chicken Burrito	Roast Pork with gravy & potatoes	Chicken Curry with wholemeal rice	Battered Fish with chips
	Carrot Muffin	Tutti Frutti Tuesday Yoghurt, fruit & crunchy toppings	Fruit Crumble with custard	Chocolate Crunch	Sultana and Oat Cookie with fruit slices

w/c 27th Aug, 17th Sept, 8th Oct, 29th Oct, 19th Nov, 10th Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3	Homemade Pizza vegetarian toppings	Vegetable Lasagne	Quorn Toad in the Hole with gravy & potatoes	Crispy Topped Vegetarian Pie	Cheese & Bean Wrap with chips
	Homemade Pizza meat toppings	Chicken & Vegetable Pie with mash	Roast Turkey with stuffing, gravy and potatoes	Homemade Beefburger with oven baked wedges	Golden Fish Fingers (Cod & Salmon) with chips
	Shortbread Biscuit with fruit slices	Tutti Frutti Tuesday Yoghurt, fruit & crunchy toppings	Apple & Banana Cake with custard	Winterberry Cheesecake	Jamaican Ginger Cake

We offer seasonal vegetables, bread, yoghurt and fruit daily. (allergy information is available)

Served Daily
A baked jacket potato with a choice of toppings



Meat
Veggie
Jacket Potato
Packed Lunch

Aspens

BUBBLE

Arts and crafts

Wind down and relax

Outdoor activities

Josie's club

Fun with food

Dance

Sport

Come and join us for some after school fun with friends!

Two sessions per afternoon
1st session 3.30-4.30pm
Two engaging, fun activities to get stuck into.
2nd session 4.30-6.00pm
Wind down and chill out session with healthy snacks provided.

Booking information
Book via: e-act.bookinglive.com
Any queries please email: josie's.club@e-act.org.uk

Please bring any donations into the school office and we will pass them onto Mrs Patel

Wild Goose Cafe

Namaste everyone! During Navaratri this year, the University of Bristol Hindu Society would like to team up with the Bristol Hindu community to collect food and resources for The Wild Goose Cafe. They provide breakfast and lunch four days a week and an evening meal six nights a week for those in extreme poverty and need.

We ask that you make a donation during this auspicious time of the year, no matter how small

The non-perishable Items they need the most are:

1. Instant coffee
2. Sugar
3. Red lentils and other dried pulses
4. Baked beans and other tinned items
5. Tomatoes – tinned, passata, tomato purée
6. Spices and seasoning (salt, pepper, mixed herbs, paprika, chili and curry powder)
7. Porridge oats
8. Condiments – ketchup, brown sauce
9. Spreads – jam, peanut butter, honey, Marmite etc.

We would appreciate donations of any size!

There will be a donation box every day during the Navratri festivities both at the Mandir and at Patchway School on Friday and Saturday.

09/10/2018–17/10/2018

"The more we come out and do good to others, the more our hearts will be purified, and God will be in them."

-Swami Vivekananda

Follow us on NHSF Bristol for
more info



Celebrating
25 years of
NHSF (UK)

NATIONAL HINDU SOCIETY
OF THE UNITED KINGDOM



