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

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Monday 1st April

Dear Parents/carers,

I hope you found it useful to meet with your child's class teacher to discuss the progress they have made this year so far and to discuss any concerns or issues you may have. Many of you enjoyed the food samples on offer during both these evenings from the school dinner caterers, Aspens, and dare I say that you were surprised at the quality of the food! On the topic of school dinners, due to what the children ordering not tallying with what they then choose to eat, we are trialling a band system. The office sent an email out to all parents/carers on Friday afternoon to explain this and teachers have spoken to the children about the new system today also. No doubt there will be a few teething problems to start with but we'll strive to iron these out promptly. Please do not hesitate to speak to Charlotte in the school office if you have any school dinner related queries.

A well done to our violinists who performed for the second time this year to the school and parents. They were absolutely marvellous and their playing is going from strength to strength.

We have a few goodbyes to make this week. We say goodbye to Mrs. Semple, Madame Bunce and Mrs. Mitchard. Mrs. Semple is taking up a leadership position nearer her family; Madame Bunce is taking on a totally different role – see her message below and Mrs. Mitchard, while remaining with E-ACT, will be setting up and running a behaviour unit at our Hareclive E-ACT Academy. We thank them for all their hard work, dedication and care of the children at St. Ursula's.

We're now fast approaching the end of term 4 and I hope whatever you have

planned for the Easter break will be most enjoyable. It's not too late to book your children into our holiday club if they need to get rid of some excess energy!

Thank you as always for your support.

Kind regards,

Nicky Reynolds  
Interim Headteacher

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### **Message from Madame Bunce**

I am writing to let the St Ursula's families know that I will be leaving my role as French teacher at the end of this term to take up an exciting new opportunity as a School Business Manager at a local primary school.

I have thoroughly enjoyed my many years of teaching here and I really appreciate the support and friendship of the St Ursula's parents. It has been a privilege to get to know your children and to share my love of French with them. I hope I have inspired them to enjoy learning another language. I will really miss them and their enthusiastic 'Bonjour' when I enter a classroom!

In French, we say "Au revoir", which literally means "until we see each other again" - I hope that I will see many of you again and I wish all the very best to you and your children.

Au revoir,  
Melanie Bunce

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### **Celebration Assembly Star of the Week Awards**

1CBMT- Esme

1SM- Summer

1EC- Minou

2NS- Freya

2SH- Eva

2SE- Emily

3DP- Esther

3AW- Poppy

3EW- Dylan

4SB- Niamh  
4NM- Umair  
4RB- Eva  
5SS- Danny  
5CM- Joe  
5CT- Miles  
6CJ- Kamran  
6AM- Sam  
6ET- Preston

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## Class News

### **Reception**

Last week we had an exciting visit from Jonathan's Jungle Roadshow to support our learning on Jungles and Animals and to inspire our writing. Jonathan brought in many of his unusual friends for us to meet and hold, these included Spinderella the tarantula, Tango the milk snake, Millie the millipede and some very interesting stick insects too. The children behaved beautifully throughout the visit and asked lots of really interesting questions. Did you know that there is no such thing as a poisonous snake?... instead there are 'venomous' snakes!

We enjoyed writing about our favourite jungle animal and innovated our instruction text to trap one of Jonathan's jungle animals and made text maps to show the changes. Children are becoming more independent with their writing and using their learning targets to help them improve their writing. In Maths we have been learning to solve problems by halving and doubling, looking at halving both shapes and numbers. There have been lots of signs of spring and we've enjoyed using our garden space again, we have used different media to sketch and paint flowers.





### **Year One**

We were very excited to have a visit from Sid the Skeleton. We learnt what a physiotherapist does and how the brain controls different parts of the body. We created imaginary creatures and used our skills in English to label them with powerful adjectives. This helped us to write our reports on Friday about the creature's diet, appearance and likes and dislikes. In maths we have been consolidating our work on addition and subtraction using different strategies including counting on, using part whole models, making number bonds and counting back on a number line.

### **Year Two**

Last week Year 2 looked at different measures and fractions in maths. In English they created their own special day and wrote a non - chronological report about it.

In art the children experimented with dye and created tie dye effects that they will add to their head dresses.

In geography they discussed the human geography of a European country and looked at the carnival Mardi Gras.

In RE they continued to learn about Buddhism looking at the noble truths.

Year 2 have also worked hard to practise their carnival routines for their big carnival on Friday.

### **Year Three**

It was lovely to see you all at parents evening last week. Last week we created instructions on 'How to wash your woolly mammoth'. The children have enjoyed learning about the Stone Age this term and were able to use their knowledge of the Stone Age to write their instructions. In maths we learnt how to add and subtract fractions with the same denominators. We are looking forward to our trip to the Botanical Gardens next week - fingers crossed for the weather!

### **Year Four**

In English we have been writing our own information text about the mountain ranges in India. We started the week by using laptops and encyclopaedia pages to research, and then wrote our texts using fronted adverbials, paragraphs, sub-headings and rhetorical questions.

In maths we have been looking at the relationship between tenths and hundredths and learning how to write these fractions as decimal equivalents. We have also learnt how to divide 1 and 2-digit numbers by 10 and 100 using place value charts to help us.

In music we have been learning to sing Lean on Me by Bill Withers. This week we experimented with accompanying the song with simple rhythms on the glockenspiels.

### **Year Five**

Last week, we learnt how to simplify, add and subtract fractions with different denominators. In literacy we finished our innovated diary entries focussing on using expanded noun phrases and personification. We made models that demonstrated the orbits of the moon and earth in relation to the sun. In DT children started making their mechanical toys. What a busy week we've had.

### **Year Six**

Last week we focussed on revision and test technique for our impending SATs in Reading, SPaG and Maths. It's good to see how seriously the children are taking their learning and consolidating with homework. We are really impressed with the effort put in and the support from parents - keep it up.

## Messages

**The year 6 leavers disco will be on 18.07.19 from 17:00-18:00.**

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Parents asked for more information regarding sanctions eg. Amber warning, what is it and when is it used?

Please see the behaviour policy on the website which explains our approach in full:

[https://stursulasacademy.e-act.org.uk/wpcontent/uploads/sites/14/2018/11/BehaviourGuidance\\_Nov-2018.pdf](https://stursulasacademy.e-act.org.uk/wpcontent/uploads/sites/14/2018/11/BehaviourGuidance_Nov-2018.pdf)

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A polite reminder that scooters and bikes must not be ridden once inside the school gates. Please ensure that children do not climb on the climbing frame before school.

## Online safety

Dear Parents

As an e-safety reminder, please ensure that you monitor children's mobile devices and acknowledge that social media apps are age restricted to age 13. Please note that WhatsApp's age limit is 16.

There have been some further issues with children's use of TikTok. We are re-circulating our previous advice on this. Please take time to read this and let us know if you have any questions.

Kind regards  
Jillian Gorra and Charlotte Johnson

### TikTok – What parents need to know

What is TikTok?

It's a social media app that gives users the opportunity to share 60 second short videos with friends, family or the entire world. Like Twitter-owned Vine, and Musical.ly before it, videos shared range from funny sketches to lip-sync videos featuring special effects. Like Musical.ly before it, it is most popular with under 16s.

What is the minimum age for TikTok app?

The app store rating is 12+, however [Common Sense Media](#) rates it at 16+. 13 is the minimum age according to TikTok's terms and conditions.

Why do teens love TikTok?

It is a way to express themselves and create short-form video clips to gain a following and build a community around their passions. It also features some great special effects that users can apply to their videos to make them more unique. You can also cross-post the content on other platforms to share it with more people.

What do other parents say about the app?

1. Seeing inappropriate content

Parents have expressed concern around the inappropriate language of some of the videos posted which may make this less suitable for younger children.

1. Contact from strangers

Predators seeking to connect with children is another risk.

What should parents be concerned about?

When you download the app users can see all the content without creating an account although they are not able to post, like or share anything until they've set up an account on the app.

By default all accounts are public so anyone on the app can see what your child shares. However, only approved followers can send them messages. Users can like or react to a video, follow an account or send messages to each other. There is the risk that strangers will be able to directly contact children on the app.

Children may be tempted to take risks to get more of a following or likes on a video so it's important to talk about what they share and with who.

This information was taken from:

<https://www.internetmatters.org>

<https://smartsocial.com/tik-tok-app-guide-parents/>

## **Absence Requests**

It is important to complete an absence request form as soon as you know that your child may be off during term time. 10 days' notice is the requirement but we appreciate that from time to time children may need to attend emergency appointments which cannot be helped. Please note that we may ask for evidence when considering any requests so please do not be offended as it is part of our attendance and safeguarding processes and procedures. If parents provide the correct information, we can ensure the correct marks are entered on your child's registration document which is a legal document.

## Medication

Medication (including Calpol) should not be kept in your child's school bag. It must be handed into the office.

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## Holiday Sports Clubs

The February half term holiday sports clubs were a huge success here at St Ursula's. We had our highest ever numbers attending and all the children were brilliantly behaved. Thanks to all the parents who signed their children up and supported the school.

And the good news is we'll be doing it all over again in the Easter holidays. The club will run from Monday 8th - Thursday 18th April from 9am- 4pm, with children allowed to be dropped off from 8.30am. We also offer after care from 4-6pm for just £10 to help working parents. The cost of the day should be £15 but book before 1st April and you can get a **20% early bird discount**, meaning the day costs just **£12!!** You can also get a further **10% sibling discount** to help with the cost.

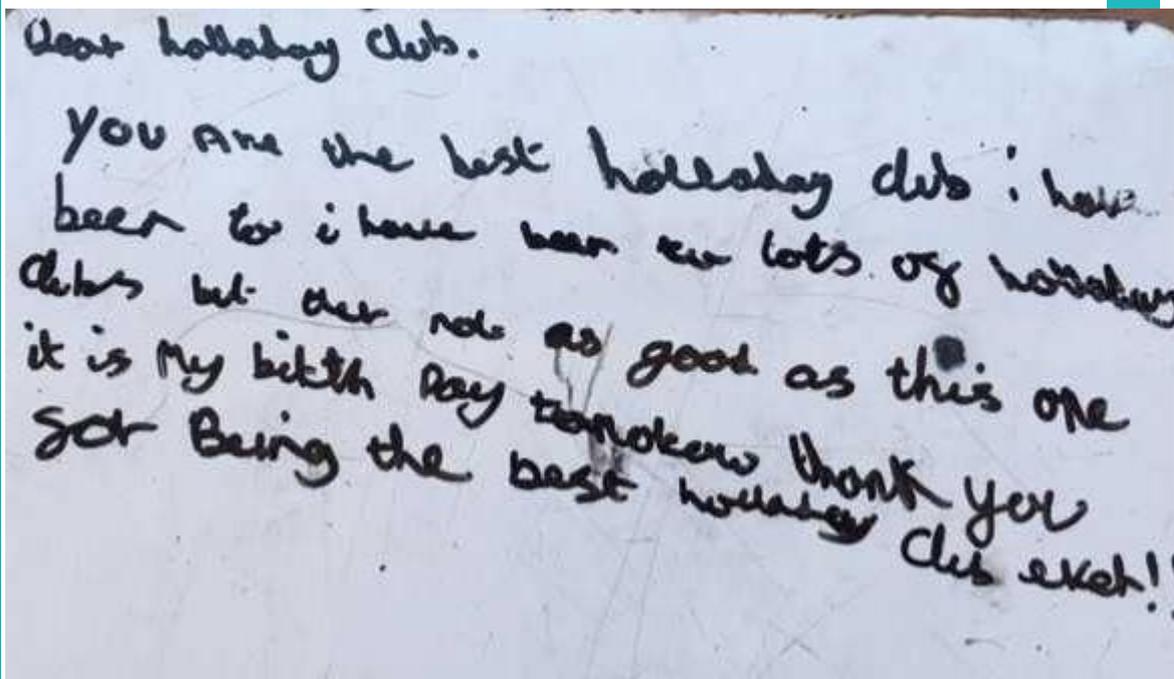
Some parents have asked how the day works and what we do. We don't designate certain sports to certain days, instead we have a flexible approach to our activities. We will look at things like numbers and ages and use our experience to judge what we think will work well. We also communicate with the children about what sports & activities they would like to play, after all it is their holiday time. Through the week we will try and play a wide range of sports and games giving the children the opportunity to play traditional sports and new fun games. Although not set in stone the timetable for our day is shown below, please note children can be dropped off as early as **8.15am**:

- 8.15- 9.30am: Children arrive, register & free time.
- 9.30am: Morning briefing with children.
- 9.45- 10.45am: Main activity 1
- 10.45- 11am: Morning break
- 11am- 12.15pm: Main activity 2

- 12.15- 1.15pm: Lunch & free time
- 1.15- 2.15pm: Main activity 3
- 2.15- 2.30pm: Afternoon break
- 2.30- 3.45pm: Main activity 4
- 3.45- 4.15pm: Dismiss children
- 4.15- 6pm: After care slot; fun game & film

The holiday clubs cover all range of sports in a relaxed and welcoming environment. We also provide alternative creative and art activities for children who don't fancy a full day of sport. To book a place and get your early bird discount please visit <https://e-act.bookinglive.com>

Should you have any questions regarding the clubs please email Rob Allan (rob.allan@e-act.org.uk).



### Relaxation and Mindfulness After School Club

Dear Parents/Carers,

Relaxation and Mindfulness After School Club, offers children the opportunity to participate in, and benefit from, the transferable skill of "active relaxation". With Relaxation and Mindfulness, children can learn how to understand and regulate their emotions; to reduce ruminative and self-critical thinking; to

exercise greater control over their impulses; act with more volition; and develop a heart-felt kindness to themselves and others. These concepts are introduced through a combination of movement; games; stretching and breathing exercises; and positive affirmations & visualisations. Often, I also introduce craft activities centred around a themes like the seasons, emotions, or friendships.

The club will run after school on Wednesdays, from 3:30-4:30pm. The fees are £5 per child, per session, paid up front (per half-term) with cash, cheque, bank transfer, or PayPal, no later than the first session.

Places are limited to no more than 8 children per group and are allocated on a first come first serve basis. To secure your child's place next term, please contact me on 07919990804; or through email at [hypnochange4u@gmail.com](mailto:hypnochange4u@gmail.com). I also have a Website and Facebook page, which you are free to browse: [www.facebook.com/relaxingbristolschildren/](https://www.facebook.com/relaxingbristolschildren/); [www.hypnochange4u.co.uk](http://www.hypnochange4u.co.uk).

*Tamzin Brain-Evans*

(Ad.Dip.CP; DipHyp CS; LHS; Dip CP; MNCS (Acc); Counselling Cert; CACHE3; B.A. Honours Degree PsyCrim), Hypnotherapist and Counsellor

### **Academy Ambassador Group Vacancy**

The AAG currently has vacancies for up to two new parent members and we are inviting expressions of interest in joining the group.

Ideally one of these new members will be a parent of a child/children in years 4, 5 or 6 and one will be a parent of a child/children in reception or years 1-3.

No specific experience or expertise is required to join the group but we are especially keen to hear from parents with experience in communications.

If you're interested in joining us please get in touch with a short statement (no more than 100 words) about what you think you can bring to the group. Please email us at **[aag.stursulas@e-act.org.uk](mailto:aag.stursulas@e-act.org.uk)**

You can find out more about the AAG on our website: <https://stursulasacademy.e-act.org.uk/about/our-ambassadorial-advisory-group/>

## Key Dates

Friday 5 <sup>th</sup> April	Last day of Term 4
Monday 22 <sup>nd</sup> April	Bank Holiday
Tuesday 23 <sup>rd</sup> April	Start of Term 5
Friday 24 <sup>th</sup> May	Inset day
Monday 8 <sup>th</sup> July	Inset day
Thursday 18 <sup>th</sup> July from 5-6pm	Year 6 leavers disco
22 <sup>nd</sup> and 23 <sup>rd</sup> of July	Inset days
2 <sup>nd</sup> and 3 <sup>rd</sup> of September	Inset days
4 <sup>th</sup> October	Inset day
4 <sup>th</sup> November	Inset day

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**Please see the new lunch menu starting WC 25th February**

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# Spring / Summer 2019

w/c 25th Feb, 18th Mar, 8th Apr, 29th Apr, 20th May, 10th Jun, 1st Jul, 22nd Jul, 12th Aug, 2nd Sept, 23rd Sept

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Loaded Mac n Cheese and Garlic Focaccia	Bangers and Mash	Roast Beef and Gravy	Chinese Chicken Noodles	Fish Fingers and Chips
	Spring Veg Frittata and Garlic Focaccia	Vegan Quorn Bangers and Mash	Cherry Tomato and Rocket Tart	Sweet Potato Balli with Basmati Rice	Quorn Brunch Muffin and Chips
	Italian Orange Cake	Banana Bread and Butter Pudding with Custard	Honey Picnic Flapjack	Berry Elon Mess	Cookie and Shake Oat Cookie & Chocolate Milkshake

w/c 4th Mar, 25th Mar, 15th Apr, 6th May, 27th May, 17th Jun, 8th Jul, 29th Jul, 19th Aug, 9th Sept, 30th Sept

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Cheesy Mozzarella Pizza	Beef Bolognese with Spaghetti	Lemon Roast Chicken with Sage and Onion Stuffing and Gravy	All American Turkey Twist Burger in Wholemeal Bun	Crispy Battered Fish and Chips
	Fresh Tomato and Basil with Wedges	Cheddar Cheese and Spinach Quiche with New Potatoes	Quorn Roast with Stuffing and Gravy	Chunky Chilli Tacos with Tangy Salsa	Picnic Pilla with Minty Cucumber Salad and Chips
	Wholemeal Penne Pasta Neapolitan	Tiramisu Trifle Pot	Ice Cream Tub	Mini Chocolate Brownie with Orange Wedge	Cookie and Shake Ginger Cookie and Vanilla Honey Shake

w/c 11th Mar, 1st Apr, 22nd Apr, 13th May, 3rd Jun, 24th Jun, 15th Jul, 5th Aug, 26th Aug, 16th Sept

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Firecracker Pizza with Herb Wedges	Roof Mash Topped Cottage Pie	Roast Gammon with Sticky Pineapple	Punjabi Butter Chicken with Rice	Fish Fingers and chips
	Broccoli and Salmon Pasta Bake	Smokey Quorn Meatballs and Yellow Rice	Super Green Veggie Lasagne	Butternut Squash Risotto	Cheese and Marmite Muffin with chips
	Apricot Biscotti Lemon Yoghurt	Butterscotch Tart	Magic Chocolate Pudding	Carrot and Pineapple Muffin	Cookie and Shake Lemon Cookie and Berry Milkshake

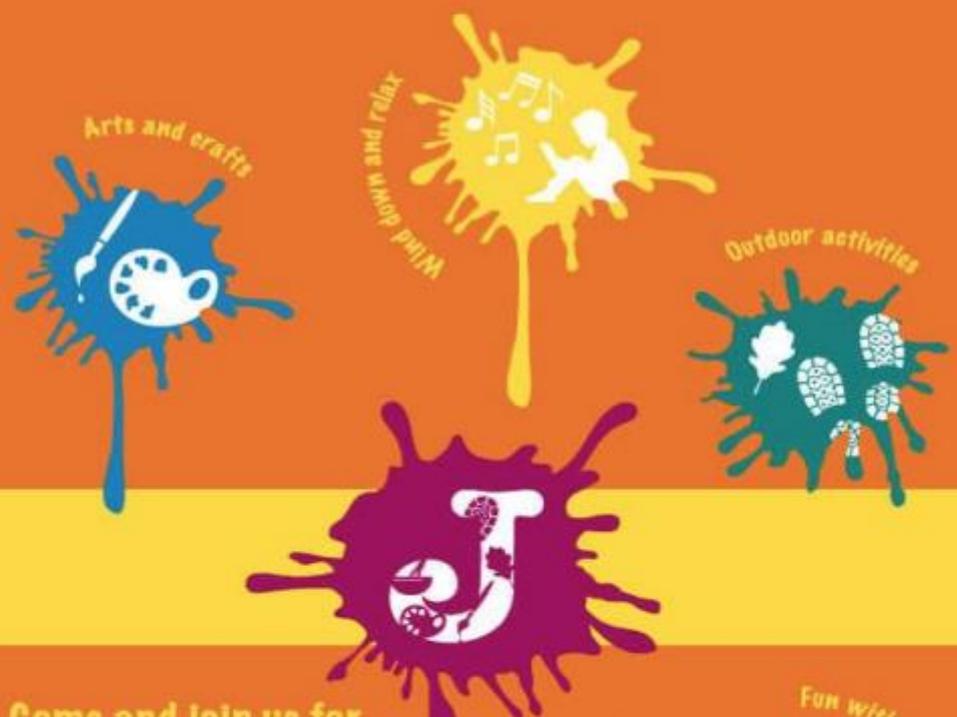
We offer seasonal vegetables, bread, yoghurt and fruit daily. (allergy information is available)

Served Daily  
A baked jacket potato with a choice of toppings

Meat  
Veggie  
Jacket Potato  
Packed Lunch

Aspens

BUBBLE



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

**Josie's club**

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.bookingllive.com](http://e-act.bookingllive.com)  
Any queries please email: [josie's.club@e-act.org.uk](mailto:josie's.club@e-act.org.uk)



