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

Monday 5th April

Dear Parents/carers,

We've had a very busy week this week. On Monday, thanks to Miss Brown, our choir lead, the Good Afternoon Choir (consisting of 60 adults and a conductor with his guitar!) alongside the school choir performed to a number of parents. All parties involved: adult and children singers as well as the audience enjoyed themselves immensely. A huge thank you to Miss Brown for her commitment to the school choir.

Years 3 and 5 went on trips this week which they enjoyed hugely. Unfortunately, year 3's trip had to be postponed until next term due to the poor weather. Thank you to all the parent volunteers who went along and assisted with the trips that did go ahead this week. Your help on trips is very much appreciated.

The year 5/6 football team have impressively made it to the Bristol School Final – see below for more information. Everyone at St. Ursula's is very proud of our brilliant footballers. Thank you to our brilliant P.E. staff also.

The new band system for school dinners is working well. So, to clarify children who are having a school dinner make a choice from four options i.e. hot, vegetarian, salad bar and jacket potato. The teachers when they do the register enter 'red' for a hot meal, 'green' for the vegetarian option, 'yellow' for salad bar and 'orange' for jacket potato. Children then wear a coloured band which matches the option they have chosen. Please note that pizza isn't always vegetarian. The vegetarian option(s) will be clearly stated on the Aspens menu (marked with a v alongside them) which is at the bottom of this bulletin and each teacher has a copy also. The menu will also be on the school

website. <https://stursulasacademy.e-act.org.uk/wp-content/uploads/sites/14/2019/02/01-Spring-Summer-2019-Core-Menu-Bubble-Squeak.pdf>

Children are able to have hot as well as cold fillings for jacket potatoes. Any questions please speak to Charlotte in the school office.

Our AGs, (year 6 pupils appointed to work as a team to give their views on everything from teaching and learning and academy leadership and management to behaviour and attendance within their academies), did an online safety assembly to years 1-6 this week. They shared some very important messages and presented key information in a clear, interesting and informative way. A massive thank you to them and to Miss Tingley who works closely with the AGs. The importance of online safety is something unfortunately we as parents need to take very seriously. Having three children myself, all of whom, wish to be permanently glued to either a smart phone or an ipad every chance they get means I, no doubt like many of you, have the responsibility and challenge of being aware of what they are watching online or what apps they are using. Modern technology while amazing can definitely present challenges for us parents! Please read the online safety messages Miss Johnson and Miss Gorra write every week. They have included another one this week and they are very helpful.

Apologies for my rather long message. I'm just so very proud of our children and staff that I can't stop talking about them!

Finally, all that remains to say, is a thank you to you for all your help and support and to wish to a restful Easter half-term break.

Kind regards,
Nicky Reynolds
Interim Headteacher

Celebration Assembly Star of the Week Awards

1CBMT- Florence

1SM- Talhah

1EC- Lana

2NS- Lydia

2SH- Ella

2SE- Horatio

3DP- Alivia

3AW- Emilie

3EW- Morgan

4SB- Libby

4NM- Theo

4RB-Katie Rose

5SS- Marika

5CM- Bobby

5CT- Ben

6CJ- Alexa
6AM- David
6ET- Miya

Class News

Reception

This week the children continued their exploration into solving problems using halves and doubles and became confident using these skills. We read instructions on how to make a fruit salad using our reading skills to help and then enjoyed making a tasty fruit salad, talking about different fruits and how to stay healthy. After that we used our instruction writing skills to write how to make a fruit salad. In art we read the book 'Tree' which looks at the different seasons and discussed spring and then made our own 'spring' pictures making observational drawings of spring flowers.

Year One

In Year One this week the children had a Music day on Monday. They learnt about beat and rhythm and enjoyed joining in with some new songs.

In English this week the children used magic pebbles to write their own imaginative stories. When they rubbed the pebbles they took them to a new place which they described in their stories. They loved reading them to the class.

In Maths children have been comparing addition sentences using the greater than, less than and equals signs. They remembered how the big crocodile eats the bigger number!

In Science they learnt about carnivores, herbivores and omnivores.

Year Two

This week Year 2 have had lots of creative fun. On Monday we had a music day. The children listened to a song and drew pictures about how they felt, they learned to play the xylophone in tune to a song, created graphic scores for their own song and learned body percussion to represent a picture.

In English we made invitations for our carnival and in maths we revised how to count fractions and looked at division and multiplication in more detail.

In art we completed our head dresses, adding handmade feathers. In geography we discussed the physical geography of a European country and in RE we learned about belonging, finding out what is important to themselves and others.

We have also had lots of fun, creating decorations for our carnival and practising our routine.

Year Three

In our final week of Term 4, 3AW and 3EW had the wonderful opportunity of visiting the Bristol Botanical Gardens as part of our science topic on plants. This trip certainly brought our learning to life by the expert and knowledgeable tour guides, who volunteer to work with school groups on a daily basis. 3DP have rearranged their trip due to poor weather conditions in term 5.

Our learning of the Stone Age has made us all understand and value the little things we have today. After writing our instructions on "How to wash a Woolly Mammoth", recreated cave paintings and went back in time to understand the diet and daily life of Stone Age people, we realised how far man has progressed. We have certainly had a busy term in maths too, learning about fractions and hope you continue this learning at home too. The pupils in Year 3 have certainly worked hard this term and ready for their Easter break. We wish you all a Happy Easter and look forward to seeing you back in term 5!

Year Four

This week in English, the children have been working hard to complete their information texts on Indian animals. They enjoyed using encyclopaedia pages to research the animals and then turn these facts into a well-structured text. They have enjoyed the challenge of adding relative clauses to their sentences and are now experts on the wildlife of this part of Asia!

In maths, children have been looking at how to order and compare decimals and how to place them on a number-line. They also enjoyed the practical lesson this week where they were able to measure parts of their body and then divide this measurement by 10 and 100. Having the chance to use tape measures was an experience enjoyed by all.

In music, children finished learning the glockenspiel part to the song Lean On Me and then experimented with their own improvisations around the notes F and G. Their compositions were very creative and sounded great when played along to the backing track. We then continued to learn the Sign to Sing song 'Friends Forever' which is written for deaf children and uses music and sign language together to create an enjoyable and memorable song for all to take part in. Ask your children and they may be able to show you some of the signs they have learnt.

Children have been studying the human and physical features of different Indian cities in their Geography lesson this week and comparing them to cities in the UK.

In art, children studied Rangoli patterns and then transferred these patterns to their modroc elephants to really bring their creations to life. This has been a great end to our India topic and we hope the children are looking forward to starting their new topic after the Easter holiday.

Year Five

Year 5 have had a brilliant week! In maths we have looked at converting fractions into decimals and percentages. In English we have focussed on writing poetry on the theme of space. We looked at Haiku and Terza Rhyma styles and made some brilliant poems. We even managed some tricky rhymes! The trip to Aerospace was a great success. Children not only made and launched their own aerodynamic rockets, but learned about Bristol's role in the science of space and even went on Concord! Our final day was spent having an art and DT session where we finished our fabulous toys and made artwork using oil pastels inspired by the planets in our solar system.

Year 5 have had a brilliant term and we wish you a fun and restful holiday. See you when you get back!

Year Six

Last week in Year 6 we continued with our mock SATs focusing on arithmetic and reasoning, as well as working hard to develop our fraction, ratio and proportion knowledge. In SPaG we have been getting active in our learning - demonstrating our knowledge through movement and songs. We have progressed with our reading skills: fact retrieval, summarising, word meaning and inference (PEE)... we are now feeling more confident with a range of text and question types.

Staff News

Mid-week we said goodbye to Madame Bunce and Mrs. Mitchard. Today we said goodbye to Mrs. Semple (year 2 teacher and KS1 phase leader) and Mrs. Greenhalgh (HLTA). Mrs. Greenhalgh may return as a reading volunteer however – let's hope that she will as she is a huge favourite with staff and children alike! Everyone was sent off in style in a whole school assembly. The hard work and dedication to the children's learning and well-being that has been demonstrated by each and every one of these fabulous people is hugely appreciated and we wish them much success and happiness in their new ventures.

Messages

Message from Aspens

Please note that when children return to school the menu will return to week 3 and the first day back (Tuesday 23rd April) will actually be following the options for Monday. The rest of the week will be as it states on the week 3 menu.

TUESDAY 23rd APRIL MENU....

Firecracker Pizza with Herb Wedges - VEGGIE OPTION (GREEN)
Broccoli & Salmon - HOT OPTION (RED)
Jacket - (ORANGE)
Salad Bar - (YELLOW)

Clubs

The office have sent out emails regarding next terms teacher lead clubs earlier this week. The office have been working hard through the mass volume of emails regarding clubs, Places have now been allocated and parents have been informed via text message. Due to the popularity of the teacher lead clubs, the place is allocated on a first come first serve basis. If your child is not

on the club list, they will then be put on a waiting list.

A polite reminder due to the popularity of our clubs if a child doesn't attend (without a valid reason), or does not bring the correct kit for two consecutive weeks their place will be allocated to a child on the waiting list. Please note that clubs start the second week of term (week commencing 29th April).

If for any reason we require to cancel a club we will do our very best to inform you at the earliest opportunity via our text messaging system.

The clubs are:

Monday:

Football - KS2 (year 3- year 6) -30 Spaces

Rounders - KS2 (year 3- year 6) - 16 Spaces

Homework Club - (year 1 to 6) - 25 Spaces

Choir - KS2 (year 3- year 6) - 25 Spaces

Tuesday:

Arts & Crafts - KS1 (Year 1 + 2)- 15 Spaces

Reading - KS2 (year 3- year 6) - 20 Spaces

Netball - KS2 (year 3- year 6) - 20 Spaces

Rugby - KS2 (year 3- year 6) - 16 Spaces

Wednesday:

Cricket - KS2 (year 3- year 6) - 30 Spaces

Thursday:

Mixed Sports - KS1 (year 1 + 2) - 30 Spaces

It's Coming Home

Since the start of September, the Year 5/6 boys and girls have been taking part in the North Bristol football league hosted by St Bede's. We have been entering this league for many years and this year has seen a vast improvement by all taking part in the school teams.

The year 5/6 team have had some fantastic results this season including a well worked 2-1 win over top opposition which inflicted their first defeat against St

Ursula's. These results have helped St Ursula's maintain their place at the top of the league.

This has never been seen before at St Ursula's Academy and is a record-breaking achievement for everyone within the school. Therefore, on the 1st of May, the year 5/6 football team will be representing North Bristol in the Bristol schools Final at Ashton Gate.



Blue Badge Holders

Mr. Osborn is able to walk children down to the gate at 3.45 to meet parents that have blue badges and struggle to find parking close by or can't walk to the classroom. Please let the office know the days you will require Mr. Osborn to bring the children down to the gate. If there are any on the day changes, please let us know before midday.

If you are struggling in the morning, please let us know via the office staff and we will arrange for someone to pick your child/ren up from the gate.

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

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

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.

Eco Committee Meeting

The Eco-committee met for the first time this week. They completed an Eco-Review for the school and discussed ways in which the school already looks after the environment as well as things which it could do better at. Mr Todd agreed to show them the water and electricity metres next time they meet.

Choir Workshop

On Monday afternoon, the school choir took part in a workshop run by Ben England, conductor of the Good Afternoon Choir. He came accompanied by 60 members of his own choir (and his guitar) and taught the children three new songs which were then performed to a very appreciative audience. The children worked extremely hard and the sound produced by both choirs was sensational. Mr England even commented on how impressed he was with the choir's concentration and musicality so well-done choir! Much fun was had by all who took part and we look forward to singing with the Good Afternoon Choir again soon.

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.

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.

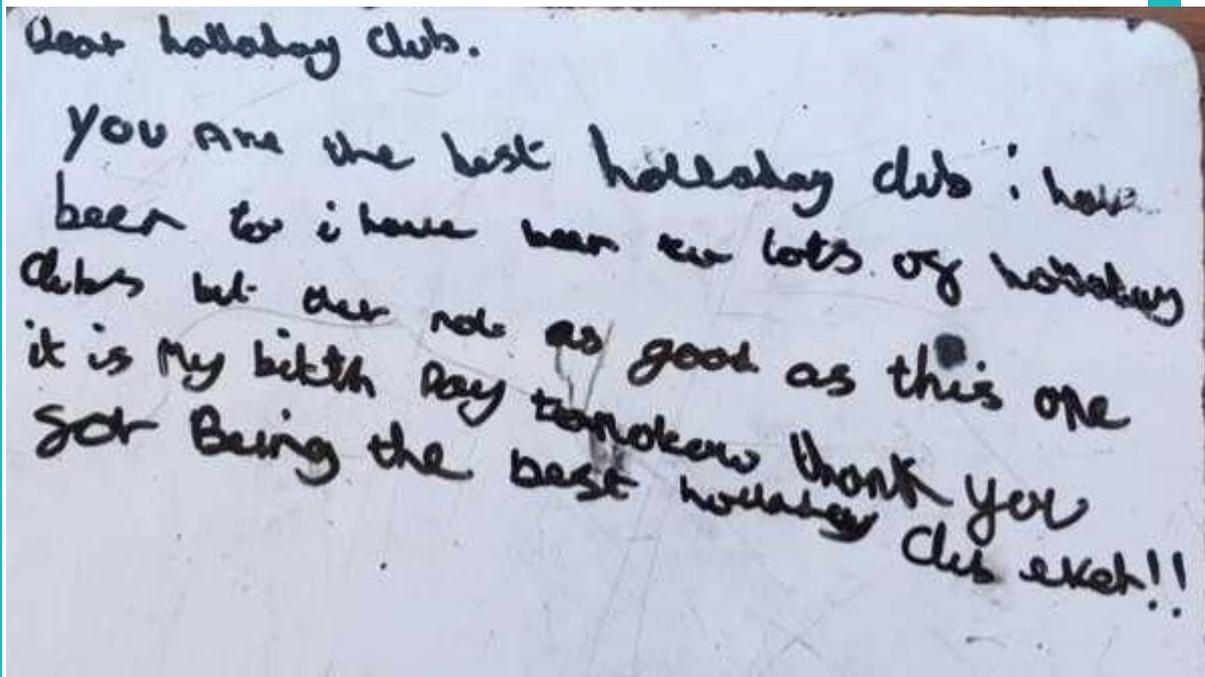
Some parents have asked how the day works and what we do. We don't designate certain sports to certain days, instead we have a flexible approach to our activities. We will look at things like numbers and ages and use our experience to judge what we think will work well. We also communicate with the children 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 hyponchange4u@gmail.com. I also have a Website and Facebook page, which you are free to

browse: www.facebook.com/relaxingbristolschildren/; www.hyponchange4u.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**

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

Key Dates

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

Please see the new lunch menu starting WC 25th February

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 ▲ Spring Veg Frittata and Garlic Focaccia ▼ Italian Orange Cake	Bangers and Mash ▲ Vegan Quorn Bangers and Mash ▼ Banana Bread and Butter Pudding with Custard	Roast Beef and Gravy ▲ Cherry Tomato and Rocket Tart ▼ Honey Picnic Flapjack	Chinese Chicken Noodles ▲ Sweet Potato Balli with Basmati Rice ▼ Berry Eton Mess	Fish Fingers and Chips ▲ Quorn Brunch Muffin and Chips ▼ 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 Fresh Tomato and Basil with Wedges ▲ Wholemeal Penne Pasta Neapolitan ▼ Tiramisu Trifle Pot	Beef Bolognese with Spaghetti ▲ Cheddar Cheese and Spinach Quiche with New Potatoes ▼ Toffee Apple Tart and Custard	Lemon Roast Chicken with Sage and Onion Stuffing and Gravy ▲ Quorn Roast with Stuffing and Gravy ▼ Ice Cream Tub	All American Turkey Twist Burger in Wholemeal Bun ▲ Chunky Chilli Tacos with Tangy Salsa ▼ Mini Chocolate Brownie with Orange Wedge	Crispy Battered Fish and Chips ▲ Picnic Pita with Minny Cucumber Salad and Chips ▼ 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 ▲ Broccoli and Salmon Pasta Bake ▼ Apricot Biscotti Lemon Yoghurt	Root Mash Topped Collage Pie ▲ Smokey Quorn Meatballs and Yellow Rice ▼ Butterscotch Tart	Roast Gammon with Sticky Pineapple ▲ Super Green Veggie Lasagne ▼ Magic Chocolate Pudding	Punjabi Butler Chicken with Rice ▲ Butternut Squash Risotto ▼ Carrot and Pineapple Muffin	Fish Fingers and chips ▲ Cheese and Marmite Muffin with chips ▼ Cookie and Shake Lemon Cookie and Berry Milkshake

We offer seas
Vegetabl
bread, yog
and fruit d
(allergy inform
available)

Served Daily
A baked jacket potato with a choice of toppings

Meat + Veggie's
Jacket Potato
Packed Lunch

Aspens

Arts and crafts



Wind down and relax



Outdoor activities



**Josie's
club**

**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

Dance



Fun with food



Sport

