



Olveston CEVC Primary School

AUTUMN TERM

20th December, 2024

NEWSLETTER

In navy jumpers, wrapped in winter's embrace,
We share the true meaning of Christmas in this space.
It's a time for family, for the loved ones we greet,
Not just the gifts lying under the tree's feet.

The Christmas market, a lively scene,
With shimmering lights and decorations serene.
On School Games day, laughter fills the air,
With joy and love shared among classmates who care.

In our school, we're 'Rooted in Love,'
Supporting each other, with strength from above.

The Nativity story, timeless and bright,
Children as shepherds, wise men in sight.
Mary and Joseph with a child to behold,
The greatest story ever told.

Voices raised in song, reaching far and wide,
Even hearts once cold can't help but be filled with pride.
The excitement grows as Christmas draws near,
As we await the magic of the season here.

Visitors arrive and feel something unique,
A sense of belonging, a bond that speaks.
They see in our school a warmth so true,
A special spirit that shines through and through.

'Rooted in Love,' we rise and flourish,
Our hearts and souls, together, nourish.
As we grow, we lift each other high,
Building strength and hope, reaching for the sky.

In this Newsletter

- ✓ Headteacher's thoughts
- ✓ Headteacher's Christmas message
- ✓ Photos from different school events
- ✓ General information

Thank you!

I would like to take this opportunity to thank the whole school community for another amazing term at Olveston. It has been a busy term with so many lovely events in school.

I would also like to say a huge thank you to FoOS for all of the wonderful work they do. The time they give to school and the impact they have on the whole school community is amazing. Not only are the events great for the community they support so much of what we do in school. They have funded the outside area for year 1 and 2. Reading books, lights and speakers in the hall, Christmas treats for the children... I could go on!

Thank you to all the volunteers who have been in school this term listening to readers, cooking, sewing, putting on staff lunches, and setting up events. Your time and energy is hugely appreciated by all the school team.



HEADTEACHER'S THOUGHTS

'Your roots will grow down into God's love and keep you strong'
(Ephesians 3:17)



As we draw to a close this remarkable term at Oveston School, I want to take this opportunity to express my heartfelt gratitude to each of you—parents and children alike—for your unwavering support and commitment to making this term a memorable one. Our school community has truly shone brightly, and it is all thanks to your enthusiasm and dedication.

Firstly, I would like to celebrate our successful Nativity performance. Our talented children dazzled us with their stunning acts and joyous singing, embodying the true spirit of Christmas. The stage was filled with laughter, imagination, and a sense of wonder that only our children can create. It was heartwarming to see youngsters come together, sharing their talents and making cherished memories for both families and friends.

Adding to the festive spirit, our Christingle service was a beautiful occasion that brought our community together. The kids, with their enthusiasm and innocence, illuminated the church with their vibrant orange oranges adorned with sweet treats and candles, reminding us all of the light that Christmas brings into our lives. Thank you to every single child who participated—you truly made a difference.

Furthermore, I must commend our Year 3 pupils for their fabulous performance. Their hard work and enthusiasm shone through as they performed. It is within these performances that we see not just their talent but their growth, confidence and teamwork—skills that will serve them well beyond the school environment.

This term also marked the welcoming of new staff to our Oveston family. It has been wonderful to see how well all our students have adapted to their new classes, embracing their new learning environments with open arms. Our new colleagues have integrated seamlessly, bringing fresh ideas and enthusiasm that have invigorated our teaching practices. Together as a team, we strive to create a nurturing and stimulating atmosphere where every child's potential is celebrated.

A special mention goes to the Friends of Oveston School (FoOS). Their tireless work has made a remarkable impact on our school community. From wreath making to the much-anticipated games day, to selling charming Christmas trees and adorning the school with our lovely Christmas tree, their efforts have truly enhanced our festivities. We are immensely grateful for their commitment, creativity, and passion in bringing us all together during this magical season.

As we reflect on the messages of Christmas, let us take a moment to appreciate the loved ones around us. This festive period is a perfect time to be thankful for our families, friends, and the bonds we share. May we carry this spirit of gratitude and community into the New Year, encouraging kindness, understanding, and compassion towards one another.

Thank you once again for being such an incredible part of our journey this term. Let's continue to work together to inspire and nurture our children's growth.

Wishing you all a joyous Christmas and a very Happy New Year!



Roots of Love



**Wings of
independence**



**and the power
within**

WE APPRECIATE YOUR SUPPORT



Thank you!!!

Staff Wellbeing



Caring

**Helping teachers
and children in
class**



Volunteering

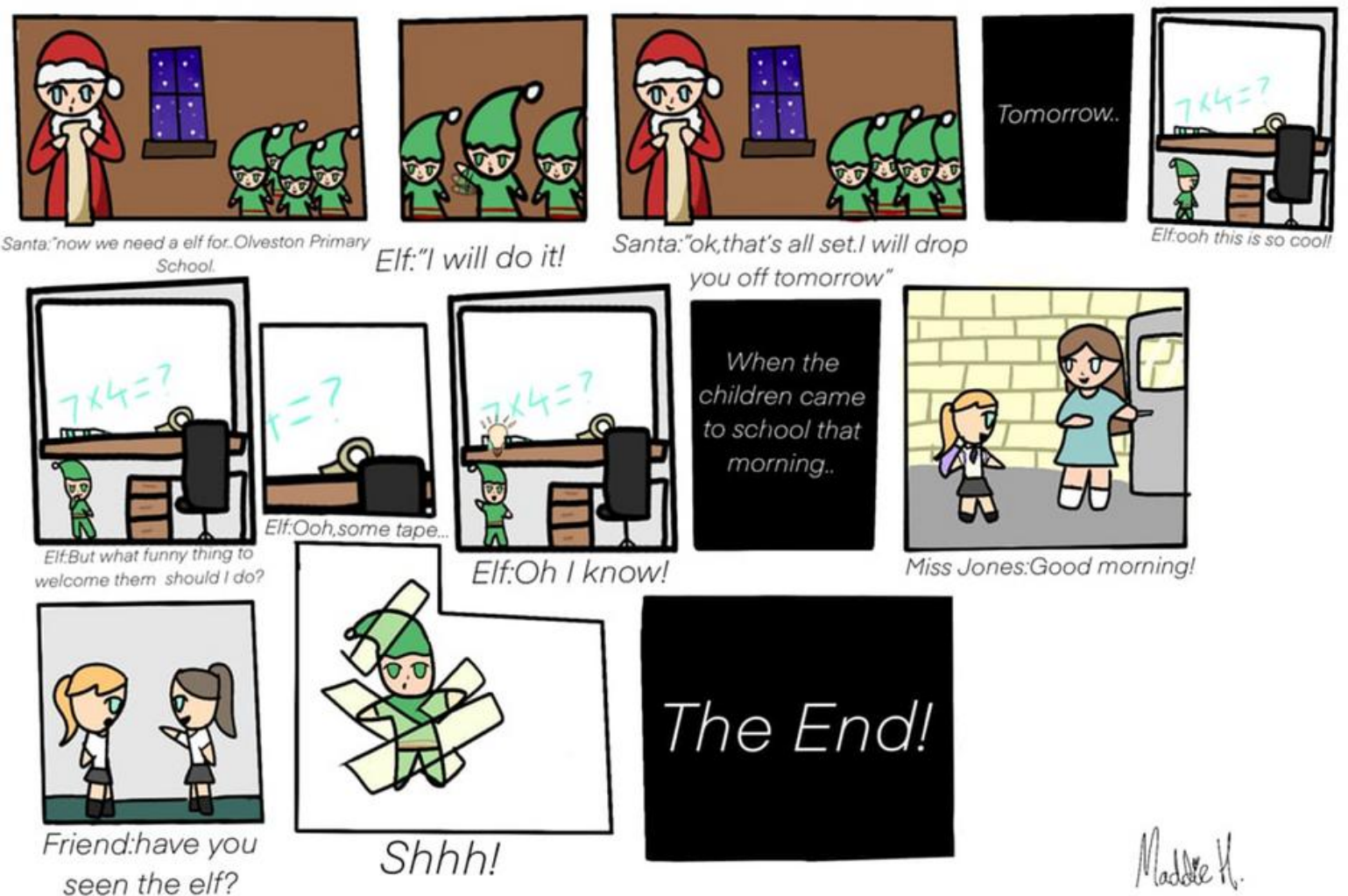
**The huge amount
of donations,
wreaths, hampers,
toys, books, timber
and so much more!**



Donations

WE KNOW THAT OUR PARENTS ARE INCREDIBLY SUPPORTIVE AND GIVE IN SO MANY DIFFERENT WAYS. THANK YOU FOR MAKING OLVESTON SCHOOL GREAT!

ELF ON THE SHELF



MADDIE IN YEAR 4 HAS A REAL TALENT FOR ART AND CREATING COMIC STRIPS. SHE HAS CREATED A CHRISTMAS COMIC STRIP FOR YOU ALL TO ENJOY. PLEASE SHARE THIS WITH YOUR CHILDREN, I KNOW THEY WILL LOVE IT!



NATIVITY





REMEMBRANCE DAY





INTER-FAITH DAY



A MEETING WITH OUR MP



In November our local MP, Claire Young, made a visit to school to talk to the schools pupil leaders. During her visit the pupil parliament discussed topics that they felt were important to them. They covered topics such as climate change, school support and much more.

You can read more about this visit in the Thornbury voice and Gazette. Click the links below.

ThornburyVoice

Gazette

CHRISTMAS MARKET



The Christmas market was another huge success for FoOs and school community. It was lovely to see so many families in attendance and all the stores being so busy. The Christmas market is another highlight of the year for so many and this year did not disappoint. The time and energy FoOs put in to this event was well worth it. The children singing carols was also very well received, as were the hand bells group with their first ever performance. Thank you to everyone involved in making the evening such a success!



UGANDAN CHURCH CHOIR



On November 26th 2024, the school was excited to receive visitors from Uganda. These visitors are part of a long standing relationship between the Bristol and Ugandan Dioceses. They visited school with David Moss and shared Ugandan church songs, stories and dancing. The children were absolutely thrilled that they joined our school for worship. If you would like to learn more about the link between Bristol and Uganda the video below celebrated the 50th anniversary of this connection.



FOOS CHRISTMAS GAMES DAY



Last Friday, it was our absolute pleasure to hold the children's games day. It was a wonderful day full of fun, games and many, many prizes! Children took it in turns to visit the hall with their classes and had the opportunity to try out all the games and crafts on offer. We would like to extend a heartfelt thank you to all who made this day possible...

- Our generous school community for the donations of parent presents and soft toys
- The brilliant team of helpers that set up the hall on the dark, wet Thursday evening
- The invaluable group of volunteers that manned the games and crafts throughout the day on Friday
- The kind kitchen team that provided the volunteers with a lovely lunch
- The helpful and enthusiastic year 6 children that took it in turns to support the younger year groups throughout the day
- The lovely school teachers and support staff for sharing in the children's joy and even having a go at some of the games themselves!
- The amazing team in the school office for managing all of the admin for the day and allowing us to store a whole host of prizes in their office!
- And most importantly, the very excited but extremely kind and polite children that hopefully enjoyed the day as much as we did!

Many pictures have been shared on 'Class Dojo' by the teachers, but here is a small selection of the games we had on offer...



CHRISTINGLE






**Olveston CEVC
Primary School**

Presents



**CHRISTMAS
CAROLS**

Wednesday 11th December 2024 at 2:15pm
in The St Mary Centre, Thornbury

A collection will be made for the
'Bristol Children's Hospital Grand Appeal'




It is no secret that we love to sing and perform here at Olveston. We know that singing not only improves wellbeing for children but also supports their personal development.

On Wednesday 11th December we took the children to St. Mary's shopping centre to sing to the community.

Raising money for Bristol children's hospital.



SCHOOL FUNDRAISING EVENTS



*Children in
Need*

£188.87



MACMILLAN.
CANCER SUPPORT

£125



£73.39

*Busking for the
Children's
Hospital*

£109.96

£154.21



Thank
You!

PUPIL LEADERSHIP



We delighted to let you know that Olveston is taking part in the Social Impact Schools Award to formally recognise and celebrate the amazing social actions that our school and your children take over the school year. As you know, social action is a key part of school life at Olveston - we know that by getting involved in things volunteering, campaigning and fundraising children are growing themselves while also benefiting the world around them. More will follow about this over the coming weeks but if you would like to learn more click the video below.

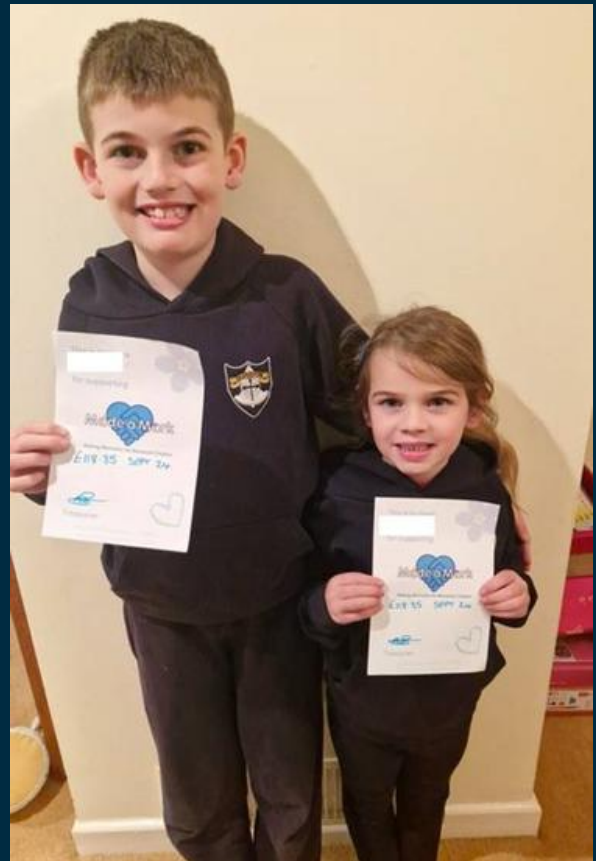


CHANGE MAKERS



The children of Olveston are amazing! In school we often talk to the the children about 'making the world a brighter place'. The idea that we can make the world better for others seems such a big idea, but it can start with something small - a smile, an act of kindness or just showing you care.

Below are some pictures of children who have taken action outside of school. You can read more about their endeavours on our school website.



CLICK HERE





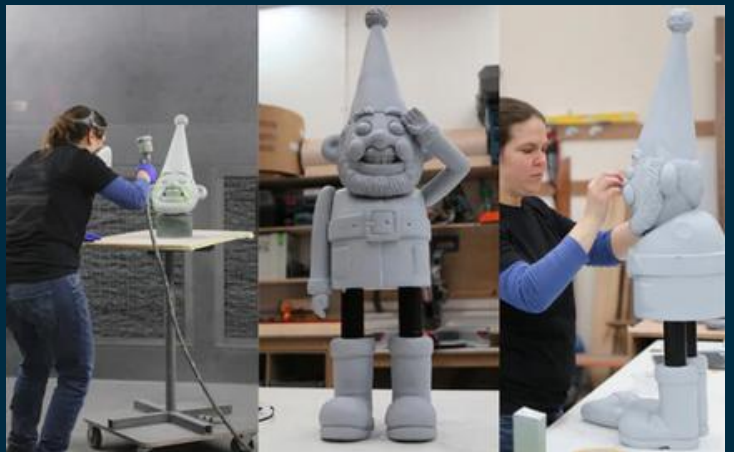
As part of our commitment to 'making the world a brighter place' the pupil parliament have decided to take part in the Gromit Unleashed fundraising event in support of the Bristol Children's hospital.

'Bristol Children's Hospital is a very special place.

It cares for over 100,000 patients each year from across the South West and South Wales, covering the single largest geographic area of any children's hospital in England. Babies, children, and young adults with highly complex medical conditions – from rare genetic disorders, neurological conditions, and congenital heart disease to traumatic injuries, cancer, and kidney disease – are cared for around the clock by extraordinary staff. It's only with your help we can be there for these patients when they need it most.'

**Gromit
UNLEASHED[®] 3**

30 June – 31 August 2025



OUR WOODLAND WAYS

Olveston School is committed to fostering a strong connection with the outdoor environment, offering engaging outdoor play spaces for children in Key Stage 1 and providing an excellent Forest School provision. These efforts have helped the school achieve the Green Tree Schools - Gold Award from the Woodland Trust, recognising our dedication to environmental education and sustainability.

Our Forest School leaders Elise (Woodland Makery) and Alex (Hilltops) are an incredibly important part of what we do. They do so much more than run sessions - they are key to our school offer.

This year, the school is starting an exciting rewilding project, which will involve children throughout our school and will compliment our Superkind school initiative. The project will not only improve our outdoor spaces but also play an important role in helping us earn the prestigious Platinum Green Tree School Award, further strengthening our commitment to environmental care.

You can learn more about our Forest School leaders and the Green School awards by clicking the images below.





This is to certify that the pupils of

Olveston CEVC Primary School

have achieved the

Gold Award

on the Woodland Trust's
Green Tree Schools Award

A handwritten signature in black ink, appearing to be "DM", written over a horizontal line.

Darren Moorcroft
Chief Executive



This is to certify that

Olveston CEVC Primary School

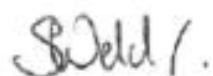
has achieved the

**Health Promotion in
Education Settings**

**Healthy
Roots
Quality mark**

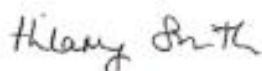
by demonstrating the existence
of effective practices, policies and
procedures designed to promote and
improve the health and wellbeing of
children, young people, staff, parents/
carers and the wider community.

Signed by:



Sarah Weld

Director of Public Health for
South Gloucestershire



Hilary Smith

Service Director - Education,
Learning and Skills

Certificate awarded: 10 December 2024

Valid to: 10 December 2027



**Health Promotion in
Education Settings**

South Gloucestershire



GENERAL INFORMATION

Looking ahead to January

Across the school we have a new final year Teacher Trainee in year 6. As an early career professional she will be delivering lessons in her 'base class' but will also be in and around other classes. Miss. Staples will be an important part of our school throughout the spring term. Please do give her a warm Olveston welcome and support her in to our community.

Communication

- Communicate through office: olvestonschool@sgmail.org.uk
- We are increasingly using Class Dojo for event reminders, these reminders are scheduled for set times prior to an event. Please make sure you have notifications on for Class Dojo.
- If your child is absent please email the school office by 9:00 am - If we do not receive notification of an absence we will make a well-being call that day.
- Each Friday you will receive a 'Friday Office Email' with helpful reminders and information for the week ahead.
- Holiday requests - If you are planning to take your child out of school please complete an absence request form. As a reminder holidays in term time are not permitted and may result in a fine being issued.

House Keeping

Toast is sold daily for 20p - Year 1 - 6 - orders through School Food United
Winter coats in school everyday.

Lunch Orders

School lunches must be ordered and paid for through 'School Food United'. AiP, the caterers, are a private company and are not run by school. This means that meals must be ordered and paid for in advance.

When parents do not pre-order online this leads to a jacket potato being the default order for all pupils who automatically receive a lunch.

A few other bits

Safeguarding is everyone's responsibility. If during this Christmas break you are **Concerned about a child?**

01454 866000 - Monday to Thursday 9am - 5pm

01454 866000 - Friday 9am - 4.30pm

01454 615165 - Out of hours and at weekends

In an emergency please ring **999**

Safeguarding

Social Media

We have had a number of school events - please do not share any photographs or videos on social media - This is really important and we cannot stress this enough.

Volunteer

We are always looking for volunteers - if you have time and would like to listen to readers or support school in anyway please do let us know.

PE Days

Reception: Friday

Year 1: Monday

Year 2: Friday

Year 3: Tuesday (Sports coach)

Year 4: Tuesday (Sports coach)

Year 5: Thursday (Sports coach)

Year 6: Thursday (Sports coach)

Forest School Days

Monday - Year 6

Tuesday - Year 2

Remember to wear suitable clothing for the weather (Long sleeves & trousers - Warm and waterproof)

HEAD TEACHER AWARDS

General information

- Celebration assembly will continue to be held every Friday morning.
- You will be notified by text the week before.
- If you are unable to attend please do let us know. We can move the date of when we hand out the certificate.
- Parents find out before the children. So please don't worry if you ask your child and they don't know.

On the day

- Celebration assembly will start at 9:15 and should be finished by 9:45
- Please sign in at the school office - this is really important.
- No photographs are to be taken during the assembly. This is due to safeguarding protocols.
- After the awards we will send the rest of school back to their classes.
- The children who have received an award will remain in the hall and will be able to share a few moments to celebrate with their family.
- Parents/carers can also use this time to take photographs of their children.
- We will have a display set up ready for your child to pose in front of. You might even want to take a family selfie!
- Parents must not take photos of any other child.
- Phones can only be used during this period. They must not be out at any other point on the school grounds. We may need to review this procedure if parents do not respect this request.

Other certificates

- Certificates are always going to be a topic for discussion. We use headteacher awards to celebrate and bring our community together. The awarding of certificates is based on the children demonstrating our school values.
- Not all 'Celebration' come through certificates. The most impactful celebration comes through a child internalising their achievements. Throughout our curriculum we give our children opportunities to develop this skill. A smile, a positive comment and pat on the back can often mean a lot more than a certificate. Yes, headteacher certificates are something to celebrate but so are all the other moments.

FAMILY SUPPORT



CCP offers Parenting Programmes for parents of children 0-12 years old as well as children with SEND. The six-week programmes look at boundaries, routines, behaviour management techniques, how to look after yourself and feeling confident as a parent. For more information and how to book, click the following link:

[CLICK HERE](#)

JIGSAW Thornbury is a charity that works with all children and young people with additional needs or disabilities, and their families. We provide friendship, support, compassion and fun, along with innovative services that empower them to connect, fit in and thrive.



[CLICK HERE](#)

SAY



SEND AND YOU
SENDIAS

[CLICK HERE](#)

The Information, advice and support service for Children and Young People with SEND and their families in Bristol, South Gloucestershire and North Somerset

Sirona
care & health

All children and young people can receive information and support from the School Nursing Service by telephone, attending one of the School Nurse sessions in schools or by completing the referral form. Young people can also contact the service anonymously through ChatHealth.

[CLICK HERE](#)



January

Monday 6th January - Return to school

Tuesday 7th January - Last Reception 2024 Tour

Wednesday 15th January - Young Voices Trip

Wednesday 15th January - Closing date for Reception 2025 places



February

Friday 14th February - Last day of term 3

Monday 24th February - Start of term 4



March

Wednesday 6th March - World Book Day (Dress-up day)

Wednesday 12th March (2:30 - 3:30) - Parent REPS

Tuesday 11th and Wednesday 12th March - Parents Evenings

Friday 21st March - Red Nose Day (Dress-up day)

Wednesday 26th March - Year 5 Drama Performance (1.45pm)



April

Thursday 3rd April - Last day of term 4

Friday 4th April - Inset Day

Tuesday 22nd April - Start of term 5

Wake Up Wednesday

At Olveston School we aim to create a culture of safeguarding by fostering a safe and supportive environment where children feel protected and valued. This includes teaching essential life skills such as road safety, where students are educated about pedestrian awareness and safe travel to and from school. The school also engages with organisations like the NSPCC, helping children understand their rights and how to seek help if needed.

Another way of promoting safeguarding is through our 'wake up Wednesday, posts on Class Dojo. These quick reads cover a wide range of topics from online safety to bed time routines. If you haven't read one yet be sure to check out our weekly posts.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and digital literacy, formerly delivered by National Online Safety. These guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- MINDFUL TECH USE**
Encourage a balanced approach to screen time. While phones, tablets, laptops and so on can serve as a helpful means of stress relief, it's advisable to minimise that use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.
- EFFECTIVE SLEEP PRACTICES**
Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.
- HYDRATION HABITS**
Underline the importance of drinking plenty of water throughout the day, while reminding some kids to be mindful to prevent dehydration during the night. It's not harder to switch off if you keep reminding to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also shows the body and brain to slow down naturally, without any chemicals being them. Back up.
- CONSISTENT BEDTIME SCHEDULE**
Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Location specific, activities for young kids right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.
- OPTIMAL SLEEP ENVIRONMENT**
Ensure that the bedroom is comfortable, dark and free from distractions. Features an ideal space for quality rest. The room's temperature should also be suitable for sleeping. It's not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.
- RELAXING EVENING ACTIVITIES**
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime. To prepare the mind for a peaceful night's sleep, doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.
- PRIORITISING ADEQUATE SLEEP**
Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to establish a healthy sleep pattern during challenging and intensive periods in our lives, during the exam season for children and young people, for instance.
- NUTRITIONAL BALANCE**
Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to limit snacks preparing meals with plenty of fruit and vegetables, which in numerous portions does not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.
- PARENTAL SUPPORT**
Parents and carers, of course, are uniquely situated to support their children in understanding and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.
- MILITARY SLEEP METHOD**
Look up 'the military sleep method'. It's a technique for falling asleep quickly, which incorporates deep breathing exercises. You can encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications, winner of the Local Enterprise award. Our experts provide training and support to education organisations and local authorities. This guide has been written by Adam Elliott – a learning and development specialist who is also Associate Vice Principal for Personal Development at a large secondary school.

#WakeUpWednesday The National College

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

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10 Top Tips for Parents and Educators CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it gives the conversation regarding digital safety and security a more structured approach. This guide will only be as effective as the family agreement to suit your household.

- WORK TOGETHER**
Establishing family rules is a collaborative effort. Involve children in the process, discussing the reasons behind each rule and the consequences of breaking them. This fosters a sense of ownership and responsibility.
- AGREE TIME LIMITS AND SUITABLE TIMES**
Set clear boundaries on how long devices can be used each day. Designate specific times when devices are not to be used, such as during meals or before bedtime.
- ENCOURAGE HONESTY**
Promote open communication about device usage. Encourage children to report any issues or concerns they encounter while using technology.
- CHARGING AND OVERNIGHT STORAGE**
Establish a designated charging area for all devices, away from bedrooms and other sleeping quarters. This helps to minimise distractions and ensures safety.
- REVIEW RULES REGULARLY**
Technology evolves rapidly, so it's important to review and update family rules as needed. Regular check-ins can help address new challenges and reinforce existing rules.
- PROTECT PERSONAL INFO**
Emphasize the importance of keeping personal information safe. This includes not sharing passwords, addresses, or other sensitive data online.
- BE RESPECTFUL**
Establish rules for respectful online behavior. This includes not cyberbullying others, using appropriate language, and respecting digital privacy.
- "NO TECH" ZONES**
Designate certain areas of the home as tech-free zones, such as bedrooms or the dining room. This helps to create a balanced environment where technology is not always present.
- AGREE ON CONSEQUENCES**
Clearly define the consequences for breaking the family rules. Consistency is key, and consequences should be fair and enforceable.
- KNOW ALL PASSWORDS**
Ensure that parents or guardians have access to all passwords used by children. This allows for monitoring and support when needed.

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10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with increased internet access comes a multitude of risks. While not foolproof, parental controls can help with this. This guide offers practical tips for using parental controls effectively, ensuring the safety and security of your child's digital life.

- KNOW THE TYPES**
Understand the different types of parental controls available, such as content filters, time limits, and app restrictions. Choose the ones that best suit your needs and your child's age.
- COVER ALL DEVICES**
Ensure that parental controls are installed and configured on all devices used by your child, including smartphones, tablets, and laptops.
- DON'T NEGLECT SHARED TECH**
Be aware of risks associated with shared devices. Ensure that controls are properly set up to protect all users, and consider additional measures for shared equipment.
- CONSIDER TIME CONTROLS**
Use parental controls to manage screen time. Set limits on when devices can be used and for how long, helping to establish healthy digital habits.
- BLOCK APP SPENDING**
Prevent unauthorized purchases on apps and in-game purchases. Use parental controls to block transactions and require approval for any spending.
- NO CONTROLS ARE PERFECT**
Recognize that no parental control system is flawless. Stay informed about updates and new features, and maintain open communication with your child about online safety.
- MIND THE GAPS**
Be aware of potential loopholes or limitations in parental control software. Regularly check for updates and consider multiple layers of protection.
- KEEP THINGS SECURE**
Protect the security of your parental control accounts. Use strong passwords and enable two-factor authentication where possible.
- REVIEW CONTROLS REGULARLY**
Periodically review the effectiveness of your parental controls. Adjust settings as your child's needs and the digital landscape evolve.
- KNOW WHEN TO LET UP**
Balance protection with independence. As your child matures, gradually relax controls to encourage responsible digital citizenship.

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10 Top Tips for Parents and Educators TEACHING CHILDREN FIRE SAFETY

Fire safety is especially important around Bonfire Night, as fireworks, bonfires and sparklers add extra risks for families and young children. Every year in the UK, thousands of accidents occur due to improper handling of fireworks and neglecting the safety measures. This guide offers practical tips for teaching children safe urban handling everything from fireworks to sparklers.

- BONFIRE NIGHT AWARENESS**
Educate children about the dangers of Bonfire Night. Explain that fireworks are very hot and can cause serious injuries if not handled correctly.
- SUPERVISE FIREWORK USE**
Children should only be involved in supervised firework use. Adults should always be in charge of lighting and managing fireworks.
- SPARKLER SAFETY**
Teach children how to hold a sparkler safely. Show them how to keep it away from their face, hair, and clothing, and how to dispose of it safely when it's finished.
- ORGANISED DISPLAYS ARE SAFER**
Encourage families to attend organized firework displays instead of lighting their own. These displays are professionally managed and safer for everyone.
- KEEP FIREWORKS AWAY FROM THE HOME**
Ensure that fireworks are stored safely away from the house, garden, and any flammable materials. Do not leave fireworks lying around.
- BONFIRE SAFETY**
Explain the importance of staying clear of bonfires. Warn children not to throw anything onto the fire, and to keep a safe distance.
- "STOP, DROP AND ROLL"**
Teach the "stop, drop and roll" technique in case of a fire. Practice this drill with children so they know what to do if they get caught in a fire.
- SECURE CANDLES AND OPEN FLAMES**
Be vigilant about candles and open flames. Show children how to light candles safely and how to extinguish them properly.
- EDUCATE ABOUT FIREWORKS HAZARDS**
Use this opportunity to educate children about the general hazards of fireworks, including the risk of burns and property damage.
- FIRST AID FOR BURNS**
Teach children the correct first aid for minor burns. Emphasize the importance of seeking medical help for serious injuries.

Meet Our Expert
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications, winner of the Local Enterprise award. Our experts provide training and support to education organisations and local authorities. This guide has been written by Adam Elliott – a learning and development specialist who is also Associate Vice Principal for Personal Development at a large secondary school.

#WakeUpWednesday The National College

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

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Top Tips for a TECH-FREE CHRISTMAS

It can be difficult to stay away from technology and devices, and sometimes this means that people – of any age – can find it hard to be present in the moment. As a period when families are able to spend some quality time together and enjoy each other's company, Christmas is the perfect opportunity to step away from our phones, laptops and consoles and concentrate on the things that really matter. Follow our top ten tips for a tech-free festive period and make the most of this holiday season. Merry Christmas!

1. BOARD GAMES CAN BE FUN (HONEST)

OK, no one wants a repeat of that incident when your youngest had to pay triple rent on Mayfair, but going back to basics with a card or board game can be a fantastic bonding experience. Choose a game that even the youngest members of your family can enjoy and have a fun tech-free time.

2. MAKE YOUR OWN DECORATIONS

Spending time on arts and crafts is a brilliant way to relax and spend some productive time offline. Making your own Christmas decorations as a family can become a wholesome tradition and leave you with some treasured mementos, too.

3. GO FOR A WINTER WALK

Not much beats wrapping up warm on a crisp December day and taking a stroll. Whether alone or with the family, a walk is a fantastic way to clear your head and relish the break from hectic normal life. As an extra festive treat, why not make a flask of hot chocolate to take with you?

4. BAKE SOME FESTIVE TREATS

Not all Christmas cooking has to be a stressful chore that's timed with military precision. Baking some simple festive treats like cookies doesn't have to take hours – and will make sure you're stocked up on tasty things to offer any friends or family members who pop round.

5. READ A FAMILY STORY TOGETHER

Turn story time into an event. Make the living room or bedroom into a tech-free space, light some candles, make some hot drinks and reach for a classic Christmas tale. It's a fantastic way to relax before bed, and the right story will help to get the whole family into the festive spirit.

6. TURN OFF NOTIFICATIONS

It sounds obvious, but turning off email and app notifications can give you more control of your relationship with technology. Getting into the habit of checking your phone periodically – rather than reacting every time a notification arrives – helps you to stay present in the moment.

7. FEED THE BIRDS

Food's hard to come by for wildlife in winter, so helping our feathered friends is a very worthwhile reason to put down those devices and reconnect with nature. Fill a bird feeder in the garden or take a snack for the ducks in your local park (but ditch the bread in favour of oats, rice or birdseed).

8. SET DAILY LIMITS

Many apps and devices let you set reminders to let you know how long you've used them for that day. Setting daily limits puts you firmly in charge of your time and will help to ensure you don't miss out on any family Christmas memories because you're engrossed in your phone or laptop.

9. GET ON YOUR BIKE

Exercise, such as going for a run or a bike ride is an excellent way to burn off some of those Yuletide calories while giving your brain and eyes a break from screen-based activity. Physical exertion also helps reduce anxiety and releases endorphins which can improve your sense of wellbeing.

10. MAKE TIME FOR YOURSELF

There can be a lot of pressure to meet up with friends, make video calls and check in with people at Christmas – but remember that you need time to relax as well. Don't feel guilty about not replying to messages and emails immediately – the holiday is your chance to drop down a gear or two.



OLVESTON SCHOOL IS INVITED TO THE SCHOOLS TRIATHLON 2025

We are very pleased to invite you to the Schools Triathlon Series - the UK's largest sports fundraising event for children - organised by Restless Development.

When: Sunday 4th May '25

Where: Clifton College

Who: Years 3 - 8

**RESTLESS
DEVELOPMENT**

What is Involved in The Schools Triathlon?

- Teams of 4 complete the course as a relay
- Each team member will complete the below distance of each discipline:

Year Group	Start Times	Swim	Cycle	Run
Year 3 & 4	9am-12pm	50m	1000m	750m
Year 5 & 6	1-4:30pm	50m	1000m	750m
Year 7 & 8	12-1pm	100m	2000m	750m

How To Enter?

- Create a team of four children, then choose your team name!
- Select one parent to register your team's interest in the event via the link above (you will need all participant names and their parent/guardian's email)
- You will receive an email to confirm if your team has or hasn't been successful 3 weeks after the deadline date given above
- If your team is given a place, we will email all parents within the team to invite them to register their child for the event

What Is Included?

- A free participant t-shirt
- A medal for all finishers
- A certificate for children who raise the minimum £50 fundraising or above
- Hoodies are available to buy once registered, or at the event

**CLICK HERE
TO REGISTER
NOW!**

Restless Development

We are a global charity who supports the collective power of young people to create a better world. Every year we train, mentor, nurture and connect thousands of young people to lead positive change in their communities; supporting them to tackle challenges they face such as lack of education, unemployment and climate change. [Watch this video](#) to learn more!

Fundraising

Each participant must fundraise a minimum of £50, with a target of £100. The first £50 raised by each child will go to Restless Development as the organising charity. The second £50 raised will go to your school's chosen charity. Anything raised over £100 will go to Restless Development.



Check out our FAQs, or email us:
schoolstriathlon@restlessdevelopment.org



@schoolstriathlon



If you sign up for the above event please do send us photos and information about your fundraising achievements. These will support the school towards our Superkind award and will help inspire others.



FIND OUT WHAT'S ON DURING WINTER HOLIDAYS



FILTON/ LOCKLEAZE HOLIDAY CAMP

VENUE: Filton Avenue Primary School

DATES: Monday, 23rd December,
Thursday 2nd & Friday 3rd January
2025

TIMES: 9:00am - 4:00pm

STAPLE HILL HOLIDAY CAMP

VENUE: The Tynings Primary School

DATES: Monday, 23rd December,
Thursday 2nd & Friday 3rd January
2025

TIMES: 9:00am - 4:00pm

LITTLE STOKE HOLIDAY CAMP

VENUE: Little Stoke Primary School

DATES: Monday, 23rd December
2024

TIMES: 9:00am - 4:00pm

HOLY TRINITY HOLIDAY CAMP

VENUE: Holy Trinity Primary School

DATES: Monday, 23rd December &
Friday, 3rd January 2025

TIMES: 9:00am - 4:00pm

BOOK NOW



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holidaycamps](http://www.abler.io/shop/bristolsportfoundation/holidaycamps)



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MAKING GREATER BRISTOL AN ACTIVE - HEALTHY - HAPPY - PLACE

Bristol Sport Foundation, Ashton Gate Stadium, Bristol, BS3 2EJ, CIC No: 1165410



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'WINTER OF FUN' CAMPS
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Bristol Sport Foundation

BRISTOL SPORT FOUNDATION | ASHTON GATE STADIUM | BRISTOL | BS3 2EJ | CIC NO: 1165410

AFTER SCHOOL CLUBS

Our after school clubs are designed with an emphasis on fun. With a variety of sports clubs delivered throughout the academic year, there will be plenty of opportunities for your children to be active and to fall in love with sport.

Olveston- Term 3

TUESDAY (7/1/25 - 11/2/25)

- Years 1 & 2 Dance
- £27.00 in total for 6 weeks (£4.50 per person, per session)
- 10 Spaces

THURSDAY (9/1/25 - 13/1/25)

- Years 3 to 6 basketball
- £27.00 in total for 6 weeks (£4.50 per person, per session)
- 10 Spaces

Time- 15:30-16:30

*If you are booking onto a club after the start date, please note that the price is automatically adjusted on the booking page.

TO BOOK:



<https://bit.ly/ablerASC>



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@bristolsportfoundation



Bristol Sport Foundation

Community Learning Courses Thornbury area: January – July 2025



DID YOU KNOW?...

FREE ADULT COURSES ARE AVAILABLE IN THORNBURY:

- Functional Skills English and maths (Accredited Qualification)
- ESOL (English for Speakers of other Languages - Accredited Qualification)
- Digital/IT Skills
- Getting Back To Work, CV Writing & Interviews
- Introduction to Office, Excel & Admin Skills
- Family Learning
- Health & Wellbeing, eg Gardening
- Bespoke Courses Also Available – WHAT DO YOU WANT TO LEARN?
(Funding Restrictions May Apply)

**Come to our enrolment session at Thornbury library (please bring ID):
Mon 6 Jan, 10 – 12pm OR Thurs 9 Jan, 12 – 2pm. Contact Harry to Find Out More**

	Phone:	07542667677
	Email:	Harry.Pearce@southglos.gov.uk
	Website:	www.southglos.gov.uk/communitylearning
	Facebook:	www.facebook.com/sgloslearning
	App:	https://acl-south-glos.glideapp.io (or scan the QR code here:)



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