



Avonside School

School Newsletter. Issue 4. July 2026

Happy Holiday!

A message from our School Leadership Team

As we reflect on the past academic year, we are filled with immense pride at everything our Avonside community has achieved. It is incredible to think that this time last year our school was still a building site. Today, it is a thriving, vibrant community where students are happy to attend each day, meaningful relationships between students and staff continue to flourish, and positive outcomes are evident across every aspect of school life.

As a brand-new school, we have embarked on an exciting journey together. Our students have shown remarkable resilience, confidence and determination as they embraced new opportunities, while our dedicated staff have worked tirelessly to create a nurturing, ambitious and inclusive environment where every young person can succeed.

This newsletter celebrates the many achievements, milestones and memorable moments that have shaped our first full academic year. It is a testament to the hard work, commitment and shared vision of our students, staff, families and wider community. Together, we have laid the foundations for something truly special, and we look forward with excitement to building on this success in the years ahead.

Warm regards,

The Leadership Team



The Avonside Journey, So Far!

1 year ago, Avonside looked like.....

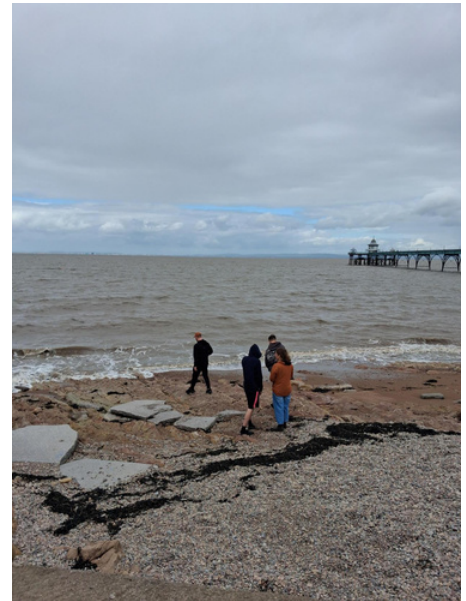


The Avonside Journey, So Far!

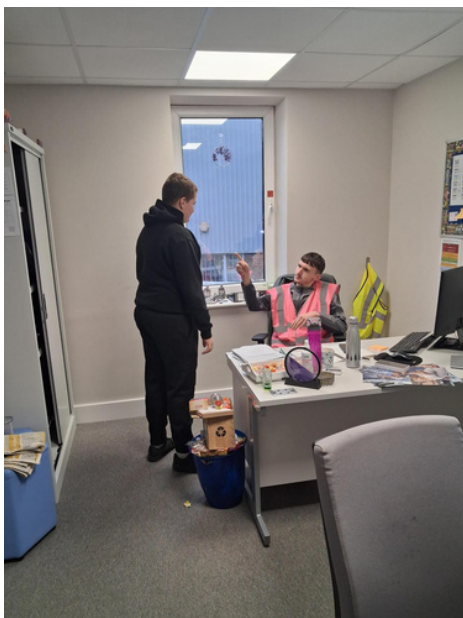
Now Avonside looks like.. ...

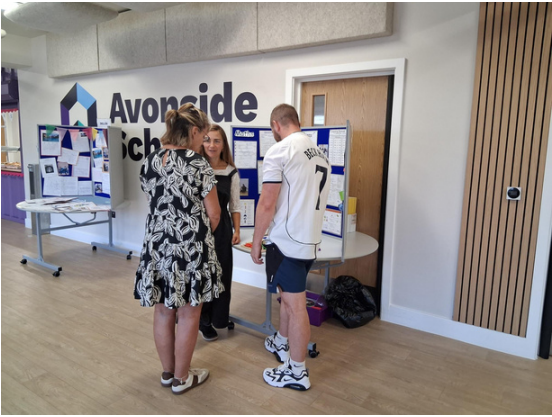


Some adventures we have had this year...

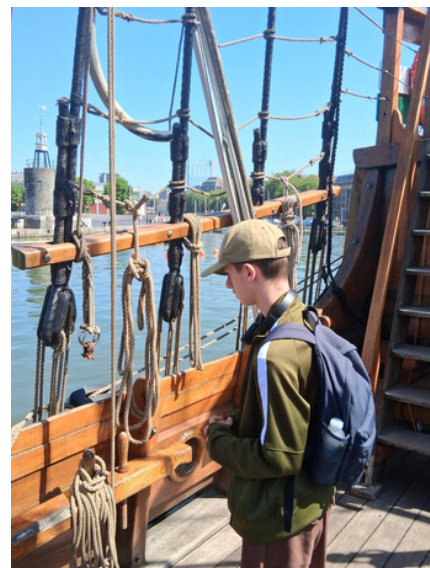


Can your child tell you about these photos?













PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023

moneysavingcentral.co.uk/kids-eat-free



ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

M&S

Free Kid's Munch Meal when you spend £5+ on non-kids food or drink at M&S Cafés

TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day. FREE Crumpets also available

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE Monday - Friday from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

FUTURE INNS

Under 5s eat for free with any adult meal.



THINGS FAMILIES CAN DO

IN AND AROUND

BRISTOL

MAKE MEMORIES • HAVE FUN • EXPLORE TOGETHER!



Looking for fun, affordable and memorable days out this summer?

Here are some great ideas for families to enjoy in and around Bristol!



OUTDOORS & NATURE

- **Ashton Court Estate**
Deer, disc golf, bike hire and 850 acres to explore.
- **Leigh Woods**
Beautiful walks with views of the Gorge.
- **Blaise Castle Estate**
Woodland trails, a play park and a historic castle.
- **Snuff Mills**
Waterfalls, walking trails and picnic spots.



PLACES TO VISIT



- **Bristol Museum & Art Gallery** – Free entry and fascinating for all ages.
- **M Shed** – Discover Bristol's amazing history.
- **SS Great Britain** – Step aboard Brunel's iconic ship!
- **We The Curious** – Hands-on science fun in the heart of the city.



ACTIVE & ADVENTUROUS

- **Go Ape at Treetop Adventure**, Ashton Court
High ropes and zip wires!
- **Clip 'n Climb Bristol**
Fun indoor climbing for all ages.
- **Paddleboarding or Kayaking** – Try it on the harbourside or at The Wave, Bristol.



FUN FOR YOUNGER KIDS

- **Noah's Ark Zoo Farm**
A great day out with animals, play areas and rides.
- **Puxton Park**
Theme park fun with rides, animals and indoor play.
- **Windmill Hill City Farm**
Meet the animals and enjoy the farm.
- **Soft Play Centres**
Perfect for rainy days!



FREE & LOW COST DAYS OUT

- **Harbourside Walks**
Explore the boats, street art and views.
- **Brandon Hill Park**
Great views and a lovely park.
- **St Werburghs City Farm**
Free entry and a friendly community vibe.
- **Local Libraries**
Many run free summer activities and events.



DAYS OUT A LITTLE FURTHER AFIELD

- **Cheddar Gorge & Caves**
Stunning views and underground adventures.
- **Wookey Hole Caves**
Magical caves and fun attractions.
- **Slimbridge Wetland Centre**
Wildlife and nature for all the family.
- **Weston-super-Mare**
Classic seaside fun!



EAT, TREAT & RELAX

- Enjoy a family ice cream by the harbour.
- Visit Gloucester Road or North Street for independent cafés and treats.
- Pack a picnic and enjoy a day in the park.
- Look out for kids eat free deals and family offers over the summer!



WHAT'S ON THIS SUMMER?

- Keep an eye on: VisitBristol.co.uk
- **Bristol24/7**
- Your local library or community centre
- There are often free events, festivals, outdoor cinema and workshops happening all summer!



TOP TIP!

Many places offer discounts for families, under 16s go free, or have off-peak offers – check websites before you go!



Don't forget your camera, water bottles, sun cream and sense of adventure!



HAVE A SAFE, HAPPY AND FUN-FILLED Summer!



Make memories that last a lifetime!



FREE SUMMER HOLIDAY ACTIVITIES FOR TEENAGERS IN AND AROUND BRISTOL

NO COST.
LOTS OF
POSSIBILITIES.
ALL SUMMER
LONG!

Looking for things to do this summer? There are loads of **FREE** activities for **teenagers** in Bristol to try, learn, chill and have fun!

Meet new people.
Learn new skills.
Try something new.
Have a great summer!



GET ACTIVE

- ✓ FREE sports sessions at local parks
- ✓ Street games & basketball courts
- ✓ Skate parks at M32 (St Werburghs) and Dean Lane
- ✓ Outdoor gym equipment in parks across Bristol



Move. Play. Have fun!



GET CREATIVE

- ✓ Free art workshops at The Station, St Pauls
- ✓ Upfest Youth Activities (street art & more)
- ✓ Create & craft at Bristol Central Library
- ✓ Music sessions and open mic nights for young people



Express yourself!



EXPLORE OUTDOORS

- ✓ Nature walks & wildlife spotting at Ashton Court Estate
- ✓ Explore the Downs and enjoy amazing views
- ✓ Free Orienteering courses in local parks
- ✓ Wildlife discovery at Bristol Zoo Project (youth events)



Get outside & discover more!



LEARN & DEVELOP

- ✓ Free coding, digital & gaming workshops (The Hive, Knowle West)
- ✓ CV & job support sessions for young people
- ✓ Free personal development & confidence building activities



*Build skills.
Boost your future!*



CHILL & CONNECT

- ✓ Youth clubs & drop-in sessions across Bristol
- ✓ Board games, gaming & movie nights
- ✓ Safe spaces to relax and chat



*Make friends.
Good vibes.*

WHERE TO FIND MORE



www.bristol.gov.uk/things-to-do



@youthbristol



Bristol Youth Services



Check out your local library, youth club or community centre



Opportunities are everywhere!

POPULAR FREE PLACES TO HANG OUT

- Castle Park
- Brandon Hill
- Harbourside
- Stokes Croft & St Pauls
- Ashton Court Estate
- Blaise Castle Estate
- Wapping Wharf & Underfall Yard



*Your city.
Your summer.
Your way.*



FUN. FRIENDS. ADVENTURE. ALL FOR FREE.
MAKE THIS SUMMER YOURS!

STAY SAFE. LOOK OUT
FOR EACH OTHER.



What shall we do during the school holiday?

Weston Wallz Street Art Festival Fri 17 – Sun 26 Jul

Summer street art festival in Weston-super-Mare.
See live painting, workshops and other activities

The Sound of West End Musicals at The Downs Fri 31 July

An open air concert with songs from the greatest Broadway and West End shows! There will be over 60 performers on stage and a live orchestra. All ages are welcome – under 18s to be accompanied by an adult.

Mendip Mini Festivals at Mendip Basecamp 24-26 July, 31 July – 2 Aug, 7-9 Aug, 14-16 Aug, 21-23 Aug & 28-31 Aug

This summer, Mendip Basecamp introduces brand new [Mendip Mini Fests](#) – family-friendly festival weekends throughout the summer holidays included for all campers at no extra charge. Expect live music, outdoor cinema, family activities, food and drink, and a great atmosphere for families.

Mission Inflatable at University of Bristol Swimming Pool

Large inflatable obstacle course at the University of Bristol swimming pool in Clifton.

Clifton Suspension Bridge

Bristol's most famous attraction, the Clifton Suspension Bridge is totally free to admire, walk across and take that all-important selfie with. If that isn't enough free for you, then there are also [FREE guided tours of Clifton Suspension Bridge](#) at 3pm every Saturday, Sunday and Bank Holiday from Easter to October.

Explore the historic Gloucester Cathedral

Home to the only monarch's tomb in the south west and a Whispering Gallery full of secrets, [Gloucester Cathedral](#) is packed full of exciting discoveries for culture-loving families.

Bath Boating Station

Hire Rowing Boats, Punts and Canoes close to Bath city centre.

Feast on Festival Thurs 23 – Sun 26 July

Food festival on the Downs. It has a children's entertainment area and a cookery school for the whole family.

Bristol Balloon Fiesta Fri 7 – Sun 9 Aug

A completely FREE hot air balloon festival packed with spectacular mass ascents, magical night glows and lots of family entertainment!

Wildlings Festival 14-16 Aug

Small family festival near Bristol & Bath with music, nature, creativity and fire-lit evenings.

West Country Water Park

West Country Water Park have a large swimming lake with an Aqua Park (giant inflatable obstacle course – participants from age 6+ and need to be able to swim 25m unaided), SUP and kayaking (from age 2), and swimming! It has a nice cafe overlooking the lake perfect for spectating.

Summer Jam: The Lakefest Warmup

[The Brewery Quarter](#) in Cheltenham is hosting its annual summer music event from Friday 25 to Sunday 27 July 2025, bringing festival vibes to Cheltenham town centre.

Search for sculptures in the Forest of Dean

You can burn off some energy along the four-mile [Sculpture Trail](#) in the Forest of Dean, with plenty of impressive woodland-inspired sculptures to see. What's more, there's a fantastic play area and picnic site at [Beechenhurst](#), the trail's starting point, where families can follow up adventures with a bite to eat.

Supporting your child at home



School holidays can be a magical time but they can also feel overwhelming for children, especially those who have experienced trauma. Changes in routine, sensory overload, memories, and the pressure to “have fun” can all contribute to stress. Below are simple, trauma-informed strategies to help create a calm, connected and enjoyable break for your child and family

CONNECT - STRENGTHEN YOUR BOND.

Children thrive when they feel safe, seen and valued.

Create a warm environment: Display their artwork, photos or small achievements so they can clearly see they belong. Subtle acts of kindness (e.g., leaving a note, making their favourite drink) show you are thinking of them.

Make memories together: Let your child choose an activity; baking, watching a film, going for a walk; and record positive moments with photos or keepsakes.

Talk openly: Some young people love school holidays; others find it difficult. Gently check in about how they feel and what they would prefer.

Encourage healthy connections: Support them to connect with trusted friends, pets, or family members, but avoid forcing interactions. Their voice matters.

CO-REGULATE HELP THEM STAY CALM AND SETTLED

Children often borrow our calm when they feel overwhelmed.

Keep routines predictable: Maintain regular mealtimes, bedtimes and daily rhythms.

Let them know in advance about changes such as visitors, day trips or events.

Predictability reduces anxiety.

Offer choices: Let them choose between two activities, snacks, or family plans; choice supports control and safety.

Use regulating strategies: Breathing exercises, drawing, music, sensory play, nature walks, or movement breaks can all help young people reset.

Low-pressure celebrations: Keep things simple. Instead of big, noisy events, try gentle activities: crafts, board games, reading, baking, or a cosy film night. Children do best when there is freedom, not pressure.

CO-REFLECT - SUPPORT UNDERSTANDING AND COPING

Helping children reflect (in small, calm moments) builds confidence and resilience.

Respect boundaries: If your child needs quiet time, a break from busy spaces, or time alone, that is okay.

Reflect together: Talk about what is going well, what feels hard, and what could be changed. Adapt plans based on their needs.

Notice triggers: Unstructured time can be hard for children with trauma histories or additional needs and may lead to boredom or dysregulation.

Planned activities such as games, crafts, baking, outdoor play or helping with small chores provide purpose and reduce stress.

Seek extra support if needed: If you feel your child is struggling significantly, specialist or professional support may help.

SIMPLE ACTIVITY IDEAS FOR THE HOLIDAYS

Small, structured activities help children feel safe, engaged and grounded.

Here are a few from our Occupational Therapy and Trauma-Informed teams: Arts and crafts, colouring, scrapbooks, or mood board

Board games, puzzles, Lego, scavenger hunts

Baking or decorating simple treats

Outdoor play—walks, playgrounds, bike rides

Music, dancing, or listening to favourite songs

Sensory Play for younger children—playdough, water trays, rice trays

Time with pets or small animal-care tasks (if possible)

These activities help children develop confidence, interests and a sense of identity, while reducing stress and boredom.

AND FINALLY

School holidays can also be emotionally tiring for adults. Please remember your own Healthy Mind Platter; rest, downtime, connection, play, sleep and self-care are vital too. Supporting a child starts with supporting yourself.

Thank you for everything you do to make the holiday period safe, joyful and meaningful for your child.

Helplines

A useful list of helplines and support services for families in and around Bristol y – including emotional support, crisis lines, practical help and local organisations you can contact.

Immediate Support & Mental Health Helplines (24/7)

Emergency & Crisis

Emergency Services – Call 999 if someone is in immediate danger or at risk of serious harm.

Bristol Mental Health Crisis Line – 0300 555 0334 (24/7 crisis support)

Samaritans – 116 123 (free to call, 24/7 emotional support)

Shout Crisis Text Line – Text SHOUT to 85258 (24/7 confidential support)

Premier Lifeline – 0300 111 0101 (emotional support, daily)

Other UK Helplines

CALM (Campaign Against Living Miserably) – 0800 585 858 (5 pm-midnight)

SHOUT – Text SHOUT to 85258 (24/7)

Samaritans – 116 123 (24/7)

Family & Local Support in Bristol

Home-Start Bristol and South Gloucestershire – Local charity offering support and home-visiting programmes for families with young children (help with parenting, isolation, wellbeing).

Bristol Child Parent Support – Support and guidance for parents.

Bristol City Council - Family Information Service – Advice on family services, childcare, activities and early help support.

Caring in Bristol – Community-based charity that offers practical support (including holiday programmes and assistance).

City-Wide Support Services

Family Hubs / Children's Centres – Drop-in family support, activities, information, parenting help and signposting to services.

Early Help for Families – Parenting support, behaviour help, emotional wellbeing, debt/finances signposting

We Are Bristol Helpline – 0800 694 0184 (free council helpline for cost-of-living & family advice, Mon–Fri)

 **Note:** Christmas and New Year holiday opening times for local services (especially council offices & family hubs) can vary – check ahead or call to confirm, as many will close on 25-26 December and 1 January.

Emotional & Parenting Support (National)

These services operate all year and often through holiday periods – useful if local services are closed:

Family Lives – Parent Helpline – 0808 800 2222 (support with family issues, parent stress, behaviour, relationships).

Childline – 0800 1111 (for children & young people).

NSPCC Helpline – 0808 800 5000 or Text 88858 (advice on child safety).

Practical Support Over Christmas

Although not helplines, these community initiatives can help families in hardship:

Food banks & emergency food support in Bristol – Many local food banks operate or run festive support during Christmas. South & East Bristol Foodbank

Holiday clubs & free meals for kids – Winter Holiday Activities and Food (HAF) programmes provide free meals and activities for eligible families (usually delivered through council hubs/partners). Bristol City Council

Tips for the Holiday Period

Check opening hours for local support services – many have reduced hours or closures on Christmas Day, Boxing Day and New Year's Day.

Use 24/7 crisis lines (like Samaritans or Shout) if you can't reach local support. For immediate danger or harm, always call 999.

**We would like to wish
all the young learners,
friends and families of
Avonside School, a
wonderful summer
break!**

**We are looking
forward to seeing you
all in September!**