



Avonside School

School Newsletter. Issue 3. April 2026

Happy Easter!

A message from our School Leadership Team

We hope that you are all enjoying a restful and happy Easter break with your families.

As we reflect on the past term, we are incredibly proud of everything that has been achieved across Avonside School. We have been delighted to welcome new members of staff and several new young learners into our school community, all of whom have already become valued members of the Avonside family.

Throughout the term, our young learners have embraced a wide range of enriching opportunities, including numerous off-site visits and engaging learning experiences within school. It has been wonderful to see their enthusiasm, curiosity, and willingness to challenge themselves in all aspects of school life.

This term has also seen our young learners complete their baseline assessments, and we are incredibly proud of the progress they are already making. With the continued dedication and support of our staff team, our young people are building confidence, developing resilience, and striving towards reaching their full potential every day.

Looking ahead, we are excited for another busy and rewarding term as we prepare to welcome further staff and young learners to our growing school community. There is so much to look forward to, including Careers Week, a visit from Avon Fire & Rescue Service, a variety of exciting educational trips and visits, and a special whole-school challenge for all young learners to take part in.

As we move into the final term of this academic year, we would like to take this opportunity to thank all of our students, families, and staff for your continued support, commitment, and hard work. Together, we continue to build a positive, nurturing, and ambitious environment where every young person can thrive.

We look forward to welcoming everyone back for another successful term at Avonside.

Warm regards,

The Leadership Team

The Importance of Attendance and Punctuality

Did you realise....?

Every day in school counts...



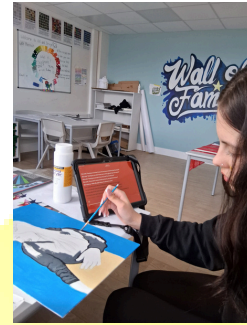
and every minute counts...



The Subject in the Spotlight!



ART Self-Belief



During our art trip to the beach and Hurst Sculpture Park, students explored how artists use nature as inspiration for their sculptures. They experienced first-hand how creative ideas can be brought to life in outdoor spaces.

Now, students have the opportunity to build on this experience by developing their own sculpture designs. Using the artists they encountered as inspiration, they will create their own ideas encouraging them to trust their imagination, take creative risks, and believe in their ability to turn an idea into something real.

This process supports the development of self-belief, helping students recognize that their thoughts and creative choices have value, and that they are capable of producing meaningful, original work.



The Subject in the Spotlight!

Maths

Knowledge

BTEC Level 1

Unit 3: Handling Money

This term, students at Avonside have been working towards BTEC Level 1 qualifications. In maths, students have completed Unit 3: Handling Own Money. They have discussed how to keep money safe, the advantages of keeping money in the bank and explored bank statements. Some students have extended their learning further through exploring taxes, examples of saving and borrowing and making sensible financial decisions.

5. Working out how much money you have at the beginning of a transaction

	<u>£ 3.10</u>
	<u>£ 2.05</u>
	<u>£ 4.50</u>
	<u>£ 2.70</u>
	<u>£ 1.40</u>
	<u>£ 2.04</u>
	<u>£ 5.31</u>

6. Identifying transactions on statements

monzo Personal Account statement
08/04/2022 - 04/05/2022

Name: **Monzo**
Address: **United Kingdom**

Balance in Pounds
(This includes both Regular Plus and Monzo Plus. See our website for details)

Start of month balance: **£1,700.07**
Personal Account balance (including all fees): **£17.00**
Balance in Pounds: **£1,717.07**
Total (including all fees): **£1,717.07**

Date	Description	DEBIT (Amount)	CREDIT (Amount)
21/04/2022	Top Shell	7.00	1,710.07
04/05/2022	Top Shell	0.00	1,710.07
12/05/2022	Top Shell	4.00	1,714.07
08/05/2022	Spotify	11.00	1,703.07
18/05/2022	Monzo Transfer (Pound Payments)	10.00	1,693.07
18/05/2022	Bank (Credit Card Debit)	40.00	1,653.07
18/05/2022	Monzo Transfer (Pound Payments) Transfer	0.00	1,653.07
18/05/2022	Abigail Bakeries	100.00	1,553.07
21/05/2022	Abigail Bakeries	100.00	1,453.07
21/05/2022	Abigail Bakeries	100.00	1,353.07
21/05/2022	Abigail Bakeries	0.00	1,353.07
21/05/2022	Abigail Bakeries	11.00	1,342.07

1. How much did they spend at Top Shell? £19.71

2. How much did they receive from Abigail Bakeries? £44.02

3. How much did they spend at Nandos? £10.02

4. How much money do they have in the account in total? £1,708.07

5. How much did they spend during the month? £17.06

7. Complete the table for the items below

Item	Cheapest Cost (State the shop)	Most Expensive Cost (State the shop)
Hair Dryer	Tenpenny £12.00 - Argos £8.00	Dynasty Air Wash - Currys £59.00
Trainers	Orisk, last up - Showroom £15.00	Donkeygo - Flannels £125.00
Packet of crisps	Tenpenny, Tenpenny, Tenpenny - Tenpenny £1.00	Tenpenny, Tenpenny, Tenpenny - Tenpenny £1.00
Phone case	Case, phone, case - the shop £1.00	Case, phone, case - the shop £1.00

The Subject in the Spotlight!

Construction

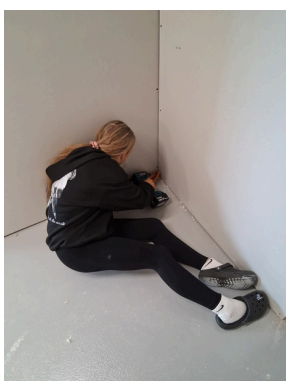
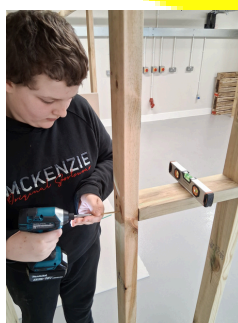
Success

This term, the students have been working on a group project of helping to create 4 individual work stations in the Construction room. Many students have grown in confidence, with some using particular tools for the first time ever.

We started by adding horizontal lengths to the wooden uprights of the frame to add structural stability before cutting plasterboards to size and attaching them to create the first of 4 booths.

Lots of numeracy was used to calculate cuts of both timber and plasterboard, with lots of conversation around metrics and angles. Knowledge from previous lessons was recalled, such as screw placement and tool use, with students encouraging each other and offering advice, which was great to see.

A fantastic team effort with lots of smiles, leading to success!

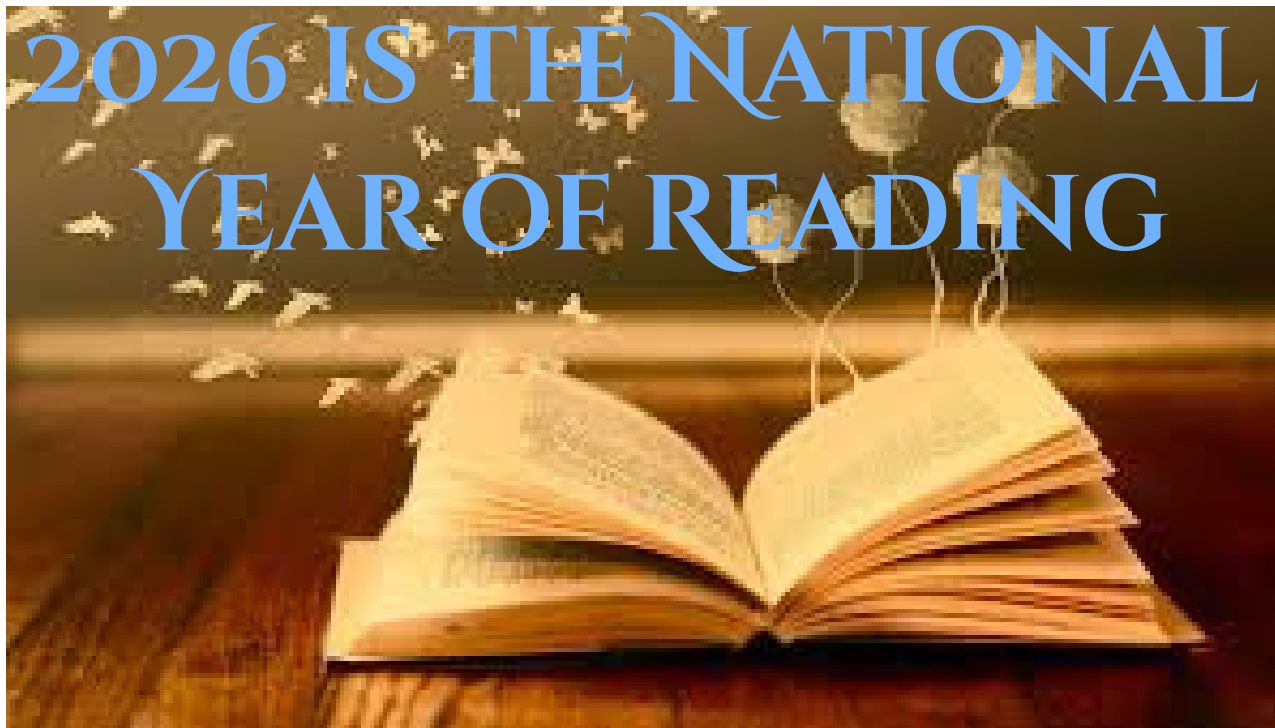


The Subject in the Spotlight!

Catering



What's Cooking?



Reading is a wonderful way to connect with others, share interests, and deepen the hobbies and activities we already enjoy. Whether your passion is sport, music, fashion, food, gaming or film, reading helps bring those interests to life. It can be a social experience too – sparking conversations, inspiring new ideas, and helping us discover even more to love about the things that excite us.

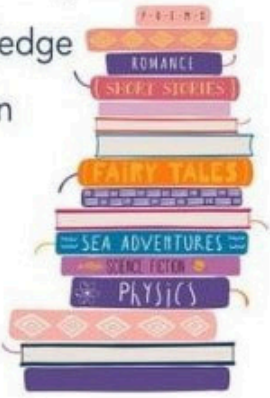
Reading doesn't only mean picking up a printed book. While novels, autobiographies and short stories remain favourites for many, today's readers are also exploring graphic novels, comics, audiobooks and e-books. Even those who may not think of themselves as "readers" are often engaging with news articles, match reports, song lyrics or fan fiction online. In all its forms, reading continues to inform, entertain and connect us every day.

**READ
MORE
SCROLL
LESS**

TEN AMAZING BENEFITS OF READING BOOKS



- Strengthens your writing skills
- Improves your memory and focus
- Enhances your imagination
- Increases your vocabulary
- Expands your knowledge
- Stimulates your brain
- Boosts your mood
- Deepens empathy
- Helps you relax
- Lowers stress



What shall we do during the school holiday?

Here are a few ideas of things you could do over the Easter Break in and around Bristol....



Participate in the Golden Egg Hunt at Bristol Zoo Project
Experience the Big Easter Nature Trail at Wookey Hole Caves.
Visit the newly reopened We The Curious for science exhibits.

Easter Egg Hunt at Prior Park
Saxon Easter at Avalon Marshes
ROAM Outdoors Activity Centre

Explore flight history and enjoy special aviation-themed challenges at Aerospace Bristol.

Explore Ashton Court Estate or Blaise Castle Estate for scenic walks.

Take a trip to Westonbirt Arboretum for the Stick Man trail.

National Trust Easter Egg Hunt at Lytes Cary Manor

Easter Steam Up at Westonzoyland Pumping Station

Secret World's Wild Academy: Minibeasts

Clevedon Pier's Bird Box Egg Hunt

Easter Trail at Palette and Pasture

Somerset Rural Life Museum, Glastonbury

Young Engineers Day at West Somerset Railway

Coates English Willow Dinosaur Sculpture Trail

Spring Trail at Yeovil Country Park

Easter Trail and Countryside Crafts at Chard Reservoir LNR

Easter Activities at The Roman Baths, Bath

Avon Valley Adventure and Wildlife Park

Clifton Village Easter Bunny Hunt

Easter Sunday Craft Day at Clifton Observatory

Easter Trail at Treetop Golf, Bristol

Adventure Bristol High Ropes

Gozzle's wetland adventure at Slimbridge

Clay critter workshop at Arnos Vale Cemetery

The Illuminated Cave with Wallace & Gromit and Friends at Cheddar Gorge and Caves

50 years of Aardman at Bristol Museum & Art Gallery

Take a ferry ride around the Bristol Harbour.

Tour the Clifton Suspension Bridge and its hidden vaults.

Visit the Bristol Aquarium for marine life.

Fyne Court Easter Trail

Easter at Mendip Activity Centre

Enjoy indoor, weather-proof fun at AirHop Bristol or Treetop Golf.

Visit Windmill Hill City Farm or St Werburghs City Farm to see new spring animals.

Head to the Old Down Country Park for circus fun and crafts.

Dunster Castle Easter Trail

Easter Egg Hunt at Barrington Court

Haynes Motor Museum, Sparkford

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and a trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



Source: <https://www.bbc.co.uk/news/health-65809924>



www.thenationalcollege.co.uk



@thenatcollege



/thenationalcollege

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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.



Since our last newsletter, we have welcomed some new members of staff to our team. Please help us to welcome:



John
(our new
Facilities Manager.)



Emily
(our new Hairdressing,
Beauty and Barbering Instructor)



Jack
(our new Gym
and Fitness Instructor)



Tim
(our new SENDCo).

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).

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.

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

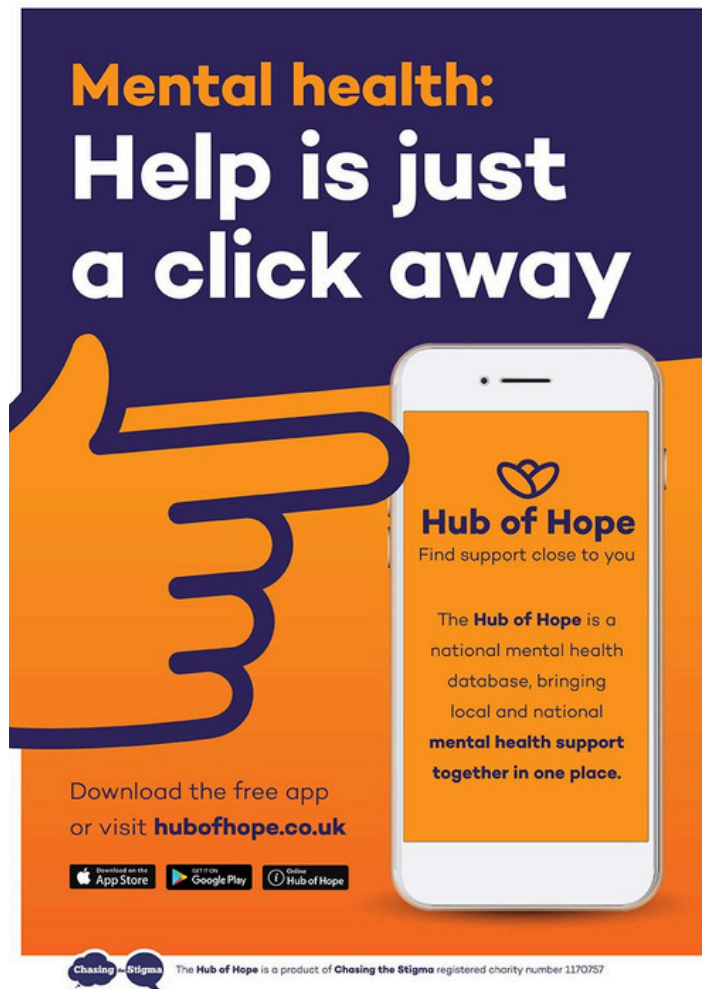
📌 Tips for the Holiday Period

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.

Amazing Apps

Here are a few apps that we recommend taking a look at



Mental health:
Help is just a click away

Hub of Hope
Find support close to you

The **Hub of Hope** is a national mental health database, bringing local and national **mental health support together in one place.**

Download the free app or visit hubofhope.co.uk

Download on the App Store | GET IT ON Google Play | Online Hub of Hope

Chasing the Stigma The Hub of Hope is a product of Chasing the Stigma registered charity number 1170757



When using Calm for sleep, adults reported: **Sleep Stories to help you fall asleep** **Masterclasses taught by world-renowned experts**

78% Experiencing better moods

74% Waking up feeling more refreshed

64% Better concentration through the day

*Study of N=9275 Calm users

SLEEP STORIES

- Blue Gold (Stephen Fry)
- Nightfall (Eva Green)
- The Waterfall (Tamara Levitt)
- Exploring EASTER ISLAND (Alan Sklar)

Calm Masterclass

- Embracing Stillness (Pico Iyer)
- Better Sleep (Dr. Michael Breus)