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### *Key Dates*

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|---------------------------|---|
| 6 <sup>th</sup> December  | Parent – Staff – Student Anti-Bullying Working Group 13:45pm  |
| 7 <sup>th</sup> December  | Year 7 Pantomime Trip   |
| 8 <sup>th</sup> December  | Culture & Festive Clothing Day – Raising money for Save the Children<br>Gaza Crisis appeal – please provide a donation if you are able. |
| 14 <sup>th</sup> December | Christmas Lunch   |
| 15 <sup>th</sup> December | Last Day of Term  |
| 2 <sup>nd</sup> January   | INSET Day – School Closed to Pupils   |
| 3 <sup>rd</sup> January   | First Day of Term   |

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### *Principal's Update*

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Thank you to all those Year 11 Parents who responded to our survey last term. You were generally keen on the return of face-to-face parent's evening but were frustrated when appointments ran over time. We acted on this feedback and introduced a discrete bell to the year 8 parent's evening. It seemed to work!

Year 8 parents, look out for the survey which is coming out to you this week. Your thoughts on parent's evening and any other aspect of the school are exceptionally valuable. If you do have any concerns and want us to get in touch, do just indicate this on the survey.

Regards

Kate Willis  
Principal, John Cabot Academy

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### *Instrumental and Singing Exams*

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Congratulations to Mr. Shepherd's pupils who have recently passed their instrumental and singing exams.

At the end of Term 6 the following students got the following results:

Nuala Summers- Grade 5 Merit on the flute

Catherine Perkins- Grade 5 Merit singing for Musical Theatre

Valerie Huang- Grade 3 Merit on the piano

Will Drummond- Grade 1 Pass on the flute



In Term 1, of this new academic year, Thomas Smith got a Merit on the flute on Grade 1. This was very impressive since he only started the instrument a year ago.

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### *The Baby Bank Charity*

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Miss Grainger is collecting toiletries for mums and babies for The Baby Bank Network Charity in Bristol.

All donations are welcomed, please drop them in the Drama office or a box which will be in available in reception.

Ideas for babies:

Nappies (no pull ups please)  
Wet wipes  
Cotton wool  
Baby shampoo  
Bath/body soap  
Baby lotion/Baby oil  
Baby hairbrushes/combs  
Baby nail scissors  
Baby toothbrushes / toothpaste  
New sponges

Ideas for mums:

Breast Pads  
Toothbrush/toothpaste  
Shampoo/conditioner  
Bubble bath  
Sanitary pads/maternity pads  
Shower gel/ soap

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### *Online Platforms Parents Should be Aware Of*

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We have recently been made aware of a dangerous online platform called Omegle and the risks it poses to children and young people who visit it.

Please use this link for more information:

<https://oursaferschools.co.uk/2022/09/30/dangerous-chat-rooms-alert/>

*Wellbeing Group*

Please see below information about a new group that is starting up at St Werburghs farm for girls and young women aged 13-16. Sessions will be on Mondays 4-6 pm at St Werburghs City Farm.



**Free hot meal included**

## WINTER WELLBEING AT THE FARM

for girls and young women aged 13-16



**Are you interested in finding ways to support your mental health and wellbeing in nature?**

Come and join us at the farm. Make friends, share a meal and learn new skills including crafting, growing and animal care in a warm and supportive space.

**TASTER SESSIONS 4TH AND 11TH DECEMBER 4-6 PM ST WERBURGHS CITY FARM FREE!!**

Referrals only- To refer a young person or for self referrals please email Jill at [childandyouth@swcityfarm.co.uk](mailto:childandyouth@swcityfarm.co.uk)

01179428241

[childandyouth@swcityfarm.co.uk](mailto:childandyouth@swcityfarm.co.uk)



## COMMUNITY COOK UP

for 11-16 yo on free school meals



**Do you love to cook?**

Come and join us for our community cook up to meet some other young people and cook and serve a free three course meal to our local community, including your family and friends.

**18TH, 19TH AND 20TH DECEMBER ST WERBURGHS CITY FARM 11AM-3PM FREE!!**

This is only for young people on free school meals. To book on please email ro at [childandyouth@swcityfarm.co.uk](mailto:childandyouth@swcityfarm.co.uk)

01179428241

[childandyouth@swcityfarm.co.uk](mailto:childandyouth@swcityfarm.co.uk)

*South Glos Parent Carers Update*



We support parents and carers of children and young people (aged 0-25) with Special Educational Needs and Disabilities (SEND), with or without a diagnosis

● **Are you feeling confused, frustrated or isolated on your child's SEND journey?**

Our Community Base at The Kingswood Centre is a place where you can come for support and information. There's no need to book – just turn up on a Thursday between 10am-2pm (term time only), where you'll be welcomed by our friendly community support team.

● **Is online support easier?**

Have a cuppa and a catch up with other parent carers at one of our online support groups.

● **Sign up to our FREE workshops**

On a range of SEND themes, including: ADHD, autism, self-harm, mental health, behaviour, communication, tics and Tourette's.

● **Have your say!**

We share your views with the decision makers so that we can improve SEND services.

● **Want more information?**

Visit [www.sgpc.org.uk](http://www.sgpc.org.uk) or scan here.



**JOIN US**



Visit: [www.sgpc.org.uk](http://www.sgpc.org.uk)  
Email: [team@sglospc.org.uk](mailto:team@sglospc.org.uk)  
or find us on [Facebook](#) and [LinkedIn](#)

No diagnosis is needed to join our community or access the services we provide

## Who we are

South Glos Parent Carers (SGPC) is the local parent carer forum working to represent and support parent carers of children and young people (age 0-25) with Special Educational Needs and Disabilities (SEND) in South Gloucestershire.

There is no diagnosis needed to access the services we provide at SGPC, whether that is support (online or at our Community Base in Kingswood); workshops on a range of SEND themes; accessing our helpful signposting to other services; or attending engagement sessions to have your say on experiences of your child's SEND journey.

At SGPC we are all parent carers ourselves, so we understand the journey you are on.



## What we offer our community...

- **A forum to have your say** - we want to hear your views and experiences of your child's SEND journey so that we can feed these back in meetings (anonymously) to help influence the improvement of services used by children and young people with SEND.
- **SGPC Community Base in Kingswood** - A spacious venue with a sensory room and garden, open every Thursday from 10am-2pm (term time only) at The Kingswood Centre. Drop-in to receive support, information, signposting to services and a listening ear from our community support team.
- **Workshops** - in-person and online on a range of SEND themes, including: ADHD, autism, anxiety self-harm, suicide awareness, tics and Tourette's, as well as specific Early Years workshops.
- **Online 'cuppa and catch-up' support groups** - share your views and experiences with other parent carers and get support and information from our trained peer supporters.
- **Little Treasures stay and play** - a SEND-friendly play and support group for parent carers and their young children (aged 0-5 years) to attend together. Little Treasures also runs activities in the school holidays.
- **Early years online 'cuppa and catch up' support group** - monthly online support, for parent carers with children aged 0-5 years (including Reception year).
- **Signposting** - to other useful services and helpful information.
- **Our mailing list - [sign-up](#)** to receive emails with what's on, SGPC news and information
- **Social media** - we have a [Facebook page](#) and community group (SGPC - Our Community) where you can connect with other parent carers in the area. Find us on [LinkedIn](#) too.
- **Information and resources** - on our website ([www.sgpc.org.uk](http://www.sgpc.org.uk)) you'll find helpful guides and useful information on a range of SEND themes.

## FAQS

### What is a parent carer forum?

South Glos Parent Carers (SGPC) is part of The National Network of Parent Carer Forums (NNPCF), which is made up of all the parent carer forums across England. Parent carer forums are groups run by parents and carers of children with additional needs and disabilities whose aim is to ensure that services in their area meet the needs of these children and their families.

They do this by gathering the views of local families and then working in partnership with local authorities, educational settings, health providers and other providers to highlight where local services, processes and commissioners are working well, or challenge when changes or improvements need to be made.

It is free to join a parent carer forum and you can be involved as much or as little as you like.



### What is a parent carer?

A parent carer is a parent who cares for a child or young person who has any additional needs, disability or long-term illness – whether or not there is a diagnosis. Parent carers often feel like they don't identify as 'carers', as they are first and foremost parents. But being a parent of a child who needs additional support means you are a carer – and SGPC can offer support, information and a platform to share your experiences about your child's SEND journey.

### Is SGPC a statutory service?

No. SGPC is independent of any authority and actively seeks out funding streams to operate and provide services to the community. The forum exists to co-produce with service providers, commissioners and policy makers. We strive to have a seat at the decision-making tables and influence in this way. While we receive small grants from the DfE, Council and Health sector, this does NOT alter our purpose as a Parent Carer Forum and we are not part of the Local Authority.

### Do SGPC Campaign?

SGPC are prevented from campaigning to influence those who make decisions; instead, we aim to be involved in the decision making and planning processes through co-production meetings. We attend meetings to represent the collective voice and experiences of parent carers in our community to highlight where changes need to be made in local services.

Campaign groups can work collaboratively with SGPC - if appropriate, we can share their information with our community, and they can give us feedback in a constructive way so we can influence at meetings while they raise awareness and support for the campaign.

### Where is the SGPC Community Base?

The SGPC Community Base is at The Kingswood Centre, New Cheltenham Road, Kingswood BS15 4FS. Drop-in on Thursdays (term time) between 10am – 2pm.

### Do SGPC have volunteers?

Yes! We have volunteers in our community support team and parent reps who attend meetings to represent the collective parent carer voice. For further information about volunteering with SGPC, email: [team@sglospc.org.uk](mailto:team@sglospc.org.uk)

For further information about SGPC, visit our website: [www.sgpc.org.uk](http://www.sgpc.org.uk) or email: [support@sglospc.org.uk](mailto:support@sglospc.org.uk)

*The Children Commissioner Notice*



**The Children's Commissioner for England has recently launched 'The Big Ambition' to hear directly from children, young people and parents across the country.**

**We want to hear from all children, in every part of the country and in every setting.**

**This is your chance to tell key policymakers what is important to you ahead of the general election. Take part now and ensure your needs are reflected in the decisions that will affect you in years to come.**

Scan the QR code to  
take part



 **CHILDREN'S  
COMMISSIONER**

[www.childrenscommissioner.gov.uk/thebigambition](http://www.childrenscommissioner.gov.uk/thebigambition)





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*Relate Notice*

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**Relate – the UK’s most trusted provider of relationship support**

We know that parenting can put a strain on adult relationships. We’re here to help. Whether you’re facing difficulties, looking to strengthen your relationship, or want help talking things through.

Whatever your circumstances, whatever your background, no matter how big or small the issues. Whether you’re in a relationship, straight or gay, young or old.

Relate Avon offers adult relationship counselling:  
either online at your convenience  
or face-to-face from our premises in Bristol or Bath.

**Adult Relationship Counselling**  
[www.relate-avon.org.uk](http://www.relate-avon.org.uk) [enquiries@relate-avon.org.uk](mailto:enquiries@relate-avon.org.uk)



**Relate**  
Avon