



THE RED SQUIRREL



TERM 1 ISSUE 1

18TH SEPTEMBER 2026

www.westburyontrym.academy

Dear Parents/Carers

Welcome Back!

A very warm welcome back to all our pupils, families and staff as we begin another exciting school year. We hope everyone has enjoyed a restful summer break and is feeling refreshed and ready for the term ahead.

We would like to extend a special welcome to all of our new Reception children and their families who are joining our school community for the first time. Starting school is a significant milestone, and we look forward to supporting our youngest learners as they settle into school life, make new friends, and begin their learning journey with us.

We are also delighted to welcome the children and families who have joined us in other year groups across the school. We hope you quickly feel at home and become part of our friendly and supportive school community.

This year, we are pleased to welcome several new members of staff who have

joined our team. We know they will make a wonderful contribution to school life and help provide the best possible experiences for our children.

As always, this newsletter will keep you informed about school events, celebrations, achievements, and important information throughout the year. We are looking forward to working together to make this a happy, successful, and memorable year for every child.

Thank you for your continued support, and once again, welcome back to a new school year! We can't wait to see what we can achieve together.

Value for the Term

Our value this term is **RESPECT & DIGNITY**. Our focus Bible story is 'The Fall', where we learn about how Adam & Eve did not show respect to someone (God) who had created a beautiful garden & world for them. We will be thinking more about the current state of our world and how we can show respect to all

Dates for your diary

Term dates 2026-2027

Term 1: 3rd September - 23rd October

Tue 22nd: Reception Phonics Workshop

Wed 23rd: Harvest Festival 9.30am at Holy Trinity Church

Wed 23rd: Parent/Teacher meetings (SEND)

Wed 30th: Reception Curriculum Evening

Term 2: 2nd November - 18th December

Term 3: 4th January - 12th February

Term 4: 22nd February - 25th March

Term 5: 12th April - 28th May

Term 6: 7th June - 23rd July

INSET days & Academy days 26/27

3rd & 4th Sept '26

23rd Oct '26

4th Dec '26

4th Jan '27

12th Feb '27

12th April '27

28th Jun '27

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creation; including people, places and animals.

Please consider these key questions with your children:

Can you think of someone that you really respect and admire?

Are you respected by others? Why do you think that is?

Are there particular qualities that you respect in others?

PSHE – Personal Social Health Education

As part of our PSHE curriculum this year, we are continuing to learn about **The Zones of Regulation** across the school at the start of Term 1..



The Zones of Regulation is a widely used and highly effective framework designed to help children develop self-regulation skills, manage their emotions, and better understand how their feelings influence their behaviour. Through this scheme, pupils learn to recognise different emotional “zones” and gain strategies to support their wellbeing and emotional control.

Which zone are you in today?

Sport News

It's a brand-new school year, and that can only mean one thing... the Westbury-on-Trym Weekly Sports Round-Up is back!

We're excited to kick off another fantastic year of sporting news, achievements and match reports from our talented pupils.

This week, our Year 6 Boys' Football Team got straight back into action, beginning Round 1 of the Shine Performance League. The team put in a great performance, and Ollie and his teammates have written a report all about their match.

Enjoy reading their account [HERE](#)



We look forward to sharing many more sporting successes throughout the year!

A few reminders

Timings of the school day:

8:45am – 3.15 pm Gates open at 8.30am and 3.10pm. Gates close 8.50am and 3.30pm. These will be closed promptly and then access will be via the school office.

Lunches:

From September school lunches will cost £2.92 for children in Years 3-6, (Reception—Year 2 lunches are free of charge). Preferred payment is via Arbor and must be made in advance. If you do not have an Arbor log-in, please contact the school office.

Nuts:

We have several children in school with allergies to nuts, so we ask that no nut products are brought into school. This includes both snacks, lunch boxes and snacks at after school clubs. Many thanks for your understanding.

Water bottles:

If you have not already done so, please provide your child with a labelled water

bottle.

Break time snacks:

In line with the School's Food Policy, children in KS2 may bring in fruit or vegetables only for a break time snack. Please NO snack bars, crisps or nuts. Fruit or vegetables are provided for children in Reception and KS1.

School uniform:

It is lovely to see everyone looking so smart in their school uniform. Thank you for your efforts.

A reminder of the key elements to our uniform policy: All children (Reception – Year 6) will need:

- red sweatshirt or cardigan (logo compulsory)
 - white or red plain polo t-shirt (logo compulsory) (no white collared shirts/gingham shirts please) - charcoal grey school trousers/shorts/skirt/ pinafore dress
 - white, black or grey plain socks or plain grey/red tights.
 - black flat school shoes (lace up, velcro or buckle). All black trainers are also allowed (no flashes of a colour on the trainers anywhere including the sole please or a coloured logo). No boots, or sandal type shoes are allowed. Wellington boots may be worn to school if raining heavily or snowing (but a bag must be brought in for these to be stored in or taken home by parents/carers)
 - coat can be of any colour but must be suitable for purpose
 - red school book bag (for KS1 children).
- During summer months:**
- Children may wear a red gingham dress (Term 1, 5 and 6 only) - Optional items:

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red school waterproof jacket or zip fleece (outside use only) .

For PE and after school sporting clubs all children (Reception – Year 6) need:

- Plain red t-shirt. Dri-fit is preferred but not compulsory. Logo is preferred but not compulsory.
- Black PE shorts/cycle shorts (plain – no flashes of colour, no logo brands please e.g. Nike, Adidas etc.)
- Black track-suit bottoms/leggings (plain - no flashes of colour, no logo brands please e.g. Nike, Adidas etc.) (optional and Term 2,3,4 only)
- Red sweatshirt or cardigan (logo compulsory) as normal
- Plimsolls or trainers (trainers preferred) - school gym bag (or similar drawstring bag) to keep these in at school.

For swimming, children need:

- swimming hat and goggles - one piece swimsuit/ speedo style swim trunks or jammers. No beach shorts allowed All uniform and PE kits should be clearly labelled with the child's name before it comes into school.

The school cannot accept responsibility for any lost items. Parents/carers are responsible for ensuring their child brings their PE kit to school when needed and a reminder letter will be sent home when children forget to bring in their PE kit for a second successive lesson. Children without a kit may be sent to another class to complete an alternative activity. All children will be expected to take part in PE/swimming unless there is a medical reason why not.

SCHOOL UNIFORM CAN BE ORDERED AND PURCHASED DIRECTLY ONLINE VIA MY CLOTHING OR LINELA.

To review the full school uniform policy, please visit the school website.

Parking

Please can those dropping off and collecting your child/ren by car remember not to park on yellow lines and not to block driveways and access points. Parking in Hazelwood Nursing Home driveway and carpark is not permitted when picking children up from school as they need clear 24 hour access.

Staff Car Park

A reminder that parking in the staff car park is not permitted and is completely out of bounds for children/parents/carers at all times unless it is for disability access and agreed by school.

Travelling to School

Please encourage your child(ren) to walk, scoot or cycle to school whenever possible.

Ensure your child(ren) walk or ride sensibly and safely on the way to and from school, and to push bikes and scooters on school grounds.

Please ensure that bicycles and scooters are roadworthy and properly maintained. If in doubt consult a qualified mechanic.

Consider providing your child(ren) with a cycle helmet.

Ensure your child(ren) can be seen by fitting lights to their bike by supplying them with high-visibility clothing.

Make sure your child(ren) has a lock for their bike or scooter and that they know how to use it.

Ensure you have appropriate insurance cover for your child(ren)'s bicycle or scooter as the school is not liable for any loss or damage to cycles or scooters on the premises or being used on the way to or from school.

If you travel by bus, can you get off the bus at least two stops early and walk the last part of the journey?

We understand that sometimes there is no alternative to driving to school.

If you do have to drive your child(ren) and stop in the near vicinity please do so legally, safely and with respect for our neighbours and local residents.

It is not acceptable to park or wait on double yellow lines, on the school zigzags or across residential driveways for any period of time.

Please note that the decision on whether a child is competent to cycle or scoot to school is for the parent(s) or carer(s) to make. The school has no liability for any consequences arising from this decision.

Celebrations and Awards:

We are always looking for ways to celebrate the gifts and talents of our children at school. If your child receives any awards/ certificates or has good news to share please let us know through your child's class teacher or the office.

Flu Vaccinations

You have already been sent information about the flu vaccinations in school on 17th November. Please click the QR Code to access the consent form if you have not already done so.



Harvest Service and Appeal

Our Annual Harvest Service in Holy Trinity Church will be taking place this year on

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Wednesday 23rd September at 9.30am. As always, we would be delighted to have some parents/carers help us walk the children down to the Church and stay for the Service. Please contact your class teacher if you can help. Please remember to send your child into school with a coat that day!

Every year, we collect donations at school and share them between The Foodbank and a local Christian charity based in Ashley Road, called the Community of the Sisters of the Church. These precious donations will form part of their 'Loaves and Fishes Harvest Ministry' and be passed on to the most needy people who approach them for help, through nearly 6000 food parcels a year. The Sisters also provide valuable advice to people and families through a volunteer lawyer and a whole range of volunteers who offer their services to the Sisters.

The gifts/ donations that are most needed are:- Tins: meat, fish, vegetables, soups, baked beans, spaghetti hoops, custard, rice pudding and fruit. Ambient: rice, pasta, tea bags, cereal, coffee, biscuits and UHT milk Extras: pot noodles, crisps, snack bars Toiletries: Nappies (all sizes), all toiletry items e.g. shower gel, shampoo, toothpaste, toothbrushes, sanitary pads, hand wash, bubble bath and deodorant . Please bring donations to class by Tuesday 22nd September 2026. Thank you in advance.



Prospective New Parent/Carer Tour for Reception Places September 2027

If you have a little one starting school next

year, please book onto one of our tours. The dates can be found on our school website [HERE](#).

Family Home Learning Club — Everyone Welcome!

Need a calm and supportive space to complete home learning? Join us at our Family Home Learning Club every Monday from 3:15 to 3:45 in 3EF with Mrs Barbour.

This is a great opportunity for pupils to work on their tasks with a teacher available for guidance. iPads will be provided for digital activities.

Please note: Pupils must attend with a parent or carer.

Drop in and make home learning a positive experience for the whole family!

If you have a concern, your first point of contact should always be your child's teacher. They are best placed to understand the context and work towards a solution. Should further support be needed, the teacher will involve the appropriate members of our leadership team.

Thank you for your cooperation and for helping us maintain a safe and respectful school community.

Secondary School Open Evening

Parents and carers of Year 6 pupils are invited to attend the upcoming BFS Open Evening on Thursday 24 September, from 4:30pm to 7:30pm.

Visitors will have the opportunity to explore the school and learn more about life in secondary education. Headteacher presentations will take place at 5:00pm, 6:00pm and 7:00pm. Places for these talks must be booked in advance through the school's website.

The online booking system will open on the afternoon of Wednesday 9 September. Families are encouraged to book early to secure their preferred presentation time.

Black to the Trails — Bristol

Black to the Trails® 2026: Running, Community and Celebration.

Black to the Trails® is the United Kingdom's most ethnically diverse trail running event, and in 2026 it promises to be bigger, bolder and more exciting than ever. Created, directed and delivered by Black Trail Runners, the event is designed to encourage greater ethnic diversity within the UK trail running community while providing a welcoming and inclusive experience for all.

Taking place at the beautiful Blaise Castle Estate in Bristol in October 2026, Black to the Trails® brings together Black people, people of the global majority and allies who are passionate about creating a more representative and accessible outdoor movement. The event celebrates the joy of trail running while fostering connection, inclusion and community spirit.

One of the defining features of Black to the Trails® is its accessibility. Whether you are taking your very first steps on a trail, an experienced runner seeking a new challenge, or a family looking for an active day out, there is a distance and experience to suit everyone. Younger runners are also encouraged to get involved, with **under-16s able to participate free of charge**, making the event an ideal opportunity for families to enjoy the outdoors together.

More than just a running event, Black to the Trails® offers a unique festival atmosphere. For the first time, attendees can look forward to vibrant **carnival-inspired celebrations**, creating an unforgettable backdrop to the day's activities. Alongside the various running distances, visitors can enjoy a packed programme of food, live music, entertainment and community

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activities designed to keep the energy and excitement flowing long after they cross the finish line.

With its powerful mission, inclusive ethos and feel-good atmosphere, Black to the Trails® 2026 is set to be a standout event on the UK running calendar. Whether you come for the challenge, the community or the carnival vibes, one thing is certain: you'll arrive for the run and stay for the fun.

For more information click [HERE](#)

Nepal Trip

Next Easter, nine Year 6 students will travel to Nepal to visit our partner school in Singdi - a self-funded trip that continues a tradition going back to the 1990s. The Curry & Quiz Night (see below) is part of how the pupils raise the money, and raffle tickets go on sale this week as well as on the night.

Huge thanks to our generous sponsors: Fire & Ice Wellness, David Lloyd, Alpkit, Cazcabel Tequila, RENEW Pilates, Koseli, Silverfox, Maison de Femme, Pullins Bakery, The Hideaway, CJ Hole, Bristol Volksfest and Castleknock Designs.

You can follow the team's progress at <https://www.instagram.com/westburyforpahar/>

An Evening of Fun for a Great Cause!

We're excited to be putting the finishing touches to the very first Curry & Quiz Night of the school year, and it's shaping up to be a fantastic evening!

Join us on Saturday 19th September from 7.00pm at Westbury-on-Trym C of E Academy for a fundraiser and quiz

night like no other. This adults-only event promises plenty of fun, laughter and friendly competition, all while supporting some very worthwhile causes.

For £20 per ticket, guests will enjoy an authentic Nepali meal freshly prepared by Nepali Nosh, entry to the quiz, and the chance to win some amazing prizes in our live raffle.

We are incredibly grateful to the many local businesses that have kindly donated raffle prizes, including CJ Hole, Alpkit, Cazcabel Tequila, David Lloyd Clubs, Shine, Fire & Ice, The Hideaway, Renew Pilates, Pullins Bakery, Castleknock Designs, Silverfox Massage, Bristol Volksfest, FED, WotPots, Tetbury Flower Company, Maison de Femme and CrossFit Trym.

All proceeds from the evening will be shared between our school charity partner, Pahar Trust Nepal, and local flood emergency appeals, helping to support communities both overseas and closer to home.

Tickets are available and can be purchased online at quiznight.sumupstore.com.

We look forward to welcoming you for a memorable evening of great food, challenging questions and fundraising for important causes. Don't miss out!

WoT awarded Gold standard for Health and Safety

We were delighted with our recent Health and Safety audit conducted by our H&S advisors, Delegated Services, who awarded the school a 'Gold' standard for H&S as well as awarding a platinum star for the progress made since the last audit.

We will not stop there though – health and safety is something we are all responsible

for in school including staff, pupils, parents/carers and visitors so to maintain this, we must all continue to follow the school rules and procedures to keep our entire community safe and well.

And finally...

School Kitchen Earns 5-Star Rating in Surprise Inspection

The school kitchen is celebrating after receiving a 5-star food hygiene rating following an unexpected food standards inspection.

Inspectors visited the kitchen unannounced and carried out a thorough assessment of hygiene, food safety, and cleanliness. The kitchen achieved the highest possible rating, reflecting the team's hard work and commitment to maintaining excellent standards every day.

This fantastic result highlights the dedication of the catering staff in providing safe, healthy, and high-quality meals for pupils and staff. Congratulations to the entire kitchen team on this outstanding achievement.



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EVERY MINUTE COUNTS



Minutes late to school

5 minutes

3 days lost

10 minutes

6.5 days lost

15 minutes

10 days lost

20 minutes

13 days lost

30 minutes

19 days lost



Do I need to keep my child off school?



Chicken Pox

Until all spots have crusted over

Conjunctivitis

No need to stay off but school or nursery should be informed

Diarrhoea & Vomiting

48 hours from last episode

Glandular Fever

No need to stay off but school or nursery should be informed

Hand, foot & mouth

No need to stay off but school or nursery should be informed

Impetigo

Until lesions are crusted & healed or 48 Hours after commencing antibiotics

Measles or German Measles

4 days from onset of rash

Mumps

5 days from onset of swelling

Scabies

Until after first treatment

Scarlet Fever

24 hours after commencing antibiotics

Slapped Cheek

No need to stay off but school or nursery should be informed

Whooping Cough

48 Hours after commencing antibiotics

Flu

Until recovered

Head Lice

No need to stay off but school or nursery should be informed

Threadworms

No need to stay off but school or nursery should be informed

Tonsillitis

No need to stay off but school or nursery should be informed

BIG SAVINGS ON SCHOOL LUNCHES!



Did you know you could save up to £500 having free school lunches?

For more information, visit:
www.gov.uk/apply-free-school-meals

What's New?

From September 2026, new government changes mean many more families will be eligible for free school meals. Previously, eligibility was limited to households earning under £7,400, but this income threshold has now been removed. This means that all children in families receiving Universal Credit will qualify for free school meals, regardless of household income.

Who is eligible?

- **Reception – Year 2**
Still FREE for all children
- **Year 3 and above (NEW)**
Free meals if your family receives Universal Credit
- **Extra support available**
Targeted help for lower-income households continues

Why Choose Our Lunches?

- ✓ Healthy, balanced meals
- ✓ Great variety every day (meat, vegetarian/vegan and halal)
- ✓ Saves time preparing lunches
- ✓ We cater to support pupils with allergies and special dietary needs.

Important Action

Bristol City Council are automatically checking all families who are currently eligible, so you don't have to re-apply.

For first-time applicants:

- Follow the link below to apply and await confirmation.
- Once approved, you're guaranteed for the full school year
- [Click here](#) to apply



The Savings

"No more spending £12 a week on lunch!"

A typical packed lunch costs:

- Up to £2.50 per day
- Around £12 a week
- Up to £500 per school year

With FSM:

- Main, side + dessert = FREE



A guide for **parents and carers** on applying for a **primary school** place for the school year **2027-2028**

If your child was born between 1 September 2022 and 31 August 2023 you will need to apply for a school place by 15 January 2027



TRADING WITH SCHOOLS **BRISTOL** LEARNING CITY
www.bristol.gov.uk/schooladmissions



What do I need to do to apply for a school place?

- Check the guidance on applying for schools – available at www.bristol.gov.uk/schooladmissions, or by contacting School Admissions. The guidance contains details on how & when to apply, information on each school along with their admissions policy and oversubscription criteria. With the mix of different types of school from Church schools, Foundation schools, Academies, Free Schools and Community schools the admissions policy could be different for each school you put as a preference so it's important to ensure you check this carefully.
- Some schools require supplementary forms to be completed as well as the common application form. Make sure you check if this applies to the school(s) you are interested in.
- Visit the schools. All schools hold open days. Contact the school directly for further details on open days.
- Look at the school's prospectus and its website which are useful sources of information.
- You can name up to three school preferences. We advise you to name more than one school.
- Make sure you apply on-time. The deadline is 15 January 2027.

School Admissions (CH)
 Bristol City Council
 PO Box 3399, Bristol, BS1 9NE
www.bristol.gov.uk/schooladmissions
 e school.admissions@bristol.gov.uk
 t 0117 903 7694



Why apply online?

- The system helps you by checking for errors.
- There is no risk that your application will be lost in the post.
- It is quick and easy to do.
- You will get an immediate email confirming that your application has been received.
- You will receive an email notification of the outcome of your application on the same day as the offer letters are posted.
- The system is available 24 hours a day until the final submission time of midnight on 15 January 2027.

Apply online www.bristol.gov.uk/schooladmissions

apply for a **secondary school** place for the school year **2027-2028**

If your child was born between 1 September 2015 and 31 August 2016 you will need to apply for a school place by 31 October 2026.



TRADING WITH SCHOOLS **BRISTOL** LEARNING CITY
www.bristol.gov.uk/schooladmissions



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- Some schools require supplementary forms to be completed as well as the common application form. Make sure you check if this applies to the school(s) you are interested in.
- Visit the schools. All schools hold open days. School websites provide details of open evenings and other events.
- Look at the school's prospectus and its website which are useful sources of information.
- You can name up to three school preferences. We advise you to name more than one school.
- Make sure you apply on-time. The deadline is 31 October 2026.

School Admissions (CH)
 Bristol City Council
 PO Box 3399, Bristol, BS1 9NE
www.bristol.gov.uk/schooladmissions
 e school.admissions@bristol.gov.uk
 t 0117 903 7694



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Apply online www.bristol.gov.uk/schooladmissions



HOLY TRINITY
WESTBURY ON TRYM - BRISTOL

Events and Services for children and families coming up at Holy Trinity Church

NEW: Junior Choir starting at Holy Trinity Church on 28th September 2026



Do you love to sing?
JOIN OUR
JUNIOR CHOIR

Develop singing and performance skills
Free musical training following the *Voice for Life* scheme of skills, including sight-singing, music theory, reading music and vocal tuition
Modern and traditional songs
Enjoy music and making friendships
Free to attend
No singing experience necessary
Led by professional musicians who are fully DBS-checked

To register, please contact Georgie at:
familyworker@westbury-parish-church.org.uk

Starting 28th September 2026
For girls and boys aged 7+ (Y3 to Y8 +/-)
Held at Holy Trinity Church, BS9 3EQ
Mondays at 4:45 to 5:30pm with a break for refreshments
Term time only

<https://www.westbury-parish-church.org.uk/choirs/>



HOLY TRINITY
WESTBURY ON TRYM - BRISTOL

Events and Services for children and families coming up at Holy Trinity Church

Teatime Church is our monthly Sunday Service for children and families. Please visit the church website to find out more: <https://www.westbury-parish-church.org.uk/teatime-church/>

September's Teatime Church takes place on Sunday 27th September. The service is based on the Parable of the Wise and Foolish Builders. At this Teatime Church service, the children will be able to decorate rocks and make mini houses; create their own house pictures from lolly sticks; experiment with building cup houses on different surfaces; and enjoy playing with building rods and sand.



Tickets are also now available for our annual **Harvest Festival event**, taking place at Westbury-on-Trym Northcote Scout Hut on Sunday 4th October at 12pm. At this service, we combine Teatime Church with the festival. Teatime Church will gather from 12pm for a fun activity then go into the hall for a hot lunch at 12:30. Attendance at Teatime Church is free, but if you would like to stay on for lunch then tickets are £5 for adults, £2 for children (aged 5+).

Toddlers Together, run by volunteers from Holy Trinity Church and Westbury-on-Trym Methodist Church, is a parent-and-toddler group for the community. It takes place every Thursday during term time from 10am to 11.15am at Westbury-on-Trym Methodist Church Hall. All are very welcome! Details can be found on our website <https://www.westbury-parish-church.org.uk/toddler-group/>. This term runs from 10th September to 22nd October.

Create and play at
GOLDFINCH



Creative classes for preschoolers, kids and teens, in the heart of the Westbury-on-Trym, Bristol



What's on this OCTOBER half term?



www.goldfinchcreateandplay.co.uk

Holiday Create and Play for 1.5 - 5 years

Preschool Art and Craft Sessions for 1.5 - 5 years

Join us this October half term for a craft session where you and your little ones can get creative together!

Session Date and Time: 9 30 - 10 30am

Friday 30th October

Cost: £11.50 per child and adult, sibling discounts available



Scan to find out more

Holiday Art Clubs for 4 - 6 years

We've developed this new session as we've found it offers the perfect balance of creativity, play and making for younger children, with plenty to enjoy without becoming too tiring.

Session Date and Time: 9 30 - 12pm

Tuesday 27th October: Spooky Forest Crafts

Cost: £30 per child, sibling discounts available

Holiday Art Clubs for 5 - 10 years

Unleash your child's inner artist this autumn with our 5 hour creative holiday art clubs. These workshops invite children to explore creatively under the guidance of Goldfinch artists!

Session Dates and Times: 10am - 3pm

Monday 26th October: Construction

Wednesday 28th October: Printmaking

Thursday 29th October: Sculpture

Cost: £50 per child, sibling discounts available



Scan to find out more



CURRY & QUIZ NIGHT!

THE ULTIMATE FUNDRAISER

Supporting schools & villages in Nepal



WESTBURY ON TRYM PRIMARY SCHOOL

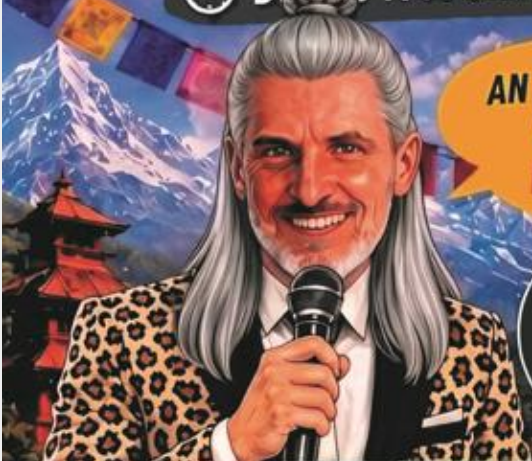
SAT 19TH SEPTEMBER 2026



DOORS 7PM START



TICKETS £20 PER PERSON



AN ENTERTAINING
QUIZ LIKE
NO OTHER!

HOSTED BY
CHRIS &
JOHN!



TICKET INCLUDES:
Authentic Nepali Meal
Cooked by Nepali Nosh



**SCAN TO BOOK
YOUR TICKETS!**

GRAB YOUR TEAM OF
UP TO 8 OR COME ALONG
TO FORM A TEAM!



All proceeds go to our school charity partner, Pahar Trust Nepal

quiznight.sumupstore.com

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**EAT WELL
SPEND LESS**



Bristol North West
Foodbank
Together with Trussell

Learn how to cook and eat healthily on a budget!



Free six-week course

Starting Tuesday 29th
September 2026
Every Tuesday for six weeks
9.30am-12noon

AT

St. Andrew's Church
Avonmouth Road
Avonmouth
Bristol
BS11 9EN

**CONTACT US
TO BOOK**

0117 9235343 office@bristolnwfoodbank.org.uk



**EAT WELL
SPEND LESS**



Bristol North West
Foodbank
Together with Trussell

Making budget conscious meals from scratch, using basic cookery skills. This course is ideal for beginners, or anyone that has lost their confidence in the kitchen.

Week 1	Basic Tomato Sauce Orange & Chocolate Cereal Bars
Week2	Healthy Burgers (Meat or Veggie) 'Cooking With Eggs'
Week 3	Fruit Crumble Cous Cous
Week 4	Sweet Potato and Smoked Paprika Soup Cheese or Fruit Scones
Week 5	Bread Dough Porridge
Week 6	Cheesy Pasta Bake

Alongside the recipes, the course will also cover; knife skills, food hygiene, healthy eating, food groups and reducing costs and food waste!

You can follow our school on [Facebook](#) & [Instagram](#) or our school website www.westburyontrym.academy

If you wish to contact the school governors, please email governors@westburyontrym.academy

Do you often feel like you miss out on accessing support for your family?

Sign up to our newsletter today to find out about free local support and information from across Bristol

www.bristolparentcarers.org.uk/joinus/



Bristol Autism Team Family Support Phone Line

A dedicated phone line for parents/carers to access immediate support from Bristol Autism Team



Advice, guidance and someone to listen



Help identifying pathways and different routes to access support



Signposting and information on local services, support groups and resources

The phone line will be open to call on Thursday mornings between 8:30 and 12.

Phone number: **07387242320**

Please be aware that the mailbox is not monitored so voicemails will not be returned

You can also access support from Bristol Autism Team using the QR code or by emailing Bristol.Autism.HotLine@bristol.gov.uk



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MENTAL HEALTH

• SUPPORT FOR SCHOOLS EVENT •

Learn about mental health support available in your area for children, young people, families and schools by attending this event.

An interactive event including a workshop on managing risk and self-harm in the school environment as well as stalls of key services and opportunities to network.

WHO IS THIS TRAINING FOR?

All school and CYP setting staff particularly mental health leads and pastoral staff working closely with mental health.

Bristol

**Tues 17
November**

**9.30 –
11.30**

**Oasis Academy, Hungerford Road,
Brislington, Bristol, BS4 5EY**





CLIFTON
COLLEGE

cliftoncollege.com

Leading independent co-educational day and boarding school for ages 3-18

An education that *inspires*



UPCOMING OPEN EVENTS

FRIDAY 25TH SEPTEMBER

PRESCHOOL - YEAR 6

FRIDAY 2ND OCTOBER

SIXTH FORM

SATURDAY 3RD OCTOBER

YEAR 7 - YEAR 11



BOOK
YOUR
VISIT!



Looking for a Year 7 Place for September 2027?

CHOOSE



E-ACT Montpelier
High School

Open Morning Tours

Wednesday 30 September

Wednesday 7 October

Wednesday 17 March

9am

- We foster academic excellence within a supportive environment
- MHS is in the top 2 secondaries in Bristol for progress
- Students from all backgrounds succeed
- FFT data shows girls perform on average 10% better in their GCSEs at all-girls schools



SEE MHS IN ACTION

Cheltenham Road, Bristol, BS6 5RD
mhs-admissions@mhs.e-act.org.uk
0117 9424328
<https://montpelierhigh.e-act.org.uk/>



COMPASSION | RESPECT | PERSEVERANCE | RESILIENCE | CURIOSITY | RESPONSIBILITY

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Raising funds for our new
changing room project!

CHARITY FUN RUN

Sunday 20th September
1-3pm at Golden Hill Sports Ground
BBQ and Bar open



REGISTER NOW

TICKET
£5



Westbury on Trym
C of E Academy



YOUR CLUB PROGRAMME

SEPTEMBER TO DECEMBER

BREAKFAST CLUB EVERY DAY: 07:35 - 08:55
AFTER SCHOOL CLUBS: SCHOOL END - 16.30

MONDAYS

MY TIME | RECEPTION - YEAR 6
CRICKET CLUB | YEAR 3 - YEAR 6
DODGEBALL CLUB | YEAR 1 & 2

TUESDAYS

MY TIME | RECEPTION - YEAR 6
OUTDOOR ADVENTURE CLUB | YEAR 1 - YEAR 6
FUN WITH FOOD | RECEPTION - YEAR 2

WEDNESDAYS

MY TIME | RECEPTION - YEAR 6
MINI FOOTBALL CLUB | YEAR 1 & YEAR 2
NETBALL CLUB | YEAR 5 & YEAR 6
FOOTBALL CLUB | YEAR 5 & YEAR 6
PERFORMING ARTS | YEAR 2 - YEAR 6

THURSDAYS

MY TIME | RECEPTION - YEAR 6
CREATIVE WORKSHOPS | RECEPTION - YEAR 2
DODGEBALL CLUB | YEAR 5 & YEAR 6
FOOTBALL CLUB | YEAR 3 & YEAR 4

FRIDAYS

MY TIME | RECEPTION - YEAR 6
GYMNASTICS CLUB | RECEPTION - YEAR 4

EVERY DAY

SNACK & CHILL LATE STAY

16:30 - 17:55

Book online at: **MyShine.co.uk**

HAUNTED HOLIDAY CLUBS



15% OFF
With the code
Early Booker



- ▣ Gymnastics
- ▣ Creepy Creative
- ▣ Football Fundays
- ▣ Forbidden Forest
- ▣ Cursed Cookery
- ▣ Mini & Mega Monster Mash-Ups
- ▣ Descendants Dance
- ▣ Crazy Science Cauldrons
- ▣ Make a Musical - SIX


Shine
HOLIDAY CLUBS
MyShine.co.uk



*Conditions apply. Expiry 11/10/26



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BRISTOL FLYERS COMMUNITY HUB SESSIONS

VENUE: Chellaram, BS8 3QD

DAY: Monday

TIME: 6pm - 7pm

FOR: Primary and secondary students

Delivered by expert coaches. All abilities welcome.
Basketball focusing on developing skills, game play and fun.



STAY UP TO DATE

  @bristolflyerscommunity  @FlyersCommunity
 Community@bristolflyers.co.uk



BRISTOL FLYERS COMMUNITY HUB SESSIONS

VENUE: Cotham School, BS6 6DT

DAY: Saturday

TIME: 9am - 4pm

FOR: Reception - Year 13

Delivered by expert coaches. All abilities welcome.
Basketball focusing on developing skills, game play and fun.



STAY UP TO DATE

  @bristolflyerscommunity  @FlyersCommunity
 Community@bristolflyers.co.uk

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The STEM Factory

@Westbury on Trym C of E Academy



What: Video Game Design

Pt1

5, 60 min sessions

When: Mondays, 15:20 - 16:20

Start Date: 07/09/26 - 05/10/26

Who: Yrs 5 & 6

Price: £54.00



Level Up: Become a Video Game Architect

Ever wondered what it takes to build the next viral hit? In this high-octane introduction to game design, pupils aren't just playing - they're **building**. Using the professional **Design Thinking** process, students will step into the shoes of a Lead Developer to bring their own digital universe to life.

The Quest Log:

Blueprint Your world: From legendary heroes to treacherous villains, pupils design every pixel of an original Platform-based adventure.

Iterate to Greatness: By analysing player behaviour and gathering "pro-tips" from peers, students will refine their builds - turning a good game into a masterpiece.

The Goal: Master the art of the "Feedback Loop" to create a game that's as playable as it is polished.

For further information and to register your interest, visit:

thestemfactory.co.uk