Newsletter Term 5

1 - A MESSAGE FROM CHRIS BALLARD - PRINCIPAL

Dear Parents and Carers,

I would like to take a moment to say how much I have enjoyed transitioning back into Digitech this term. It has been a busy and highly productive period for everyone involved.

This term has seen the start of the GCSE exam series, the completion of moderation, a wonderful showcase of students' musical talents at Digifest, and, of course, our recent Ofsted inspection. Throughout all of this, students have demonstrated commitment, resilience, and a positive attitude.

I would like to thank the students for all of their hard work and efforts this term. I would also like to extend my sincere thanks to parents and carers for your continued support of the school—it is greatly appreciated and plays a vital role in our success.

I hope you enjoy reading about the highlights from this term in our newsletter.

Best wishes,

Chris Ballard

Principal

Term Dates 2025-2026

Term 5	
First day of term for students	Monday 20th April 2026
Last day of term for students	Friday 22nd May 2026
Bank Holiday	Monday 4th May 2026
Term 6	
First day of term for students	Monday 1st June 2026
Last day of term for students	Tuesday 21st July 2026
INSET Dates	Friday 3rd July 2026

Term Dates 2026/2027

Term 1	
First day of term for students	Monday 7th September 2026
Last day of term for students	Wednesday 21st October 2026
INSET Dates	Thursday 3rd September 2026 Friday 4th September 2026 Thursday 22nd October 2026 Friday 23rd October 2026
Term 2	
First day of term for students	Monday 2nd November 2026
Last day of term for students	Friday 18th December 2026
INSET Dates	Monday 23 November 2026

Term 3	
First day of term for students	Tuesday 5th January 2027
Last day of term for students	Thursday 11th February 2027
INSET Dates	Monday 4th January 2027Friday 12th February 2027
Term 4	
First day of term for students	Monday 22nd February 2027
Last day of term for students	Thursday 25th March 2027
Bank Holidays	Friday 26th March 2027

Term 5	
First day of term for students	Monday 12th April 2027
Last day of term for students	Friday 28th May 2027
Bank Holiday	Monday 3rd May 2027
Term 6	
First day of term for students	Monday 7th June 2027
Last day of term for students	Friday 23rd July 2027
INSET Dates	Friday 2nd July 2027

3 - **INFORMATION FROM PHIL - SAFEGUARDING**

Parenting When Separated – Upcoming Course June 2026

A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

6-week course starting on Monday 8th June to Monday 13th July 6.30–8.30pm online

For more information or to reserve your place contact: relationshipsmatter@southglos.gov.uk

📝 Referrals

Please speak to the schools Safeguarding team if you would like a referral to this group.

[redacted]

Mental health and wellbeing support / General cost of living advice

Feeling worried about money or bills? Don't be afraid to ask for help if you are struggling, you may be entitled to extra support.

Many people are feeling stressed and overwhelmed right now. Remember to be kind to yourself and take time to look after your wellbeing.

If money worries are affecting your mental health, **free support and advice is available at**: www.oneyou.southglos.gov.uk

Make sure you are claiming all the benefits you are entitled to, as millions of pounds of benefits go unclaimed every year.

You can check on the government online benefit calculator here: https://www.gov.uk/benefits-calculators

To find out what local financial help is available: www.southglos.gov.uk/costofliving

You can also visit a One Stop Shop in Kingswood, Patchway or Yate or call the council's **freephone helpline: 0800 953 7778.**

4 - **YOUNG CARERS**

STUDENT SUPPORT AVAILABLE - MONDAY AND THURSDAY BREAKTIMES, IN THE HUB INTERVENTION ROOM.

We know that for some students, there is someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction.

We think in every class there could be as many as two students who are helping to support someone because of one of these factors – we call these students Young Carers.

Students can be young carers for lots of different reasons:

They might be providing support to a parent/carer with a physical illness such as fibromyalgia or ME, they could be cooking, fetching shopping/collecting medication, helping with siblings.

They might be helping a parent/carer with a disability who needs help with more personal tasks such as getting dressed, bathing or changing dressings.

Or it could be more emotional support – like supporting their sibling with additional needs, taking responsibility for young siblings whilst parents/carers attend health appointments, or checking that a parent/carer with depression/anxiety is ok.

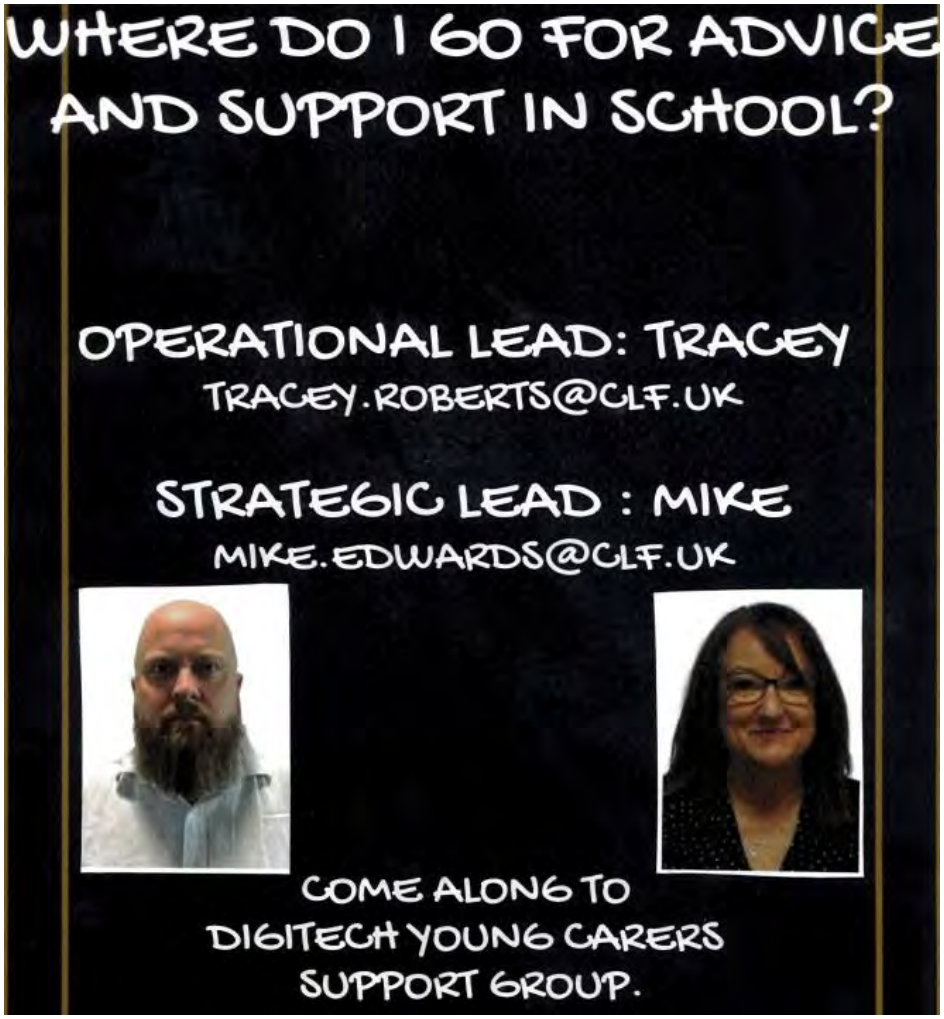
Some young carers might be doing lots of caring, others just a small amount but are impacted by the situation at home, for example by worrying about the person with the health condition or needing to do more things for themselves compared to other students.

We are committed to ensuring that all students get the support they need to have a positive school experience, are happy in school and can achieve their full potential.

If you think that any of the above applies to your child, and that they might possibly be a young carer, please contact: Mike Edwards – Young Carers SLT Champion or Tracey Roberts – Young Carers Operational Lead.

Mike.Edwards@clf.uk

Tracey.Roberts@clf.uk


WHERE DO I GO FOR ADVICE AND SUPPORT IN SCHOOL?
OPERATIONAL LEAD: TRACEY
TRACEY.ROBERTS@CLF.UK
STRATEGIC LEAD : MIKE
MIKE.EDWARDS@CLF.UK
COME ALONG TO DIGITECH YOUNG CARERS SUPPORT GROUP.

You can also text our anonymous chathealth service: 07312263093 Mon-Fri, 9am - 5pm.

For more information visit: Sirona-cic.org.uk/children-services/services/chathealth/

[redacted]

6 - **WORK EXPERIENCE INFORMATION - Deadline to find a placement - 26th June**

All students need to look for a placement to take place during the week Mon 6th - Fri 10th July 2026.

We are also offering an additional week for those students who are keen to find something within the industries we represent here at Digitech (Creative, Digital, Technology and Media)

This week can take place anytime during year 10 and our hope is that with this flexible approach students will be able to secure something that is meaningful and will add value to their career learning journey.

The expectation is on the student to find a placement.

Paperwork will need to be completed by both parents / carers and employers. Please report any placements to martine.thomas@clf.uk or jane.morgan@clf.uk

NOTE: Students will not be allowed out without the paperwork complete.

Work experience offers a great opportunity for students to experience the world of work and all that will mean, it is a key part of our careers programme here at Digitech and so it is our expectation that all students will take part in some way. If finding a whole week is a challenge, please consider a couple of days.

We are running a drop-in session every Monday lunchtime in the canteen for students to come with any work experience related questions or to report placements and we will continue to do this for the rest of the academic year, please encourage your child to come along. As a school we do not have a list of placements or the capacity to find those placements but can certainly help with giving ideas or showing how to contact employers.

Should you have any questions please do not hesitate to contact

jane.morgan@clf.uk **or**

martine.thomas@clf.uk

Jane Morgan

Careers and Employability Coach

South Gloucestershire Virtual School

Information Session for Adoptive Parents

Join South Gloucestershire Virtual School for an informative and supportive session for adoptive parents.

This session will include a presentation from the Virtual School team, offering clear guidance on education and support for adopted children, followed by time for discussion and questions. There will also be an opportunity to connect with other adoptive parents in a relaxed and welcoming environment.

The session will cover:

✅ How the education system works – key processes, pathways, and who's who in school

✅ What schools should be providing – your child's entitlements, including support and reasonable adjustments

✅ Working effectively with schools – building positive, collaborative relationships with staff

✅ Reasonable adjustments – what to expect and how to advocate for your child

Whether you are new to adoption or looking to strengthen the support around your child, this session will provide practical information, professional insight, and the opportunity to ask questions in a supportive setting.

Event details

📅 **D**ate: 26th June

🕐 Time: 11:00am – 1:00pm

📍 Venue:

Bristol and Bath Science Park

Dirac Crescent

Bristol

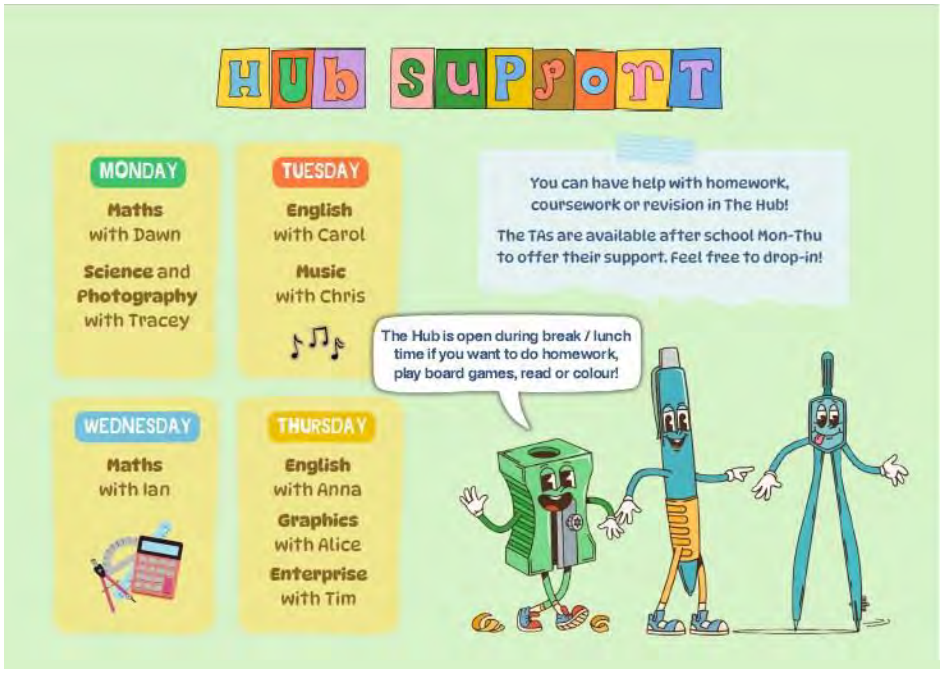
BS16 7FR

☕ **Refreshments will be available.**

To reserve a space please
email Nicola.langham@southglos.gov.uk and sara.miles@southglos.gov.uk

Please provide an email address and telephone number for each person attending.

Children's details (optional) If you are happy to do so, please also share the age and school year of your child or children. This will help us better understand our audience and plan accordingly.



Exam Support and Resources - Kooth

Here's a selection of resources to help you support your community during this time.

Access the full toolkit here

It is important to remind your young people of the following-

· There are ways to manage feelings of stress or worry during exam season, visit the **Exam stress calm zone**.

· Exams don't define who they are, or measure everything, see our popular article, **10 things standard exams don't measure**.

· Self-care is important, help them tackle feelings of exam overwhelm with our **Self care bingo card.**

· There are tips on navigating exams and big changes in our **Exam stress and managing change video.**

For families-

· Guidance on **Supporting your child through exam stress, how you can help your young people.**

Book an exam stress or transition-themed talk to introduce your young people to Kooth's safe, anonymous community.

Use this form

You can also order free print materials and arrange staff training on Kooth, and digital mental health support.

9 - **A LOOK BACK AT SKILLS AND ENTERPRISE WEEK IN TERM 4**

Students had a fantastic week exploring real-world skills and future pathways.

Students worked on the below topics.

Life saving skills and first aid

Spaghetti towers in STEM

CV and personal statement writing

Skills within ARTs that could be used in any industry

Skills within English - Storyboarding for a promotional video about Digitech

Freelancing for the creative industries with Access Creative College

An introduction to Apprenticeships with Apprenticeship West

Investment challenge with the Talent Foundry - Students competed against each other to invest money and see who came out on top, learning about different ways of investing and risk vs reward.

Overall, the week was both informative and engaging, giving students a real taste of different careers and life enhancing skills. Students have done some fantastic work!

Jane Morgan

Careers and Pathways Lead

Year 10

Students are starting to revise for end of year mock exams which start towards the end of June. There has been a lot of content covered this year, so lots to go through in the next few weeks.

Year 11

Students have completed the non-calculator maths paper, so its calculator all the way from here. Expect to see lots of trigonometry and quadratic formulae over the next few weeks.

Gareth Williams

Senior Leader

11 - **ENGLISH HIGHLIGHTS**

Year 10, students have explored J. B. Priestley's 1945 play An Inspector Calls. As well as being part of their study for English Literature, it's a great text to help students debate big social issues such as responsibility, discrimination, prejudice and class. We're encouraging students to get their own copies of the play so they can annotate and highlight. If you have any questions about the edition, please ask! Year 10s will have mock exams later in the year, and for early understanding, those mocks will be as follows:

English Language Paper 2 (Analysing and writing fiction)

English Literature Paper 1 (Macbeth, A Christmas Carol)

Year 11's are so close to their exams and we hope the exams summary and revision timetabling advice is helping. All students have been given past papers and all are welcome to ask for customised homework tasks via Seneca or additional past papers. In these final weeks, students must know that we are ready and willing to support them and we're eager for them to succeed.

Ashley Williams

Head of English

12 - **PROGRESS IN SCIENCE**

Year 10 Science

Students have been exploring a wide range of topics this term, including **extracting metals**, **radioactivity**, **chemical reactions**, **genetics**, and **evolution**. Their final topic of the year will be **health and disease**, after which they will begin revising for their **mock exams at the start**

of Term 6. These mock exams will assess all content studied so far. Please encourage your child to begin regular revision. Helpful resources include the materials on **Bromcom**, their **previous test and mock feedback sheets**, **Sparx Science**, and the **revision guide**.

Year 11 Science

Students have been working incredibly hard as they complete their revision for the upcoming GCSE Science exams. Their effort this year has been great to see, and we wish them the very best as the exam period begins.

Siobhan Cole

Senior Leader

Year 10: Earning Money in the Music Industry (GCSE Coursework)

Year 10 Business Studies students have been working hard on their GCSE coursework, focusing on the theme *Earning Money in the Music Industry.* This engaging unit has encouraged students to explore how real businesses and entrepreneurs generate income in a highly competitive creative industry.

Students selected an artist of their choice to research, with a fantastic range including Oasis, Taylor Swift, Sabrina Carpenter, and UK artists such as Stormzy and Dave. Through these case studies, students are investigating what makes artists successful and how they turn creativity into profit.

This term's main focus will be on the different revenue streams available to artists, including:

• Composition and song writing

• Live performances and touring

• Merchandising

• Recording, streaming and digital sales

Students are learning that successful businesses rarely rely on just one source of income and that diversification is key to long term success. The coursework also helps to develop research

skills, financial awareness and evaluative thinking, all essential components of the GCSE specification.

Coursework deadline: Start of Term 6

Year 11: Completing the GCSE Journey – Branding Unit

Year 11 students have now completed their GCSE Business course, finishing strongly with the Branding Unit during their final term.

In this unit, students researched well known brands such as Nike, Asda and Amazon, analysing brand identity and image, logos, slogans and colour schemes, target markets, and emotional appeal and customer loyalty.

Using this knowledge, students then applied branding techniques to design their own promotional campaigns to help established companies such as Coca Cola, Heinz and Pepsi increase their profits.

Some excellent examples included: Creative advertising campaigns including Coupons, posters, bus adverts, billboards social media posts, logos. Well done for all your hard work, it has truly paid off

Joshua Sterling

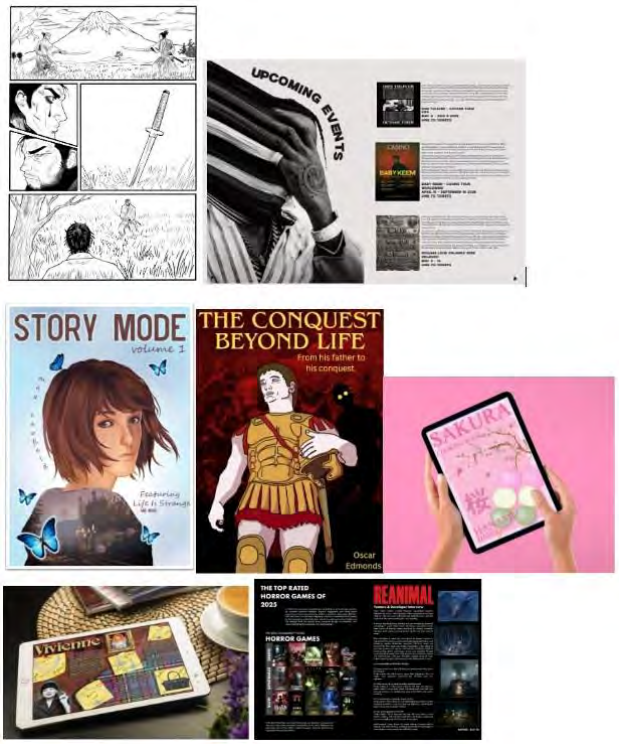
Teacher of Business

Year 10 Media students have successfully completed their first unit and are now taking part in a range of creative skills-building workshops. These include frame-by-frame animation using Adobe Animate, exploring techniques such as rotoscoping, alongside developing their digital illustration skills using drawing tablets. Students are building confidence across a variety of industry-standard creative tools and techniques.

Year 11 Creative Digital Media students have now completed their coursework, finishing the course with an exciting vox pop project where they filmed around the school, interviewing students and staff to capture “the voice of the people” on a range of topics, including Pokémon, next steps, and music preferences. Students worked collaboratively in production teams, using a variety of professional software and equipment to create their vox pops, including Adobe Premiere Pro, DSLR cameras, microphones, and tripods.

Congratulations to all Year 11 students on completing Creative Digital Media, and we wish them the very best of luck in their upcoming exams!

Year 12 Media students have recently completed their digital ePub projects, with outcomes ranging from music magazines and graphic novels to manga-inspired publications and Japanese cookbooks. The quality of work produced has been fantastic. Students developed their skills using professional industry software including Adobe Photoshop and Adobe InDesign, expanding both their technical and creative abilities. Next they will be exploring Photography in their next unit.



Year 13 Media students are currently working on self-directed personal projects to strengthen their portfolios in preparation for university, apprenticeships, and future careers within the creative industries. Projects this year include animation, an anti-bullying PSA video, music videos, album cover campaigns, children's books, photography books, and many more creative outcomes.

We would like to wish our Year 13 students the very best of luck with their final projects and next steps. They have been a fantastic cohort and should be incredibly proud of their achievements.

Their work will also feature in the upcoming Art Exhibition, which will showcase a range of incredible creative projects produced over the years, so keep an eye out for more information coming soon!

Lily Knibbs

Teacher of Creative Digital Media

15 - **PHOTOGRAPHY THIS TERM**

Photography

Students have gotten straight into their Coursework this term by exploring the theme of Together/Apart. We have been focusing on fleshing out the concept of Together/Apart and identifying student's own personal interests within this theme. Many students have demonstrated fantastic initiative for their learning by completing their first photoshoot, inspired by an artist of their choice, outside of lessons which has yielded some fantastic personal and meaningful responses.

Ruby Fleming

Teacher of Art & Photography

16 - **ART RECAP**

Art

Students have made an excellent start to their Coursework this term, exploring the theme of Identity. To ensure students are able to create an idea that is conceptually rich and unique to them, we have been focusing on exploring our individual identities and how to represent these ideas visually, as inspired by other artists and art movements.

Ruby Fleming

Teacher of Art & Photography

Graphic Design

Students have made a strong start to their magazine project this term, focusing on designing and developing their own magazine covers based on a personal interest. We have been exploring how professional designers use layout, typography, and imagery to communicate a clear visual identity and engage a target audience. Students are working to refine their concepts, ensuring their designs are both visually striking and meaningful, while reflecting their individual interests and creative ideas.

George Harris

Teacher of Graphic Design

Year 10

Esports students have been developing their creativity by designing their own esports teams, including logos, colour schemes, and brand identities. They explored how professional organisations build strong visual brands and applied these ideas to create unique and eye-catching designs. Students also considered their target audience and team values, ensuring their branding reflected a clear identity. This project has helped them build both their design skills and their understanding of the esports industry.

Year 11

Esports students recently presented their ideas for an esports event, showcasing their creativity and planning skills. For many, this was their first experience presenting to an audience, and they rose to the challenge with confidence. Their presentations demonstrated thoughtful

consideration of event structure, audience engagement, and branding. It was great to see their growing communication skills and professionalism, which made a strong impression.

Karl Gill

Curriculum Lead of Enterprise & DEIB Lead

19 - **THIS TERM IN MUSIC**

Y10

Students have been finishing their Music Production Unit, learning how to use 'Digital Audio Workstation' software (Logic Pro) to produce music using a range of techniques and tools. They are now starting a summer 'Music Industry Project' where they can choose one of three different projects to complete between now and Oct half term. They are choosing between a Collaborative Music making project, Planning and putting on a live music event, or Producing a Podcast. They already have some amazing ideas!

Y11

Students have been working on their Live Events unit, working brilliantly as a team to plan and deliver our 'Digifest' festival as part of their assessed coursework. It has been great to see students take responsibility in different roles during the planning of Digifest, collaborating well in sub-teams and all coming together on the day to take on three 30 minute 'shifts' to enable to smooth running of the festival.

Sam Eason

Teacher of RSL Creative Music Industry

20 - **DIGIFEST 2026 - April 30th**

That's a wrap on Digifest 2026!

Thank you to everyone that came along and supported the Y11's music festival.

Aside from the fun, the music and the funds raised for Prom - the fundamental aim of teaching the students about planning and producing a live music event was fulfilled with all Year 11 Music students working amazingly hard for the weeks before, and for their shifts during Digifest.

We hope you all enjoyed it as much as we did! It's been fun looking back through the photos of the stupendous selfies, showing off your merch purchases and seeing the connection everyone had with the outstanding performers, the live acts and DJs that gave up their time to entertain us all.

Thank you to our event sponsor, BCfm Radio and to our Live Stage sponsor, JDs Guitar Setups and Repairs who helped make it possible. Heartfelt thank you to all the Digitech staff who helped with the setting up and running of the festival, the support you gave the Digifest Team was immeasurable. A gigantic standing ovation and applause for all our incredible Artists and DJs - Leyton, Eli, Natalia and Kian, all current or former Digitech Students; what talent we have brewing here! We also give flowers to the amazing Tom and Lee from Young Martyrs who blew us all away with their set, as well as Kate and Ben who joined Sam for the The Acoustic Mixtape close the festival with a bang.

We hope the Y10 Music students were taking notes and have a few ideas to bring to the table for next year, when they will be bringing us Digifest 2027!

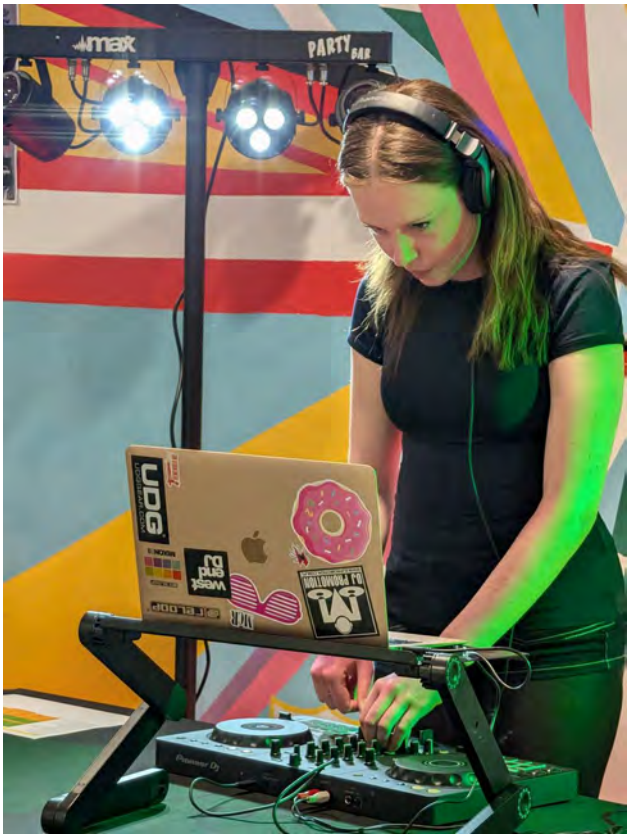
Sam Eason

Teacher of RSL Creative Music Industry

LIVE STAGE
SPONSORED BY
JD'S GUITAR SETUP & REPAIRS

LIVE STAGE

LIVE STAGE
SPONSORED BY
JD'S GUITAR SETUP & REPAIRS
YOUNG MADTURS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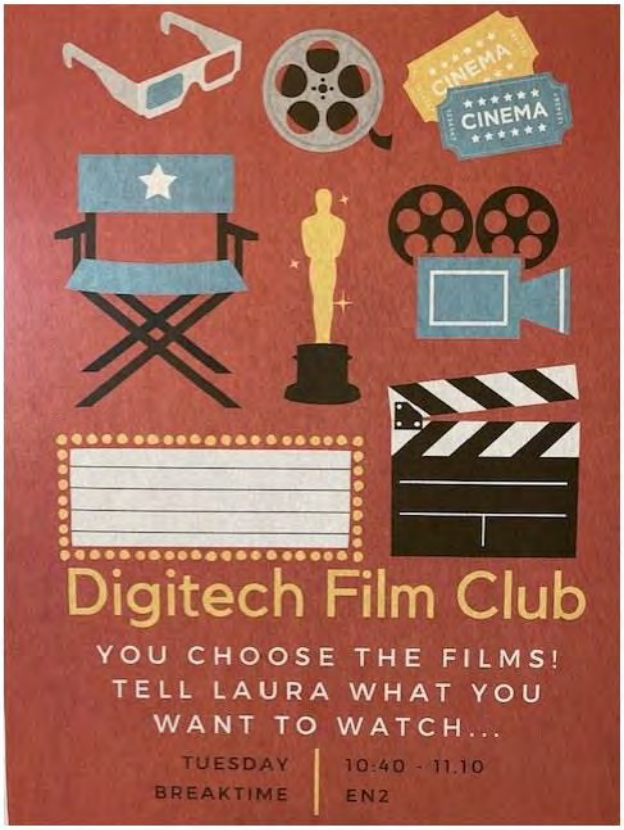
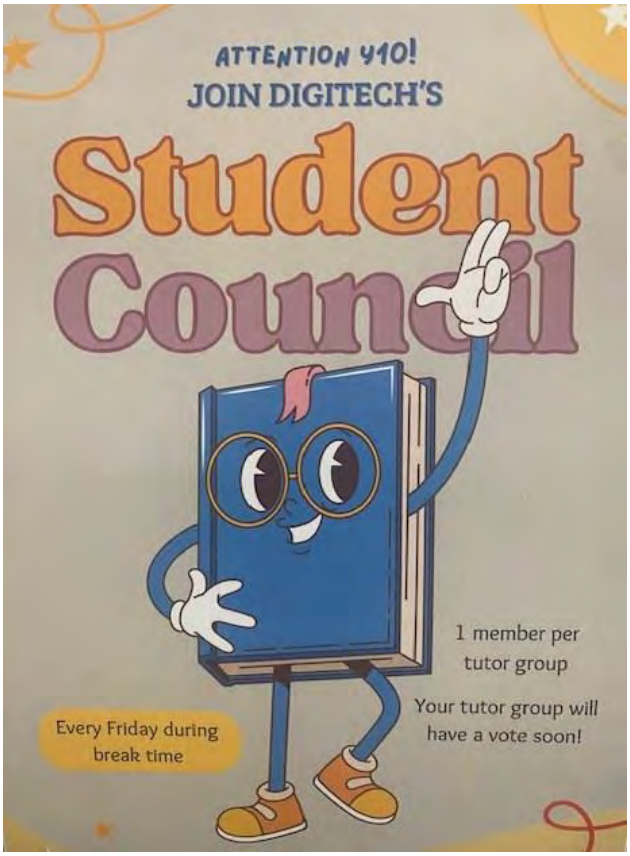
PARTY BAR

21 - **PARENT COFFEE MORNINGS - Future dates to follow**

22 - **DIGITECH CLUBS**


CINEMA
CINEMA
Digitech Film Club
YOU CHOOSE THE FILMS!
TELL LAURA WHAT YOU
WANT TO WATCH...
TUESDAY
BREAKTIME
10:40 - 11.10
EN2

CRAFT CLUB
Try out a new craft
• Pompom making
• Candle colouring
• Cross stitch
• Crochet
• Knitting
• Air dry clay
• DIY cards and gifts
• bring a project of your own
• Or come along and sit in a quiet space
Want to try something different?
Speak to Laura
Wednesday Lunchtime EN2


ATTENTION Y10!
JOIN DIGITECH'S
Student Council
1 member per tutor group
Your tutor group will have a vote soon!
Every Friday during break time

Autism Allies Group

Your voice matters. Your ideas count.

Are you a student with autism who wants to help shape how our school supports you and others like you?

Join our **weekly Student Voice Group** — a safe, welcoming space where you can:

- Share your thoughts and experiences
- Help make decisions that improve support for autistic students
- Connect with others in a small, friendly group
- Be heard and make a difference!

When: Fridays, **Period 2**
Where: The Hub
Led by: Alice (Pastoral Support Officer)

If you are interested, please let me know either via Email;

Alice.Smith@clf.uk or speak to me in school time

DATES FOR YOUR DIARY
Year 10 Parents' Evening - Wednesday 15th July
Post 16 Parents' Evening - Thursday 16th July
(Should these dates be rearranged we will notify you)
Inset Day - Friday 3rd July
Year 11 Exams 11th May - 15th July
Leavers' assembly - Friday 19th June 9.15am
Prom - Wednesday 1st July 7/7.30pm until 11pm

Digitech
STUDIO SCHOOL BRISTOL

Dress Code

At Digitech Studio School, we value your individuality and believe it is important for you to express yourself through your appearance. However, we also aim to prepare you for professional environments, which often have formal dress expectations. Therefore, we have established the following dress code to create a conducive learning atmosphere:

No revealing clothing: This includes any attire that exposes the midriff or shoulders.	**Appropriate length for bottoms:** Shorts, dresses, or skirts should be no more than two inches above the knee.
Avoid extreme fashion: No nightwear, clothing with offensive messages (words, logos, or images).	**Classroom attire:** Coats or jackets must be removed upon entering the classroom.
Headwear: Hats and hoods are not allowed inside the building.	**Jewellery and makeup:** Permitted as long as they meet health and safety standards.
Footwear: Must adhere to health and safety guidelines no high heels, flip-flops, sandals, sliders, or Crocs.	

PE Kit

While there is no specific Digitech Studio School PE kit, students are expected to wear appropriate sports attire. This includes trainers, tracksuit bottoms or shorts, a t-shirt, and a sports top. Additionally, students should bring a long-sleeved top and a waterproof layer for outdoor activities, especially in cold weather.

Jewellery and piercings: Must be removed before PE lessons.
Hair: Any hair chin-length or longer must be tied back.
Footwear: Should provide adequate grip and ankle protection. Shoes and boots are not suitable for PE.

For any questions regarding PE, please contact the team: Simone.Ryan@clf.uk Jack.Riley@clf.uk

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We reserve the right to determine and address any dress code violations and expect full cooperation from students and parents. Our goal is to ensure everyone feels comfortable, and discussions about attire are meant to promote a respectful and considerate environment. Thank you for adhering to these guidelines and for your courtesy towards the school community.

24 - **HIRE OUR SCHOOL HALL**

Click here to find out more - https://digitechstudio.schoolhire.co.uk/main-hall/39453

Looking for a venue to host a meeting, community groups (Scouts, Guides) or talks –

Look no further than Digitech!

Main Hall

Digitech Studio School in Bristol

Pricing

Details	Size	Weekday (£)	Weekend (£)
Full Hall	8 x 9	25.00	30.00
Weekend Full Day	8 x 9	n/a	200.00 (fixed fee)

Prices shown are per hour unless otherwise stated and may be subject to VAT.

What you will find at this facility

Maximum capacity - 50 people.

Our Main Hall provides a flexible facility to meet your requirements whatever your needs.

Its flexible options make it perfect for many different types of events. Potential uses include dance/exercise classes, community groups and functions

The Hall is based on the ground floor and has full disabled access. It comes equipped with interactive screen, chairs and single or meeting desks (upon request). Based on your requirements the room could be set up in many different ways, so please include full details on the booking request.

There is limited parking available on first come first served basis.

Should you wish to clarify anything, please use the messaging feature.

Location

Tower Road North, Warmley, Bristol, BS30 8XQ

Recruiting now for volunteer

CADET LEADERS

IN SOUTH GLOUCESTERSHIRE

Do you have a **sense of adventure**?

Could you **make a difference** to a young person's life?

You don't need policing experience to volunteer. Our police cadets are supported by a fantastic team of volunteer adult leaders, who have different backgrounds and a diverse range of skills and experiences.

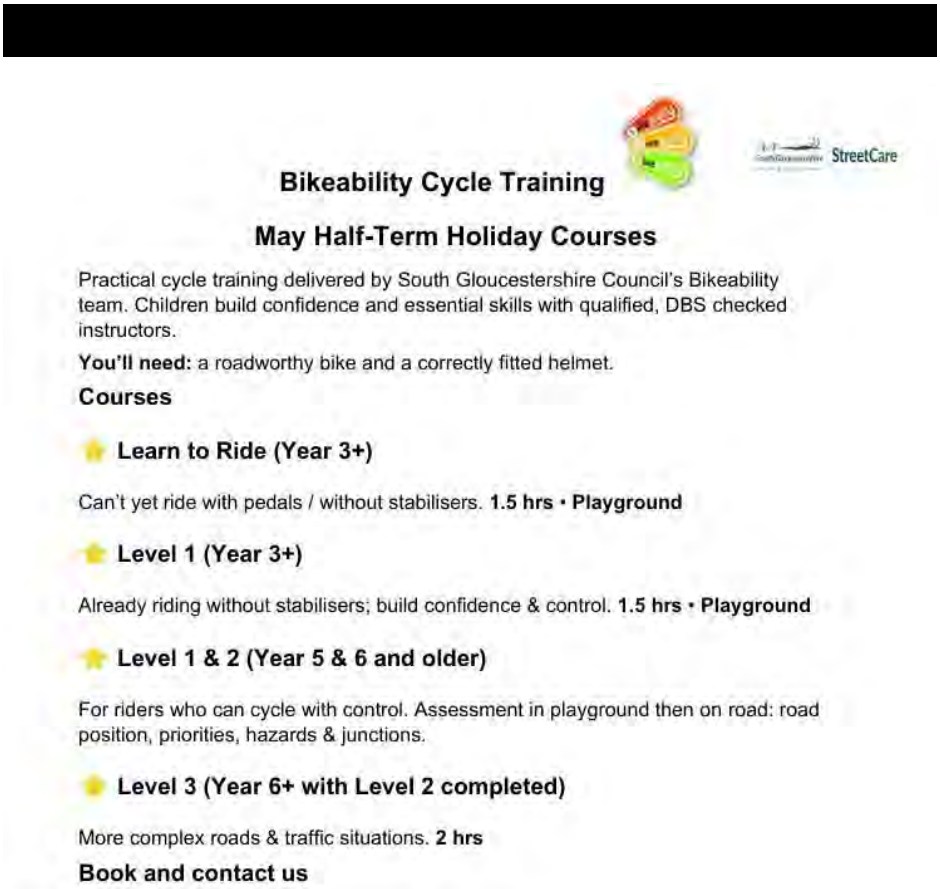
Based in Patchway or the surrounding area, they give a few hours of their time each week, to support our cadets as they learn about policing, participate in fun activities and attend community events.

Find out more or apply

If you're motivated, creative and looking for a new opportunity, scan the QR code to find out more or search 'Volunteering opportunities' on our website:

www.avonandsomerset.police.uk

www.jigsawthornbury.org.uk/events



Bikeabilitycycletrainingsouthglouthgloucestershirecouncil

Scroll to holidays

- A **non-refundable booking fee** of **£5.50** applies.
- **Places are limited:** one course per child per holiday period.
- **Cancellation:** 48-hour notice required.
- Bikes may be available by prior agreement; bring your own helmet.

Locations

- **Bradley Stoke Community School** – Fiddlers Wood Lane, Bradley Stoke, BS32 9BS

ONLINE TUTORS
KEEPING CHILDREN SAFE

GUIDANCE FOR PARENTS & CARERS

YOU MIGHT GET A TUTOR FROM SCHOOL, A GOOGLE SEARCH OR A RECOMMENDATION. BUT ANYONE CAN CALL THEMSELVES A TUTOR, SO HOW CAN YOU KEEP YOUR CHILDREN SAFE IF YOU GET THEM A TUTOR?

1) Select the right tutor

- Get to know them first - ask about qualifications, experience (freelance? umbrella body?) & approach
- Take up references and speak to them if you can
- Ask to see a DBS (criminal record) check. NB - private tutors can only get the basic check; (don't let a DBS give you a false sense of security though)
- Find out which platform they will use and its safety features

2) Establish clear rules

- Sessions must always be arranged via you; the tutor should not contact your child directly between sessions, send private messages or change communication platform
- A tutor is not a friend – they should behave in a professional way, like a teacher
- Sessions must not be recorded without your approval
- Try to be in the room for all sessions, especially for younger children, and certainly the first time
- Your child should not join a session from a bedroom. If this is unavoidable, pop in frequently, ensure they are fully dressed at all times, point the camera away from beds & personal information; blur or change the background

3) Make sure your child knows

- The rules apply to them and the tutor
- A tutor is a teacher not a friend
- The RED FLAGS: asking to communicate directly, change platform or meet up (if not booked via you)
- Neither tutor nor child should share personal information, private messages or photos & videos
- They must never meet without your approval or communicate on a different platform
- Who their trusted adults are at home and school
- They can tell you if they are asked to keep a secret or anything happens or is said that is strange or makes them feel uncomfortable, scared or upset

FIND MORE SAFEGUARDINGRESOURCES TO SUPPORT PARENTS AT PARENTSAFE.LGFL.NET

LGfL SafeguardED

Community Welcome Spaces

Community Welcome Spaces are free to use and offer a warm, friendly welcome.

Many provide hot drinks, activities and facilities, along with information on local financial support and energy-saving tips.

Some spaces also offer free cooking classes for adults and children.

***Find a welcome space near you at**: www.southglos.gov.uk/community-welcome-spaces*

[redacted]

BOOST YOUR CONFIDENCE

King's Trust TEAM

THE 12-WEEK TEAM PROGRAMME

Day 1: Meet new people

Don't worry about turning up on your own – there'll be about 12 people joining and everyone will be in the same situation. It'll be informal, and there'll be plenty of activities, so you'll soon feel part of things.

Week 1: Plan ahead

You'll start planning for the weeks ahead – setting out what you want to achieve and finding out how to get your qualifications. You'll also likely to be planning for your residential trip.

Week 2: A new adventure

You're likely to spend part of this week away – trying new things and learning how to work with others. This gives you a chance to break away from your current situation. The sort of things you could do include canoeing, climbing, raft-building and much more!

Weeks 3-6: Something to talk about

You'll decide on a project to benefit your local community as a team and will carry it out. You might be surprised at what you can achieve together. This gives you great experience to talk about at interviews.

Sign up to your local team ***Website****:* ***kingstrust.org.uk/team*** *or* ***Call free****:* ***0800 842 842***

[redacted]

'What I wish my parents or carers knew'

A guide for parents and carers on managing children's lives.

Guide for Parents and Carers - Children's Digital Lives

Website:** https://life.southglos.gov.uk **or scan the QR code

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NSPCC

Helpline

For any concerns about a child
help@nspcc.org.uk | 0808 800 5000

Concerned about a child? Talk to us.

Whether you're worried about a child, or are looking for guidance or support, our child protection specialists can help.

Search **NSPCC Helpline**

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Free counselling via an online webchat and free support/advice available 24/7 via confidential helpline, emails via the website.

***Website**: www.childline.org.uk*

[redacted]

- ***SilverCloud – New Digital Mental Health Service***

Developed by clinical experts and backed by research, SilverCloud provides interactive tools and strategies to help manage anxiety, low mood, stress, and build resilience. Programmes are confidential and can be accessed any time from a computer or mobile device. The service complements our wider NHS mental health offer in BNSSG and strengthens our commitment to improving the emotional health and wellbeing of local families.

SilverCloud is most suited to young people over 13 years old who are presenting with a mild to moderate level of anxiety or low mood and willing to give online CBT a try. It is likely they will be able to navigate and utilise the platform independently, though there are SilverCloud supporters available who will provide support to young people and their parents as they use the programme.

There are also modules available for parents and carers to help them to support their children and young people with anxiety or low mood. There are two options available for parents and carers, those whose children are 5-12 years and another for parents and carers of children over 12.

To self-refer, visit the Northpoint SilverCloud referral page for BNSSG. If you are unsure about the suitability of the programme, you can contact Northpoint directly.

Tel**: **0113 868 3483

***Website**: bnssg@northpoint.org.uk*

SilverCloud by Amwell® | NORTHPOINT

Anxiety Programme for Teens

It's normal to feel anxious sometimes. But if it feels like worries and fears are taking over your life, you may need help to manage how you're feeling.

SilverCloud® by Amwell® is a mental health platform you can access whenever you need to. Our programmes are based on Cognitive Behavioural Therapy, or CBT for short. The ***Anxiety*** programme is designed to help you understand your thoughts and feelings. You'll learn why you might feel the way you do, and what you can do to start feeling better.

Knowledge and Learning

You'll learn how your emotions, feelings and actions are linked. It will help to make sense of what you're experiencing, and why it can sometimes be hard to change things.

Skills and Strategies

Lots of young people experience anxiety but for different reasons. By becoming aware your emotions and physical feelings you can start to spot your own patterns and triggers. You'll learn how to catch negative thoughts and begin to challenge them.

Forging Ahead

At the end of the programme, you'll have learned how to tackle your anxiety and face your fears in small, manageable steps. You'll be able to spot the warning signs that your anxiety is getting worse again, and what you can do to help yourself stay well.

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SilverCloud by Amwell | NORTHPOINT

Low Mood Programme for Teens

It's common to feel down or experience a low mood sometimes. If you feel that your mood is low all or most of the time, it's a good idea to speak to someone and get support.

SilverCloud® by Amwell® is a clinically proven digital mental health platform. Our programmes are based on Cognitive Behavioural Therapy, or CBT for short. The programme to manage ***Low Mood*** will help you to understand your thoughts and feelings.

Knowledge and Learning

You'll learn how your emotions, feelings and actions are linked. It will help to make sense of what you're experiencing, and why it can sometimes be hard to change things.

Skills and Strategies

Lots of young people experience low mood, but the causes can be different for each person. By tuning into your emotions and physical feelings, you can start to spot your own patterns and triggers. You'll learn how to catch negative thoughts and challenge them.

Forging Ahead

At the end of the programme, you'll have learned how to improve your mood by doing things you enjoy. You'll be able to spot the warning signs that your mood might be getting worse again, and what you can do to stay well.

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Is this programme for me?

This programme can help you learn how to manage the tough emotional and physical symptoms of low mood.

You can access the ***Low Mood*** programme on your phone, computer or tablet – wherever and whenever you need it.

There may be days when you don't feel like using your programme, but just doing a little bit every day can make a real difference to how you're feeling.

Cognitive Behavioural Therapy

CBT is a very effective treatment for low mood. It helps you to understand what's going on and make changes to start feeling better.

Modules in the *Low Mood* programme:

- **Understanding Low Mood** – Learn how low mood can impact you and how CBT can help.
- **Noticing Feelings** – Explore your feelings and emotions and learn how you can change them.
- **Boosting Behaviour** – Find new ways to move from being stuck, to taking positive action.
- **Spotting Thoughts** – See how your thoughts affect how you feel.
- **Challenging Thoughts** – Begin to tackle negative thinking.
- **Bringing it All Together** – Combine the skills you have learned to make a plan to stay well in the future.

Tools and Activities

The ***Low Mood*** programme includes helpful tools and activities including:

- **Personal stories** – Find out how other young people experience low mood. It can help to know that you're not alone.
- **Quizzes** – Test your knowledge of low mood and separate the myths from the facts.
- **Mindfulness exercises** – Take a moment to slow down and find peace with our podcasts.
- **Personal journal** – Keeping a journal can help you to sort through your thoughts and feelings, reduce stress and solve problems.
- **Mood Monitor** – Track your moods and see how they are affected by your lifestyle choices.
- **Activity Scheduling** – Use this technique to motivate yourself to do things you enjoy.

[redacted]

- ***NHS website***

Advice for parents on a range of parenting issues, including talking to teenagers, fussy eating and teenage aggression. ***Website****: (www.nhs.uk)*

[redacted]

- ***CCP – Caring for communities and people***

Offer outreach support and parenting courses for families at an early help level.

***Website**: (ccp.org.uk)*

[redacted]

- ***BETA***

BETA Cost of Living Support

South Gloucestershire Council

***Website**: (Southglos.gov.uk)*

BETA Household Support Fund

South Gloucestershire Council

***Website**: (southglos.gov.uk)*

The government has provided funding for us to support people who are struggling to buy food, pay for energy bills, and cover other essential costs linked to energy, also wider essentials such as sanitary products, warm clothing, soap and blankets).

BETA Financial Support and Wellbeing

South Gloucestershire Council

***Website**: (southglos.gov.uk)*

[redacted]

OTR

NHS
Avon and Wiltshire
Mental Health Partnership
NHS Trust

Mental Health Support Team

Mental Health Support Teams (MHSTs) were established to support schools, helping them develop ways to look after the mental health and wellbeing of children and young people (CYP) as well as the wider school community including school staff and parents/carers.

The MHST are now delivering online sessions which are free to sign up to. Please scan the QR code below to register for our next webinar.

NEW

Online Parent/Carer Sessions

An Introduction to Anxiety

NEW

To sign up, please complete a registration form here:

MHST Online Session

What is it? This session covers:

- What anxiety is, when it is useful, when it becomes unhelpful, and what keeps anxiety going.
- Our body's response to anxiety focusing on our thoughts, feelings, physical sensations and behaviours.
- Providing strategies for managing and overcoming anxiety

Who is it for? Helpful for parents and carers whose children may be struggling with mild anxiety.

When are they? Sessions will be run at 12pm-1pm every Wednesday, Thursday and Friday.

New topics and dates will be released regularly.

***Free self-referral** counselling service for young people age 11-15, who are experiencing low mood, depression, anxiety, phobias, self-harm, eating problems and/or anger.*

Young people can call, email or text, services operate in Patchway, Kingswood and Yate, and they also offer parent support groups and sessions.

See Facebook, Twitter and Instagram for more information including up to date groups and activities.

Tel**: **0808 808 9120

Text**: **07896 880011

***Website**: (otrbristol.org.uk)*

***Email**: hello@otrbristol.org.uk*

[redacted]

• *Kooth*

Free safe and anonymous online support for young people 11-18, Monday - Friday 12pm- 10pm, Saturday and Sunday 6pm - 10pm.

Talk to our friendly counsellors, read articles written by young people and get support from the Kooth community.

***Website**: https://kooth.com*

[redacted]

• *Young Minds*

A National charity which offers confidential online and telephone information and support, for anyone worried about the emotional, behaviour, or the mental health of a child or young person up to 25 years of age, Including ADHD, Autism and Aspergers.

Young Minds Crisis Messenger Service Free 24/7 support across the UK if you are experiencing a mental health crisis.

***Text**: YM to 85258*

***Tel**: 0808 802 5544*

[redacted]

• SEND and You - 'SAY'

Local SEN and disability information service (SENDIAS) Information and support around Special Educational Needs and Disabilities, for children, young people and families.

(previously Supportive Parents)

***Tel**: 0117 9897725 Mon-Fri 9.30 - 4.30*

(answerphone at other times)

***Website**: support@sendandyou.org.uk*

[redacted]

• JIGSAW

Jigsaw Thornbury support families who have children aged 0 -25 years with additional needs or disability, this can be anything from learning needs such as dyslexia to complex disabilities or medical problems, including undiagnosed.

They offer weekly support group for parents, carers and children, and training courses on a range of topics.

***Drop in sessions** run every Tuesday term time only, 10 - 11.30am, held at our venue.*

We provide a safe, fun and inclusive environment to relax and connect for parents and

carers, with or without their children.

Tel**: **01454 416381

***Website**: www.jigsawthornbury.org.uk*

For Children with Additional Needs and Disabilities - SEN Lending Library, Events, Meetings, Bristol Area and the South West.

[redacted]

- ***South Glos Parents and Carers***

Information and groups for parents who have children with a disability and/or additional needs.

Offers a weekly drop in for parents and carers, support groups, workshops, counselling and events.

They also run the Parent Carer forum in South Gloucestershire to collect feedback and views from families with disabled children.

***Website**: (sgpc.org.uk)*

***Email**: team@sglospc.org.uk*

[redacted]

- ***South Gloucestershire Talking Therapies***

***Vitaminds** Therapeutic interventions including counselling and group courses, in line with differing needs, age 16+.*

***Self-referral via the website**: wellaware.org.uk*

Tel**: **0333 200 1893

NHS Talking Therapies

North Somerset & South Gloucestershire

***Website**: (vitahealthgroup.co.uk)*

[redacted]

- ***Samaritans**: Free confidential emotional support for those experiencing despair, distress, self-harm or suicidal feelings.*

***Tel**: **116 123** (free from any phone, 24/7)*

***Website**: www.samaritans.org*

'Here to listen'

***Email**: jo@samaritans.org*

[redacted]

WISHING YOU A LOVELY HALF - TERM BREAK.

Digitech
STUDIO SCHOOL BRISTOL