

Our vision: 'Learning to love, loving to learn'

This term's value: Forgiveness / Next term's value: Compassion

It has been a busy and fun term at St Chad's packed full of lots of great learning opportunities. It has been wonderful watching the children in their nativities and hearing the beautiful Carol singing. A huge well done to the children for their outstanding efforts with singing, dancing and narrating—performances to be proud of! It was brilliant to see so many parents/carers at the events. We hope you enjoyed them as much as we did. Thank you for your support with costumes and practicing songs etc. Thank you also to the staff for all of their hardwork supporting the children with their performances and for everything they do throughout the year.

As always, thank you to the FRIENDS and Governors for all of their dedication and commitment to the school over the year, and to you all for your continued support of St Chad's. We look forward to a continued partnership in 2024.

Wishing you all a great Christmas and a happy, healthy 2024. Have a safe and enjoyable holiday with loved ones and we'll see you on Wednesday 3rd January for Term 3.

**Kind regards, Mrs Jenkins**

## **Welcome to our new Friends Committee!**

We narrowly missed having to disband our Friends Committee in November but thanks to a small number of parents/grandparents, we managed to keep the charity running for the benefit of our children. Welcome and a big thank you to our new Committee: Aimee and Hannah (Co-chairs), Rosie (Secretary), John (Treasurer) and our committee members Liz, Louise, Amber and Rianne. Without our Friends, Movie Night wouldn't have been able to take place so we are very grateful to you all. We look forward to working with you to provide super opportunities for the school. A huge thank you to Claudia for 10 years volunteering on the Friends. She leaves us having helped to provide so many wonderful opportunities for the children of St Chad's and we really appreciate everything she has done.

## **Thank you!**

Thank you to Tom and Hannah Partridge for donating a £50 voucher for Signature Sports to help us with our mentoring provision.

Thank you also to Geraldine and Kevin Barry (Brodie in Reception's Grandparents) for donating the cups and squash for our Movie Night.

We thank Miss Powell's Grandad for coming in to talk to the KS1 children about flight/Concorde.

We have had the most trips we have had in a while this term and we have been so fortunate to have parents and staff volunteer their time to help so that these events still go ahead. We also have reading volunteers (Pete, Joanne, Charlie, Zoe and Emma) who dedicate time to support our children. Sally used to be a Specialist Teaching Assistant at St Chad's but still returns in a voluntary capacity to help deliver a variety of interventions for the children.

**We are very grateful to you all. Thank you so much for your kindness and support.**

## **Good Luck Sarah and Michelle!**

Sarah Coombs (a Key Stage One SEND Teaching Assistant) and Michelle (our Kitchen Manager) leave us tomorrow as they both have new job roles. We wish them all the very best in these new positions and thank them for the great work that they have done to support the children during their time at our school. We are delighted that Olivia Wearing, Kirsty Viner and Julie West have agreed to work additional hours to support with our TA provision. Our catering company will be recruiting for the Kitchen Manager role but at the moment, we have Sean and Debbie doing a super job keeping things going in the kitchen.

## **Welcome Jessie!**

We have been delighted to welcome Jessie as Admin Assistant in our school office. Jessie will work alongside Trish, our Admin Officer and has worked hard to learn our systems during a busy time for the office. It is great to have her on board.

## **Feedback from Local Authority Review—November 2023**

### **Focus: Writing**

**We are really proud of the outstanding feedback we received during a recent Local Authority review, which focused on writing provision at St Chad's. Please see some of the comments below.**

#### **Strengths:**

'The provision for Writing across the school is highly effective. Leaders at all levels have secured a strong offer around effective instructional leadership, high quality teaching, targeted academic support and wider strategies. This highly effective provision has come about because of the school's relentless focus on implementation and impact. The school is secure because of diligent leadership, attention to detail and the Head Teacher's investment in, and high levels of respect for Local Authority advice and for the children and their families.

Leadership of English is secure. Senior leaders have developed a robust and far-reaching inclusive culture. This culture has visibly inspired growth and implementation of strategies to improve Writing outcomes. For example, there is visible evidence of how the design for Writing has prioritised motivation (use of Drawing Club, Curious Quest and Word Bathing to name but a few). Motivation is instrumental in helping learners self-regulate. In turn, this is allowing children to be *curious* and draw upon the knowledge and skills to effectively *communicate*.

The Governor accountable for the quality of Writing education has a clear understanding of the school's strengths and areas for growth. A monitoring cycle is in place that allows the Governor time to support and challenge.

Children get a great start to 'being a writer'. Phonics data is positive and evidence from pupil voice portrays impact of phonics teaching and early reading. Children when asked could read aloud their own writing and, when met with a challenge, used phonics strategies to decode or encode. Phonics is applied into Writing through Drawing Club and Curious Quest. These strategies are delivered extremely well.

The school team's implementation of Rosenshine's principles and the I/WE/YOU approach to lesson design has led to an overall consistent approach to high quality inclusive teaching in Writing. Children from across the school talked confidently about their lesson design and were able to say why this I/ WE/YOU structure is helping them learn more effectively. Evidence from learning walks supports this view: teachers were using think-alouds, live modelling and effective questioning to instruct.

Leaders have retained a sharp focus on vocabulary. The impact of this can be seen in how the children use a wide variety of more adventurous words in their writing and in their talk.

Within the I/WE/YOU structure, adaptive teaching is visible across the school. Evidence from lessons and pupil voice, demonstrated how adaptive teaching is helping more children access the high-quality learning experience. Strategies such as deployment of teaching assistants within the lesson; use of the interactive whiteboard to display a scaffold used at tables; targeted questioning; modelling of the use of the learning environment; coloured paper to support neuro-diverse learners, are contributing to the school's universal provision for SEND and inclusion.'

**Next Steps: To further enhance the adaptive teaching as a universal offer.**

# Arbor—Please download the Arbor Parent portal and/or App

As we have previously advised you, we are extending the use of Arbor to include the ability to make trip / event bookings and payments and use their messaging system. Arbor is the school's management information system. You are able to view your child's attendance, update your contact details, make and pay for bookings of staff run clubs, trips & events.

From January 2024, all payments and bookings for future school trips & events should be made using Arbor, as the use of Parent Pay will cease from 31st January 2024. For messages, Eduspot (also known as Teachers2Parents) will cease from 4th February 2024 so we will be using Arbor's messaging system. You will have access to your account to do all of this via the Arbor parent portal and/or App. The system requires you to make payments/top up your account(s) which you can do via debit/credit card/Apple Pay. You are then able to make bookings as required.

We have put together a quick guide to using the system below and you will also find the guidance sheets provided by Arbor for your reference.

## **How to get started (please skip if you have already activated your Arbor account)**

1. Wait for your welcome email from us telling you Arbor is ready (you won't be able to log in before receiving this).
2. Click the link in your welcome email to set up your password.
3. Go to the App or Google Play Store on your phone and search 'Arbor'.
4. Click 'Install' on Android or 'Get' on iPhone then open the App.
5. Enter your email, select the school, then enter your password.
6. Accept the Terms & Conditions and enter your child's birthday.

## **How to top up your account**

1. Log in to the App/Parent Portal.
2. Click on the three lines in the bottom left-hand corner.
3. Click on payments.
4. Click on the account you would like to top up (meals/clubs/trips).
5. Click on 'Top up Account'.
6. The bill payer should be the person topping up.
7. Enter the payment amount.
8. Enter a narrative i.e. school trip.
9. Click pay now/Apple pay and enter payment details. Your child's account will now have that amount of money available to spend.

### **Arbor—How to book a trip / event for your child**

1. Log in to the App/Parent Portal.
2. Click on the three lines in the bottom left-hand corner.
3. Click on Clubs - This will show you all the clubs your child is registered for and the clubs they are eligible to register for.
4. Scroll down to see the clubs your child can be registered for.
5. Click on the session you would like to book.
6. Top up account with the amount needed (this doesn't have to be the exact amount, but must at least cover the sessions needed to book).
7. Click on 'Register child for this club'.
8. Choose membership option, click on Breakfast club booking or After School club booking,
9. Select membership periods, click on the days you would like to book.
10. Tap to pick the session.
11. 'Register child for club'.

### **Highlights from this term at St Chad's!**

- Year 1/2 trip to Aerospace
- Year 5/6 trip to Bristol Docks
- Year 6 singing at The Willowbrook Centre
- Year 5 singing at The Mall
- Anti-Bullying Week
- Well-being Carousel afternoon
- Reading buddies
- Spotacular event for Children in Need
- Reception/Year 1/Year 2 nativities
- Key Stage 2 Carol Service
- Year 5 singing at St Michael's
- Road safety week
- Firework safety
- Year 3/4 Field trip in the local area
- Movie night with a visit from Father Christmas—Thank you Friends!
- A yummy Christmas dinner—thank you Sean and Debbie in the kitchen!
- Year 3 Diwali workshop
- Year 4 Global Warming event
- Christmas parties
- Year 3 assembly to the school
- Break the Rules Day





# We're using Arbor's free Parent Portal and Arbor App

## We've chosen Arbor to help us manage our school.

Arbor is a simple, smart and cloud-based MIS (Management Information System), which helps us work faster, smarter and more collaboratively as a school. The Arbor App and Parent Portal mean we can keep you informed about your child's life at school in a much more accessible way. Log into Arbor to see and update your child's information, get live updates and make payments or bookings on the go!

The Parent Portal works on Google Chrome (computer or laptop) and you can download the Arbor App from the App Store or Google Play Store on your phone (Android 5.0; iOS 10.0 and upwards).

## How to get started

1. Wait for your welcome email from us telling you Arbor is ready - you won't be able to log in before
2. Click the link in your welcome email to set up your password
3. Go to the App or Google Play Store on your phone and search 'Arbor'
4. Click 'Install' on Android or 'Get' on iPhone then open the App
5. Enter your email, select the school, then enter your password
6. Accept the Terms & Conditions and enter your child's birthday

The Sunnyville School of Magic  
W10 5BN, London, GBR

Enter your password

Log in

Forgotten password?

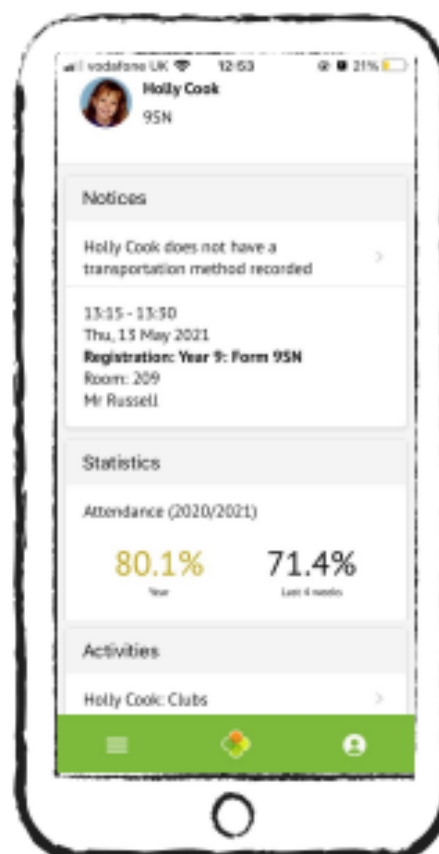
## Need help using Arbor?

Contact the school office if you have questions about Arbor, the App or Parent Portal. Tell us the type and model of your phone, e.g. an iPhone SE, and include screenshots or screen recordings.

To safeguard student data in line with General Data Protection Regulations (GDPR), Arbor only works directly with schools.

### Some tips to try:

1. Ensure your username is the email address you use for Arbor. Ask us to **check the email address** linked to your account.
2. **Reset your password** from the login page, or ask us to do this.
3. If the login email was sent to you more than 96 hours ago, the **password link will have expired**. Ask us to send it again.
4. Ask the school office to check that your email address has not been used twice - e.g. on another guardian or child's profile.
5. **Enter the birthday** of one of your children to log in.
6. Only relatives who are **Primary Guardians** of a child can access the Arbor App. Ask us to check you can access Arbor.





## **Attendance**

- Consistently very good attendance helps children to access the full curriculum and receive the support and challenge needed to move their learning on. In line with our attendance policy, we do not authorise holidays in term time, so please try to book holiday during the 13 weeks of school holidays. % attendance will be monitored on a termly basis:
- 96%+ is expected and very good
- 95-95.9% is close to expectation
- 90-94.9% is cause for concern
- 89.9% or less is classed as a persistent absentee.

Where attendance is becoming a concern, parents may be invited to a School Attendance Meeting (with targets set for improvement) and fines may be incurred in the case of persistent absentees or prolonged unauthorised holidays (more than 5 days). Our S. Glos Education Welfare Officer supports us with attendance matters.

Please also support your child to arrive in school on time as this also affects learning and attendance percentages.

In line with our safeguarding responsibilities, the school office will always ring parents of children who are absent from school and where we have not been notified or updated on a daily basis.

**Many thanks for your continued support in this.**

### **Attendance—Current standings at the end of term 2. National Average 96%**

Reception	<b>89%</b>
Year 1	<b>95%</b>
Year 2	<b>95%</b>
Year 3	<b>95%</b>
Year 4	<b>96%</b>
Year 5	<b>96.1%</b>
Year 6	<b>96.64%</b>
School Total	<b>94.7%</b>

**Congratulations to Years 4, 5 and 6 for achieving the national of 96%. Well done! Year 1,2 and 3 were also very close.**

**We are still currently below national as a school overall so we ask for your support in improving this.**

### **We need your help!**

### **Would you be able to help us raise money for our school by becoming part of our Friends Committee?**

We are looking to appoint new committee members for our Friends Committee. If you can spare any time to help or have a query, please send any communication via the office in the first instance and we will pass your details to the FRIENDS.

Every child benefits from the time our Friends give and any funds received are much appreciated by the school as budgets are very tight. The Friends also help to subsidise activities reducing the cost for parents of things like trips and visits. We have been grateful to receive funds to purchase new resources, books, musical production support , re-instate the gym equipment and the list goes on.

Thank you to our FRIENDS, who volunteer so much of their time to arrange fantastic events for the children and school. We are incredibly grateful for all you do.

### **Lunchbreak Supervisor vacancy**

We have a Lunch-break Supervisor vacancy from February. If you are interested, please contact the school office to express an interest and we will provide you with an application form.



### **Primary school admissions**

If your child was born between 1 September 2019 and 31 August 2020, you must apply for them to start primary school in September 2024. This is a very important decision and it is important that you read the South Gloucestershire Primary school admission guide before you apply. Applications for primary school admission must be submitted no later than 15 January 2024. <https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=GLu6GUIMkpw&fa>



## St Chad's Patchway CE VC Primary School — Key Diary Dates 2023-24

Friday 15th December	Class parties Break the rules day
Friday 15th December	End of term 2—School closes for the Christmas break
<b>January 2022</b>	
Tuesday 2nd January	INSET day (3 of 5)
Wednesday 3rd January	School reopens for term 3
<b>February</b>	
Tuesday 6th February	Parents' Evening 4-6
Wednesday 7th February	Parents' Evening 4-7
Friday 9th February	End of term 3
Monday 19th February	School reopens for term 4

Key Stage Two at St Chad's Church for our Carol Service



**St Chad's CE VC Primary School**  
Cranham Drive, BS34 6AQ

### Prospective Reception Parents 2024/2025

Is your child starting school in Reception Class in September 2024?

With the school year well underway, we would like to welcome the opportunity to show all prospective new parents around our wonderful school here at St Chad's.

With our vision of 'Learning to Love, Loving to Learn', St Chad's is a fabulous school with a strong community feel where children enjoy their learning, demonstrate fantastic behaviour in line with our school values and actively participate in a variety of further opportunities provided to them.

**Please see below** for school tour dates and times. To book your place on one of the school tours, please contact the school office on 01454 866523 or via email – [admin@stchadsprimaryschool.co.uk](mailto:admin@stchadsprimaryschool.co.uk). We really look forward to welcoming you.

Tuesday 10th October 2023	1:15pm - 2pm
Monday 16th October 2023	10am - 10:45am
Wednesday 18th October 2023	1:15pm - 2pm
Tuesday 31st October 2023	1:30pm - 2:15pm
Wednesday 15th November 2023	9:30am - 10:15am
Wednesday 29th November 2023	4pm - 4:45pm
Friday 5th January 2024	9:30am - 10:15am

For further information about our school, please see our school website, [www.stchadsprimaryschool.co.uk](http://www.stchadsprimaryschool.co.uk)

Children's Flu vaccination (nasal and injection) catch-up clinics are still available for Reception – Year 11 students who did not receive their vaccinations at school. Please book an appointment at <https://imms.sirona-cic.org.uk/flu/2023/book> If you have any queries please contact the Immunisation Team directly on 0300 124 5515 or email [sirona.sch-imms@nhs.net](mailto:sirona.sch-imms@nhs.net)

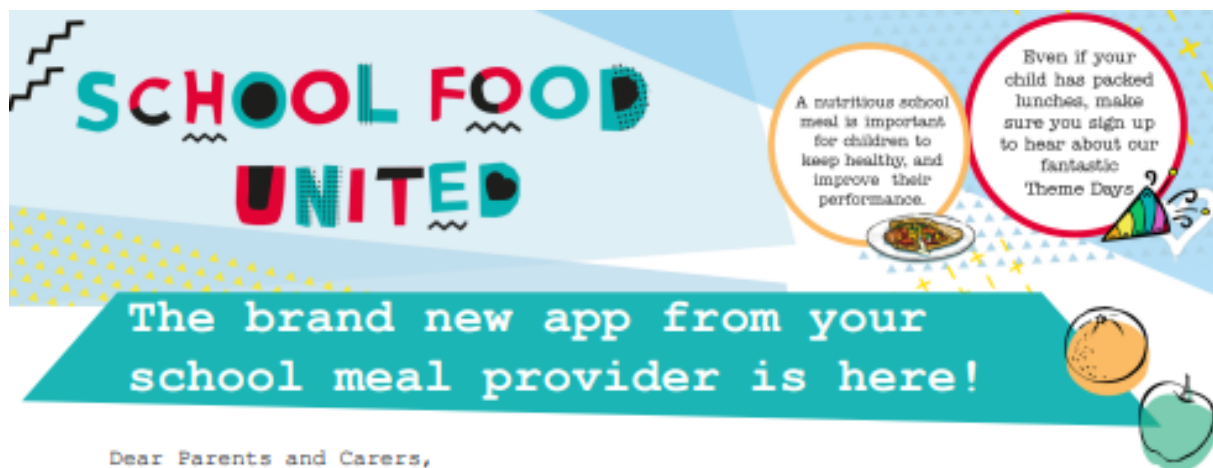




<b>March</b>	
Friday 1st March	World book day – look out for the letter, and come as your favourite book character!
Thursday 28th March	End of term 4. School closes
<b>April</b>	
Monday 15th April	School begins for term 5
<b>May</b>	
Monday 6th May	Bank Holiday
<b>W/comm Monday 13th May</b>	<b>Year 6 SATs tests</b>
Monday 20th May	Sports Day 1.30pm
Thursday 23rd May	Reserve Sports Day in case of wet weather 1.30pm
Friday 24th May	End of term 5. School closes for half-term
<b>June</b>	
Monday 3rd June	School reopens for term 6
W/c Monday 3rd June	Multiplication tables check (Y4)
W/c Monday 10th June	Phonics testing (Y1)
Wednesday 12th to Friday 14th June	Year 6 camp
Tuesday 25th June (TBC)	5pm New to Reception Parents' Evening
<b>July</b>	
Friday 5th July	UKS2 report collection
Monday 8th July (TBC)	1.15pm UKS2 production at St Chad's Primary School
Monday 8th July	Reports to be collected (R-Y4)
Tuesday 9th July (TBC)	5.30pm UKS2 Production at St Chad's Church. Pupils to arrive no earlier than 5pm. Details to follow nearer the time.
Monday 15th July	9.15am EYFS concert to parents/carers at school
Thursday 18th July	1.30pm Leavers' Assembly
Friday 19th July	School closes for the summer
Monday 22nd July	INSET (4 of 5) - School closed to pupils
Tuesday 23rd July	INSET (5 of 5) - School closed to pupils

These are only key dates, as they are known at present. You will see some are provisional, as you can imagine tying people down to dates this far ahead is tricky. Additional items will be added as the year progresses, please look out for these Newsletters (usually in the last week of term) with the most up to date overview.





Dear Parents and Carers,

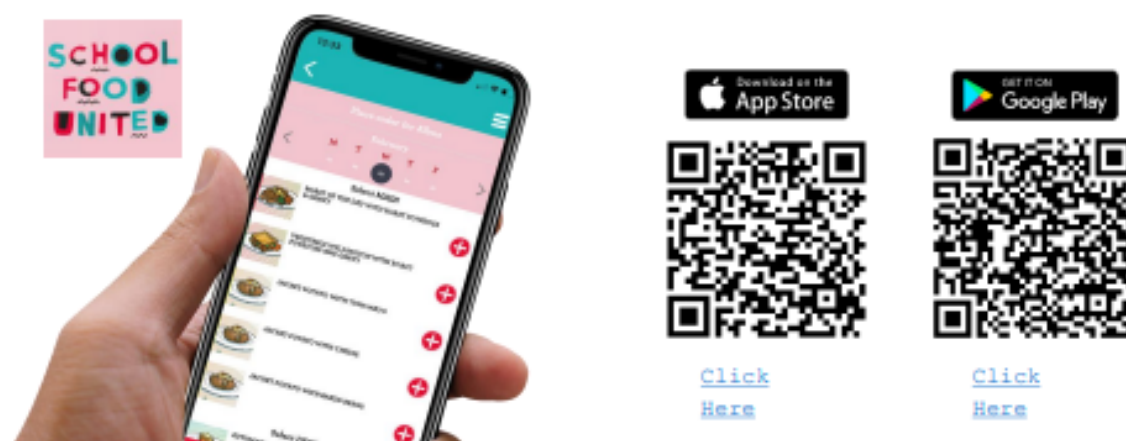
We are delighted to give you access to School Food United

The new SFU app will enable you to:

- Be the first to hear news about theme days or taster events
- Select or amend your child's daily meals on the go (cut off times apply)
- Order ahead for the week or term, flexible daily ordering available for all children
- Get in touch with us directly with any queries or requests through the contact us area

To download

- Scan the QR code below or click on the link to directly download the School Food United app
- Sign into the app using your log in details you already use to access the main portal <https://parents.schoolfoodunited.com>
- If you have already linked to your child, their profile will appear on your account. If you need to add a child press the red plus button and add in their details to link to their profile.
- Need any help or want to leave feedback? Get in touch with us directly with any queries or requests through the contact us area or email us at [Parent@SchoolFoodUnited.com](mailto:Parent@SchoolFoodUnited.com)



**A big thank you to Charlie (a parent of a child in Year 2 for sharing her Winter activity list for families).**

**Winter 2023 ACTIVITIES FOR THE FAMILY**

**\*❏ BRISTOL MAMA'S ULTIMATE FESTIVE & WINTER ACTIVITIES GUIDE 2023 ❏\*** – Bristol Mama

### **Are you missing benefits that are available to you?**

**You can get £100 and free school dinners for your children!**

If you are eligible and sign up, you will be able to access both. "My child already gets free dinners in KS1," you might say, but they won't in KS2 unless you sign up for this. Once 'signed up' you will have access to a one off fund of £100 to use during the time that your child is at St Chad's. This £100 can be used for a range of things school based, including

- Trips during school time or after school where a donation is asked for by the school,
- School camp,
- Payment of after / before school clubs,
- Any activity in school where a donation is asked for, such as a visitor to the classroom,
- School uniform to be purchased from Monkhouse/Linela where we have negotiated a payment procedure and where you are able to purchase logoed items.

If you want more information, please go to <https://www.gov.uk/apply-free-school-meals>. It is an anonymous application; it does not come to the school but to the local authority and once accepted, the benefits are yours. The purpose of the fund is to support academic development, hence the list, and school -of course- will not hold cash on site, so rather a running tally of spends will be kept. We hope that this will both help the school further provide great education and also support eligible families with the ongoing demands of having a child in school.



### **Uniform reminder**

**A reminder that the list below is a basic uniform list that the children are required to wear to school. We do not require a logo on items but if you wish to purchase these, you can do so from Linela or Monkhouse (see our website for further details).**

- White or light blue shirts/polo shirts.
- Navy sweatshirts or cardigan.
- Grey or black trousers/skirt/pinafore.
- Summer option – plain black/grey shorts, blue/white check or stripe summer dresses .
- Plain, black sensible shoes. We do not allow high heels or raised shoes for safety reasons.

Suitable clothing for P.E is essential and we are asking for the following to be worn: Completely plain white t-shirt or completely plain t-shirt in your child's house colour (the school logo is allowed), appropriate sports' trainers that can be used within PE lessons (ideally black), plain, black or navy sweatshirt/zip-up top, black or navy shorts, jogging bottoms or leggings.

**Items, such as football shirts, are not part of our PE uniform and we kindly request that children wear the appropriate items to school for PE days.**

**Thank you to anyone who has donated any unwanted uniform. Please let us know if you are looking for something in particular.**



## **Financial Support**

We are facing challenging times with the cost of living continually on the rise. Please see below for some places you can go to for advice/support if you need to talk things through.

### **Food banks - links for families living in South Glos**

<https://oneyou.southglos.gov.uk/eat-well/food-poverty-support/>

For families generally needing support financial support/advice, we would advise of the information which can be found on this link [Financial support for residents | BETA - South Gloucestershire Council \(southglos.gov.uk\)](#) or to visit in person one of the council 'One stop shops'

### **Patchway One Stop Shop**

The Patchway Hub, Rodway Road, Patchway BS34 5PE

#### **Opening times**

All One Stop shops offer drop-in sessions where a member of staff will be able to support you with your query. They are open from:

Monday to Wednesday 8.45am to 5pm

Thursday and Friday 8.45am to 4.30pm

The busiest times are between 11am and 2.30pm, particularly on Mondays. Waiting times may increase during these periods.

### **Welfare benefit advice**

[North Bristol Advice](#) provide free advice sessions on welfare benefits and debt.

These take place at:

Patchway One Stop Shop: Tuesdays 10am to 12pm

Kingswood One Stop Shop: Wednesdays 9am to 12pm

Book a place by:

phone: [0117 9515751](tel:01179515751)

email: [team@northbristoladvice.org.uk](mailto:team@northbristoladvice.org.uk)

It could be that you are eligible for the 'Household support fund': [household support fund](#)

Alternatively, families can call this number for advice on emergency support: 01454 868009.

South Glos 'Welcome Spaces', [Community welcome spaces | BETA - South Gloucestershire Council \(southglos.gov.uk\)](#)

There are welcome spaces at the Jubilee centre [Community Welcome Space - Juice Community Project | South Gloucestershire \(southglos.gov.uk\)](#)

Mamas: which include free tea/coffee/mental health support, food parcels and free charging points. [Community Welcome Space - The Mamas Hub | South Gloucestershire \(southglos.gov.uk\)](#)

In addition Coniston community centre have a community fridge : [Community Welcome Space - Coniston Community Centre | South Gloucestershire \(southglos.gov.uk\)](#)

## **Safeguarding**

We take our commitment to safeguarding very seriously and follow guidance in 'Keeping Children Safe in Education'. Our Designated Safeguarding Lead is Mrs Jenkins and in her absence Mr Ridd, Mrs Ives and Miss Legg are Deputy Designated Safeguarding Leads.

Our greatest priority as a school is to always ensure the safety, well-being and happiness of all our children. The safeguarding of all our children remains our number one priority.

During half-term, South Gloucestershire Council's own Safeguarding ART (Access and Response Team) is also available to report concerns about a child: 01454 866000 Monday to Thursday 9.00 am – 5.00 pm, 4.30 on Friday and 01454 615165 out of hours and at weekends.

## **Support for families who have children with additional needs**

**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), Email: [support@sendandyou.org.uk](mailto:support@sendandyou.org.uk)

Website: <https://www.sendandyou.org.uk>

- **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: [www.sglospc.org.uk](http://www.sglospc.org.uk) Email: [team@sglospc.org.uk](mailto:team@sglospc.org.uk)
- **JIGSAW Thornbury** Support families who have children who are 0-25 years and have any additional needs or disability. This can be anything from learning needs such as dyslexia to complex disabilities or medical problems. Many children who come have no diagnosis. Weekly support group for parents, carers and children + training courses on a range of topics. Telephone: 01454 416381 Website: <https://www.jigsawthornbury.org.uk/>



Lots of singing for Year 5 this Christmas!

In addition to our St Chad's Carol Service, Year 5 performed at St Michael's with other schools and sang as part of The Bridge Family of Schools at The Mall. Well done Year 5!

## **Details from Compass (our Early Help team)**

**Off The Record:** 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, and services operate in Patchway, Kingswood and Yate. Also offer parent support groups and sessions. Can also see [Facebook](#), [Twitter](#) and [Instagram](#) for more information and up to date groups and activities.

Tel: 0808 808 9120. Text: 07896 880011. Website: [www.otrbristol.org.uk](http://www.otrbristol.org.uk). Email: [hello@otrbristol.org.uk](mailto:hello@otrbristol.org.uk)

**Kooth:** Free, safe and anonymous online support for young people 11-18. Monday – Friday 12pm – 10pm, Saturday – Sunday 6pm – 10pm. On Kooth you can: Chat to our friendly counsellors; Read articles written by young people; Get support from the Kooth community; Write in a daily journal. <https://kooth.com/>

**Childline:** Free counselling via online webchat, and free support/advice available 24/7 via confidential helpline, and emails via the website. Tel: 0800 11 11. Website: [www.childline.org.uk](http://www.childline.org.uk)

**Young Minds** national charity offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers. **Parents Helpline:** 0808 802 5544 Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

**Young Minds Crisis Messenger Service** for free 24/7 support across the UK of you are experiencing a mental health crisis. Text YM to 85258.

### Adult mental health

**South Gloucestershire Talking Therapies - Vitamins:** Therapeutic interventions including counselling and group courses, in line with people's differing needs, age 16+. Self-referral via the website:

<https://www.wellaware.org.uk/projects/talking-therapies-south-gloucestershire/> Tel - 0333 200 1893

<https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/>

**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](http://www.samaritans.org). Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### Family/parenting support

- **NHS website:** Advice for parents on a range of parenting issues, including talking to teenagers, fussy eating and teenage aggression. Website: [www.nhs.uk/family](http://www.nhs.uk/family)
- **Parent Buddies** is a confidential, universal, one-to-one listening service offering short-term support depending on family need. Volunteers are trained to provide parents/carers with listening, and signposting to specialist services. <https://www.parentbuddies.co.uk/>
- **CCP – Caring for Communities and People** – Offer outreach support for families at an early help level. Families can self-refer. [www.ccp.org.uk](http://www.ccp.org.uk)



## Free NHS app helps parents care for their poorly child

As winter sets in and common childhood illnesses become more frequent, parents are being encouraged to use a free NHS app to help them decide how best to care for their child.

The HANDi app, which has been developed by a team of specialist children's doctors, is quick and easy to use and gives parents and carers expert advice on a range of childhood illnesses. These include diarrhoea and vomiting, high temperature, tummy pain, chestiness, head injuries and common problems experienced by newborn babies.

The app takes parents through a series of questions about their child's symptoms and then advises on the best course of action, whether that's to treat at home, to make a GP appointment, call NHS 111 or call 999.

The HANDi App is available to download for Apple phones from the app store or [iTunes](#) and for Android phones at [Google Play](#).

The 2023 camp account has been audited, should anyone wish to see it.

Thank you so much for your donations to Children in Need. We raised a super £173.44.



### Our Road Safety Award Winners



Making  
Christingles in  
Key Stage 1.



Movie Night  
with a visit from  
Father Christ-  
mas!



The Reception and Year 1  
Nativity



## Celebrate Christmas at St Chad's Church, Patchway

### Celebrating Christ at Christmas

17th Dec 10am Nativity

17th Dec 6pm Carols by Candlelight

24th Dec 4pm Christingle

24th Dec 11:30pm Midnight Communion

25th Dec 10am Christmas Day Service

Come and join us!

**Merry Christmas to you all and a happy, healthy  
2024 from Everyone at St Chad's.**