



Friday 2nd December 2022

Dear parents and carers,

We are now in the season of Advent and each week during Advent our chaplaincy pupils are leading advent reflections in each class.

*Christ, come into our world of darkness
Light up our lives with your coming.
Fulfil all our longings with the joy of your birth
Strengthen our resolve to work for change in our world
And to share the hope of your birth that each Advent brings.
Amen.*

Christmas Fair

Thank you to everyone who has brought in donations for our Christmas Fair this week. I would also like to thank everyone who has volunteered to sell tickets in the morning this week, help out on a stall and set up/tidy away after the fair on Sunday.

Sadly, it is getting harder to recruit volunteers and as you are aware, with school budgets becoming increasingly stretched, the PTFA is even more important than it has ever been. To everyone who is volunteering - a massive thank you. If you haven't yet signed up, you're not too late! Please message your class rep, there's still stall slots that need filling. We look forward to seeing you all on Sunday.

Missing reading scheme books

We have a large number of missing books from our reading scheme. Please can you all have a look at home and return any books that you may have tucked away. These can be dropped into the office or handed over at the gate in the morning or evening. Thanks so much in advance.

Fundraising

6WA girls, Hannah M, Izzy, Lucy, Thea and Katie ran a very popular cake sale at their netball club on Saturday for their class charity, Young Lives vs Cancer. The cakes looked delicious, and they were also raffling off some netball merchandise. They raised an amazing £173. Fantastic work girls!



Lewis and Michael, also in 6WA, also ran a fundraiser at school for Young Lives vs Cancer and raised £60. Well done!



This week we celebrated St Andrew's day with an assembly led by the house captains and prefects. We then had a whole school ceilidh on the playground which was great fun!

Finally, Children in Need raised £330.04 – thank you to everyone who donated.

Best,

Mrs Ballantine

Sarah Ballantine
Headteacher

Events from 5th December 2022 (MENU week 3)

Mon 5 th and Tues 6 th December:	Nativity performances @ 2pm for RHM, 1P and 2G
Weds 7 th and Thurs 8 th December:	Nativity performances @ 2pm for RH, 1CR and 2T
Tuesday 13 th December:	KS2 Carol Service in St Bonaventure's Church from 6pm
Wednesday 14 th December:	Christmas dinner day – wear a Christmas jumper!
Friday 16 th December:	9.15am End of term mass and chaplaincy commissioning LAST DAY OF TERM

Drama Club next week

There will be no rehearsal on Monday.

Thursday's rehearsal arrangements will be confirmed next week.

Playscheme will be open for the INSET days in January

We appreciate that the Christmas holidays this year are longer than usual due to the two INSET days.

We have therefore decided to open the Playscheme for these two days - Tuesday 3rd and Wednesday 4th January.

The cost of a full day is £28 – the opening hours are 0830 until 1745.

The cost of a short day is £21 – opening hours are 1000 until 1600.

You can now book these sessions in School Gateway.

ASC and BC Term 3 – bookings now open

You can now book for Term 3 After School and Breakfast Clubs.

Please note that the charges for ASC have changed – there is now a flat rate of £11.50 per child. For staff with children at the school, there is a 25% discount available.

First Holy Communion – June 2023

If your child is in year 3 and above, and you wish for them to make their 1st Holy Communion in St Bon's church, please fill out the online form available on the parish website <https://stbonsbristol.com/sacraments/>

The preparation programme will start in January (dates and times TBC) with the 1st Holy Communion taking place on 3rd June and 10th June 2023. If you have any questions about 1HC, please contact the Parish office on 0117 942 4448 or bristol.stbonaventure@cliftondiocese.com

Nativity Service at St Bon's Church

Children's Christmas Nativity Service at St Bon's Church on 17th December, 3pm - children are invited to come dressed as their favourite nativity character.



The service will be followed by refreshments and fun activities for children and mulled wine and mince pies for adults. For more info please contact Neta Roylance-Smith nroylancesmith@outlook.com

Clubs and sports at St Bon's

Week of 2nd December

Drama	NO – MONDAY Thursday tbc	Monday and Thursday KS2 (see above for details)
Premier Sport Football	YES – 4.30pm finish	Mondays - Y1, Y2, Y3 Tuesdays - Y4, Y5 Y6
Netball	YES – 4.30pm finish MONDAY NO training on Tuesday	Mondays – Y3 & 4 Tuesdays - Y5 & 6
Gymnastics	YES – 4.15pm finish	Tuesdays – Y3
Running club – 7.50am	YES	Wednesday mornings – all welcome
Mr Morgan after school	NO – match instead	Wednesdays - Y5 & 6
Circuits with Mr Morgan – 7.50am	YES	Thursdays – all welcome
Tag Rugby	YES – 4.15pm finish	Thursdays - Y5 & 6
Badminton – 8am	YES	Fridays – Y3 & 4
Yoga	YES – 4pm finish	Fridays – Y1
Chess	YES – 4.15pm finish	Fridays – Y5 & 6
Premier Sport Hockey	YES – 4.30pm finish	Fridays – Y3 & 4
Hockey with Mrs Hinkins	YES – 4.15pm finish	Fridays - Y5 & 6

Waiting for an autism assessment?

Bristol Parent Carers, in conjunction with North Somerset and South Gloucestershire Parent Carer Forums, are running courses for parents and carers of children who are on the waiting list for an autism assessment.

The courses cover a range of topics relating to particular challenges that autistic people and their families can face.

Some of the courses are in person in venues around the city and outside it and others are over Zoom.

All of the courses are free to attend but do need to be booked in advance via Eventbrite:

<https://www.eventbrite.co.uk/o/bristol-n-somerset-and-s-glos-parent-carer-forums-41027867683>

Creative play – cardboard needed!

Please keep hold of any cardboard tubes and large, strong boxes that you receive in the next few weeks – we would love to use them in school next term for playtimes – the focus will be on creative play.



Dyslexia and Australian Flower Bush Essence – a project

Gordon Adam has been a volunteer at St Bon's since 2013, supporting children in Year 5 with reading. Gordon is also a practising Homeopath (since 1988) and has treated many children with dyslexia (including issues with reading, writing, spelling, word recall, etc) over the years, mainly using a particular flower essence, and with generally very good results.



This particular flower essence is made from the flower Bush Fuchsia (*Epacris longiflora* – see photo) which grows in Eastern Australia. Flower essences are made by immersing the flowers (in full bloom) in spring water in a glass bowl and leaving it exposed to sunlight for a period of several hours. The energetic essence of the flower gets absorbed into the water with the help of sunlight. The water is then sieved and filtered and some brandy added as a preservative – this is called the 'stock' essence which is bottled and made available commercially. For dosage purposes, several drops of the stock essence are added to spring or filtered water along with a little brandy in a dropper bottle. The usual dose for Australian Bush Essences is seven drops twice a day.

With support from the school, Gordon will be running a project early in the New Year, where Bush Fuchsia will be made available to dyslexic children (in any year group) and their progress with the essence monitored over a period of 3 months. Some children respond very quickly to the essence (within minutes!) whilst with others, progress is slower, taking several weeks or even a few months to see the full effect. For this reason, the project will run for 3 months (from time of starting on the essence). A 30ml dropper bottle of the essence, which lasts about 3 weeks, will be supplied for £5 (to cover material costs). An update, by email, would be sent to Gordon

at the completion of each bottle, and a further bottle of the essence made available (from the school office) if appropriate.

A meeting (or possibly 2 meetings at different times of day) for anyone interested in taking part in the project will be held in the school early in the New Year where more information will be offered and any questions answered – please look out for details in the first school newsletters of 2023.

For further information: Gordon Adam gordonadam@blueyonder.co.uk

Forest School



We are still in need of donations of fleece tops without hoods, hats and gloves to fit 5 year olds. If you have anything at home that you no longer need, please bring items into the school office.

Lion King DVD - refunds

If you paid for a DVD, please would you come to the office to collect your refund before the end of term 2.

Any money remaining at the end of Term 2 will be put towards the fund for future drama productions.

Reception places for September 2023



Just a reminder that we are currently running Open Days for parents who will be applying for a Reception place for September 2023. Book on to a tour with the office if you feel this would be helpful.

If you are applying on faith grounds, we will need a copy of your child's Catholic baptism certificate please. You can bring in the original to be copied in the office or email us a copy. We will provide you with a dated receipt.

The deadline for applications is 15th January 2023.

PTFA News

www.stbonsptfa.com

Facebook – St Bons Parents and Carers

Instagram - @stbonsptfa

Email – ptfa.stbons@gmail.com

**St Bon's Christmas Fair
This Sunday
4th December, 2-5pm!**

Kick off the festive season in style! Join us for a fun filled family afternoon; games, music, snow globe bouncy castle, delicious food and drink, amazing prizes and of course a chance to visit Santa himself!



Please bring your (nut free) baked goods for the café on Sunday!

Cakes, biscuits and other delights are always hugely enjoyed at the fair so please bring some along on Sunday.

- 🌲 Hamper raffle tickets: haven't returned your tickets yet? It's ok, return them at the fair before 3.30pm. More tickets for sale at the fair.



- 🌲 **Auction:** Not going to make it?? No problem, we are excited to announce our AMAZING online auction where you can bid as much or as little as you like to win prizes including:

✍ Bristol Bears rugby top signed by the current team!



- ✍ Signed cricket tops by local and international players!
 - ✍ Family trip to Longleat!
 - ✍ Family trip to Bristol City match!
 - ✍ Surf lessons at The Wave!
 - ✍ Steam railway trips!
- ✍ Vouchers for top restaurants, hairdressers, beauticians and more.....

You might win a bargain! Ideal for Christmas gifts and it's open to anyone! So please let your family, friends, colleagues know! Online bids close midnight Saturday 3rd December.

▲ **New Fair Game:** Look out for our new higher or lower game in the hall for the chance to win fantastic prizes from:

- ✍ Kondi Brasserie
- ✍ Skyboat Café
- ✍ Bishopston Fish and Chip Bar
 - ✍ Room 212
 - ✍ Artigo
 - ✍ Boden
 - ✍ Joe's Bakery
 - ✍ Laura's Pizza
- ✍ Henleaze Hair and Beauty
 - ✍ Pinkmans Bakery
 - ✍ And more....

▲ **Stall Volunteers:** coming to the fair? Help out and have fun by signing up to your class stall! Speak to your class rep to find out how you can help.

🍷 **Ceilidh – new date Fri 10th February 2023**

Tickets available NOW online. We are excited to have fantastic live band, Jiggerty, joining us! They provide a 'caller' who will guide you through some basic but fun set dances. No experience needed! Followed by disco (let us know your requests!)

<https://www.stbonsptfa.com/events-1/ceilidh-barn-dance>

🌈 Uniform Shop

If anyone has any outgrown St Bons school jumpers, cardigans or polo shirts (of any size) in good condition please could the PTFA have them for our pre-loved uniform stock? We are running particularly low on these items and would love to be able to pass them to others in the school. Unfortunately, we can't take any trousers, shorts or skirts but would love jumpers, cardis and polo shirts if you have them! Thanks in advance, Ellie (PTFA uniform rep) ptfauniformrep@gmail.com

✍ Join the Committee!

We're looking for a new secretary to take over when our current secretary steps down later this year. Full handover will be given and Lu would be happy to support the incoming volunteer while they find their feet. If you'd like more info on the role please get in touch.

Community Food Pantry update



Thank you so much to everyone who donates items and money to the Community Food Pantry. It is hugely appreciated and the demand for the Pantry continues to increase.

The Food Pantry team have been busy making decisions on how to best use the monetary donations we receive from you. As well as the non-perishable food staples we keep stocked, we are trialling new products, like wraps and peanut butter. The uptake has been huge. We know that many of the service users have young families, and these sorts of foods are a quick, healthy and easy snack for hungry, growing children.

Please remember that although we do not accept fresh food in the Pantry, the Family Food Action charity do and are providing fresh food for those in need.

Please donate any fresh fruit and vegetables to Family Food Action in the box at the back of St Bonaventure's Church on SUNDAYS ONLY.

You can also donate food in the box outside number 90 Egerton Road on MONDAYS ONLY.

How can I help with the Community Food Pantry?

As well as cash donations, we are incredibly grateful for any food you can give. Any amount at all is helpful, even one packet, box or bottle of something! Here are the items we're most in need of at the moment:

PLEASE DONATE:

Cooking Oil
Tuna and other tinned fish
Biscuits
Pasta
Rice
Sanitary Towels
Deodorant
Shaving foam
Toothpaste
Sugar
Sweetcorn

Please DO NOT donate:

Fresh food (we can't safely store it and it will go to waste - but Family Food Action can take it)
Tinned soup (it doesn't get taken)

Where do I leave food donations?

Please put food donations either in the clear box labelled "Community Food Pantry Donation Box" at the back of the church or in the box outside the front door of the Presbytery.

How do I donate money?

There is a "Food Pantry" button on the Donation Point inside the church if you would like to make monetary donations by card. Or you can give cash to Mgr Massey or put it in an envelope through Jenny Glester's door at 57 Egerton Road.

How do I donate my time?

If you'd like to get involved in the organisation of the Community Food Pantry, you can join our WhatsApp group by following this link: <https://chat.whatsapp.com/Kq3UpC345FdDOPMnNwQfja>

Thank you all for your support!

COMMUNITY NEWS

FOR SALE - GUITAR

Child's acoustic guitar available for sale - £12. In the office if you would like to have a look. Cash only please.

One of our school families is looking to rehome their guinea pigs - they are two girls. They come with a hutch and they have to this point been living outside. If you are interested, please get in touch with Mrs Garrett victoria.garrett@bristol-schools.uk



Brownies is about trying new things that teach girls aged seven to 10 about themselves, their community and their world.

Brownies introduces girls to a world of new opportunities, challenges and fun. Girls go along to holidays, day trips and sleepovers. They get together with their friends at regular meetings where they learn new hobbies, get creative, develop skills and have outdoor adventures.

As well as trying activities in their meetings, girls choose from interest badges related to things they want to know more about.

Spaces are currently available at 106th Brownies who meet at St Bonaventure's Parish Hall. Visit <https://www.girlguiding.org.uk/information-for-parents/register-your-daughter/> to sign up.

JUST ROCK® Bristol is a music club for children (7-18) and adults (19+) in Redland. We offer group lessons in guitar, bass, drums and singing and the opportunity to perform regularly as part of a live band. Beginners are very welcome!

The 90-minute, weekly sessions are held on Mondays after school in Redland Church Hall, Redland Green Road, Bristol, BS6 7HE

Timings:

Juniors (7-11s) 4.15pm-5.45pm

Seniors (11-18s) 6.00pm-7.30pm

Adults (19+) 7.45pm-9.15pm

Our end of year gig will be held in July 2023 at The Fleece, Bristol.

To book, go to www.justrock.com/clubs and submit a 'Contact us' enquiry form.