



ST BONAVENTURE'S CATHOLIC PRIMARY SCHOOL

Striving to be the best we can,
guided by the light of Christ

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Friday 30th November 2018

Dear Parents and Carers,

We shared a very special farewell breakfast with Mrs Andrews before school this morning, followed by a wonderful assembly during which the children sang a special song and presented gifts. Mrs Andrews would like to extend her thanks to all the children and parents who have made her job here such a fulfilling one over the past 28 years. We will miss her very much.

Year 6 have had a nourishing and fruitful time away at Kintbury. My thanks to all the staff who accompanied them and made sure they felt safe and secure away from home.

We are having a push on hearing children read out loud in school. We would really appreciate it if you could do the same at home. Hearing your child read for 10 – 15 minutes each day greatly helps them to meet the age related expectation for their year group and ultimately, to make sure they are at the right level to succeed at secondary school. We are doing the best we can and would greatly appreciate it if we could work together on this.

Best wishes,

Lucille Charles
Headteacher

Events week commencing: Monday 3rd December 2018 ([MENU week 2](#))

Mon 3rd: Pupils in [St Andrews house](#) can wear blue home clothes

Fri 7th: Bristol Old Vic performance – 9.30am

Events week commencing: Monday 10th December 2018 ([MENU week 3](#))

Mon 10th: Nativity for classes RM, 1GM, 2T @ 2pm

Tues 11th: Nativity for classes RM, 1GM, 2T @ 2pm

Weds 12th: Nativity for classes RT, 1H, 2W @ 2pm

Thurs 13th: Nativity for classes RT, 1H, 2W @ 2pm

Parenting Spotlight

DEPRESSION

Depression doesn't just affect adults. Children can get depressed too.

Some studies show that almost one in four young people will experience depression before they are 19 years old.

It's important to get help early if you think your child may be depressed. The longer it goes on, the more likely it is to disrupt your child's life and turn into a long-term problem.

If you are worried about your child (or yourself) seek help from your GP. They will be able to give you the most up to date information on places you can seek help. Also speak to us - we are happy to support you and your child in whatever way we can.

Although it seems obvious. Things that you can be doing to help your child's mental health is :

- Have a healthy diet (limit junk food and stimulants such as caffeine)
- Sleep (try to keep to a regular pattern – going to bed at a good time and waking up at a similar time each day – yes even the weekend when you want that sneaky lie-in!)
- Exercise (releases those feel good endorphins!) – where possible exercise with your kids – you are their best role model
- Positive connections with other people at home and at school - encourage physical activity and fun activities with friends or family to develop positive connections with others
- Limit screen time and social media – home should be safe time to shut off from others
- One-on-one time with parents – show them that they are important and do what they want rather than what you want!
- Praise them for good behaviour, encourage them to be resilient and point out their strengths, all things that will develop the parent-child bond and make them more open to communicating with you.

<https://www.nhs.uk/conditions/stress-anxiety-depression/children-depressed-signs/>

Christmas lunch – WEAR CHRISTMAS JUMPERS!!



Christmas lunch will be on Thursday 20th December this year. Order forms have been emailed today and paper copies will be coming home shortly via book bags – these need to be returned to us by Friday 23rd November please.

IF WE DO NOT HAVE A FORM FOR YOUR CHILD, WE CANNOT ORDER THEM A CHRISTMAS LUNCH!

The children will be able to wear Christmas jumpers on Thursday 20th December if they wish.

Years Reception to Year 2 do not pay for Christmas lunch. Years 3-6 need to pay £2.10 per meal as usual.

Music lesson fees



Thank you to those of you who have already paid. Music lesson fees for Terms 3 and 4 are now due. Please make payment via School Gateway or by cash or cheque. Fees for violin, guitar and brass are £81.62 and for piano they are £136.62.

Illness in school

Could we respectfully remind parents of the 24 hour rule following any incidences of sickness or diarrhoea. If your child has been poorly, please do not bring them back into school until they have been clear of vomiting or diarrhoea for 24 hours.

After school club fees

We are very proud to have been providing KidZone services to our parents for the past five years. As you all know, we have never compromised on the quality of our services even in the hardest of times. We endeavour to keep going forward with the agenda of excellent quality that you have all come to expect from such hard working staff and the wonderful school environment.

We have not raised the prices of these services in past years despite the continuous rise in service costs. However, owing to the growing increases in staffing and resources we have to make this price rise.

With effect from term 3, we will be increasing the prices of both the after school and play scheme clubs to the following:

After school Club:
Price per session £10.50 (sibling charge £10)

Play scheme:
Full day £28
Short day £21
Half-day £17

With thanks, Ms Simpson, School Business Manager

Drama club

Mon 3rd December **3.15 – 5.15pm** - Whole cast needed.

PTFA news



Christmas Fair, Sunday 2nd December

The fair is this Sunday 2nd December, 2.00pm-4.30pm.

Please do:

- Bring your hampers to school on Sunday morning when you can drive right up to the school to drop them off
- Bring any goody bags to school before the fair starts so we can add them to the stall
- Sign up for a slot to help out with your class stall if you haven't already done so

Raffle tickets to win a luxury hamper

Your raffle tickets should have been returned to school. Remember there will be more on sale on the day!

Santa's Grotto

There are 36 slots for sale on the day if you missed out on the pre-bookable slots earlier this week so

come along at the start of the fair. This year Father Christmas will be making a grand entrance in the school hall at 2.10pm before heading to his magical Grotto!

Secret Present Stall - shhh! 🎁

This year we will be having a special stall at the Christmas Fair - a Secret Present stall where your child can buy a quality gift for Mum, Dad, Granny, Grandad, brother, sister, friend....

Here's how it works:

1. You or your child buys a ticket outside the Secret Present Room. Tickets cost £2 per gift.
2. Your child goes into the Secret Present Room by himself or herself to exchange their ticket for a gift. They can choose from a range of lovely gifts for women, men or children.
3. Your child leaves the Secret Present Room with their chosen gift already wrapped and labelled, ready to put under the tree for Christmas.

Reusable cups

Please don't forget to bring your own cups to the fair for tea, coffee and hot chocolate. There is a special reduced price for reusable cups.

Helpers please

And please come along to help set up the fair on Sunday morning from 10am. The more helpers the better so we can get the fair off to a great start.

We hope you are all looking forward to it as much as we are. Thank you for your continued support!

Bag2School

We raised a massive £336 for Bag2School on Monday - our highest figure ever. Thank you so much for bringing in all your bags. Class 4G brought in the most and will be able to choose some books for their class. There will be another date early next year so start saving your items now!

Aviva bid

Unfortunately we were unsuccessful in making it through to the final round of the Aviva funding scheme. Thank you to all those who supported us. Please look out for more ways to support the school in their fundraising activities next year.

Please contact us with any further queries or ideas for future fundraising on ptfa.stbons@gmail.com
Melanie and Hilary, Joint PTFA Chairs

SPORTS NEWS THIS WEEK

Team football

No team training on Wednesday due to a match taking place.

Swimming

Next swimming time trials will be Sunday 3rd Feb 2pm - please keep the date free.

Indoor cricket

Well done to the Y4 team who took part in the indoor cricket festival on Tuesday at St Bede's. They came a respectable second place out of 10 teams taking part.

Gymnastics

The age groups for our excellent after school gymnastics classes (run by Bristol School of Gymnastics) are changing. Tuesdays will now be for Y3/4 and Thursdays will now be for Y5/6, all those who are interested in joining this club please speak to Mrs McGrath.

Netball

Good luck to the Y5/6 team playing on the netball tournament on Tuesday 3rd December at St Bede's.

Netball opportunity for Y3 – Y6. Please see flyer attached to this newsletter.

PE kit

Please note the school PE kit is a white round neck T-shirt (no collar) and BLUE shorts. (Long legged track suit bottoms are only allowed in terms 2 and 3) Trainers or daps are also needed.

Sport clubs

Some sports clubs will be run by St Bon's staff and will be free and others are run by outside professionals, there will be a small charge for these clubs. If any parents would be interested in helping with any of the sports clubs or running a club please do let Mrs McGrath know.

Yoga

This club has now resumed and will take place in the school hall 7.50 – 8.30am. If you would like to attend please email Mrs McGrath for a letter on kate.mcgrath@bristol-schools.uk It is for KS2 only.

Running/walking club

Has now resumed on Wednesday mornings at 7.50am. This club is free and open to all parents, careers, and children. Please turn up at school in running clothes (school uniform in a bag)
We would love to see more people - all are welcome any ability is catered for.

Tag Rugby

There are still a few spaces available in our new rugby club for Rec - Y6, on Thursdays after school, 3.15-4.30
Please ask in the office for a letter about joining this. 5th Oct - 20th Dec £44

Dance

There will be a dance class on Wednesdays for KS2 and Fridays for KS1 after school in the hall from 3.15 – 4.30pm. KS1 class is now full but we do have spaces in KS2 class on Wednesdays.

Multisport club for children in years 1 and 2

This club is now FULL.

Sport clubs for our parents

We are hoping to get all the parents /carers of our school just as fit as the children, teaching the kids by example! There are early morning sports clubs available on most mornings on the school premises;

Monday – Yoga (KS2)

Monday – netball (ladies only)

Wednesday – running/walking club – all are welcome

Thursday – circuits – all are welcome

SPORTS & CLUBS LIST

Please check the school website or your email for news of club cancellations.

AFTER SCHOOL

RECEPTION, YEARS 1 and 2

DANCE CLUB Rise: Fridays 3.30-4.30pm – THIS CLUB IS NOW FULL – please ask if you would like your child to join a waiting list	Fridays Rec – Yr 2
FOOTBALL Premier Sport: Mondays Years 1 and 2: 3.30-4.30pm To book please visit www.premier-education.com/sport .	Mondays Yrs 1-2
MULTISPORTS Premier Sport: Wednesdays 3.30-4.30pm Mrs McGrath has now confirmed which children have a place. This club is FULL.	Wednesdays Yrs 1 and 2
TAG RUGBY Clifton Rugby Club: Thursdays 3.30-4.30pm	Thursdays Rec - Yr 6

YEARS 3-6

DANCE CLUB Rise: Wednesdays KS2 3.30-4.30pm – SPACES AVAILABLE	Weds KS2
FENCING & ARCHERY Premier Sport: For years 3, 4, 5 and 6 - Fridays 3.30 - 4.30pm. Book online www.premier-education.com/sport or call Lee 07917 187771.	Fridays 3.30 – 4.30pm
FOOTBALL Premier Sport: Tuesdays 3.30-4.30pm Forms have been sent home or book online www.premier-education.com/sport or call Lee on 07917 18 7771	Tuesdays Yrs 3-6
GYMNASTICS Bristol School of Gymnastics: Yr 3-4 Tuesdays 3.15-4.15pm Yr 5 - 6 Thursdays 3.15-4.15pm Please contact Vicky Ashworth at BSG on 942 9620 for further information.	Tuesdays Yr 3-4 Thursdays Yr 5-6
HOCKEY Premier Sport: For years 3, 4, 5 and 6 - Fridays 3.30 - 4.30pm. Book online www.premier-education.com/sport or call Lee 07917 187771.	Fridays 3.30 – 4.30pm
NETBALL Mrs McGrath: Tuesdays after school 3.15-4.15pm for Years 5 and 6. Thursdays 3.15 - 4.15pm for Years 3 and 4. Squad players will be invited to early morning training on Tuesdays at 8.00am.	Tuesdays Yr 5-6 & Thursdays Yr 3-4
TAG RUGBY Clifton Rugby Club: Thursdays 3.30-4.30pm	Thursdays Rec - Yr 6
TEAM FOOTBALL Mr Morgan: Wednesdays 3.30-4.30pm	Wednesdays Yr 4 – Yr 6

EARLY MORNING

BADMINTON Premier Sport: Yrs 3, 4, 5 and 6 Book online www.premier-education.com/sport or call Lee 07917 187771. £20 for Term 2.	Tues 7.45 – 8.30am
CIRCUIT TRAINING Mr Morgan: Thursdays at 7.50am. Circuit training in the Hall for fitness. All abilities welcome including parents. See Mrs McGrath for more information	Thursdays 7.50am Yr 3-6
NETBALL FOR WOMEN: Mondays 9 - 10.00am. All abilities welcome. £1 charge.	Mondays 9 - 10am
RUNNING CLUB Mrs McGrath: Wednesdays at 7.45am. This club is free and open to all parents, carers and children. Please turn up at school in running clothes with school uniform in a bag.	Wednesdays 7.45am

YOGA Ms Sus: Mondays at 7.50-8.30am in the Hall. All abilities welcome including parents. Please collect a letter from the school office if you are interested.	Mondays 7.50am Yrs 3-6
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LUNCH TIME

BIBLE DISCOVERY Miss Haime / Mrs Woolley: For years 4-6 - Monday lunchtimes 12.30-1.15 in 2WR classroom. We do lots of creative activities based around prayer, scripture and reflection.	Mondays Yr 4-6
CHOIR Miss Tudhope: For years 1-2 - Tuesday lunchtimes 12.15 - 12.45 in 2T classroom. New members welcome!	Tuesdays Yr 1-2
CHOIR Miss Gray: For years 3-6 - Tuesday lunchtimes 12.15 - 12.45 in 3CG classroom. New members welcome!	Tuesdays Yr 3-6
CHAPLAINCY Mrs Ballantine: For years 5-6 – Thursday lunchtimes weekly 12.15 - 12.45pm.	Thursdays Yr 5-6
DEBATING CLUB Mrs Addleman: For years 5 and 6 - Thursdays 12.15 – 12.50pm. Children do not need to sign a form – just come along. It takes place in 4SA's classroom. Children should bring a packed lunch to eat during the club. If they have school dinners, they can still attend, but will need to leave slightly earlier. We debate issues relating to both school life and the wider world in an age appropriate and relevant way.	Thursdays Yr 5-6
KNITTING CLUB Mrs Rees and Mrs Pratt Walters: Wednesdays 12.45 - 1.15pm. Please fill out a club permission slip if your child would like to join the waiting list for this club.	Wednesdays

PRIVATE ARRANGEMENTS FOR AFTER SCHOOL ACTIVITIES

Please note that the school accepts no responsibility for any private arrangements that parents make with external after school activities. If you have made arrangements for any other agency to collect your child from school you should inform your child's class teacher so that they know who your child is going home with.

COMMUNITY SECTION

- Amelia in 5SK has cut her long hair and donated it to the Little Princess Trust who will make her hair into a wig. Amelia would love it if you could sponsor her. All money raised is being donated Macmillan Cancer Research.

Amelia's Nannie recently died from gall bladder cancer and received care from Macmillan nurses. Amelia is so appreciate of the support her family received she'd love to give something back to them. If you'd like to support her please use her Just Giving link below.

This is a big decision for Ameila and she is now ready for action. Thank you for your support.

<https://www.justgiving.com/fundraising/AmeliahaircutLloyd>

- Hi! My name is Ros, I am 19 years old and I am available for babysitting across the Christmas holidays. I have a genuine love of working with children and have relevant skills listed below:

- Experience as a drama and singing teacher for children at Stagecoach.
- Currently employed in a nursery (6 months-4 years)
- Complete training in paediatric first aid
- Experience of babysitting ages 1-12

Dates:

15th of December- 23rd of December

29th of December- 30th December

1st of January- 10th of January

References are available from those within the school community.

Contact me on:

+447519590417

rosmcdermott173@gmail.com

Look forward to hearing from you!

- Vacancies in local business

Marketing Executive vacancy, Whiteladies Road, Bristol £25k - £30k

Would you call yourself an all-rounder? Can you turn your hand to writing copy, drumming up attendees for events and help deliver communication campaigns from start to finish? We have a vacancy for a Marketing Executive with a few years' experience to help market our employee communications agency, Synergy Creative. Email gemma@synergycreative.co.uk – www.synergycreative.co.uk/join

Part-time Finance Assistant, Whiteladies Road, Bristol 10 hours per week (flexible days) £10-£14 p/h

Do you love to crunch the numbers? And does doing this part-time in a creative agency sound like your ideal job? We're looking for a finance assistant to work alongside our Finance Manager to provide support processing data entries, keeping Zero up to date, managing supplier invoices and supporting bank reconciliations and work in progress reports. Email gemma@synergycreative.co.uk for more information. www.synergycreative.co.uk/join

- **Community news**

We are looking for leaders to help run our excellent Explorer unit at the scout hut on Thursday evenings. We are in urgent need of more adult volunteers to prevent this unit from closing. If you can help or know anyone who can, please speak to Mrs McGrath. Explorers are aged 14 – 18. It a very rewarding age group to work with. The programme usually involves doing some exciting and adventurous activities, so if this sounds like you please do get in touch.