



# SBL Academy On the Radar

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February 2020

## This month at SBL Academy

This year's Children's Mental Health Week is 3-9 February and at SBL we are committed to supporting young people's mental health and well-being. We are delighted to announce that we have been awarded the Health in Schools 'Mental Wellbeing in Schools Award' and Councillor Ben Stokes presented our award on the 6th of February.



### Health in Schools

#### MENTAL WELLBEING AWARD

Over the past year we have trained a team of students to become Mental Health Ambassadors. These students worked

closely with a mental health specialist to learn about different types of issues that young people face and how they can support each other. The student ambassadors range from Year 8 to Year 13 and were specially selected because of their mature and supportive personalities. This incredible group of young people are noticeable around school as they wear a badge with 'Student Mental Health Ambassador' displayed.

Mental health issues can affect anyone at any time; to provide the best possible support for our school community we have developed a 'Mental Health Zone' in our Learning Support area. This specialised area has been designed by our mental health team to be a relaxing and positive space.

All staff at SBL Academy are fully aware of the struggles that young people may be facing. We have a dedicated team who have received mental health training from specialist services and will be able to sign post students to the appropriate support if needed. We promote an environment where students and staff can talk openly about mental health. Being aware of mental health is such an important part of our lives and our students' well-being; we recommend following the 'The 5 Ways to Well-Being' advice from mental health experts.

**D Anderson**  
Principal



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

## Key dates

- 12-13 February: Year 9 Theatre and Galleries Residential, London
- 13 February: End of Term 3
- 14 February: Inset Day
- 15-22 February: Ski Trip
- 24 February: Start of Term 4
- 24 February: Year 9 Future Quest Bristol Old Vic Workshop
- 5 March: Year 8 Parents' Evening

## Parking and litter outside the school

Please can parents/carers ensure that when they are collecting their children from school at the end of the day that they park appropriately and do not obstruct pathways or park on the yellow zig-zags. We have received a number of pleas from local residents who recognise that it does get busy but would like us to remind parents/carers to consider where they park and to avoid keeping engines running.

Local residents are also concerned about the amount of litter dropped by students in the road or in people's gardens. Please ask your children to make sure they use the bins provided.

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## After School Extra-Curricular Sports Programme: Term 3 (Jan – Feb 2020)

	Sports Hall	Astro Turf	Gym \ Dance	Courts	P5
Monday	KS4 Netball AAb				
Tuesday	Girls Rugby MSs Boys Basketball THa	Year 9 Football ALa	All Years Fitness Aht		
Wednesday		KS3 Girls Football EWb Year 7 Football ALa			Year 10 & 11 GCSE Revision & VCERT Coursework MSs Aht & HBa
Thursday	KS3 Badminton MSs	Year 10 Football ALa	Gymnastics / Cheerleading HBa / RWa		
Friday		GCSE Badminton (MSs)		Year 8 Football (ALa)	

This year, on top of our impressive sporting extra-curricular clubs, we are continuing to run an exciting range of clubs and opportunities. Students should see the members of staff in charge if they are interested in any in particular.

## Extra-curricular school clubs

Extra-curricular club	Who to see	Location	Day	Year group
Chess and Scrabble	Ms Deady and Ms Murray	Library	Thursday	Years 7-13
Science of Sustainability (SoS)	Mr Davda	M13	Wednesday	Years 7-13
Debating society / politics Club	Mr Hill	Library	Tuesday	Years 7-13
Bookclub	Ms Murray	Library	Wednesday	Years 7-11
Chefs Club	Miss Munns	M35	Wednesday	Years 8 & 9
Textiles (additional support/extension)	Miss Shand	M51	Wednesday	Years 10 & 13
Musicals Club	Miss Lowes	G18	Thursday	All Years
Young Carers	Miss Connor	G30	Monday Tutor Time	All Years
LGBTQ	Mrs Morris and Miss Lowes	G18	Tuesday	All Years
David Attenborough Club	Mrs Oldfield, Mrs Myers and Mr Jones	Geography	Thursdays week B	All Years
Choir	Mr Lyle and Miss Harland	M93	Wed and Fri Lunchtime	All years
Cyber discovery Club/Computer Club	Miss Way	M53	Tuesday	All years
Spanish	Ms Thomson	M22	Monday Lunchtime	KS3
Technology Club	Mrs Johnson	M37	Tues/Thurs week A	Years 8 and 10

## SBL Sports Centre: what's on during the half term holiday

There's lots going on at SBL Sports Centre this half term. Monday through to Thursday we have Veritas Gymnastics offering numerous gymnastics and tumbling sessions, for more information see: [www.veritasgymnastics.co.uk](http://www.veritasgymnastics.co.uk). On Thursday we have Soccer Shooters back with a Football Fun day! Suitable for football loving children aged 5-12 years old, visit [www.soccershooters.com](http://www.soccershooters.com) to book your place. We are also selling our popular Facility Block Cards again, just £20 for 10 sessions on either the 3g, tennis courts or in the sports hall.

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## Community news

SBL Academy are delighted to be working with local community groups in Cadbury Heath. The Juice Community Project recently applied successfully for funding from the Co-op Foundation to look further into two issues important to those who live in the Cadbury Heath area.

### Use of the outdoor areas:

- What residents would like to see them used for and how they would like to be involved?
- What residents and others would like to see provided in the area for support and advice, as well as activities and interests.

The Co-op Foundation will work with Juice to take the outcomes from the current survey forward and help them to apply for further funding to implement them.



## Advice on the Coronavirus

The government is closely monitoring the spread of the Coronavirus and is taking action at home and abroad.

The overall risk of Coronavirus to the UK remains moderate. However we understand that people may be concerned where there are children, students or staff returning from or visiting China.

Public Health England and the Foreign Office have issued advice for anyone travelling to the area, please consult these websites for up to date information.

### Advice for parents/guardians

You should not be unduly worried about the possibility of your children catching the Coronavirus. There is no reason why your children should not continue to attend their school as normal.

We recognise that some families or children may be planning to travel to China during the forthcoming half term period. If so, please refer to the FCO's latest travel advice.

### What actions you can take

A UK wide campaign has been launched to provide clear advice on how to slow the spread of Coronavirus.

Please help to support the campaign which promotes basic hygiene practices, such as regularly washing hands and always sneezing into a tissue, to stem the spread of viruses.

## School Nurse Information

The school health nurse for SBL is Alli Fry who runs a confidential drop-in clinic for young people every Wednesday lunchtime (no appointment is needed). These sessions can be useful for seeking advice and support around many issues including mental health, emotional wellbeing, healthy relationships, sexual health and healthy lifestyles. Parents are able to contact the school nursing service for advice and information on 01454 862202.

## Make a difference...

Redfield Edge Primary School are looking for committed people from our local community to join their governing board as co-opted governors. You will help guide the school's strategy and policies to help make the school successful in achieving its aims. If you or someone you know is interested in making a difference to their school and the outcomes for their pupils, they would like to hear from you.

If you would like to apply, please contact the clerk to governors: [molly.caradine@redfieldedgeprimary.co.uk](mailto:molly.caradine@redfieldedgeprimary.co.uk) If you would like to find out more about how you can contribute to governance at their school or have any questions, then please email the chair of governors, Catherine Bullock: [Catherine.bullock@redfieldedgeprimary.co.uk](mailto:Catherine.bullock@redfieldedgeprimary.co.uk).

## Tweeting proudly

The student leadership team will soon be launching their own twitter account to share details of everything they are doing to help lead the school as well as all of the things that are happening around the academy on a daily basis that make them proud. Watch this space!

