

Dear Parents, Carers and Students,

I hope students and families have enjoyed Flexible Friday. We collapsed the timetable for Y7 to Y11, so students and staff were, for one day, able to take a break from the usual routine. This opportunity would mean less screen time and provide the afternoon for students to get involved in our newly launched House competitions. We hope the student well-being activities that we provided were also helpful. Year Leaders would love to see some photos of the many activities you have been up to today. It has been very exciting this week because we have at long last launched our House System. Every student and member of staff, apart from me, has been assigned to one of our four Houses Ashton, Blaise, Canford and Durdham. It has been good fun watching the senior staff House assemblies on Tuesday. I have been delighted with how quickly staff and students have developed a House identity and gentle competitive spirit! Mr Walker had the great idea of asking one of our former sixth form students to design the House logos. A big thank you to George L who has created these timeless designs, which will become an integral part of our school community. A great legacy George. Our Sixth Form leadership team is now managing the House competition entries via Google classroom. Remember every entry receives points for your House, so do get involved.



CANFORD

SLT: Mr Fernandes

Student Head of House:
Mya



BLAISE

SLT: Mr East

Student Head of House:
Jacob



DURDHAM

SLT: Mrs Jenkins

Student Head of House:
Faith



ASHTON

SLT: Mr Walker

Student Head of House:
Katie

I do hope you are enjoying our new style colourful newsletters. A thank you to Courtney Billing who is the talented member of staff who pulls it all together every week.

The parent and student lockdown surveys close today – so if you would like to provide us with some feedback please do so.

Thanks you for your continued support - BFS is beating the Winter Blues!

Mrs S King, Headteacher



Key Dates

Thursday 11 February	Year 9 Taster Day
Friday 12 February	End of Term 3
Monday 22 February	Start of Term 4



BFS HOUSE SYSTEM 2021

BLAISE HOUSE



Senior Leader: Mr East

Student Head of House:
JacobSixth Form House Leaders
Emma, Stacey, Lily
and Will

Mr East, SLT

Jacob, Head of House

#TeamBlaiseHouse

WRITTEN BY JACOB, STUDENT HEAD OF HOUSE

We are really pleased to see the launch of the new BFS House System that has been in the planning for a while, and great to be a significant part of its take off. I'm Jacob and I am the House Captain for Blaise House – the red house. I am going to be heading up the team with other members of the Sixth Form Council namely Stacey, Emma, Will P and Lily along with Mr East, our SLT lead.

We think the House System is a great opportunity to further develop the team and community spirit amongst students and staff, as well as introduce some friendly competition and rivalry amongst the teams across all year groups. The opportunity to win cups and awards as well as the chance to be crowned champions at the Annual House Sports Day in the summer. It will also be an opportunity to meet new people across a variety of year groups, as we work together as a team.

We are launching four House competitions for everyone to take part in – there really is something for everyone! We are really hoping that Team Blaise will show their team spirit by entering as many of the competitions as they possibly can. We will show the whole school that, Blaise House are in it, to win it, for the top spot on the House Leadership Board! The more competitions you enter, the more points we win for our team. Good luck to everyone, we really look forward to seeing your diverse range of entries.

Come on BLAISE HOUSE - we are a team – we can be champions!!!!
<https://www.youtube.com/watch?v=6DhQdWuhysl&feature=youtu.be>

Remember to log in on
classcharts using the code
below:

txr6374



BFS HOUSE SYSTEM 2021



DURDHAM HOUSE

Senior Leader: Mrs Jenkins

Student Head of House:
Faith

Sixth Form House Leaders:
Ameer, Zoe, Charlotte,
Charlie and Celia



Mrs Jenkins, SLT

Faith, Head of House

#TeamDurdhamHouse

WRITTEN BY FAITH, STUDENT HEAD OF HOUSE

It's been with great joy that the school has launched our new House System. Working with a wonderful team from the Sixth Form Council to start Durdham House has been a pleasure.

Our name comes from the very historic and significant Durdham Downs in our city; our logo pays homage to the many trees around the edge of the park, and our House colour (green) does the same. Together, the team and I decided that the values that fit such a House were 'growth' and 'unity'. Now, more than ever, a sense of togetherness is necessary. Since trees grow from one place of unity, it is fitting, that our logo, reflects the house where we uphold these values to grow together.

I'm very excited for the entries that we will receive from the various House Challenges that we promoted in the House System launch. It's been greatly uplifting to see how students and teachers alike are gearing up to take part and show their House pride.

Given the times that we are living in, a House System where students are able to connect across the year groups is a brilliant chance for us all to extend our community spirit and help each other grow together.

I feel so privileged to be leading Durdham with a wonderful team and I look forward to seeing our House progress as the years go on.

Go Durdham!

<https://www.youtube.com/watch?v=2hoAKqu9XYc&feature=youtu.be>

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BFS HOUSE SYSTEM 2021

ASHTON HOUSE



Senior Leader: Mr Walker

Student Head of House:
KatieSixth Form House Leaders
Will, Emily, Ben and, Molly

Mr Walker, SLT



Katie, Head of House

#TeamAshtonHouse

WRITTEN BY KATIE, STUDENT HEAD OF HOUSE

After an extensive period of planning, I am proud to say that the School has finally launched our new House System! I'm Katie and I am the House Captain for Ashton House, the Yellow house. I'll be working alongside other members of the Sixth Form Council: Molly, Emily, Ben and Will along with Mr Walker our SLT lead.

Our house name comes from the historic Ashton Court. Ashton Court has been the site of a manor house since the 11th century, and has been a beautiful place to walk around ever since. There will be a series of challenges over the school terms and sports days will be house competitive instead of tutor. There will be exciting things coming our way with multiple competitions for everyone to take part in.

In these dark and draining times, a bit of competition will help lift all our spirits! The more competitions that you enter, the more points we win for our team. So let's all dive in and make Ashton the first house winner of BFS. Good luck everyone, we look forward to seeing your entries!

Go Ashton!!

<https://www.youtube.com/watch?v=GxWeACD5Cgo&feature=youtu.be>

Remember to log in on
classcharts using the code
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dxudkyk



BFS HOUSE SYSTEM 2021

CANFORD HOUSE



Senior Leader: Mr Fernandes

Student Head of House:
Mya, Y13

Sixth Form House Leaders
Charlie, Eloise, Saber and
Will



Mr Fernandes, SLT



Mya, Head of House

#TeamCanfordHouse

WRITTEN BY MYA, STUDENT HEAD OF HOUSE

Hello, my name is Mya and I am the student Head of Canford House. I alongside Charlie, Eloise, Will and Saber are so excited to join Mr Fernandes as part of Canford, the blue House of BFS.

Our house is named after a park frequented by many of the students of BFS and is a place where many of us will have made fond memories with friends and family. As a house we strive to uplift our core values of resilience and respect and hope that all of our new members look forward to joining us in this venture as well as the many House competitions and charity events soon to come.

To start this launch off with a bang our House, alongside the other four, has created challenges for everyone in our school to participate in to show House pride and raise our spirits in this strange time. Canford House's challenge to all of you is to bake a cake or pastry to represent your house. This can be done in whatever way you see fit be it through the shape colour or any other creative technique. As with all the competitions, the deadline is the 12th of this month.

We at Canford are so excited to have so many new members and look forward to the great things we will achieve together as a house.

Go Canford!

<https://www.youtube.com/watch?v=PJtcB2z0TTk&feature=youtu.be>

Remember to log in on
classcharts using the code
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BFS READING CHALLENGES!

Have you started the BFS 2021 Reading Challenge?

Million Word Challenge

Current Leaderboard:

- Jacob, Year 8 - 261,047 words
- Evan, Year 8 - 259,765 words
- Reuben, Year 8 227, 957 words



How many of you can become a reading millionaire?

Bristol Free School Reads

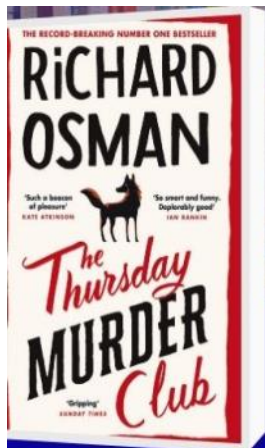
Do you want to be reviewer of the week?

Introducing our new book review challenge! Are you really enjoying a book at the moment? We would love to know.

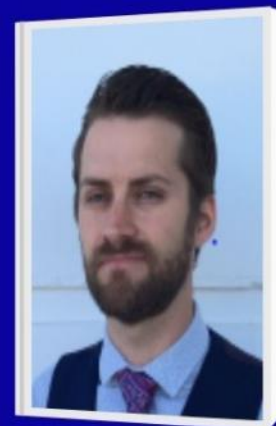
Please submit your book review to Mr Gowen at m.gowen@bristolfreeschool.org.uk (500 word max limit) for your chance to be our reviewer of the week.

We want to hear from students and staff! Looking for a new read, check out Mr Gowen's review on the next page!





BFS READS



Mr Gowen, Teacher of English

A great way to reinvigorate a love for reading is to try something you wouldn't normally show an interest in. So without further ado, I'd like to share my thoughts on Richard Osman's Thursday Murder Club. Or 'the first debut novel to be a top seller at Christmas' as it's also known. Or 'did you know that the guy on Pointless wrote a book? No the other one' as it's even more commonly known as.

I was given this as a Christmas present because "all your books are about identity politics, persecuted minorities and bleak dystopias - I thought you might like something light and enjoyable for once" (I think that's a compliment and not an attack on my character). It certainly ticked all the boxes: something that can be easily read in bed in less than a week - tick; a plot driven narrative full of twists and turns - tick; two dimensional yet loveable characters - tick; sarcastic yet affectionate put downs of British culture - never ending ticks.

Isn't it amazing that the clever man from Pointless can just write a novel? Well yes and no. Whilst undoubtedly an entertaining writer who can create over the top caricatures, Osman's lack of experience as a novelist does come through in his prose. He's a bit keen on a short sentence. And a rhetorical question.

Certain passages of the novel felt a little more aggressive telemarketing call with a patchy signal than were probably intended.

But that shouldn't take away from what is ultimately an amusing and enjoyable read. A quaint little escape to the summer Cotswolds in this claustrophobic infinite winter.

A solid 7 pages out of 10.

Mr Gowen



Writing Challenge

The English department is excited to present to you, this year's writing competition theme (drum roll...) **Change!**

As always, we are encouraging you to interpret the theme and to write a short story (1,000 max) or a poem and submit it to your English teacher (via the team's assignment) by the 24th of March. The date on the poster is the date I will be submitting the winning stories and poems to RET.



Miss Ludwell,
Teacher of English

A few ideas to help you create your masterpiece:

- longing for change; focusing on the changes that come about in someone's life;
- Use Stone Cold as an idea and your character needs change (literal and figuratively) to survive;
- Change in location/opinion and the character's experience of it.

As you can see, interpreting the question allows your creativity to flourish and you can explore "change" in a variety of ways.

Remember to use "show not tell," as we can't see the wonders of your imagination unless they are written on the page descriptively.

We cannot wait to delve into your creative writing!

Take care,
Miss Ludwell

RET

CREATIVE WRITING COMPETITION 2021

Entries of prose or poetry on the theme of:

Change

Celebrate your writing with the four other schools in the Trust.

The theme this year is **Change**
Interpret that as you choose!

- Word limit: 1000 words
- Entries submitted to your teacher by 31st March.
- Two winners will be selected from each category: KS3, KS4 and Sixth Form.
- All winning entries will be published in a book.
- Win an author visit for your school!

BFS CAREERS



**MR
PARRY**

HEAD OF BUSINESS AND
CAREERS LEADER

HAVE ANY QUESTIONS?

Please contact Mr Parry
r.parry@bristolfreeschool.org.uk

WELCOME

CAREER EVENTS AND OPPORTUNITIES

Interested in a Career in Law?

Burges Salmon- Law information days- 16 and 18 February

During February half-term, on Tuesday 16 and Thursday 18 February 2021, Burgess and Salmon will be hosting two Information days to provide students who have an interest in law and the legal sector with insights into career opportunities in the profession and the supporting business services. The events will include various talks, for example from a legal trainee and both our legal and Business professionals apprentices as well as interactive group exercises and an optional advice clinic, facilitated by our HR team, on the application and recruitment process. We receive excellent feedback from students who attend these insight days and our events are always oversubscribed. Further information about these events can be found on their website:

<https://www.burges-salmon.com/careers/school-students-information-days/>



Join a Virtual Insight Event with Co-op Legal Services- Wednesday 10 February

Discover Co-op's apprenticeship programme, their culture and values, and hear from their apprentices what life and work is like there. At the Co-op Insight Event, you will get a chance to hear from the team at Co-op and understand more about their competitive career opportunities. You'll get to:

- Meet employees from the company.
- Learn more about their career opportunities
- Gain experience in starting your career.



Legal Services

During our interactive employee Q&A, you will be able to ask questions anonymously and take part in live polls. You will get a real feel for the brand and get some top tips from those who have been successful themselves through the application process. For more information and to book onto this:

<https://www.eventbrite.co.uk/e/interested-in-the-legal-sector-join-our-virtual-insight-event-with-co-op-tickets-131857416081>





CAREER INFORMATION - POST 16 OPTIONS

A vast majority of our Year 11 students will be considering and making applications for their post 16 options. Year 11 students have been supported in their PSHE lessons using career pilot and learning about apprenticeships, post 16 option routes and different career pathways.



We are delighted to hear that so many of our Year 11s have made applications to our Sixth Form. There are also a vast majority of post 16 providers in our local area that some students will consider. We would encourage students to use the careerpilot website when exploring courses and possible career paths.

Careerpilot

<https://www.careerpilot.org.uk/job-sectors>
<https://www.careerpilot.org.uk/courses>



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The post 16 directory - Bristol City Council

Bristol City Council have created a directory that brings details of the schools, colleges and training providers in the Bristol Local Authority area together into one place. Please see more information and a link for the directory here:
<https://www.bristol.gov.uk/schools-learning-early-years/where-you-can-get-post-16-education>

<https://www.bristol.gov.uk/documents/20182/4855357/Post-16+Directory+2021+V8.pdf/7074b1c2-2eea-c3f3-24c8-2f9c9a957bfa>

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The most popular post 16 destinations for our Year 11 leavers in previous years other than Bristol Free School were:



SGS College
www.sgscol.ac.uk



City of Bristol College
WWW.CITYOFBRISTOL.AC.UK

POST 16 SPECIALIST COLLEGES AND TRAINING PROVIDERS



- Access Creative College- www.accesscreative.ac.uk



- Boom Satsuma- www.boomsatsuma.education



- Bristol City Community Trust Education (Football Club)- <https://www.bcfco.uk/robins-foundation/education/>

- Bristol Rovers Community Trust Education (Football Club)- <https://www.bristolroverscommunity.org.uk/education>



- Bristol Technology and Engineering Academy- <https://www.bteacademy.co.uk/>

- On Site Construction Apprenticeships- www.onsitebristol.co.uk



- Reflections Hair Academy Hairdressing & Barbering- <https://www.reflectionstraining.co.uk/>



NATIONAL APPRENTICESHIP WEEK



Is an annual week-long celebration of apprenticeships across England. Please see all the virtual listings and opportunities:

https://amazingapprenticeships.com/app/uploads/2021/01/Events-Listing_V2.pdf

We will be encouraging students to engage with national apprenticeship week. The meet real apprenticeships activity is a great activity that we will encourage students to do next week.

Students can find out more about apprenticeships by meeting real-life apprentices. Twenty apprentices have recorded a short video each to help explain what they do in their apprenticeship.

<https://amazingapprenticeships.com/apprentices/>





SPEAKERS
for schools

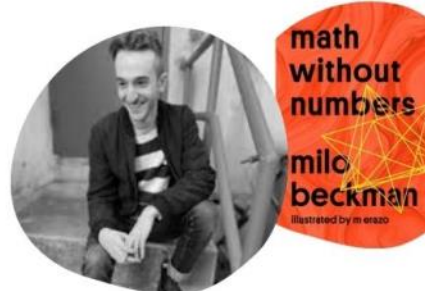
SPEAKERS FOR SCHOOLS

As mentioned in last week's newsletter, Speakers for Schools has a vast array of talks and also have live talks where students can sign up. If any students wish to 'virtually' attend these live talks when they are meant to have a lesson must email their subject teacher to seek permission as our normal school curriculum would take priority. The live talks are also recorded so students can always access the talks at a later date. Please see the schedule for next week and details below:

<https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/>



SPEAKER: Tom Toumazis MBE, Former Media, Entertainment and Tech Executive, now investor in start ups
DATE: Monday 8 Feb
TIME: 10:00 – 11:00
YEAR GROUP: KS4 – 5 / S4 – 6



SPEAKER: Milo Beckman, Author, Maths without Numbers
DATE: Monday 8 Feb
TIME: 14:00 – 15:00
YEAR GROUP: KS4 – 5 / S4 – 6



SPEAKER: Jean-Patrick Cheylan, Head of Entertainment Partnerships, Europe, Twitter
DATE: Wednesday 10 Feb
TIME: 14:00 – 15:00
YEAR GROUP: KS4 – 5 / S4 – 6



Panel Broadcast with Flipbook Studio:
David Cordon, Head of TV and Film, Jo Wilkinson, Head of Production & Yuval Turgeman, 3D Artist
DATE: Thursday 11 Feb
TIME: 10:00 – 11:00
YEAR GROUP: KS3 – 5 / S1 – 6



Penguin
Random House
UK

Penguin Talks in Partnership with Speakers for Schools

Lit in Colour: Why Empire is Relevant Today, with Sathnam

Sanghera and Zawe Ashton

DATE: Thursday 11 Feb

TIME: 14:00 – 15:00

YEAR GROUP: KS4 – 5 / S4 – 6



Year Leader Competition - Winner

Well done Shiloh for winning the Year Leader challenge this week. A fabulous entry building the London Eye.



Appreciation Emails

Year 7TG1 have been sending some appreciation emails to their teachers to say a huge 'THANK YOU!' for all of their hard work and kindness so far during Term 3! Who do you appreciate? Why not let them know!



Virtual Live Lounge

Friday 12 February

If you would like to take part, please send a video of you making some music to d.pate@bristolfreeschool.org.uk to be included in the concert!

Deadline is the 8 February, and the concert will be broadcasted online on Friday 12 February

If you would like to take part, please complete the consent form below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=bCkKhyVdnEuSUFIfzQ18YGhYloLyGJHhQWW7hZGhw5UOFhNVEpFVfxkOTTY0MTZCRUY2OU5EUkZCWS4u>

If the video is too big to send, you could use a file transfer website like [wetransfer.com](https://www.wetransfer.com). If you have any questions about recording or submitting your video please let Mr Pate know.

To watch the concert at 7pm on Friday 12 February, just click this link: https://www.youtube.com/watch?v=Krs9eqc_vbg

BFS MFL THE LANGUAGE AMBASSADOR SCHEME



HAVE A LOOK AT WHAT SOME OF OUR LANGUAGE AMBASSADORS HAVE BEEN UP TO!

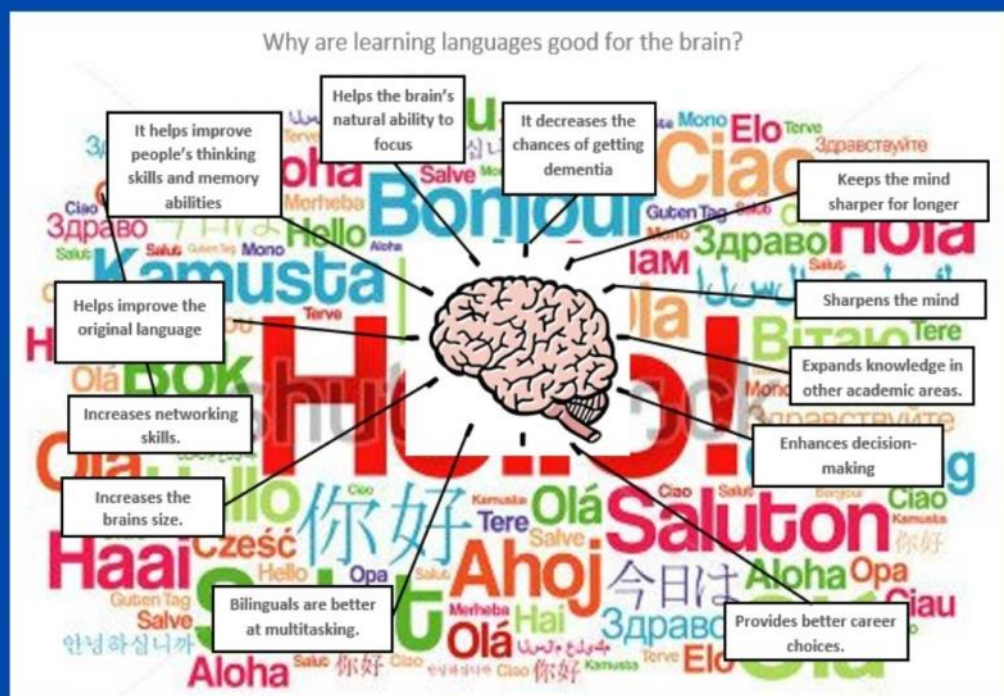


LANGUAGE IS CONNECTION



By Caleb, Year 10

What is language? At a fundamental level, Language is just connection: whether that's connection of ideas; people or cultures, it still involves the connection of at least two things. These connections don't happen through something like telepathy (the communication of thoughts and ideas by means other than the known senses; such as sound, sight and touch), they happen through speech in a language. So language is just a means to an end. Once we realise what language is, we can start to see things like Maths and History as languages. Whilst Maths and History aren't seen as conventional languages, they are still communications of ideas (Maths the communication of metric values through a numeric dialect, and History a communication of Lessons learnt in the past through English and documentation of events that hold meaning). When we gain this knowledge and perspective, we can see things clearly and understand people and cultures for what they are, not what we perceive them to be. I hope that this knowledge helps you, either in your immediate or later life.



By Mark, Year 7



By Shiloh, Year 7

WORDSEARCH

Amigadeestudiohsbsbbandeiras
 Abureadghytruireftdikmandham
 Maaburridaghtklowiwhbehdegh
 Oghsthnsaburridohdbdnshdvn
 Vbsbshsnshwhflagshshtnsns
 Lgosjsngdsddhhshsbujssjsjsjsg
 Elifetsylehsgflagsjsleggrensnn
 Speakndhdbstuddybuddynsn
 Hsnparlantehsnshsbakamma

- Read
- Movies
- Aburrida
- Aburrido
- Study buddy
- Lifestyle
- Speak
- Flags
- Leggere
- Parlante
- Amiga de estudio
- bandeiras



LEARNING A LANGUAGE

Learning languages is hard and sometimes tedious, as I found out in Year 9. However, I love learning languages and, as with most things, is really fun most of the time. GCSE Spanish was hard because all I was doing was going over vocabulary and doing hundreds of translation exercises.

After about 2 months of failing vocabulary tests, I discovered Quizlet and then foreign-language films and TV shows. Quizlet meant I could use flashcards or play games with the terms and definitions while listening to Spanish music. Artists such as Rosalía, Boy Pablo, Molina or Sofía Valdés produce great music in both English and Spanish that you can add to any playlist; it's nice knowing there is Spanish music other than Señorita or Despacito. Shows like One Day at a Time (15) introduce you to Spanish along with English whereas shows like Elite (15) fully immerse you in the normal High-School murder drama that we all experience, right? Keeping the Spanish audio and using subtitles mean you learn a lot more conversational phrases and with Netflix adding more foreign-language shows, it won't be hard trying to find something to watch.

Studying languages is so much fun and taking it as a GCSE or A-Level is great and has been so much fun; learning about other cultures and gaining a skill that is so desirable when looking for employment, is what makes language courses so fun and beneficial. However, that doesn't always mean flashcards and gap-fills, it can just be a Netflix binge with a friend or a fun game.



By Harry, Year 12





BFS Remote Learning

I am continually impressed with how students have adapted to remote learning. Their resilience is inspiring. Students have been engaging in their D&T lessons brilliantly, using the chat function to communicate and asking interesting questions that spark discussion.

I have also really enjoyed being able to catch up with my tutor group every morning, hearing how they are getting on and finding out what they are doing to fill their spare time.

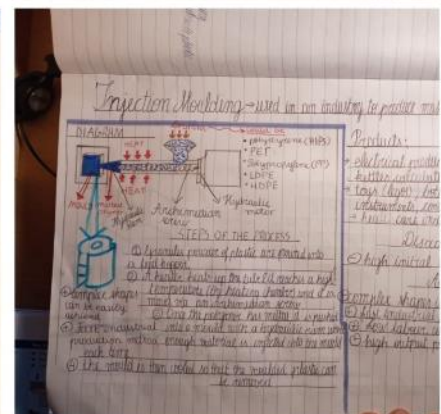
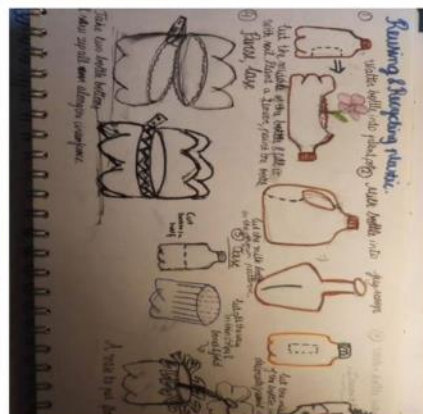
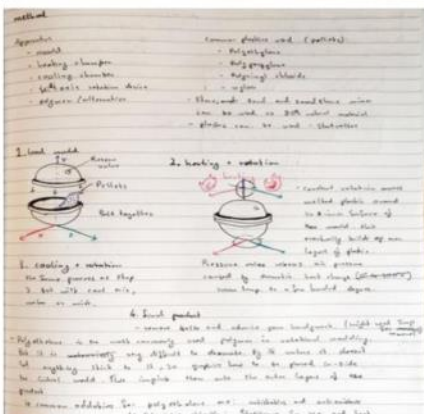
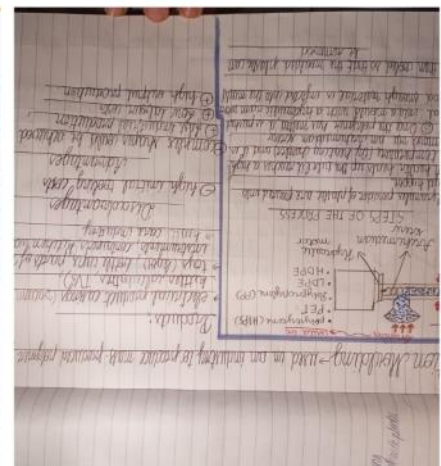
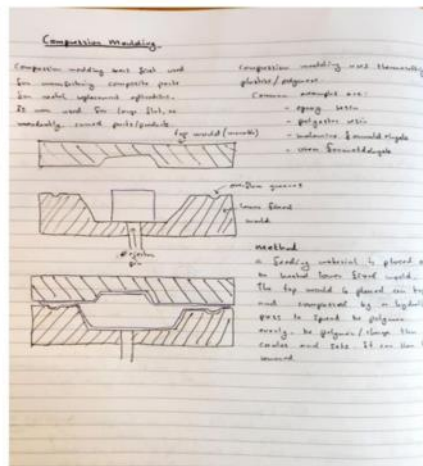
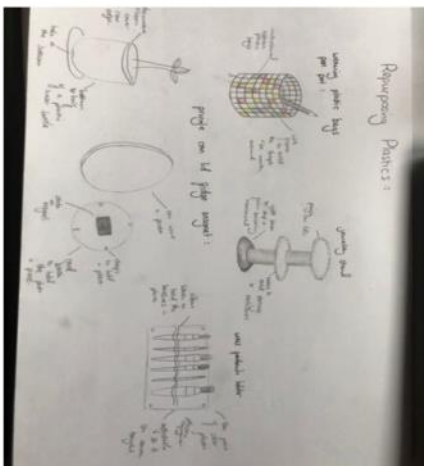
I am so proud to teach such wonderful students.



Miss Burman, Teacher of D&T



In D&T I have been delighted at seeing the effort students are putting into their work. In Year 12 we have been looking at polymers and the wider effects they have on the environment and society. The students have used prior knowledge to inform some wonderful discussions on the topic, whilst learning in depth about how polymers are processed and formed. They have also been able to use this time to repurpose their recycling and look at methods to join and reform plastics. I look forward to seeing their outcomes.





Join a free, half-day event for young people in Bristol who want to know more about how the pandemic has impacted their communities

This workshop will be led by the KBSP Shadow Board- a group of young people who help to shape safeguarding across Bristol (how to keep children safe).

- FREE, half day online workshop on Wednesday 17 February, 10am - 2.30pm
- Three guest speakers from the University of Bath, talking about mental health
- Four presentations and discussions led by young people's participation groups
- A presentation from Public Health about data in Bristol

Register here: <https://www.eventbrite.co.uk/e/are-you-ok-workshop-wellbeing-for-young-people-and-our-community-tickets-132238261199>

Bristol's SEND Local Offer

Bristol SEND

Bristol City Council are asking children and young people with SEND and their parents to share their views about the services in Bristol.

Your experience is really valuable and they will use your feedback to help improve services.

The survey will be live for 7 weeks – closing date 5 March
The results will be published on Bristol's SEND Local Offer website in the summer term.
Visit the website for more information:

www.bristol.gov.uk/localoffer

<https://bristol.citizenspace.com/education-skills/send-parent-carer-spring-2021/>

<https://bristol.citizenspace.com/education-skills/send-children-and-young-people-survey-2021/>

Supportive Parents have launched a Wellbeing Hub for young people with special educational needs and disabilities (SEND).

The Wellbeing Hub is based on the **5 Ways of Wellbeing** - a national initiative that focuses on the 5 steps we can take to improve our wellbeing:

CONNECT - BE ACTIVE - KEEP LEARNING - TAKE NOTICE - BE CREATIVE

You can find a link to The Wellbeing Hub here:

<https://www.supportiveparents.org.uk>





**MENTAL HEALTH &
SAFEGUARDING**
BRISTOL FREE SCHOOL

MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information

WE ARE HERE TO LISTEN.

If you are struggling with anything, we are here to help - please talk to us. Remember there are lots of different communication styles to suit you. Email us to let us know how you would like to talk.



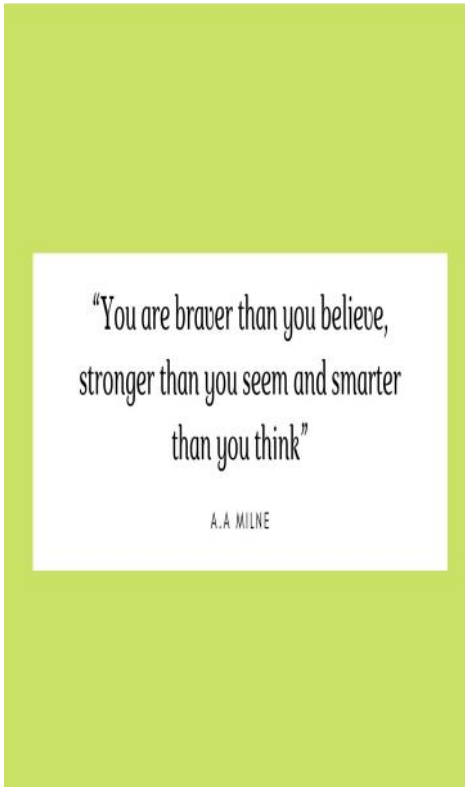
tellsomeone@bristolfreeschool.org.uk





“THE BEST WAY TO PREDICT YOUR FUTURE IS TO CREATE IT.”

ABRAHAM LINCOLN



“You are braver than you believe, stronger than you seem and smarter than you think”

A.A MILNE



8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1



Know how to spot the signs



If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.

2



Talk to your child



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.

3



Create structure and routine



Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.

4



Give children a sense of control through information



Look online with your children to find useful information and resources that help children feel they have control.



Off The Record (OTR) is a free support for young people aged 11-25 living in Bristol and South Gloucestershire which promotes good mental health and wellbeing.

OTR is self-referral! Young people can sign up themselves through their website, www.otrbristol.org.uk.

OTR have created the **Showcase Hub** - an Interactive space for you to find out more about support available at OTR. The Showcase Hub is a series of fortnightly webinars where they will be talking all about what projects they're running, taking you through the website, and answering questions.

For: Everyone! | Sign up: [tickettailor.com/events/otrbristol](https://www.tickettailor.com/events/otrbristol) Monday 8 February at 4:30pm

"Just because no one else
can heal or do your inner
work for you

doesn't mean you can,
should, or need
to do it alone."

-Lisa Olivera

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

5

Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.



8

Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

