



## 2024/25 Term 1 Newsletter

1. Welcome from the Head
2. Outdoor Education
3. Sports Update
4. Extreme Reading Challenge
5. Creative Activities
6. Safeguarding and the local offer
7. Important information
8. Internet Safety

## Welcome back!

Term 1 of the academic year 2024/25 has proven to be an exciting term for our staff and students. I would like to say thank-you to everyone for such a kind welcome as Head Teacher of NorthStar 240. We have achieved so much in such a short period of time. In this issue you will see a snap shot of the many opportunities our students have experienced. Including our door learning activities, sports achievements and our students creative endeavours.

This term has seen our student body grow with the welcome addition of two new Year 7 classes. Our Year 7 students have transitioned well and have settled into life at secondary school, they have embraced this new opportunity and have enjoyed trying new things. Below are some of the reasons why our Year 7's are enjoying coming to school so much.



'I am getting better at English and maths.'

'BMX sessions and football matches were amazing.'

'Sessions with my play therapist as well as speech and language are great.'

'I love PE, Art. I enjoy forest school, cater-

Over the next term we are going to see some exciting new changes to the curriculum, with new Humanities topics which will include Field trips/site visits, plus, new reading opportunities across the school. At the start of Term 2 we are introducing a curriculum bulletin so everyone can see what our students are studying allowing for more learning conversations at home. Finally, I would like to make one more introduction, Mr Croney. He is our new Outdoor Practitioner and an amazing addition to the North Star family.

*I am thrilled to introduce myself as the new Outdoor Practitioner for North Star 240, following my work last academic year establishing and implementing outdoor programmes at North Star 82. At NS 240, I will be leading a comprehensive Forest School programme for Years 7 and 8, a vocational Level 1 BTEC course in Land-Based Studies for Years 9-11, delivering the Duke of Edinburgh (DofE) Award and running an Outdoor Enrichment programme.*

*Outdoor learning offers a wide range of benefits, including improved health and well-being, connection with nature and environmental awareness, fosters a sense of adventure and curiosity, improves social skills and team work, and builds confidence and self esteem.*

*With over 25 years of experience working with children and young people in a variety of outdoor settings—including youth clubs, adventure playgrounds, outdoor pursuits centres, community gardens, city farms, and schools—I am passionate about engaging students in meaningful outdoor programmes. I am excited to develop initiatives here at NS 240 that will complement our already diverse curriculum and offer students unique opportunities to thrive outside the classroom.*

*I look forward to working with the school community and helping our students benefit from all that outdoor learning has to offer! Mr Croney*





This term pupils have begun their DofE programme and have been trying new things, challenging themselves and looking at ways in helping others, working their way towards achieving their Bronze DofE Award.

As part of the award, pupils will complete activities in four different areas:

1. Volunteering: Help out in your community and make a difference.
2. Physical: Get active by playing a sport, hiking, or doing fitness activities.
3. Skills: Learn something new like cooking, wood carving or playing an instrument.
4. Expedition: Go on an exciting outdoor adventure with your group.

After initial input from pupils, they have spent time this term working on areas 1-3, exploring volunteering opportunities at Lockleaze Adventure Playground, trying out physical activities such as local hiking and martial arts, and honing in on a skill such as photography.

Pupils will continue to try out new things and at the end of Term 2 they will have the opportunity, with support from teaching staff, to plan further activities and an expedition for Terms 3 and 4 with their group.

The DofE Award is not only a prestigious Award that is recognised by colleges, universities and employers, but also recognition of the huge effort participants are putting in by doing it, the people they are helping, and the skills they are learning along the way. Pupils have made a fantastic start to their DofE journey.

All of the images on this page have been taken by the students.





## Sports News

This term, it has been great to use our new MUGA - an excellent artificial pitch that the students can use to be active and take part in sport during PE lessons, breaktimes, lunchtimes and after school activities. In PE lessons, students have benefited from more space to practice football skills, culminating in high interest and engagement in lessons and football teams in fixtures against other schools.

In term 1, we have successfully launched our NS240 'cocurricular program' - an offer of after school activity for students to participate in trampolining, dance and drama and football. There will be activities available for students to attend on Mondays, Wednesdays and Thursdays throughout the year and these will be advertised to students, with information being provided by teachers.

In October, Mr Mitchell was successful in an application for opening schools funding run by West of England Sport. The money received will be spent on new fitness equipment to improve our school gym facilities. After half term, students and staff will benefit from new table tennis tables, weights equipment, resistance machines, cardio machines and audio/video equipment to enhance their performance and well-being.

Early this term in September, students from years 7-10 competed in a table tennis tournament over break and lunchtimes. The competition was extremely high quality, with games being played at a high intensity, but with excellent sportsmanship. The final between Joe Elworthy and Reece Davies epitomised these values, with the winner Reece coming out on top to take the title 11-9.



This term students have participated in a badminton competition taking place over break and lunchtimes. An incredible sign-up saw 20 students from year 7-10 enter the competition in October, with Joe Elworthy, Reece Davies, Mckenzie Jones and Hayden Moll making it to the final four. The quality of badminton on show was excellent, with finalists Hayden and Joe from 9A battling it out in a close match with Joe taking the title 11-6.

On Thursday 3<sup>rd</sup> October, NS240 played their first KS4 football fixture of the year. Students from years 9, 10 and 11 participated against Aurora Hedgeway for the first time on our new astro pitch, playing some fantastic football and winning 6-0. Goals were scored by Charlie Robson (4), Ja'Dore Stewart and Seb Harrison.

On Friday 11<sup>th</sup> October, NS240 played their first KS3 football fixture against NS180 in a hotly contested derby match. Students from years 7, 8 and 9 competed brilliantly, working together to practice skills learnt in football lessons this term, running out 4-2 winners. Goals were scored by Archie Day (2), Tommy Hendy and Reece Davies.

On Friday 18<sup>th</sup> October, Students from the GCSE PE group took part in the Bristol Olympics tag rugby event at Dings rugby Club organised by Bristol Bears. Students participated in a range of rugby skills sessions with excellent effort and attitude impressing the bears coaches. The event culminated in a match against Bristol Bears work experience students, with NS240 running out winners 2-1!





# EXTREME READING CHALLENGE

Get a photo of yourselves reading your books in out-of-the ordinary places. The more creative the better.



Send your pictures to  
[english@northstarclassroom.uk](mailto:english@northstarclassroom.uk)  
or bring in the photo.





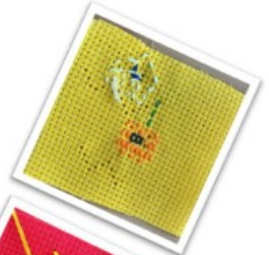
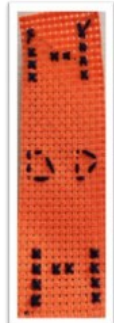
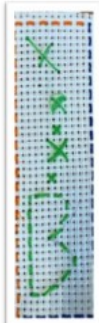
**Spooky Season in the Art department!!!**

**All week, students have been having fun creating these amazing painted cobwebs, practicing their colour theory by using primary and secondary colours.**

**To top them off, they have then added their very own Halloween spiders!**

## Textiles Enrichment

# 7A



It has been a great start to the year introducing basic sewing skills to 7A.

Bookmark/coaster -tastic with a Halloween flavour!

Students passed their driving test on the sewing machine and some made Halloween drawstring treat bags!





#### E-Safety

Wake up Wednesday—our IT lead has carefully selected the most appropriate wake up Wednesday poster. Every news letter addition this will be attached to back of the issue.

Should you want any further help or advice on E-safety please don't hesitate to contact the school.

#### Community offer

There are a number of free events happening in and around Bristol over the half term break. Follow the link below to explore the different opportunities [Free Events in Bristol - VisitBristol.co.uk](#) .

[Home](#) | [What's On](#) | [Free Events](#)

## Free Events in Bristol

#### Feedback

North Star Academy Trust is committed to listening to you and working with you to resolve any concerns or complaints you may have.

In the first instance, please talk to your child's tutor if you have any concerns. They will be able to make sure they understand your concern in order to resolve it informally as soon as possible to avoid the need for you to make a formal complaint.

However, if the matter has not been resolved you may raise it formally. To do this you need to state that you are making a complaint, this can be done via telephone, email, in writing, through our 'get in contact' button [www.ns240.northstar-academy.co.uk/contact](http://www.ns240.northstar-academy.co.uk/contact). If you would like help to do this, please talk to your school reception staff who will make arrangements for someone to get in touch with you to give you any assistance you may need.

North Star Academy Trust will then review and/or investigate your complaint and this will include talking to you about it in further detail to find out what you would like to happen in order to resolve it.

## Important Information



### Important dates

**NOV 5th** – School photographer – please ensure your child wears their correct uniform inc. tie  
**NOV 25th** – INSET  
**DEC 11th** – Proposed Parents Evening  
**DEC 18th** – Christmas dinner day  
**DEC 23rd- JAN 3rd** – School Holidays  
**JAN 2nd** – Inset Day  
**JAN 20th – 24th** – Mock Exams  
**FEB 17th – 21st** – School Holidays  
**APR 7th – 18th** – School Holidays  
**APR 21st** – Bank Holiday  
**APR 30th** – Year 9 options event  
**MAY 5th** – Bank Holiday  
**MAY 8th- 19th June** – YR11 EXAMS  
**MAY 26th– 30th** – School Holidays (26<sup>th</sup> Bank Holiday)  
**JUNE 23rd** – INSET  
**JUL 18th** – Presentation Assembly  
**JUL 21st & 22nd** – Inset Days  
**JUL 23rd – AUG 31st** – School Holidays

### Uniform

Please remember your child should come each day in the correct uniform, which is ;

black /dark grey trousers or skirt

white button up shirt/blouse

School blazer

School Tie

Please note in the event your child forgets their tie one will be loaned for the day and if not returned at the end of that day a charge of £8.50 will become payable.

Further uniform is purchasable from the school office.

### Free School Meals/Pupil Premium

Your child could be entitled to receive free school meals, as well as pupil premium funding for the school. Please read this [important letter](#) from Bristol Mayor Marvin Rees for more information about how to claim. [Somali](#) and [Polish](#) translations of the letter are also available.

You can apply to see if you are eligible for Free School Meals here: <https://parent.bristol.gov.uk/web/portal/pages/parents/travel-and-free-school-meals>



## Top Tips for...

# MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

### GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

### AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

### BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

### 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

### SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

### SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday