



Dear Parents

I was pleased to welcome our new Year 7s and their parents to their Information Evening yesterday. Once again the school is full, and we are grateful for all your kind words about us to friends and families.

In a hurry? Click below the link you require and it will take you straight to the article:

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Letters available on the [Parent Portal](#) this week:

- |         |  |
|---------|--|
| Year 12 | Exams, study leave and important dates |
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### ***New System for Parents' Evenings***

There is a Year 12 parents' evening coming up after half-term and shortly we will be making requests for appointments. We intend to implement a new paperless system. Requests and slots will be allocated via Google docs and you will be emailed by Mr Ryan asking for information to be submitted. We hope that this will make for a more efficient process. The evening itself will take exactly the same shape as usual.

Mr J Martin  
Deputy Head (Academic)

### ***Stranger Danger - Alert***

We have had an alert from a school in Lower Hanham about two men in a silver Volkswagen hatch back trying to entice students into their car. As a consequence we will be reminding students to be alert when journeying to and from school and to report to us anything suspicious or unsettling. If they are approached whilst waiting outside QEH to be collected we will advise them to return to school and seek help from the duty staff.

Ms J Sharrock  
Deputy Head (Pastoral)

### ***Assessments***

Assessments are currently being written for Years 7, 8, 9, 10 and 12 and these will be available to view on the [parent](#) and pupil portals from 4pm on Tuesday 30 May.

Mr J Martin  
Deputy Head (Academic)

### ***Activity Days for Years 7, 9, 10, 12***

Last term you decided with your son which activity he would choose during the activity days which take place in the final week of the term in July. Your son has received a letter and you have received an email with the cost of his chosen activity. The deadline for this payment is Friday 26 May. Many thanks in advance for your help in making the payment promptly!

Miss L Fenner  
Activity Days

### ***Year 7 PSHE***

We will be looking at UK Democracy, how our democracy works, the role of political parties and of course focusing on our coming election on the 8 June.

Ms J Sharrock  
Deputy Head (Pastoral)

### ***A-Z of Health and Wellbeing***

This week's topics, attached at the end of the newsletter, are O for OMG, P for Puberty and Q for Quiet Time.

Health Centre

### ***Year 10 Photography GCSE***

All the above students please remember to bring a camera to school for the Mark Simmons' workshop on Wednesday 24 May. Cameras can be stored securely in the Art department before registration.

Mrs N Dyer  
Head of Art

### ***International Student Host Families Wanted***

Gabbitas, the student support and guardianship company that we use to arrange the host families for international students at QEH, are looking for host families for the 2017-18 academic year. If you have a spare room and would be interested in hosting an international pupil, please visit the [website](#) where there is more information about what is involved.

### ***Librarians appointed***

Congratulations on their appointment to Toby Speirs, Head Librarian, Cameron Tebbenham-Small and Ben Salt, Assistant Librarians.

Mrs A Robbins  
Librarian

### ***¡Viva España! Spanish trip Easter 2018 is booking now.***

There are still places available next Easter on the Spanish trip. 2 days in Madrid and 5 days staying in host families (with a friend) in Cordoba. There are lots of opportunities

for the boys to improve their Spanish, in the families, at the language school and on organised activities with Spanish students. And lots of cultural activities including a flamenco show, a visit to a bullring, an Arabic bath experience and a tour of Real Madrid's stadium. A highly educational but also fun trip. For more details see the letter on the [ParentPortal](#) or email [cbrotherton@qehbristol.co.uk](mailto:cbrotherton@qehbristol.co.uk).

Mr C Brotherton



### ***Battlefields Trip***

Last Friday, over half of Year 9 boarded a coach and set off to tour the battlefields of Belgium and France. We enjoyed a sun-soaked ferry crossing, but were greeted in France with a violent thunderstorm. Fortunately, the storm passed and we were able to visit our first trench – the ominously titled 'Trench of Death'.

The following day we began our tour of the Ypres Salient, stopping off at Essex Farm Cemetery before contrasting it to the bleaker Langemark German Cemetery. We then visited two different trench systems, which provided the boys with an accurate reflection of what fighting in the trenches was really like. The evening was spent in the town of Ypres, experiencing the delights of Belgian chocolate and then paying our respects during the Menin Gate ceremony. On Sunday, we left early to begin our tour of the Somme. We followed the exact line of trenches for the infamous 1st of July attack and visited two massive craters left from the mines that were exploded prior to the attack. A highlight on the final day was our visit to Notre Dame de Lorette and their magnificent monument to the 570,000 men who lost their lives fighting in the Nord de Pas de Calais region. The name of every soldier was etched into brass. The boys behaved impeccably all trip and were a pleasure to take abroad.

Mr S Munnion  
Trip Leader



### ***Sports Results***

Cricket v The Crypt School Gloucester

- U15 won by 10 runs
- U13 won by 30 runs
- U12A won by 100 runs
- U12B won by 5 wickets

### ***Year 7 Dads' Drinks***

Chris Woodward (Ben 7X's dad) has organized a Dads' Drinks evening at The White Horse in Westbury on Trym from 7.00pm on Thursday 29 June. All Year 7 Dads are welcome!

### ***Appeal for Talent!***

CBBC is looking for budding pop stars aged 11 - 14 AND their mums\* to take part in the third series of the hit CBBC show *Got What It Takes?*

KIDS: Do you love to sing and perform?

MUMS\*: Do you want to compete in fun physical challenges? (Don't worry mums\* you don't need to be able to sing!)

If you think you and your mum\* would make a dream team, we would love to hear from you!

Filming will take place between 24th July and 18th August 2017 (TBC)

To find out more, and to download an application form, please visit the CBBC website:

<http://www.bbc.co.uk/cbbc/joinin/got-what-it-takes-series-3-be-on-a-show>

The deadline for applications is 16th June 2017 but please apply asap. You must have permission from your parent or legal guardian to apply. \*Please include a relative or carer if you can't include your mum.

### ***Bikeability Course***

Life Cycle UK is running Level 2 and 3 Bikeability courses at half term. Details are on the attached poster.

### ***Target Sprint Event, Sunday 21 May, Yate***

Target Sprint is a heart racing, exhilarating sport for all, which combines running and target shooting, athleticism with skill and accuracy, where the first past the post wins. It's simple, it's fast and it's fun!

We hope this will interest those interested in: athletics, running, shooting, multi-sport, cadets, CCF, Scouts, Modern Pentathlon and those who want to take on a fun new challenge.

For more information, please email

[Events@BritishShooting.org.uk](mailto:Events@BritishShooting.org.uk) or take a look at the website [www.TargetSprint.co.uk](http://www.TargetSprint.co.uk).



## O is for OMG!

It is important for us parents to have peace of mind and to ensure our children's online safety. We have a responsibility to educate them about how vulnerable they can be using sites such as Instagram, Snapchat, Whatsapp and Facebook but also the harm they can sometimes inflict on others with their rash words and statements. All schools are dealing with an increase in online hazards such as sexting, bullying, peer pressure and issues with body image; it's an unfortunate consequence of technological advancement.

In school we constantly speak to the boys about how to be safe online but appreciate that sometimes parents are left clueless and feel ill equipped with regards to what their child is getting up to online. In this digital age, with mobile phones being the norm and most children having their own computers and tablets we do not see what our children are exposed to or indeed what activities they are involved with. Bullying is no longer something that happens in the playground but now happens in the child's bedroom and home. Social media has made it so that often there can feel like no escape from such pressures.

An excellent website for parents to look at is [www.parentinfo.org](http://www.parentinfo.org). This site provides useful information on a variety of social media websites and how you can navigate the safety filters. It also provides useful information about the law, sites that should be avoided, trolling, how to have a positive digital footprint and so much more.

Our children are probably much more IT savvy than us but we do have a responsibility to protect them from harm and to ensure they too are using social media in a considerate way to others.

We encourage parents to let us know if they feel their child is being bullied online in order that we can stop this activity and also educate the offender appropriately.

Another useful website with regards to on line safety is [www.ceop.police.uk](http://www.ceop.police.uk)

## P is for Puberty

This is a word that invokes fear into most parents and teachers. This period in our childrens' lives involves so many changes with their bodies, minds and attitudes. I often thought that each day I was walking on a mind field.... All could be blissfully perfect and then BOOM for no reason what so ever I had detonated a bomb and had no time to hide and recover.

We can blame it on those darn hormones but also we must accept that sometimes there are external factors that can affect our children including work stress, friendship issues, body image, you not buying the right flavour crisps for their snack...the list could go on.

It is hard to recall what we were like through puberty...personally I believe I was an angel child. Until my parents can provide video evidence of me slamming doors, sobbing over boys, declaring I hate my body, my brothers and pretty much everything then I can only assume my halo is intact! We all went through puberty, we know the pain and angst that can be felt at this time so we should be considerate and well equipped but sometimes we need help navigating those landmines. So with this in mind... please know you are not alone and there is help out there. Look at any other parent of a teenager and know that they are going through the same as you.

I have listed a few websites that may offer some support; from looking at issues such as changes to the body, what to expect and when, sex, how to deal with confrontation and how to support your child through mental health issues such as depression, stress and eating disorders. We have a large number of books available in the health centre which may also be of interest, just drop us a line if you would like to borrow one. Some of these are aimed at parents and some at the child. Titles available are:

Puberty Boy

The "What's Happening to my body?" book for boys  
Get out of life...but first take me and Alex into town  
How to talk so kids will listen and how to listen so kids will talk  
What's happening to me?  
Willies: a user's guide  
Blame my brain- the amazing teenage brain revealed  
The sex book  
Whatever! A down to earth guide to parenting teenagers  
Let's talk about sex  
Sex, puberty and all that stuff  
Speakeasy: talking with your children about growing up  
Body image in the primary school  
<http://parentinfo.org/>  
[www.kidsbehaviour.co.uk](http://www.kidsbehaviour.co.uk)  
<https://www.bristol.gov.uk/social-care-health/parenting-courses-currently-running-in-bristol>  
<http://www.familylives.org.uk/>

Q is for Quiet Time:

There is no doubt about it that our children are constantly on the go. Not only do they attend school five days a week but they then have homework commitments and a variety of extracurricular commitments. So many of our children are already up and at it well before the school day starts with swimming lessons, music lessons even the mundane travelling to school can be tiring. There are so many activities offered to our kids at an early age and the peer pressure on parents to put their children through these activities is high. I can recall feeling quite inept that my baby wasn't able to sign language that he would prefer green pesto over red! The shame of it! Then there was baby yoga, baby swimming, baby massage etc etc etc. This list of activities changes as our children get older and we enrol them into tennis lessons, rugby clubs, gymnastics, and piano lessons...the list could go on. Yes they probably love most of their activities but somewhere along the line we have forgotten how to allow them to rest and have quiet time.

So what do I mean about quiet time? Well unfortunately for the kids I do mean away from electronic goods. I'm not saying they shouldn't be allowed to use them throughout the day just that during quiet time they are not providing the peaceful and calm environment you are aiming for.

Children whatever age need to learn to entertain themselves whether it is through playing with Lego, reading a non-educational book, listening to music, mindfulness, Cloud watching, day dreaming, even cooking...just have some calm time away from schedules, work and pressure can be so rewarding.

It can help increase independence and self-confidence as they are allowed to investigate their own strengths and solve problems on their own. They can be allowed the freedom to become creative through writing and art. By slowing down they can focus their attention on one activity rather than constantly thinking about what is next on the agenda or to do list. In Denmark, Lego ensure that all their meetings and work stations have bowls of Lego available so that staff can take time out to possibly unleash their creative prowess but mainly to allow staff to stop and recharge their batteries. Quiet time allows you to self-reflect and appreciate what we have in life. This can be hard to achieve if they are constantly being told to do this, be at somewhere at a certain time etc. Most of all it allows them to rest and relax and generally help develop a happier child/teenager.

It has to be said that us parents should also practice this. Yes it is essential for our children to see the importance of a good work ethic but it is also vital that they see that we too can take time out to rest, recharge and relax. We shouldn't feel guilty about it, we should embrace it.

Mindfulness has many positive aspects which allow us time to relax, reflect and breathe and appreciate the now.

There are a lot of books out there and courses. There is also a very useful Mindfulness app called Headspace which can help with stress, sleep and relaxation; it is well worth a look.

Anyway, go put the kettle on or pour yourself a nice glass of wine, pick up a book, put your feet up and allow yourself some time out...you deserve it!



# On Road Cycle Training

Level 2 & Level 3 Bikeability courses

Clifton High School,  
May 2017

- Level 2 training for 9-11yrs
- Level 3 training for 11-15yrs
- Wed 31<sup>st</sup> & Thurs 1<sup>st</sup>
- Small groups to build confidence
- National Qualification



Supported by Bristol City Council

Build your cycle skills and confidence and help make the school holidays more fun!

Level 2 is £15 per child; Level 3 £30 per child, you can book online or over the phone.

**Life Cycle UK**  
Start cycling • keep cycling • love cycling

Book online at:  
[www.lifecycleuk.org.uk/childrens-holiday-course](http://www.lifecycleuk.org.uk/childrens-holiday-course)  
or call: 0117 3534580



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