

Newsletter

6th December

Dear Parents/Carers,

Welcome to our latest newsletter, collecting together some of the most important bits of information that we hope will help all parents and carers.



Firstly, congratulations to our Boys' Year 8/9 Basketball team who were victorious in their mini-tournament on Wednesday evening. The team won both of their matches, defeating Merchants' Academy 22-10 and then edging a tight match against Bedminster Down School by 6-4. Congratulations to all of the boys involved – I hope it inspires others to represent our school in future matches too.



Our Winter Concert takes place on Tuesday evening next week with musical performances from many of our secondary pupils. It's always a lovely evening and I look forward to sharing it with many of you (and maybe having a little sing-along together too).



We know that communication is often the one thing that parents and carers wish could be better. We acknowledge and appreciate this and I want to reassure you



all that we continue to try and make sure everyone has a way of getting in touch with us that suits you. Enclosed with this newsletter are a couple of documents that explain how you can get in touch with us, including our weekly drop-in sessions with our leadership team.

We know that parents/carers may sometimes think we could be doing better – if you have a concern, please follow the process in the second document. This will ensure your concern reaches the right person and that someone will check that you get a prompt reply.

Finally, a reminder that school finishes early at the end of term this month, with the term finishing at 12:45 pm on Friday 20th December for all pupils.

Best wishes.

Mr Maule



Following on from the Sleep Health item in our last newsletter, we have been speaking to a number of pupils, particularly in year 8. They have candidly shared that they are using their phones in bed at night and this has led to some alarming patterns: a number of children reported that they don't get to sleep until after 11pm. Understandably, this late-night screen time affects their ability to get up in the morning, leading to either lateness or, in some cases, absence from school altogether.



This is both a real shame and challenge for us, both as parents/carers and teachers in school. The feedback from pupils showed a clear link between late-night phone use and lower rates of school attendance and engagement. Therefore, the clear message from our pupils is that their phone usage at night is having a negative impact on their sleep and, consequently, their ability to engage fully in their education.

We understand that managing technology is a challenge for many families, and we want to work together to find solutions that will help our children get the rest they need. We would like to encourage you to consider a few recommendations:



1. **Establish a Phone Curfew:** Encourage your child to put their phone away at least an hour before bedtime. This can help create a more peaceful environment conducive to sleep. If possible, in a different room to where they sleep.
2. **Encourage Relaxing Bedtime Routines:** Reading a book, listening to calming music, or engaging in quiet activities can be great alternatives to screen time before bed.
3. **Discuss the Importance of Sleep:** Have conversations with your child about the benefits of a good night's sleep and how it helps them feel more alert and ready to learn.
4. **Model Healthy Habits:** As parents, demonstrating your own positive bedtime routines can significantly influence your child's habits.



We appreciate your ongoing support for your children, as we believe that by working together, we can enhance our children's wellbeing and academic performance. Please feel free to reach out if you have any thoughts or require further support regarding this issue.

If you'd like to read more, how about this BBC News article:

[Heavy social media use linked to poor sleep - BBC News](#)

Trust In Learning

Your feedback is important to us to help us improve



Feedback and Complaints

We want everyone in Bridge Learning Campus Secondary to feel happy and welcome.

You can:

- give a compliment
- give positive feedback
- give negative feedback
- make a complaint

Not happy?
Please follow these steps

Step 1

If you want to make a complaint



If you have a concern, please contact us first so we can resolve it. You can email us at enquiries@blc.school. If you're not satisfied with the initial response, ask to speak with a senior leader. You can do this by phone or email. FAO Dan Pitt, Deputy Headteacher, at enquiries@blc.school. Alternatively, join our SLT drop-in sessions every Friday from 3pm to 4pm. If you're still unhappy, request a meeting with the Headteacher.

Step 2

If you prefer to write

Write to the headteacher. They will contact you to arrange a meeting at school or by phone. FAO: Rupert Maule, Headteacher, enquiries@blc.school



Step 3

Not happy? You can use our formal complaints procedure

The school office can give you a copy of the Complaint Form or you can find it on the school website at the back of the Complaints Policy.

The Headteacher will investigate and provide a written response in 15 school days.

Step 4

Still unresolved? You can request a Panel Hearing

The panel will be 3 people who are not directly involved. One must be independent of the school. You will be offered 3 dates. You can bring along a relative or friend for support. The meeting is held in private. The panel will decide the right action to resolve the complaint. This is the final step.

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