



Dream big • Do your best • Give back

5<sup>th</sup> May 2023

Dear Parents and Carers

As always it has been a very busy week at Gordano with lots of different activities taking place. I was absolutely delighted to be able to walk through our GCSE Art and Photography exams during the week to see the high quality of work and focus taking place and the passion with which our students completed their coursework. I would also like to congratulate our Year 7 girls hockey team who won the North Somerset hockey tournament this week – what a wonderful achievement.

### **World Mental Health Awareness (WMHA) Week from 15<sup>th</sup> May**

The theme this year is Anxiety and Anxious Thoughts, and all students will receive an assembly discussing strategies and signposting support in school.

During WMHA Week various 'Pop-Ups' will be appearing in school, run by Vitamins, Wellspring, Kooth and OTR – external organisations who continue to support our young people.

Please note that a copy of the Pathways to Wellbeing support can be found on the school website [here](#) (and on Firefly for students – where they can book in for a wellbeing chat with a member of staff).

North Somerset also produce a mental health and wellbeing directory of services, where children, young people and their families can get quick, easy and direct access to up-to-date mental health and wellbeing information in North Somerset, including:

- Clear, accurate information about support and services available in North Somerset
- Ideas for activities locally to help you look after your wellbeing
- Self-help tools and information including online resources

### [North Somerset Mental Health & Wellbeing Directory](#)

### **Free Managing Exam Stress session at Portishead Youth Centre**

Are exams stressing you out?

Come along to Portishead Youth Centre on 10<sup>th</sup> May, 7.30pm-8.30pm, where we will be joined by Dr Natasha Ward, a GP Partner from Harbourside Family Practice.

Dr Ward is the Clinical Director of Gordano Valley Primary Care Network and will be at the centre to deliver an educational session for both parents and teens around managing anxiety during exam season.

The session is free and can be booked by phoning the youth centre office: 01275 842461

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**LIGHTHOUSE**  
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### **Year 7 Unifrog Launch**

Please note that during extended tutor times on 12<sup>th</sup> May and 19<sup>th</sup> May (the year group will be split across these two dates), all Year 7 students will be introduced to the Careers portal Unifrog. They will be receiving their logins this week. Full information about Unifrog can be found on our school website:

<https://lspcareers.org.uk/unifrog/>

### **Dropping off/Picking up**

We included some guidance on this last week, but can we please ask parents to stop turning in the main entrance to drop off. This is leading to, on occasion, traffic backing up into the road and causing potential hazards for other road users. Thank you for helping keep the community safe by following this request.

### **A reminder of current isolation guidance following a positive Covid test result**

If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.

Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

### **Parent Forum**

Our next parent forum will be on 17<sup>th</sup> May 6pm – 7pm, if you are interested in being part of our forum, please click on the link and follow the instructions: [Parent Forum](#)

### **Secret Student Rewards Scheme**

From 15<sup>th</sup> May we will be randomly selecting seven 'secret students' each week, one from Year 7 and one from each House. Teachers will monitor the students on the following areas:

- Effort and Behaviour in Lessons
- Attendance/Lates

If students meet the criteria above, they will receive a certificate and prize.

### **Portishead Town Council Spring into Wellbeing Event**

The Town Council are running a free health, wealth and wellness event on 13<sup>th</sup> May. Find out more information [here](#).

I wish all our families a restful and relaxing weekend

Yours sincerely



**Ms L Blundell**  
**Headteacher**