



Welcome

From Ms Cooper



The Post 16 staff team have worked hard to prepare students for their external exams which are now underway, students are getting into the right framework and are managing their workload and approach well for their external exams. This year has been a greater challenge than previous years as we continue to see the recovery from the pandemic and the impact this has had on students and their mental health and wellbeing.

We can celebrate the wonderful things in Post 16 and with our students. Some exceptional achievements - the Y13 Dance group recently attended the World Championships in the USA 2024 and have returned as gold medallists: World Champions in Hip Hop, Jazz, and Contemporary groups, such a massive achievement for students who will go onto remarkable things within the Dance and performance industry.

We also rejoiced in our Y12 and Y13 students winning the Envision campaign 2024, this is a social action initiative that students work on all year as a group to bring about change within the community. Our students chose supporting students of deprivation and providing food and resources for those in need to break down the barriers of poverty. The group had to fund raise and pitch their initiative to a professional panel: they were judged strong, confident and a talented team, every credit to all of them and their team.

We look forward to our Term 6 activities too with our Community Action Day on 27th June when Y12 will `give back` their time in kindness and support some key projects happening in the community through volunteering. We also look forward to taking all of Y12 out on a trip of their choice on Friday 28th June after they have completed their Work Experience placement earlier in the week.

Envision Success!

CLF Post 16's Envision Team 2023-2024, Cabot Food Charity (CFC), won this year's competition!

The group of 10 students set up CFC to drive change within their school community, raise awareness of the cost of living crisis and deliver snack packs to those students most in need.

CFC shared information of local food banks and charities to offer valuable information to all students and staff, held stands to give out their snack packs and concluded their project delivering a presentation to the judges and other participating teams at the final on Friday 19th April 2024.

Not only did our Post 16 team win the competition but they also learnt valuable skills in confidence building, creativity, problem-solving, time-management and resilience.

They are a real credit to their Post 16 community and we are very proud of them: congratulations to Asli, Caitlin, Jayden, Jess, Marlon, Nadia, Nam, Naz, Quinton and Syd W.



CLF Big Events

Over the course of this academic year, many of our students have been delivering termly programmes at various CLF academies working towards their BIG live events.

We have participated in the BIG Bake, Big Read, Big Write and BIG Dance. The final events for these will be happening during Term 6 when all children who have taken part from across the whole federation will attend to celebrate their success.

Thank you to our students for giving up their time to run these and thank you to parents for supporting them.

Care

Believe

Achieve

Youth Accountability Assembly

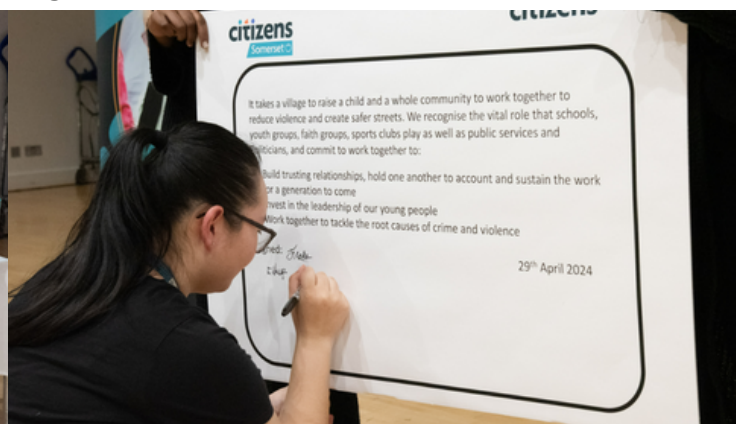
This academic year Post 16 have been working in partnership with Citizens UK. On Monday 29th April we, along with other key stakeholders hosted a Police and Crime Commissioner Youth Accountability Assembly at City Academy.



The Post 16 student representatives were incredible! They spoke with passion, clarity and purpose to over 160 guests who were seated in the Fielden Theatre, a huge step in terms of the confidence and leadership skills they have all developed over the last few months.

During the evening all 4 PCC candidates committed to ...

- develop a plan to increase funding to enable the 'blunt truth' workshop to reach more schools
- design a feedback mechanism for police to share the impact of, and reduction in crime from community-led reporting within community organisations
- publicly acknowledge the importance of diversionary activities in preventing youth violence and crime. To commit to ring-fencing the money the PCC office currently uses for diversionary activities for the next 4 year term.
- doing everything in their power to ensure Avon and Somerset PCC accredit as a living wage employer by the end of 2024. The living wage foundation to co-convene a roundtable in the next 6 months of stakeholders who want to address in-work poverty across the region to make Avon and Somerset a living wage region.



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Success at Urban Dance Worlds!

The US All Star Federation Cheer & Dance and the International Cheer Union Worlds Championships were a huge success for 2024 with the Angels Dance Academy taking 7 teams across 7 different divisions.

Our talented Urban Dance students Macy, Ava, Riley, Alyssa, Daisy, Izzy and Gracie were a part of these incredible teams and have now returned to the UK as World Champions!

At ICU the students represented their country - Macy in Cheer, taking home Gold in the AA division, the Hip Hop athletes took home Silver and Ava represented England in Jazz placing 6th.

At the USASF Worlds, just a few days after the ICU competition. Angels Dance Academy took home 3 Golds and 2 Silvers.

Dark 1st
Dominion Elite - 1st
Genesis All Boys - 1st
Virtues Lyrical - 2nd (first ever globe)
Dominion Prem - 2nd
Virtues Jazz - 7th
Gemini (new jazz team) - 12th

We are extremely proud of our athletes and coaches!



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Youth and Policing Education

We welcomed a local constable to deliver a session to Year 12 and 13 students around serious Youth violence.

This session specifically focused on knife crime as this has and continues to be a serious concern for young people in

the City of Bristol - we want our young people and families to feel safe and assured around these hard hitting issues.

Alongside this session, students had the opportunity to complete Bleed training online to help them to feel more confident and aware of how to support someone until the emergency services arrive should there be an incident.

Did you know?

- 99% of 10-29-year-olds **do not** carry a knife
- A person can get up to 4 years in prison for carrying a knife, even if it is never used
- People are 50% more likely to be injured by the weapon that they are carrying – **IT IS NOT PROTECTION!**
- Friends who pressure a person to carry a knife are not good friends and will likely not be around to help if that person were to get caught



Who we are and what we do



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Mental Health Awareness Month

This term has included the recognition of Mental Health awareness month.

To promote positive student mental health we have shared information around exam and deadline stress, how to notice the signs and strategies for reducing and managing stress. We've also shared a range of links with students with tips and strategies for supporting a range of mental health concerns:

Anxiety with Tom Grennan

<https://www.bbc.co.uk/teach/class-clips-video/articles/z3tnydm>

Self Esteem with Zara McDermott

<https://www.bbc.co.uk/teach/class-clips-video/articles/zpqmtrd>

Mental Wellbeing with Wes Nelson

<https://www.bbc.co.uk/teach/class-clips-video/articles/zp7xhcw>

Stress with Katie Thistleon

<https://www.bbc.co.uk/teach/class-clips-video/articles/zrf3r2p>

Depression with Roman Kemp

<https://www.bbc.co.uk/teach/class-clips-video/articles/zkckwnb>



On Thursday 16th May P16 staff and students wore green as part of Mental Health Awareness Week's "Wear it Green day" to raise awareness of mental health.



Year 13 Leavers Assembly

On 16th May we celebrated our amazing Year 13 students as they near the end of their academic journey here at Post 16.

We recognised their hard work, commitment, kindness, energy, challenge, honesty, determination and positivity.

Unfailing
positivity and
infectious
energy
always.

Future
world
leaders!

For being a special
group of young
people who will
make BIG things
happen in the
future.

Your
honesty
and
challenge

Working
hard until
the end

WHG



03 458 686 688

We are looking for welcoming
Host Families

Earn up to £350 per week per student
full support from Local Guardian
access to free safeguarding course
all families DBS checked



For more information contact Sue

☎ 0 7 939 211 193 ✉ avon@localguardians.co.uk

or visit <https://whitehouseguardians.co.uk/host-family>



White House Guardians

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**Host
Families
Needed**

Football Talent ID Day



Cabot
Learning
Federation



TOTAL
PRO
SOCCER



FREE!

TALENT ID DAY

WHO

WHEN

WHERE

Year 10 - Year 13

Wed 29th May
12:00-14:00

Kings Oak Academy
3G BS15 4JT

APPLY NOW



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Key Dates Term 6

Date	Event
01/06/2024	Start of Pride Month
03-21/06/2024	External Exams
17-21/06/2024	Y12 Mock Exams
21/06/2024	Dance Summer Showcase
24-26/06/2024	Y12 Work Experience Week
25/06/2024	Parent and Carer UCAS Evening
26/06/2024	Exam Contingency Date
27/06/2024	Community Action Day
27/06/2024	Y12 Eco Conference at UWE
28/06/2024	Y12 Trips and Rewards Day
28/06/2024	Taster Day for New Y12 Students
05/07/2024	CLF Summer Staff Conference
08/07/2024	DITS issued to Y12 Parents and Carers
17/07/2024	CLF Big Dance at City Academy
19/07/2024	End of Term 6

Contact



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@CLFPost16



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