

Tuesday 23 July 2024

End Term 6 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Forgiveness

Learning behaviour: Curiosity

We've had an amazing Term 6 with lots of learning outside the classroom, utilising our forest school area and the amazing grounds (despite our summer weather). Our Year 6 had a life changing 3 days at the PGL Camp as well as visiting their new schools and of course graduating. Our younger year groups have enjoyed visiting their new classrooms and teachers and we hope you managed to meet them too! We hope you are all now looking forward to a summer of fun. We wish you a happy summer holiday and look forward to seeing you all on 5.9.24

We are curious



Ever wondered what you are looking at in the night sky? A beginners guide to star gazing should help!

Click on the logo above

We are Curious



Let's explore Rockpools! As the tide goes out it leaves behind a world of wonder.

Click on the logo above

We are Curious

COUNTRYFILE

A website where you can find all things outdoors for ideas and inspiration for this summer and beyond.

Click on the logo above.

Back to School Tips

Restart Routines

Kids need time to adjust, so provide a head start. About two weeks before school starts, make bedtime earlier and dust off the alarm clock. Aim to serve meals at approximately the same times your child will be eating throughout the school year, and set up time to brush teeth, get dressed, and pack up for school without rushing.

De-Stress Dressing

Try the uniform on your child, ensure it fits, and it is all labelled. Try laying the uniform out the night before school to reduce the morning stress.

Find your kit

Prevent first day anxiety by locating the book bag, school shoes and the PE kit and trainers. Try it all on to ensure it still fits.

Do a test run

Take a walk past the school, remind your child that it is only a few days till they go back to school, and discuss with your child how exciting the new year will be for them and how lovely it will be to catch up with all their friends and teachers.



Key Dates for your diary

Thursday 5 September 2024

Thursday 5 & Friday 6 September 2024

Monday 9 September 2024

Monday 16 September 2024

Wednesday 16 October 2024

Wednesday 23 October 2024

Monday 4 November 2024

First Day of Term 1—Year 1 to Year 6

First Day for New Year R as advised by letter

Year R in school as per personal letter

Year R in school all day

Flu Immunisation

Last Day Term 1 - Non Uniform Day—£1 donation

First Day Term 2



It is essential that we have your correct email address and mobile telephone number in order to support you.

If you think we may have incorrect contact details, please email info@fva.clf.uk to provide us with your correct information

Sad Goodbyes

Mrs Dawson

Dear FVA citizens,

I can't believe that the time has come! I am so sad to be leaving you all. I have enjoyed my time at FVA very much. You are all so lovely. I have lots of fond memories and will share them often. I am so proud of all the amazing achievements all citizens have accomplished in all areas of school life! I look forward to hearing about all the wonderful things you will be doing over the coming years. Maggie also sends her love and best wishes. She will miss you all so much. Have a lovely summer lots of love Mrs Dawson x



As always at this time of year we are sad to see some of our wonderful staff leave us to move on to pastures new.

We know you will join us in sending them all off with our best wishes, and lots of luck and love.

We are very confident that we will all continue to see Mrs Dawson at FVA as her new school is only on the other side of our valley. Both Mrs Dawson and Dr Saunders have some exciting ideas of how both schools can work together for the benefit of all the pupils.

It just leaves us to say thank you for everything you have all done for the FVA Citizens. You will all be missed!

Year 4 Class

Miss Finney

I would like to thank all of the staff and families at Frome Vale for the support they have given me during my time here. Most importantly, I want to say a big thank you to the amazing children that I feel so lucky to have worked with. You have made my time at Frome Vale very special and I wish you all the best for the future. Have a wonderful summer everyone!



Year R Class

Miss Green

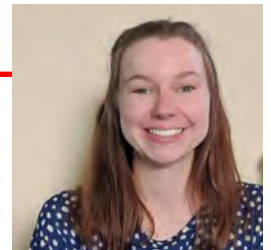
I have had a wonderful year at Frome Vale teaching Reception. It has been delightful getting to know the children and families. I have thoroughly enjoyed being part of the Reception children's learning journey and I will miss you all very much.



Year 3 Class

Miss Heap

The fantastic children and families at FVA have made my time here incredibly rewarding. I've been lucky enough to teach three delightful classes who never failed to impress me with their learning, and who made me laugh every single day. I'll be very sad to say goodbye, but I look forward to taking on new challenges at my new school. Thank you to all the amazing Frome Vale Citizens who make this school so special - I will miss you!



Year 1 Class

Mrs Butcher

We think you may have noticed that Mrs Butcher will be leaving us for up to one year as she is expecting a baby which is due (conveniently, what great planning) during the summer holiday.

We are all so excited to meet Baby and to welcome a new FVA Citizen to our family. We hope that Mrs Butcher enjoys her maternity leave. She has promised to bring Baby into school to meet us all.

Please join us in wishing Mrs Butcher and her husband best wishes and joy as they embark on their new journey together.



2024/25 Teaching Staff

Class	Teacher
Reception	Miss Emms
Year 1	Miss Szabo
Year 2	Mrs Pakrooh
Year 3	Miss Hawkins
Year 4	Mr Fossard
Year 5	Miss Gardner
Year 6	Mrs Hall

SATs Results 2024

Once again we are immensely proud of our year 6 SATs outcomes. The children have worked incredibly hard, not only in year 6 but during their time at FVA. We are pleased to be able to publish these results:

Reading: 93%
Maths: 90%
Writing 93%
Spelling and Grammar 83%

The National Average is 61%

We know that they are ready for their secondary school journey and we thank you for your support.



Parent Academy Councillor Vacancies this September!

There will be two vacancies for Parent Academy Councillors on the Frome Vale Academy Council in September, and we would welcome any parents interested to put their name forward at that time.

Much like a Governing Body, the Academy Council's role is to ensure your children learn in a safe environment and to the maximum of their ability. You don't need to be an experienced professional to be a brilliant Academy Councillor - it's about attitude and your personal skills as much as it is professional experience. Parent Councillors are not elected to represent parents, they bring a parent's perspective to discussions and decisions being made by the Academy Council. It is important that Councillors attend Council meetings regularly (once a term at school, 5-7pm); this is where key decisions are made and where the Council have a good opportunity to challenge the academy teams.

Please do take a look [here](#) for further information about Academy Councils. Parent/Carers will receive further information on how to submit nominations for this volunteer role in September.

Make A Difference

Totally RAD at Frome Vale Academy!

Guitar or Piano Lessons

RAD believe that whatever the skill level or budget, all children deserve access to exceptional music tuition.

Our highly skilled network of professional musicians provide next-level tuition for the next generation of talent, no matter the location, budget or capability.

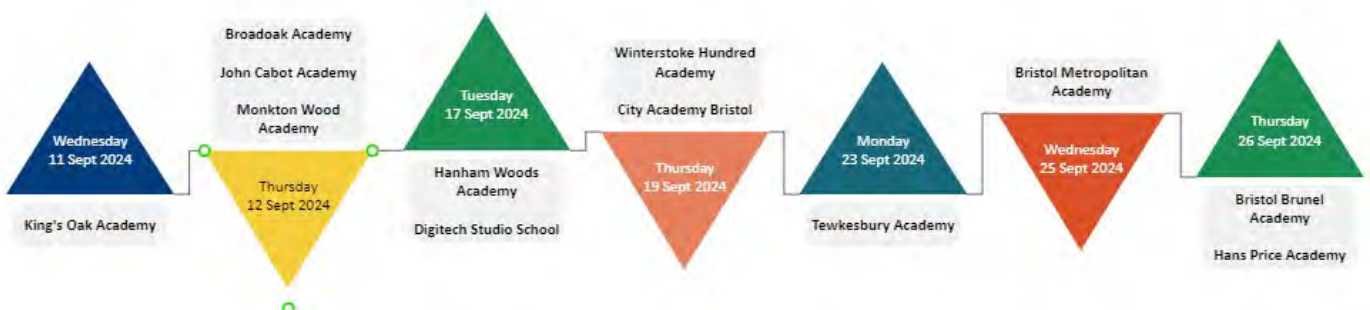
Their lessons are provided on-site, within school hours and at a highly-competitive rate; with RAD, students can experience expert music tuition that helps them sharpen skills, express creativity, and dream **BIG**, with no disruption or stress - all from the very best in the business.

For more information, and to sign-up your child to RAD lessons, just use the following link; we'll do the rest. **If you are already receiving RAD Tuition you do not need to sign up again**

Sign me up



CLF Secondary Academy Open Evening Dates for current Year 5



UNIFORM



School Uniform

School Uniform is available to purchase from our official stockist **Monkhouse**.

Parents who shop at [Monkhouse](#) this summer will benefit from:

- 1) New improved sizing tools that help you get the right size, every time
- 2) Our lowest offers across essential uniforms and additional accessories
- 3) Sign up for our Summer Prize Draw and be in for a chance to win 1 in 20 £50 vouchers!

[View Monkhouse New Starter Hub for parents](#)

Book your appointment now!

In-store appointments aren't compulsory, but we strongly encourage new starters book an appointment for the best experience. At these appointments, parents and students will benefit from expert advice from our friendly staff and leave the store with everything they need for September.

Visit the school page to book or [find out more here](#).

Extended returns

We have now extended our returns to the 15th of September, in case of summer growth.

Please note—you may also find suitable school uniform available from the supermarket which you may find costs less money!

PE KIT



Children wear their PE kit to school on their PE Days. School uniform must be worn at all other times.

Please label every item

Please find below the PE days and Forest School days for all our children in Term 1

PARENTS WE NEED YOUR HELP!!

ONE OF OUR ENVIRONMENTAL AIMS IS TO HAVE ZERO LOST PROPERTY.

PLEASE CAN YOU WRITE YOUR CHILD'S NAME ON ALL BELONGINGS

THANKS THE ECO WARRIORS TEAM



Class	PE Days
Reception	Friday
Year 1	Friday
Year 2	Tuesday and Friday
Year 3	Wednesday and Friday
Year 4	Monday and Thursday
Year 5	Tuesday and Thursday
Year 6	Monday and Friday
Class	Forest School
Year 1	Wednesday

We are excited to inform you that from September 2024 Frome Vale will be using ClassDojo to do the following:

- Share fun moments from their classroom and keep you up to date with events and information.
- Inform you of homework requirements
- Provide a direct contact to the teacher

This will mean that we will no longer use:

- FromeValeCitizen Wordpress page
- Class email addresses

This will mean everything will be in one place. Year 5 have trialled this and the feedback has been very positive.

What we need you to do:

- Download the Class Dojo **HERE**

The app is free to download so that families and pupils can access it at home.

In the first week back, we will send you instructions of how to join the Frome Vale Class Dojo page.



ClassDojo

Click the logo to find out more about Class Dojo



Dear Parents & Carers,

Instructor Nick here - Taekwon-Do is coming to **Frome Vale Primary School** & we are offering a Month Free! It's on **Tuesdays, spaces will be limited and may be subject to a waiting list.** It's all about high performance freestyle Tae Kwon-Do & developing that Self-control and Confidence. Yes, we have the black belts, kicks and tricks, but it's all about:

Teamwork
Integrity
Growth
Energy
Respect
Self-Control



The upcoming 4 week free trial will run at **Frome Vale Primary School** starting **Tuesday 24th September** and continue at that location going forward:

Juniors (School Yr 3-6): Tuesdays 3:30-4:20 - Year 2s should apply, as we may open it up to Year 2 in the coming months, depending on class numbers.

We are launching a Senior (Year 6-7 to begin with) class on Fridays 5pm-5:45pm at Blackhorse School mid Sept, which will be open to Frome Vale students as they graduate. Students who are graduating to Year 7 should apply for this club on the form.

Please do not enter the building on pickup, release will be outside.

Our classes are the lowest priced pro Tae Kwon-Do sessions in the area! After the free trial, should you wish to continue, classes are just £34 a month, which includes **all training, belts, gradings, replacement uniforms, patches, licensing & insurance.** Siblings train at a huge £9 per month discount too!

To register your child via mobile or desktop, please fill out this short form: www.tigermartialarts.club/monthfree

Should you have any questions, feel free to contact Kat, TMA admin by email: admin@tigermartialarts.club or by phone between 10am-3pm **07921855900.**

Once booked, we'll contact you before the start to confirm details. To find out more: www.tigermartialarts.club

Thanks as always for your support,

Instructor Nick

Head Instructor - Tiger Martial Arts

Academic Year 2024 2025

Term Dates

As you will be aware from our email on the 28.6.24 the legislation around the issuing of Penalty Notices for unauthorised absence is changing. If you require further information regarding this please click on the link below:

Click [HERE](#)



GOV.UK

Term 1	
First Day Term for Pupils	Thursday 5 September 2024
Last Day Term for Pupils	Wednesday 23 October 2024
Inset Days—school closed to pupils	Monday 2 September 2024
	Tuesday 3 September 2024
	Wednesday 4 September 2024
	Thursday 24 October 2024
	Friday 24 October 2024
Term 2	
First Day Term for Pupils	Monday 4 November 2024
Last Day Term for Pupils	Friday 20 December 2024
Term 3	
First Day Term for Pupils	Tuesday 7 January 2025
Last Day Term for Pupils	Friday 14 February 2025
Inset Days—school closed to pupils	Monday 6 January 2025
Term 4	
First Day Term for Pupils	Tuesday 25 February 2025
Last Day Term for Pupils	Friday 4 April 2025
Inset Days—school closed to pupils	Monday 24 February 2025
Term 5	
First Day Term for Pupils	Tuesday 22 April 2025
Last Day Term for Pupils	Friday 23 May 2025
Bank Holidays—School closed to ALL	Monday 21 April 2025
	Monday 5 May 2025
Term 6	
First Day Term for Pupils	Monday 2 June 2025
Last Day Term for Pupils	Tuesday 22 July 2025
Inset Days—school closed to pupils	Friday 4 July 2025
	Monday 7 July 2025



Summer Newsletter

Facebook - Friends of Frome Vale Academy
Email - fvafriends@outlook.com

Who are we?

A group of parents/ carers working alongside the school and local partners to organise fun activities, raise money and build up the community of families who are linked with Frome Vale Academy.

How can I get involved?

Here are a few ideas:

- join the facebook group @Friends of Frome Vale Academy
- join the planning committee (speak to Libby or email above)
- come to events, provide items requested or help with activities

Our aim is for everyone to get involved!

Fundraising breakdown

Messy plays	£79.53
Donuts + tuck	£168.08
Disco events	£429.00
Winter refreshments	£129.23
Rags2Riches	£139.69
Fundraisers	£332.99
Summer Event	£487.59
TOTAL	£1766.11

Target update

We have achieved our goal this year of raising money to purchase monkey bars for the school playground!

More details to follow.

Please see the menu for September

Aspens



FOOD FESTIVAL
by Aspens

LUNCHTIME

WORLD Week 1

Autumn Winter 2024-25: 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 6/1, 27/1

MONDAY: Margherita Pizza Slice and Wedges; Veggie Pepper and Sweetcorn Pizza Slice with Wedges; Sweetcorn; Beans, Cheese or Tuna Mayo; Toffee Frozen Yoghurt

TUESDAY: Chicken Tikka Curry; Veg Samosa Style Pie; Kachumber Salad and Wholegrain Rice; Beans, Cheese or Tuna Mayo; Sweet Potato Brownie

WEDNESDAY: Roast Chicken, Stuffing, Roast Potatoes and Gravy; Quorn Sausage, Roast Potatoes and Gravy; Peas and Carrots; Beans, Cheese or Tuna Mayo; Forest Fruits Jelly Pots

THURSDAY: Sticky Chinese Chicken Noodles; Spanish Omelette and Herby Diced Potatoes; Green Beans; Beans, Cheese or Tuna Mayo; Cookie Dough Apple Crumble

FRIDAY: Golden Fish Fingers or Salmon Fingers and Chips; Veggie Burger and Chips; Baked Beans; Beans, Cheese or Tuna Mayo; Jammy Thumbprint Biscuits

DAILY SALAD BOWL, FRESHLY BAKED BREAD, YOGHURTS AND CUT FRUIT AVAILABLE DAILY

PASTA TWIRLER AVAILABLE EVERY DAY: Topped Pasta Hot Pasta topped with Homemade Tomato Sauce & Cheese

FOOD FESTIVAL
by Aspens

LUNCHTIME

WORLD Week 2

Autumn Winter 2024-25: 9/9, 30/9, 21/10, 11/1, 2/12, 23/12, 13/1, 3/2

MONDAY: Cheesy Tomato Pizza Muffins; BBQ and Sweetcorn Pizza Slice; Wholegrain Pasta Salad and Green Salad; Beans, Cheese or Tuna Mayo; Toffee Apple Sponge and Custard

TUESDAY: Chicken Chimichangas; Veggie Enchiladas; Rice and Sweetcorn; Beans, Cheese or Tuna Mayo; Chocolate Sprinkle Iced Cake

WEDNESDAY: Roast Chicken, Stuffing, Roast Potatoes and Gravy; Cauliflower Cheese, Crispy Onion Topping & Roast Potatoes (You don't have to have the onions!); Mixed Greens; Beans, Cheese or Tuna Mayo; Raspberry Coconut Jelly

THURSDAY: Butter Chicken Wholegrain Pilaf Rice; Aloo Gobi Cauliflower Potato Curry; Peas; Beans, Cheese or Tuna Mayo; Fresh Fruit Salad

FRIDAY: Battered Fish and Chips; Cheese and Tomato Toasted Wrap with Chips; Baked Beans; Beans, Cheese or Tuna Mayo; Anzac Biscuits

DAILY SALAD BOWL, FRESHLY BAKED BREAD, YOGHURTS AND CUT FRUIT AVAILABLE DAILY

PASTA TWIRLER AVAILABLE EVERY DAY: Topped Pasta Hot Pasta topped with Homemade Tomato Sauce & Cheese

FOOD FESTIVAL
by Aspens

LUNCHTIME

WORLD Week 3

Autumn Winter 2024-25: 16/9, 7/10, 28/10, 18/11, 9/12, 30/12, 20/1, 10/2

MONDAY: American Style Macaroni Cheese; Veggie Wholegrain Pasta Bolognese; Carrots; Beans, Cheese or Tuna Mayo; Marble Cake

TUESDAY: Jerk Chicken Wraps and Wedges; Greek Pitta Pocket with Feta, Hummus, Salad and Wedges; Roast Root Veggies; Beans, Cheese or Tuna Mayo; Apple, Cinnamon Raisin Flapjacks

WEDNESDAY: Roast Chicken, Stuffing, Roast Potatoes and Gravy; Carrot and Stuffing Pastry Pliat; Peas and Sweetcorn; Beans, Cheese or Tuna Mayo; Orange and Mango Jelly

THURSDAY: South African Beef Bobotie with Rice; Fruity Sweet Potato Tagine with Rice; Broccoli; Beans, Cheese or Tuna Mayo; Banana Bread Muffins

FRIDAY: Golden Fish Fingers or Salmon Fingers and Chips; Vegetable Fingers and Chips; Baked Beans; Beans, Cheese or Tuna Mayo; Gingerbread Cookies

DAILY SALAD BOWL, FRESHLY BAKED BREAD, YOGHURTS AND CUT FRUIT AVAILABLE DAILY

PASTA TWIRLER AVAILABLE EVERY DAY: Topped Pasta Hot Pasta topped with Homemade Tomato Sauce & Cheese

Summer Holiday Fun Sorted



KIDS HOLIDAY CLUB



ARTS & CRAFTS ~ COOKING ~ EXPERIMENTS
WOODLAND ACTIVITIES ~ GAMES

8.30am - 5pm
Open every school holiday

Frome Vale Academy,
Bristol, BS16 2QS

Full Day: £35
Half Day: £20



www.bizzykidzclub.com



Free sessions available!
9am to 1pm (lunch included)

For families in receipt of benefits

Book your space:
<https://eequ.org/experience/7528>



PLAY SQUAD

OPEN ACCESS PLAY SESSIONS

led by Children's Scrapstore

What is open access? Children are free to come and go as they please so they need to be responsible for themselves. Children aged **8 and over** can come on their own if they are allowed out unsupervised. **Under 8's** need to have an adult with them.

EVERY MONDAY*
TERM TIME
3.30PM-5.30PM
HOLIDAYS*
10.30AM-12.30/2.30PM

Come and get creative and imaginative at these regular play sessions. Expect arts and crafts, sports kit, construction materials and much more!

FREE Green space outside Oldbury Court Children's Centre, BS16 2QS

Contact: playteam@childrensscrapstore.co.uk
*Except bank holidays and Christmas holidays








All families with children and young people from Reception to Year 11 (inclusive) who receive benefits-related free school meals can explore Your Holiday Hub (YHH) for fully-funded school holiday clubs and activities across the city during the spring, summer and winter holidays. Summer bookings will go live to book on the 1st July.

Click HERE



Holiday Activities and Food (HAF)

Is your child in Reception to Year 11 and eligible for benefits-related free school meals (FSM)? If so, check out the fully-funded, YHH activities happening in your area just for you.

[Search Clubs](#)



About Your Holiday Hub (YHH)

YHH gives equal access to clubs and activities to eligible children and young people so they can stay active and have fun over the school holidays.

[Find out more about YHH](#)



Paid for Activities

If your child doesn't receive FSM, there are still loads of paid for fun holiday clubs and activities based in Bristol you can still access for them.

[Search Activities](#)

15 KNITTED
GEESE ARE LOOSE
IN CENTRAL
BRISTOL!
CAN YOU
FIND THEM?!

The Wild Goose Chase

SUMMER HOLIDAY ACTIVITY

FAMILY-FRIENDLY TRAIL IN JULY & AUGUST

Raise money for the Wild Goose - a day centre in Bristol, where people struggling with homelessness can get hot food, clothes, showers and more.

WHERE
AM I?

The
Wild Goose
Chase

The
Wild Goose
Chase

SCAN HERE
TO JOIN



£3 digital trail map

www.inhope.uk
Charity No. 298528

Thanks to our
'Golden Goose'
sponsor:
**Burges
Salmon**

ALL SAINTS FAMILY CAFE

Free food available for all the family.
Activities for primary school aged children.

Play sports and games
Create with crafts
Make new friends
Free food available for all the family.

30th July - 22nd August
Tuesdays and
Thursdays
3pm - 5pm
All Saint's Church
Grove Rd, Fishponds
BS16 2BW
(no religious content)



Booking is essential as space is limited scan the QR code or message Amy 07749 812131 for the link.
Priority given to families on eligible free school meals.

@allsaintsfamilycafe



JULY 2024

SUMMER HOLIDAYS IN BRISTOL

FIND
SUMMER
HOLIDAY
FUN
ON
BRISTOL
ROCKS



Visit Bristol Rocks this summer to find fun things to do with the kids

With community events, places to visit, parks and walks and much more, we'll take the hassle out the holidays.

CLICK HERE TO
TAKE A LOOK

LOCAL EVENTS



FREE THINGS
TO DO



PLACES TO VISIT



PARKS AND
WALKS



Click the picture above to access a Bristol mums blog on things to do for free or low cost over the summer holidays

EBCC Summer Timetable: Wednesday 24th July - Friday 30th August 2024

Locations	Monday	Tuesday	Wednesday	Thursday	Friday
Oldbury Court Frenchay Road, BS16 2QS 01173532899	Children's ScrapStore Summer Play Sessions (Drop In) 10.30am - 2.30pm 29th July, 5th, 12th, 19th August <i>*For school aged children in receipt of income-based Free School Meals. For more information contact EBCC</i> Baby Building Blocks (Drop In) 29th July, 5th, 12th, 19th August 10.00am - 11.15am Ages 0 - 12 months Newborn Hearing Screening (Invitation) 9.00am - 12.30pm First Monday of the month All ages welcome CLOSED BANK HOLIDAY Monday 26th August	Family Forest School Event Please book your FREE place via www.Eventbrite.co.uk 2.00pm - 4.00pm 20th August All ages welcome 	Baby Hub (Drop in) 9.30am - 11.30am Last entry 11am 24th, 31st July 7th, 14th, 21st, 28th August SEND Rainbows (Drop In) 9.30am - 11.30am 24th, 31st July 7th, 14th, 21st, 28th August Ages 0-5 years (siblings up to 8 years welcome)	Baby Massage (Booking £) 1.00pm - 2.30pm 25th July (Wk3), 1st (Wk4), 8th August (Wk5) Ages 0 - 6 months only Please book your place via www.eventbrite.co.uk Summer Family Cooking Event Please book your FREE place via www.Eventbrite.co.uk 2.00pm - 4.00pm 1st August All ages welcome Family Fun Music and Movement Please book your FREE place via www.Eventbrite.co.uk 10.00am - 11.30am 29th August	Twins & Multiples (Drop In) 10.00am - 11.30am 2nd August Ages 0 - 5 years Hello Baby Antenatal Course (Booking) 2.00pm - 4.00pm 26th July (Wk4) 2nd (Wk1), 9th (Wk2), 16th (Wk3), 23rd (Wk4) August Please book your place via www.Eventbrite.co.uk
St. Anne's Park Lichfield Road, BS4 4BJ 01173773189	CLOSED BANK HOLIDAY Monday 26th August	Family Fun Music and Movement Please book your FREE place via www.Eventbrite.co.uk 10.00am - 11.30am 6th August Family Summer Crafts Please book your FREE place via www.Eventbrite.co.uk 2.00pm - 3.30pm 13th August	Baby Hub (Drop in) 10.00am - 11.30am 7th, 14th, 21st August Last entry 11am Welcome to the World (Booking) 4.00pm - 6.00pm 31st July (last week of course)	Family Stay and Play Please book your FREE place via www.Eventbrite.co.uk 10.30am - 12.00 22nd August	Baby Building Blocks (Drop In) 10.00am - 11.15am 26th July, 2nd, 9th, 16th, 23rd, 30th August Ages 0 - 12 months Peep for Dads (Booking) 1.30pm - 2.30pm 26th July (Wk3), 2nd (Wk4), 9th (Wk5) August Please book your place via www.Eventbrite
Broomhill Fermaine Avenue, BS4 4UY 01173534276	Stay and Play (Drop In) 9.15am - 10.15am 29th July, 5th, 12th, 19th August All ages welcome CLOSED BANK HOLIDAY Monday 26th August	Baby Massage (Booking) 1.00pm - 2.30pm 30th July (last week of course) Ages 0 - 6 months Please book your place via www.Eventbrite.co.uk	Baby Hub (Drop in) 10.00am - 11.30am 24th, 31st July, 28th August Last entry 11.15am 	New Parents (Invitation) 10.00am - 11.30am 25th July (Wk5) 1st August (Wk6), 8th August (Wk7) Family Forest School Event Please book your FREE place via www.Eventbrite.co.uk 10.00am - 12.00pm 15th August All ages welcome	Summer Family Cooking Event (Booking) Please book your FREE place via www.Eventbrite.co.uk 2.00pm - 4.00pm 23rd August All ages welcome
The Haven Speedwell Methodist Church 378 Speedwell Road, BS15 1ES Meadow Vale Community Centre 42 Meadow Vale, BS5 7RF	CLOSED BANK HOLIDAY Monday 26th August 	Sing, Rhyme & Storytime (Drop In) @ The Haven, BS15 1ES 9.30am - 10.30am / Ages 18 months+ 30th July, 6th, 13th, 20th August	Stay & Play (Drop In) @ The Haven, BS15 1ES 1.45pm - 3.00pm 24th, 31st July, 14th, 21st, 28th August Ages 0 - 5 years PLEASE NOTE: This group does NOT run on the first Wednesday of the month but a community cafe and free play session will be on still	Baby Hub (Drop in) @ Meadow Vale Community Centre, BS5 7RF 9.30am - 11.30am Last entry 11am 25th July, 1st, 8th, 15th, 22nd, 29th August	Food Club @ The Haven BS15 1ES (E) 12.30pm - 2.30pm 

Community and Online

Monday	Baby Peep @ Hillfields Library Hub , BS16 4HL (Booking) 1.30pm - 2.30pm Ages 0 - 9 months only 29th July (Wk4), 5th August (Wk5) (Please book your place via www.eventbrite)
Tuesday	Picnic in the Park @ Vassall's Park HAF Event 12.00pm - 3.00pm 13th August Booking - please contact Lashana.Keen@bristolcharities.org.uk Food Club @ St Peter's Church BS4 4NZ (E) 12.30pm - 2.30pm
Wednesday	Tea and Tots - Farewell Picnic @ The Vassall Centre, BS16 2QQ 9.30am - 11.00am 24th July Online Parenting Puzzle Please scan QR code to book a place 7pm - 9pm 7th, 14th, 21st, 28th August 
Thursday	Food Club @ The Vassall Centre BS16 2QQ (E) 1.00pm - 3.00pm Dads & Partners Peer Support Group Every 1st Thursday of the month 8.00pm - 9.00pm via Zoom Call 0117 935 9366 or email support@mothersformothers.co.uk
Friday	



Groups & Courses Summer Timetable

24th July - 30th August 2024

Oldbury Court Frenchay Road BS16 2QS 0117 3532899	Broomhill Fermaine Avenue BS4 4UY 0117 3534276
The Haven Speedwell Methodist Church 378 Speedwell Road, BS15 1ES	St. Anne's Park Lichfield Road BS4 4BJ 0117 3773189
Meadow Vale Community Centre 42 Meadow Vale, BS5 7RF	

'Helping children and families be the best they can be'



All of our centres are safe spaces and we can support anyone who is experiencing domestic abuse or who has previously. If you are feeling unsafe, please call us or visit your local centre and Ask for ANI (Annie). You can also access support from Next Link on 0117 925 0680. If you are in immediate danger call 999

Safeguarding is everyone's responsibility
Are you worried about a child or young person? Do you or your child need some help?
Call First Response on 0117 903 6444 (Out of hours emergency team 01454 615165)



Keep in touch

 [eastbristolchildrenscentres](https://www.facebook.com/eastbristolchildrenscentres)

 www.eastbristolchildrenscentre.co.uk

Sign up for our newsletter:
www.eastbristolchildrenscentre.co.uk/email-sign-up

 ebcc@bristol.gov.uk

Online Safety

What Parents Need to Know!

Each newsletter we will provide a helpful fact page on an online game or issue. We know children will want to play online games with their friends and this can be a great way for children to have fun. However as you will be aware with every benefit there is also a disadvantage. Being aware of what these can be will help to keep your child safe.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College

FRENCHAY FLOWER SHOW

Some of our children entered the Frenchay Flower Show with drawings and paintings. We must have some talented artists as we won 2 first places!! Well done to all our children who entered



With Mrs Dawson being based at Frenchay School from September, we hope to grow our links with Frenchay and hope to enter more areas of the flower show next year. Please click [HERE](#) to see more information about the show.

This term's learning at FVA



You can stay in touch with what is happening at the academy by logging onto our Twitter feed.

Click [Here](#)



Year 6 Residential Camp



Year 6 Graduation 2024



**Good Luck
Year 6**

Aspens
🌐🌐🌐🌐🌐

**FEED YOUR
FAMILY
FOR £5**

JERK CHICKEN

WITH RICE AND BEANS



Feed your family of four for £5 with this delicious Jerk Chicken recipe. You can make it yourself, just scan below to watch the method and get the recipe card.

SCAN ME



TO WATCH

SCAN ME



**FOR THE
RECIPE CARD**

