

# Friday 12 February 2021

## End Term 3 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome\_vale

Value of the term: Truth & Honesty

Learning behaviour: Self Reflection

As you are aware the prime Minister has announced that it will not be possible to resume face-to-face learning immediately after the February half term and instead hopes it will be safe to commence the re-opening of schools and colleges from Monday 8 March. This is in response to the national public health data and pressure on NHS capacity. This means that we will continue with the remote learning and school provision for our key worker and vulnerable pupils until we have a further update from the Government. Our pupils are working so hard to complete their home learning and we are aware that their parents and carers are supporting the home learning whilst juggling work and other commitments at home. Thank you for all that you are doing to support us and your children.

### We are Mood Movers



Ten new videos, created in partnership with Children in Need and the Premier League, to enhance wellbeing catchy songs and easy-to-follow dance routines.

### We are Mindful



A collection of short films on mind-set and mindfulness aimed specifically at Primary age children

### We are Relaxed



Save the Children

Join your children in trying the Lazy Cat, the Turtle, the Lemon or all of these relaxation activities!

## Your Wellbeing

It is imperative that you look after yourselves during these extremely challenging times. You can only support your children and loved ones if **YOU** feel well, are rested and have good mental health.



<https://www.youtube.com/embed/i5aHt7Z7veg> To see a video from the Duchess of Cambridge

The CLF have enabled access to their wellbeing App called "Thrive" which gives you free, confidential and effective mental health support. You can find out much more by going to page 6 of the newsletter or by clicking [HERE](#).

**Your access code is CLFFF21**

**For Older Relatives**—A support hub run by Age UK can be found [HERE](#). The Support Hub provides a range of different support for older people via our helpline, including Practical Support, Emotional Support and Virtual Activities. **Tel: 0117 9297537**



## Dates for your diary

Friday 12 February	Last Day of Term 3
Monday 22 February	First Day of Term 4—Learning at home continues till at least 8 March 2021
Tuesday 2 March	Academy Council Meeting
Thursday 4 March	World Book Day—Whole School Dress Up
Monday 8 March	Back to school—To be confirmed by the government
Friday 12 March	Year 5 Swimming Lessons begin (To be confirmed)
Wednesday 17 March	Inset Day—Whole School (To be confirmed)
Friday 19 March	World Poetry Day—Whole School
Thursday 1 April	Last Day of Term 4



**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](mailto:info@fva.clf.uk) to provide us with your correct information

FVA were chosen as the "school of the week" and enjoyed a "live" session of cricket with Chance to Shine!!!

**CHANCE TO SHINE  
LIVE!  
BRILLIANT BOWLER**




CHANCE TO SHINE

Wednesday 3 February, 2PM  
chancetoshine.org/live

**TAYLORS of HARRGATE  
YORKSHIRE  
TEA**

**SCHOOL OF THE WEEK:**



**Frome Vale  
Academy**

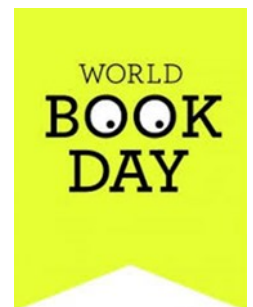


## World Book Week

FVA will hold our annual World Book Week during week 2 of next term (week beginning 1 March) with World Book Day being on Thursday 4th March.

This year, we will explore a wordless book in each class and attend a series of author workshops throughout the week.

Children are welcome to join us (virtually for all those children at home) in dressing up as their favourite book character on Thursday 4 March.



Some helpful links can be found below to help with Online Safety for you and your child.



In partnership with



# "Normal" Life at Frome Vale Academy

With it being almost a year since any of us experienced "normal school life", we wanted to take the opportunity to remind you or indeed inform you (for the reception class parents) of all the school community opportunities there normally are to come into the school and interact with your children, other parents, the staff and the wider community. Just think we have all this to look forward to and we cannot wait! One day at a time with one foot in front of the other, **WE WILL GET THERE!**

- New Reception children attend the school in July for a teddy bear picnic with their parents.
- Reception Teacher visits parents/carers at home in July for initial meeting.
- Reception class hold parent events through the course of the child's first year.
- Class teachers greet children and parents on the playground at the start and end of each day.
- Principal and Vice Principal meet parents and children at the front gate of the school in the morning and afternoon.
- Open Mornings for parents to visit their child's class(es) 1 x per term.
- Parents Evenings to meet child's teacher for a progress report.
- Coffee morning with the Principal 1 x per term.
- Various after school events (disco/film night etc). Reception parents would always be invited to join in with the event.
- School Assembly - parents come on site to see their children perform in a school assembly at least 2 x per year
- Xmas performance where parents join us to see their child perform in a winter presentation.
- School fairs at the end of Term 4 Easter, Term 2 and Term 6.
- Sports day.
- Spring picnic - families come into the school for a picnic.
- Father's day lunch for reception class male relative (dad/grandad/uncle).
- Year 6 Graduation Ceremony.

There are always lots of other opportunities to be part of your school community, we can't wait to welcome you back.

## Wellbeing in lockdown - whatever the weather!

Being active, even when it is cold or wet outside, is so important. It's good for our physical health, mental health and helps us to concentrate and learn when we get back indoors - especially now so many of us are spending more time than ever in front of a screen.



- Have a disco in the lounge or garden with some of your music.
- Make a den using some chairs, tables, sheets and towels.
- Make an obstacle course indoors or out. Jump over jumpers and zig zag around shoes.
- Get a couple of yo-yos for children to keep in their pockets to use when they're standing about; great for getting their arms going.
- Have a catwalk down the garden path and get the kids to parade their favourite clothes for you, make sure they tidy them away as well though.
- Get skipping - skipping ropes are cheap and can be great exercise.
- Hide and seek; it's free and fun.
- Scooters, roller-skates or bikes.
- Hopscotch on the path
- Gardening - it's a great time for tidying up the garden and planting seeds or bulbs for the spring.
- Scavenger hunt in the garden - the first one to bring back a leaf etc.

Remember to follow the government guidelines;

This should be limited to once per day, and you should not travel outside your local area.

You can exercise in a public outdoor place:

- by yourself
- with the people you live with
- with your support bubble (if you are legally permitted to form one)
- in a childcare bubble where providing childcare or, when on your own, with 1 person from another household



# Half Term Home Learning made Fun!

## MATHS

### Make fraction flowers



Paper plates and colouring pens/paint.



### Play Shops

Gather together lots of items from around your home and lay them out on a table. Price each item with a sticky note, using whole numbers (such as £5) for young children and varied prices (such as £2.25, £2.45 and £2.99) for older learners.

Next, it's time to open up shop! Take turns at being shopkeeper and customer with your child, using fake notes and coins (or real ones if you like to live dangerously) to purchase various items.

Encourage your child to play around with their purchases and ask them questions about what they're buying or selling as they go. These could be along the lines of:

- How much will it cost to buy two apples and an oven mitt?
- Can you afford to buy three pens with your remaining change? How much change will you need to give me if I hand over a £5 note? Once your child has had time to purchase and sell a number of goods, why not continue the game by holding a sale? Mark the products as '50% off', '25% off' and 'buy one get one free', and encourage your child to work out the new prices as they shop.

## English

### Hangman

First, think of a word and write the number of letters on the board using dashes to show many letters there are. Then, ask the children to suggest a letter. If it appears in the word, write it in all of the correct spaces. If the letter does not appear in the word, write it off to the side and begin drawing the image of a hanging man.

You have to continue this until the children guess the word correctly, your children will win. If you complete the diagram, you win.



### Taboo Words

Taboo Words helps children to practice synonyms and descriptions. Write a word on a piece of paper and give the children three minutes to describe the word without mentioning the actual word on the paper.

They can't say the word; they can only mention synonyms (similar word) and descriptions of the word you're holding.



### Word Search

Create your own word searches using your child's favourite book or film characters, their spelling words, places around the world or anything else you can think of!!

<https://thewordsearch.com/maker/>

Once created, you can print or the children can play online.



### I Spy

This one's very familiar, but there's a reason it's a classic. Spot something and tell kids what letter it begins with, then have them try to guess what you're peeping!

### LINGO

Write a short word of four or five letters and the children then come up with as many words as they can by changing one letter at a time.

E.g. park-dark-dare-mare-mark-bark-bare-bars-bags-(and so on).





## RSPB Wild Challenge

Year 1 children have registered to be part of the RSPB's school wild challenge. They are exploring different activities designed to get closer to nature, have fun and earn awards for doing so. Please keep a look out for the fantastic experiences they explore.

However, this is not limited to just Year 1—**anybody** can join in with the fun! Take a look at the website to get more information on how you join

1. Have fun with Nature
2. Tell RSPB about it
3. Win awards

<https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/>



## Cheap eats for lockdown weeks

Free school meal vouchers to spend? Struggling for meal inspiration with the kids at home at the moment? We've got you covered with our simple lunch ideas.

Complete with its own shopping list, each set of recipes contains 5 easy, tasty lunches for around £15. Check out 3 weeks' worth of recipes now, plus ideas and inspiration for ways to keep lunchtimes fresh until the children can go back to school:

[week 1 planner](#)

[week 2 planner](#)

[week 3 planner](#)

[more lunch ideas](#)

You can also sign up for the Change4Life newsletter today to get loads of extra tips and ideas to help keep your family happy and healthy. Join [\*\*HERE\*\*](#)

## Lockdown lunches

Easy, low-cost recipes for speedy lunchtimes



Some helpful links can be found below to help with Online Safety for you and your child.



internet  
matters.org

In partnership with





# Friends & Family

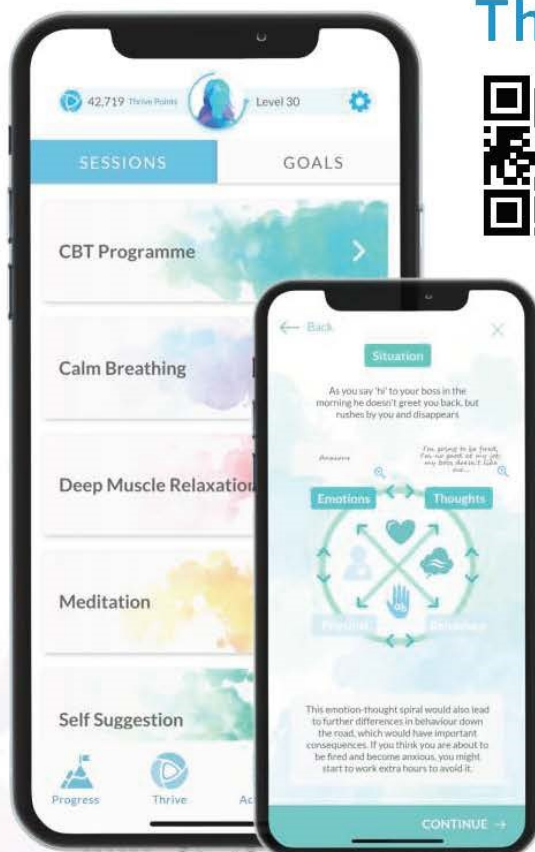


Give your loved ones access to free, confidential and effective mental health support

## Thrive: Mental Wellbeing



Scan the QR Code and download now



FRIENDS & FAMILY CODE:

**CLFFF21**



Offers support for everyone regardless of their situation



Approved, used and recommended by professionals



100+ hours of content built to help keep you well and tackle any common stressors such as sleep or work pressures.



Completely confidential: all data remains personal and secure.



Signposts to external support services - you can seek help directly from the app 24/7



**Frome Vale Academy Parents - Click [HERE](#) for more information**

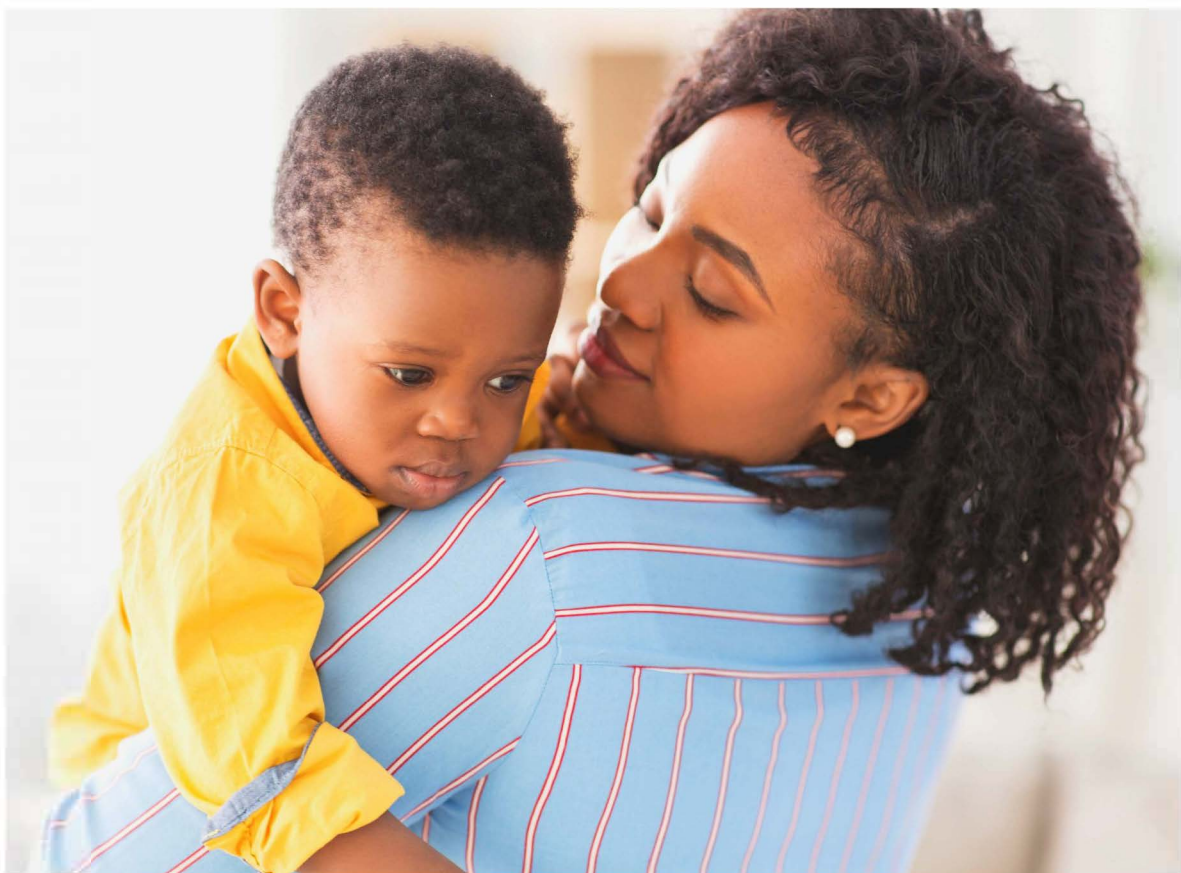


## **COULD YOU HELP US UNDERSTAND CHILDREN'S IMMUNE RESPONSE TO COVID-19?**



**You are invited to take part in a study looking at how children's immune systems respond to COVID-19, and to vaccines for other infectious diseases.**

**The study is being run by Bristol Children's Vaccine Centre, and the Oxford Vaccine Group which is part of the University of Oxford.**



**If you/your child are/is aged 0-19 you may be able to volunteer.**

The main study is just one visit, a blood sample, approximately 45 mins of your time.

**[whatsthehistory.web.ox.ac.uk/bristol](https://whatsthehistory.web.ox.ac.uk/bristol)**

**[story-study@bristol.ac.uk](mailto:story-study@bristol.ac.uk) | 01173420160**

# EASTER HOLIDAYS 2021



Do you require childcare during the Easter Holidays??

To express your interest please send an email to

[enquiries@oldburycourtclubs.org.uk](mailto:enquiries@oldburycourtclubs.org.uk)

Please include your name, contact details, number of places required and which days you would need.

Alternatively, please ring:

**07747650611**

Please respond by Friday 5<sup>th</sup> March 2021