

Friday 22 October 2021

End Term 1 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Motivation/Aspiration
Learning behaviour: Friendship

We've had an amazing Term 1 and it's been great seeing so many of our parents and carers in the school for our Open Day, trip volunteering and meet your teacher events. Term 2 will bring the opportunity to attend Parents Meetings to see and discuss the progress of your child(ren). These will be held both online and face to face and more information will follow shortly. The dates for these meetings will vary from teacher to teacher but will be held during week commencing 15/11/21. We look forward to seeing you all!

We are Aspirational



Moon Child—An inspirational children's story about believing in yourself.

Click on the logo above.

We are Motivated



In this video, children will learn about how to set SMART goals to get more done!

Click on the logo above.

We are Friends



Two boys are the best of friends. Joshua moves to America with his family and Reilly shows us the different forms of communication they use to keep in touch. Click on the logo above.

Menu for Term 2

Aspens



Aspens have advised us that due to the ongoing challenges around the supply chain they will be maintaining the current menu until the 22 January 2022. The menu can be located

CLICK HERE

It will be week 3 when we return on the 1 November.

Key Dates for your diary

Sunday 31 October 2021	Year 6 Secondary school application deadline
Monday 1 November 2021	First Day of Term 2 for children
Friday 5 November 2021	Open Morning for prospective parents/carers
Week commencing 15/11/21	Parents Meetings—Booking instructions to come by 5/11/21
Friday 19 November 2021	Children in Need Day
Thursday 2 December 2021	Open Door for existing parents—8.30 to 9am
Friday 3 December 2021	Open Morning for prospective parents/carers
Thursday 9 December 2021	Christmas Fair 3.30am to 5pm
13 to 15 December 2021	YR, Y1 and Y2 winter production
Friday 18 December 2021	Last Day of Term 2

Admissions for Reception Class 2022

Register now if your child will be 4 years old by 1 September 2022 and tell your friends—virtual tour and more information can be found [HERE](#)

Open Mornings are 9.30am:

Friday 5 November

Friday 3 December



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 Goodbye

We have a very sad goodbye—Miss Cerepanova will be leaving Frome Vale Academy after more than 7 years. Miss Cerepanova is joining another Primary school and we know you will all join us in wishing her well for her future career. Miss Cerepanova, we will all miss you!

Dear Frome Vale Academy families,

As you know, I will be leaving Frome Vale at the end of this term to take on a new role as an Assistant Headteacher elsewhere.

It has been an incredible experience working at FVA for over 7 years and I have loved coming to work every day. It has been my privilege to watch our Frome Vale Citizens learn, grow and flourish and I couldn't be prouder of their accomplishments. I feel very lucky to have had an opportunity to teach such wonderful, enthusiastic and motivated children in such a supportive and all-around-fabulous school. I'd like to use this opportunity to thank all children, families, Dr Saunders and the team at Frome Vale for your continued commitment to learning, hard work and all the laughs.

I wish you all well and hope you have a wonderful half-term break.
Best wishes,



Happy Hellos

Miss Heap has already joined the FVA Family as many of you will know. Miss Heap has sent us a personal message for all her Year 3 families.

I am very excited to be going into my second year of teaching this year. Having just finished teaching at a school in High Wycombe, I am now happy to be back in

Bristol to be closer to my family. I am delighted to be joining Frome Vale Academy. It has been wonderful getting to spend some time in school with Year 3 recently. They have been doing some fantastic learning and I am sure we will continue to have lots of fun together. I am really excited to get involved with school life and get to know all the children and parents at Frome Vale. It will be lovely to be part of a special school community.



Also joining us are Mrs Shuja who will be our new Teaching Assistant in Year 3. Miss Shuja joins Frome Vale Academy after working in Barton Hill Academy for the last 3 years. Miss Shuja has been working in education since 2014.

Mr Eyland has also joined us in the role of Premises Manager. Mr Eyland has extensive experience in Facilities Management in the private sector and will be bringing his experience to Frome Vale Academy to ensure our site is safe and compliant.

We know you will extend the Frome Vale Academy welcome to all our new team members.

Thank you to Morrisons



Morrisons very kindly donated many of the cakes sold to raise much needed funds on Wednesday 20 October. Thank you to all the parents and carers who also made a cake donation, or purchased a cake.



How was your day?

As parents, you obviously want to know what is happening in your children's lives when they're not with you and to know about their school day / experiences. We know you will be excited at pick up time to find out how their day went and then we are sure you can feel very frustrated when you get a one word reply. We are sure you will want to find out more and we wonder if by asking some of the following questions you may find you get more than just a yes or no answer. Please let us know how you get on.
Good luck!

1. What did you do today to make your brain work really hard?
2. Who did you sit next to at lunchtime?
3. Who did you play with at break time?
4. Did anything make you cry / cross today?
5. What's the hardest rule to follow at school?
6. Did you need to ask your teacher for help with anything today?
7. Who do you most enjoy talking to at school?
8. What's your favourite game at playtime?
9. What would you do if you felt lonely at playtime?
10. If you could change one thing about your day, what would it be?



Join Us

We are seeking a passionate School Meals Supervisory Assistant (SMSA) to work every lunch time here at FVA.

You would be supervising and supporting our children during the lunchtime break as part of a team. Helping to ensure the safety and wellbeing of our children each day.

Hours are:

Every School Day Noon to 1pm

To find out more information or to apply click [HERE](#)

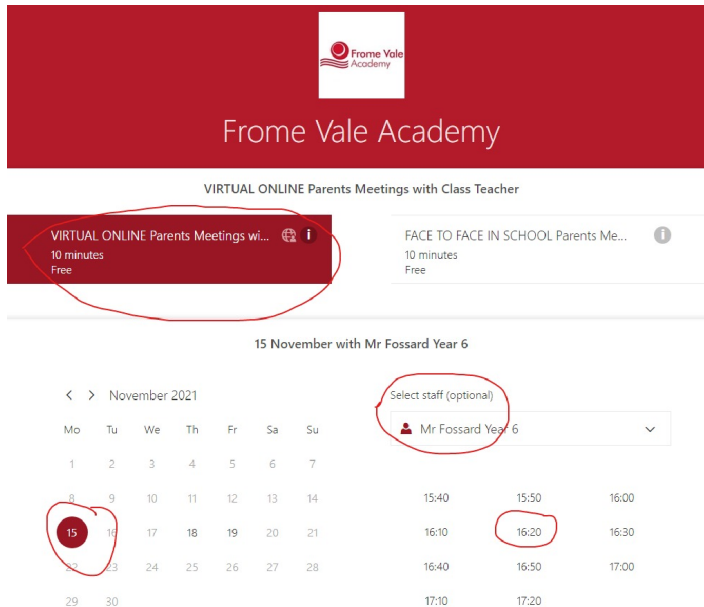
[CLICK HERE](#)



Parents Meetings

Our parents meetings will be taking place during the week commencing 15 November 2021. Each teacher will be offering various dates and times enabling you to book either a face to face or virtual meeting. **More information, dates and times will follow in the first week of Term 2.**

In order to book your meeting you will need to use the Booking Service.



You will need to decide if you want to meet face to face or virtually (online).

You then choose the staff member you want to meet (your child's teacher).

Then choose the date that applies to the type of meeting you have chosen (face to face or virtual).

Pick the meeting time that works best for you.

Remember you will need to do this for each child.

Once the above has been completed you will scroll down the web page to add your name, your email address, your phone number and your child's name.

Once you click book, you will be sent an email with either a join meeting (if it is a virtual meeting) or confirmation that your meeting has been booked if it is a face to face meeting.

You cannot book a meeting now—bookings will go live in the first week of Term 2

Children in Need

Frome Vale Academy will be raising funds this year for Children in Need on the 19 November 2021. We know you will support us in our fund raising efforts.

You can click [HERE](#) to find out even more ways to fund raise from a sponsored ramble to a Strictly dance off.



Parental Controls on YouTube

Click on the logo to learn how to add parental controls to your child's YouTube account and to see what they have been watching. You can also go [HERE](#) Both provide step by step guides to enable you to keep your little one safe.

Parenting Smart (Place2Be)

The children's mental health charity, Place2Be, has launched a new website aimed at helping parents with typical situations they can find themselves in with their children.

Advice can be found on over forty topics including:

Understanding sibling rivalry

My child is lying, what does it mean, what should I do?

My child has trouble going to sleep

My child says 'I hate you!'

Cultural identity: who am I?

The Parenting Smart website can found [here](#):

Squid Games

There is a lot of noise in the media about the Netflix series "Squid Games".

If you have any concerns, or just want to find out a bit more, please click [HERE](#) and you will be taken to a very parent friendly web page providing you with information.



Dangerous Toys

A recent commission by the British Toy and Hobby Association (BTHA) found many of the toys tested could choke, strangle, burn, poison and electrocute children. Out of the 255 toys that were randomly selected, inspected and tested, 88% were illegal and 48% were unsafe for a child to play with.

The toys tested were bought from a range of online sellers. Currently, there is no legal requirement for online marketplaces to check the safety of the products that other sellers are listing on their site.

The report itself includes a list of toys that researchers found were illegal or unsafe.

As we move towards the Christmas season, you will be buying toys, and so the advice given in Appendix 8 of the report, Consumer Tips, could be especially valuable.

You can find the report here: [Click Here](#)

Inspirational SEND Film

As part of a collective effort to improve SEND in Bristol BCC have shared a short film on their social channels

The film features three young people with SEND from Bristol who speak candidly about the challenges they have faced, and the support they have received to help them achieve their goals.

On YouTube: <https://youtu.be/NNISc5OZtKY>

Would you like to speak to someone about your child's additional needs? You can now contact the new FLORA team (Families, Local Offer, Resources and Advice) Monday to Friday on 0117 352 6020. Or email [here](#)

You can find out more about FLORA, and other support services for children and young people, [here](#)

Year 7 Applications Deadline—31 October 2021

Calling all Year 6 parents who have yet to complete the application for their child's secondary school place. The deadline is Sunday 31 October—click [HERE](#) to complete your application online

Applications are quick and easy to complete, with no risk of the application form getting lost in the post.

PCR Testing

If your child has COVID 19 symptoms

A High Temperature / A new and persistent cough / loss or change to your sense of taste or smell

They **MUST** take a PCR test—this can be booked by calling 119 or click [HERE](#). They **MUST** isolate

A PCR test is a test that has to be sent away to a laboratory—it is NOT the test where the result is available in 30 minutes.

Please let the school know that your child has one of these symptoms so that we can monitor the potential spread of Covid within the school

Please ensure that a **negative result** has been received and that you have shown the school **before bringing your child in**, otherwise they may be placed in our Covid isolation area until we have received information from you.

What to do if you or another family member has Covid 19

From 16 August 2021, the government guidance states that anyone under the age of 18 and 6 months, or anyone who has had both doses of the vaccine, does not have to isolate if they are identified as a close contact of someone who tests positive for Covid-19.

You **do not** need to get your child tested for Covid-19 unless they develop symptoms.

Please do NOT ride Electric Scooters, Bikes, Scooters or skateboards within the school site - we want you to all be safe. Thank you.

Germ Defence

Researchers at the University of Bristol have developed a website called Germ Defence that is designed to help keep pupils and their families safe from viruses like COVID-19. COVID-19 vaccines and testing are really important for helping to control the virus, but there are still many other things we can all do to help keep everyone as safe as possible at home and at school - Germ Defence can help with this. [You can access Germ Defence here](#) After you've accessed Germ Defence, you can sign-up to take part in an optional survey and/or to talk to the researchers about your thoughts regarding Germ Defence. The interview will take up to 60 mins via phone/online and the participant would receive a £20 voucher as thanks for your time.

School Lunch

If your child is in YR, Y1 and Y2, your child is entitled to a free school meal.

All other children's lunches are to be paid for unless you are entitled to Free School Meals. You can apply [HERE](#)

Please check the criteria before applying.

Please ensure that lunches are paid for in advance. If you do not pay regularly, the lunch account will be blocked once the account reaches £11.50. You will be contacted to request payment.

You can pay online using a debit or credit card. Our payment service is Pay360 and you can obtain an account by emailing the school info@fva.clf.uk

Alternatively you can pay by cash—ensure the money is in an envelope with your child's name, class and the amount you are paying. Drop the envelope into the black letterbox in the main reception entrance.

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.

All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one game of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guidance, news and tips for adults.

What Parents Need to Know about

POKÉMON GO



Pokémon GO has been among the world's most popular mobile games since its spectacular release in 2016. It's recently enjoyed a resurgence, thanks partly to people combining entertainment and exercise during lockdown. In Pokémon GO – like the Pokémon TV show, trading card series and other video games – players capture, train and battle with their Pokémon creatures: physically exploring locations while using augmented reality via their phone's screen. The game generally provides a positive experience, but there are still some safety concerns to consider.

ENVIRONMENTAL HAZARDS

Pokémon GO requires players to visit in-game landmarks like Pokéstops and Gyms. These are often situated at public real-world locations such as churches or post offices. Sometimes, however, they can inadvertently end up being placed in dangerous areas which are unsuitable for children, even when accompanied by an adult: near a construction site or a main road, for example.

STRANGERS & MEETING OFFLINE

Players often cooperate with friends in the game, and there are many online discussion hangouts. As well as sharing tips and info, these groups may arrange to meet offline to catch Pokémon or attend raids (communal events where players flock to the same real-world place for a mass battle). This can put children at risk of being messaged and invited to meet by strangers under the pretence of talking about the game.

DATA COLLECTION

When a player logs into their Pokémon GO account, the game collects personal data about the user and their device. Locations, emails, names, ages and even camera images can all be accessed. What then happens to this information is open to debate. Niantic, the game's developers, maintain that they do not sell user information to third parties – but the fact that they have it at all is a concern, nonetheless.

VISIBLE PROFILES & LOCATION

Pokémon GO players can add each other as 'friends' in the game by sharing their trainer codes. Two trainers who do this can then view each other's information, such as their username. If a username gives any clues to the player's real name or personal details, a stranger may then be able to look them up online. The game also lets users upload images to social media, which could publicly disclose a child's exact location.

IN-GAME PURCHASES

The game uses a currency called Pokécoins, which can be bought for real money (in bundles between £0.79 and £99.99) and exchanged for in-game items such as Pokéballs and berries. It's extremely easy for a child to purchase Pokécoins (even accidentally) if there's a payment method connected to their mobile phone – and possibly rack up a sizeable bill without realising it!

Advice for Parents & Carers

PLAY ALONGSIDE YOUR CHILD

Finding and catching Pokémon with young ones could turn into a great mutual hobby. At 25 years old, it's one of the few games franchises that spans two generations. Enjoying the game together will give you plenty of new things to talk about with your child – and if you played Pokémon in your own childhood, you might impress them with your knowledge of the digital critters!

ENCOURAGE AWARENESS

Remind your child of the physical dangers they could face while catching Pokémon and emphasise staying aware of their surroundings. The game will often alert children (through their phone) when they are close to an interesting Pokémon item – usually sending them excitedly rushing off to find it – so they should never play Pokémon GO near busy roads or in places they don't know well.

DISGUISE THE EXERCISE

One of Pokémon GO's benefits is that it encourages young (and not-so-young!) ones to get exercise outdoors. Some parts of the game can be completed from home, but it's best experienced while walking around your local area. Certain tasks (like visiting Pokéstops) can be repeated every day – and an hour outside having fun catching Pokémon will hardly feel like exercise at all!

USE AN OLDER PHONE

If children use an older phone to play Pokémon GO, then they won't be walking around with their own new device, which could get broken or stolen. Parents are also far less likely to have left a credit card linked to the old mobile. It also means that you can limit the amount of information used to set up an account, and what companies who gain access to your data can do with it.

AGREE PLAY BOUNDARIES

Ensure your child knows where they are (and aren't) allowed to go searching for Pokémon, when they have to be home, and how often they can play the game. Talk to other young Pokémon GO fans' parents or carers to see what boundaries they set for their children. Lunchtimes (if allowed by the school) or after school are ideal times for getting some exercise and catching all those Pokémon!

Meet Our Expert

Mark Foster has worked in the gaming industry for several years as a writer, editor and presenter. He is the gaming editor of two the biggest gaming news sites in the world: www.gamesradar.com and www.ign.com. Having started gaming at a young age with his siblings, he has a passion for understanding how games and tech work – but, more importantly, how to make them safe and fun.



National Online Safety®

#WakeUpWednesday

SOURCES: <https://thenationalonlinesafety.com/blog/pokemon-go-safe/>
<https://theesling.co.uk.com/games/pokemon-go-announces-quality-of-life-updates-for-february-2021/>



www.nationalonlinesafety.com



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 29.01.2021

Academy Life in Pictures



We are Motivated

A surprise performance from Travelling Light Theatre Company who performed Vixen and then ran workshop sessions with the children. Our first Democratic vote of the Academic Year.

Should each class have their own box of lunchtime equipment or should we share it across the key stages?

Y6 visited Stonehenge and learnt all about the Neolithic life.



We are friends.

Lots of opportunities to work together and enjoy each others company.



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

Click [Here](#)



w/c 8 Nov, 29 Nov

WEEK ONE

Main Event	Hot Dog Baked Potato Wedges BBQ Beans	Hawaiian Pizza Garlic Slice Green Salad	Roast Chicken & Stuffing Bap Roasties, Carrots and gravy	Butter Chicken Curry Wholegrain Rice, Coconut Green Beans	Breaded Pollock Homemade Tartare, Chips and Mushy Peas
Vegetarian Section	Vegetable Bean Burger Baked Potato Wedges BBQ Beans	Quorn Meatballs And Spaghetti Garlic slice Green Salad	Lentil Veggie Loaf Roasties, Carrots and Gravy	Butternut & Chickpea Pasanda Wholemeal Rice, Coconut Green Beans	Falafel & Hummus Wrap, Chips & Minted Peas
Halal	Halal Hot Dog with Chicken Sausage		Chicken & Halal Roast Stuffing Bap	Halal Butter Chicken Curry	
Jacket Potatoes	Pick and Mix deli Freshly filled sandwich/roll healthy snack, home bake and piece of fruit				
The Finale	Peach Melba Traybake	Italian Sticky Orange Cake	Carrot & Pineapple Muffin	Indian Kulfi Ice Cream	Yoghurt, Granola and Peaches

w/c 15 Nov, 6 Dec

WEEK TWO

Main Event	Chicken Thigh Burger Baked Potato Wedges Apple Slaw	Beef Bolognaise Wholegrain Pasta Garlic Slice Green Salad	Honey Roast Gammon Baguette Roasties, Fresh Veggies & Gravy	Chicken Fajita Tomato Rice Salad & Mexican Slaw	Breaded Pollock Chips, Peas & Homemade Tartare
Vegetarian Section	Crunchy Topped Macaroni Cheese Baked Potato Wedges & Rainbow Slaw	Red Lentil Bolognaise Wholemeal Pasta Garlic Slice Green Salad	Potato and Spinach Frittata Roasties, Fresh Veggies and Gravy	Mixed Bean Fajita Tomato Rice Salad & Mexican Slaw	Baked Bean & Cheese Wrap Chips and Baked Peas
Halal	Halal Chicken Thigh Burger	Halal Beef Bolognaise	Halal Roast Turkey Baguette	Halal Chicken Fajita	
Jacket Potatoes	Pick and Mix Deli Freshly filled sandwiches/roll, healthy snack, home bake and piece of fruit				
The Finale	Apple Brown Betty	Tutti Frutti Sponge And Custard	Mango and Coconut Slice	Mexican Chocolate Pudding	Frozen Banana Mousse Pot

w/c 1 Nov, 22 Nov, 13 Dec

WEEK THREE

Main Event	Sausage Pasta Bake Wholegrain Pasta & Sweetcorn	Veggie Delight Pizza Oven Baked Wedges & Veggie Sticks	Lemon & Herb Chicken Roasties, Fresh Veggies And Gravy	Sticky Hoisin Chicken and Noodles Carrot Ribbons	Fish Finger Bap Chips and Baked Beans
Vegetarian Section	Shepherdess Pie Sweet Potato Mash Sweetcorn	Cheese and Tomato Pasta Bake Green Salad Veggie Sticks	Smoked Cheese & Onion Slice Roasties, Fresh Veggies & Gravy	Sweet and Sour Chicken style Strips Vegetables Noodles & Carrot Ribbons	Vegan Sausage Rolls Chips and Baked Beans
Halal	Halal Chicken Sausage Pasta Bake		Halal Lemon Chicken	Halal Sticky Chicken and Vegetable Noodles	
Jacket Potatoes	Pick and Mix Deli Freshly filled sandwich/roll, healthy snack, home bake and piece of fruit				
The Finale	Chocolate Cornflake Crispy Bar	Sweet Potato Brownie	Oaty Apple Crunch	Caramelised Bananas and Custard	Lemon and Sultana Cookie

FOOD FESTIVAL

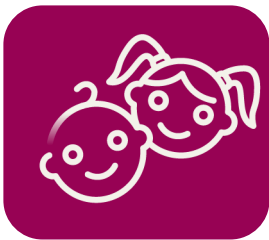
By Aspens



Community Children's
Health Partnership



Sirona School Health Nurse Webinars - October 2021



**Keeping Your Child Happy
and Healthy**
Weds 20 October
10am—11am



Healthy Eating
Thurs 21 October
1pm - 2pm



**Understanding Your
Child's Wellbeing**
Mon 18 October
10am—11am



**Helping Your Child With
Sleep**
Fri 22 October
2pm—3pm



**Eating Disorder
Awareness**
Tues 19 October
1.30pm—2.30pm



**Continance in Children and
Young People**
Thurs 14 October
2pm - 3pm



**Your Child's Dental
Health**
Tues 12 October
10:30am—11:30am

**Click on the icon to
book onto the event
you wish to attend**

Service provided by:
Sirona
care & health



After School Family Fun

Weekly after school family fun sessions for all ages. Games and activities will be provided by the family support team. Small snacks and internet access for homework available if needed.

Oldbury Court - Mondays
Broomhill - Tuesdays
St. Anne's Park - Thursdays

3.15pm - 4.30pm

Drop in Sessions
(No booking required)
Starting week commencing
13th September 2021

Keep in touch

October Play Day!

Join us for a day of **FREE**
open access play &
creative activities led by
Children's Scrapstore!

Open to children **8+**
accompanied by an adult.
Younger siblings welcome too!

**Monday 25th
October**

Where?

**Oldbury Court
Childrens Centre,
Frenchay Rd, Bristol
BS16 2QS**

Morning Play:

10 am - 11:30 am

Expect a whole load of fantastic
fun and games!

Craft Afternoon:

1 pm - 2:30 pm

Enjoy a treasure trove of scrap
materials for a session of crafts and creativity!

