

Friday 21 October 2022

End Term 1 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Respect

Learning behaviour: Motivation/Aspiration

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 Days, Open Doors, 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 is detailed below. There will be much to look forward to in Term 2, and we hope you will join us for the Winter festivities.

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 Respectful



A great short film where children can view examples of respect and boundaries in the family.

Click on the logo above.

Menu for Term 2



The menu can be located

CLICK HERE



It will be week 3 when we return on the 31 October

There is a special menu to help celebrate Fireworks Day on 3 November

Click **HERE** to see what is on offer



Admissions for Reception Class 2023

Register now if your child will be 4 years old by 1 September 2023 and tell your friends—virtual tour and more information can be found **HERE**

Open Mornings are 9.30am:

Friday 4 November

Friday 2 December



Key Dates for your diary

Monday 31 October 2022	Year 6 Secondary school application deadline
Monday 31 October 2022	First Day of Term 2 for children
Friday 4 November 2022	Open Morning for prospective parents/carers
Friday 4 November 2022	Flu Immunisation for children
Week commencing 14/11/22	Parents Meetings—see page 2 of this newsletter for more information and booking links.
Thursday 1 December 2022	Open Door for existing parents—8.30 to 9am
Friday 2 December 2022	Open Morning for prospective parents/carers
Thursday 8 December 2022	Singing by Candlelight
13 to 15 December 2022	YR, Y1 and Y2 winter production
Friday 16 December 2022	Last Day of 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

Parent Meetings—Term 2

The parent meeting booking system is now live. You can book either a face to face or online meeting with your child's teacher. You can access the correct booking platform by clicking on the headers below.

For an Online Meeting please ensure you see this header on the booking page



For a face to face meeting in the school, please ensure you see this header on the booking page.



Meetings will be held during the week commencing 14 November 2022.

Please note: Dates and times will vary depending on the teacher.

School Admissions 2023

Is your child in Year 6?

You **MUST** apply for a secondary school place

The deadline for applying is **31 October 2022**

- * It is important to know that missing this deadline means your child is less likely to be offered a place at your chosen schools.
- * You will be asked to list the schools in order of your preference
- * Choose 3 schools. Choosing less schools, does not mean you are more likely to get your No1 choice.

Is your child aged 3 or just turned 4?

You must apply for a primary school place a year before your child can start school.

Applications are now open and **close on 15 January**.

You'll need to apply then even if you want your child to start part-way through the year.

For more information—Click [HERE](#).



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?



**To apply for a school place now
Click the button above**

We are an Eco-School Green Flag School



Walk to School

BRISTOL CLIMATE HUB

Bristol Climate Council are encouraging more families who are able to, to walk to school.

Walking to school has a wealth of benefits! It can save you a lot of money in fuel, and save time sat in traffic and trying to park.

It reduces stress as it always takes the same amount of time to walk the journey.

It incorporates exercise into your and your children's day and can improve health and wellbeing.

It gives you and the children a chance to talk and connect without the distractions of traffic, radio, and screens.

You will also be helping to protect your children from pollution (children are more exposed to pollution in a car than out) and reducing pollution and improving air quality in your local community, helping to protect the health of other children at our school.

Click [HERE](#) to watch a short film



Eco-Schools in more than 70 countries around the world follow the same Seven Step framework, which has been designed to place young people in control of environmental actions in their school, local community and beyond.

The award was worked towards by the Eco Warriors over the last academic year. We had targets such as increasing biodiversity in school, which we did via a bug hotel competition. We also aimed to reduce plastic waste for which we wrote a letter to parents, presented an assembly, and created promotional posters to display in and around the school.

Eco- School's Feedback was:

It's wonderful that your Eco-Committee is represented across a broad range of year groups. This will ensure that your Eco-Schools work is widely disseminated throughout the school community. Your pupils involvement in recording meeting minutes will engender in them a sense of responsibility for and ownership of their goals.

Much thought and effort has gone into your Environmental Review. The content is incisive and gives really clear guidance on practical and tangible actions that can improve the sustainability of your school. We are delighted to read how it generated discussion and ideas among your student body and raised awareness among staff and pupils alike of the actions required to become a *Green Flag* school.

Your Action Plan is clear and incisive, and its targets are SMART (Specific, Measurable, Achievable, Relevant and Time Bound). This is important as it helps to achieve progress and empower your Eco-Committee. We love how your Action Plan foci were shared diligently across the whole school through assemblies, posters and competitions. Terrific work!

Your curriculum links are diverse, imaginative and topical. We loved reading how students were tasked with writing a story from the perspective of a rainforest animal. This a great example of using the curriculum to engender compassion for our wildlife and its habitats.

We commend your stellar efforts in embedding environmental topics into a broad range of curriculum subjects and your proposal to further embed these into your PSHE curriculum going forward next year.

We love your Eco-Committees organised and systematic approach to communicating their Eco-Schools activity school-wide through the delivery of dedicated assemblies, class feedback, writing letters to parents and other stakeholders and your Eco Warriors Board. This is really strong informing and involving and shows how valued and embedded the Eco-Schools programme is in your school.

We think your acrostic Eco-Code is great. It's wonderful to read how it was a collaborative piece of work that all Eco-Committee members had the opportunity to contribute to. This inclusivity will ensure that they feel a strong sense of solidarity and responsibility for upholding its pledges.

We are so impressed by your achievements this year. We have no doubt that the way your time, effort and dedication has not only supported your students in their personal development but also empowered them to carry their great Eco-Schools work over into their homes and communities must be an immense source of pride for you all at Frome Vale. *Congratulations* on earning your *Green Flag* accreditation!



School Holiday Fun Free or Low Cost



FREE OUTDOOR PLAY SESSIONS

Free stay & play open access activities aimed at over 8s.
Tripart siblings welcome with adult supervision, led by Children's Scrapsters

TERM TIME
MONDAYS 3:30PM - 5:30PM
SCHOOL HOLIDAYS
MONDAYS 10:30AM - 12:30PM

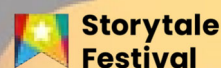
Starting on Monday 10th October 2022 at:
Green space outside Oldbury Court Children's Centre

Children's Scrapsters
EBCC

Halloween Trail

Get in the spooky spirit this October with Bedminster BID's Haunted Halloween Trail! Feel the spine-tingling chill in the air as you follow the trail through the heart of Bedminster, hunting for monsters lurking in the windows of its best-loved shops. Pop into them if you dare to collect a sticker.

Click [HERE](#) for more information



An exciting line up with fifteen events ranging from storytelling and spine-tingling craft activities for children to spoken word wizardry for teens.

Interactive and inspiring sessions for all ages.

Click [HERE](#) for more information



Join the Royal Photographic Society this October Half Term for some fun family activities including a Stop Motion Animation and Paper Light Drawing Workshop and a family film screening on 24 and 30 October.

Click [HERE](#) for more information



History Handling Sessions in the brand new Clifton Hub. All sessions are free to book and you are welcome to book more than one session. Please note that all sessions are limited to 8 participants and all children must be accompanied by an adult. (Most suitable for children aged between 6 - 12). Click [HERE](#) for more information



Bump in the Night—Lantern Parade.

The Procession leaves Broadmead at 5pm and arrives at Bristol Old Vic approx. 5:45pm, with part of the parade themed around the Anansi story. In the run-up to the parade, come and take part in free dance and costume workshops at Bristol Old Vic!

Click [HERE](#) for more information



Free Days Out

Click [HERE](#) to access lots of ideas for free things to do in Bristol, from Museums, to parks, to free audio walking tours.

Our city is a beautiful, green space to explore. Jump on the bus and see what you can find. Have fun!!!

Autumn Antics!

Join us for Autumn crafts
Monday 24 October
10.30-11.30 am
at
Downend Library



Free drop-in!
Please bookspace for children aged 5-9
Children must be accompanied by an adult



PEOPLES REPUBLIC OF OLDUBURY COURT

FREE EVENT

Community Curry Night

Oldbury Court Out of School Club
Delabarre Avenue
Saturday 29 October 2022
4:00pm to 6:30pm

Home Cooked Curry Free Meal Play people Bingo

We look forward to hosting you at the community curry night! The venue can hold up to 40 people. Come on time to get a seat. First come, first served. Don't be disappointed!!

For more information contact Dan either phone or text on 07901 212 237

Results of local Survey Quiz with Prizes Share Food

mothers for mothers
MOTHERS FOR MOTHERS SUPPORT GROUP

come along and join us at one of our Support Groups

- Staple Hill** Every Monday 10:00am to 11:00am at Staple Hill Children Centre, Popplewood, Staple Hill, SS14 4BE
- St George** Every Tuesday 10:00am to 11:00am at The Seaside Centre, 170 Seaside Road, Inverclyde, G20 5PL
- Hartcliffe** Every Wednesday 10:00am to 11:00am at The Falkland Family Centre, Commercial Road, Hartcliffe, SS11 4HG
- Weston Super Mare** Every Wednesday 10:00am to 11:00am at Weston Family Centre, Commercial Road, Weston, SS16 3LH
- Bedminster** Every Thursday 10:00am to 11:00am at St Joseph Church, North Street, Avon, Clare, Bedminster, BS2 0PH

parental mental health support

A committee of councillors at Bristol City Council is looking to have conversations with interested residents about the shift back to a committee system of governance. They are looking for residents to be involved in co-designing the new system. At this stage this will involve attending a conversation event and I believe those attending will be compensated for their time. Details are yet to emerge but at this stage they are just looking for lists of interested resident. Please email me if interested dan.lewin@bristol.org.uk



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 flora@bristol.gov.uk

Please sign the petition to save the No.5 bus - [Petition · Keep the Number 5 Bus Route in Bristol · Change.org](https://www.change.org/p/keep-the-number-5-bus-route-in-bristol)

Worried about your energy bills this winter? Visit [The Greater Fishonds Energy Group](https://www.thegreaterfishpondsenergygroup.com) facebook page for top tips on energy efficiency. Also, more top tips here - [Honest help with your home heating | The Heating Hub](https://www.honesthelpwithhomeheating.com)

Click **HERE** for more support

<p>ASDA CAFE Kids eat for £1 all day, every day with no adult spend until the end of 2022.</p> <p>TOBY CARVERY The Kids Eat For £1 offer will be available from October 24th to 28th with the App</p> <p>FRANKIE & BENNY'S Adults Eat Free with every under 11 child throughout all the UK Half terms</p> <p>PAUSA CAFE @ DUNELM Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm</p> <p>WHITBREAD INNS Two kids under 16 eat for FREE with every adult breakfast purchased</p> <p>FUTURE INNS Under 12's eat for free with any adult meal. During the school holidays</p> <p>TABLE TABLE Two children under 16 can get a free breakfast every day with one paying adult!</p> <p>THE REAL GREEN Kids eat FREE every Sunday for every £10 spent by an adult</p> <p>SIZZLING PUBS Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.</p> <p>BEEFEATER & BREWERS FAYRE Two children under 16 can get a free breakfast every day with one paying adult!</p>	<p>TESCO CAFES Kids Eat Free with any purchase of fresh fruit by an adult throughout all the UK Half Terms</p> <p>MORRISONS Spend £4.99 after 3pm daily & get one free kids meal (usually all day during half term)</p> <p>WINDY HILLS Kids eat breakfast free with every adult breakfast, daily from 9am - 12pm.</p> <p>PRETO Kids up to age 10 eat free all day, every day with paying adults at Preto during Half Terms</p> <p>FARMHOUSE INNS Kids eat for £1 when you sign up to their email list before October 26th 2022</p> <p>YO! SUSHI Kid's eat free all day, Monday to Thursday until 29th October 2022</p> <p>SA BRAINS PUBS Children can eat for £1 with any adult main. Only valid Wednesdays but on all day</p> <p>IREA From October 17th kids get a meal for 95p or £1.50 from 11am - All day, every day.</p> <p>ANGUS STEARHOUSE One free children's meal per paid adult meal 12-5pm daily throughout the holidays</p> <p>BELLA ITALIA Children eat for £1 with any adult main. The offer is valid 4-6pm Monday to Thursday</p>
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20 Places Kids Eat for Free or Cheap at Half Term



Can Do Bristol

Cost Of Living Community Response

BRISTOL ONE CITY
Quartet Community Foundation

Log on to Can Do Bristol to find out about volunteering opportunities:
<https://candobristol.co.uk/campaign/costoflivingcrisis>



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 of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, links and tips for adults.

What Parents & Carers Need to Know about PHONE SCAMS

In a three-month period during 2021, no fewer than 45 million people in the UK experienced a suspicious attempt at being contacted via their mobile. Phone scams are a common form of cyber-attack where fraudsters engage directly with their intended victim through their smartphones. As our phones carry so many sensitive (and therefore potentially valuable) details about us, it's vital that trusted adults are alert to the tactics that scammers use to get access to user accounts, personal data and private information for financial gain.

WHAT ARE THE RISKS?

SMISHING

SMS phishing, or 'smishing' is one of the most common forms of mobile-based cyber-attack. Smishing is when a scammer texts their target, pretending to be a reputable person or organisation. They aim to trick the victim into supplying sensitive data such as bank details and personal information, so that they can then access the target's bank accounts and remove money.

IMPERSONATION

Fraudsters often impersonate someone else to trick the victim into actually transferring money directly. They might claim, for example, to be a friend or relative using a different number who urgently needs funds. Other common cons include sending fake texts informing the target that they have a package which requires a fee to be delivered, or that they have an unpaid bill to settle.

NUMBER SPOOFING

Here, the scammer takes impersonation one step further by cloning the phone number of a genuine company. So when the target receives a call or text, their phone recognises the sender's number as legitimately belonging to Amazon, HMRC, the NHS or the DVLA (who have all been impersonated in these cons). This makes the scam far harder to spot and the victim much more inclined to comply.

FAKE TECH SUPPORT

Attackers contact a target, pretending to work for their employer's IT support team. They then advise them to download some software to fix a 'technical issue' with their device. In reality, however, the software grants the scammers access to the victim's private data and sensitive information. This con is more common on desktop and laptop devices, but is still possible to accomplish on mobiles.

SIM HIJACKING

SIM hijacking switches control of a phone account from the victim's SIM card to one in the scammers' possession. Criminals use personal details gleaned together from social media (birthday, address, pet's name and so on) to pose as you, then instruct your phone network to transfer your number to their SIM - giving them access to all calls and texts meant for you, including one-time login passcodes.

Advice for Parents & Carers

DO SOME DIGGING

If you've received a call or text asking for specific information, research the caller's number. There are several websites that allow you to enter a phone number and will then display any relevant information about it - this usually includes feedback and comments from other people, so you can easily see if that particular number has been implicated in potential scams.

TRY A CALL BLOCKER

If a suspicious call comes through on your mobile, you can manually block the number if you believe it to be dubious or a nuisance caller. Alternatively, you could consider installing a call blocker service on your phone. They automatically stop calls getting through from numbers which have been reported as suspicious, halting potential scammers in their tracks before they can reach you.

VERIFY THE SOURCE

Never disclose confidential details to an individual or organisation you're unfamiliar with, if the caller claims to represent a company you trust but is still asking for personal information or payment on an outstanding charge, end the conversation. Then find the company's genuine number on a bill or on their website and call them directly to confirm if there really is an issue you need to address.

BREAK OUT THE TECH

Lots of anti-virus software now also protects mobiles. Some anti-virus apps can detect phishing links in text messages and alert you to the risk. When you're out and about, try not to use public WiFi for sensitive transactions: it's far less secure than your home WiFi network. Instead, you could consider installing a VPN (virtual private network), which encrypts all data travelling to and from your phone.

REPORT INCIDENTS

If you or a family member does give out confidential information to a caller you aren't sure about, contact the actual company mentioned to check if the call was genuine. If they confirm that the call was not made by their organisation, you should report it as a potential scam via the Action Fraud website and (depending on exactly what information was divulged) consider involving the police.

BE WARY OF LINKS

If you get a message from an unknown number asking you to click on a link, report it as spam and do not open the link. One recent example 'warned' victims they'd been exposed to the Omicron variant and needed to click a link to buy a special test - only to find they had paid their money to scammers. Links can also install malware onto your device, so always treat them with extreme caution.

Meet Our Expert

Formed in 2016, KryptoCloud provides cyber security and resilience solutions to its customers. With offices in the UK, the company offers managed service operational packages including cyber security monitoring and testing, risk audit, threat intelligence and incident response.

National Online Safety

#WakeUpWednesday

Source: <https://www.actionfraud.gov.uk/news-centre/2021/04/06/45-million-people-report-a-suspicious-attempt-at-being-contacted-via-their-mobile-phones>

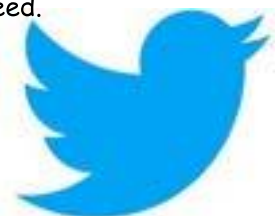
Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.03.2022

Outside Learning @



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

Click [Here](#)



A guide for **parents and carers** on applying for a **primary school** place for the school year **2023–2024**

If your child was born between **1 September 2018** and **31 August 2019** you will need to apply for a school place by **15 January 2023**



TRADING WITH SCHOOLS **BRISTOL** LEARNING CITY
www.bristol.gov.uk/schooladmissions



What do I need to do to apply for a school place?

- Check the guidance on applying for schools – available at www.bristol.gov.uk/schooladmissions, or by contacting School Admissions. The guidance contains details on how & when to apply, information on each school along with their admissions policy and oversubscription criteria. **With the mix of different types of school from Church schools, Foundation schools, Academies, Free Schools and Community schools the admissions policy could be different for each school you put as a preference so it's important to ensure you check this carefully.**
- Some schools require supplementary forms to be completed as well as the common application form. Make sure you check if this applies to the school(s) you are interested in.
- Visit the schools. All schools hold open days. Contact the school directly for further details on open days.
- Look at the school's prospectus and its website which are useful sources of information.
- You can name up to three school preferences. We advise you to name more than one school.
- Make sure you apply on-time. The deadline is 15 January 2023.

School Admissions (CH)
Bristol City Council
PO Box 3399, Bristol, BS1 9NE
www.bristol.gov.uk/schooladmissions
e school.admissions@bristol.gov.uk
t 0117 903 7694



Why apply online?

- The system helps you by checking for errors.
- There is no risk that your application will be lost in the post.
- It is quick and easy to do.
- You will get an immediate email confirming that your application has been received.
- You will receive an email notification of the outcome of your application on the same day as the offer letters are posted.
- The system is available 24 hours a day until the final submission time of midnight on 15 January 2023.

Apply online www.bristol.gov.uk/schooladmissions

apply for a **secondary school** place for the school year **2023–2024**

If your child was born between **1 September 2011** and **31 August 2012** you will need to apply for a school place by **31 October 2022**.



TRADING WITH SCHOOLS **BRISTOL** LEARNING CITY
www.bristol.gov.uk/schooladmissions



What do I need to do to apply for a school place?

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- Visit the schools. School websites provide details of open evenings and other events.
- Look at the school's prospectus and its website which are useful sources of information.
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- Make sure you apply on-time. The deadline is 31 October 2022.

School Admissions (CH)
Bristol City Council
PO Box 3399, Bristol, BS1 9NE
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- You will get an immediate email confirming that your application has been received.
- You will receive an email notification of the outcome of your application on the same day as the offer letters are posted.
- The system is available 24 hours a day until the final submission time of midnight on 31 October 2022.

Apply online www.bristol.gov.uk/schooladmissions

Thursday 3 November

Banger in a Roll
Halal Banger in a Roll

Cheese & Tomato
Catherine Wheel (V)

Bonfire Wedges

BBQ Beans

Toffee Apple Sponge
With Custard

**FOOD
FESTIVAL**

By Aspens