

Friday 20 October 2023

End Term 1 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Friendship

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 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. Please use the Week Ahead document sent weekly to remain informed. We look forward to seeing you all on Monday 30 October and enjoy the half term break

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



Advice, ideas and tips from young people for young people. Very interesting for parents to know too!

Click on the logo above.

Aspens



Menu for Term 2

The menu can be located

CLICK HERE

It will be week 3 when we return on the 30 October

There is a special menu to help celebrate Fireworks Day on 2 November

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



Key Dates for your diary

Monday 30 October 2023	First Day Term 2
Tuesday 31 October 2023	Halloween Tuck Shop (after school)
Friday 3 November 2023	Open Day for Prospective Parents 9.30am
Friday 10 November 2023	Flu Immunisation Day
Thursday 16 November 2023	Rags to Riches Collection Day
Thursday 16 November 2023	Diwali Disco
Thursday 16 November 2023	Open Day for Prospective Parents 4pm
Week commencing 20 November 2023	Parents Meeting week—save the dates
Thursday 30 November 2023	Open Door 8.30am
Friday 15 December 2023	Last Day Term 2

PTA Facebook Group

facebook



Click **HERE** to join



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

MCAS (My Child at School) Parent Meetings—Term 2

Our new parent app has now been launched.
It is important that you login to create your own account.
Parents meetings will take place on

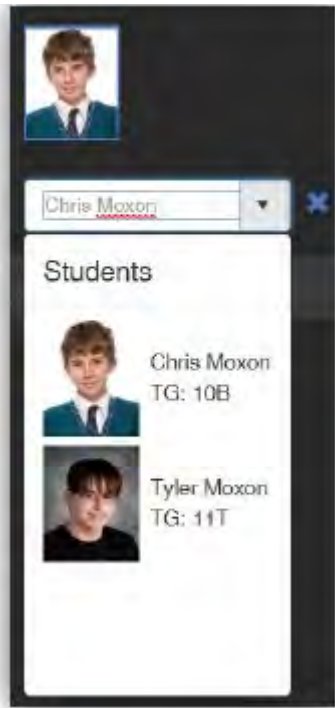
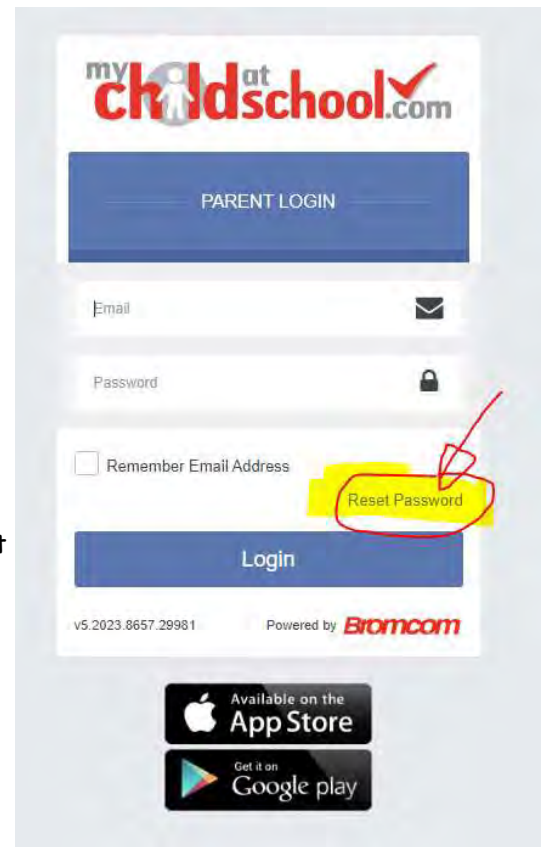
21 and 22 November 2023

We will be taking bookings for parents evenings through the My Child at School website or App. The bookings will go live at

9am on Tuesday 31 October 2023

If you have not ever logged in, please just go to the My Child at School (MCAS) app or the MCAS log in page using your internet browser.

Click on the "Reset password" and use the email address that we have on file for you



You will need to login to be able to book your parents evening slot for each child.

You can do this by clicking on the drop down button beside your child's photo in the top left hand corner of the dashboard and by then choosing your other child(ren). We are here to help you. Simply bring your phone to the office before 1.30pm and we will help you to get set up.

School Admissions 2024

Is your child in Year 6?

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

The deadline for applying is **31 October 2023**

- * 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 2024**.

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

For more information—Click [HERE](#).





Admissions for Reception Class 2024

School open day events—come and look around the school

Register now if your child will be 4 years old by
1 September 2024 and tell your friends—More information
can be found [HERE](#)

Friday 3 November @ 9.30am

Thursday 16 November @ 16.00pm

Thursday 14 December @ 17.00pm

Email: info@fva.clf.uk

Head Lice



Head lice can make your child's head feel:

Itchy or like something is moving in their hair

The only way to be sure someone has head lice is by finding live lice.
You can do this by combing their hair with a special fine-toothed
comb (detection comb). You can buy these online or at pharmacies.

How to get rid of head lice

Treat head lice as soon as you spot them. You can treat head lice
without seeing a GP.

You should check everyone in the house and start treating anyone
who has head lice on the same day.

There's no need to keep your child off school if they have head lice.

Wet combing

Lice and nits can be removed by wet combing.

You can buy a special fine-toothed comb (detection comb) online or
from pharmacies to remove head lice and nits.

There may be instructions on the pack, but usually you:

- wash hair with ordinary shampoo
 - apply lots of conditioner (any conditioner will do)
- comb the whole head of hair, from the roots to the ends
It usually takes about 10 minutes to comb short hair, and 20 to 30
minutes for long, frizzy or curly hair.
Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched
head lice. Check again that everyone's hair is free of lice on day 17.

You cannot prevent head lice

There's nothing you can do to prevent head lice.

You can help stop them spreading by wet or dry combing regularly to
catch them early.

Do not use medicated lotions and sprays to prevent head lice. They
can irritate the scalp.

There's no need for children to stay off school or to wash laundry
on a hot wash.



Still have a question about head lice?
Ask a school nurse a question online
Don't worry it is completely confidential



Rags to Riches Playground Fund Raiser



We have teamed up with Rags 2 Riches 4 Schools and are holding a recycling event to raise funds for our School.

The aim of the project is to recycle as many items of clothing as possible instead of sending them to landfill.

Over the past year the children have learnt a lot about our planet and how recycling can help. This is our way of helping them promote their learning.



What happens to the clothes?

As soon as we receive your bags of old clothes, they are all stacked together to be shipped to various developing world countries. Your clothes are recycled to be reused by the less fortunate via the market traders. This way they have the opportunity to buy and wear clothing, which might not have been possible without your help.

You won't get a better feeling than knowing you not only raised funds, but also helped the economy, environment, and put a smile on somebody's face on the other side of the world - And all you had to do was donate some clothes."

Drop off good condition clothing at school

Tuesday 14 to Thursday 16 November 2023 .

What do I need to do: Simply fill the donation bag with any old, unused items of clothing Any donations can be dropped off at the School reception or School Hall. (Please note the cut off for donations will be 0930am Wed 1 November 2023)

Yes Please!



No Thank you!



FRIENDS OF FROME VALE

JOIN THE FUN!!!!!!

Can you help....

- Knitting
- Disco/event help
- Making teas and coffees
- Photographer

..... plus much more !

As your new FVA PTA we are interested in meeting you.

We are looking for help - however big, however small - all contribution welcome.

we will be adding important dates and events to our new social media page to help keep parents involved and up to date .

**JOIN US ON
FACEBOOK :
FRIENDS OF FROME
VALE ACADEMY**



Friends of



For more information please contact the school office or email fvafriends@outlook.com

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, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development. In one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.thenationalcollege.co.uk for further information and resources.

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809924>



www.thenationalcollege.co.uk



@thenatcollege



/thenationalcollege

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.09.2023

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](#)



SEND Families

Bristol Parent Carers is an organisation run by parents who understand the challenges of raising a child with special educational needs or a disability because they've been there too and they have children just like yours. They are a charity run by parents, for parents. Join them at one of their free events and find the support your family deserves.

Click [HERE](#) for more information or to book your space



Bristol Parent Carer Forum

Shaping the Future *Together*



Children and Young People



supporting independent living



SEND parents there is a limited number of free tickets for the SS Great Britain in the half term. The link for tickets is [Here](#)

Firework feast

This is the special menu for the 2nd of November
Yum!!!

Hotdogs
Veggie hotdogs
Chips
ketchup
And for dessert
Sprinkle Sponge Cake !!!

Menu designed by the children of FVA

JOIN @WEARESTAPLEHILL FOR THE

SPOOKIEST TRAIL OF THE YEAR

SEARCH FOR SPOOKY ITEMS ALONG THE HIGH STREET

FREE ENTRY

COLLECT FRIGHTFUL SWEETS ALONG THE TRAIL

COLLECT ENTRY SHEETS FROM:
PLATINUM PETCARE
NOM WHOLEFOODS
SWEET TREATS

ENTER INTO A PRIZE DRAW TO WIN A HAMPER OF GHOULISH TREATS

OCT 23RD-31ST
STAPLE HILL HIGH STREET & VICTORIA STREET BS16



Christ Church invites you to

TRAIL & TREAT!

Don't forget to dress up!

SWEETS + GAMES + FACE PAINTING
HOT DOGS + HOT CHOC + PRIZES
OCT 31ST 5:30 - 6.30
Bring a happy lantern and a bag

ALL THE FUN, WITHOUT THE FEAR!
CHRIST CHURCH PARISH HALL NORTH STREET



Click **HERE** for more holiday fun ideas



Term time only group starting on October 31st

Women's Singing Circle

— Every Tuesday 10-11am —

at the Vassalls Centre, Fishponds
Gill Avenue BS16 2QQ

RECHARGE | NOURISH | CONNECT

A friendly singing circle sharing nourishing songs with harmonies taught by ear. Children welcome.

Mums, children, grandmas or women without kids are all welcome!
No singing experience needed.

Suggested donation of £5 per session.
Free for those who are not able to pay.



Contact Becca: 07872 315 975 | songswithbecca@gmail.com

Groups running in different locations across Bristol, email me for details of all sessions:
[Facebook.com/singmamasbristol](https://www.facebook.com/singmamasbristol) | [Insta: @bristolsingmamas](https://www.instagram.com/bristolsingmamas)



Community Health Clinic

Your Health is our Priority

Let's Talk about

- Your Wellbeing
- Diet & Exercise
- Heart Health
- Cancer Support

Drop-In For

- Blood Pressure
- Blood Sugar
- BMI & CO checks
- Support & Referrals
- E-consultation with GP support
- Diabetic Support



27th October 2023



Oldbury Court Children's Centre, Fishponds, BS16 2QS

Contact us :

☎ 01179247442



11:00 am - 4:00 pm



FREE OUTDOOR PLAY SESSIONS

led by Children's Scrapstore

Free stay & play open access activities aimed at over 8s

Younger children welcome with adult supervision

TERM TIME:

MONDAYS 3:30PM - 5:30PM

SCHOOL HOLIDAYS:

MONDAYS

10:30AM - 12:30PM/2.30PM

Green space outside Oldbury Court

Children's Centre, BS16 2QS

Contact - alys@childrensscrapstore.co.uk
for more information



At: The Vassall Centre, Gill Avenue
Fishponds. BS16 7QQ

Drama

With Kate

Ages 7-11

M:07989562926

katepenningkp@gmail.com

www.howami.club

SHINE SHINE SHINE

Every Monday
6-7pm

Drama classes for those who want to perform well in life and on stage



Starting on Monday 11th Sept

£3 per person

Please get in touch to book your place and find out more!

After school outdoor fun

Ages 5-11



Tuesdays, 4-5pm
Find us on the green space opposite the shops on Lanaway Road. Starts 7th November

Games
Boxing
Forest school
Food, fun & Friendship
For primary aged kids



Free!
Just come along

For more details text
Jane: 0775 123 7049

JumpStart Food and Fitness CIC
Find us on Facebook and Instagram

Stay Strong and Steady

- ➔ If you want to decrease your risk of falls
- ➔ If you want to stay active and independent
- ➔ If you can stand and walk but are worried about falling
- ➔ Stay Strong and Steady falls prevention classes will improve your strength and balance with gentle exercises!



Date: Thursdays, 2pm to 2:45pm. Starting 2nd November
Venue: Vassall Centre, Fishponds, BS16 2QQ
For information on how to join, contact:
info@wesport.org.uk or 0117 328 6250
There is an opportunity to stay for tea & coffee afterwards!



children's hospice SOUTH WEST

Raise festive cheer in your Christmas gear!

Santas on the Run

Charlton Farm

Walk, jog or run 2k at Charlton Farm in North Somerset on Sunday 3 December 2023

Sign up today www.chsw.org.uk/santas

Making the most of short and precious lives across the South West
Registered Charity No. 1100214

HELP YOUR CHILD SOAR WITH A SCHOOL MEAL!

And it could be FREE!! Check to see if your child is now eligible.

2+2=4

Save money, Save time, Save hassle.

Ask at the office to find out more!

Fuel your child with energy!

All Reception, Year 1 and Year 2 meals are FREE!!

Vassall Centre

Gill Avenue, Bristol, BS16 2QQ

0117 965 9630

MONDAYS

- **Yoga for Deaf & Hard of Hearing** – A new class on Mondays 10.30 – 11.30. Contact Jennifer Dawn jpestell@hotmail.co.uk for more information and to book.
- **Drama for 7-11yr olds** - Grow in confidence on the stage and in life with drama for ages 7 – 11yrs. Monday evenings (term time) 6-7pm, £3 per child - free spaces available. Contact Kate for more information – 07989 562926 / katepenningkp@gmail.com (see flyer)
- **Youth Group with Children's Scrapstore, LPW & WECIL age 11+** – a fun space to chill, play ping-pong, craft and make friends. Mondays 6-7pm, contact Alys for more information Alys@childrensscrapstore.co.uk.

TUESDAYS

- **Women's Singing Circle** - We have a new singing group 🎶 Beautiful nourishing songs taught by ear 🗣️ A chance to be you and connect with other women. 🐱 A group for YOU! Where kids are welcome, toys and cake provided. 🗣️ A place to recharge, relax and connect with your voice. ALL WELCOME! With or without kids, all ages and voices. Come and sing for joy! Tuesdays 10-11am, **Starts Tuesday October 31st** (see flyer)
- **Jumpstart Kids 4-5pm** – Free after-school club for primary-aged children. Come and get active with outdoor games, activities and challenges! Something different each week and a tasty snack at the end. No booking required, just come and find us on the green space outside the shops on Lanaway Road (or in the Vassall Centre when it's raining) Tuesdays 4-5pm **Starts on Tuesday 7th November**
*run by DBS checked volunteers

THURSDAYS

- **Jumpstart Women's BoxFit** - Join our small and friendly group as we cardio, bodyweight and boxercise to destress, energise and kickstart our fitness.....if you're new to the gloves and pads, you'll LOVE it! This class is female only and especially for mums, so if you have littlies with you, you'll be in good company as we work out! Find us at **Oldbury Court/Vassalls Park on the field** - to the left of the path as you walk between the carpark and the play park. Thursdays 9:15-10am. £7 pay as you go. Text Jane on 0775 123 7049 to be added to the contacts list. Just reply to a text each week to book in as and when you're free.
- **OTAGO Fall Prevention** – Gentle exercise for older people to gain muscle strength and balance, stay strong and steady, and prevent falls that cause injury. Stay behind after for a cuppa and catch up with other attendees. Thursdays at 2pm at the Vassall Centre from 2nd November. To book email info@wesport.org.uk or call 0117 328 6250