



Friday 17 December 2021 End Term 2 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Fairness/Justice

Learning behaviour: Collaboration

As we head rapidly to Christmas we think it is fair to say that we all deserve a super festive period. Our children have enjoyed Christmas lunch. Our KS1 families have experienced a Winter Production, leaving very few dry eyes in the house. We've even managed to have Open Doors where we welcomed you all into the classrooms. We now hope you can enjoy spending time with your friends and family. FVA wishes you and your loved ones a very happy and healthy 2022!

We are Socially Just



In this video we look at what is fair and what is equal.

Click on the logo above.

We are Fair



3 children are deciding how best to share out their kit. Is there a difference between fairness and equality, and how do we consider those that are in some way disadvantaged?

Click on the logo above.

We are Collaborators



What is collaboration and why is it important? Why might this benefit us all?

Click on the logo above.

Raffle Prize Draw

Congratulations to our 3 winners and thank you to all of you that bought raffle tickets.



A massive thank you to Morrisons who have been amazing this year providing us with numerous hampers, an abundance of cakes and even oranges for our sports day!!

We look forward to seeing what goodies they donate next year.

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 Morning is 9.30am;

Friday 7 January 2022

Deadline is 15 January 2022

Contact the school for alternative date if needed



Key Dates for your diary

Friday 17 December 2021	Last Day of Term 2
Wednesday 5 January 2022	First Day of Term 3
Thursday 6 January 2022	Flu Immunisation Day — must give consent
Friday 7 January 2022	Open Morning for prospective parents/carers
Thursday 3 February 2022	Open Door for parents — 8.30am to 9am
Thursday 17 February 2022	Reception and Year 1 Disco — 3.30pm to 5pm
Friday 18 February 2022	Last Day Term 3



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

We wish you a **waste-free** Christmas

In the UK, we produce 30% more waste over the Christmas period than we do during the rest of the year, but by becoming more waste conscious we can start reducing this figure.

These are our top six tips to limit your wastage during the festive season.

Avoid plastic packaging

From fragrance gift sets to chocolate selection boxes, a lot of the gifts we buy come with plastic packaging. Try to buy products that have little to no packaging. You can then take your environmental efforts to the next level by wrapping them in recycled brown paper and paper tape or reusing an old gift bag from a previous gift.

Recycle your tree

With six million Christmas trees being thrown away every year, it's vital we find a way to make sure they don't all go to waste. Lots of councils and companies can collect and recycle your tree for a reasonable fee. It can then be used as chippings or compost. Alternatively, you could buy a potted tree that can be used year after year.

Give eco-friendly gifts

There are a number of eco-friendly products you could gift to friends and family, including reusable items or products made from recyclable materials – there are lots of online sustainable shops that have some great options. If you know someone who loves animals, adopting an animal on their behalf could also be a great present.

Keep food waste low

It's estimated that people in the UK waste 54 million platefuls of food during December, with seven in 10 people admitting to buying more food than they need. You can keep your food waste down by only buying what you need and making use of leftovers instead of throwing them away.

Send an e-card

We buy more than one billion Christmas cards every year, with the majority of them ending up in the bin a week or two after being opened. You could help to combat this by sending an e-card to your loved ones or encouraging them not to send you a card. If you enjoy sending cards, go for a sustainable option and remember to recycle.

Re-gift unwanted items

We've all opened at least one present on Christmas Day and been a little overwhelmed. If you receive something you're not going to use, consider re-gifting it next year or donating it to your local charity shop to make sure it is put to good use.



Make Cut-out heart decorations



What you'll need: A4 paper, pencil, scissors, hole punch, wool

- 1) For large hearts, use half a piece of A4. For small hearts, use a quarter. Fold your piece of paper in half, then draw half a heart shape from the fold outwards (so that the fold is in the centre of your heart shape). Carefully cut along the pencil line.
- 2) Follow the same technique to cut a smaller heart shape out of the centre of the larger one.
- 3) Unfold the paper and smooth out the crease.
- 4) Carefully punch a hole out of the top of your paper heart shape and thread onto a length of wool to create a hanging loop.

Click [HERE](#) for more inspiration



Frome Vale
Academy

Childrens Flu Immunisation

5 Reasons to get your child vaccinated

- **Protect your child** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- **Protect you, your family and friends** Vaccinating your child will help protect more vulnerable friends and family
- **No injection needed** The nasal spray is painless and easy to have
- **It's better than having flu** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- **Avoid costs** If your child gets flu, you may have to take time off work or arrange alternative childcare



Flu immunisation day at Frome Vale Academy is 6 January 2022

You **must** give your consent. We strongly recommend that you complete the online consent form found **HERE**
No consent means no immunisation

HANDi app — providing help and support

Are you caring for a poorly child and don't know who to turn to for advice? The HANDi App, developed for the NHS by a team of paediatric experts, provides support to parents/carers and medical professionals looking after children with the most common childhood illnesses. These include diarrhoea and vomiting, high temperature, abdominal pain, chest problems such as wheezing and asthma, and common problems experienced by newborn babies.

As well as providing up-to-date NHS advice on common childhood conditions and how to treat them, the HANDi App has a quick and easy-to-use child symptom checker. The app takes you through a series of questions about the symptoms your child is experiencing and then advises on the best course of action, whether that's to treat at home, to make a GP appointment, or to head to A&E. Each of the most common childhood illnesses has a Home Care Plan to help you provide the best support for your child.

Download the HANDi App today! Click **HERE**



Translated Health Information

Doctors of the World is an independent humanitarian movement working at home and abroad to empower excluded people to access healthcare.

Through 350 programmes in 80 countries run by more than 3,000 volunteers we provide medical care, strengthen health systems and address underlying barriers to healthcare.

And we share skills and training locally so communities stay strong in the long term.

Please click to access health advice in your own language.

Somali **Click HERE** Soomaali

Bengali **Click HERE** বাংলা

Kurdish Sorani **Click HERE** کوردی

Arabic **Click HERE** اللغة العربية

Other languages are also available **Click HERE**



Somali - The flu vaccination: who should have it and how to get it



Somali - COVID-19 guide to booster vaccination leaflet



COVID-19: Heitaanka gargaarka aad u...



(Somali) COVID-19 vaccine information for people without...



Lix qaab oo lagu wanaajiyayo fayto-qabkaada



Ma taqaanaa XUQUUDAADA?



Hagaha koroonafayras (Covid19)



Somali COVID-19 Vaccine

Gingerbread

Single parents, equal families

Whether you're experiencing separation or bereavement, sorting out work or arranging childcare, their information can help. With online advice there to help you make confident choices about your family's future.

Information is categorised into issues that commonly affect single parents. Click [HERE](#)

Childcare

Depending on your situation and your financial circumstances, your childcare options can vary as your income changes and as your...

[VIEW MORE →](#)

Children of single parents

[VIEW MORE →](#)

Contact Arrangements

Children usually keep seeing or staying with their other parent regularly after their parents have separated. This is often called...

[VIEW MORE →](#)

Information for Practitioners

This page is for people who work with single parents in a professional capacity.

[VIEW MORE →](#)

Legal help and responsibilities

As a single parent, you will have parental responsibilities towards your child. Find out what your parental responsibilities are, how...

[VIEW MORE →](#)

LGBTQ+ single parents

This page looks at issues and questions relevant to LGBTQ+ single parents.

[VIEW MORE →](#)

Coronavirus

Advice and information for single parent families about the COVID-19 pandemic.

[VIEW MORE →](#)

Disability

Information for single parents families with a disabled parent and/or child.

[VIEW MORE →](#)

Education

Many single parents take on the challenge of studying as a single parent successfully. If you're thinking about going to college...

[VIEW MORE →](#)

Managing money and debt

If you are having trouble managing your money, there are ways to help yourself get out of immediate financial danger...

[VIEW MORE →](#)

Maternity, paternity and adoption

There's a lot to consider when you're about to have a child. Here you'll find information to help you - whether...

[VIEW MORE →](#)

Moving in with a new partner

Starting a new relationship is a really exciting time for you, your partner and your family. The process of bringing...

[VIEW MORE →](#)

Holidays and special occasions

This page contains information and single parent tips on how to plan for your holidays and special times of year...

[VIEW MORE →](#)

Housing

If you have recently become a single parent, you may be looking to find a new home, or adjusting your...

[VIEW MORE →](#)

If you don't live with your children

This information is for parents whose children don't live with them for most of the time.

[VIEW MORE →](#)

Separating

If you have recently split up with or divorced from your partner, it can be difficult to know where to...

[VIEW MORE →](#)

Support for single dads

Becoming a single dad is a life changing event. Here you'll find a range of practical information to help you...

[VIEW MORE →](#)

Working

Whether you are in work and looking to leave, or out of work and wondering where to begin, our information...

[VIEW MORE →](#)

You and your child's wellbeing

If you're split up with your partner or are going through a divorce, it's important to look after yourself as...

[VIEW MORE →](#)

Young single parents

This page addresses key things for you to consider as a young single parent.

[VIEW MORE →](#)



Frome Vale Academy staff and pupils with Bristol's Deputy Lord Mayor after their film was shown to an audience

Children's film speaks out against discrimination

PUPILS at a primary school at Oldbury Court have made a "powerful" film about racial and sexual discrimination.

Frome Vale Academy was one of two schools in Bristol picked to make a film with community interest drama company Unique Voice as part of a project funded by Crimestoppers.

The academy chose discrimination as a focus for the film, as it tied in with the launch of the school's equalities, diversity and inclusion group, and other work related to the Frome Vale Citizenship programme.

Pupils were then invited to expand on the proposals through workshops, and chose to focus specifically on race, gender and sexuality, as these were the topics they felt were most pertinent to them.

Frome Vale pupils and staff worked with Unique Voice over a number of days, writing a script and drawing images. Children were then filmed delivering

the message with the drawings animated to reinforce their words.

The film was then showcased at the St Michaels Centre in Stoke Gifford in front of an audience including pupils' family and friends, Bristol Deputy Mayor Asher Craig and Deputy Lord Mayor Andrew Varney.

The project was part of the Crimestoppers What Would You Do? programme which helps encourage crime reporting and tackle safety issues affecting children. It has been running for six years and more than 3,000 children have taken part.

Frome Vale Academy principal Jan Saunders said: "I am immensely proud of this piece of work in conjunction with Unique Voice. It epitomises all the work we do at Frome Vale around citizenship and reflects our pupil's understanding of these important issues."

The video can be viewed online at vimeo.com/587816233/b5bc60e7a9.

Frome Vale Academy in the News

We are so proud of all our children here at Frome Vale Academy. As a school we strive to ensure that all our families feel welcome and part of our school community. Important initiatives like this one where the children worked with Unique Voice not only gives our children opportunities and experiences but enables their voices to be heard.

Please check out their film by clicking on the button below



Exam Invigilators Needed

This position requires flexibility as there are various exams held throughout the academic year, these usually fall within November, January and March. The Summer exams are held in May and June. There are also mock exams for Years 9, 10 and 11 at different times throughout the year. The working hours for this role can vary as exam environments have to be set up before the beginning of the school day and on occasions can sometimes continue after the school day has finished.

Click [HERE](#) for more information



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

What Parents & Carers Need to Know about

NETFLIX

Netflix is a subscription-based streaming service that allows users to watch TV shows and movies on any internet-enabled device that supports the software, such as smart TVs, phones and tablets. The pandemic saw a surge in children consuming on-demand content as many families relaxed their screen-time rules. Netflix's diverse range of programming caters for all age groups – so it's important for parents to recognise the potential risks of children using the service and the measures to help their child enjoy a safe streaming experience.

INAPPROPRIATE CONTENT

Netflix produces and curates an extensive catalogue of content that can provide hours of entertainment. If they share the same user account as an adult, this can potentially lead to children accidentally viewing all manner of inappropriate content, including nudity, profanity and extreme violence. This can happen easily on shared accounts, as Netflix cannot establish who's watching.

BINGE-WATCHING

Netflix allows users to view shows and movies quickly and easily without adverts or interruptions, making excessive screen time a concern. Binge-watching has become more common during the pandemic, due to Netflix's regularly updated content and algorithms which recommend content very similar to what's previously been enjoyed. Marathon viewing sessions can lead to children staying up too late, affecting their mood and concentration the next day.

SCREEN ADDICTION

From TVs and phones to consoles and tablets, Netflix is available on almost any device with an internet connection – making it extremely difficult to manage children's screen time. The service is now adding games to its mobile app, tempting users to spend even more time on the platform. Screen addiction can distract children from important activities like schoolwork and socialising, and can impact their health by reducing their exercise and sleep.

HACKING ATTEMPTS

With millions of users worldwide, Netflix is often targeted by hackers who try to steal usernames and passwords to gain access to people's accounts. If successful, they can then steal payment details or try to sell stolen personal data on the dark web, providing other criminals with a profitable opportunity. Netflix also doesn't provide two-factor authentication, making the hackers' task that little bit easier.

CONTACT FROM STRANGERS

Netflix's Teleparty feature became popular during lockdown periods as it allows users from different households (friends and relatives, for example) to synchronise when they watch content. It requires an access link to be sent to the people you wish to invite; the link, however, can also be distributed to people you *don't* know. A text chat feature enables interaction with the other users in real-time; this represents a risk to children if a stranger gains access to the teleparty.

Advice for Parents & Carers

KEEP ACCOUNTS SECURE

Netflix doesn't use two-factor authentication, so a strong password is vital. Your child's Netflix password should be unique (not one they've used elsewhere) and a minimum of eight characters with a mix of letters, numbers and symbols. Emphasise not to share their login details with anyone and remind them to always log out after using the app – so their account remains inaccessible, even if their device is lost or stolen.

SET UP PROFILE PINS

Netflix account holders can lock profiles using a four-digit PIN. Doing this can prevent your child from accessing the wrong account and viewing content that isn't appropriate for their age. Try setting a PIN for each account on your Netflix app – ideally avoiding numbers that would be easily guessed, such as dates of birth. Remember not to share these PINs with anyone, including family.

CHECK MATURITY RATING

Netflix warns about content that includes violence, sex, profanity and nudity. These warnings form part of the show or movie's 'maturity rating'. Users can restrict age ratings to avoid children viewing age-inappropriate content. On their profile, open the Profile and Parental Control settings and choose the maturity level for the shows and movies you want to allow.

SWITCH OFF AUTO-PLAY

When a show or movie concludes, Netflix's algorithms select content with similar themes that it thinks your child will enjoy next. This new content starts automatically after a 10-second countdown. Disabling this auto-play feature reduces the possibility of your child being shown something inappropriate and provides a natural break to help prevent them becoming too immersed in Netflix.

CREATE A KIDS' PROFILE

Setting up a Netflix Kids experience profile means your child can only access content which is suitable for children aged up to 12 years. All other content is automatically blocked. This rating can be further restricted via the child's profile settings. Setting up a Netflix Kids experience profile will help to prevent your child from viewing age-inappropriate content.

CHECK VIEWING HABITS

Netflix has tools which enable parents and carers to monitor what their child has been watching. Selecting 'Viewing Activity' in each profile's account settings displays a list of what content has been viewed (and when). This can reassure parents that their child is watching age-appropriate content and can open avenues for discussing your child's favourite shows and movies, and why they like them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National Online Safety®

#WakeUpWednesday

Sources: www.help.netflix.com | www.about.netflix.com | www.dofcom.org.uk



www.nationalonlinesafety.com



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/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.11.2021

Academy Life in Pictures

We Perform

Our amazing Reception, Year 1 and Year 2 children entertained their parents across 5 separate performances!



We are Christmas ready

FVA enjoyed an amazing Christmas lunch together. Thank you Team Aspens



We are designers

FVA has creativity in abundance



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

Click [Here](#)



w/c 3rd Jan, 24th Jan, 14th Feb

WEEK ONE

Main Event	Hot Dog	Veggie Supreme Pizza	Roast Chicken & Stuffing	Butter Chicken Curry	Fish Cakes
Vegetarian Section	Quorn Dog	Quorn Meatballs And Spaghetti	Leifil Veggie Loaf	Butternut & Chickpea Pasanda	Falafel and Hummus Wrap
Halal	Baked Potato Wedges Bbq Beans	Garlic slice Sweetcorn	Roasties, Fresh Vegetables and Gravy	Wholmeal Rice, Coconut Green Beans	Chips and Minted Crushed Peas
Halal	Halal Hot Dog with Chicken Sausage		Halal Roast Chicken & Stuffing	Halal Butter Chicken Curry	
Jacket Potatoes					
The Finale	Peach melba Traybake	Italian Slicky Orange Cake	Carrot & Pineapple Muffin	Indian Kullfi Ice Cream	Yoghurt, Granola and Peaches

Freshly filled sandwich/roll/healthy snack, home bake and piece of fruit

w/c 17th Jan, 7th Feb

WEEK THREE

Main Event	Sausage Pasta Bake	Veggie Delight Pizza	Lemon & Herb Chicken	Slicky Chicken and Vegetable Noodles	Fish Fingers
Vegetarian Section	Wholegrain Pasta Sweetcorn	Oven Baked Wedges And Gravy	Roasties, Fresh Vegetables	Carrot Ribbons	Salmon or Pollock, Chips and Baked Beans
Halal	Shepherdess Pie	Cheese and Tomato Pasta Bake	Smoked Cheese & onion Slice	Sweet and Sour Chicken Style strips and Vegetable Noodles	Vegan Sausage Roll
Halal	Halal Chicken Sausage Pasta Bake		Roasties and Fresh Vegetables	Carrot Ribbons	
Jacket Potatoes					
The Finale	Chocolate Cornflake Crispy Bar	Sweet Potato Brownie	Only Apple Crunch	Caramelised Bananas and Toffee Sauce	Lemon and Sultana Cookie

Freshly filled sandwich/roll, healthy snack, home bake and piece of fruit

Pick and Mix Deli

w/c 10th Jan, 31st Jan

WEEK TWO

Main Event	Chicken Thigh Burger	Beef Bolognais	Honey Roast Gannan	Chicken Fajita	Breaded Pollock
Vegetarian Section	Crunchy Topped Macaroni Cheese Baked Potato Wedges Rainbow Slow	Red Lentil Bolognais	Potato and Spinach Fritata	Mixed Bean Fajita	Baked Bean and Cheese Wrap
Halal	Baked Potato Wedges Rainbow Slow	Wholmeal Pasta Garlic Slice Green Salad	Roasties, Fresh Vegetables and Gravy	Tomato Rice Mexican Slow	Homemade Tortare Chips and Peas
Halal	Halal Chicken Thigh Burger	Halal Beef Bolognais	Halal Roast Turkey	Halal Chicken Fajita	
Jacket Potatoes					
The Finale	Apple Brown Betty	Tutti Fruiti Sponge And Custard	Mango and Coconut Slice	Mexican Chocolate Pudding	Frozen Banana Mousse pot

Freshly filled sandwiches/roll, healthy snack, home bake and piece of fruit

Pick and Mix Deli

FOOD FESTIVAL

By Aspens