

Friday 15 December 2023

End Term 2 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Fairness/Justice

Learning behaviour: Collaboration

We've had an amazing Term 2, with lots of highlights to reflect upon. We really hope you all enjoyed the many opportunities to join us in one capacity or another. It is always our pleasure to enable our families to come into the academy and see our wonderful children at work or play. Thank you to all of you who have helped us to raise much needed funds for the school by attending our discos or purchasing cakes or sweets and of course to our PTA who made this all happen. The funds raised will be spent wisely. We wish you a wonderful holiday and look forward to hearing all about the adventures you get up to on our return on 3 January 2024.

We are Fair



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

We are Socially Just



In this video we look at what is fair and what is equal in our communities

Click on the logo above.

Admission Deadline 15 January 2024

Places for our Reception class in September 2024 must be applied for by parents or carers by no later than the 15 January 2024. Please ensure that you visit the council website [HERE](#). If you apply late or fail to apply, you may not get your choice of school. We look forward to welcoming your 4/5 year old to our school and to them becoming a Frome Vale citizen.



PTA Facebook Group



Click [HERE](#) to join

Key Dates for your diary

Friday 15 December 2023	Last Day Term 2
Wednesday 3 January 2024	First Day Term 3
Monday 8 January 2024	Whole School Music Day
Friday 12 January 2024	Year 5 Swimming Lesson
Wednesday 17 January 2024	Year 5 Hindu Temple visit
Friday 26 January 2024	Year 1 Downend History Walk Trip
Friday 9 February 2024	Last Day Term 3
Monday 19 February 2024	First Day Term 4



It is essential that we have your correct email address and mobile telephone number in order to support you.

If you think we may have incorrect contact details, please email info@fva.clf.uk to provide us with your correct information

Free school meals (FSM)

Does your child qualify? And what help is there during school holidays?

If you're on certain benefits, including Universal Credit and Child Tax Credit, your child may be able to get free school meals during term time - as well as free support during the school holidays.

EVERY child in Year R, Year 1 and Year 2 are entitled to Universal free school meals, but some of our children may be entitled to more.....

For all children at FVA, if you are eligible for any of the following you can apply for FSM which not only gives your child a free lunch every school day, you could find that you get Supermarket vouchers issued to you for the holidays and free holiday club places for your child to attend, have fun and get fed too!

- Universal Credit (you're eligible after you've got your first payment)
- Child Tax Credit
- The 'guaranteed element' of Pension Credit
- Income-based jobseeker's allowance
- Income-related employment and support allowance
- Income Support
- Support under Part VI of the Immigration and Asylum Act 1999
- Working Tax Credit run on (England and Wales only). This is paid 4 weeks after you stop qualifying for Working tax credit.

If you think you might be eligible to apply **CLICK HERE**



All families with children across our school who receive benefits-related free school meals can explore Your Holiday Hub (YHH) for fully-funded school holiday clubs and activities across the city. Bristol belongs to its children, and this is their holiday hub!

Click HERE to explore just what is available over the Christmas school holiday

Paid for Activities

If your child doesn't receive FSM, there are still loads of paid for fun holiday clubs and activities based in Bristol you can still access for them.

Supermarket Vouchers for the holidays

Over the last few years Bristol City Council have provided supermarket vouchers to our FSM families. The value of these has been £15 per week per child. So for the Christmas holiday that would total £30 per child.

Please note that the council may withdraw this voucher scheme at any point and FVA are not responsible for these payments.



Admissions Consultation

27 November 2023 to 19 January 2024

The Academy is consulting on its Admissions Policy due to the 7yr review cycle. No changes are proposed, but we have to consult nonetheless. The proposed policy can be found on our website [Here](#)

You are invited to provide any comments for consideration on the proposed arrangements by 5pm on Friday, 19th January 2024. Final arrangements will be determined by 28th February 2024 and will appear on the school website by 15th March 2024.

Any comments or objections can be made during the stated period to Elizabeth Tincknell, Head of Governance for the Cabot Learning Federation. The email address for correspondence is Governance@clf.uk or in writing to Elizabeth Tincknell, Federation House, King's Oak Academy, Brook Road, Bristol, BS15 4JT.



New Path in/out of school

You said—we did! Following the parent questionnaire last year, you asked us for a bigger path to make pick up and drop off easier. We are sure you will have noticed that Mr Petchey has been busy creating a new walkway in front of the main hall. We hope that this will be open from the beginning of Term 3, however we need to ensure it is totally safe before we start to use it. The new path will provide us with an in route and an out route hopefully making your visit to the school playground much easier. Once the new path is open, you will enter the playground using the new path past the main hall, however once you are leaving the playground please turn right out of the playground gate and follow the old path out of the school. As always, please be mindful of possible moving traffic on the site. We have strict traffic protocols, but from time to time it is necessary for a vehicle to move during drop off and pick up.



Free NHS app helps parents care for their poorly child.

As winter sets in and common childhood illnesses become more frequent, parents are being encouraged to use a free NHS app to help them decide how best to care for their child.

The HANDi app, which has been developed by a team of specialist children's doctors, is quick and easy to use and gives parents and carers expert advice on a range of childhood illnesses. These include diarrhoea and vomiting, high temperature, tummy pain, chestiness, head injuries and common problems experienced by newborn babies.

The app takes parents through a series of questions about their child's symptoms and then advises on the best course of action, whether that's to treat at home, to make a GP appointment, call NHS 111 or call 999.

The HANDi App is available to download for Apple phones from the app store or [iTunes](#) and for Android phones at [Google Play](#).



Packed Lunches

We have noticed that the children are keen to maximise the time that they play at lunch time. Due to this, the amount of packed lunch that was being disposed of by the children was excessive. To combat this, and to ensure that the children are eating their packed lunch, we have removed the dustbin from the canteen hall. This means that you will be able to see what your child fails to eat and stops unwanted/uneaten food being thrown away.



Year 6 Lifeskills Trip

Lifeskills have created a fantastic realistic village which enabled Frome Vale Primary's pupils to learn how to deal with difficult and potentially dangerous situations, in a safe and supportive environment. The year 6's learnt about road and railway safety, how deal with hazardous scenes set up in kitchens, living rooms and at a substation. They learnt some basic first aid and practiced making emergency phone calls.

Each year Lifeskills welcome over 10,000 children to the centre. Lifeskills is based in South Bristol, in the Create Centre and they are currently looking for volunteers to help take children on tours. Volunteering at Lifeskills is really flexible, fun and a great way to learn new skills. If you'd like to visit the centre and learn more about volunteering, call; 0117 922 45 11 or email; volunteer@lifeskills-bristol.org.uk.

make a difference

Work with children
Connect with your community
Enrich lives & learn new skills

Volunteer at Lifeskills

Join us for a taster hour!
Learn more about lifeskills, get in touch.



0117 922 4511

volunteer@lifeskills-bristol.org.uk





End of School Day

Our school day ends at **3.30pm**. We do request that all parents are on site by that time to ensure the smooth transition from teaching staff to parents.

Our teaching staff do not end their day at 3.30pm. Many of you will know that our teachers continue their day to around 6pm on site (and beyond at home) with planning, marking and required administration.. In addition, our teachers lead on specific subjects and have meetings that they need to attend at other schools, therefore their prompt departure is also essential. Our staff are unable to get on with the rest of their day until all the children have left the school.

On the odd occasion when you have been delayed, we would appreciate you making alternative arrangements for another adult to collect your child. Please ensure that this is clearly communicated to the office.



Cabot Learning Federation

A message from the CLF Governance Team

If you have ever considered volunteering within your community, working with and contributing to one of our CLF Academies could be one of the most rewarding things you ever do. If you have the desire to improve children's lives and outcomes, are passionate about the importance of education to change lives for the better then this could be the role for you.

"I cherish the role I play in children's education; I live and work within my local community and feel everyone's contributions, no matter how small, can make a real difference to a child's life. As a Councillor I have the opportunity to shape the lives of children and therefore shape the community and society I live within. It is a really rewarding role.

Education is not just about the academic work that children undertake; it is a time when children develop their life skills creating the young adults that join our society; as Councillors we have a chance to help shape their lives and give them opportunities they may otherwise never have.. If you have an enquiring and challenging mind, put it to use and help shape the educational direction of the academy.

As a Councillor, I have had the opportunity to undertake professional roles outside of my own everyday remit and develop a diverse range of skills that are transferable to other areas of my professional life. I would highly recommend a role as an Academy Councillor within the Cabot Learning Federation; the training and opportunities are invaluable, joining really can make a difference.

Why wouldn't you want to?....."
Chair of Academy Council—WSM

CLF CORE PURPOSE



Maintain **High expectations** in all we do, ambitious for ourselves, our communities, and our environment.



Create **Equity** of opportunity, promoting inclusion, removing disadvantage and rejecting discrimination.



Champion the success and life chances of **All children**.



Furnish pupils and staff with the **Resilience** to succeed as lifelong learners.



Harness our **Togetherness** to achieve more, collaborating proactively in seamless unity.

Aspens School Team

We wanted to say a big thank you to our Aspens catering team. Our lovely ladies work tirelessly to ensure that the children are fed every lunch time.

The whole school enjoyed their Christmas lunch on Wednesday 6 December. The children enjoyed a delicious roast dinner accompanied with festive tunes. On hand to help with the service, was the Principal, Vice Principal, class teachers, class and admin support. We all had a lovely time!



Free Christmas things to do in Bristol

Santa-tainment and Mog's Christmas at The Mall at Cribbs Causeway

The Mall at Cribbs Causeway are making all their festive events completely free of charge this year in view of the cost of living crisis, so you can experience all of the joy, none of the cost.

Free Santa's Festive Takeover

Santa and the elves will entertain throughout The Mall on Saturdays (10am - 6pm) each day and Sundays (11am-5pm), plus the week leading up to Christmas. Expect festive parades, games, and a Santa and Elves show. Look out for Santa throughout the day as he roams around The Mall.

Professor Snitch's Yule Ball Celebration

When? 17 December, 12-2pm

Join Professor Snitch and his Potion Class Crew as they host The Yule Ball. Enter the Magical Creatures room where you can interact and have photos with our in-house Nagini and other reptiles (optional extra of £5 per child, babies are free).

Meet real owls in The Owlery, before finishing brewing your LED Potion and partying alongside Professor Snitch on the DJ decks.

Bristol Christmas Market

Wander round the market in Broadmead. Of course, there's plenty to shop for too with over 35 stalls selling handmade goods, as well as festive food and drink like Yorkshire pudding wraps, hog roasts and mulled cider.



Make **PAPER BAG** snowflakes

Break out the safety scissors and craft paper and get to work making these beautiful and

delicate window hangings.

[Download the pattern »](#)

Beautiful Winter Walks

- Ashton Court
- Blaise Castle Estate
- Tyntesfield National Trust
- Dyrham Park National Trust
- Leigh Woods
- Snuff Mills/Vassals Park
- Stoke Park Estate
- Arnos Vale Cemetery
- Prior Park National Trust



Snowtastic!
Christmas crafts at
Downend Library
Monday 18th December
10.30-11.30am
Join us to make Christmas crafts
Drop in - no need to book
Especially suitable for ages 4-9

Children must please be accompanied by an adult

Click HERE for more Christmas crafting ideas for the children to complete over the holidays. Keep them busy and decorate the house too!

New wordsearches and more...

Diwali Disco!

Thursday the 16th of November our school had a disco to celebrate Diwali. You must come with a parent or guardian. There will be food and drinks such as donuts biscuits pastries and more savoury foods. There was a raffle, henna, music, and popcorn. It was Till 3.40 to 5.30pm. Tickets costed two pounds per person come along for the ride!

Rags to Riches.

Thursday the 16th of November our school helped a charity called rags to riches. In this charity people who have clothes that they do not use donate them. These clothes must be in good condition for you to donate them. These can be baby clothes, child clothes and adult clothes.

BBC Came to Our school?!

Tuesday 21st of November BBC point west came to interview some of the pupils about our currency (the penguin pound.)

We took some interviews on how they feel the before and after the interview:

Before

Elijah- I feel quite calm and confident for the interview.

Gaia- I am super excited for the interview because I like talking to people and I am good at explaining concepts.

Zarah- I feel relaxed and excited for the interview.

Yara- I was asked last week whether I wanted to do the interview and my immediate thought was yes! Because who would turn down that opportunity. I feel very relaxed because I like communicating and I feel the appropriated words just.

After

Gaia- I feel awesome because I watched the footage live of me on the news!

Yara- I feel great because I know that my dad saw me live on tv!

Zarah- I felt amazing especial-

because I got to work with my friends/peers.

Elijah- happy because all my family saw me on tv.

Year 6 went to Bristol met!

On the 5th of December year six went to school of rock at Bristol met. It is a music performance. Everyone was super excited! It was fab!

Comic strip wanted.

The Newspaper team wants a skilled comic strip maker to put in the Frome Vale News. If you are interested please send you best Christmas comic strip to Elijah.Garry@fva.clf.uk and we will get back to you shortly to see if you manage to win.

Your comic could be here!



The Newspaper Team

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C S J E A R D U Q Q Y C X O E E N T M O
K O G O U D G Q O L Y Z E A O U M R N U
Y C O N Y U P Y L F H N Z A T N I P J C
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P B V K Q A Y G Q O C W I L O V T E R G
Y M B J C W A M X E Y K M P K Z W J U D

Family Joy Tinsel Frosty Stockings Holly
Nutcracker Mistletoe Candy Cane Peppermint
Jolly Cookies Chocolate Manger Sleigh

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

12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

TRY REFLECTIVE JOURNALLING

Jet down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparking stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



The National College



National Online Safety

#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)

[@national_online_safety](https://www.tiktok.com/@national_online_safety)

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It's Christmas Time!



A Parent's Guide to Social Media



A Parent's Guide to Sharing Pictures



A Parent's Guide to Gaming



A Parent's Guide to Online Grooming



scan the QR code with your phone's camera to see the guides on our website



A Parent's Guide to Live Streaming



A Parent's Guide to Online Influencers



A Parent's Guide to Fake News



A Parent's Guide to Privacy Settings

It's always best to be prepared

Many parents may be planning to give electronic gadgets to their children this festive period.

Our guide is designed to help parents take a realistic approach to help keep their children safe when using the internet, social media and playing online games.

Scan the QR code to find out more.

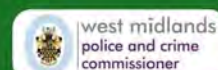
Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with



www.skipssafetynet.org

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 Carer Forum

Shaping the Future *Together*

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

Special Educational Needs and Disability Information Advice and Support Service (SENDIASS)

What to Expect from SEND and You

SEND and You provides the Special Educational Needs and Disabilities Information, Advice and Support Service (SENDIASS) in South Gloucestershire, Bristol and North Somerset. We aim to empower parents/carers, children and young people to play an active and informed role in making decisions about their education, health and social care.

Our role as an information, advice, and support service (IASS) is to help parents/carers, children, and young people build their knowledge, understanding, and confidence in SEND procedures, policies, practices, and law, and enable them to communicate their own needs, wishes, aims, and rights.



SAY
SEND AND YOU



'Cuppa Tea with Mrs D'

'Cup of tea' with Mrs Dawson on Monday 15 January at 9am. Come for a chat about any sort of SEND area you'd like to talk about with Mrs Dawson and other families from FVA. This will be a supportive and informative coffee morning. All welcome!



MURMURATION COMMUNITY THERAPY

New SEND Parent Carer Nurture Groups

Starting January 2024: 8 sessions to build emotional wellbeing and friendship amongst a small group of SEND parents.

Brislington - Tuesdays - 1-2:30pm
Broomhill Children's Centre, Farnstone Ave, Brislington, BS4 4JY

Upper Harfield - Wednesdays 10.30am - 12noon
Upper Harfield Children's Centre, 34 Shardon Rd, Harfield, BS7 0PL

Eastville - Wednesdays 8 - 9.30pm
Haven Rd, Eastville Park, Fulgond Rd, Eastville, BS5 6XA

Places are free, we welcome donations.

FOR MORE INFO AND TO BOOK VISIT
MURMURATIONCOMMUNITYTHERAPY.COM

MURMURATIONCOMMUNITYTHERAPY

Days out

Many venues are accessible to people with disabilities. You can find them with:

[AccessAble](#), where you can search for and discover accessible places such as restaurants, cinemas and play areas for you and your child

[Visitbristol website](https://visitbristol.co.uk/things-to-do/my-bristol/accessible) Go to <https://visitbristol.co.uk/things-to-do/my-bristol/accessible> (opens new window), which has a list of accessible activities and attractions in the city

[Yourlocalcinema.com](https://www.yourlocalcinema.com/) Go to <https://www.yourlocalcinema.com/> (opens new window), for cinemas showing accessible and subtitled films for people with hearing loss



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



**Children's
Scrapstore**



MINI GAP

DISCOVER YOUR PASSIONS + REALISE OPPORTUNITIES

FOR AGES 16-30

- FREE** 12 week course
- Practical & creative life **SKILLS**
- INTERACTIVE, FUN** & action based learning
- PATHWAYS** into education & employment



Mondays from Jan 2024

- 1:1 Mentoring (DEC - APR)
- Central Bristol
- Face to face



07787502232
 info@grassrootcommunities.org
 grassrootcommunities.org



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 jnstell@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

HOW WELCOME to the world has helped other parents

"If understanding and knowledge is power then this course definitely empowers parents to get it right from the very beginning"

"I find it friendly and fascinating from a man's point of view"

"I didn't realise I needed to start talking to my baby while he was in the womb"

"I've been interacting with my baby since birth through facial expressions and looks which, until I attended the group, I would have thought a newborn too young for"



check out familylinks.org.uk

Welcome to the world Parent Group for expectant parents

Where:
Oldbury Court Children's Centre, Frenchay Road, BS16 2QS

When:
Wednesday 21st February 2024 -
Wednesday 20th March 2024
4.30 - 6.30pm

Contact details:
To register your interest, visit eastbristolchildrenscentres.co.uk
Or call:
Kerry - 07385110984
Alicia -



Welcome to the world Parent Group

Information for Parents



Welcome to the world

Topics covered in the group

- Week 0** Introducing the Family Links website for the latest updates & parent support
- Week 1** One of the first 1000 Moments Programme: Celebrating and Talking to the Baby in the Womb
- Week 2** Using 1000 Moments: Bonding, Attachment and Brain Development: Monitoring my Baby's Development & Growth from Birth
- Week 3** Emotions and the four C's: A Celebration of Birth: Changes in the and the law
- Week 4** Personal Power: Self-esteem and healthy Eating Choices
- Week 5** Bonding, Skills and Values: Baby's First Security, Consistency and Bonding: Hearing my Baby, Call the Midwife?
- Week 6** Feelings and How to Communicate: Feelings and Links: Let's Do with Them: Communication between Adults and Adults & Babies
- Week 7** Family: How to Talk to My Baby: Emotions for Adults
- Week 8** The Midwife-Labor Day: Breastfeeding my Baby



The eight sessions are a relaxed way for parents to think about the transition to parenthood and discuss issues that can be a challenge for every new mother and father

Over the eight weeks you'll meet with other parents and trained group leaders to talk about important questions such as:
"How is my baby developing?"
"How should I feed my baby?"
"What will I do when my baby cries?"
"Is help available?"



Key topics

- Understanding your baby - a baby's brain development
- Your future as parents and as a family
- Your roots, traditions, hopes and fears for the future
- Breastfeeding and the practical tasks of caring for a new baby
- The need to nurture ourselves

Practical information

Parents attend the group from approx. 22 weeks of pregnancy

Partners are welcome to come to the sessions too and it's also fine to come on your own or with another relative or friend

There are eight sessions with a tea and coffee break

8-10 parents are invited and there are two Family Links trained group leaders

You need to come to all eight sessions

Some groups provide a crèche check with group leaders beforehand



How Nurturing Programme Parent Groups have helped other parents

"I am a much more confident, positive and understanding parent. I feel much more able to cope now!"

"We are having less family arguments and the household is a lot calmer!"

"The group was fun. It's the only two hours I have for myself each week."

"The atmosphere was really relaxed. No-one judged anyone and everyone was listened to and respected."



Check out familylinks.org.uk for more information on the Parenting Puzzle Workshops.

The 10-week Nurturing Programme for parents and carers

Where:
St Anne's Park Children's Centre, Lichfield Road, BS4 4BJ

When:
Thursday 11th January 2024 - Thursday 21st March 2024 09.30 - 11.45am

Contact details:
Register your interest for the course here - enquiries@childrenscentre.co.uk (go to 'timetable' then 'register your interest')
Or call Laura Bice - 07788381451



The Nurturing Programme

Information for parents and carers

How to get the best out of family life



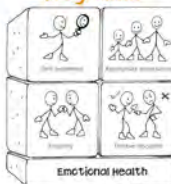
What is the Nurturing Programme?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it, and how it makes us feel.

The Building Blocks of the Nurturing Programme



What does it cover?

Over the 10-week Programme, you will look at lots of different topics, including:

- Understanding** why children behave as they do
- Recognising** the feelings behind behaviour (ours and theirs)
- Exploring** different approaches to discipline
- Finding** ways to develop co-operation and self-discipline in children
- Learning** the importance of looking after ourselves

Practical information

Partners are welcome and it's also fine to come on your own or with a relative or friend.

There are ten 2-hour sessions with a tea and coffee break.

2-30 parents are invited and there are two Family Links trained group leaders.

Some groups provide a creche; check with your group leader's beforehand.

You need to come to all ten sessions as they fit together like a puzzle.



How Parenting Puzzle Workshops have helped other parents

"So helpful to have ways of dealing with situations that happen on a daily basis"

"Wonderful! Could do this every day"

"Better than expected, made me think differently about 'laddish' behaviour"

"It was a completely new experience for me but after the first week I was completely relaxed"



Check out familylinks.org.uk

The Nurturing Programme Parenting Puzzle Workshops

Where:
Online via Zoom

When:
Thursday 25th January 2023 - Thursday 15th February 2023
7 - 9am

Contact details:
Register your interest for the course here - enquiries@childrenscentre.co.uk (go to 'timetable' then 'register your interest')
Or call Laura Oakley - 07860465059



Parenting Puzzle Workshops

Information for parents and carers



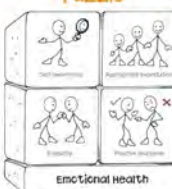
What is the Parenting Puzzle?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Parenting Puzzle Workshops help deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it, and how it makes us feel.

The Building Blocks of the Parenting Puzzle



The Four Workshops

Workshop 1: Understanding Children's Behaviour, Listening and Communicating, Praise and Encouragement.

Workshop 2: Praise and Guidance vs. Criticism, Child's Play, and Positive Moments.

Workshop 3: Boundaries and Parenting Styles, Time to Calm Down, Dealing with Stress and Conflict.

Workshop 4: Choices and Consequences, Behaviour to Ignore, Putting the Puzzle Together, Looking after Ourselves.

Practical information

There are four 2-hour sessions with a tea and coffee break.

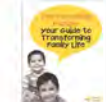
2-30 parents are invited and there are two Family Links trained group leaders.

Partners are welcome and it's also fine to come on your own or with another relative or friend.

Some groups provide a creche; check with your group leader's beforehand.

You need to come to all four workshops as they fit together like a puzzle.

You will be provided with a copy of The Parenting Puzzle Book to accompany the workshops.



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