

Friday 20 December 2024

End Term 2 Newsletter



www.fromevaleacademy.clf.uk

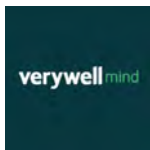
Follow us on Twitter: @frome_vale

Value of the term: Thankfulness

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 Christmas Fayre 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 7 January 2025.

We are Thankful



How to practice gratitude and be thankful for the things we have

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 Thankful



A lovely infographic for children and adults alike with 8 great ways to show how thankful you are.

Click on the logo above.



You may have noticed that there is a large container in the staff car park and a new shed in the playground. We are pleased to announce that the 151st Bristol Fishponds Baptist Scout Group are making Frome Vale Academy their new home.

Cubs—will meet on a Monday from 6.30pm to 8pm

Scouts—will meet on a Tuesday from 7.30pm to 9pm

Beavers—will meet on a Wednesday from 5.50pm to 6.50pm

Their meetings will take place in the school main hall and when the weather is warmer, they will also utilise the extensive school grounds.

If you are interested in your son or daughter joining Beavers or Cubs, please contact [HERE](#) to find out more

Key Dates for your diary



Tuesday 7 January 2025

Thursday 9 January 2025

Friday 10 January 2025

Thursday 16 January 2025

Friday 17 January 2025

Friday 24 January 2025

Monday 27 January 2025

Friday 14 February 2025

Tuesday 25 February 2025

First Day Term 3

Swimming Lessons Begin—Year 5 and 6

Open Day for Prospective families—9.30am

School Census Day

Bristol Beacon Music Trip

ECO Warrior Parent Presentation @ 2.45pm

Bristol Parent Carers PINS Session 9am

Last Day Term 3

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

Admissions for Reception Class 2025

School open day events—come and look around the school

Register now if your child is due to start school in September 2025, and tell your friends.

More information can be found [HERE](#)

The last Open date is:
Friday 10 January 2025 @ 9.30am

Deadline for submitting your admission is 15 January 2025

Welcome to Reception Class



Term 3—PE, Swimming and Forest School Days

	PE	Forest School	Swimming—wear PE kit and bring swimming kit
Monday	Year R, Year 1, Year 2, Year 4		
Tuesday	Year 3, Year 4		
Wednesday	Year 6	Year R, Year 3	
Thursday	Year 2, Year 3, Year 4		Year 5, Year 6
Friday	Year 1, Year 5		

Bristol's Top-Performing Primary Schools in 2024

Bristol 24/7 has released its list of the top 26 primary schools based on 2024 SAT scores and Ofsted reports. **Frome Vale Academy (FVA)** proudly ranks 4th, showcasing the dedication of its students and staff.



Top 4 Schools:

1. **Summerhill Academy** - 94% of students met the expected standard.
2. **Bishop Road Primary School** - 84% of pupils achieved the expected standard.
3. **Elmlea Junior School** - Also at 84%.
4. **Frome Vale Academy (FVA)** - Notable for its remarkable progress.

Congratulations to all the schools featured, especially FVA for their impressive ranking!

You can view the article [HERE](#)





HAF FUNDED WINTER HOLIDAY

HOLIDAY CLUB ACTIVITIES

- FREE four hour sessions (9am - 1pm)
- FREE lunch and snacks

Open to children in receipt of benefits related free school meals who attend any primary school in Bristol.

ART & CRAFTS - COOKING

GAMES - EXPERIMENTS - CHRISTMAS PARTY!



www.bizzykidzclub.com

bizzykidzclub@hotmail.com

If you are entitled to Free School Meals, your child is also entitled for Holiday Club funding to allow your child to attend for FREE!

The club is running on the following days at FVA;

Monday 23 December

Thursday 2 January

Friday 3 January

Please use the QR code or web / email addresses to book your child into the club.

Give yourself some time to get ready for the big day or to tidy up after it!



We were thrilled to host our annual Winter Production, featuring the incredible talents of our Year Reception, Year 1, and Year 2 children, along with the dedicated EYFS and KS1 adults. This year's performance was a heartwarming celebration of creativity, teamwork, and festive cheer.

Our young stars worked tirelessly to bring you a magical show filled with delightful songs, enchanting dances, and captivating performances. From the tiniest Reception performers to the confident Year 2 actors, each child put in their best effort to make this production truly special.



We were delighted to see you there and to share this joyous occasion with you. Your presence and support meant the world to our young performers and the entire school community. We hope you enjoyed the show!





Bristol Food Provision List
Festive period support 2024/25

DECEMBER FESTIVE FOOD PROVISION CALENDAR						
Monday 23rd	Tuesday 24 th December	Wednesday 25 th December	Thursday 26 th December	Friday 27 th December	Saturday 28 th December	Sunday 29 th December
Take-home food Ashton Vale Community Cupboard 9.30am-12pm	Caring at Christmas – Homeless Support (over 18s) 10am-4pm Breakfast (10am) and lunch (1.30pm)					
Take-home food Ignite Food Bank 12.30-4pm	Take home food Heart of BS13 Freezer meals 11am-3pm	Shared meal Super Super Club Christmas Meal at the Pickle Factory			Shared meal Shahporan Islamic Centre 1-4pm	Shared meal Shahporan Islamic Centre 1-4pm
On-site celebration & take-home food Hillfields Winter Welcome Space & food club 12.30-4pm						
Shared meal The Vench Christmas Dinner 11.30am-3pm	Take-home food Ignite Food Bank 9am-12pm				Shared meal Bristol Horn Youth Concern Time/location TBC	
Take-home food Filwood Hope Advice Centre 9.30-1pm						

DECEMBER FESTIVE FOOD PROVISION CALENDAR				
Monday 30 th December	Tuesday 31 st December	Wednesday 1 st January	Thursday 2 nd January	Friday 3 rd January
Caring at Christmas – Homeless Support (over 18s) 10am-4pm Breakfast (10am) and lunch (1.30pm)				Take-home food Friends of Eastville Park Food Club 12-1pm
Shared meal Bristol Horn Youth Concern Time/location TBC	Take home food Heart of BS13 Freezer meals 11am-3pm			Many food projects reopen on January 3 rd . Check the food support lists but get in touch with the service to check they're open before visiting.
	Takeaway meal Fish and chips for people experiencing homelessness Location TBC			

COMMUNITY XMAS MARKET IN THE PONDS!

Come along and support independent artists, makers and bakers including unique gifts, art, prints, cards, jewellery, xmas decorations, artisan food, homeware, street food and more! Perfect to treat yourself and for your last minute Xmas Gifts and Shopping!!

Sat 21st December
10.30-3pm

Fishponds Old Library, Fishponds Rd, Bristol
Free Entry/Fully Accessible Dogs on leads welcome!

email: markets.theoldlibrary@gmail.com

Follow us on facebook/instagram: [fishponds community markets](#)

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Oldbury Court Children's Centre Frenchay Road BS16 2QS	Newborn Hearing Screening (Invitation) 9am - 12.00pm 1st Monday of every month Baby Building Blocks (Drop In) 10am - 11.15am Ages 0 - 12 months Circle of Security (Booking) 10am - 12noon 9 week course To book a place see How to Book below Children's Scrapstore Outdoor Play Session (Drop In) 3.30pm - 5.30pm Ages 8+	Childminders Group 9.30am - 11.00am The Nurturing Programme (Booking) 9.30am - 11.30am 11 week course To book a place see How to Book below	Baby Hub (Drop In) 9.30am - 11.30am Last entry 11am SEND Rainbows (Drop In) 9.30am - 11.30am New Parents (Booking) 1.30pm - 3.00pm To book a place see How to Book below	Welcome to the World (Booking) 9.30am - 11.30am 5 week course To book a place see How to Book below Baby PEEP (Booking) 1.30pm - 2.30pm Ages 0 - 9 months To book a place see How to Book below	Twins & Multiples (Drop In) 10am - 11.30am First Friday of each month Ages 0 - 5 years Toddler PEEP (Booking) 9.30am - 10.30am Ages 1 - 3 years To book a place see How to Book below Hello Baby Antenatal Course (Booking) 2pm - 4pm 4 week course - ongoing dates www.Eventbrite.co.uk
St Anne's Park Children's Centre Lichfield Road BS4 4BJ	New Parents (Booking) 10am - 11.30am To book a place see How to Book below	Twins & Multiples Group (Drop In) 10am - 11.30am Third Tuesday of each month Ages 0 - 5 years BS4 Stay & Play (Drop In) 1.15pm - 2.30pm Ages 0 - 5 years Hello Baby Antenatal Course (Booking) 2pm - 4pm 4 week course - ongoing dates www.eventbrite.co.uk	Baby Hub (Drop In) 10am - 11.30am Last entry 11.15am Welcome to the World (Booking) 3pm - 5pm 5 week course To book a place see How to Book below	Childminders Group 9.30am - 11.00am Toddler PEEP (Drop In) 9.30am - 10.30am Ages 1 - 3 years Rockabye (Booking) 1.30pm - 2.45pm 10 week course	Baby Building Blocks (Drop In) 10am - 11.15am Ages 0 - 12 months Dad/Male Carer PEEP (Drop In) 1.30pm - 2.30pm All ages
The Haven 378 Speedwell Road, BS15 1ES Meadowvale Community Centre 42 Meadow Vale, BS5 7RF	Baby PEEP (Booking) @ Meadow Vale 1.30pm - 2.30pm Ages 0 - 9 months only To book a place see How to Book below	Sing, Rhyme & Storytime (Drop In) @ The Haven 9.30am - 10.30am Ages 18 months +	Stay & Play (Drop In) @ The Haven 1.45pm - 3pm Ages 0 - 5 years	Baby Hub (Drop In) @ Meadow Vale 9.30am - 11.30am Last entry 11am New Parents (Booking) @ Meadow Vale 1.30pm - 3pm To book a place see How to Book below	Food Club @ The Haven 12.30pm - 2.30pm
Community	Breastfeeding Peer Support Group (Drop In) Fortnightly @ St Anne's House 11am - 12noon	Food Club @ St Peter's Church, BS4 4NZ 12.30pm - 2.30pm Rhyme and Storytime @ Fishponds Library 2.15pm	Tea and Tots (Drop In) @ The Vassall Hub, BS16 2QQ 9.30am - 11am Beechwood Road Play Group @ Beechwood Club, BS16 3TD 9.30am - 11.30am Baby Bounce and Rhyme @ Wick Road Library, BS4 4HE 10.30am of 2pm	Pre-school PEEP (Drop In) @ The Vassall Hub, BS16 2QQ 9.30am - 10.30am / Ages 3 to 5 years Storytime @ St George Library 10.15am Food Club @ The Vassall Hub, BS16 2QQ 1pm - 3pm	Storytime @ Wick Road Library, BS4 4HE 10.30am

Everyone is welcome to access 'Drop In' services across all of our sites
For more information about groups and services, please visit our website
www.eastbristolchildrenscentre.co.uk

How to Book - To register your interest for groups that require booking, please visit
www.eastbristolchildrenscentre.co.uk/copy-of-timetable to complete a specific
'Expression of Interest' form or select Eventbrite option and we will be in touch

Christmas Tree Collection

Please help us raise much needed funds for our baby loss charity and the Snowdrop Team at St Michael's, and book your christmas tree collection today



LET US DO THE HARD WORK FOR YOU

- We will collect your Christmas Tree on either the 15th or 16th January
- Postcodes we can collect from: BS1, BS2, BS3, BS4, BS5, BS6, BS7, BS8, BS9, BS10, BS13, BS16, BS20, BS21, BS41, BS48.
- Scan the QR code to book your collection, or visit <https://just-helping.org.uk>

For a donation of £30
We can supply a family with a memory box at the time of loss to make memories with their baby that will last a lifetime

For a donation of £50
We can provide a holistic therapy to help ease the anxiety a mum or dad are feeling after loss

For a donation of £100
We can send a family to make new memories at Christmas time

Working in partnership with:



SCAN ME 

Towards Tomorrow Together



East Bristol Children's Centres

EBCC have finalised their **January - March 2025 Timetable**, which you can find [here](#).

Their 'Expressions of Interest' forms can be found on their website's [timetable page](#), and can be completed by parents.

A reminder that the Citywide Antenatal and Parenting Groups form can be found here: [Citywide Children's Centres Parenting Groups: Expression of Interest Form](#).

They now have a single number for contacting East Bristol Children's Centres: **0117 922 3189**

Our Trust & Academy operate a zero-tolerance stance regarding sexual harassment

a policy which extends to all forms of bullying,
harassment or discrimination in the workplace.

We would like to make all parents and carers
aware that a new mandatory duty to prevent
sexual harassment in the workplace became
effective on the 26 October 2024.

Numerous high-profile cases and campaigns have
highlighted the need for enhanced protection against
sexual harassment at work – and has now been reformed
resulting in a new **Worker Protection (Amendment of
Equality Act 2010) Act 2023**.



The Trust and our Academy have reflected on this important legislation and are now taking further positive, preventative action in this area to respond. This includes:



Staff training



Staff voice
exercises



Reviewing our HR
policy & procedures



Reflecting on any
learning across
the Trust

If we are made aware of any concern, we will always treat these concerns with great importance and act in accordance with our internal procedures. It is our ambition that all of our academies provide a safe, happy and enjoyable space for our colleagues, pupils and visitors.

If you do have a concern of this nature then we have a complaints policy and procedure which you can access via our website.

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, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators SAFETY OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/safety-over-the-festive-season>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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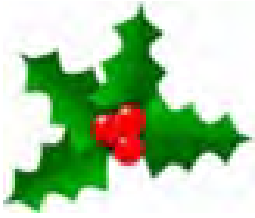
This term's learning at FVA



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

Click [Here](#)





Christmas Holiday Club @ FVA

FESTIVE FUN!
HOLIDAY CLUB FOR CHILDREN AGED 4 - 11
23RD DECEMBER
FROM VALE ACADEMY BS16 2QS

HIGHLIGHTS:
Christmas Party - Silly Jumper Contest
Singing & Dancing - Festive Arts & Crafts
Exciting Games & Prizes

DRESS CODE:
Festive Attire
Silly Jumpers Welcome!

HO-HO-HOPE TO SEE YOU THERE!

07584 624 136
WWW.BIZZYKIDZCLUB.COM



OUR Wonderful WORLD

2nd & 3rd January 2025

Frome Vale Academy BS16 2QS

HOLIDAY CLUB FOR CHILDREN AGED 4 - 11

Volcano Eruptions
Lava Lamps
Fossil Making
Crystal Growing
Outdoor Games
Food Activities
Woodland Fun

www.bizzykidzclub.com | Call Us 07584 624 136

Welcome to Bizzy Kidz Club!

We are a vibrant and exciting holiday club dedicated to providing a fun and educational experience for children. Our mission is to create a nurturing environment where kids can learn, play, and grow. With a wide range of activities and programs, we offer a unique opportunity for children to explore their interests and develop new skills. Our dedicated team of professionals is committed to ensuring the safety and well-being of every child in our care.

[Learn More](#)

FREE SPACES AVAILABLE FOR FAMILIES RECEIVING BENEFITS



To book, click on the link below:

[Bizzy Kidz Club @ Frome Vale Academy with Bizzy Kidz Club · Eegu](#)

NEW After School Clubs



OPEN ACCESS Play Sessions

Led by Children's Scrapstore with LPW and Weclil

What is open access? Children can come and go as they please so they need to be responsible for themselves or be with their adult. Children aged 8 and over can come on their own if they are allowed out unsupervised. Under 8's need to have an adult with them.

WE BRING THE KIT, YOU LEAD THE PLAY!

EVERY MONDAY
Term time: 3:30pm - 5:30pm
Green space outside Oldbury Court Children's Centre, BS16 2QS
Half Term Holidays*:
11:30am - 1:30pm
Easter / Summer Holidays*:
10:30am - 2:30pm

Get creative and imaginative at these regular play sessions aimed at young people, **age 8 and over**.
 Expect arts and crafts, sports kit, construction materials and much more!
No booking required

FREE

contact: playteam@childrenscrapstore.co.uk
 facebook page: Children's Scrapstore Play Rangers
 charity no. 1008788

*Except bank holidays.
 Funded lunch for children provided in holiday sessions



Do you have a budding footballer at home?
 Would you like to get your little one playing football?
 Well you can—FVA will be the new venue for Little Kickers
 Contact [HERE](#) to find out more



Little Kickers
 Bristol & Bath

SIGN UP TODAY

Full money-back guarantee

Visit our website to register!
www.littlekickers.co.uk
 07506346186
rbrightwell@littlekickers.co.uk

!!! NEW VENUE ALERT !!!

Frome Vale Academy, Frenchay Road, Bristol BS16 2QS

Classes starting on Sunday the 6th of October

Little Kicks: 1½-2½ years . Junior Kickers: 2½ -3 ½ years . Mighty Kickers: 3½-5 years

MF DANCE

— THE FUTURE OF DANCE —

A New dance club is joining Frome Vale Academy from Thursday 7 November 2024.

The dance is for ages 3 to 17 and classes can be booked online [HERE](#)

If you still want more information, please click [HERE](#) where you can find out more.

Book your **FREE** Trial lesson [HERE](#)

Day	Start Time	End Time	Age Group	Style	Class
Thursday	17:15	18:00	Children 3 - 6	MF Dance - Minis	Mini Streets (Ages 3 - 6)
Thursday	18:15	19:15	Children 7 - 11	MF Dance - Junior & Teens	Junior Streets (Ages 7 - 11)
Thursday	19:15	20:15	Children 12 - 17	MF Dance - Junior & Teens	Teen Streets (Ages 12+)



changes

WOMEN OF COLOUR WELLBEING GROUP

MONDAYS ONLINE
6.30 - 8.30pm

changes

LGBTQIA+ WELLBEING GROUP

TUESDAYS ONLINE
6.30 - 8.30pm

changes

BLACK, ASIAN, AND ETHNIC MINORITY MEN'S WELLBEING GROUP

THURSDAYS
Easton Community Centre
5.30 - 7.30pm

changes


MEN'S WELLBEING GROUP

THURSDAYS ONLINE
6.30 - 8.30pm

changes

WOMEN'S WELLBEING GROUP




THURSDAYS ONLINE
6.30 - 8.30pm



Safe, non-judgemental and confidential spaces to discuss mental wellbeing with others who belong in your community.

www.changesbristol.org.uk
 0117 941 1123

Free to join and are facilitated by people who identify as being in that community.

SCAN ME

Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free groups for adults run by Bristol Children's Centres

Scan here to find out more and register your interest!



Your parenting toolbox:



For more information please call: **07721 311 497** or email: psso@bristol.gov.uk

Once you have registered your interest via: www.bit.ly/BristolParentingGroups we will be in touch to find the best group option for you.



FREE 11 Week Group



Incredible Years

A parenting group for parents of children aged 2 - 8 years old, run by qualified staff at your local Children's Centre. This group is for adults only.

This programme will help parents learn how to:

- Help their children feel loved and secure
- Encourage their children's language, social and emotional development
- Establish clear and predictable routines
- Handle separations and reunions
- Use positive discipline to manage misbehaviour

Scan here to register your interest



If you would like further information or to register your interest directly then please call us on: **07721311497** or email: psso@bristol.gov.uk Once you have registered your interest, a member of the team will be in touch to find the best course location for you (in person or virtual options available).



Bristol Parenting Courses

Did you know that via [Bristol Family Hubs](#) you can access FREE parenting courses?

Children's Centres across the city run courses for parents with children aged 4 - 8 years old.

Here is some information about what is on offer:

Parenting Puzzle

'Parenting Puzzle' is a 4 week course whereby you will be given the tools to respond effectively within daily family life and situations that arise as children grow, learn and develop. Suitable for parents with children ages 0 - 5 years old. In person and virtual courses available.

The Nurturing Programme

'The Nurturing Programme' is a parenting approach that is designed to provide adults and children with the understanding, skills, and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem, and support positive family relationships. Suitable for parents with children ages 2 - 8 years old. 10 week course. In person only and creche available.

Incredible Years

The 'Incredible Years' Programme is designed to strengthen child well-being, promote social-emotional learning and academic competence, and prevent, reduce, and treat behavioural and emotional problems in young children. Suitable for parents with children ages 2 - 8 years old. 11 week course. In person only and creche available.

To register for a course please follow this link: <https://forms.office.com/e/gBv9Z5EUHv>

Following you submitting a form via the above link - you will be contacted with details of the next available courses.

FREE 10 Week Group

The Nurturing Programme

A parenting group for parents of children aged 2 - 8 years old, run by qualified staff at your local Children's Centre. This group is for adults only.

- 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

Scan here to register your interest



If you would like further information or to register your interest directly then please call us on: **07721311497** or email: psso@bristol.gov.uk Once you have registered your interest, a member of the team will be in touch to find the best course location for you (in person or virtual options available).



EMPLOYABILITY



NCFE CACHE LEVEL 1 AWARD IN CARING FOR CHILDREN

Dates: Starting on Friday 17th January 2025- Friday 28th March 2025

Venue: Oldbury Court Children's Centre, BS16 2QS

Who is it suitable for?

- This qualification is suitable for you if you are considering a career in caring for children. It could also support you with re-engaging with learning and break down barriers to you entering the childcare workforce. It encourages an understanding of the knowledge and the skills needed to care for young children. The qualification covers children's growth, learning and development, and there are also units to help with self-development.

Contact: catherine.landon@bristol.gov.uk Phone: 07785 702454

Eligibility: Adults aged 19 years + with few qualifications plus Reading and Writing at Level 1.



communitylearningwest.net
lcinfo@bristol.gov.uk
01172 510230



Beginners English Classes

Have you got a child in a CLF school?
We are offering free ESOL classes for adults.



Location: Beacon Centre, City Academy Bristol

Classes start: January 2025



Enrolment day: Wednesday 4th December,
10am - 1pm

Limited places!
Ring 0117 954 2806 to book.

All Saints After School Family Cafe

From 12th September

Thursdays 3.15pm - 4.30pm
(term time only)
Fishponds Old Library
(next to Fishponds Academy) BS16 3UH

After school space for families.

Free hot drinks and snacks.

A child friendly space to play.



FAMILIES ONLY

All children must be with an adult.
All adults must be with a child/ren.



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



Beechwood Playgroup

Beechwood Playgroup
WhatsApp community



SCAN QR CODE TO JOIN
WHATSAPP COMMUNITY FOR
OCCASIONAL UPDATES

About the Training Programme

What is Community Reporting?

Originating in 2007, Community Reporting has been developed across Europe as a mixed methodological approach for enhancing citizen participation in research, policy-making, service development, and decision-making processes. It uses digital, portable technologies to support people to tell their own stories, in their own ways via peer-to-peer approaches. It then connects these stories with the people, groups and organisations who are in a position to use the insights within them to make positive social change.

Who are People's Voice Media?

We are a charity that uses storytelling as a tool for social change. Our work supports people to improve their own world and the world around them by using lived experience to address inequalities and achieve social justice. We use lived experience stories to inform services, research and policy in a bid to change institutions, systems and society for the better.



2-Day Community Reporter training programme (in-person) 5 and 6 December 2024 10am – 4pm (plus 1-hour online support session)

You'll be introduced to what Community Reporting is, different storytelling techniques, responsible practice (including ethics and consent), digital skills in audio and video, and how to use the Community Reporter website. You'll then be tasked with gathering 2 community stories - there'll be an online support session to help you!

2-Day Story Curation training programme (in-person) 13 and 14 February 2025 (plus 1-hour online support session)

You'll learn how to analysis stories and identify key learning points in them. You'll use these insights to create a short group report and film based on the stories gathered. You'll be trained in basic editing and design, and have an online support session for additional help.

1-Day Community Reporter training-the-trainer day (in-person) (plus 1-hour online support session) DATE TBC

Here you'll be trained in how to deliver Community Reporting workshops and training. You'll make a plan to deliver a session or training in the future, and the online support session will help you to implement this!

To register your interest contact:
Richard on Richard.Sleight@bristol.gov.uk



FREE Community BMX Sessions Hillfields Park, Pump Track

New Information!

Thursdays
4PM-5PM

Come and try BMX!

- Sign-up on the day (first-come-first served)
- The coach can take up to 16 people at a time*
- Everyone is welcome, all abilities
- Bikes and helmets are provided for free
- Please bring gloves (if you have them)
- Wear long sleeves and trousers
- Dress for the weather as there is no shelter
- Bring a some water!

*If there are more than 16 people, we will split the session into 2 x 30 mins and swap groups.

Contact:

bxm@accesssport.org.uk



ADULTS! Register using the QR. Please sign in your child at the container and remain in the park. You only need to register once!

Volunteers
wanted!
Get in touch to
find out more

Registration QR



Bristol Disability Equality Forum



Connecting People into Communities: Disabled People's Drop-ins

The Vassall Centre

The Hub - Gill Avenue, Bristol BS16 2QQ

From 9th December every Monday 1 - 3pm

These drop-in meetings are for any one who identifies as a Disabled person to discuss issues that affect Disabled people in Bristol, and to get individual support. It is also a chance to meet new people and build up your confidence and resilience, and make plans for your future. Please feel free to come along and have a chat and a cup of tea with us.

*Please note these Drop-ins will not run on Bank Holidays
No drop-ins over the Christmas period, due to start back again on
6th January 2025

Contact us by email: info@bristoldef.org.uk

Or phone: 07759 430 758



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Feed your family of four for £5 with this Roast Sweet Potato and Chicken Traybake. You can make it yourself, just scan below to watch the method and get the recipe card.

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