

# Friday 18 February 2022

## End Term 3 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome\_vale

Value of the term: Contribution

Learning behaviour: Self-evaluating

It's official, you will all now know that we have been rated as an Outstanding school in all areas following our recent inspection in January. We are so proud of our children and our parents and carers. Without your support and commitment to working with us from embracing home learning, including reading and times tables to ensuring the children complete their homework on time, and that the children come to school with their PE kits. Thank you so much!

### We are Contributors



By being aware of what is happening in the world, children can make a difference to society. Watch episodes from Newsround, a news programme just for kids. Click on the logo above.

### We are Self-evaluating



Being self aware helps children understand why they do things and how to manage their own behaviour.

Click on the logo above.

### We are Contributors



Children can help society by ensuring they don't drop litter and even take part in a litter pick. See a Blue Peter report to find out more.

Click on the logo above.

## Ofsted Outcome - We are Outstanding!

Following a full Ofsted Inspection on the 11 and 12 January 2022 we are thrilled to confirm that we have been officially rated as outstanding in ALL areas. We are so proud of our Frome Vale Citizens and would like to thank our families for all their support. We couldn't have done it without you!



Ofsted said "Pupils excel at this highly ambitious and inclusive school"

Ofsted said "Pupils' attitudes to learning are exemplary"

### Key Dates for your diary

Monday 28 February 2022	First Day Term 4
Monday 28 February 2022	Book Swap Day—Bring old books to swap for new
Thursday 3 March 2022	World Book Day—Dress as a book character Consent for Photograph Click <a href="#">HERE</a>
Wednesday 16 March 2022	INSET Day—School closed to pupils
Week Commencing 28 March 2022	Parent Meetings
Friday 8 April 2022	Last 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](mailto:info@fva.clf.uk) to provide us with your correct information

# Maggie our school dog



Maggie has become our newest Frome Vale Citizen. She will be on site each week but not necessarily every day. Maggie is not officially a therapy dog, however, you will all recognise that animals are very beneficial in many ways.

They help teach responsibility, compassion, friendship and patience. School pets can also help children to be excited about coming to school.

Maggie will be on a lead when she is in the school, and she will accompany Mrs Dawson into classrooms on occasions. Children will learn how to approach Maggie and dogs in general, and about the best ways to look after dogs and animals.

Maggie will also enjoy accompanying Mrs Dawson and children for walks in our school grounds.

Maggie won't cover your children in hair as she doesn't shed fur, which makes Mrs Owens very happy.

We hope you will all get the chance to meet Maggie over the coming weeks and months. Please do stop to say hello if you see her.

## Tips to Improve your Wellbeing

### Checklist

- ✓ Am I getting enough sleep?
- ✓ Am I eating well?
- ✓ Am I drinking enough water?
- ✓ Am I getting connecting with friends?
- ✓ Am I moving my body enough?

### Ideas to help

- \*Practice kindness to yourself and others [CLICK HERE](#)
- \*Make food together [CLICK HERE](#)
- \*Go outside for a walk in nature [CLICK HERE](#)
- \*Play games together [CLICK HERE](#)
- \*Breath [CLICK HERE](#)
- \*Grow a plant [CLICK HERE](#)
- \*Anxiety and Depression self care [CLICK HERE](#)

## Raffle Prize Draw

Morrisons have kindly (once again) donated two pamper hampers to the school. Mrs Dawson is busy gathering even more donations and we will be selling tickets early in Term 4 so watch this space.



## MMR Vaccinations

Uptake of life-saving routine children's vaccines such as the MMR jab has been declining since 2012 and worsened during Covid. Experts have warned urgent action must be taken to reverse the falling rates of jab uptake and protect children from life-threatening illness. The MMR vaccine, which protects against measles, mumps and rubella, is well below the 95% target set by the World Health Organisation, analysis of official NHS figures show.

Parents who are unsure if their child is up to date with all their routine vaccinations, should check their child's Red Book (personal child health record) in the first instance. If you are still not sure, or if you need to bring your child up to date with their vaccines, contact your GP practice to check and book an appointment.

To find out more about the MMR vaccine, please visit [www.nhs.uk/MMR](http://www.nhs.uk/MMR) for more information.



Our school will be 70 years old this April. We are planning a big celebration, but in true Frome Vale Academy style we have asked our children how they would like to celebrate this Platinum Anniversary.


Monday 17<sup>th</sup> January



2022

Dear Frome vale Citizens,

We are writing to you because we all think our 70<sup>th</sup> anniversary is extremely important. All of year 6 have thought of some suggestions. Hopefully you like them.

First and foremost, we would love to plant a tree. We know it seems to come across as a boring subject but when you think about it, it is great for the future because we will be able to look back on how much it has grown, and it would also be amazing for the planet. If you didn't know, her majesty  wants us to plant a tree. And if you don't mind, we would love to have a party afterwards.

Secondly, we would enjoy having a firework display with old teachers because if it wasn't for them, some of us wouldn't have the courage, kindness and resilience we have now. Surely you can see that as year 6 we really want to see all the teachers that have helped us through the years, and we want other classes to see them to.

Thirdly, we would really love to have a picnic party with a dance because first who doesn't love a dance? Second it would be nice to be able to have fun with other classes and ask what they have been up to. While that happens, we want Miss Hall to play the piano and sing with other children.

In conclusion, we would like it if you pick one of our ideas as we have been here since the 63<sup>rd</sup> anniversary. For year 6 it will be quite emotional since this is our last anniversary, we might celebrate with some of you. For our anniversary we didn't just think about ourselves, we thought about how fun it would be for other years. This is important so please pick one of our ideas.

Your sincerely, year 6

As you will see, our Year 6 children have learnt a considerable amount of persuasive writing along with debating skills!

All of our classes have been part of the decision making process by submitting their ideas.

We will of course be providing much more information on the special events after the half term holiday. We hope you will all join us in making it a celebration to remember.



## Rhyme Time

Let the library staff take the lead with stories and songs every Wednesday between 9.30am and 10am Term times.

Meet other mums and get your little ones socialising as well as having some fun.

Book your place by visiting, emailing or phoning the library.



## Digital Champion

Did you know that Downend library offer much more than books?

If you would like some help with your IT skills, then the library can help.

Their Digital Champions can help with topics such as:

- using email
- staying safe online
- using online searches
- completing online forms
- creating documents



## How to book your sessions

- visit the library during [staffed hours](#) and speak to library staff
- email the library [downend.library@southglos.gov.uk](mailto:downend.library@southglos.gov.uk)
- phone [01454 865022](tel:01454865022) (lines open Monday to Friday 10am to 4pm and Saturday 9.30am to 12pm)

## Lego Club

Suitable for 7+ on Saturdays from 10.30am to 11.30am. Let the children's imaginations run riot.

Book your child's place by contacting the library



A page filled with helpful information and guidance for our families. This will be a regular feature

Health and Social Care



**Intro to Health and Social Care**

Thursdays 1pm to 3pm  
 3<sup>rd</sup> March to 24<sup>th</sup> March  
 St Anne's Children's Centre, Litchfield Road BS4 4BJ

An introduction to the health and social care sector in preparation for moving onto the level 1 qualification.

To book a place contact Pippa on 07385 939446 or email [pippa.davies@bristol.gov.uk](mailto:pippa.davies@bristol.gov.uk)

Eligibility: Aged 19+ with little or no qualifications




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

## Food Club

Join a weekly food club to reduce food waste.

£1 joining fee, £3.50 per food box

Each box offers a range of veg, meat and cupboard essentials worth £10-£15.

Get in touch to find out more and sign up.

Broomhill - 0117 353 4276 Oldbury Court - 0117 353 2899 or Speedwell - 0117 903 0206



## All things Bike

**Bikeability Level 1** course for children aged 7+ [CLICK HERE](#)

Riders will develop their bike handling skills with a series of fun activities in the centre.

**Half Term Timetable** lots of cycling opportunities for the family including learn to ride, family sessions, disabled cyclists and rock up and ride [CLICK HERE](#)

**Rusty Bikers** for adults 16+ those new to cycling or coming back to cycling after a break [CLICK HERE](#)



**Bikes are available to borrow in every session**



**Safety at Home**  
 Mon 14 March  
 10am



**Fussy Eating Friday**  
 Fri 18 March  
 10am



**Introducing Solid Foods**  
 Tuesday  
 29th March  
 10am



**Infant Feeding for Parents and Parents to be**  
 29 March  
 10.30am

**Use QR code for booking links**



Service provided by:



Click on the QR code to access the booking pages for each of the **FREE** webinars listed to the left.

These sessions are aimed at parents and carers who may need help with these common challenges. Nurses will be on hand to answer any questions you may have.

[Click HERE](#)

# 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 [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## 10 Top Tips for Respect Online: A DIGITAL WORLD FOR EVERYONE

Even before lockdowns inflamed the situation, one in every five 10- to 15-year-olds was experiencing bullying online: abusive messages, having rumours spread about them or being excluded from group chats, for example. Through smartphones and tablets, we're used to being able to communicate from anywhere, at any time – but digital devices became commonplace so quickly that it caused a problem: as a society, we haven't properly adjusted to how different they've made life. Our tips can help you to build positive relationships online and avoid some of the potential issues.

### WHAT IS NETIQUETTE?

Etiquette is a set of rules to help us interact with others: like a code of respect. People follow this code every day (mostly without even thinking about it) and it can help us decide how to act in certain situations. 'Netiquette' (etiquette on the net – see what they did there!) is the same, except it's designed to help us interact with others online, which is sometimes a whole different ball game.

### 1 SEE THE OTHER SIDE

Usually when we're online, we can't see the other person's body language or tone of voice to give us clues about what we can say to them, or how to say it. Try to think what the situation might be like for them, how they're feeling and whether we'd say the same thing if they were actually there with us.

### 2 HIT THE PAUSE BUTTON

Without a person physically there in front of us, it's easy to send something quickly – before we've really thought about whether it's helpful or kind. Just because we can do things quickly doesn't mean we should; it's better to pause for a second and think it through, instead of simply reacting.

### 3 MIND YOUR LANGUAGE

People have invented loads of different ways to communicate online (emojis, abbreviations like LOL, TBH and so on). Some of these can be triggering to other people (such as USING CAPS SO IT LOOKS LIKE YOU'RE SHOUTING!), so it's important to stay aware of the style of language you're using.

### 4 BE SURE BEFORE YOU POST

On social networks like Instagram or Facebook, vast numbers of people might see what you've posted. So if that's something negative about a person, it can feel hugely painful for them. If you're ever tempted to post something like that, ask yourself "do I really need to go public with this?"

### 5 PROTECT YOURSELF

Always think very carefully before sharing any personal information with someone else or in a group. Once something's been put online, the sender loses any control over where it goes and who might see it. If you've got any uncertainty at all, it's a good idea to talk to a trusted adult about this first.

### 6 KINDNESS IS CATCHING

Negative communication can spread rapidly online, but so can being kind and helpful (this happened quite a lot during lockdowns, for instance). A friendly, positive message can make a big difference to someone as well as helping us feel good about ourselves – so share the love!

### 7 WAITING CAN BE HARD

When we've sent a message or posted something online, waiting for a reply or for someone to respond can make us anxious. It could be helpful to think whether you really have to message or post right now – or if you could wait until a better time when it will cause you less anxiety.

### 8 THE NET LOVES ATTENTION

Most apps, games and sites use sophisticated technology that's designed to keep us coming back for more. It's important to keep this in mind when you feel the need to reach for your phone, tablet or console – once we understand this fact, it becomes easier to control how we use our digital devices.

### 9 REPLY WISELY

Sometimes it's tempting to fire back an instant response to a post or message we don't like. How we respond is important, however – whether we reply privately to the person or on a platform where lots of people will see it, for example, makes a big difference to how whoever is receiving the message will deal with it.

### 10 FORGIVE AND FORGET

Even though we try to avoid them, mistakes can – and do – happen online. They can sometimes feel like a bigger deal than they actually are. It's important to remember that we're all only human, and sometimes we mess up. Learn to forgive others and – just as importantly – to forgive yourself.

### Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



**NOS**  
National Online Safety®  
#WakeUpWednesday

Source: <https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/articles/onlinebullyinginenglandandwales/yearsendingmarch2020>  
<https://truecenterpublishing.com/psychology/blackholes.html> | [https://www.researchgate.net/publication/3459443\\_The\\_Online\\_Disinhibition\\_Effect](https://www.researchgate.net/publication/3459443_The_Online_Disinhibition_Effect)



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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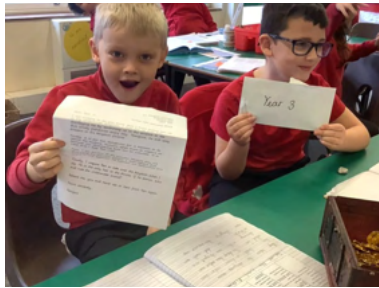
@nationalonlinesafety

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# Academy Life in Pictures

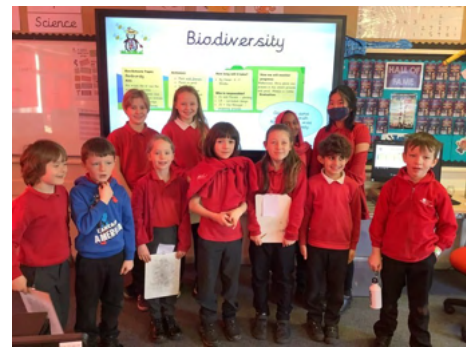
## We are Contributors

Our children know exactly what it means to contribute, from joining our Eco Warriors to planting trees for the next generation and working as a team.



## We are loving school

FVA children enjoying their learning inside and out.



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

Click [Here](#)



# FOOD FESTIVAL

By Aspens

Spring / Summer 2022  
7/3, 28/3, 18/4, 9/5, 30/5, 20/6, 11/7

WEEK ONE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Backing British	THURSDAY Food Festival	FRIDAY Fun Day
Option 1	BBQ Chicken Pizza Crudités	Beef Burger In a Bun Oven Baked Wedges Coleslaw	Roast Gammon Roasties and Fresh Vegetables Gravy	Chicken Tikka Biryani Wholegrain Rice Coconut Green Beans	Fish Fingers Salmon or Pollock Chips and Baked Beans
Option 2	Margherita Pizza Crudités	Super Veggie Burger in a Bun Oven Baked Wedges Coleslaw	Veggie Sausage & Summer Veg Traybake Roasties and Fresh Vegetables Gravy	Roasted Sweet Potato Dhal Wholegrain Rice Coconut Green Beans	Baked Beans & Vegetable Dippers Chips
Option 3 Halal	BBQ Chicken Pizza Crudités	Beef Burger In a Bun Oven Baked Wedges Coleslaw	Roast Beef Roasties and Fresh Vegetables Gravy	Chicken Tikka Biryani Wholegrain Rice	
Packed Lunch	Pick and Mix Packed Lunch Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit				
Jacket Potatoes	Crispy Skin Jacket Potato with Tasty Toppings				
The Finale	Warm Pineapple with Vanilla Ice Cream	Sticky Gingerbread Cake	Chocolate Brownie	Strawberry Mousse with Peach	Oat Cookie

Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day

# Aspens



# Spring and Summer Menu 2022

# FOOD FESTIVAL

By Aspens

Spring / Summer 2022  
21/2, 14/3, 4/4, 25/4, 16/5, 6/6, 27/6, 18/7

WEEK TWO

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Backing British	THURSDAY Food Festival	FRIDAY Fun Day
Option 1	Creamy Chicken Pasta Bake Whole Grain Penne Garlic Slice Green Salad	BBQ Pulled Pork & Mash Carrots	Roast Chicken & Stuffing Roasties and Fresh Vegetables Gravy	Beef Lasagne Potato Wedges Rainbow Slaw	Baked Breadcr Breaded Fish Chips and Mushy Peas
Option 2	Veggie Bolognese Whole Grain Penne Garlic Slice Green Salad	Baked Bean & Veggie Sausage Cowboy Pie Carrots	Cheese & Spring Onion Pastry Slice Roasties and Fresh Vegetables Gravy	Veggie Nachos & Cheese Paprika Wedges Rainbow Slaw	Carrot & Potato Cakes Homemade Tomato sauce Chips and Mushy Peas
Option 3 Halal	Creamy Chicken Pasta Bake Wholegrain Penne Garlic Slice Green Salad	BBQ Beef Brisket & Mash Carrots	Roast Chicken & Stuffing Roasties and Fresh Vegetables Gravy	Beef Lasagne Potato Wedges Rainbow Slaw	
Packed Lunch	Pick and Mix Packed Lunch Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit				
Jacket Potatoes	Crispy Skin Jacket Potato with Tasty Toppings				
The Finale	Peach Puff Pastry Slice & Custard	Rice Krispie Cakes	Chocolate & Marshmallow Cake	Apple Pie & Custard	Fruity Flapjack

Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day

# FOOD FESTIVAL

By Aspens

Spring / Summer 2022  
28/2, 21/3, 11/4, 2/5, 23/5, 13/6, 4/7

WEEK THREE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Backing British	THURSDAY Food Festival	FRIDAY Fun Day
Option 1	Meatball, Pasta & Garlic Bread Traybake Sweetcorn	Sticky Baked Bangers & Mash Green Beans Gravy	Roast Chicken & Stuffing Roasties and Fresh Vegetables Gravy	Honey & Soy Chicken Stir Fry Wholegrain Rice Broccoli	Fish Fingers Salmon or Pollock Chips and Peas
Option 2	Tomato & Mozzarella Gnocchi Garlic Slice Sweetcorn	Sticky Veggie Bangers & Mash Green Beans Gravy	Quorn Roast Roasties and Fresh Vegetables Gravy	Crunchy Topped Macaroni Cheese Broccoli	Veggie Croquettes Chips and Peas
Option 3 Halal	Meatball Pasta & Garlic Bread Traybake Sweetcorn	Sticky Baked Chicken Bangers & Mash Green Beans Gravy	Roast Chicken & Stuffing Roasties and Fresh Vegetables Gravy	Honey & Soy Chicken Stir Fry Wholegrain Rice Broccoli	
Packed Lunch	Pick and Mix Packed Lunch Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit				
Jacket Potatoes	Crispy Skin Jacket Potato with Tasty Toppings				
The Finale	Chocolate Mousse with Mandarin	Sticky Toffee Pudding & Custard	Vanilla Sprinkle Sponge	Apple Crumble with Custard	Ginger Cookie

Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day