

Friday 10 February 2023

End Term 3 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Trust/Honesty

Learning behaviour: Self Evaluating

We've had a fantastic term 3 and the children all enjoyed Dress as a Digit day and all the associated maths activities. Avon and Somerset Police were made to feel very welcome on their recent visit and even allowed our younger pupils to climb inside their van and set the sirens off and activate their blue lights. Our older year groups have been busy learning the violin and Years 5 and 6 have been learning street dance at dance club and will be part of the CLF Big Dance in Term 6. We hope you all have a fabulous half term holiday. Remember there are lots of free or low cost ideas further on in the newsletter.

We are Honest



A short video on how you can help your children to be honest.

Click on the logo above.

We are Self Evaluating



What are the benefits and disadvantages of self evaluation and how can this help your child to develop? Want to find out more?

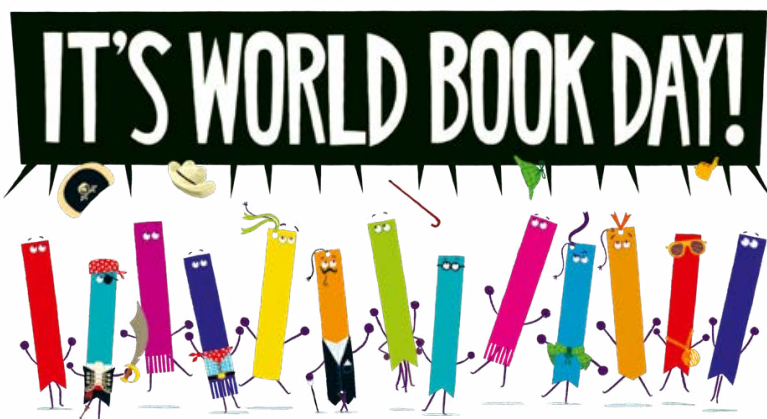
Click on the logo above.

We are Trustworthy



Some great resources for teaching children about internet safety and how to some people are not who they say they are.

Click on the logo above.



We are going to celebrate World Book Day at FVA on **Wednesday 1st March.**

This is a chance for us to:

- Take part in some activities that help celebrate the amazing world of reading
- Raise awareness with our children about the joy of reading
- Share stories and swap books
- Most of all have fun

Dress as a book character. Pupils can come into school on 1/3/23 wearing clothes that reflect your favourite book character. This is just for fun (no stress needed)!!!

If you can, please donate £1

Click [HERE](#) for costume inspiration

Key Dates for your diary

Friday 10 February 2023	Last Day Term 3
Monday 20 February 2023	Inset Day—school closed to pupils
Tuesday 21 February 2023	First Day Term 4
Tuesday 28 February 2023	Book Swap—3.30pm to 4pm
Wednesday 1 March 2023	World Book Day at FVA (Dress up as a character)
Wednesday 1 March 2023	Library Visits—All Years (except YR)
Thursday 2 March 2023	Teachers Regional Strike—possible disruption
Wednesday 15 & Thursday 16 March 2023	Teachers National Strike—possible disruption
Friday 31 March 2023	Last Day Term 4 (non school uniform day, donate £1)



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

Road Safety @ FVA

Please do not park on the Yellow Zig Zag Lines outside our School

Yellow zig zag lines mean parking is strictly prohibited at any time unless signs nearby state otherwise.

We are working hard to encourage families to walk to school if they can. We appreciate for some families it isn't possible to walk/ bike or scoot to school.

However, if you do need to drive up to school and park nearby, please park respectfully in a safe place and not blocking pavements or driveways. Please be mindful that the road and paths around the school are public rights of way; a car parked up on the pavement can mean wheelchair users or families with young children in prams/pushchairs put themselves in danger by using the road to get past a parked car.



Our school promotes walking and cycling because:-

It helps keep our students fitter and healthy and research shows being active can help students concentrate better and increase their levels of achievement. By walking or cycling our school community can help reduce the number of vehicles on the road making it safer for pedestrians and cyclists and easier for local residents. It also reduces the pollution caused from exhaust fumes helping combat climate change and create cleaner air.

Did you know?

Every Tuesday at 8.30am we have a scooter /cycle morning where the children can ride safely on our playground before school starts. Please join us.

Breakfast Club @ FVA

Our breakfast club runs on a daily basis and costs just £1 per morning

or 50p for our Free School Meal children

No need to book—just turn up

Opens at 8am each school day

Toast and cereal is provided

Once the children have eaten, there are games and colouring activities

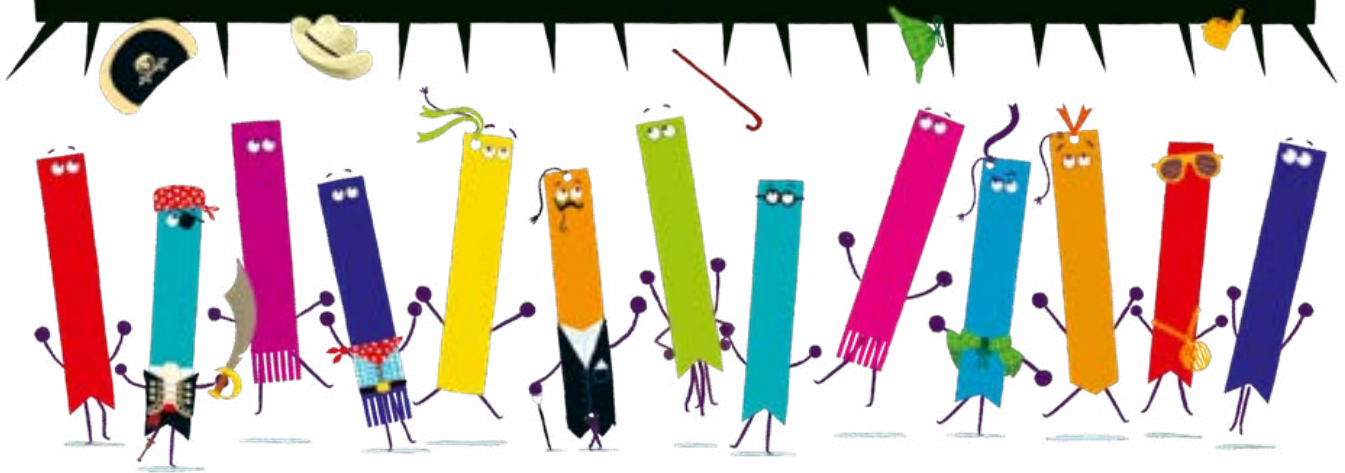
Let us take the strain



Wednesday 1st March



IT'S WORLD BOOK DAY!



FVA



BOOK SWAP

**TUESDAY
28TH
FEBRUARY**

**BRING YOUR
UNWANTED
BOOKS TO
SWAP THEM
FOR
ANOTHER!**

THE HALL
Curry
3:30 - 4:00

Give any books you don't want to keep to your teacher. For each book you bring, you'll get a token to swap for another book!
Adults and Children's books welcome!

COMPETITION!

EXTREME READING!

WHAT'S THE MOST UNUSUAL PLACE YOU CAN CATCH A PHOTO OF YOURSELF READING?

In a tree?
In the car?
Upside down?
In the supermarket?

Ask an adult to take a picture and either print it and bring it in, or email it to your class teacher by **Thursday 2nd March**.

A winner will be chosen from Reception, KS1, Lower KS2 (Y3 & Y4) and Upper KS2 (Y5 & Y6) to receive a prize!



Community Information



Horticulture City & Guilds Level 1

This free practical course will support you to gain a City & Guilds
Level 1 Award in Practical Horticulture

Grow Wilder, Frenchay Park Road, Bristol, BS16 1EL
Starts: Wednesday 19th April – Wednesday 19th July
9:30-12:30

Please contact: Catherine Landon Phone: 07785 702454
Eligibility: Adults aged 19+ with few or no qualifications



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

ESOL/English



ESOL in Green Spaces

Wednesdays 9:30 to 11:30am
Starts 1st February for 8 weeks
Grow Wilder, 181 Frenchay Park Rd, Bristol BS16 1EL

- Improve confidence in English language skills by exploring green spaces at Grow Wilder!
- Build on your vocabulary to express yourself and look after your wellbeing
- Learn how to grow food and connect with your local community

Contact: pippa.davies@bristol.gov.uk Phone: 07385 939446
Eligibility: Aged 19+ at ESOL entry 2 and above



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

Let's Walk Bristol invite healthcare professionals and those from community groups to experience a 1 hour Nordic Walking workshop for physical and mental well-being on Saturday 18th Feb @ Page Park. Sign up [HERE](#)

Changes Bristol are currently looking for Volunteer Peer Support Facilitators to join a new section of our service, dedicated to people struggling with the mental health implications of the cost of living crisis. Please get in touch for further information about the role and training of the facilitator and how you can sign-up [HERE](#)

The fifth edition of the **Oldbury Court Journal** has just been published. Check it out [HERE](#)

Upcoming activities/events @ The Vassall Centre:

Free Yoga -9:30 -10:30am Every Wednesday, any age and ability welcome. Small children also welcome. Free tea and coffee after.

Free Tai Chi - 11:30 -12:30 Every Wednesday, any age and ability welcome. Great for body and mind. Free tea and coffee after

Women's only welcoming space meet up hosted by **Women's Voice** - providing a women-only welcoming space on Monday mornings. Relax with a cup of tea, meet other people in the community, or use the comfy space to work. Click [HERE](#)



BOOK NOW
FREE COURSE
FOR THE
OVER 55s

Book your place now!
0117 370 1875 | enquiries@ncim.org.uk

Food for Mood

A free six week course for the over 55s

Wellspring Settlement, 43 Ducie Rd
Barton Hill, Bristol BS5 0AX
Mondays, 11am-1pm, 20 Feb - 27 Mar 2023

If you're anxious or overwhelmed, if your mood is low or you feel lonely why not join our FREE 6-week course with food and wellbeing expert Claire Cohen in February 2023

In a friendly group setting you'll learn

- how food supports your mental wellbeing
- what to eat to boost your mood
- how to cook easy & affordable meals
- how to make positive changes that stick

You'll leave with new skills, new connections and feeling much more like you!

Delivered by
 National Centre for Integrative Medicine

Hosted by
 St Monica Trust

The National Centre for Integrative Medicine (NCIM) is a Community Interest Company (04020888)



Wellbeing Workshops

JANUARY-FEBRUARY 2023
PROSPECTUS



It's about
YOU

**BRISTOL
WELLBEING
COLLEGE**

Welcome

Bristol Wellbeing College provides free workshops, courses and activities to explore, improve and maintain our mental health and wellbeing.

Our workshops and courses are available to adults living in Bristol and anyone who has used mental health services in Bristol.

Please enrol and book online at:
www.second-step.co.uk/bristol-wellbeing-college

For all enquires, please email us at:
bristol.wellbeing.college@second-step.co.uk

If you have no access to the internet, please call
0117 914 5498 and we will be happy to help.

**SECOND
STEP**
PUTTING MENTAL HEALTH FIRST

**Bristol
Mental
Health**
caring
open
hopeful

Workshops & Courses Guide

Green, blue or pink?

Choose the right workshops for you.



Green Workshops:

Lighter workshops offering an introduction into various ways to improve wellbeing. They are accessible to anyone, encouraging self-expression and self-care. Workshops involve techniques, activities and ways to connect with our senses to develop a wellbeing toolkit.

Blue Workshops:

More detailed workshops that focus on making positive changes to habits, behaviours and lifestyle. The workshops support you to maintain positive change or take steps towards making a change. These more structured workshops aim to provide you with helpful tools and strategies.

Pink Courses:

In-depth and encouraging self-reflection, long-term planning and progression. Our courses provide an opportunity to share experiences and support each other. Courses require commitment to attend all dates and a willingness to complete homework.

Online Workshops

Delivered via the free video conferencing app Zoom. We are happy to provide technical assistance to any learners who are new to the platform or who need help with downloading and using it.

Monday Afternoons Online 2:30pm - 3:30pm

Date	Workshop
Mon 9 Jan	Be Present - Introduction & Breathing Meditation
Mon 16 Jan	Be Present - Self Compassion Meditation
Mon 23 Jan	Online Wellbeing Café*
Mon 30 Jan	Be Present - Visualisation Meditation
Mon 6 Feb	Be Present - Appreciation Meditation
Mon 13 Feb	Be Present - Self Connection Meditation
Mon 20 Feb	Online Wellbeing Café*
Mon 27 Feb	Finding Motivation - NEW

* Session runs between 3pm - 4pm



Friday Mornings Online 10:30am - 11:30am

Date	Workshop
Fri 6 Jan	Ways to Wellbeing
Fri 13 Jan	Introduction to Anxiety
Fri 20 Jan	Writing with Nature - <i>NEW</i>
Fri 3 Feb	Better Sleep
Feb 17 Feb	Introduction to Managing Depression
Feb 24 Feb	Confidence Building

Further information and bookings
Please visit our website at:
www.second-step.co.uk/
bristol-wellbeing-college/
or scan the QR code.



Classroom workshops

Based in community venues across Bristol, our classroom settings are supportive, friendly and a great space to learn and grow together.

Please note: Prior registration is essential

Monday Afternoons at John Wesley's New Room 36 The Horsefair, Bristol City Centre BS1 3JE 2:30pm - 4:30pm

Date	Workshop
Mon 9 Jan	Art & Crafts - Affirmation Boxes
Mon 16 Jan	Introduction to Managing Depression
Mon 23 Jan	Managing Depression Course 1/4
Mon 30 Jan	Managing Depression Course 2/4
Mon 6 Feb	Managing Depression Course 3/4
Mon 13 Feb	Managing Depression Course 4/4
Mon 20 Feb	Understanding Yourself
Mon 27 Feb	Introduction to Anxiety

Also Happening...

Wellbeing Event

A social afternoon to help kick the winter blues where you can meet other learners and the team. Learn about wellbeing, get creative in our art space, play pool, listen to music, relax in our chillout area and perhaps win a prize in our free raffle. All welcome.

Wednesday 25 January, 1.00pm to 4.00pm
Chill Out Room, The Station, Silver Street,
Bristol BS1 2AG

Wellbeing Café

Our Wellbeing Café sessions are relaxed afternoons of company and conversation in a regular café space. Here you can also book onto workshops and find out more about what the college has to offer.

The Wellbeing Café takes place every Tuesday between 2pm and 4pm at the Boston Tea Party, 156 Cheltenham Road, Stokes Croft BS6 5RL

Tuesday Mornings at Wellspring Beam Street, Barton Hill BS5 9QY 10:30am - 12:30pm

Date	Workshop
Tue 17 Jan	Confidence Building
Tue 24 Jan	Step into Mindfulness 1
Tue 31 Jan	Step into Mindfulness 2
Tue 14 Feb	Introduction to Anxiety
Tue 21 Feb	Building Resilience
Tue 28 Feb	Better Sleep

Tuesday Afternoons Ambition Lawrence Weston Youth Centre, Long Cross, Lawrence Weston BS11 0RX 2:30pm - 4:30pm

Date	Workshop
Tue 10 Jan	Introduction to Anxiety
Tue 17 Jan	Building Resilience
Tue 24 Jan	B-ACE (Body Care, Achieve, Connect & Enjoy)
Tue 31 Jan	Introduction to Managing Depression
Tue 7 Feb	Ways to Wellbeing
Tue 14 Feb	Assertive Communication: Saying "No"
Tue 21 Feb	Confidence Building
Tue 28 Feb	Compassionate Voice



Wednesday Afternoons at The Station
Silver Street, Bristol City Centre BS1 8PE
2:30pm - 4:30pm

Date	Workshop
Wed 4 Jan	Building Resilience
Wed 11 Jan	Compassionate Voice
Wed 18 Jan	Introduction to Anxiety
Wed 1 Feb	Writing for Wellbeing
Wed 8 Feb	Writing with Senses
Wed 15 Feb	Writing with Emotions
Wed 22 Feb	Reframing Loneliness

Thursday Mornings at Windmill Hill City Farm
Philip Street, Bedminster BS3 4EA
10:30am - 12:30pm

Date	Workshop
Thu 5 Jan	Arts & Crafts - Pebble Painting
Thu 12 Jan	Confidence Building
Thu 16 Feb	Assertive Communication Course 1/4
Thu 23 Feb	Assertive Communication Course 2/4
Thu 2 Mar	Assertive Communication Course 3/4
Thu 9 Mar	Assertive Communication Course 4/4

Thursday Mornings at The Greenway Centre
Doncaster Road, Southmead BS10 5PY
10:30am - 12:30pm

Date	Workshop
Thu 19 Jan	Anxiety Course 1/4
Thu 26 Jan	Anxiety Course 2/4
Thu 2 Feb	Anxiety Course 3/4
Thu 9 Feb	Anxiety Course 4/4

Thursday Afternoons at Henbury & Brentry Community Centre
Machin Road, Henbury BS10 7HG
2:30pm - 4:30pm

Date	Workshop
Thu 5 Jan	Ways to Wellbeing
Thu 12 Jan	Assertive Communication: Saying "No"
Thu 19 Jan	Confidence Building
Thu 26 Jan	Introduction to Anxiety
Thu 2 Feb	B-ACE
Thu 9 Feb	Building Resilience
Thu 16 Feb	Compassionate Voice
Thu 23 Feb	Introduction to Managing Depression

What's on February half term 2023

Bristol Light Festival

3- 12 February, covering the first weekend of February half term.

Bristol's award-winning winter festival returns 3-12 February with a stunning interactive and captivating light installation trail. The ten-day, free-to-visit event will showcase a collection of 11 artworks by local, national and internationally renowned light artists including the return of the much-loved 'Swing Song' installation (light-activated musical swings) and new artworks including 'Scream the House Down: Bristol' by Marcus Lyall, 'Halo' (pictured above) by illumaphonium and a brand new commission by Morag Myerscough called 'Let Us Shine'.

[Click HERE](#)

Activities this half term for children and young people with SEND, and activities for all children including children with SEND.

Click [HERE](#)

Free Events in Bristol

Having fun in Bristol doesn't need to cost a fortune. Here you'll find lots of free events in Bristol for you to enjoy.

Once you are finished looking through the free events in Bristol below, then head over to the [free things to do in Bristol](#) page, where you'll find ideas for anyone on a budget planning a day out in Bristol. This includes free museums such as [M Shed](#) and [Bristol Museum](#). Galleries such as the [Arnolfini](#) and [Spike Island](#), [Churches and Cathedrals](#), City farms such as [Windmill Hill City Farm](#), Bristol's [beautiful parks & gardens](#) and even our famous [Clifton Suspension Bridge](#).



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 for further guides, hints and tips for adults.

Tips for Encouraging Open Discussions about **DIGITAL LIVES**

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time; they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMAND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online. In case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house, spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of NOS [Building Awareness in Sex Education] has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff training elements of the DfE's curriculum.



Outside Learning @ FVA



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

Click [Here](#)

