

Friday 9 February 2024

End Term 3 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Contribution

Learning behaviour: Self-Evaluating

As another half-term draws to a close, we have lots of fantastic learning to reflect back on. All the children have been excellent Frome Vale Citizens, and have been working hard in class whilst enjoying plenty of opportunities to experience learning outside of the classroom too. We even had a visit from SKY TV. The whole school will enjoy Music Day on the first day back after the holidays and PE will continue for all year groups. Please do check the Week Ahead to confirm which days your child will need to wear their PE kit to school. We really hope you all enjoy the half term break and we look forward to seeing you all again on Monday 19 February.

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 Evaluators



Self-awareness means understanding your strengths and challenges. These self-awareness worksheets can help kids build this important skill.

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.

We are going to celebrate World Book Day at FVA on

Thursday 7 March.

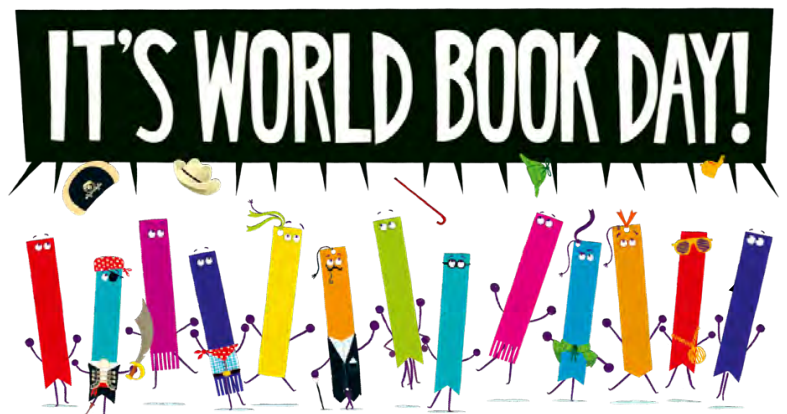
This is a chance for us to:

- 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 7/3/24 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

Monday 19 February 2024

Monday 19 February 2024

Monday 19 February 2024

W/c Monday 4 March 2024

W/c Monday 11 March 2024

Thursday 28 March 2024

Tuesday 16 April 2024

First Day Term 4

Music Day

New Menu for Spring/Summer—Click [HERE](#)

World Book Week

Parent Evenings—dates to be confirmed

Last Day Term 4

First Day Term 5



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

Measles, Mumps and Rubella

Measles is an infection that spreads very easily and can cause serious problems in some people. The UK Health Security Agency (UKHSA) has reported an increase in measles across the country and is encouraging people to check that they and their children have had two doses of the MMR vaccine.

Currently, there are no confirmed cases of measles reported in Bristol, but action is important now to prevent cases of measles and stop it from spreading.

The free MMR vaccine is a safe and effective way of protecting against measles, as well as mumps and rubella.

It's important for you to take up the offer of MMR vaccination for your children when it's offered at 1 year of age and as a pre-school booster at three years, four months of age. If children and young adults have missed these vaccinations in the past, please ask your GP for a vaccination appointment. This is particularly important in light of the recent cases in other parts of the UK.

Check your child's Red Book to see if they've received MMR vaccinations as scheduled or check with your GP surgery if you're unsure. Most healthy adults will have developed some immunity to measles but can still receive two doses of the vaccine from their GP too.

You are very unlikely to get measles if you've had both doses of the MMR vaccine or you've had measles before. Measles symptoms to be aware of include:

- high fever
- sore, red, watery eyes
- coughing
- aching and feeling generally unwell
- a blotchy red brown rash, which usually appears after the initial symptoms.

Anyone who thinks they have measles are being advised to stay at home and phone their GP or NHS 111 for advice.

For more information about measles, see the [nhs.uk/measles](https://www.nhs.uk/measles) website.



MEASLES Highly infectious. Highly preventable.

Measles: a highly contagious virus that causes a fever and a red rash on the skin.

how it spreads

- touch
- airborne
- surfaces

Unlike other diseases, measles can live in the air

1 person often infects 12-18 others

protect yourself. protect others.

SHOT + BOOSTER = IMMUNE!

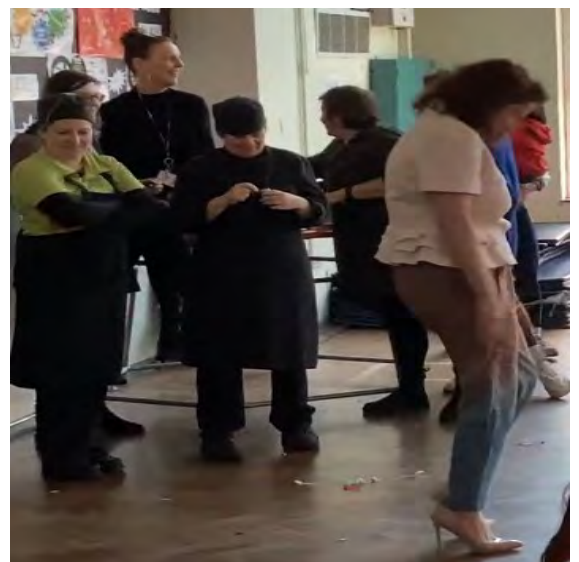
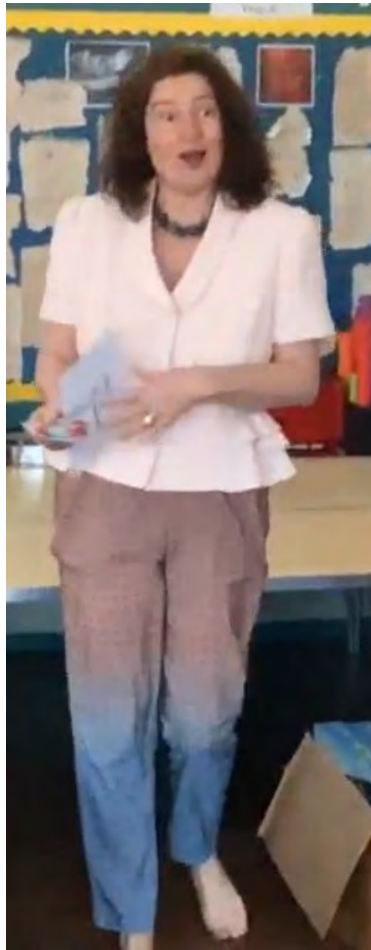
* The measles vaccine has been shown to be effective in 95% of the population



This leaflet includes more information about measles, mumps and rubella and the MMR vaccination. You can also find out more information on the website at [Measles and the MMR vaccine - Sirona care & health \(sirona-cic.org.uk\)](https://www.measlesandthemmr.org.uk) or by scanning the QR code.



Happy Birthday Dr. Saunders 50 Years young!



Friends of Frome Vale Academy

Who are we?

A group of parents/ carers working alongside the school and local partners to organise fun activities, raise money and build up the community of families who are linked with Frome Vale Academy.

How can I get involved?

- Join 'Friends of Frome Vale Academy' on Facebook
- Email fvafriends@outlook.com with ideas for events, fundraising opportunities or other support
- Come along to events at school, provide items requested or help with activities

Our aim is for everyone to get involved!

Fundraising Update

Current total raised = £913.65
We now have our own bank account and plan to apply for charity status in the coming months
Thank you for your support!

We're Fund Raisin'

Have you heard it on the grapevine?
We are 'raisin' funds for our school and hope to get you all involved!



We thought it would be a 'grape' idea to give the children a healthy treat and ask them to complete some simple challenges or jobs for friends and family in return for some money to fill up their empty raisin box.

- Return by Weds 21st Feb
- Write your class name on the box
- Give the box to your class teacher
- The class who raises the most wins a prize!



Don't worry about how much goes into the box, every little helps no matter how big or small.
Good luck!



New Holiday Club to be based at FVA



HOLIDAY CLUB

For primary-aged children

- ✓ Arts & crafts
- ✓ Science experiments
- ✓ Sports & games
- ✓ Cooking



12 - 16
February

8:30am - 5pm

Frome Vale Academy
Frenchay Road
Bristol
BS16 2QS



We are pleased to confirm that a new holiday club for the children will be based at FVA starting this half term.

It is a paid holiday club, however there is HAF funding for those children who are entitled, through receiving free school meals.

This is an independent holiday club and is not run by Frome Vale Academy, however we feel that with the club being based at our school, that the children will feel at home during the days that they attend.

If you are interested in booking or if you just want more information at this time, please click the logo below.




Spring & Summer Menu 2024

FOOD FESTIVAL
By Aspaco

LUNCHTIME

TRADITIONAL Week 1

Spring/Summer 2024:
19/2, 11/3, 1/4, 22/4, 13/5, 3/6, 24/6, 15/7


DAY	THE MAIN EVENT	MEAT-FREE MAGIC Vegetarian Dish	RAINBOW ALLEY Vegetables and salads	BIG TOPPING Fruit salads	DESSERT TROLLEY	SALAD, BREAD, YOGHURT AND FRUIT... APPEARING DAILY
MONDAY	Beef Burger & Hand Cut Potato Wedges	Homemade Veggie Burger & Hand Cut Potato Wedges	Sweetcorn	Jacket Potato with Beans or Cheese or both	Fresh Melon & Pineapple Sticks	 <p>PASTA TWIRLER</p> <p>AVAILABLE EVERY DAY</p> <p>Topped Pasta Hot Pasta topped with Homemade Tomato Sauce & Cheese</p>
TUESDAY	Margherita Pizza Slice	Veggie Pepper & Mushroom Pizza Slice	Coleslaw & Salad	Jacket Potato with Tuna Mayo or Cheese	Strawberry Frozen Yoghurt	
WEDNESDAY	Roast Chicken, Stuffing, Roast Potatoes & Gravy	Cauliflower & Broccoli Cheddar Bake with Roast Potatoes	Carrots & Peas	Jacket Potato with Beans or Cheese or both	Tutti Frutti Jelly Pots	
THURSDAY	Homemade Sausage Roll with New Potatoes & Tomato Sauce	Wholegrain Summer Vegetable Paella	Green Beans	Jacket Potato with Cheese or Chicken Mayo	Carrot Peeling Cake	
FRIDAY	Golden Fish Fingers or Salmon Fingers & Chips	Homemade Cheesy Leek Sausage & Chips	Baked Beans	Jacket Potato with Beans or Cheese or both	Marble Cookies	

FOOD FESTIVAL
By Aspaco

LUNCHTIME

TRADITIONAL Week 2

Spring/Summer 2024:
25/2, 18/3, 8/4, 29/4, 20/5, 10/6, 1/7, 22/7


DAY	THE MAIN EVENT	MEAT-FREE MAGIC Vegetarian Dish	RAINBOW ALLEY Vegetables and salads	BIG TOPPING Fruit salads	DESSERT TROLLEY	SALAD, BREAD, YOGHURT AND FRUIT... APPEARING DAILY
MONDAY	Hot Dog & Hand Cut Potato Wedges	Veggie Sausage & Cheese Hot Dog & Hand Cut Potato Wedges	Sweetcorn	Jacket Potato with Beans or Cheese or both	Classic Apple Crumble & Custard	 <p>PASTA TWIRLER</p> <p>AVAILABLE EVERY DAY</p> <p>Topped Pasta Hot Pasta topped with Homemade Tomato Sauce & Cheese</p>
TUESDAY	Margherita Pizza Slice	Pineapple Topped Pizza Slice	Potato Salad & Garden Salad	Jacket Potato with Tuna Mayo or Cheese	Orange Jelly & Clementine Slices	
WEDNESDAY	Roast Gammon or Halal Chicken Roast Potatoes & Gravy	Cheese & Onion Filo Pie with Roast Potatoes	Carrots & Peas	Jacket Potato with Beans or Cheese or both	Vanilla Ice Cream	
THURSDAY	Baked Mac & Cheese	Veggie Whole Grain Pasta Bolognese	Broccoli	Jacket Potato with Cheese or Chicken Mayo	Old School Cake & Sprinkles	
FRIDAY	Golden Fishcake & Chips	Cheesy Bean Wrap	Baked Beans	Jacket Potato with Beans or Cheese or both	Maple Oat Cookies	

FOOD FESTIVAL
By Aspaco

LUNCHTIME

TRADITIONAL Week 3

Spring/Summer 2024:
4/3, 25/3, 15/4, 6/5, 27/5, 17/6, 8/7, 29/7

DAY	THE MAIN EVENT	MEAT-FREE MAGIC Vegetarian Dish	RAINBOW ALLEY Vegetables and salads	BIG TOPPING Fruit salads	DESSERT TROLLEY	SALAD, BREAD, YOGHURT AND FRUIT... APPEARING DAILY
MONDAY	Bangers, Mash & Beans	Veggie Bangers, Mash & Beans	Baked Beans	Jacket Potato with Beans or Cheese or both	Vanilla Shortbread	 <p>PASTA TWIRLER</p> <p>AVAILABLE EVERY DAY</p> <p>Topped Pasta Hot Pasta topped with Homemade Tomato Sauce & Cheese</p>
TUESDAY	Cheese & Tomato Pita Pizza with Wholemeal Rice Salad	Cheesy BBQ Pizza Pinwheel Swirl with Wholemeal Rice Salad	Carrot Sticks	Jacket Potato with Tuna Mayo or Cheese	Cinnamon Apple Cupcake	
WEDNESDAY	Roast Pork or Halal Chicken, Roast Potatoes & Gravy	Root Vegetable Bean Stew & Roast Potatoes	Steamed Mixed Greens	Jacket Potato with Beans or Cheese or both	Strawberry Jelly	
THURSDAY	Creamy Chicken & Sweetcorn Pie with New Potatoes	Cheese & Potato Pie with New Potatoes	Summer Vegetables	Jacket Potato with Cheese or Chicken Mayo	Jammy Crumble Bar	
FRIDAY	Golden Fish Fingers & Chips	Veggie Finger & Chips	Baked Beans	Jacket Potato with Beans or Cheese or both	Sweet Potato Brownie	

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

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

What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
16+
in UK and Europe;
rest of the world 13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

WHAT ARE THE RISKS?

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a 'Forwarded many times' label and a double arrow icon. This makes users aware that the message they've just received is far from an original – and might not be entirely factual, either.

ONLINE

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval; you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'locked chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert

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



...HEY OSCAR...



Source: <https://blog.whatsapp.com/an-open-letter> | <https://faq.whatsapp.com/107708839562332> | https://faq.whatsapp.com/38005896189245/?helpref=hc_mv | <https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private> | <https://www.aura.com/learn/whatsapp-scams>

This term's learning at FVA



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



DADS & PARTNERS ONLINE PEER SUPPORT GROUP

"For me talking openly with others about my thoughts, feelings and emotions really helped me to feel less alone, it also helped me to meet others who had been through similar experiences which really helped smash the stigma and guilt I was feeling as a Dad and Husband."

JACOB KELLY
PEER SUPPORT WORKER

When and where?

Every first Thursday of the month
8-9pm
Online via zoom



To find out more

If you want to find out more about how you can access this group, you can speak with our client care team on:

01179359366 OR
support@mothersformothers.co.uk



Helpline: 0117 9359366



COMMUNITY DROP IN SESSIONS



Come and chat to
DAN LEWIN
Community Development Practitioner

Come and have a friendly chat about your community and the things that matter to you.

Is there anything you would like to make happen? I would love to listen to your ideas and help you to make them become reality.

EVERY THURSDAY AFTERNOON, 2PM-3:30PM

**ALL
WELCOME**

CRAFTED
by props
769 Fishponds Rd,
BS16 3BS

FOR MORE
INFORMATION
DAN
07901 212237
DAN.LEWIN@BRISTOL.
GOV.UK

Inclusive Career Pathways

Supporting people in Bristol's communities to access careers in Health & Social Care, and Parks & Community Green Spaces.



Healthier Together

Improving health and care in Bristol, North Somerset and South Gloucestershire



Starts
11th
January

AFTER SCHOOL FAMILY CAFE

Free

Thursdays 3.15pm - 4.30pm
(term time only)

A space for families to come together after school, enjoy a free cafe with hot drinks and snacks, A child friendly space to play.

Free drinks and toast



Games, puzzles,
Lego available



Make new friends or
bring friends with you



Space for
craft or
homework

Children must come with an adult. Aimed at primary school children.

For more info what's app/message/call Amy
07749 812131

[f](#) [i](#) [a](#) [s](#) [a](#) [i](#) [f](#) [a](#) [c](#) [a](#) [f](#) [e](#)

Old Library, Fishponds Road
BS16 3UH
(next to Fishponds Academy)





FEBRUARY HALF TERM



OPEN ACCESS PLAY SESSIONS

led by Children's Scrapstore

What is open access? Children are free to come and go as they please so they need to be responsible for themselves.

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.**

This session is all about MAGIC!

Fully funded lunch will be provided for children

MONDAY 12TH FEBRUARY

10:30AM-12:30PM

FREE

**GREEN SPACE OUTSIDE OLDBURY COURT
CHILDREN'S CENTRE, BS16 2QS**

Come and get creative and imaginative at these regular play sessions. Expect **magical** arts and crafts, sports kit, construction materials and much more!



Contact - playteam@childrensscrapstore.co.uk
for more information



Supporting Independent Living

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

> Bristol's SEND Local Offer **Click HERE**

Our SEND Local Offer website is a single place of information about services and support for children and young people from birth to 25 years old who have Special Educational Needs or Disabilities (SEND), and for their families and carers.

Our Local Offer website is for:

- parents and carers
- and young people
- practitioners and professionals

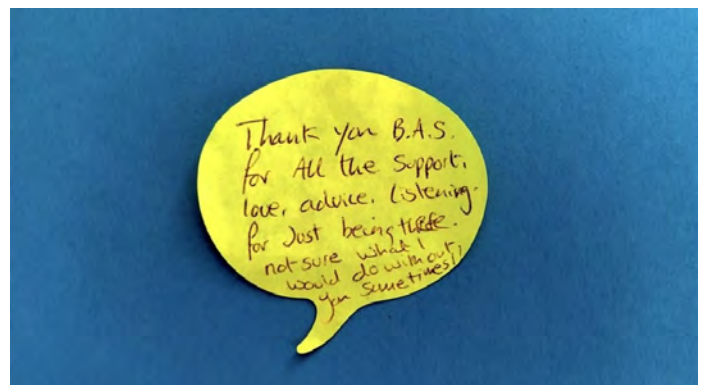
Who live, go to school or work in the Bristol City Council area.



Bristol Autism Support

A website jam packed full of information, help and support for families with autistic children in Bristol or South Gloucestershire.

Click **HERE**





PLAY SQUAD

OPEN ACCESS PLAY SESSIONS

led by Children's Scrapstore

What is open access? Children are free to come and go as they please so they need to be responsible for themselves. 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.

EVERY MONDAY*

TERM TIME

3.30PM-5.30PM

HOLIDAYS*

10.30AM-12.30/2.30PM

Come and get creative and imaginative at these regular play sessions. Expect arts and crafts, sports kit, construction materials and much more!

FREE

Green space outside Oldbury Court
Children's Centre, BS16 2QS

Contact: playteam@childrensscrapstore.co.uk

*Except bank holidays and Christmas holidays



Supporting Independent Living



Fishponds is changing. What do you think?

The FCPG is a newly formed group created to make the voices and opinions of our community heard by our councillors, local planning dept and developers.

We want to hear how you feel about Fishponds, the more voices the better.

Please complete our survey here



fishpondscpg.org.uk/engagement-survey



Ready for your family to feel healthier and happier?

Join **BeeZee Families Live**. A **free**, 12 week online course for you and your family. You can:

Join from the comfort of your home



Learn about healthy eating and wellbeing



Have fun and get moving with our games!



Our expert team have already helped hundreds of families, and we're here to support you.

Check out our timetable



5-8 year-olds

Monday 5:30pm, Tuesday 4:30pm



9-12 year-olds

Monday 6:30pm, Tuesday 6:30pm

Take the first step towards a healthier you today:

Most people visit our website to find out more



beezeebodies.com/programs/families-live/



BZLiveCentral@maximusuk.co.uk

For alternative formats, email marketing@maximusuk.co.uk quoting X22-1896

AGE 18-30 AND WANT TO DO SOMETHING YOU LOVE FOR A LIVING?

Click Start by Bath Spa University in Creative Digital Skills is a **free**, creative digital programme designed to help you pursue a new career. You'll develop next level skills in digital marketing, UI/UX design and web development through a mixture of online and face to face teaching.

You'll be supported through the course and for six months after by a personal employability coach from Catch22.

Find out more:
www.bathspa.ac.uk/clickstart

institute of **CODING**



FUNDED BY **NOMINET**

techSPARK*
All things tech in the west.

BATH SPA UNIVERSITY

catch 22

Bath College

After school outdoor fun Ages 5-11



Tuesdays, 4-5pm
Find us on the green space opposite the shops on Lanaway Road. Starts 7th November

Games
Boxing
Forest school
Food, fun & Friendship
For primary aged kids

Free!
Just come along

For more details text
Jane: 0775 123 7049

JumpStart Food and Fitness CIC
Find us on Facebook and Instagram

How can I get my child to eat healthier

if they won't try new things?



Peter Humbles, Family Nutritionist

Our top 6 tips
to tackle fussy eating at home

Get **FREE** support to get
your family healthier

Join programmes starting in January, or start online programmes now!



1. The big "why"? Why don't they try new things? Are there tastes or textures they love or hate?

2. Check your language. Aim for encouraging language and avoid labelling. Swap "my child doesn't eat vegetables" for "my child loves sweetcorn."

3. Lower anxiety at mealtimes. Phones away and focus on chatting. There's no need to pressure them to try new foods.

4. Exposure. Get them to pick out fruits and veg when you're out shopping and ask them to help chop them up.

5. Routine. Set mealtimes to build regular habits and aim for 2 healthy snacks per day between meals.

6. Make it fun! Make funny face pizzas and add some new toppings.



X22-1990



Scan the code

...or click here
to find out more

Sign up today!



Monthly Debt, Energy and Living Costs Drop-In Service

Second Monday of Every Month
At The Vassall Centre 10am - 4pm

Join the friendly team from St Pauls Advice Centre and WECIL for advice on the rising cost of living - no question too small.

- Benefits Advice
- Disability Benefits advice from WECIL
- Energy Workshops with money saving tips and advice on energy use in the home
- Money and household budgeting workshops to help keep costs down

You can get support from the Inclusive Career Pathways Team if you are a Bristol resident, over 16 and unemployed.

The Inclusive Career Pathways Team is offering **free help and support** to explore and gain employment into the many and varied career pathways in both the **Health & Social Care**, and the **Parks & Community Green Spaces** sectors.

We can help you to:

- Find out about job vacancies in Bristol.
- Explore and build your knowledge about the many and varied career pathways in these sectors.
- Develop your employability skills eg creating a CV; preparing for job interviews.
- Enhance your skills and abilities through training and volunteering opportunities.



Contact: icp@bristol.gov.uk
onefrontdoor.org.uk/inclusive-career-pathways

