

Friday 8 April 2022

End Term 4 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Loyalty

Learning behaviour: Resilience

Thank you to all of you who attended our 70th Anniversary Celebrations. We really hope you enjoyed the event and we hope this will be the start of many more events this year. You helped to make it such a special day and one that will be remembered for the next 70 years, Who will find our time capsule in another 70 years? We thoroughly enjoyed seeing you all in the school and the children just love being able to show off the school and share time with their families. Your traditional puddings were amazing! We wish you all a very happy holiday and will see you all again on Monday 25 April.

We are Resilient



BBC Bitesize provides a parents toolkit—when you are not sure how to help, check this website out. 5 ways to build resilience.

Click on the logo above.

We are Loyal



Helping your child to be resilient will really help them through primary school and beyond. Here you can find some top tips.

Click on the logo above.

We are Resilient



Mental resilience is how you deal with and recover from challenging life events. Being mentally resilient gives you the strength to get through tough times.

Click on the logo above.

OFSTED Chief Inspector Visits FVA

We had a visit from Her Majesty's Chief Inspector Amanda Spielman and Regional Director, for the South West James McNeille after our recent 'Outstanding' Judgement from Ofsted in January. Ours remains the first outstanding judgement in the South West region this academic year. They were welcomed by Steve Taylor CEO of the Cabot Learning Federation, Dr Saunders, Principal and Mrs Dawson, Vice Principal of Frome Vale. They spent time talking to staff about the recent Ofsted grading before they were given a tour by Frome Vale citizens around the academy where they spoke to pupils about their work. Jan Saunders said 'it was a pleasure to welcome Amanda and James as visitors to Frome Vale, our children gave them a tour and enjoyed talking to them about life as a 'Frome Vale Citizen'



Key Dates for your diary

Friday 8 April 2022

Monday 25 April 2022

Monday 4 May 2022

Tuesday 5 May 2022

Monday 9 May to 12 May 2022

Last Day Term 4

First Day Term 5

Spring Bank Holiday—School Closed to ALL

KS1 SATs Month begins

KS2 SATs week—free breakfast club for Year 6



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

Pay360

We will be a cash free school from September 2022—get ready for the change!

Book free
after
school
clubs

Agree to
free school
trips

Enter free
prize
draws

Pay360
by Capita

Use your
credit
card or
debit

Secure
payments
& payment
proof

Pay for
school
lunches &
trips online

Pay from
the
comfort of
your home

You save
time and
we save
money

Register Now

**Important
Information**

Thank you to all of you who have already registered and are using Pay360. To anyone who is still to register on Pay360, we are available to assist you with the process.

Simply come to the main school office from 8.30am to 3pm on Monday to Thursday and bring your mobile phone. We will help you step by step.

Please help us by registering as soon as possible.

As many of you will know the Year 6 SATs will be taking place between the 9th and 12th of May. These are nothing to be worried about and our Year 6 Team have been working with your children to ensure they are prepared and ready to show exactly what they can do.

A helpful parent website to gain further understanding of the SATs process can be found [HERE](#)

If your child would like to practice Maths or English over the Easter holidays, please remind them of these learning games. Little and often is the method we would suggest:

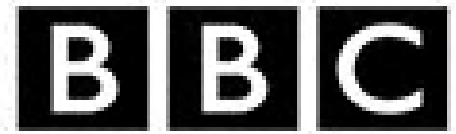
FVA YouTube Channel



Times Table Rockstars



BBC Bitesize



We will be providing a FREE breakfast for all Year 6 children on SATs school days (9 to 12 May) and would encourage you to ensure your child is at school for 8am to join in with the fun. Please bring them to the main hall entrance which is accessed through the staff carpark.



Homework Help

Whether you are struggling to understand what a relative clause is or how to multiply fractions you or your child can find easily accessible and fun filled information across the Primary curriculum.

Subjects include:

- History
- Science
- English
- Maths
- Geography
- Religion
- Art, Music and Design
- Cooking



For all the men in our children's lives, please find a helpful website aimed specifically at men. From helpful tips about surviving the school holidays to developing relationships with your children or top tips for camping with the family!!



Gardening



Did you know there's a weekly food club near you?

LOW COST FOOD TO REDUCE FOOD WASTE

£1 joining fee
£3.50 per food box
Collect a box of fresh veg, meat and cupboard essentials worth £10 - £15

Every Thursday
afternoon
Oldbury Court
Children's Centre
Frenchay Road
BS16 2QS

GET IN TOUCH TO SIGN UP OR FIND OUT MORE

0117 3532899
eastbristol.childrenscentres@bristol-schools.uk



- ✓ Get the children outside and helping you in the garden.
- ✓ Apply a general fertiliser to all beds & borders.
- ✓ Make a concerted effort to get on top of weeds now, they are about to make a serious spurt of growth!
- ✓ Time to get planting new herbaceous perennial plants such as Aстранtia, anemone, campanula, echinacea, or hardy geranium.
- ✓ Prune most roses now, (climbing, rambling and shrub roses are best pruned in summer after the main flush of flower). Start spraying roses for blackspot, rust and aphids.
- ✓ Remove flower heads from daffodils as they finish flowering. A liquid feed with a liquid tomato fertiliser helps next year's flowers to form now.
- ✓ Sow parsnip seeds into a firm fine seedbed. Sow tomato, pepper and cucumber seed for delicious fresh home-grown vegetables from a sunny window ledge. Sow for growing outside in about six weeks' time.
- ✓ You should also sow carrots, peas, broad beans, cabbage, cauliflower, radish, lettuce, sprouts, and many other vegetables.



Holiday Fun Ideas

In case you need some inspiration for fun things to do with the children over the school holiday, please find below some low cost or free ideas.

Museums

Bristol Museum and Art Gallery
M Shed
The Red Lodge Museum
The Georgian House Museum

[Click HERE](#)

Farms

Grimsbury Community Farm
Lawrence Weston Farm
Hartcliffe Community Farm
St Werburgh's Farm
Windmill Hill City Farm

[Click HERE](#)



Parks

Oldbury Court Play Park
Ashton Court Estate
Blaise Castle Estate
St Paul's Adventure Playground
Felix Road Adventure Playground

[Click HERE](#)

Walks

Badocks Wood
Stoke Park Estate
Clifton Suspension Bridge/Abbots Leigh
Bristol Harbourside
Frenchay Moor

[Click HERE](#)

Your Holiday Club (YHH)

The Your Holiday Hub (YHH) programme returns this spring to offer families another school holiday programme of fun activities.

YHH is a free, school holiday programme for school-age children and young people who receive benefits-related free school meals (FSM). Sessions include a variety of fun activities, including sports, music, arts and crafts, and other great opportunities to learn and develop skills like making friends and trying new activities.

49 organisations and providers have received funding to host over 400 four-hour inclusive sessions across the city, from the 11–22 April. [Find a holiday activity in your area](#)

Families of children or young people who do not get benefits-related FSM can find holiday activities by area on the BCC [Family Information Service web-](#)



My Happy Mind

Easter Booklet for families. Perfect for a wet day!

[Click the egg to download](#)



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 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 FACEBOOK

AGE RATING
13+

With 2.9 billion users, Facebook, owned by the recently rebranded Meta, is the world's most popular social media platform. It encourages interaction with other people by (among other things) adding them as friends, reacting to or commenting on their content, sharing images and videos, posting status updates, joining groups and playing games. Facebook is free, and anyone over 13 can join – but with no age verification, younger children can easily create an account: it's likely your child is already familiar with the platform, even if they don't yet use it themselves.

WHAT ARE THE RISKS?

ADDICTIVE NATURE

Facebook's quick reward cycle of likes and comments on shared posts can be hugely addictive. It encourages users to keep returning to post things and increases FOMO (the Fear Of Missing Out), which leads to people checking the app even more frequently and finding themselves endlessly scrolling through content.

CYBERBULLYING

A 2021 Ofcom report found that around one in four UK 12-15-year-olds had been cyberbullied or trolled (intentionally antagonised online). On Facebook, this can happen through private messages (on Facebook Messenger); hurtful comments on their profiles and posts; pages or groups set up purposely to torment a victim; or exclusion from pages or groups.

FUTURE IMPACT

Like most social media platforms, anything posted on Facebook leaves a permanent 'digital footprint'. This can have future consequences for young people: many universities and employers, for example, now review someone's Facebook timeline during the application process.

CONTACT FROM STRANGERS

Just like in the offline world, there are people on Facebook with malicious intentions. Ofcom reports, for instance, that 30% of 12-15-year-olds have received a friend request from a stranger. This, sadly, can include individuals seeking to take advantage of impressionable youngsters.

OVERSHARING

Facebook encourages you to post "what's on your mind", but children should be wary of revealing too much about themselves online. Users can give away their location by checking in or using Facebook Live, for example, while some photos can also be traced using file data.

INAPPROPRIATE CONTENT

Facebook monitors and removes material like hate speech or extreme political views, while adverts on the platform are now forbidden from targeting under-18s based on their interests. Offensive content isn't always taken down instantly, however, so there's still a risk of children encountering it.

VIDEOS AND STREAMING

Facebook Live lets users stream video live to their friends or watch others' broadcasts. Viewers can comment in real time, which is problematic to moderate. Short, user-created clips and Reels can now also be displayed on profiles and feeds. These video features could contain unsuitable material or allow children to be cajoled into doing something on camera that they wouldn't normally do.

Advice for Parents & Carers

KEEP ACCOUNTS PRIVATE

In the settings area, you can choose whether a Facebook profile is public or private. By far the safest option is to switch your child's to private, so they can only interact with people who they are friends with on the platform. Facebook's settings can also prevent your child's personal information (such as contact details, school name or date of birth) from appearing publicly.

ENCOURAGE SAFE FRIENDING

Facebook can help your child to stay connected with the people and the things that they care about. However, it's important for them to understand that they should only accept friend requests from people who they know. The key questions to consider are "has your child met them in person?" and "do they know and trust them enough to feel comfortable accepting them as a Facebook friend?"

LEAD BY EXAMPLE

Let your child watch you using Facebook – this will demonstrate how it can be used safely and appropriately, reducing the risk of them encountering harmful content themselves. Teach them the habit of thinking before sharing anything online and try to follow the same rules that you set for them – so if you agree time limits on your child's Facebook use, then you should stick to them, too.

SAVVY SHARING

Make sure your child realises that what they share online with friends can end up being shared again by others. It's important that they think about what they share online and who they share it with. Facebook's 'Audience Selector' gives users the option to filter who sees what they are sharing, whenever a status is updated, photos are uploaded or anything is posted.

RESPECT BOUNDARIES

Once you've talked about Facebook safety with your child, give them some space and trust them to make smart choices. Make it clear, however, that you're always open to discussing social media if they need to. In the early stages, you could occasionally review your child's social media activity with them to put your mind at rest – but take care not to become reliant on checking it every night.

BLOCK AND REPORT

On Facebook, you're able to report harmful content and block particular people or groups so they can't contact your child or view their profile. Before they start spending serious time on the platform, show your child how these features work and explain why they might need to be used. Facebook's Bullying Prevention Hub offers advice on dealing with harassment on the platform.

Meet Our Expert

Alex Wright is a former Facebook employee and social media expert with more than 15 years' experience in digital media. He has worked with some of the biggest organisations on the planet and has a vast understanding of how social media platforms work and how they engage their audience.



NOS National Online Safety®
#WakeUpWednesday

Sources: www.facebook.com/safety/bullying



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.03.2022

Academy Life in Pictures

We are Dog Friends

The Dogs Trust visited us. They shared lots of useful tips about staying safe around dogs and keeping our 4 legged friends happy.



We are Outside

Such glorious weather for our outside activities. FVA is beautiful!



We are athletes

Downend Tennis club visited and we also run the weekly mile.



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

Click [Here](#)

Build a BUGHOTEL



COMPETITION

Are you passionate about protecting the environment?

Enter the Eco Warriors' competition to build your very own bug hotel, to encourage biodiversity in your own home or school!

Bring your bug hotel, or a clear photograph of it, to school by Friday 29th of April and the Eco Warriors will select a winner.

For help and advice, visit:

<https://www.wildlifetrusts.org/actions/how-build-bug-mansion>



Easter Play Sessions!

FREE Stay & Play creative open access activities aimed at over 8s - younger siblings welcome with adult supervision, led by Children's Scrapstore. **Lunch will be provided.**

Monday 11th April '22
Friday 22nd April '22
11am to 3pm

Oldbury Court
Children's Centre
Frenchay Rd.
Bristol BS16 2QS


Department
for Education



PLAYFUL
BRISTOL



Your
Holiday
HUB
Bristol

www.childrensscrapstore.co.uk

tel: 0117 908 5644 // email: events@childrensscrapstore.co.uk // charity no. 1008788

Easter Play Sessions!

FREE Stay & Play creative open access activities aimed at over 8s - younger siblings welcome with adult supervision, led by Children's Scrapstore. **Lunch will be provided.**

Wednesday 13th
April 2022
11am to 3pm

Meadow Vale
Park
Speedwell
BS5 7RF


Department
for Education

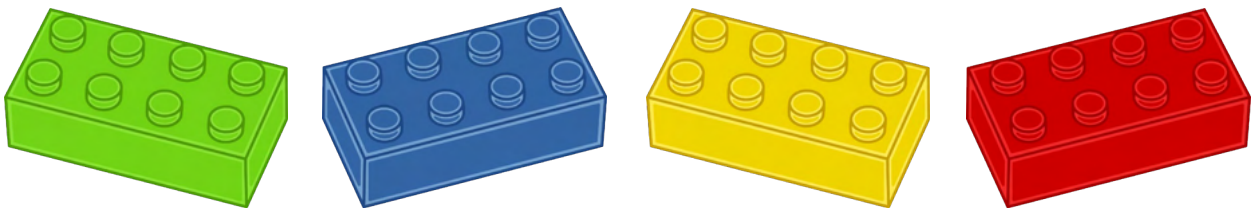




Your
Holiday
HUB
Bristol

www.childrensscrapstore.co.uk

tel: 0117 908 5644 // email: events@childrensscrapstore.co.uk // charity no. 1008788



LEGO CLUB

Downend library

Join us for theme-based creative building fun for **primary school aged children**

Saturday 9th April

10.30am-11.30pm

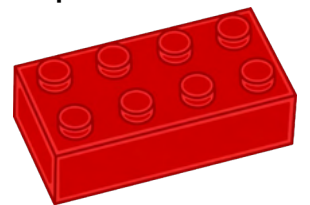
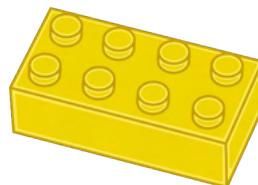
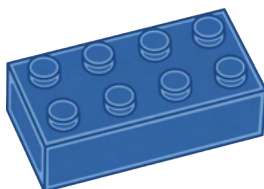
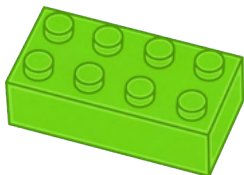


LIMITED SPACES!
Booking essential
Email : Downend.library@southglos.gov.uk

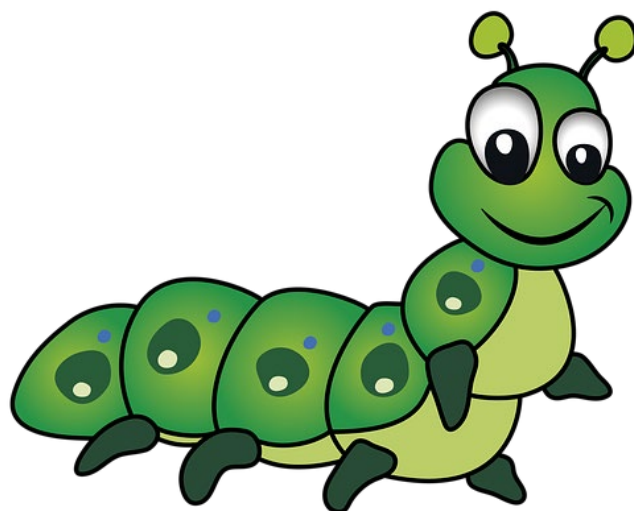


It's **FREE** to come along

All children must be accompanied by a grown up



MINI BEAST MAYHEM!



Create your own Creepy Crawlies

Downend library
Monday 11 April
10.30-11.30am

Most suitable for ages 4-9
Limited spaces available
To book a place please
ask at the counter or email
downend.library@southglos.gov.uk



LEARNING IN YOUR COMMUNITY

We offer courses and activities to help you build skills and gain confidence. Our courses are aimed at people with few or no qualifications and people looking to get a job.

Community Learning West offers a wide range of FREE courses to people living in Bristol and/or surrounding areas, aged 19 or over who have few or no formal qualifications and face significant barriers to further learning and employment.

Some courses take place online using Zoom, Google Classroom, Facebook, etc. Others take place face-to-face. For online courses, learners need a smart phone, laptop or tablet and data/Wi-Fi for internet use. Community Learning West has some tablets to loan out and Wi-Fi bundles to help learners with limited digital access.

Please contact Community Learning West by email lcinfo@bristol.gov.uk for more details or Click [HERE](#)

The website is available in the following languages



We help adults with few or no qualifications to gain skills and build confidence



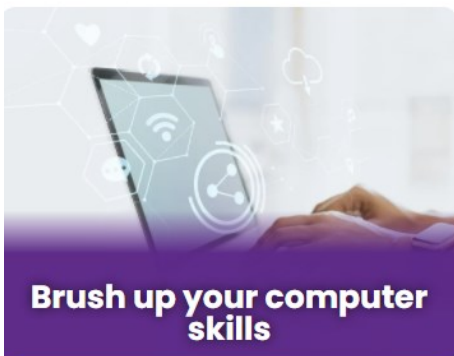
Learn English and functional skills



Learn maths and functional skills



English for speakers of other languages



Brush up your computer skills



Health and wellbeing courses



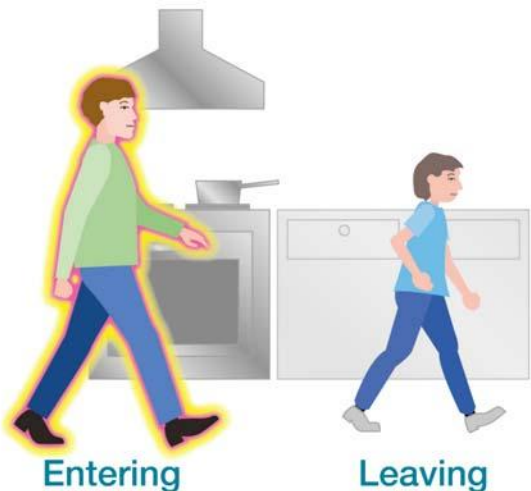
Skills for job search and employment



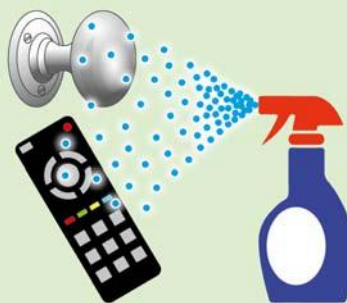
How to reduce the spread of infection with the people you live with if you have COVID-19.

If you have COVID-19, there is a high risk that others in your household will catch it from you. There are several things you can do to reduce the spread of infection in your household.

- 1** Limit close contact with others. Spend as little time as possible in communal areas.



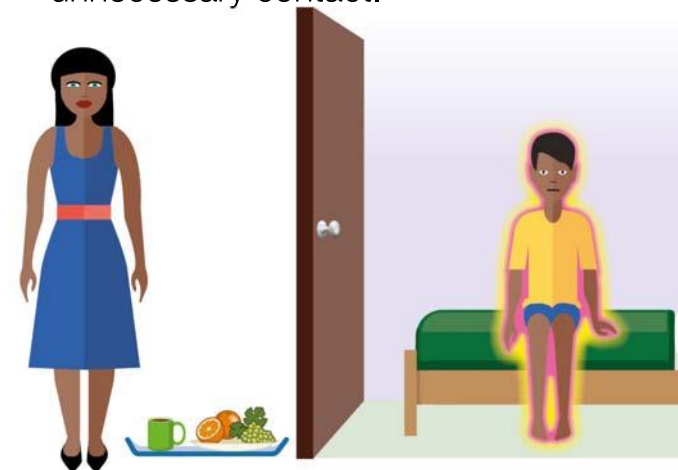
- 2** Regularly clean frequently touched surfaces and shared rooms like kitchens and bathrooms.



- 3** Wash your hands regularly using soap and water, particularly after coughing and sneezing.



- 4** Get help where possible from those you live with. Ask for help with cleaning and being brought food safely to avoid unnecessary contact.



- 5** Use a face covering if you need to spend time in shared spaces.



- 6** Keep rooms well ventilated.



- 7** Catch coughs and sneezes in disposable tissues and put them straight in the bin.

