

Friday 31 March 2023

End Term 4 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Resilience

Learning behaviour: Responsibility

Term 4 has come to a fantastic end with you all attending the academy for our Spring Event. There is such creativity in our community with some fabulous Spring hats! There were lots of other opportunities for visiting the academy this term with our Open Doors, Messy Play event, parents evening (now face to face which we hope you all felt was an improvement) and our Year 4 violin recital. We love to open our doors to you all and hope that you will continue to join us at every opportunity. We wish you a very happy holiday. Be safe, have fun and we look forward to seeing you all again at 8.45am on Monday 17 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 Responsible



Rules are put in place for your safety and wellbeing, but also to ensure everyone is treated fairly. Listen to the PDMU band sing about rules and responsibilities we all have and why we need them.

Click on the logo above.

We are Resilient

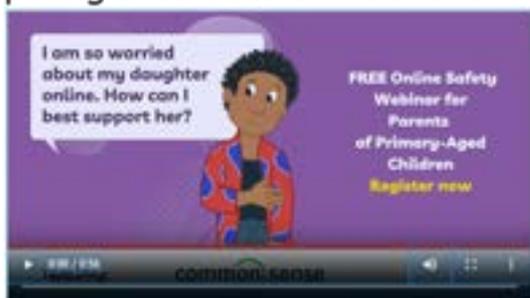


Mental resilience is how you deal with and recover from challenging life events. Being mentally resilient gives you the strength to get through tough times.

Click on the logo above.

Free Online Safety Webinars

natterhub
preparing children to thrive online



We know that parents need support.

Our research shows that involving parents and carers in a child's digital journey:

- Increases impact of online safety education
- Helps children to thrive online
- Alleviates parental concerns

The next webinar goes live on **Thursday 25th May**

Click HERE

Key Dates for your diary

Friday 31 March 2023	Last Day Term 4 (non school uniform day, donate £1)
Monday 17 April 2023	First Day Term 5
Thursday 20 April 2023	Phonics Screening Parents Meetings Y1 and Y2
Monday 1 May 2023	Bank Holiday—School is closed
Monday 8 May 2023	Bank Holiday—School is closed
Tuesday 9 May 2023	SATS commence Year 6 (for rest of this week)
Thursday 18 May 2023	Open Doors—all parents welcome 8.30am to 8.50am
Friday 26 May 2023	Last Day Term 5 (non school uniform day, donate £1)
Monday 5 June 2023	First Day Term 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

Attendance @ FVA

96%

We are aiming for over 96% attendance throughout the school.

Being at school as much as possible gives students the best start and the best chance of doing well.

This means **ON TIME EVERY TIME**.

Before keeping your child home please consider whether they are indeed too ill to attend school. Invariably, it is our experience that most children who have complained of minor ailments (headache/tummy ache) in the morning, become absorbed in the school day once at school and feel better. If you do keep your child home and then find that they seem better, we are happy for them to then be brought in.

0117 3532902

Please phone before 8.30 to leave messages about absence. **Please ensure you provide as much detail as possible.**

EVERY PUPIL 96% OR ABOVE!

We understand that there can be health problems

But:

Don't believe that the 'odd day off can't harm.' Research carried out on the effect of Broken Weeks and Achievement, is astounding. A student can have 95% attendance but still have 10 broken weeks! Hugely detrimental to a pupil's learning, leaving big gaps in knowledge!

- Try to judge how 'severe' the pupil's illness is. Do they really need to stay at home?
- How many of them are 'better' by lunchtime? Send them back to school!
- If a pupil has an extended or intermittent but persistent condition, contact Heather Marshall and arrange a meeting so a plan can be agreed.
- **Non-urgent Doctor, dental appointments and check-ups should be made outside school time – school finishes at 3.30pm.**
- If an appointment must be set in school time, absence will only be authorised for a reasonable margin of time, not half a day to go to local GP/dentist, and only if proof is provided at the school office. We understand orthodontic treatments, hospital clinic appointments may take longer but please try to minimise time out of school.

PARENTS

It is your responsibility in law to make sure they attend school and are on time.

Children arriving after registration has closed are recorded as absent for the whole session and you could be fined.

If your child will be arriving late, please let us know.

PUPILS

Pupils who arrive late will miss important work and disturb the learning of others in the class.

8:30 – 8:40am

Pupils can arrive at school between 8:30 and 8:40am ready to line up with their teacher. Doors open at 8.45am.

- Try to vary the days of these treatments to avoid missing the same lessons in a cycle.

Pupils need to be in school to maximise their learning and success.

If you are experiencing difficulties getting a pupil into school – talk to us! There are many people who can help and advise; Heather Marshall, Mrs Saunders and the class teacher. You can contact any of the above.

% Attendance Examples - September to July	
100%	= 0 days absence from school – 0 lessons missed
95%	= 10 days absence from school – 40 lessons missed
90%	= 20 days absence from school – 80 lessons missed
85%	= 30 days absence from school – 120 lessons missed
80%	= 40 days absence from school – 160 lessons missed

EXCELLENT ATTENDANCE IS YOUR KEY TO SUCCESS

Did you know....

73% of pupils with attendance of 95% or higher achieve at least 5 GCSEs grade C or above
Only 35% of pupils with attendance of between 80-90% manage to achieve 5 GCSEs grade C or above
Research shows that pupils with 5 GCSEs grade C or above earn on average £350,000 more in their lifetime than those without the grades
Excellent attendance at school = 95% and above

The evidence is clear...

EXCELLENT ATTENDANCE = GOOD QUALIFICATION = BETTER JOB! BE HERE! BE ON TARGET



ON TIME



EVERY TIME

Attendance and Punctuality



FIT



FOR SCHOOL

Attendance and Punctuality



Make an amazing bunny pop up card

Learn about 3D structures and make a bunny pop up card in this fun STEM activity for kids

In this fun STEM activity for kids, students will learn about graphic products and use templates to help them cut out the parts for a homemade card.

This activity is aimed at primary school children

Activity: Making an amazing pop up card

This is one of a set of resources designed to allow students to use themes to develop their knowledge and skills in Design and Technology and Mathematics. This resource focuses on making a graphics project, in this case an pop-up bunny card.

Print the activity sheet, which can be downloaded [HERE](#), onto thin card. Step by Step guide is [HERE](#)

Follow these steps to make your own homemade bunny pop-up card:

- Step 1** - Safely cut out all the bunny card parts.
- Step 2** - Add designs to eggs and the bunny.
- Step 3** - Glue grass stand parts to green paper and fold on the dotted lines. Carefully follow the faint lines to cut the grass slits.
- Step 4** - Make the card by gluing a sheet of green paper on the inside of a sheet of card. Fold over.
- Step 5** - Place the slot line, marked on the bunny grass part, in the middle of the card, on the folded side, and draw round the slot. Carefully cut two slits into the card.
- Step 6** - Fold the flap over to make a crease. Open the card and push the flap through to the inside to make a step.
- Step 7** - Make the sky by drawing a wavy line on blue paper. Carefully cut out the shape and glue onto the card.
- Step 8** - Glue the bunny grass part to the bunny. Stick the bunny to the flap with glue.
- Step 9** - Glue the grass stands and eggs to the card.
- Step 10** - Close the card by folding the parts towards the inside

This activity will take approximately 50 - 80 minutes to complete.

Tools/resources required

Glue sticks
Card (various colours)
Scissors
Coloured paper

The engineering context

Engineers use nets and card to allow them to make scale 3D models of buildings and other structures, as well as packaging for products.





Parenting advice from child mental health experts

Practical tips to support children's wellbeing and behaviour

[CLICK HERE](#)

From family mealtimes to supporting healthy gaming habits, this is the place for you!

Low Cost Holiday Activities

Bristol 650 Trail map at M Shed

A new trail map around M Shed is now available from the front desk for families visiting the museum. The trail looks at Bristol in the last 650 years through objects on display in the M Shed. Bristol 650 marks 650 years since King Edward III granted important rights and privileges to Bristol by royal charter in 1373.

Create to Celebrate @ Bristol Museum

It's the museum's 200th birthday and they want to celebrate their brilliant collections with your help. First under the spotlight is the Fine Art collection. They have seven galleries full of paintings, sculpture, glass and ceramics at Bristol Museum & Art Gallery, and you can also find their paintings on [Art UK](#). They would like you to explore the collection, choose your favourite painting and create your own artwork inspired by it. Please share photos of your creations with them on [social media](#) or email museumbookings@bristol.gov.uk



You can find the Easter Bunny Map [HERE](#) and the Map to print [HERE](#)



You can find the map [HERE](#)



Get your free ticket [HERE](#)



More information [HERE](#)

Community Information



Junior Adventures Group

SCAN HERE TO FIND OUT MORE & BOOK NOW!

Holiday Clubs

HAF Funding Available!
FREE funded sessions for your children!

Ensure your child experiences a holiday club like no other with 2022. Our jam-packed daily schedule uniquely caters for each child's talents and interests, forging unforgettable memories in an amazing holiday experience!

- ✓ Something for every child, with a wide range of fun-filled activities
- ✓ All activities delivered by expert play leaders in a safe, fun environment
- ✓ Confidence building by testing their skills and trying new things under expert guidance
- ✓ Positive interactions that nurture friendship and social awareness
- ✓ Enhanced wellbeing through a focus on happiness, mindfulness, kindness and being active

Ofsted Registered



****FREE EASTER ACTIVITIES**

South Gloucestershire Council
Delivering for you

pro-coaching

3 - 6 APRIL

Lunch included

Staple Hill Primary School
5 - 16 years old
9am - 3pm

Join us for our Easter multi-sports fun!

We are offering holiday activities and food clubs in the winter holidays for children aged 5 to 16 and live in South Gloucestershire. Come for a fun packed week full of sport, arts and crafts and a free lunch!

£20 per day or free for those on *free school meal related benefits

Scan here to book now, and check if you're eligible

*Free for children on free school meal related benefits. South Gloucestershire Council has commissioned us to provide free places for children who get benefit related free school meals. (Not universal infant free school meal). Through department for education funding). Use code HAFEASTER23 if eligible

www.prc-coaching.co.uk info@pro-coaching.co.uk



Saturday Lunches

Every Saturday 12 - 2pm

Soup, sandwich and a cuppa

Free and open to all!

St Mary's Church, Manor Road,
Fishponds, BS16 2JB
(Behind Fishponds Park)

Official Launch of Our New Park Group!



We Want to:

- Encourage and protect wildlife
- Preserve and improve the park
- Celebrate the past and present
- Learn about and share our park

"WHY NOT COME ALONG. FIND OUT WHAT'S HAPPENING AND SHARE YOUR IDEAS OVER A CUP OF TEA"



*Children welcome when accompanied by an adult

Oldburycourtspark.org.uk

Search: Oldbury Court Estate

Friends of the Park: AGM

Date: 1 April 2023

Time: 2 - 3.30pm

Location:
The Vassalls Centre, Gill Ave.



FREE **EASTER PLAY SESSIONS**
 led by Children's Scrapstore and East Bristol Children's Centre

Activities aimed at primary school children.
 Children under 8 years old to be supervised by an adult

**GREEN SPACE OUTSIDE
 OLDBURY COURT CHILDREN'S CENTRE, BS16 2QS
 MONDAY 3RD APRIL
 10.30AM - 2.30PM**

Fully funded lunch will be provided for the children
 Contact - ebcc@bristol.gov.uk for more information

Cooking on a Budget

10.00 until 12.00 Thursdays
 STARTS 20th April

Oldbury Court Children's Centre, Frenchay Road, BS16 2QS

This FREE course will help you choose, budget for and cook tasty, healthy recipes for yourself and your family

This course runs every Thursday for 6 weeks

Contact: Catherine Landon Phone: 07785 702454

Eligibility: Adults 19+ with no or low qualifications

WEST OF ENGLAND COMMUNITY LEARNING
communitylearningwest.net
ictinfo@bristol.gov.uk
 01172 510230

Holiday Fun



Have an egg hunt

Once you've made the eggs above, you can hide them around the house, the garden or the park. Watch the children run to find the eggs and have a short but well deserved rest



Run out of eggs?

Get the children hunting for other items.

- A flower
- A green leaf
- Something yellow
- 10 twigs.
- You get the idea.....

Tie-Dye Eggs: Using food coloring and vinegar, your kids can create beautifully tie-dyed eggs. Place the eggs in a mixture of vinegar and water for five minutes. Then, use a dropper to add drops of food coloring to the water mixture. Dip the eggs into the mixture and let them dry.

Glitter Eggs: Using glue and glitter, your kids can create glittery eggs. Apply glue to the egg and sprinkle glitter over it. Let the glue dry before displaying the eggs.



Photography competition

The Oldbury Court Neighbourhood Project (OCNP) and the Frome Vale Academy would like to invite you to take part in the 'Picturing Oldbury Court' **photography** contest. We know that FVA children and their parents/carers take some amazing pictures of the neighbourhood – its families, pets, plants, gardens, the park, the streets and buildings... and we'd love for you to share them with us!

Both FVA children and their parents/carers can take part in the competition. Children's and adults' photos will be judged separately. There will be prizes for the top three photos submitted by children: the best photo will win an **AKASO EK7000 Pro action camera**. The runners up (2nd and 3rd prizes) will win a £30 and a £20 **Amazon voucher**, respectively. A selection of the best photos will be included in an **exhibition** that we will organise in the summer or autumn (venue to be announced). We will also display a selection of the photos in the OCNP website (ocnp.org.uk), for everyone in Bristol and the World to see!



The following form <https://ocnp.org.uk/photo-contest-form> is for anyone at FVA who wants to submit a photo to compete in the 2023 OCNP/FVA photography contest. Please fill out the form and then email it with your jpeg photo to info@ocnp.org.uk. **Please note**, one form is required for each photo.

Name of the photographer:

Adult / Child (Please delete as appropriate)

If child, what year are they in:

Please tell us where you took the picture, and share any information you see fit about what the photo shows, and why you took it (this information may be displayed if the photo wins a prize and/or is chosen for the exhibition):

Authorisation: I confirm that the person named above took the photograph, and that if the photo is of another person or persons, they were asked for permission to take the picture and to submit it to this contest, for possible exhibition/publication.

I authorise the Oldbury Court Neighbourhood Project/Frome Vale Academy to include the photo in the contest, and if the picture is selected, to have it exhibited and/or published in any relevant sites/publications.

Name, and if child, relation to the photographer (must be a parent or carer):

Date:

I want/don't want my child's name to appear next to the photo if published (delete as appropriate).

Here are the terms and conditions:

Contestants must be pupils at FVA, and/or their parents/carers. Only one picture per child, and/or one picture per adult per family may be submitted.

The photos must be taken in the Oldbury Court neighbourhood and its surroundings (this means the Oldbury Court Housing Estate, the adjoining streets, and nearby areas such as the Oldbury Court Park or the Fishponds High Street.)

Really important: if you or your child submit a picture of a person, the parent/carer must ensure you have the person's permission not only to take the picture, but to submit it to the contest, for possible exhibition/publication.

The pictures must be submitted as 'jpeg' files no later than 18:00, April 18, 2023, to the following email:

info@ocnp.org.uk. Each photo must be accompanied by a form that you will find on this web page <https://ocnp.org.uk/photo-contest-form>; the information you will be asked to send us appears on the left (If you have difficulty downloading the form please use the above email and we'll send you a copy).

You should take the pictures in the **maximum resolution** that your camera allows; this will enable us to enlarge and print any selected pictures for the exhibition.

While you will retain copyright over your picture(s), you will give the OCNP/FVA the right to publish the picture(s) in an exhibit, in a website and any other agreed media.



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

All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informal conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, links and tips for adults.

What Parents & Carers Need to Know about NETFLIX

Netflix is a subscription-based streaming service that allows users to watch TV shows and movies on any internet-enabled device that supports the software, such as smart TVs, phones and tablets. The pandemic saw a surge in children consuming on-demand content as many families relaxed their screen-time rules. Netflix's diverse range of programming caters for all age groups – so it's important for parents to recognise the potential risks of children using the service and the measures to help their child enjoy a safe streaming experience.

INAPPROPRIATE CONTENT

Netflix produces and curates an extensive catalogue of content that can provide hours of entertainment. If they share the same user account as an adult, this can potentially lead to children accidentally viewing all manner of inappropriate content, including nudity, profanity and extreme violence. This can happen easily on shared accounts, as Netflix cannot establish who's watching.

BINGE-WATCHING

Netflix allows users to view shows and movies quickly and easily without adverts or interruptions, making excessive screen time a concern. Binge-watching has become more common during the pandemic, due to Netflix's regularly updated content and algorithms which recommend content very similar to what's previously been enjoyed. Marathon viewing sessions can lead to children staying up too late, affecting their mood and concentration the next day.

SCREEN ADDICTION

From TVs and phones to consoles and tablets, Netflix is available on almost any device with an internet connection – making it extremely difficult to manage children's screen time. The service is now adding games to its mobile app, tempting users to spend even more time on the platform. Screen addiction can distract children from important activities like schoolwork and socialising, and can impact their health by reducing their exercise and sleep.

HACKING ATTEMPTS

With millions of users worldwide, Netflix is often targeted by hackers who try to steal usernames and passwords to gain access to people's accounts. If successful, they can then steal payment details or try to sell stolen personal data on the dark web, providing other criminals with a profitable opportunity. Netflix also doesn't provide two-factor authentication, making the hackers' task that little bit easier.

CONTACT FROM STRANGERS

Netflix's Teleparty feature became popular during lockdown periods as it allows users from different households (friends and relatives, for example) to synchronise when they watch content. It requires an access link to be sent to the people you wish to invite; the link, however, can also be distributed to people you don't know. A text chat feature enables interaction with the other users in real-time; this represents a risk to children if a stranger gains access to the Teleparty.

Advice for Parents & Carers

KEEP ACCOUNTS SECURE

Netflix doesn't use two-factor authentication, so a strong password is vital. Your child's Netflix password should be unique (not one they've used elsewhere) and a minimum of eight characters with a mix of letters, numbers and symbols. Emphasise not to share their login details with anyone and remind them to always log out after using the app – so their account remains inaccessible, even if their device is lost or stolen.

CHECK MATURITY RATING

Netflix warns about content that includes violence, sex, profanity and nudity. These warnings form part of the show or movie's 'maturity rating'. Users can restrict age ratings to avoid children viewing age-inappropriate content. On their profile, open the Profile and Parental Control settings and choose the maturity level for the shows and movies you want to allow.

CREATE A KIDS' PROFILE

Setting up a Netflix Kids experience profile means your child can only access content which is suitable for children aged up to 12 years. All other content is automatically blocked. This rating can be further restricted via the child's profile settings. Setting up a Netflix Kids experience profile will help to prevent your child from viewing age-inappropriate content.

SET UP PROFILE PINS

Netflix account holders can lock profiles using a four-digit PIN. Doing this can prevent your child from accessing the wrong account and viewing content that isn't appropriate for their age. Try setting a PIN for each account on your Netflix app – ideally avoiding numbers that would be easily guessed, such as dates of birth. Remember not to share these PINs with anyone, including family.

SWITCH OFF AUTO-PLAY

When a show or movie concludes, Netflix's algorithms select content with similar themes that it thinks your child will enjoy next. This new content starts automatically after a 10-second countdown. Disabling this auto-play feature reduces the possibility of your child being shown something inappropriate and provides a natural break to help prevent them becoming too immersed in Netflix.

CHECK VIEWING HABITS

Netflix has tools which enable parents and carers to monitor what their child has been watching. Selecting 'Viewing Activity' in each profile's account settings displays a list of what content has been viewed (and when). This can reassure parents that their child is watching age-appropriate content and can open avenues for discussing your child's favourite shows and movies, and why they like them.

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.

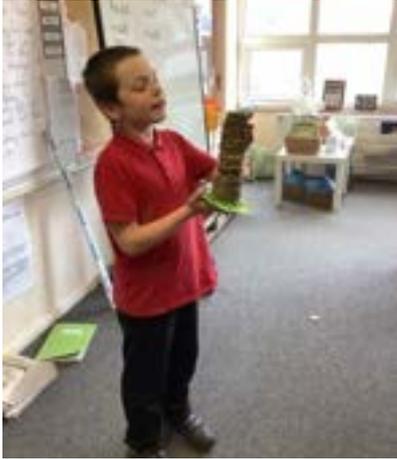
National Online Safety

#WakeUpWednesday

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: 10.11.2021

This term's learning at FVA



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

Click [Here](#)





M.A.P EASTER CAMPS

IMPROVING CHILDREN'S MENTAL, ACADEMIC AND PHYSICAL HEALTH THROUGH SPORT

5.0★
average rating



Minerva Primary Academy The Greenway, Bristol BS16 4HA
Tuesday April 11th – Friday April 14th (Reception to Year 6)

INDIVIDUAL DAYS £16 - ALL WEEK £40



The PE & Sports Project uses the combined experience of elite level coaching, training teachers and planning highest-quality PE lessons, to provide the children with a fun, engaging, successful and positive experience.

We use our advanced 'exploration-discovery-competition' model to give the children the independence and responsibility to think for themselves, to solve problems for themselves and to drive their own development.

On top of the highest-quality instruction for the sport itself, the children learn social-emotional skills and awareness in their self-awareness, self-management, social awareness, relationship skills and responsible decision-making.

As well as this they are given opportunities to use their maths and English learning in a fun and different way to the classroom, which children find engaging and rewarding.

Parents' Feedback

100% of parents would recommend our camps to their friends' children

"They enjoyed being with other children and they enjoyed all of the activities on offer"

"Just wanted to say thank you for a great 3 days at Cam Woodfields school. My children both thoroughly enjoyed it and were really enthusiastic about the whole experience."

"We really hope you'll be holding some more sessions in the school holidays. We will definitely be recommending it to friends (already have done!)"

t: 0117 942 8444

e: info@thesportsproject.org

BOOK HERE

SUN APR 23 3PM



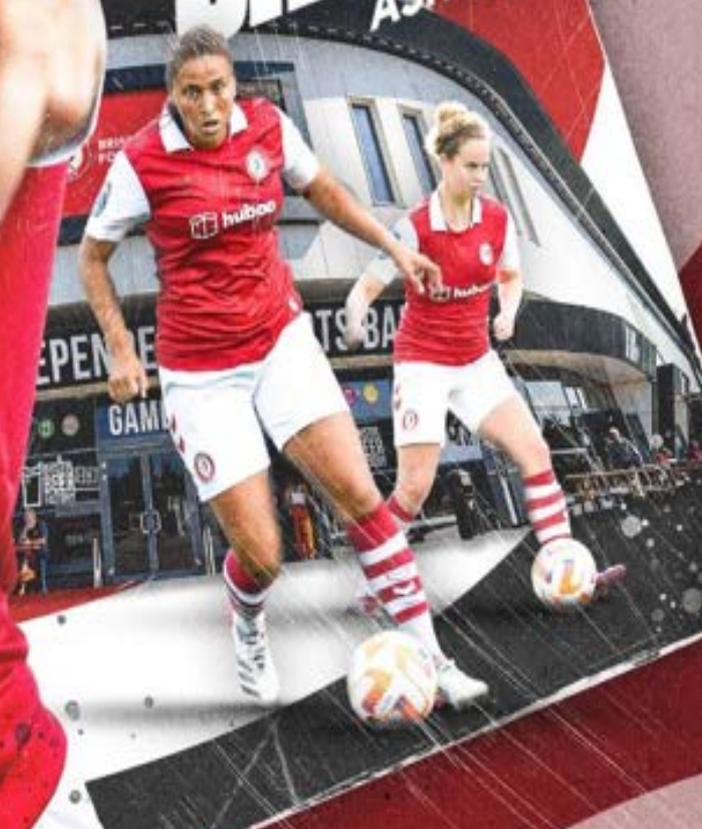
BRISTOL CITY V CHARLTON

ASHTON GATE

50% DISCOUNT

ADULTS
~~£8~~ £4

JUNIORS
~~£4~~ £2



50%

OFF

PLEASE USE CODE:

BCWFCCLF