

# Friday 29 March 2024

## End Term 4 Newsletter



[www.fromevaleacademy.clf.uk](http://www.fromevaleacademy.clf.uk)

Follow us on Twitter: @frome\_vale

Value of the term: Loyalty

Learning behaviour: Resilience

The end of Term 4 and the Easter holidays are upon us. Many of our families have been observing the holy month of Ramadan during March and this will continue until Eid al Fitr in April. Many more of our families will celebrate Easter Sunday at the end of March. We hope you all enjoy your festivities with your friends, family and community. It was so lovely to see so many of you attending parent meetings with your child's teacher. We are sure you were very proud of your child's progress this year to date, and we loved being able to share this with you. There will be more opportunities to come into the school with further open days planned for the next 2 terms. Be safe, have fun and we look forward to seeing you all again at 8.45am on Tuesday 16 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



Short animated video to show our children what the meaning of loyalty is.

Click on the logo above

### We are Resilient

## The Children's Society

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.

## Get Active for FVA

With the Easter holidays upon us and perhaps lots of chocolate being consumed, now is a great time to start to move a little more, by walking, running, scooting, cycling, jumping, hopping, roller skating, skipping or shuffling to raise much needed funds for the school. The target that has been set is a total of 2000 miles in the 30 days from the 21 March to the 19 April. Please ask family members, friends or neighbours to sponsor you per mile. All money raised however little should be brought to school by no later than Friday 26 April. Please make sure the money is in an envelope with your child's name and class.

Come on FVA citizens—how far can we go and how much can we raise?

Ready, steady go!! Let's get active!

Look out for this booklet in your bookbags and join the 30 day challenge from 21<sup>st</sup> March – 19<sup>th</sup> April to Get Active for Frome Vale! (Don't forget to include your walk to school!)



### Key Dates for your diary

Tuesday 16 April 2024

Thursday 18 April 2024

Friday 19 April 2024

Monday 6 May 2024

Thursday 9 May 2024

Monday 13 May 2024

Thursday 16 May 2024

Thursday 23 May 2024

First Day Term 5

Year 5 Caerleon Trip

Year 5 Swimming Lessons —remember swimming kit

Bank Holiday—School Closed

Year 3 The Matthew Trip

Year 6 SATs week

Special Menu on this day

Year 3, Year 4, Year 5 Mojo Active Trip



It is essential that we have your correct email address and mobile telephone number in order to support you.

If you think we may have incorrect contact details, please email [info@fva.clf.uk](mailto:info@fva.clf.uk) to provide us with your correct information

# The Big Brush Club Year R and Year 1 Consents Needed



Frome Vale Academy have joined the NHS programme to help the youngest children at FVA access supervised tooth brushing at school. This will begin in Term 5. Our staff are receiving the essential training to provide this supervision. Letters will be sent home shortly to seek parental consent for your child to take part in the programme.

More information about this initiative can be found [HERE](#)



We would like to say a **big thank you** to all our Frome Vale Academy parents and carers for supporting your children to attend school and engage so well with their learning. We know that this reflects the value our families place on children learning in school every day. We are looking forward to continuing to work together, to support best attendance and learning.

The first day and week of term are very important in helping pupils to settle into school and the school routine. **We know that children who attend every day during the first week of term are more likely to attend well over the year.** They are

also better settled into the changes that happen in new terms, and therefore more readily able to access learning than those who miss out.

Thank you for your support in ensuring your child returns to school **on the first day of term.**

*Our first day of Term 5 is **TUESDAY 16 APRIL 2024***

## Frome Vale Academy on the News Again

Welcome to a world of info for kids! FYI: Weekly News Show is an award-winning weekly news magazine show. Broadcast 52 weeks a year, FYI investigates the big issues young people need info on. The show not only puts children in the know but also gives them a platform on which they can be heard. With reports from across the globe, explainers, debates, Fake News or Fact alerts and in-depth reporting, we also get big name interviews - from world leaders to pop and film stars.

You can watch our children presenting to camera and sharing with the rest of the UK how our pupils can earn Penguin Pounds. Click [HERE](#) Episode 258 at 5mins 20secs

Enjoy!!



# Easter Holiday Fun ideas

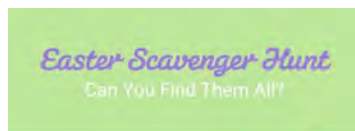


## Decorate your eggs

- 1) Grab a bowl of water, and use different colour nail polishes,
- 2) Swirl them around in the water to create a lovely pattern.
- 3) Pop the egg gently in the water for it to grab the design, fish it out and set it aside to dry white eggs would work best for this but any egg is fine

## Make Chocolate nests for mini eggs

- Add 100g of butter, 1 tbsp cocoa powder, 50g milk chocolate buttons and 75g of golden syrup in a bowl.
  - Microwave on high for 1.5mins and mix together.
  - Crumble 4 Shredded Wheat over the bowl and mix with rest of ingredients.
  - Place a generous spoonful in each of 12 bun case (the nests).
  - Press the centre of each nest down slightly to form a dip.
- Chill for 30 minutes before serving, then place 3 chocolate mini eggs in each 'nest'.



## Easter scavenger hunt

Kids will love hunting for some extra treasure, and this scavenger hunt works just as well indoors as outdoors. Now, just decide whether you will include it as part of your **Easter egg hunt**, or keep it as a separate activity.

Click [HERE](#) for downloadable sheet

## Make an Easter Garland

Use Easter egg cut outs, and let your kids paint and colour one each day in the countdown to Easter. We love this idea of making eggs from paint sample cards to add extra colour! String them up into a garland and decorate to your heart's content!



## Have an egg race

Let all the race participants decorate their own hard boiled egg with paint, glitter, etc. Then hand them all a spoon and let them race off on the predetermined course. The winner will be the one who reaches the finish line first without dropping their egg.

We are starting a series of A to Z for families. This will continue into our next newsletter.

# A TO Z OF ADHD

## A Anxiety

Hounded by a sense of impending doom? Heart racing? Feeling nauseous? Breathing fast? Say hello to our old foe, Anxiety! The good news is that to identify the cause of it means discovering ways to manage it.



## B Brain

The master. The big one. Our brains are not like your standard, run-of-the-mill, regular boring old brains, but rather brilliant machines that should be celebrated.



## F Forgetfulness

Ever gone to get something and COMPLETELY forgotten what it was? Or forgotten where you've put something, or overlooked a really important date, like your Mum's birthday, Our BFF in that case? To do lists.



## C Creativity

Creativity is not just our best friend, it is THE thing that powers our brains. We have unlimited reserves of it, which means it can help us and turns us into creative champions like no other.

## D Distraction

The one that makes us find EVERYTHING exciting. The TV, our phone, or our own thoughts are more engaging than what's happening around us, hence us getting distracted. Although this can be frustrating, it also means we can take on many things at once, which can make us excellent at multi-tasking.



## E Energy

Why do you think some of us make some of the world's most amazing athletes? Yep, that's thanks to our incredible endless energy levels that mean we can focus on tasks for longer than a lot of people.

## G Gloom

If you're feeling down in the dumps, struggling to get out of bed or unable to find the joy in things that are usually ace, you might be suffering from depression or 'The Big Gloom', as we like to call it. The Big Gloom's biggest enemy? Talking it out.

## H Hyperfocus

So, we are not distracted. Yay! But now we are...hyper focused, which means we are so engrossed in something we can't shift our focus away from it. Hyperfocus can be a powerful tool for productivity, but we need to understand when to harness this energy.



## I Impulsivity

See it, say it. See it, buy it. Impulsivity is when we act before we think, something we excel at. Living consciously in the present can help to stop the urge before it strikes. Failing that, leave your money at home.

## J Joy

When our dear friend Joy visits us, we are in for an amazing party in our brain. We tend to be generous with it and love to spread it enthusiastically around, much to everyone's glee! (Except when in a classroom.)

## N Nervous

Twitchy, fidgeting, nail biting, if we could bottle up nervous energy ADHD could power a city! Relaxation techniques are a huge help, so why not enjoy the calming properties of a nice, deep breath.

## O Organisation

Or lack of, more like. To keep on top of things, using flashcards, sticky notes, alerts on our phones can help with reminding ourselves what we need to do next.



## K Know-it-all

The ADHD brain has a hard time waiting its turn so when we hear people getting things wrong it's hard to stop ourselves from interrupting. Annoying know-it-alls we aren't, but impulsive 'gotta-say-it-as-it-is' people we are.

## P Procrastination

We don't always know how to get going, or feel that a simple task is too overwhelming. As the saying goes: 'the hardest step is the first one' so take it both feet first and the rest will come easier.



## L Lists

We are excellent list-makers, and can be even more brilliant at actioning, timing, drawing or doodling to help get the day's jobs done. Pat on the back for that!



## M Mood swings

Thanks to these weird things called 'mood swings' we have the ability to tum from mega happy to super grumpy. Acknowledging our up and down moods by jotting them down can help to identify what the triggers are.



## Q Quick

If one word could summarise how the ADHD brain functions, it's 'quick'. From the moment we wake up to those agonising attempts to fall asleep, our brains are set to 'Quick!' Reminding ourselves to 'go slow' is vital, whether it is music, drawing or stroking the dog or cat.



The ADHD Foundation Neurodiversity Charity supports parents and carers so they can understand and meet the needs of their child. With a range of webinars, courses, resources, and our screening service, we help families to know which interventions and adaptations are right for them. Click their logo to access more information.

# 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

**Introduction to Printmaking Workshops**



Have you suffered with anxiety/stress/loneliness, worsened by the increasing financial costs of the Covid epidemic? Would you find meeting people with similar problems helpful? If you find being creative enjoyable and relaxing but perhaps don't have the funds to commit to a regular art class then please get in touch.

**Artintro Workshops** are providing a **free** 6 week printmaking course to help promote the wellbeing of people within our community.

**Friday 19th April and each Friday, last one being Friday 24th May 10am-1pm**  
**At The Vassells Centre, Gill Ave, Fishponds, Bristol, BS16 2QQ**  
Email: [artintroworkshops@gmail.com](mailto:artintroworkshops@gmail.com) or phone 07966328525 to register an interest

### 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**



**Activity Afternoon**

For d/Deaf, Disabled, and Neurodivergent female and non-binary children and young adults

**Sunday 24 March**




Participants can try different activities in small groups!

Sports include: Kinball, Yoga and Wheelchair Basketball

**Where:**  
1:30pm - 4pm  
Brunel Fitness Centre, Speedwell Road, Baptist Mills, Bristol, BS15 1NU

**Price:** Free      **Age:** 8+ years

For more information and to register, go to:  
[www.ignitebristol.co.uk/whats-on](http://www.ignitebristol.co.uk/whats-on)



# 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 The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

### 1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

### 2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

### 3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

### 4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

### 5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

### 6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

### 7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

### 8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a cafe, or just a weekly walk.

### 9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

### 10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

### Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUp  
Wednesday

The  
National  
College

# 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](#)



WEEK PASSES ● DAY PASSES ● HALF DAY PASSES



**EASTER  
2024  
2 - 12 April**

We offer funded and private spaces

Easter egg hunts  
Chocolate experiments  
Mousse making



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

After a successful launch during the February half term, Bizzy Kidz Club returns for another fun filled holiday club over the Easter holiday

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

Bizzy Kidz Club are an Ofsted registered club. Click the logo below to find out more.



# Aspens



As many of you will know the school lunches are provided by Aspens.

Their team have put together a recipe card with instructions to enable you to feed your family for £5.

Simply scan the QR codes to watch one of the chef's cooking the meal or simply get the menu card for the ingredients and method.

Aspens will be providing more of these recipe ideas in the coming months.

We hope you enjoy!

**Aspens**

**FEED YOUR  
FAMILY  
FOR £5**



**VEGAN HARISSA  
CHICKPEA &  
LIME STEW  
WITH COUSCOUS**



Feed your family of four for £5 with this tasty vegan harissa chickpea & lime stew. You can make it yourself, just scan below to watch the method and get the recipe card.

**SCAN ME**



**TO WATCH  
SCAN ME**



**FOR THE  
RECIPE CARD**







# EASTER HOLIDAY 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.

Fully funded lunch will be provided for children

**FREE**  
**10:30AM - 2:30PM**  
**EASTER HOLIDAYS**

Week 1 - Make your own fidgets!  
Week 2 - Make your own puppets!  
Come and get creative and imaginative at these regular play sessions. Expect arts and crafts, sports kit, construction materials and much more!

**NO BOOKING REQUIRED**

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

playteam@childrenscrapstore.co.uk  
for more information



Supporting Independent Living



Girlguiding

17th Bristol Rainbows, Brownies, Guides and Rangers - Eastville

## Volunteer with us



'I enjoy it so much. The girls are lovely and I feel I'm doing something worthwhile. It's amazing!'  
Tayba, leader

Guides

Rangers

Girlguiding in Eastville needs more volunteers to inspire the next generation of young women

Rainbows

Brownies

Volunteering with Girlguiding is totally flexible.

Contact Jo or Stacy to have a chat to see how you can be involved

Any help you can give will make a big difference. There's no commitment too small. You can volunteer in a group or use your skills behind the scenes and you don't need any guiding experience to join the fun.

[stacy@girlguidingbsg.org.uk](mailto:stacy@girlguidingbsg.org.uk)  
07774 631627

[jo@girlguidingbsg.org.uk](mailto:jo@girlguidingbsg.org.uk)  
07774 640229

[girlguiding.org.uk/volunteer](http://girlguiding.org.uk/volunteer)

Learning to Live the Life  
CHRIST CHURCH DOWNEND

Free!

# MESSY Easter!

Easter craft, activities, singing, refreshments

10 -11.30am  
Good Friday 29th March  
at Christ Church Downend

OR

10 -11.30am  
Saturday 30th March  
at Church Centre, Quakers Rd



## Making the Most of Your Money- Free course

### Boost your budgeting Skills!

Learn more about:

- Getting more for your money.
- Saving money when shopping.
- Cooking on a budget.
- Cutting down energy usage and bills.
- Budget planning: What comes in, what goes out?
- Understand vocabulary around money/finances.
- Debt and where to find advice.

This course runs once a week for 13 weeks on **Thursdays days 12.30-3.30pm**

Starting **18<sup>th</sup> April 2024** at **Hillfields Library**, Summerleaze, Speedwell BS16 4HL

Contact: Sarah Freeman

Call/Text: 07721589956 or email: sarah.freeman@bristol.gov.uk

Eligibility: Adults aged 19+, without a Grade C/Level 4 in GCSE Maths

**Multiply** get **maths** **WEST OF ENGLAND** **COMMUNITY LEARNING** communitylearningwest.net  
 multiply@bristol.gov.uk  
 07523916331

The Multiply programme is funded and managed by the West of England Combined Authority, led by Metro Mayor Dan Norris and delivered by Bristol City Council.



# 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**

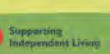
Come and get creative and imaginative at these regular play sessions. Expect arts and crafts, sports kit, construction materials and much more!

**FREE**

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

Contact: playteam@childrensscrapstore.co.uk

\*Except bank holidays and Christmas holidays



# YOUTH CLUB

AGES  
**10+**

**MONDAYS**

6:30-8:30

FREE OF CHARGE

A FUN OPPORTUNITY FOR KIDS TO GET OUT, PLAY AND MAKE NEW FRIENDS!

THE VASSALL CENTRE  
GILL AVE. BS16 20Q

CONTACT-

CWILSHIRE@LPW.ORG.UK

## ACTIVITIES:

PING PONG  
OUTDOOR  
COOKING

ARTS N  
CRAFTS



Avon  
Wildlife Trust

# Grow Wilder open day

Share your memories of  
**Begbrook & Frenchay**  
**1970 - 2015**

Sat 6th April  
10am - 4pm

Avon Wildlife Trust and our friends at Action for Conservation warmly invite you to join us to share your memories of how this area has changed for people and wildlife. We will be at Grow Wilder all day and would love to hear your memories and stories! Also on the day you can...

Explore Grow Wilder and get ideas for wildlife friendly food growing and gardening



Discover a huge range of spring wildflowers at our nursery



Enjoy hot drinks and cake



Grow Wilder's address is 181 Frenchay Park Road, BS16 1EL. There is a bus stop by our entrance, and parking is available at Begbrook Social Club, 50m away. We have disabled parking, an accessible toilet, and wheelchair accessible paths. To find out more please get in touch with us on 01179657086 or growwilder@avonwildlifetrust.org.uk



Children and  
Young People



# Community Learning

Would you be interested in attending a free course run by Community Learning?

Potential courses:

- Gardening/Outdoor Wellbeing/Woodland Skills
- English - ESOL
- Functional Skills English
- Health and Social Care

Please contact [Catherine.landon@bristol.gov.uk](mailto:Catherine.landon@bristol.gov.uk) 07785 702454 to express interest.

Eligibility: Adults aged 19+ with few or no qualifications



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

## 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](http://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**

# 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

# AFTER SCHOOL FAMILY CAFE

Starts 11th January

**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

Space for craft or homework

Make new friends or bring friends with you

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

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

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



Are you a parent of a 0 - 5 year old?

Would you like to develop more confidence in your parenting?

Would you like to feel more connected to your child?

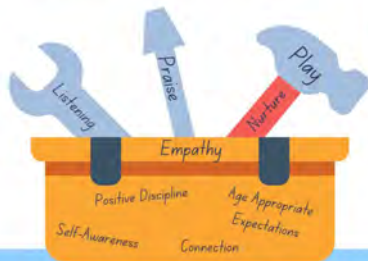
Would you like to add new ideas and skills to your parenting toolbox?



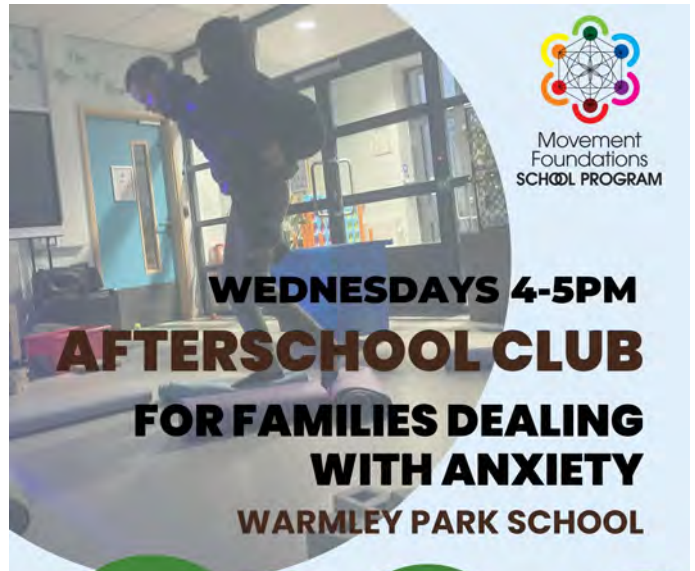
Join a  
**FREE**  
Group



Scan here to find out more and register your interest!



If you would like further information please call us on: 07721 311 497 or email: [pssso@bristol.gov.uk](mailto:pssso@bristol.gov.uk) / Once you have registered your interest, we will be in touch to find the best group option for you.

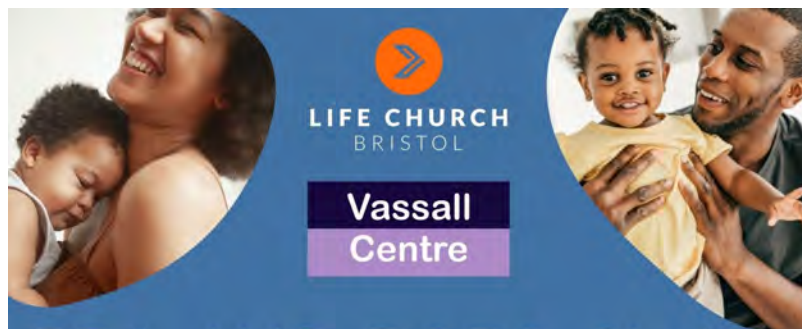


**WEDNESDAYS 4-5PM**  
**AFTERSCHOOL CLUB**  
**FOR FAMILIES DEALING WITH ANXIETY**  
**WARMLEY PARK SCHOOL**

for parents and children together



07737250042 07503150261 [www.movementfoundations.org](http://www.movementfoundations.org) [www.happyconfidentkids.com](http://www.happyconfidentkids.com) The Hive, Warmley Park School Tower Road North, BS30 8XL



**LIFE CHURCH**  
BRISTOL

**Vassall Centre**

# TEA AND TOTS CLUB

WEDNESDAYS 9.30 - 11AM  
THE VASSALL CENTRE

Come along with your little ones to enjoy time together and meet others - with singing, playtime, storytime and games. Ages 0-4, everyone welcome!



Email [office@vassallcentre.org.uk](mailto:office@vassallcentre.org.uk), call 0117 930 0301 or drop in with any questions.



**FREE**

# Nordic Walking

Starting March 2024

## What is Nordic walking?

Nordic walking is like ordinary walking, but you use two poles to help you walk more confidently. It helps boost your fitness, mood, energy, and strength in an enjoyable way.



**Fridays 10-11am**  
**Oldbury Court Estate**

A Friends of Oldbury Court initiative through Bristol Impact Fund

- For BS16 residents
- All fitness levels welcome
- Taught by qualified instructors
- Nordic walking poles provided
- Booking essential

Contact Kate Spreadbury for more information and to book:  
[kate@oldburycourtspark.org.uk](mailto:kate@oldburycourtspark.org.uk)  
or please text on 07779 852011

Classes delivered by [www.letswalkbristol.org](http://www.letswalkbristol.org)

