

# Friday 28 May 2021

## End Term 5 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome\_vale

Value of the term: Kindness

Learning behaviour: Focus

The end of another term and what a term it has been! The children have worked so hard and are a joy to be with. We had lots to celebrate, with our first Colour Run, Unique Voice worked with us on diversity, our after school clubs re-started and Mr Motivator woke us all up with a morning work out. We really hope you all have an amazing holiday and we can't wait to see you all on Monday 7 June. Stay safe and well.

### We are Kind



How do you help your child to be kind? Please find a helpful website with lots of ideas and useful information for you to try out. It's also a great way to help yourself. Did you know by being kind to a stranger you are in turn being kind to yourself and most importantly your own mental health.

### We are Focused



In this video, strengthen your focus with four mindful games that are all about the power of attention: "Square Breathing," "Fading Tone," "Tic Toc & Counting Breaths" and "Slowly Slowly."

### We are Kind



Kindness is a muscle that can be strengthened with practice, so even if you don't consider yourself a naturally "kind person," there are things you can do to become nicer toward others. Find out more here



Our new school uniform supplier has asked us to share their Parent Guide with you. The guide includes details of:

- \* Our school uniform and prices
- \* How to order online or in store
- \* How to book a personalised 1:1 store appointment
- \* Offers and promotions on essential and accessory items
- \* New click and collect options
- \* Everything you need for back to school
- \* Parent newsletter
- \* Extended free returns until 11th September
- \* Late night shopping times

Should you have any queries about your requirements please contact Monkhouse's customer service team:

Tel: 0161 476 7216 - Monday to Friday - 8.30AM to 5PM

Email: web@monkhouse.com



Your NEW Parent Guide is now live!

- Exclusive offers
- School uniform updates
- Latest news

Your official uniform supplier

### Key Dates for your diary

Friday 28 May	INSET Day — no children at school
Monday 7 June	First Day of Term 6
Friday 18 June	School Class Photo Day
Friday 2 July	INSET Day — no children at school
Wednesday 21 July	Last Day of 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

# Class Photo Day— Friday 18 June

The school photographer will be visiting us on Friday 18 June to take photos of each class. These make great mementos for your child to keep and look back over the years. They are especially lovely for our Year 6 children who will be leaving us at the end of next term and moving on to their new school.

We thought you may want advanced warning to enable you time to book a haircut or round up any missing school uniform.

You **MUST** ensure that you complete the online permissions form found **HERE** to enable the school photographer to include your child in the school class photo.



## Main symptoms of COVID-19

- A high temperature - this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- A new, continuous cough - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- A loss or change to your sense of smell or taste - this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

If you or anyone in your family have any of the above symptoms, please get a PCR test by contacting NHS **HERE**



Rapid Lateral Flow tests can be used by anyone who is not suffering from any COVID symptoms and they give a result in 30 mins. If you have symptoms or your lateral flow test is positive, you **MUST** take a PCR Test.

If your child is sent home from school and you need to isolate, there may be financial help available. Click **HERE** to find out more

If you are travelling overseas—please check **HERE** to see if you need to isolate on your return

## Digital Drop-ins from Google and Parent Zone

Google and Parent Zone's digital drop-ins are the ideal way to learn more about online safety. Delivered on YouTube and led by Parent Zone's experienced team, these sessions take a 360° look at a specific topic such as Cyberbullying or Sharing Carefully.



Cyberbullying

Monday 14 June 17.00pm

[Click Here](#)

Protecting Personal Information

Tuesday 23 June 16.00pm

[Click Here](#)



## Can you help Morrisons Fishponds?

They have a little library with children's books. Their aim is to ensure that all children have access to books for free. We love this initiative as learning to read is an essential skill and reading for pleasure helps to improve vocabulary, general knowledge and a better understanding of other cultures.

If you have any unwanted children books at home, please do consider dropping them into the box which is situated next to the pharmacy.

Whilst you are there you may find a new book to take home too!



# Frome Vale Academy Colour Run

## In conjunction with the CLF Big Run and Walk

We held our very first colour run despite the postponement due to bad weather. Here are some pics!



# WOW

Year round walk to school challenge

We have launched the 'WOW year-round walk to school challenge' here at Frome Vale and it will be running all the way through Term 6.

This is run by Living Streets - the UK charity for everyday walking - and has been funded until the end of this academic year by Bristol City Council.

The children record their daily travel on a browser based software called **Activity Tracker**. At the end of each month they are rewarded for their active travel choices if they have done enough active trips: ones where they use their feet to travel into school in the mornings - even if only part of the way.

The system can be accessed from home or school. Any absences are recorded and the activity tracker system does the calculations to ensure it is fair. The badges the children can earn are made from material that would have otherwise gone to landfill. To keep things even more environmentally friendly the badges can also be recycled too.

This video is a nice overview to the whole project: <https://youtu.be/opOzWJw1Hs0> However, please note the video is from 2019.

This second video shows how the challenge has been adapted to be COVID secure : [Running WOW during COVID on Vimeo](#)

This is the project on the charity's website if you'd like to read anything else: [WOW - the year-round walk to school challenge | Living Streets](#)



# 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 they need to hold an informed 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](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



## What parents need to know about INSTAGRAM

**AGE RESTRICTION**  
**13+**  
Anyone over the age of 13 can create an account

Instagram is a hugely popular social networking app with over 1 billion users worldwide. The app, which is accessible on iOS and Android devices, allows users to upload images and videos to their feed, create interactive 'stories', exchange private messages or search, explore and follow other accounts they like. Images and videos can be transformed with an array of filters to edit the shot before sharing and anyone with an account can see others' online galleries if their account is not private. To make posts easier to find, users can include searchable hashtags and captions to their uploads. That's why we've created this guide to help parents and carers understand exactly what Instagram is about.

**LOCATION**

**#HASHTAG**

### HOOKED ON SCROLLING

Many social media platforms, Instagram included, have been designed in a way to keep us engaged on them for as long as possible. Behavioural economist Nir Eyal calls this the 'Hook Model' and the Instagram feed is a great example of this. Children and adults may find themselves scrolling to try and get a 'dopamine release'. Scrolling may become addictive and it can be difficult to stop until children find that 'something' they are looking for, quickly losing track of time as they get deeper into their Instagram feed.

### SLIDING INTO DMS

Direct messages (or DMs) on Instagram allow users to share posts, images, videos, voice messages and calls between each other privately (or in a private group). Even if your child's account is set to private, anybody has the option to message them and send them content. If the person is not on your child's friends list, the message will still be sent to their inbox but the user has to accept their request to see the message.

### INFLUENCER CULTURE

Influencers are sometimes paid thousands of pounds to promote a product, service, app and much more on social media. When celebrities or influencers post such an advert, they should add a disclaimer somewhere in the post which states that they have been paid for it. Commonly, this is well-hidden in the hashtags or in the comments of their post, making it unclear that their photo/video is actually an advert. This can be very misleading to young people who may be influenced into buying/wanting something promoted by somebody they admire, creating a false sense of reality and potentially affecting their mental health and wellbeing.

### IMPACT ON WELLBEING

In a report by the RSPH, Instagram was ranked the worst for young people's mental health. Using filters on photos on Instagram can set unrealistic expectations and create feelings of inadequacy. Children may strive for more 'likes' by using realistically edited photos. Judging themselves against other users on the app might threaten their confidence or self-worth. In early 2019, Instagram banned images of self-harm and suicide, following the suicide of 14-year-old Molly Russell, who had reportedly been looking at such material on the platform. They since extended the ban to include drawings, cartoons and memes.

### LIVE STREAMING TO STRANGERS

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. If your child's account is private, only their approved followers can see their story. It's important to note they may have accepted a friend request from someone they don't know, which means they could be live streaming to strangers. Children also risk sharing content they later regret, which could be re-shared online for years to come. Public accounts allow anybody to view, so we suggest your child blocks followers they don't know. In early 2019, data gathered by the NSPCC found that sex offenders were grooming children on Instagram more than on any other online platform.

### IN-APP PAYMENTS

Instagram allows payments for products directly through the app. It operates under the same rules as Facebook Payments, which state that if you are under the age of 18, you can only use this feature with the involvement of a parent or guardian.

### EXPOSING LOCATION

Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose the location of your child. This is particularly more of a risk if it is on their story, as it is real time. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location, making it easy to locate them. If their account is public, anyone can access their account and see their location.

### HJACKED HASHTAGS

Hashtags are an integral part of how Instagram works, but they can come with risks. One person may use a seemingly innocent hashtag with one particular thing in mind, and before you know it hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child shouldn't be exposed to.

### IGTV

Instagram TV (IGTV) works similar to YouTube. Users can watch videos from favourite accounts on the platform or create their own channel and post their own videos. It's important to note anyone can create an Instagram TV channel and doesn't have to be friends with a person to follow an account and watch their videos. In 2018 Instagram apologised and removed some of its TV content which featured sexually suggestive imagery of children. As the feature may encourage spending more time using the app, it's important to set time limits to avoid children's sleep or education being disturbed.

**POLL**

**@MENTION**

## Top Tips for Parents & Carers

### RESTRICT DIRECT MESSAGES

If your child receives a message from somebody they do not know, encourage them not to accept their message request and 'block' this person; this is the only way to stop them messaging your child again. Children can also 'tap and hold' the individual message to report it directly to Instagram as well as reporting the account itself.

### LOOK OUT FOR #ADS

In 2019, the UK's Competition and Markets Authority launched an investigation into celebrities who were posting adverts on social media and not declaring that they were paid for. Influencers must clearly state that they have been paid for their posts, for example using a hashtag like #ad or #sponsored. Teach your child to look out for the signs of a paid post/advert and discuss with them that not everything they see from celebrities is their personal choice and opinion.

### MANAGE NEGATIVE INTERACTIONS

If your child is receiving unwanted or negative comments, they can block that account so that they can't interact with them. This stops them seeing and commenting on their posts, stories and live broadcasts. In addition, your child can instantly delete unwanted comments from their posts, turn them off completely and control who can tag and mention them in comments, captions or stories, from everyone, only people they follow, or no one at all.

### MANAGE DIGITAL WELLBEING

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long. In addition, once users have caught up with all the previous posts since they last logged on, they'll receive a 'You've completely caught up' message. Both features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

### PROTECT PERSONAL INFORMATION

Your child may unknowingly give away personal information on their profile or in their live streams. Talk to them about what their personal information is and make sure that they do not disclose anything, including their location, to anyone during a livestream, comment, direct message or any other tool for communication on the platform, even to their friends.

### USE A PRIVATE ACCOUNT

By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos. Children should also use a secure password and enable a two-factor authentication to add an extra layer of security to their account.

### FILTER INAPPROPRIATE COMMENTS

Instagram has an 'anti-bullying' filter, which hides comments relating to a person's appearance or character, as well as threats to a person's wellbeing or health. The filter will also alert Instagram to repeated problems so that they can take action against the user if necessary. This is an automatic filter, which should always be enabled. Children can also report abusive behaviour or inappropriate/offensive material directly to Instagram from the app. This includes posts, comments and accounts.

### TURN OFF SHARING

Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

### REMOVE PAYMENT METHODS

If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorised purchases. This can be added in the payment settings tab.

**DON'T FORGET TO BE VIGILANT & TALK TO YOUR CHILD ABOUT THEIR ONLINE ACTIVITIES!**

## Meet our expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience of working in the social media arena and is the founder of Kids N Clicks, a web resource helping parents and children thrive in a digital world.



### \*NEW FOR 2020\* INSTAGRAM REELS

Instagram Reels is the latest update from Instagram that gives users the ability to record and edit 15-second multi-clip videos with audio, effects, and new creative tools. It is the app's answer to TikTok and can be accessed via the Stories feature. Reels can be shared with friends and family, however, if your child has a public account, it could be shared wider via 'Explore' and viewed by millions of strangers online.



**National Online Safety**  
#WakeUpWednesday

SOURCES: <https://about.instagram.com/about-us> | <https://about.instagram.com/community/safety> | <https://www.cbcc.gov.uk/news/uk-47161920>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 19.08.2020

# Frome Vale Academy after school clubs

For Future Stars Bookings Click [HERE](#) to Book and Secure your child's place.



**AFTER SCHOOL CLUBS - TERM 6...** **FUTURE STARS COACHING**

After school sports clubs ARE BACK! We've sorted absolutely everything in line with government and education guidelines so that your children can once again enjoy after school club sports and activities!

**MONDAY SUMMER SPORTS YEAR 1**  
**MONDAY SUMMER SPORTS YEAR 3**

- Great opportunity to get back into sport
- DBS checked, fully qualified coaches
- Social distancing throughout
- Easy registration & contactless payment online
- Smaller group sizes (only 15 per club)

**£4.99 PER SESSION**

Very limited spaces, so please check the website early.  
Book your place and get further details of pick up times by visiting:

**BOOK AT: [WWW.FUTURESTARSCOACHING.CO.UK](http://WWW.FUTURESTARSCOACHING.CO.UK)**

Bubble 1  
Year 1  
summer  
sports

Bubble 2  
Year 3  
summer  
sports

Year 1 - Summer Sports booking link - Click [HERE](#)

Year 3 - Summer Sports booking link - Click [HERE](#)

Every Monday from Monday, 7 June 2021 3:20pm - 4:20pm

### Year 1 and Year 3 Summer Sports

Our Summer Sports club allows your children to play games most suited for this time of year. Children will have the opportunity to play team games such as cricket, rounders, athletics and Danish long ball. Each year group will be kept in their bubbles.

**WELCOME  
BACK**

Miss Dawson will be back in school from the 6th July. We are really looking forward to her return following her maternity leave. I am sure you and all the children will give Miss Dawson an amazing Frome Vale Academy welcome back!

Gary our School Crossing Patrol has agreed to start work just a little bit earlier each morning at 8.15am. We hope this will ensure everyone can cross the road safely each morning. Thanks to Gary and BCC for making this happen.



Our Frome Vale Family Environmental group have been discussing ways to look after our environment.

They would like you to take part in the

## Great British Spring Clean 28 May to 13 June 2021

We are asking you to spend 30 mins picking up litter in your local area or somewhere you are visiting. 30 mins for every child would mean walking 259.5 miles, adding towards the overall target.

**There will be a prize for the class with the most litter pickers!**



In line with government guidelines, we're calling on you to litter-pick with an adult. You can make up a group of six people in total, or two households.

When litter picking, please ensure you have protective equipment including a litter-picker or gloves and observe social distancing at all times. Please click **HERE** for full health and safety guidance

Please send us your pictures of you and the family litter picking to show you have taken part. Email to [info@fva.clf.uk](mailto:info@fva.clf.uk)



# Academy Life in Pictures

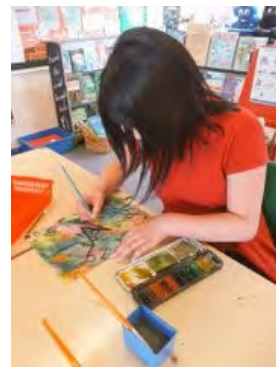
We are scientists—measuring lung capacity



We are athletes



We are artists



We are readers



Lovely donation from our reading volunteers RSVP



We are creative



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

Click [Here](#)





## Test & Trace Support Payments

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### **£500 grants available for eligible workers**

#### **Have you been asked to self-isolate? Or has your child been sent home from school to self-isolate?**

You can apply for a £500 grant if you have lost income due to self-isolating. You must be in employment or self-employment and unable to work from home.

You can now also apply for the grant if you are caring for a child who is self-isolating.

To be eligible for a Test and Trace Support Payment you must either:

- have been told to self-isolate by NHS Test and Trace or the COVID-19 app
- be looking after a child under 16 years of age who usually attends an educational or childcare setting but is self-isolating on or after 8 March 2021
- be looking after someone under 26 years of age with an Education, Health and Care

Plan (EHCP) who usually attends an educational setting but is self-isolating on or after 8 March 2021

You must also be receiving one of the following: Universal Credit, Working Tax Credit, income-based Employment and Support Allowance, income-based Jobseeker's Allowance, Income Support, Housing Benefit and/or Pension Credit.

If you don't receive one of the benefits, you may qualify for a discretionary payment. The Department of Health and Social Care have made extra funds available monthly to support our discretionary decisions allowing us to include more citizens.

You have 42 days from when your self-isolation began to apply, should you apply outside of that your claim can still be considered, but please include any reasons or circumstances that led to a late application

Find out more about Test and Trace Support Payments LINK: [HERE](#)

If you have any queries please contact our team via email: [testandtracepayment@bristol.gov.uk](mailto:testandtracepayment@bristol.gov.uk)



**SHiNE**

# MAY HALF-TERM HOLIDAY CLUB

**Tue 1st - Fri 5th June**  
**9am - 4pm**

based at

  
**Begbrook**  
Primary Academy

**open to children**  
**from any school**

**Holiday Club Fun Day!**  
**Loads of different fun**  
**sports and activities**  
**throughout the day.**

**Wraparound Care from**  
**7:45am - 5:55pm available.**

visit

**[www.myshine.co.uk](http://www.myshine.co.uk)**

**to book now**