

Friday 27 May 2022

End Term 5 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: **Courage**

Learning behaviour: **Focus**

Our Year 2 and Year 6 children have completed their SATs this term and they were all fabulous. Every child approached the exams with positivity and they all did their absolute best. We work hard to try to keep all our families up to date with school activities and events. Please do take the time to read the "Week Ahead" which provides you with all the key dates for the coming week and the rest of the school year (found on page 2). They can be easily located on our website [HERE](#) each week.

We are Focussed



8 Highly effective activities to improve concentration in children. These are all fun ideas and suitable for all ages

Click on the logo above.

We are Courageous



Making a courage jar is a great way to start a conversation about a child's fears and is a fun activity too!

Click on the logo above.

We are Focussed



Attention Games and Exercises for Children (and Adults). Accessed on your PC, laptop or smart phone

Click on the logo above.

Summer Reading Challenge

Bristol Libraries will be running the Summer Reading Challenge again this year with children being able to sign up online for the digital version and in person at libraries. This year the theme is science and the Challenge is called Gadgeteers.

As usual the challenge is free of charge, children just have to be a library member/ join the library. Children read or share at least 6 books over the summer holidays, collecting stickers for each book they read and receiving a medal and certificate as they complete the challenge.

We're teaming up with the Science Museum Group for a very special science-themed Challenge, to show children that science is all around us every day and inspire them to unleash their curiosity and creativity!

Gadgeteers will feature amazing books, awesome rewards, and plenty of creative & fun science! It's free! More info [Click HERE](#)



Key Dates for your diary

Monday 6 June 2022	First Day Term 6
Friday 17 June 2022	School Class Photos
Wednesday 22 June 2022	Noahs Ark Trip—Year R, Year 1 and Year 2
Wednesday 23 June 2022	Year 6 Camp Meeting for Parents
Friday 1 July 2022	Family Active Day
Thursday 7 July 2022	One School, Many Worlds—parents from 1.30pm
Friday 8 July 2022	Inset Day—School closed to pupils
Tuesday 19 July 2022	Graduation Celebration—Year 6
Thursday 21 July 2022	Last Day Term 6
Monday 5 September 2022	First Day of Term 1



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

Whether you are hosting a tea party or street party, please find two essential menu items below. Not sure how you might celebrate? Check out the toolkit on the official Jubilee website.

Click [HERE](#) to access



Jubilee Pudding - Easy Version

(Serves 10-20)

- A trifle dish
- 2 Swiss rolls
- 4 orange or lemon jelly pots
- 2 x 400g tins custard
- 2 x 300g tins mandarin segments
- 1 jar fine-shred orange marmalade
- 75g amaretti biscuits
- 300ml double cream
- 150g white chocolate, broken into chunks
- 1-2 tbsp pre-chopped candied peel

Method

MELT the white chocolate and spread thickly in a dish lined with baking paper. Scatter the candied peel on top and put in the fridge to set. When set, break into shards - or just use chocolate chunks.

SLICE Swiss rolls into 1in slices, enough to place upright around the bottom of the bowl, with swirls visible. Slice what is left into thicker pieces the height of the swirls and use to fill the bottom of the bowl.

SLICE the jelly pots in half lengthways and position around the bowl, curved side down, to create your jelly layer.

SPOON the custard on top and level off using a spoon or knife, then arrange a single layer of amaretti biscuits on top.

COMBINE the marmalade with the drained mandarin segments and spoon the mix into the trifle bowl.

WHIP the double cream into soft peaks and pile on to the trifle. Crumble the reserved amaretti on top and push in the chocolate shards/chunks to finish.



Thank you to all of you that purchased an ice lolly over the last 2 weeks. We raised an amazing amount of £101

We also need to extend a huge thank you to Morrisons in Fishponds, that very kindly donated £40 in gift vouchers to enable us to purchase the ice lollies. Morrisons have been incredibly supportive of our school and regularly make donations towards our various events and fund raising activities.

Coronation Chicken

Ingredients

- 6 tbsp mayonnaise
- 2-3 tsp mild curry powder, to taste
- ½ tsp ground cinnamon
- 2 tbsp mango chutney
- 1-3 tbsp sultanas, or to taste
- 500g shredded cooked chicken

Method

Mix the mayo, curry powder, cinnamon, chutney and sultanas together and season with black pepper.

Add the shredded chicken and stir to coat in the sauce. Stir in 2 tbsp water to loosen if needed, then season and serve as desired.



Year 4 Multiplication Table Checks



The Multiplication Tables Check (MTC) is a key stage 2 assessment to be taken by pupils at the end of year 4 (in June). The purpose of the MTC is to make sure the times tables knowledge is at the expected level. The multiplication tables check (MTC) is statutory for primary schools.

If you have time over the half term, please encourage your Year 4 child to practise their Multiplications by using Times Table Rockstars. Just 10 minutes a day can make all the difference.

Questions about the **six, seven, eight, nine, and 12 times tables** are likely to come up most often, as these are the hardest for most children to learn. It's a good idea to focus on these tricky times tables with your child.

First and foremost, the check is about finding out which children are struggling with their times tables so that they can get extra support. It is not a judgement on what your child can do, but a way for the school to know how their teaching is going and to adjust their focus if needed.

Learn the tricks for difficult times tables

There are clever tricks for remembering several of the times tables. For instance, watch Andrew Jeffrey's method for tackling the seven times table below:



For more ideas, download our [free times tables booklet \[PDF\]](#), which is bursting with tips and hints for overcoming some of the harder times tables.



Class Photos

Our official photographer (Fraser Portraits) will be in school on Friday 17 June.

We require you to give your permission for your child to be photographed

We will NOT photograph your child without the permissions form being filled out.

Click [HERE](#)



20th Anniversary Family Fun Day at Hengrove Play Park

This year, the popular Hengrove Play Park is celebrating its 20th anniversary and will be marking the occasion with a family fun day on Wednesday 1 June, 11am to 3:30pm.

At the family fun day there will be an entertainment stage hosting:

- puppet shows
- bubble artists
- party games
- magic shows

There will also be:

- a storytelling corner in the amphitheatre
- a free face painting truck by the park entrance

Children are encouraged to wear fancy dress for the family fun day. There will be a prize for the best costume, announced at 1:45pm



Felix Road

Felix Road is a unique space dedicated to children's play, family time and community togetherness.

The adventure playground has an open access policy – this means children are free to come and go as they choose. Children can decide what they do and with whom, they are encouraged to control their own play. The play space offers children the freedom to grow, explore, be creative, experiment, be wild and crazy, take measured risks, play with uncertainty.....and enjoy a healthy happy childhood.

The playground is supervised by trained qualified playworkers. We are always on hand to offer help, support and advice while allowing the children to test their abilities, problem solve and work things out for themselves.

HOLIDAY OPENING TIMES

OPEN ACCESS Monday to Thursday 12 to 5.30pm

FELIX NIGHTS Wednesdays 6 to 7.30pm

FELIX GIRLS Friday 3.30 to 5.30pm

CLOSED Saturday

OPEN ACCESS Sunday 1 to 5pm



Autism

Teenage Life six session evening programme

This is the six session evening online Teenage Life course for parents of 9-18 year olds, who are autistic. It covers what is autism, self-esteem, behaviour, education, local services and benefits, relationships, puberty and sexuality

Mondays 6th, 13th, 20th, 27th June and 4th and 11th July 2022
6.15-8.30pm each day

Managing anxiety

This is a five session online Zoom course that discusses ways to help your autistic child (aged 8-18 years) if they suffer from anxiety.

Wednesdays 8th, 15th, 22nd, 29th June and 6th July 2022
10am - 1pm each day

Teenage Life six session programme

This is the six session online Teenage Life course for parents of 9-18 year olds who are autistic. It covers what is autism, self-esteem, behaviour, education, local services and benefits, relationships, puberty and sexuality

Thursdays 9th, 16th, 23rd, 30th June and 7th, 14th July 2022
10am - 1pm each day

Teenage Life six session evening programme

This is the six session online evening Teenage Life course for parents of 9-18 year olds who are autistic. It covers what is autism, self-esteem, behaviour, education, local services and benefits, relationships, puberty and sexuality

Mondays 5th, 12th, 19th, 26th September and 3rd, 10th October 2022

6.15am - 8.30pm each day

Bristol Autism Team
Family Learning and Family Support Hub
Bristol Autism Team (CH)
P O Box 3399
Bristol
BS1 9NE

Email: autismfamilycourses@bristol.gov.uk



Covid 19 Vaccinations for Children 5-11 years old

Healthy 5 to 11 year olds are also now being offered Covid vaccinations outside of schools in vaccination centres, pharmacies, GPs and walk-in centres.

To book your child's vaccination **Click HERE**



Mental Health Services

In Crisis? Call 0800 953 1919. In an emergency call 999

Mental health problems are common across all sectors of society.

It is estimated that in any one year, one in four adults living in the UK will experience at least one diagnosable mental health disorder.

Having good mental health helps us relax more, achieve more and enjoy our lives more.

There are simple things we can all do to look after our mental health and wellbeing:

Take the [Every Mind Matters quiz](#) to get started today with a free plan, expert advice and practical tips. Visit the [Every Mind Matters website](#) for more information.

Evidence suggests there are [five steps](#) you can take to improve your mental health and wellbeing.

Trying these things could help you feel more positive and able to get the most out of life:

- Connect with other people
- Be physically active
- Learn new skills
- Give to others
- Pay attention to the present moment (mindfulness)

The video, created and produced by Create Studios, explains how looking after our mental health is **MAGIC**.



Has your child had their MMR (measles, mumps and rubella) vaccine?

If your child is aged 5-11 and has missed one or both of their MMR vaccines, it's not too late.

The School Immunisations Team is running the following MMR catch-up sessions in Bristol and Weston this half term:

Monday 30 May
10am to 3pm
St Pauls Learning
Centre BS2 8XJ

Tuesday 31 May
12:30pm to 4:30pm
For All Healthy Living
Centre Bourneville
BS23 3SJ

Wednesday 1 June
12:30pm to 4:30pm
Easton Christian
Family Centre
BS5 0SQ

➔ **Book your child's vaccine:**

- Call 0300 124 5515
- Email sirona.sch-imms@nhs.net

Service provided by

Sirona
care & health



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.

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

LONELINESS ONLINE:

What Causes It and Ways to Feel Better

Have you ever been online and felt a little bit lonely?
In a recent study, 14% of 10–12-year-olds said they often felt lonely, so you're not the only one who sometimes feels that way. We spoke to a group of children and teenagers, who told us some of the things that make them feel isolated when they're online.

CAUSES OF LONELINESS ONLINE

- Seeing photos or videos of friends having fun without me
- Being excluded from group chats or games with friends
- Friends or family not replying to texts or answering my calls
- #16* People being unkind to me online
- When friends leave my group chat

WHAT CAN YOU DO?

So if these things happen to you and you start to feel down, what can you do? The same young people also told us how they make themselves feel less lonely when they're online – and we've collected some of their advice to share with you.

- ✔ Tell a friend or a trusted adult that you feel lonely
- ✔ Watch funny videos of cats and pandas
- ✔ Watch yoga videos and do some exercises
- ✔ Play single-player games you enjoy
- ✔ Listen to happy music
- ✔ Listen to your favourite audiobooks
- ✔ Send nice messages to your friends and family
- ✔ Play games with friends who you trust, if they're online too

TAKE A BREAK

Sometimes the best thing you can do is to take a break from technology and do something offline that makes you feel happy.

Here's what our group suggested!

- ✔ Paint or draw pictures
- ✔ Play with a pet
- ✔ Write about your feelings
- ✔ Hang out with your family
- ✔ Get outdoors & enjoy nature

FURTHER SUPPORT

Remember, it's normal to feel a bit lonely sometimes – but if it's really upsetting you, and you have no-one to talk to, you can call Childline for free on

0800 1111

NOS 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: 04.06.2022

Academy Life in Pictures

We are Learners

The end of another awesome Term. Lots of ways to learn both inside and outside the classroom



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

Click [Here](#)

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Half Term Play Sessions!

FREE Stay & Play creative open access activities aimed at over 8s - younger siblings welcome with adult supervision, led by Children's Scrapstore. Join us at one of our sessions below.

Monday 30th May '22
10am - 12pm
1pm - 3pm

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



Department
for Education



PLAYFUL
BRISTOL

www.childrensscrapstore.co.uk

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



Downend & Frenchay Tennis Club



May Half Term Holiday Camps

Sessions
running
Monday &
Wednesday
9-12 & 12-3

Come along for a fun action-packed day of tennis and multisport!

Tennis Camps for ages 5-12
Half Day £15
Whole Day £30

30th May & 1st June

To book your place go to
www.downendandfrenchay.co.uk/holidaycamps/
Or for more information please contact us

Downend & Frenchay Tennis Club
Common Mead Lane,
Hambrook, Frenchay,
Bristol BS16 1QQ

We are located in the grounds of Frenchay Cricket Club

- Downend and Frenchay TC
- @DandFLTC
- 07928349154
- info@downendandfrenchay.co.uk
- www.downendandfrenchay.co.uk

Big Moments of summer fun!



SCAN ME



Join us at: Bohemians Cricket Club, B534 8QW

Sessions will run: Every Sunday Morning from the 23/05/2022

Session timings: 10am - 10.55am

For any questions
please email: Kris.Koomabeer@gmail.com

Sign up today at

allstarscricket.co.uk or scan the QR
code above



This is our game.

SCAN ME



Join us at: Bohemians Cricket Club B534

Sessions will run: Every Sunday from the 23/05/2022

Session timings: 11am - 11.55am (8-11 Year Olds). All stars available for those 5-8.

For any questions
please email: Kris.Koomabeer@gmail.com

dynamoscriccket.co.uk