

Friday 26 May 2023

End Term 5 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Kindness

Learning behaviour: Focus

Term 5 has seen our Year 6 and Year 2 children completing their SATs exams. All the children showed amazing resilience and focus, and we are very proud of them all. The last week of term saw all the children taking part in fitness week. Much fun was had by all with a jam-packed itinerary which included workshops, Mojo Active Trip, swimming, and gym run, along with lots of sporty fun in our grounds. Planning is well under way for the Big Family BBQ which takes place on the 15 June. We will be contacting you all early in Term 6 with more info and the opportunity to buy tickets for you and all your family. Have a fabulous half term holiday and we look forward to seeing you all on Monday 5 June. Our gates open at 8.30am.

We are Focused



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 Kind



Please access the free kindness activity pack. The wellbeing pack includes activities around kindness, coping, recognising feelings and learning new skills.

Click on the logo above

We are Focused



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

Click on the logo above

Class Photo Day 16 June



Our official photographer (Fraser Portraits) will be in school on Friday 16 June.

This is for class photos for all children and leaver photos for our current Year 6 children.

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](#) to consent

Key Dates for your diary

Monday 5 June 2023	First Day Term 6
Thursday 15 June 2023	Big Family BBQ Event—3.30pm to 6.30pm
Friday 16 June 2023	Class Photos
Monday 3 July to Wednesday 5 July 2023	Year 6 Residential Camp
Friday 7 July 2023	Inset Day
Tuesday 18 July 2023	Year 6 Graduation and leavers party
Friday 21 July 2023	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

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 ta-

WHEN

Weekends, from 12pm - 5pm

May: 27 & 28

June: 3 & 4



Weekends of Wonder!
BRISTOL

A free street theatre & circus festival with WOW! factor

May: 13 / 14 / 20 / 21 / 27 / 28
June: 3 / 4

The poster features a man in a top hat, a hummingbird, a butterfly, and various flowers against a pink background. Logos for Bristol City Council, Invisible Circus, and West of England are at the bottom.

WHERE

Broadmead, Bristol - various locations on the main high street and in the Galleries. Circle show locations include The Podium and Merchant Street. Rainy day circle shows will take place inside the Galleries. Walkabout Acts will move throughout the area, with a heavy presence outside Sparks Bristol (M&S).

TICKETS ARE NOT REQUIRED FOR THIS EVENT - YOU DO NOT NEED TO BOOK TICKETS

FIND OUT MORE BY [CLICKING HERE](#)

Safety at FVA

We want to ensure that all our children and parents arrive to and leave our academy safely each day.

In previous times we have talked about the yellow zig zag lines not being an appropriate place to park.

Many of you may have already noticed that we now have no parking signs outside the academy to help make the road safer. We kindly ask that you respect these signs and do not attempt to park where they are.

We also politely ask that you do not do 3 point turns in the road as this is very dangerous

Now the weather is getting better, why not consider parking further away from the academy, and walk your child down. This has many benefits. Not only do you make the area around the academy safer, it gives you time to have a chat with your little one, and can help to reduce your stress levels.

Did you know?

Every Tuesday at 8.30am we have a scooter /cycle morning where the children can ride safely on our playground before school starts. Please join us.



Please can we politely remind you that smoking (including vaping) is not permitted on our school site.

Vaping devices are brightly coloured, come in multiple flavours from bubblegum to strawberry, and are packaged in a 'cool' way. All aspects highly attractive to younger age groups. There is a misconception that vaping is less dangerous, but that couldn't be further from the truth. Last year the Welsh Senedd published a report on the effects of vaping in children and teens. To read the report please follow the link below:

<https://research.senedd.wales/research-articles/vaping-in-children-and-teens-smoke-without-fire/>





Tickets are for sale now—please see Mrs Dawson

teddy Bears Needed !!!

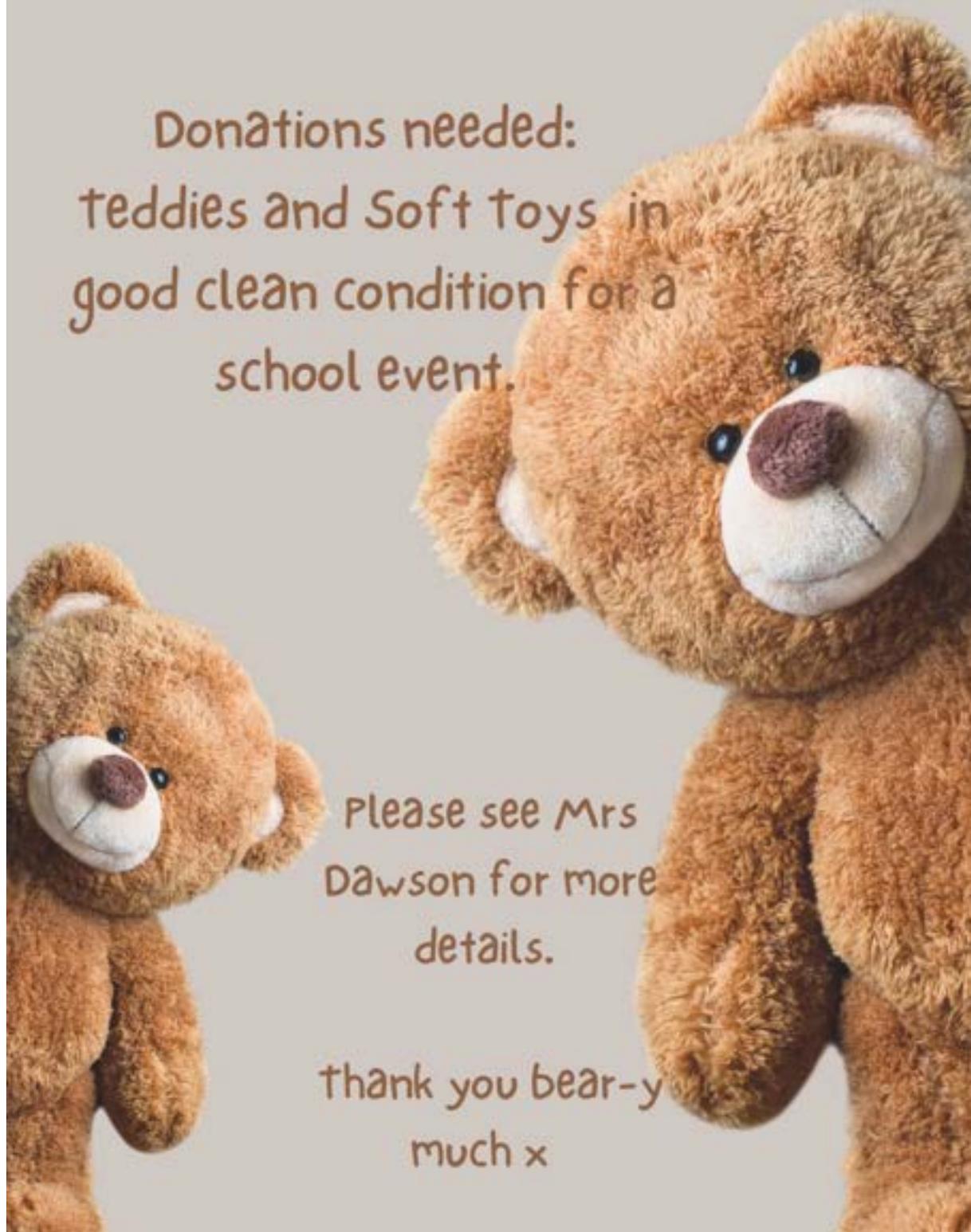


Do you have teddies or soft toys that
are looking for a new home ?

Donations needed:
teddies and Soft toys in
good clean condition for a
school event.

Please see Mrs
Dawson for more
details.

Thank you bear-y
much x





*Frome Vale Uniform Shop
50p per item (suggested donation)*



The shop will be open on Friday 23 June after drop off and before pick up. Come through the playground and into the main hall.



Feel Good Families



A feel good group focusing on movement for all the family. Recommended for ages 3 - 11 years (younger siblings welcome)

Come along to one of these drop-in sessions to take part in activities that support your families wellbeing.



Oldbury Court Children's Centre,
every Tuesday from
3.30pm - 4.30pm



There will be different activities each week:
yoga, mindfulness, games, movement and boogie dancing

Keep in touch

 [eastbristolchildrenscentres](https://www.facebook.com/eastbristolchildrenscentres)

 eastbristol.childrenscentres@bristol-schools.uk

www.eastbristolchildrenscentre.co.uk

Sign up to our newsletter: www.eastbristolchildrenscentre.co.uk/email-sign-up

COMMUNITY

Mental Health Peer Support Groups -

Would you benefit from having a chance to talk through your problems, thoughts and feelings with others who have lived experience of low mental health? If so, there is a local mental health and wellbeing peer support group run by Changes Bristol that takes place in St John's Church, Lodge Causeway, BS16 3QG on Wed 7-9pm. No referral is required, just turn up. Visit the website to view online group times or find out more [Home - Changes Bristol](#)

Volunteers Needed for Party in the Ponds

which is taking place on Sat 17th June, 12-9pm. For more information email partyintheponds@gmail.com, call Gareth Edwards on 07528 989445 or visit

[\(16\) Party in the Ponds | Facebook](#)

Summer Gardening Course - Interested in growing vegetables and flowers? On this free course you will learn how to sow seeds and create a beautiful community garden. It includes a chance to make healthy meal with what you grow and activities for children. Tuesdays, 10:00 to 12:00. Starts starts 6th June for 6 weeks. Speedwell Methodist Church, 378 Speedwell Road, Bristol, BS15 1ES. Contact: pippa.davies@bristol.gov.uk Phone: 07385 939446. Eligibility: Aged 19+ and unemployed

Did you know that Bristol City Council have produced a Keep Bristol Cool mapping tool?

([The Keep Bristol Cool mapping tool](#)) - the first of its kind in the UK - and that Frome Vale has several areas that rank at the highest level of heat vulnerability. With climate change resulting in longer and more extreme heat waves, this impact on local neighbourhoods is only going to worsen. Are you worried about climate change and wondering what more you can do in your community to tackle it? If so, get in touch as I would love to connect you to others with the same concerns and support local efforts - dan.lewin@bristol.gov.uk / 07901 212237

Frome Vale Grassroots Grants

launched this week - Bristol City Council & Bristol Charities have stumped up £10,000 to fund locally led projects that help energize and strengthen the local community in Frome Vale. The fund will be open to applicants in the ward and aims to support local people to start and run groups, projects, events and classes in an aim to create more opportunities in Frome Vale. For more details visit - [Frome Vale Grassroots Grants - VASC \(vassallcentre.org.uk\)](#)

A new community group, Friends of the Park - Oldbury Court Estate/Vassalls Park, who have been meeting for well over a year now, held their launch event in April. The group plans to focus on regular work parties to clear and repair, improve the parks ecology, and promote access to sport, arts and events. For more information email

admin@oldburycourtpark.org.uk

A community gazebo has been donated to East Bristol from the Community Development Team at Bristol City Council. It is being stored at The Vassall Centre and is free to use for residents and community groups. It is 3m x 3m and is perfect for outdoor events where shelter is needed from sun or rain. Please contact Zoe Williams to book it for your event zoe.williams@bristolcharities.org.uk



A community event showcasing all that is great about Fishponds. Local people performing, market stalls, food and other fantastic and wonderful events.

[Click HERE for more information](#)





MANOR SCRAP



PROUD SPONSORS OF



PARTY IN THE PONDS



SATURDAY 17TH JUNE 2023

12:00PM - 9:00PM

In Vassals Park

partyintheponds@gmail.com

Food & Stalls

- Jamaican
- Samosas/Bhajjis
- Chips & Pizzas
- BBQ
- Teas & Coffees
- 2 Bars
- Ice Cream
- Candy Floss
- Crumpet Stall
- Mexican
- Patties & Cakes
- Vegan & Veggie
- Gluten Free
- Raffle
- Artisan Stalls
- Face Painting
- Crafts
- Handmade Gifts
- Kids Games
- Kids Toys
- Vintage Clothes
- Bath Bombs
- Jewellery
- Pottery
- Paintings/Prints

Entertainment

- Riff Raff Choir & Raff Pack
- 344 Dance Studio
- Sublime Dance Troupe
- MF Dance Studio
- Stuart Irish Dance
- Venessa Mclean
- Bristol Pop Orchestra
- The Elton John Experience
- The Terraplanes Blues Band
- JPJ
- Golden Guild
- Flo Parker Bombosch
- Thomas Heppell
- Da Fuchaman

Special Thanks for all the Support and Sponsorship

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Blinds, Awnings and Curtains



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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.

Looking After Your WELLBEING ONLINE

We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the internet.

TAKE CARE WHAT YOU SHARE!

CHECK YOUR PRIVACY SETTINGS

AVOID COMPARING YOURSELF TO OTHERS

TRACK YOUR SCREEN TIME

TAKE BREAKS

REPORT INAPPROPRIATE CONTENT

PAUSE BEFORE YOU POST

GO TECH FREE BEFORE BED

BE KIND & BE CAREFUL

BLOCK BULLIES

STAY ACTIVE OFFLINE

SPEAK UP AGAINST HARMFUL BEHAVIOUR

LOOK FOR POSITIVE COMMUNITIES

NOS National Online Safety®
#WakeUpWednesday

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](#)



FREE!



**Vassall
Centre**

Family Cooking Session & Meal

TUESDAY 30TH MAY 11AM-1PM

Bring your family along to our free fun cooking activity run by Secret Soup Society, where you'll cook together and enjoy a free family feast.

You'll get to take away ingredients to make a meal at home too!

**COOK
TOGETHER**



**TAKE HOME
FREE MEAL
INGREDIENTS**

**EAT
TOGETHER**

**LEARN
COOKING
SKILLS**

**HALF
TERM
ACTIVITY**



**Booking is required. To book a space for your family, please email:
Office@VassallCentre.org.uk with contact details & allergen
information.**