

Friday 24 May 2024

End Term 5 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: **Courage**

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. There is so much more planned for Term 6. We have our Year 6 Graduation ceremony which is always an emotional day, but before that Year 6 head off to PGL camp for a few days of fun together. All the other year groups will get to meet their new teachers in the "move up" day and our younger children will be visiting Noah's Ark Zoo for a fun and education full day trip. We are wishing you all a very happy half term holiday, and look forward to welcoming you all back to school on the 3 June 2024.

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 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.

Class Photo Day 2 July 2024

Our official photographer (Tulip) will be in school on Tuesday 2 July.

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. Please be aware that the photos are of the entire class and not individual children.

We will NOT photograph your child without your consent being given. This will be located on My Child at School (MCAS) in the trip and clubs section.

Click [HERE](#) to consent



Key Dates for your diary

Monday 3 June 2024

Thursday 6 June 2024

Friday 28 June 2024

Tuesday 2 July 2024

Thursday 4 July 2024

Friday 5 July 2024

Monday 8 July 2024

Tuesday 23 July 2024

First Day of Term 6—all children are in @ 8.45am

Noah's Ark Zoo Trip—Y1 & Y2

Gym Run Day—Y3, Y4, Y5 & Y6

Class Photo Day

Transition / Moving Up Day

Inset Day—School Closed to all pupils

Year R—Stay and Play (for children joining in Sept)

Last Day Term 6 (non uniform day)



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



FVA are in the news again!!
Click **HERE** to see the article

Children Garden Team & Ricki

Ricki has shared how proud he is of the gardening team. He shared with us that the team (including Ricki) have learnt as they have gone along as in his words "they didn't really know what they were doing".

However, we are sure you will agree that the garden is looking fabulous! All the seeds they have sown are growing and the strawberries will arrive soon.

The children also have an area in the field where they can sit and relax at lunch time or watch their peers playing football.

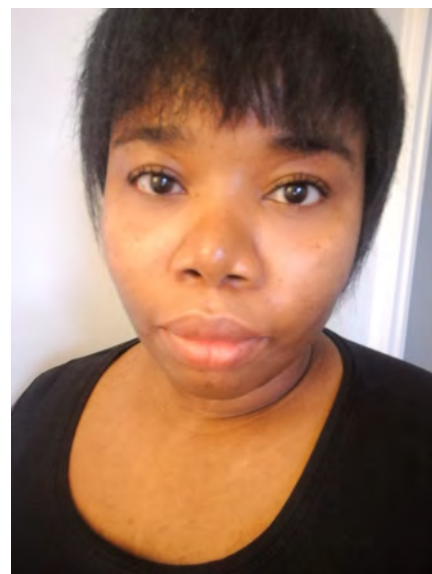
All of our classes can use the amphitheatre for learning outside the classroom and we are sure it will get lots of use over the coming term.



Hi Everyone,

My name is Lashana Keen, and I am your Family Engagement Worker and Children's Deputy Designated Safeguarding Lead for Bristol Charities and the Vassall Centre. I work closely with many organisations in the local community and, most importantly, with families like yours. My role is to provide families with access and early help support. I also offer small grants and access to clubs, workshops, and different events being hosted in the community, as well as community project developments to meet the needs of families in the local area. My goal is to have families feel more connected to their community, have access to more opportunities, and feel more supported in their role as parents.

Families can access the support I offer through staff at FVA, by visiting the Vassall Centre, or by emailing me at lashana.keen@bristolcharities.org.uk.



The Road 2 Paris

Olympic & Paralympic Workshops

The Road 2 Paris workshops have introduced our children to various sporting activities and are themed around the Olympic and Paralympic 2024 Games.

Road 2 Paris School Workshops gave our children the opportunity to:

- Participate in new sporting activities
- Boost their confidence and physical activity levels
- Learn about the Olympic and Paralympic Games and be inspired by the most inclusive, fair and progressive multi-sport event in the world



Blindfold Football

Wheelchair Racing



Archery



Boxing



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.

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.



Reading with your child

Sharing a book with a child is fun! It's a time for closeness, laughing and talking together - and it can also give children a flying start in life and help them become lifelong readers.

Here are some more tips to help you enjoy storytime together:

- Ask your child to choose what they'd like to read. They'll feel more interested in the story if they've picked it out themselves. (And don't worry if they keep returning to the same story, either!)
- If you can, turn off the TV, radio and computer. It's easier for both of you to enjoy the story without any other distractions.
- Sit close together. You could encourage your child to hold the book themselves and turn the pages, too.
- Take a look at the pictures. You don't just have to read the words on the page. Maybe there's something funny in the pictures that you can giggle about together, or perhaps your child enjoys guessing what will happen next.
- Ask questions and talk about the book. Picture books can be a great way to talk through your child's fears and worries, or to help them deal with their emotions. Give them space to talk, and ask how they feel about the situations in the story.

Have fun! There's no right or wrong way to share a story - as long as you and your child are having fun. Don't be afraid to act out situations or use funny voices... your little ones will love it!



Click the Logo above for more helpful information

Academic Year 2024 2025

Term Dates

Term 1	
First Day Term for Pupils	Thursday 5 September 2024
Last Day Term for Pupils	Wednesday 23 October 2024
Inset Days—school closed to pupils	Monday 2 September 2024 Tuesday 3 September 2024 Wednesday 4 September 2024 Thursday 24 October 2024 Friday 24 October 2024
Term 2	
First Day Term for Pupils	Monday 4 November 2024
Last Day Term for Pupils	Friday 20 December 2024
Term 3	
First Day Term for Pupils	Tuesday 7 January 2025
Last Day Term for Pupils	Friday 14 February 2025
Inset Days—school closed to pupils	Monday 6 January 2025
Term 4	
First Day Term for Pupils	Tuesday 25 February 2025
Last Day Term for Pupils	Friday 4 April 2025
Inset Days—school closed to pupils	Monday 24 February 2025
Term 5	
First Day Term for Pupils	Tuesday 22 April 2025
Last Day Term for Pupils	Friday 23 May 2025
Bank Holidays—School closed to ALL	Monday 21 April 2025 Monday 5 May 2025
Term 6	
First Day Term for Pupils	Monday 2 June 2025
Last Day Term for Pupils	Tuesday 22 July 2025
Inset Days—school closed to pupils	Friday 4 July 2025 Monday 7 July 2025

You will be aware from the media that legislation around school attendance is changing. Please click [HERE](#) to see the full details. Letters will be sent to all families summarising these changes in Term 6.



GOV.UK

You can be [fined](#) for taking your child on holiday during term time without the school's permission.

www.bizzykidzclub.com



MAY HALF TERM

28 - 31 May

- Arts & crafts • Games • Cooking
- Experiments • Woodland activities



8.30am to 5pm
Open every school holiday

Frome Vale Academy
Bristol, BS16 2QS



Half day £20
Full day £35

• 07584 624 136 • bizzykidzclub@hotmail.com

We continue with our ADHD series of useful information to help us to understand our young people.

DEALING

Here, we explore the four challenges of ADHD: Anxiety, Anger, Stress and Frustration and offer some thoughts on how to deal with them

ANXIETY

Anxiety's weird, isn't it? Everything's fine, you're thriving, nothing to worry about, and then BAM! Your brain does that thing where it automatically switches to hunting down the worst possible scenario.

TALK

When anxiety starts kicking in, one of the things we like to do is talk to someone. Struggling alone isn't going to help anyone (especially you!), so, if you can, share the problem you're dealing with and it is likely to become a bit more bearable.

write

Stop for a second, write down exactly what it is that's worrying you, and work back to try and get to the root of the problem. Often when we look at the basic reason we're worrying, it can help us navigate the best way to deal with it, or make us realise it's not worth worrying about in the first place!

FRUSTRATION

A good friend of anger, it's that feeling that makes us think that life is a series of obstacles and nothing goes right. Truth is plenty is going well but our brains have just suddenly decided to focus on the annoying stuff. Gah!

Imagine

We have bags of imagination, so let's put it to good use: one exercise to do is try to see ourselves from above, ie imagine looking at the situation that's frustrating us from high up in the sky. That bump in the road should feel small in comparison with all the other brilliant stuff our lives are made of.

HAVE FUN

Fun is the enemy of frustration. When we feel frustration coming on, let's remind ourselves of something fun we love to do and let's just do it: eat an ice cream, call a friend or dash about on our skateboards.

WITH IT ANGER

A minor inconvenience occurs and ooooh, you can feel the rage brewing and your blood boiling. Because we experience emotions with a greater intensity, it can take very little for us to start seeing red.

SAY IT AS IT IS

Expressing your feelings to a friend or family member can be a massive help in alleviating anger. Finding the right words to describe what's inside your head can also help others understand what it is that's upsetting you.

TAKE NOTE

If you can exercise every day, your tolerance for daily annoyances are likely to increase. It's not always easy when everything around us (ourselves included) feels overwhelming but, if you can get out of bed, try a walk around the park or if you are feeling more adventurous cycling to school. If all else fails... frisbee.

STRESS

Argh, just the word stresses us out! It's the amount of stimuli flying around that can be overwhelming, and being able to recognise it and nip it in the bud is always a good idea.

(((RUN

Recognise when you're feeling stressed. Set an alarm to go off every hour and take stock of your stress. Are you feeling tense? Are you anxious? Is your heart racing? If so, take 10-15 minutes to go with it, and then let it go.

BREATHE

It's hard to remember at times when stress takes over but the simple task of focusing back to something as simple as breathing can work miracles. If your chest starts to feel tight, gently breathe in and out with longer breaths, count to 4 breathing in, 2 to hold and 4 breathing out. Aaaaah.

PHONE: FRIEND OR FOE?

While smart phones or tablets can act as a massive distraction - first choice for all procrastinators - they can also help us to keep on top of our ADHD. Here, we explore what's good and not-so-good about them.



NOT SO GOOD

Always on hand, that lovely glowing screen is home to a never ending stream of information, taking us away from real life things like conversations with friends or walks in the park.

Too...many...tabs...and apps! Having too many things going on at once can be overwhelming.

Betime is boring, right? Way better to have a quick look at social media and see if there are any updates. No spoilers, but there aren't. Screen time before bed will affect sleep, so switching off at least 30 minutes before bed can help.

Put it down. Pick it up. Put it down. Pick it up. Stuck in a repetitive phone-checking cycle? Going back to your phone time and time again is a real productivity killer. Break the cycle. Put it down. Take a deep breath.

GOOD

When things get overwhelming, sharing and connecting with friends is a gift that keeps on giving.

Tracking apps can be essential for staying on top of our medication. One less thing for our brains to worry about!

Ah, our old friend the to-do list. Where would we be without you? Keep paper scraps to a minimum by keeping a to-do list up to date on our phone.

Because when we need to be reminded to do small things like drink water, scheduling reminders on a phone can be a huge help. We like to set an alarm to go off every hour so we're reminded to stay on track.

Illustration by Graeme Zirk



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

May 2024

www.bristolparentcarers.org.uk

Bristol SEND News for families



Survey of parent carers of children and young people with SEND 2024

The survey for all parent carers of children and young people with SEND is live! Your feedback is crucial in shaping Local Area SEND services. Share what's working well and what needs improvement. Take the short survey now to make your voice heard!

Complete Survey for a chance to win a high street voucher



Safety Valve agreement

Bristol City Council (BCC) joins a Department for Education initiative to tackle its SEND spending debt. To help save money while also improving inclusivity and outcomes in mainstream primary schools, BCC is introducing two new services. Your input is vital in ensuring this new service works for families like yours. Click below to learn more.

[Find out more](#)

Bristol City Council consultation for people with learning difficulties and Autism

Bristol City Council is thinking of changing how they buy services for people with learning disabilities and autistic people. Have your say on how BCC can make better use of resources and give service users more choices. There is an easy-read document on the link below.

Complete Consultation

Bristol Parent Carers updates

Together for SEND: Feedback Summary...

We are still collecting feedback from the SEND event. Around 170 attendees have let us know how the event was for them, but we want to make it to at least 200 so that we can secure funding to host an event next year and make it even better than this one. If you haven't yet sent in feedback, we would love it if you could share your thoughts. Option to be entered into a draw to win one of four £50 high street vouchers.

[Super fast feedback form](#)



info@bristolparentcarers.org.uk

May 2024

www.bristolparentcarers.org.uk

SENDCo Newsletter



Safety Valve

The Department for Education has announced that Bristol City Council (BCC) has been included in its Safety Valve Dedicated Schools Grant (DSG) management programme. BCC will receive £53.79 million over seven years to address its historic DSG deficit. Whilst BCC ensures spending efficiencies, the DfE will make payments against the deficit. BCC is working with school staff on efficiencies to replace top-up; a Targeted Support Fund and an Outreach Service. Do let us know if you need more information on these changes.



Funding Opportunity for secondary schools and colleges

Sheila Coates Foundation are offering grants of £5,000 to schools and colleges across England to provide short term solutions to support the mental health and wellbeing of Autistic young people. Application deadline 7th May.



[Apply Here](#)

ND Transformation Project

The Integrated Care Board (ICB), along with education and social care partners and parent carer forums in Bristol, North Somerset, and South Glos, are transforming the Autism & ADHD waiting list. They'll be trialing short-term solutions, including school staff using Neurofitting tools. Keen to find out more? Get in touch!



Bristol Parent Carers updates

New Resource for school staff

Bristol Parent Carers have started to create a new flyer for SENDCos, similar to the one we already have for families. We hope that the flyer will act as a navigation support tool for the current local offer and also help connect schools to the voluntary SEND Sector. The leaflet is still in draft form and before it is finalised we would love some feedback from schools when you have time.

[View here](#)

[Feedback](#)

Together for SEND: Feedback summary

We are still collecting feedback from the Together for SEND event. We have received around 170 responses and aim to reach at least 200 to secure funding for next year and ensure we enhance the planning and execution of the event. A detailed report on how the feedback will be utilised will be shared soon. Please leave feedback below if you have not already.

[Feedback](#)

info@bristolparentcarers.org.uk

May 2024

www.bristolparentcarers.org.uk

Free support sessions

Join us for free information and support sessions covering a variety of topics both in person and online, run by parents for parents.

No diagnosis is needed, this is a supportive space to connect, share experiences, and gain practical advice. Or you can just hang out with your camera off and not join in at all, there are no expectations from us.

Click the image below or visit www.bit.ly/Getbookednow

Listening event! Share your views on a new outreach service for schools.

Peer Support and information sessions. Come and meet us for a chat and speak to a fellow SEND parent who just gets it.

Understanding and supporting your child through puberty. WITH BRISTOL PARENT CARERS AND PLATYPUS TRAINING.

SEND and social interaction. WITH BRISTOL PARENT CARERS AND PLATYPUS TRAINING.

Transitioning into young adulthood. WITH BRISTOL PARENT CARERS AND PLATYPUS TRAINING.

Cerebral Palsy Support. WITH BRISTOL PARENT CARERS AND ACTION CEREBRAL PALSY.

Transport-Home to School travel support. WITH BRISTOL PARENT CARERS AND THE HOME TO SCHOOL TRAVEL TEAM.

Educational Health Care Needs Assessments (EHCNAs). WITH BRISTOL PARENT CARERS AND WATKINS SOLICITORS.

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

We are really excited to be able to launch our new [Family Hubs virtual offer](#), including a new package of online learning for every parent and carer in Bristol for free! The courses have been developed by the Solihull Approach, alongside the NHS, health experts and parents too! Our mission in Bristol is for every parent in Bristol to complete the Solihull Approach - the learning is for everyone, not only for when you are struggling!

Parents and carers can access the courses through this link [Family Hubs virtual offer](#) or by taking these 5 simple steps:

- Step one: Go to [the Solihull Approach](#)
- Step two: Go to inourplace tab on front page
- Step three: Click on "Apply Access Code" tab
- Step four: Enter code : GROWING
- Step five: Answer the monitoring questions and add your Bristol post code and you are good to go!

The courses range from Pregnancy and post-pregnancy support, how to understand your child or teenager's mental health, help for understanding relationships and support for children with additional needs

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 to hold an informed 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 guides, hints and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.co.uk/news/technology-53204805>
<https://sproutsocial.com/insights/social-media-algorithms/>

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: 30.11.2022

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](#)





The CLF recruitment page is located [HERE](#)

AWS are our agency for student facing roles and they can be contacted [HERE](#) and if you are interested please get in touch [HERE](#)

School Governance—Clerk vacancy

There are also 2 roles for clerk to several schools.

Please click [HERE](#) if you are interested in this paid position



Level 2 Award in Food Safety

Want to learn how to prepare food safely at home or at work? Attend our free course and you will be supported to gain a widely Recognised Level 2 certificate.

Oldbury Court Children's Centre, Frenchay Road, BS16 2QS
Monday 3rd June & Tuesday 4th June 9.30-12.30

Please contact: Catherine.Landon@bristol.gov.uk 07785 702454
 Eligibility: aged 19+, with few or no qualifications



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



FREE Gardening Course

Thursdays from 6th June-11th July
9.30am to 11.30am

Oldbury Court Childrens Centre, Frenchay Road, BS16 2QS

- FREE and friendly course to learn new skills, meet people and grow edible plants
- Develop valuable skills such as preparing soil, identifying plants and sowing seeds
- Support to discuss further courses

Contact: Catherine.landon@bristol.gov.uk
 702454

Phone: 07785

Eligibility: Adults aged 19 years plus with few or no formal qualifications or who receive a means tested benefit.



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

www.bizzykidzclub.com



MAY HALF TERM
28 - 31 May

- Arts & crafts • Games • Cooking
- Experiments • Woodland activities

8.30am to 5pm
Open every school holiday

Frome Vale Academy
Bristol, BS16 2QS

Ofsted
Registered

Half day £20
Full day £35

• 07584 624 136 • bizzykidzclub@hotmail.com



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

for parents and children together

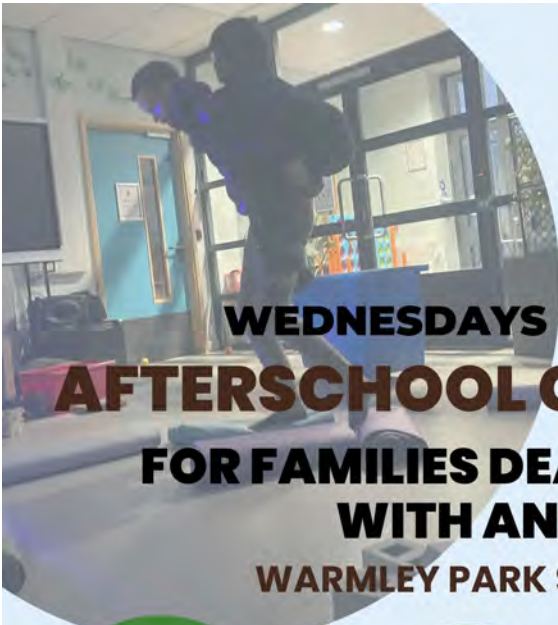


07737250042 07503150261 www.movementfoundations.org www.happyconfidentkids.com The Hive, Warmley Park School Tower Road North, BS30 8XL

Get Half Term ready with school holiday club which is based at FVA.



Movement
Foundations
SCHOOL PROGRAM



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

for parents and children together



07737250042 07503150261 www.movementfoundations.org www.happyconfidentkids.com The Hive, Warmley Park School Tower Road North, BS30 8XL



Fishponds Lego Club
for autistic children



Do you have an autistic child who would like to meet other autistic children to build Lego?

Would you like to meet with other parents/carers of autistic children to have a chat while your child attends a club?

Free. For autistic children who are 6 – 12 years old.

Starting Sunday 12th May, 11am – 12pm.

Taking place every other Sunday, term time only.

Booking required. Please email aprililes78@googlemail.com for further details and to book a place.





FREE Open Community BMX Sessions
Hillfields Park, Pump Track
Thursdays until end of May*

4PM-5PM

**And beyond!*

Come and try BMX!

- Free drop-in for all ages (especially girls)
- Everyone is welcome to join in
- Beginners welcome
- Coaching support is available
- Bikes and helmets are provided for free*
- Please bring gloves (if you have them)
- Wear long sleeves and trousers
- Dress for the weather as there is no shelter

Volunteers wanted!
 Get in touch to find out more

Contact:

Heidi.Blunden@accesssport.org.uk
 07513 304 675

**If its busy we will share the bikes between people!*



ADULTS! Register using the QR. Children over 14 can attend on their own IF registered before. You only need to register once!



Vassall Centre

Free Tea, Coffee, Cake and Chats!

Older People's Community Fayre

7th June 10am-1pm

The Vassall Centre



Come and find out what's on in your local community!

Taster sessions

Golden Oldies Choir

11-12pm

Breathe with Subitha-

12-1pm

Stalls Include:

- Age UK Bristol
- Bristol Old Peoples Forum
- Colliers Gardens
- St Marys Church
- Friends of the park
- WESPORT & more....



Half Term ideas

The May Half-Term Guide has been published This has a roundup of everything going on in and around Bristol over half-term! You can find it **HERE**

You can also click **HERE** for another round up of ideas



AGES 10+

YOUTH CLUB

FREE

MONDAY S
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 2QQ

CONTACT-
CWILSHIRE@LPW.ORG.UK

ACTIVITIES:

- PING PONG
- ARTS N CRAFTS
- OUTDOOR COOKING

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



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, call 0117 930 0301 or drop in with any questions.



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?

FAMILY LINKS

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: psso@bristol.gov.uk / Once you have registered your interest, we will be in touch to find the best group option for you.

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 07785 702454 to express interest.

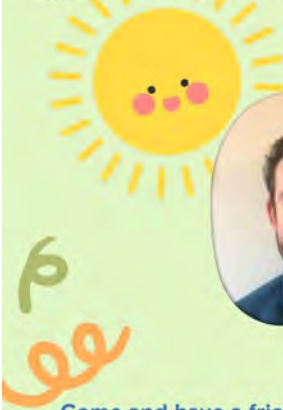
Eligibility: Adults aged 19+ with few or no qualifications



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



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

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

institute of **CODING**

FUNDED BY **NOMINET**

techSPARK*
All things tech in the west

BATH SPA UNIVERSITY

catch 22

Bath College

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



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

[f](https://www.facebook.com/allsaintsfamilycafe) [i](https://www.instagram.com/allsaintsfamilycafe) [a](https://www.facebook.com/allsaintsfamilycafe) allsaintsfamilycafe

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

