

Friday 29 September 2023

Mid Term 1 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Friendship

Learning behaviour: Motivation/Aspiration

Welcome to the first newsletter of this academic year. The newsletters will be a mix of school and wider community information and pictures. The children have all settled wonderfully into school life and so much has already happened at school over our first four weeks. Thank you for supporting us by ensuring your child(ren) arrive in school in school uniform, ready to learn by 8.45am each day. Please remember we have a breakfast club that opens at 8am. The Week Ahead document will be sent every Thursday and we urge you to look at this document to ensure you have the most up to date information available.

We are Aspirational



Back to school is a natural opportunity for your child to set goals for the year. This site will help you to help them turn their goals into a plan of action. Click on the logo above

Click on the logo above

We are Motivated



In this video, children will learn about what motivation is and some tips to help improve their motivation to do something they don't like!

Click on the logo above

We are Friends



Developing friendships

A helpful BBC resource for parents. Learn strategies you can share with your child on how to develop friendships.

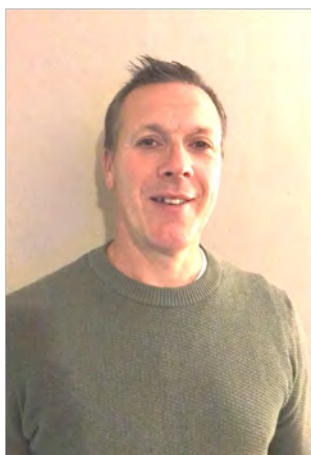
Click on the logo above.

Meet our new Premises Manager

Mr Petchey

Please join us in welcoming Mr Petchey to FVA as our new Premises Manager. We hope you have already noticed the improvements that he is helping us to make around the academy. We are so pleased that he is part of our team!

Ricki will be leading our H&S Childrens Committee and will represent their voice at the H&S Committee meetings also.



PTA Meeting

Join the PTA!



Inaugural meeting is at 5.30pm on Thursday 5 October

Please join us in the main hall to express your interest in joining our new school PTA

Key Dates for your diary

Thursday 5 October 2023	Autumn Census Day—special Menu Click HERE
Thursday 5 October 2023	First PTA Meeting @ 5.30pm in the main hall
Tuesday 10 October 2023	School individual photos
Thursday 12 October 2023	Open Door for existing parents
Friday 13 October 2023	Open Day event for prospective parents @ 9.30am
Wednesday 18 October 2023	Last Day Term 1
Monday 30 October 2023	First Day Term 2
Week commencing 20 November 2023	Parents Meeting week—save the dates



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

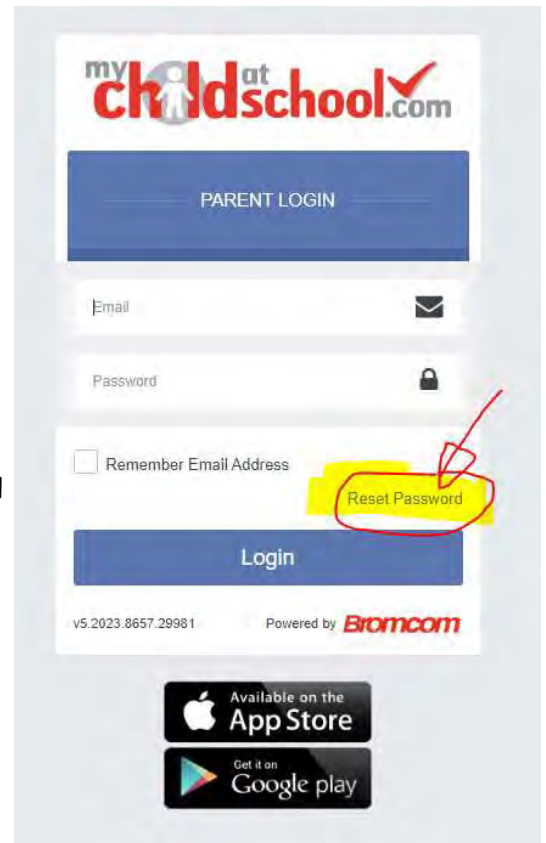
If you think we may have incorrect contact details, please email info@fva.clf.uk to provide us with your correct information

MCAS (My Child at School)

Our new parent app has now been launched.
It is important that you login to create your own account.

- ◆ You can pay for lunch and trips
- ◆ You can give your consent to trips and school photos amongst other things
- ◆ You can see your child's attendance
- ◆ You can see notifications from us all in one place
- ◆ You can book an after school club
- ◆ You can see what your child ate at lunch time
- ◆ We will add more functionality over the coming months.

If you have not ever logged in, please just go to the My Child at School (MCAS) app or the MCAS log in page using your internet browser. Click on the "Reset password" and use the email address that we have on file for you



You will need to login to provide consent for your child to have their school photograph taken.



We are here to help you. Simply bring your phone to the office before 1.30pm and we will help you to get set up.

School Photo Day—Tuesday 10 October 2023

The school photographer is with us on the 10 October 2023. Please remember to log into MCAS to provide your consent.

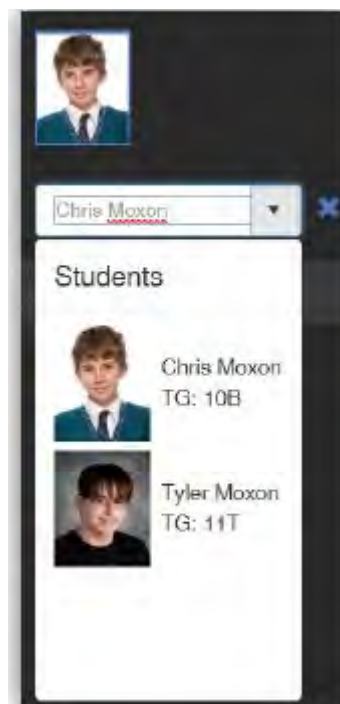
CLICK HERE

All parents **MUST** complete the photograph consent which is in My Child at School (MCAS). We cannot allow a child to be photographed by our school photographer if your consent has not been given.

Log into MCAS and on the lefthand side of the page you will see several options. Scroll down until you find the Parental consent button.



If you have more than 1 child in the school, please ensure that you provide consents for All your children. You can do this by clicking on the drop down button beside your child's photo in the top left hand corner of the dashboard and choosing your other child(ren).



Year 2 and Year 5 children should wear their school uniform and bring their PE kit on this day please.



Admissions for Reception Class 2024

School open day events—come and look around the school

Register now if your child will be 4 years old by
1 September 2024 and tell your friends—More information
can be found [HERE](#)

Friday 13 October @ 9.30am

Friday 3 November @ 9.30am

Thursday 16 November @ 16.00pm

Thursday 14 December @ 17.00pm

Community
Climate Action
Let's make change in Bristol

Climate Action

Join us on Monday 9 October at 3.40pm to look
at how we can all work together to improve our
climate. We will be joining with Bristol
Charities to agree a community action plan.

PLEASE COME ALONG TO A MEETING ON 9TH OCTOBER AT
3.40PM AT FVA TO DISCUSS HOW WE CAN GET INVOLVED
IN CLIMATE ACTION IN PARTNERSHIP WITH BRISTOL
CHARITIES

https://bristolgreencapital.org/project_cat/community-climate-action/



Reading Volunteers

We are looking for regular volunteers to come
and read with our FVA Citizens!

If you or a member of your family are interested
in joining us, please speak to Dr. Saunders or email
info@fva.clf.uk

Thank you!

Flu: 5 reasons to vaccinate your child

1. **Protect your Child:** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
2. **Protect you, your family and friends:** Vaccinating your child will help protect more vulnerable friends and family
3. **No injection needed:** The nasal spray is painless and easy to have
4. **It's better than having flu:** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
5. **Avoid costs:** If your child gets flu, you may have to take time off work or arrange alternative childcare

For more information visit

www.nhs.uk/child-flu



The NHS will provide flu
vaccinations for all children at
FVA on 10 November 2023.

You must provide your consent to
ensure your child receives their
flu nasal spray vaccination.

Click [HERE](#) to easily provide your
consent.

**Please ensure you complete the
consent form even if you do
not want your child to receive
the vaccination**



A guide for **parents and carers** on applying for a **primary school** place for the school year **2023–2024**

If your child was born between 1 September 2018 and 31 August 2019 you will need to apply for a school place by 15 January 2023



TRADING WITH SCHOOLS
BRISTOL LEARNING CITY
www.bristol.gov.uk/schooladmissions



What do I need to do to apply for a school place?

- Check the guidance on applying for schools – available at www.bristol.gov.uk/schooladmissions, or by contacting School Admissions. The guidance contains details on how & when to apply, information on each school along with their admissions policy and oversubscription criteria. **With the mix of different types of school from Church schools, Foundation schools, Academies, Free Schools and Community schools the admissions policy could be different for each school you put as a preference so it's important to ensure you check this carefully.**
- Some schools require supplementary forms to be completed as well as the common application form. Make sure you check if this applies to the school(s) you are interested in.
- Visit the schools. All schools hold open days. Contact the school directly for further details on open days.
- Look at the school's prospectus and its website which are useful sources of information.
- You can name up to three school preferences. We advise you to name more than one school.
- Make sure you apply on-time. The deadline is 15 January 2023.

School Admissions (CH)
Bristol City Council
PO Box 3399, Bristol, BS1 9NE
www.bristol.gov.uk/schooladmissions
e school.admissions@bristol.gov.uk
t 0117 903 7694



Why apply online?

- The system helps you by checking for errors.
- There is no risk that your application will be lost in the post.
- It is quick and easy to do.
- You will get an immediate email confirming that your application has been received.
- You will receive an email notification of the outcome of your application on the same day as the offer letters are posted.
- The system is available 24 hours a day until the final submission time of midnight on 15 January 2023.

Apply online www.bristol.gov.uk/schooladmissions

apply for a **secondary school** place for the school year **2023–2024**

If your child was born between 1 September 2011 and 31 August 2012 you will need to apply for a school place by 31 October 2022.



TRADING WITH SCHOOLS
BRISTOL LEARNING CITY
www.bristol.gov.uk/schooladmissions



What do I need to do to apply for a school place?

- Check out the guidance on applying to schools – available at www.bristol.gov.uk/schooladmissions, or by contacting School Admissions. The guidance contains details on how & when to apply, information on each school along with their admissions policy and oversubscription criteria. **With the mix of different types of school from Church schools, Foundation schools, Academies, Free Schools and Community secondaries the admissions policy could be different for each school you put as a preference so it's important to ensure you check this carefully.**
- Some schools require supplementary forms to be completed as well as the common application form. Make sure you check if this applies to the school(s) you are interested in.
- Visit the schools. All schools hold open days. School websites provide details of open evenings and other events.
- Look at the school's prospectus and its website which are useful sources of information.
- You can name up to three school preferences. We advise you to name more than one school.
- Make sure you apply on-time. The deadline is 31 October 2022.

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- The system is available 24 hours a day until the final submission time of midnight on 31 October 2022.

Apply online www.bristol.gov.uk/schooladmissions

Thursday 5 October—Menu Change

On Thursday 5 October 2023 we have the first of our school census days.

The importance of this day cannot be underestimated.

The DfE provide our school with funding based on how many children are in school and how many children eat school lunches.

Please help us by enabling your child to be in school at 8.45am and encouraging your child to eat a school lunch on this day.

Lunch is free for all children in year groups: Reception, Year 1 and Year 2.

Lunch for all other children costs £2.40 per child.

Thursday 5 October 2023

Spring Census Day Menu



FVA Burger in a bap
or
Veggie Burger in a bap
with
Fries and Ketchup

followed by

Rocket Lollies

(jackets and pasta are also available)

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.

Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary; emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.



FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

Meet Our Expert

Daniel Upecombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



Source: <https://hipal.app/about/privacy.html>

NOS National Online Safety®
#WakeUpWednesday



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.09.2023

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](#)





Paediatric First Aid

Thursdays for 6 weeks
STARTS 12th October
12:15-2:45

Venue in Fishponds/Oldbury Court Area

This FREE practical and helpful course will help you deal with health emergencies in babies and young children.

Contact: Catherine Landon Phone: 07785 702454

Eligibility: Adults 19+ with no or few qualifications



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



Autumn Gardening

Autumn Gardening & Wellbeing

Starts: Thursday 21st September
For 5 weeks.
10 am – 12noon

Oldbury Court Children's Centre
BS16 2QS

Come and join our friendly gardening and wellbeing group and enjoy the beautiful garden at Oldbury Court Children's Centre. This free course includes a chance to have some 'me' time in nature as well as learning how to plant seeds, make a bug hotel and bird feeders.

Eligibility aged 19+ with few or no qualifications

Contact: Catherine Landon 07785 702454 to book



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

Improve your English



FREE ENGLISH/ESOL Course

Starts: Wednesday 20th September 9.45-11.45
Fishponds Baptist Church, Downend Road, BS16 5AS

Join a friendly class to increase your confidence in reading, writing and speaking English

Suitable for beginner level English

Contact: Catherine Landon Phone/Text: 07785 702454

Eligibility: ESOL learners/Adults 19+ with no or low qualifications



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

FS / English

BRUSH UP YOUR ENGLISH

Tuesdays from SEPTEMBER 19th, 9.15-11.15

Fishponds Baptist Church, Downend Road, BS16 5AS

- Initial assessment, information and enrolment session on Wednesday 13th September (Fishponds Baptist Church 10-12noon)
- A practical, FREE and friendly course to help improve your reading, writing, listening and spoken English.
- Find out about progression to a Functional Skills English course and how to gain a qualification.

Contact: Catherine.landon@bristol.gov.uk Phone: 07785 702454

Eligibility: Adults aged 19 years plus with few or no formal qualifications, and/or without a GCSE in English A* to C grade or equivalent.



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

Learn songs from around the world
in a warm and welcoming way

No experience necessary!

Join the
**Park
Songbirds**
community choir

Every Thurs
7-9 pm

@
the Nissen Hut in
Eastville Park

Payment on a sliding scale
Termly booking essential

For more details
contact Jannah on
07775038705
j_warlow@hotmail.com

Everyone
welcome!



What do I need to do:
Simply fill the donation bag with any old, unused items of clothing. Any donations can be dropped off at the School reception or School Hall from **Monday 30 October until 9.30am on Wednesday 1 November.**

Only clean and good condition clothes please

Help us improve the standard of private rented properties in the city.

Have your say on proposals to introduce new property licensing schemes in Bristol.

www.ask.bristol.gov.uk/property-licensing-2023

Consultation closes
Tuesday 7 November 2023



Booking Required



4 week
online
course

PARENTING PUZZLE

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Parenting Puzzle Workshops help deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

Thursday 12th October - Thursday 2nd November
7 - 9pm

Please register your interest using our online form, found here:
www.eastbristolchildrenscentre.co.uk/timetable
Or call us on 0117 353 2899

Keep in touch

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

[eastbristolchildrenscentres](https://www.facebook.com/eastbristolchildrenscentres) www.eastbristolchildrenscentre.co.uk ebcc@bristol.gov.uk



LGBTQ+ SEND Nurture Group

Starting this September! 8 sessions to build emotional wellbeing and friendship amongst LGBTQ+ SEND parents

Mondays 8pm - 9.30pm

All Saints, Grove Road, Fishponds, BS16 2BW

Nurture groups are intimate circles of SEND parents, to find belonging, support and space to process the big emotions.

Places are free, we welcome donations.



FOR MORE INFO AND TO BOOK, VISIT MURMURATIONCOMMUNITYTHERAPY.COM

[MURMURATIONCOMMUNITYTHERAPY](https://www.facebook.com/murmurationcommunitytherapy)



THE PE &
SPORTS
PROJECT



FROM
£12
A DAY

EARLY BIRD DISCOUNT



HALF TERM SPORT CAMP

**MINERVA PRIMARY ACADEMY
THE GREENWAY, BRISTOL BS16 4HA
RECEPTION - YEAR 6 - 9:00 - 3:00**

**TAG RUGBY, FOOTBALL, DANCE, CIRCUS SKILLS, FENCING,
CHEERLEADING, STREET HOCKEY, ULTIMATE FRIZBEE, CRICKET,
MUSICAL THEATRE, DODGEBALL, ATHLETICS
AND MORE**

Monday 23rd - Friday 27th October

[THE-SPORTS-PROJECT.CLASSFORKIDS.CO.UK/CAMP/34](https://www.classforkids.co.uk/camp/34)

**CLICK ON THE LINK OR COPY IT INTO YOUR BROWSER
TO BOOK.**