

Friday 20 November 2020

Mid Term 2 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Thankfulness

Learning behaviour: Collaboration

Thank you for all your support during over the last 3 weeks. We know this term has provided many challenges and we have needed your help more than ever in ensuring the safety of our children and staff. Your assistance with remote learning and with you embracing our virtual parents evening booking is very much appreciated.

We are a Team



Reception worked together to create an amazing den in their forest area and made mud pies and leaf tea. Yum!

We are a Musicians



Year 3 enjoyed learning to play the tin whistle. It may not have been quite as enjoyable for Mr Sheehan!

We are Computer Scientists



Year 2 joined an online assembly to learn how to be online legends and took pledges stating how they would stay safe online.

We are Frome Vale Citizens



The Community pupil voice voted to support our local food bank with collecting food donations. Look at how much our wonderful families have donated so far! You are truly amazing and we know these donations will find their way to our wider community who may need this extra help during these difficult times. Please do continue to donate if you can. The East Bristol foodbank would be grateful for any of the following items:

Tinned food products including, beans, pulses, vegetables etc.

Instant coffee—just small jars

Toilet rolls

Washing up liquid and washing powder/tablets

Long life milk

Shower gels and feminine hygiene products

Toothpaste and soap

To find out more about the East Bristol Foodbank [click here](#)

Thank you

Dates for your diary

Tuesday 1 December	Child Flu Immunisation Day
Friday 4 December	Times Table Rosck Stars Launch Day
Monday 7 December	Virtual Pantomime for the Children
Monday 7 to Thursday 10 December	Parents Evenings (Virtual)
Wednesday 9 December	Children's Christmas Lunch
Thursday 17 December	Last Day of Term 2
Tuesday 5 January	First Day of Term 3



Remember Book your parents evening [click here](#)



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 school@fva.cabot.ac.uk to provide us with your correct information



Great to start a community link with Morrisons, Fishponds. Thank you for the pens, pencils, hand wash, tissues, and the treats for the staff!



Introducing Ollee - a virtual friend (ParentZone/BBC Children In Need)

Ollee is a digital friend for children aged 8-11, created by Parent Zone and funded by BBC Children in Need's A Million & Me initiative, which aims to make a difference to children's emotional wellbeing.



It's designed to help children reflect on how they feel and to process their experiences with the support and help of their parents and carers - and it does this by offering them advice about a range of subjects: school, family, friends, their body, the internet and the world.

For each of these subjects, children can choose an emotion that matches how they feel about it: happy, angry, sad, confused, frustrated, stressed or worried.

Next, they can choose from a list of topics - for instance, a child who was worried about school might be able to select 'I haven't done my homework' as the cause of their worry. Finally, they'll see a page of advice about the topic, presented in child-friendly bite-sized chunks they can read then or save for later.

You can more information and download the Ollee app by clicking [HERE](#)

Some helpful links can be found below to help with Online Safety for you and your child.



In partnership with





LUNCHBOX IDEAS

with B B C Bitesize



Here's some inspiration if you want to make more than sandwiches for your child's lunch...

Cheese and ham pancakes with cucumber slices and chopped tomatoes
Favourite fruit choice

Grated carrot and hummus wraps with carrot sticks
Yoghurt

Easy chow mein
Cheese and crackers

Chicken goujons with corn on the cob or tinned sweetcorn and a bread roll
Plain scone with sliced strawberries

Tinned salmon roll ups with sliced pepper sticks
Oaty bar

Vegetable and egg fried rice
Apple slices with fromage frais

Tuna and sweetcorn pasta
Favourite fruit choice

Cheese sandwich with cucumber sticks and a hummus dip
Slice of fruit bread

Chicken and tomato pastry smiles with carrot sticks and a pot of peas
Melon fingers

Spicy tortilla nests with chopped tomatoes
Natural yoghurt topped with raisins and oats

Wholemeal pitta pizza with toppings of your choice
Tinned peaches with natural yoghurt

Meaty family frittata (omelette)
Natural yoghurt

Mixed bean and melted cheese wrap with tomatoes and a small pot of peas
Scotch pancake with any chopped fruit

Easy kid's fishcakes with lettuce leaves and celery
Nut free energy balls

Lunchbox tapas: Sliced pitta bread, hard-boiled egg, low fat cheddar sticks, pepper sticks and cream cheese dip
Favourite fruit choice

GF Gluten free
V Vegetarian

Remember lunches with perishable items should be kept in a cool bag or in the fridge

Are you packing a healthy lunch?

A packed lunch can make a valuable contribution to your child's diet and future health. It is important to include a balanced variety of foods so that your child can get all the nutrients they need.

Children often need to see and taste new foods several times before they accept them, so try out new ideas at teatime or the weekend before including them in a lunchbox.

- * Use different types of bread, such as pitta bread, bagels, wholemeal rolls, wraps or crusty rolls.
- * Cook extra pasta or couscous in the evening and include it as an alternative to bread.
- * Theme your lunchbox on a different country, eg Italy - add a pizza slice, Mexico - fill flour tortillas.
- * Try breadsticks & carrot sticks with a dip such as houmous

Did you know?
If your child doesn't like wholegrain bread, try the new breads made with half white and half wholemeal flour to boost their fibre intake.

Foods and drinks high in fat, salt or sugar are not needed in the lunchbox. If included, have less often and in small amounts. Remember to cut down all fats and choose lower fat spreads, cheese and leaner meats in your sandwiches. The table below shows the main contributors.

	Fat	Salt	Sugar
Butter / Spreads	X		
Crisps	X	X	
Cheese	X		
Biscuits / Chocolate Bars	X		X
Chocolate Bar			X
Processed Meat for example Ham		X	
Fizzy drinks or fruit juices			X

Remember! - We are a no nuts school

Healthier treats may still contain sugar, so these should only be eaten at mealtimes when they are less damaging to teeth.

Aspens



w/c 23rd Nov, 14th Dec, 18th Jan 2021, 8th Feb, 8th March, 29th March

WEEK ONE

Main Event	Bangers & mash	Margherita Pizza	Roast Chicken	Chicken Curry	Fish fingers
Vegetarian Section	Quorn Sausages with mash, green beans and gravy	Pasta Napoletano Wholemeal Penne, tomato sauce with seasonal salad and garlic slice	Cheese Fin wheels Toasty Cheese spirals with crispy roasties and cauliflower	Sweet Potato Bath Lightly Spiced sweet potato, chickpea and lentil curry with rice and fresh courgettes	Picnic Pitta Quorn dipper and minty cucumber salad with chips and peas
Halal	Halal Chicken Sausage with Mash		Halal Roast Chicken	Halal Chicken Curry and Rice	
Jacket Potatoes	Freshly filled sandwich/roll, healthy snack, home bake and piece of fruit				
The Finales	Tutti Frutti	Sticky Orange Cake	Cheesecake	Chocolate Brownie	Oat Cookie With Fruit

WEEK TWO

Main Event	All day breakfast	Filletcracker Pizza	Baked Gammon	Chicken Korma	Breaded Fallook
Vegetarian Section	Veggie All day Breakfast Veggie sausage, baked beans, tomato and hash brown with bread and butter	Pasta Bake Wholemeal Pasta with fresh basil tomato sauce and cheese with wedges	Cheddar Quiche Wholemeal Pastry with cheese and onion filling with crisp roasties and broccoli	Cauliflower Jalfrezi Lightly Spiced cauliflower and rice with sweetcorn	Beany Wrap Wholemeal wrap stuffed with baked beans and cheese
Halal	All day breakfast with Halal chicken sausage		Halal Roast chicken	Halal Chicken Curry with rice	
Jacket Potatoes	Freshly filled sandwiches/roll, healthy snack, home bake and piece of fruit				
The Finales	Banana loaf	Lemon Dizzle Flapjack	Old School sponge and Custard	Chocolate Fudding	Ginger Cookie and Fruit Slices

w/c 7th Dec, 11th Jan 2021, 1st Feb, 1st March, 22nd March

WEEK THREE

Main Event	Pizza Whirl	Lasagne	Roast Chicken	Chinese Chicken Curry	fish cakes
Vegetarian Section	Macaroni cheese	Vegetable Lasagne	Quorn Roast	Beany Enchilada	Vegan Sausage puf
Halal		Halal Beef Lasagne	Halal Roast Chicken	Halal chicken curry and rice	
Jacket Potatoes	Freshly filled sandwich/roll, healthy snack, home bake and piece of fruit				
The Finales	Italia Crumble cake	Jelly and fruit	Ice cream tub	Apple Flapjack	Ginger cookie with fruit slices

FOOD FESTIVAL

By Aspens

You asked and we listened.

We have worked hard with our catering company Aspens and their new Aspens lunch menu will be available from Monday 23 November. More choice for your little ones on a rolling three week menu. Please refer to the dates on the menu to see what is available each week.

Remember, if your child is in Reception, Year 1 or Year 2, their lunch will be free!! This can save you time in the morning and £2.30per day, which is £437 per year!!!

If your circumstances have changed over the last few weeks, you may be eligible for Free school meals whatever your child's age. [Click here](#) for more information.