

Friday 11 November 2022

Mid Term 2 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Thankfulness

Learning behaviour: Collaboration

What a great start to Term 2. So much has been going on or is planned to take place this term. From our Year 5 and Year 6 visiting the Houses of Parliament to the regular weekly walk & wonder that our Reception children are taking part in. We know that you will all be looking forward to joining us on some or all of our community events including the BIG Family Roast and magic show, our EYFS /KS1 Winter Productions or to just attending our Open Door morning when you can pop into your child's class. As always we are very pleased to welcome you into the school and look forward to seeing you all very soon.

We are Thankful



Learning to be grateful can give a greater sense of wellbeing and happiness.

Click on the image above.

We are Collaborators



Sharing, turn-taking, compromise ... They're all essential skills if your child is to get on well with other people, but they don't always come naturally.

Click on the logo above.

We are Thankful



A cute video to remind children to be positive for what they have each day

Click on the logo above.

BIG Family Roast and Magic Show

Join us on **Tuesday 22 November** at 4pm and bring the family and your friends.

A magic show starts the fun at 4pm followed by a Roast Dinner

This is a ticketed event - Click **HERE** for more information

£4.00 per ticket

The deadline for buying tickets is **15th November at 4pm.**

YOU WILL NOT be able to purchase tickets after this time as the food will be ordered for the event.

You are welcome to bring grandparents and other family members/friends to the event.



Admissions for Reception Class 2023

Register now if your child will be 4 years old by 1 September 2023 and tell your friends—virtual tour and more information can be found **HERE**

Open Mornings are 9.30am:

Tuesday 15 November

Friday 2 December

Open Evenings are 4pm

Thursday 17 November



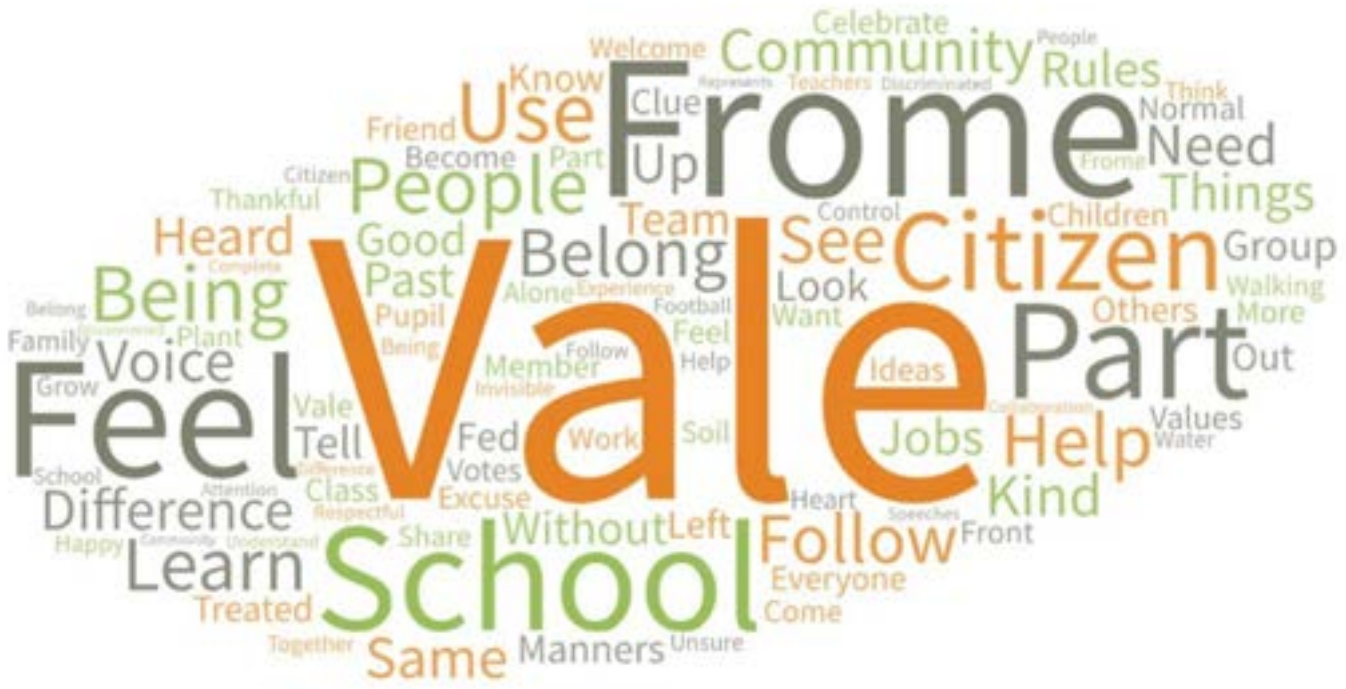
Key Dates for your diary

Week commencing 14/11/22	Parents Meetings
Thursday 17 November 2022	Open Evening for Prospective Parents—4pm
Tuesday 22 November 2022	BIG Family Roast and Magic Show
Thursday 1 December 2022	Open Door for existing parents—8.30 to 9am
Thursday 8 December 2022	Singing by Candlelight
13 to 15 December 2022	YR, Y1 and Y2 winter production
Friday 16 December 2022	Last Day of Term 2—Non Uniform Day—pay £1
Wednesday 4 January 2023	First Day of Term 3



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



What is our children's understanding of what it means to be a Frome Vale Citizen ?

Please see the wordle above, created from what they said. It is really clear that they have a very deep understanding of what it means to be a FVA Citizen and for some this stood our school apart from other schools. One child from year 3 said 'Without Frome Vale Citizen, we would be disconnected'

FVA Pupil Passports

We believe that all children are entitled to certain experiences during their time at primary school. These experiences go beyond the curriculum and often beyond the classroom. These experiences provide cultural benefits for the children, expanding their horizons and knowledge of the world around them. In this way, these experiences will support children to understand learning which takes place in the classroom. The experiences provided foster a sense of community and belonging which is an important foundation for educational success and wellbeing. Moreover, these experiences help to support children's positioning of Frome Vale Academy as a place where they enjoy being and where amazing things happen.

We wanted to make sure our children would therefore like to introduce the FVA Pupil Passports that outline those key experiences that we want all of our children to have experienced before they leave our school in Year 6 (assuming they join us in EYFS).

- | | | |
|-------------------------|--------------------|----------------------|
| Visit a zoo | Visit the cinema | Bake a cake |
| Visit London | Visit a museum | Build a sandcastle |
| Walk in the Countryside | Visit a theatre | Play hide & seek |
| Ride a Horse | Go on a boat | Make art with nature |
| Paddle in the Sea | Ride a steam train | Go pond dipping |
| Climb a tree | Dance in the rain | Ride a bus and more |

The experiences listed are not all designed to be completed in any order; class teachers have the freedom to provide experiences for their classes according to preference. Some experiences will require large amounts of planning (e.g. 'Visit London'); others will need to happen on an *ad hoc* basis (e.g. 'dance in the rain').

Once children have completed an activity on the Passport, the class teacher should place a Frome Vale Penguin stamp into the



How to Translate Websites and Letters

Sida Loo Turjumo Mareegaha iyo Warqadaha

ويب سائٹس اور خطوط کا ترجمہ کیسے کریں۔

کیفیت ترجمہ المواقع والرسائل

Click [HERE](#)



To apply for a school place now

Click the button above

Is your child aged 3 or just turned 4? You must apply for a primary school place a year before your child can start school. Applications are now open and **close on 15 January 2023.**

Frome Vale Academy After School Provision



As part of our "What Next" at FVA, we are investigating the possibility of running our own on site after school provision to provide child care for our parents . We REALLY need your help with understanding if there is a need for this provision at our school.

We recognise with the cost of living crisis that you may want to work longer hours, or change jobs or careers. Child care may be stopping you making this decision.

Knowing your child is safe, secure and happy in a familiar place might just be the final piece of the jigsaw.

Please could you take the 3-4 minutes that it will take to complete our short questionnaire? We need to make informed choices and your help with this will ensure we make the right decisions for our community.

The closing date for the questionnaire is **Monday 21 November 2022**

A message from our proposed provider

"We provide fun activities and care to primary aged children at the end of the school day. Our settings are child-led, varied and loads of fun! We believe that children have a voice so we follow their lead with play and our planning is based on their feedback. We love spending time both inside and out and we offer a healthy snack as part of our service."

Click [HERE](#)

Community Information—Cost of Living

Support in Difficult Times



A list of support available in Brislington, St Anne's, Broomhill and wider Bristol area over this winter.



Welcoming Spaces (+ more to come)

A warm place where people can meet up, chat, and access support. The list is being added to:

St Anne's Park Children's Centre 0117 377 3189
Broomhill Children's Centre 0117 353 4276
Mon-Fri 8am-5pm

South Bristol Advice Service

An independent charity giving free confidential and impartial advice on debt, financial capability, and welfare benefit matters:

0117 903 8358

www.southbristoladvice.co.uk



WHAM - Warmer Homes, Advice & Money

A project giving advice on energy, money, benefits and carrying out home repairs:

0800 062 2234

www.cse.org.uk/advice/contact-us

The Samaritans

A phone line where someone will listen and help you talk through your concerns, worries and troubles:

call: 116 123

www.samaritans.org



CASS - Community Access Support Service

Provides information on mental health support services in Bristol:

0117 304 1400

www.cassbristol.org

Weekly Food Club To Reduce Food Waste

Sign up to receive a range of fresh veg, meat and cupboard essentials worth £10-15

£1 joining fee + £3.50 per food box

Email: eastbristol.childrenscentres@bristol-schools.uk

0117 353 2899

St Peter's Methodist Church, 170 Allison Road, BS4 4NZ

Tuesdays 12.30pm - 2.30pm



Food Bank

Emergency food parcels are available for those in need. Local agencies can issue you with a food bank voucher, such as housing support officers, children's centres etc, or call: Citizens Advice Helpline 0800 208 2138

www.eastbristol.foodbank.org.uk/get-help

Cost of Living Support Guide

Bristol City Council's advice webpage & freephone number

www.bristol.gov.uk/residents/people-and-communities/cost-of-living-support

We Are Bristol helpline 0800 894 0184



Food Club

Food Clubs continue in Broomhill, Oldbury Court and Speedwell over Autumn/Winter. This service is open to everyone in the community and supports the reduction of food waste. Families can sign up to join the Food Clubs on the day.

Check in advance if 'Family Action' are currently taking on new members.

Click **HERE** for more information

Welcoming Spaces

The first of Bristol's Welcoming Spaces are now open. As the cost of fuel and food continues to rise, a network of warm, Welcoming Spaces has been set up for people to go to, to alleviate cost of living pressures this autumn and winter. Each venue will be responding to community priorities which means what happens in each space will vary, but is likely to include wi-Fi, access to electrical charging points, activities and community meals. There will also be support and practical advice provided by city-wide organisations.

More information about Welcoming Spaces and where to find your nearest one is available on the Bristol City Council website. More spaces will be added over the coming weeks.

If you need advice or guidance for yourself or someone you support, BCC have also launched a cost of living support hub on the Bristol City Council website. The cost of living support hub is a useful directory to access information on housing, bills, benefits, employment and skills and mental health and wellbeing.

Click **HERE** for more information

Child Care Places

There are hundreds of free early education and childcare places available in Bristol for two-year-olds. Funding is available for two-year-olds to receive up to 15 hours per week of free childcare at a range of early year providers, including Children's Centres, nurseries, pre-schools, playgroups and childminders.

The rising cost of living is affecting a huge number of people across Bristol. With childcare costs also increasing, we want to make sure that families are getting the help and support they need.

If you are a parent or carer of a two-year-old and you receive one of the following benefits, you could be entitled to a free place for your child:

- Income Support
- income-based Jobseeker's Allowance (JSA)
- income-related Employment and Support Allowance (ESA)
- Universal Credit, and your household income is £15,400 a year or less after tax, not including benefit payments
- child tax credits, and your household income is £16,190 a year or less before tax
- the guaranteed element of Pension Credit the Working Tax Credit 4-week run on (the payment you get when you stop qualifying for Working Tax Credit)

Click **HERE**

COMMUNITY

EBCC
East Bristol Children's Centres

Community Clothes Rail

We have just restocked our community clothes rail with everything you need for Autumn and Winter. Come and have a look and please take what you need.

Available at Oldbury Court Children's Centre, Monday to Friday 9am - 4pm

Donations welcome but must be in good condition.

Coats, shoes, jumpers, waffles and more!

Keep in touch
www.facebook.com/ebccbristol www.instagram.com/ebccbristol
www.ebccc.org.uk
 Sign up to our newsletter: www.ebccc.org.uk or visit our site

EBCC
East Bristol Children's Centres

Festive Creations

A festive craft group for all the family. Come along to one of these drop-in sessions to create something festive.

Broomhill Children's Centre, every Thursday for 5 weeks, starting 24th November 2022, 3.30pm - 4.30pm

There will be a different activity each week:

Baking / Card making
 Decoration making / Gift making

Keep in touch
www.facebook.com/ebccbristol www.instagram.com/ebccbristol
www.ebccc.org.uk
 Sign up to our newsletter: www.ebccc.org.uk or visit our site

THE 1ST PROMESIDE RAINBOWS AND 178TH PROMESIDE BROWNIES AND GUIDES

BAFFLE & TWINKLE
 BEACH & BUBBLES
 CRAFTS

CHRISTMAS FAIR

FAVOURABLE CHARACTERS
 GAMES & MORE!
 HOLIDAY

SATURDAY, 19TH NOVEMBER, 10 AM - 1 PM

BEECHWOOD CLUB
 BEECHWOOD ROAD,
 FISHPONDS

FREE ENTRY

The Affordable CHRISTMAS FAYRE

THE VASSALL CENTRE, GILL AVENUE FISHPONDS, BS16 2QQ
 Sat 26th November 11am-2pm

SWAP SHOP

Don't buy new this Christmas, just swap what you don't use. We will be holding SWAP SHOPS for the following:

- A toy swap - stuffed animals, cars, books, games puzzles etc
- Unwanted Christmas gifts - unopened toiletries, gift sets, etc
- Unperishable food - tinned food, pasta, rice, sauces etc
- Christmas clothes - Christmas jumpers, Christmas PJs, etc

Free Tea, Coffee, Mince Pies & Free Meet Santa, Carol Singing
 Free Childrens Crafts

Cost of living workshops
 Workshops from:
 The Fishponds Repair Cafe
 Greater Fishponds Energy Group
 and More

Please see our social media for updates or email office@vassallcentre.org.uk
 Tel: 0117 9639630

FREE PROVISIONS

Do you need FREE provisions and supplies to get you to the end of the month? Do you live in the Fishponds area?

If so, please drop by at the Bristol Dance Company on any Sunday, 12noon to 1pm to pick up a free bag of provisions. Please text "Bag" and your first name to the number, 07881 339217 so that we can reserve a bag for you.

Pickup Address:
 Bristol Dance Company, Brook Road,
 Fishponds, Bristol BS16 3SQ

SAVE ENERGY
 WELCOME DANCE
 COFF OR LUNCH DROPPED!
 HEAT UP

Free Hot Desks

COME AND HEAT UP AT OUR HOT DESKS

Every Tues & Fri Nov-Feb

THE VASSALL CENTRE < GILL AVENUE < BS16 2QQ

To be eligible you must work alone in your home and live in BS16

Bookings open 1 week prior to day. Please email office@vassallcentre.org.uk

THE OLDBURY COURT NEIGHBOURHOOD PROJECT

Do you live in or near Oldbury Court? Do you have any ideas about how to improve quality of life in the neighbourhood? Or are you interested in starting or joining a grassroots scheme in areas such as sports, childcare, clubs, etc.?

The Oldbury Court Neighbourhood Project is inviting residents to share their ideas during workshops, or via one-to-one chats with the project coordinators.

To learn more about the project, scan the QR code. To contact us, please text "OCHP" or call 0770 802 7439, or email info@ocp.org.uk



Get in touch for more details!

SHINE SHINE SHINE

Yoga Act Drama

Every Monday 6-7pm

Free! For 7 - 11 year olds

M.07989562926
katepenningkp@gmail.com
www.howami.club

Drama classes for those who want to perform well in life and on stage

Continuing until July 18th then starting again On 5th September



Oldbury Court After School Club
 Delebere Avenue
 BS16 2ND

Timorese Association Bristol "FUN IN A DAY"

Celebration of Timor Leste National Day, "12 de Novembro", PRINTING AND TRADITIONAL DANCE PERFORMANCE (STORY, PLAY, AND LUNCH)

12TH NOV 2022 - FROM 11 AM - 3.30PM AT VASSALL CENTRE

FREE ENTRANCE - EVERYONE WELCOME!

BOOKING NOT REQUIRED FOR GENERAL ATTENDANCE

BRING ALONG THIS FLYER TO CLAIM LUNCH

THERE WILL BE WORKSHOP FROM: NAIL VACCINATION, BUILDING FAMILY STORIES, AND TIMOR LESTE INTRODUCTIONS. Funded & Sponsored by

From Vasa Community




BIG FAMILY ROAST!

4pm on Tuesday 22nd of November



Come and join us for a community event at FVA. There will be a magic show at 4pm and a roast dinner will be served at 5pm.

All welcome including parents and grandparents.

This is a prebook event only. £4 per person

There will also be a raffle on the evening with a draw taking place before you leave– tickets are 50p .

Book in the office before the 15th November

Can Do Bristol

Cost Of Living Community Response

Log on to Can Do Bristol to find out about volunteering opportunities:
<https://candobristol.co.uk/campaign/CostOfLivingCrisis>

BRISTOL ONE CITY

Quartet Community Foundation

WINTER COAT PROJECT 2022

COME AND PICK UP YOUR FREE WINTER COATS, HATS, SCARVES AND GLOVES

WHERE?
All Saints Church,
Grove Road
Fishponds

WHEN?
Saturday 19th November
12 Noon onwards

We want to help families in need during the cold winter months to donate new or barely worn coats, jackets, gloves and scarves for those in need please contact:
@charityhouseofalltrades or
All Saints Family Cafe @charityhouseofalltrades

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, tips and tips for adults.

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

- 1. GET CONNECTED**

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.
- 2. KEEP TALKING**

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).
- 3. STAY VIGILANT**

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.
- 4. MAKE YOURSELF AVAILABLE**

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.
- 5. BE PREPARED TO LISTEN**

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.
- 6. EMPOWER YOUR CHILD**

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.
- 7. REPORT BULLIES ONLINE**

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.
- 8. ENCOURAGE EMPATHY**

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.
- 9. SEEK EXPERT ADVICE**

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.
- 10. INVOLVE THE AUTHORITIES**

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 900 5000

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

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: 08.11.2022

Outside Learning @ FVA



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

Click [Here](#)



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

WILDCATS! WILDCATS! WILDCATS! WILDCATS! **WILDCATS!** FOOTBALL FOR GIRLS



ROBINS
FOUNDATION

FRIDAY 7-8PM

AT ST PAULS LEISURE CENTRE

Starting on 19th August, our football sessions are open to girls aged between 6-11 years old.

Our sessions are free to take part in. For more information and to get involved please contact Grace at grace.phillips@bcfc.co.uk



INCLUSIVE SPORT & PHYSICAL ACTIVITY CLUB



WHEELCHAIR RUGBY | WHEELCHAIR BASKETBALL
SENSORY FUN | MULTI-SPORTS & BALL GAMES

EVERY SUNDAY 11:30-12:30

ALL ABILITIES - SIBLINGS & FAMILIES WELCOME

AGES 4-18 | MIXED GENDER | FREE FOR ALL

ADDRESS:

UWE CENTRE FOR SPORT, COLDHARBOUR LANE, BRISTOL, BS16 1QY

FOR MORE INFORMATION:

iblundell@bristolbearsrugby.com

