

Friday 22 November 2024

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. Thank you to our PTA for organising both the end of Term 1 Disco and the Diwali Disco. Both events were fabulous. You can find out how much money has been raised by the PTA so far this year within the newsletter. We also appreciated all of you that joined us on the 11 November to help remember those who gave their lives in conflicts around the world. Our Year 5 and Year 6 children will be heading over to Bristol MET to watch "Charlie and the Chocolate Factory" who always put on a show to remember and we cannot wait to see you all next week during our parents meetings. We know you can't wait to find out how your child(ren) are progressing here at FVA. Remember to bring pre-school siblings for photos at 8.15am on

We are Thankful



How can adults be more grateful.
Start your free trial

Click on the logo 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 short video for children on
what thankfulness is.

Click on the logo above.

Admissions for Reception Class 2025

School open day events—come and look around the school

Register now if your child is due to start school in September 2025, and tell your friends.

More information can be found [HERE](#)

Open dates are:

Friday 29 November @9.30am (extra date added)

Thursday 12 December @ 5pm

Friday 10 January 2025 @ 9.30am

Online Safety

The London Grid for Learning have created a ready to use presentation for you to find top tips, discussion starters and resources to help empower yourselves to keep your children safe online and start those key safe-guarding conversations. You can find the resources to download using the link below;

Click [HERE](#)



Key Dates for your diary



Monday 25 November 2024	PINS Meeting 9am in the main hall
Wednesday 27 November 2024	School Photo Day
Tuesday 26 & Wednesday 27 November 2024	Parents Meeting days—bookings now open
Thursday 28 November 2024	Charlie and The Chocolate Factory Trip Y5 & Y6
Friday 29 November 2024	Open Event @9.30am for Reception intake Sept 2025
Monday 2 December 2024	Phonics Workshop @ 3.45pm—Parents Year R and Year 1
Thursday 12 December 2024	Gym Run Day
Thursday 12 December 2024	Open Event for New Reception Parents @ 5pm
Tuesday 17 December 2024	Winter Show—YR, Y1 & Y2—9.30am in the hall
Wednesday 18 December 2024	Winter Show—YR, Y1 & Y2—9.30am in the hall
Wednesday 18 December 2024	Christmas Dinner Day. Book your child's lunch HERE
Wednesday 18 December 2024	Christmas Jumper Day wear uniform too.
Thursday 19 December 2024	Christmas Fayre
Friday 20 December 2024	Last Day Term 2—non uniform day
Tuesday 7 January 2024	First Day Term 3

School Photo Day 27 November 2024

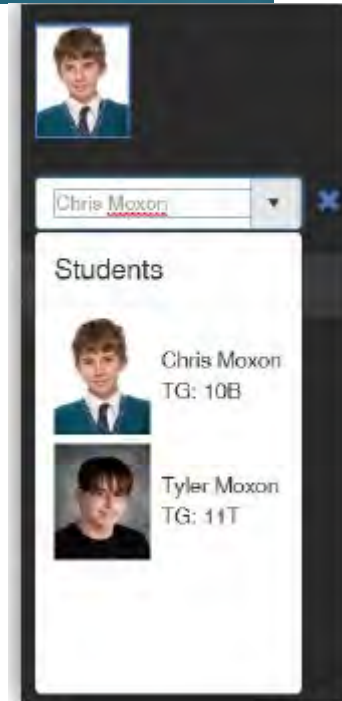


Our official photographer (Tulip Photography) will be in school on Wednesday 27 November 2024.

This is for individual photos for all children and pre school/in school siblings. (Arrive at 8.15am for pre-school sibling photos).

We require you to give your permission for your school age child to be photographed

We will NOT photograph your school age child without the consent being completed.



You must give consent for each of your FVA 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 by then choosing your other child(ren).

Photographs make a great Christmas gift

Parent Meetings—Term 2

Our Parents meetings will take place on

26 and 27 November 2024

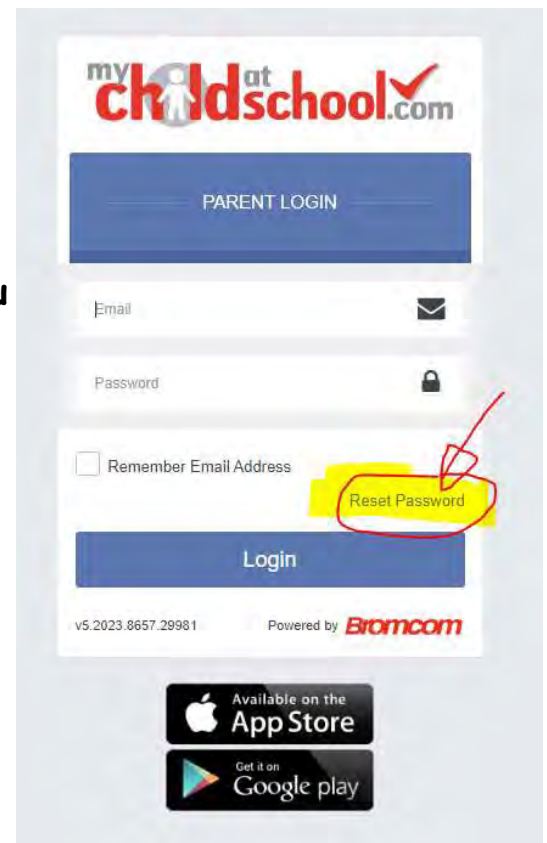
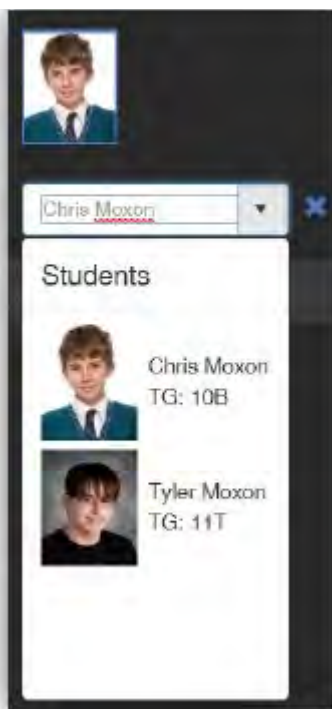
We will be taking bookings for parents evenings through the My Child at School website or App. Bookings are now live.

If you have never 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 be able to book your parents evening slot. You must book a slot for each of 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 by then choosing your other child(ren).



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

Remembrance Day at FVA

On the 11th hour of the 11th day of the 11th month, the whole school gathered together for a moment of remembrance that held great significance for us all. On this day, we paused to reflect on the sacrifices made by those who have defended our freedoms and way of life.

As the clock struck the 11, we observed a two-minute silence, a powerful and solemn moment where every pupil, staff member and some parents stood together in shared reflection. It was a time to honour those who gave their lives in service and to recognize those who continue to protect our nation today.

Our Year 6 children played an important role in the ceremony, following the silence with a beautiful reading of a poem by Anon. Their voices, full of sincerity and respect, captured the gravity of the moment and reminded us all of the importance of remembering.

This year's Remembrance Day ceremony was a moving experience for our entire school community. The children's quiet respect and thoughtful attention were a testament to the significance of the occasion. It was a powerful reminder that, as we go about our daily lives, we should never forget the selflessness and courage of those who have fought for our freedoms—both in the past and in the present.

As we reflect on the lives lost and the ongoing service of our armed forces, it is vital that we continue to teach the next generation the importance of remembrance. In honouring the past, we not only pay tribute to those who served, but also ensure that their sacrifices are never forgotten.

On this Remembrance Day, we took the time to remember—and to be thankful for—those who have given so much for the freedom we enjoy today.

Lest we forget



Winter SHOW

Parents you are cordially invited to attend the Winter Show being presented by our:

Year Reception, Year 1 and Year 2 children

More information to follow but please save the following dates:

Tuesday 17 December @ 9.30am

Wednesday 18 December @ 9.30am

Calling local traders

Buy a table for £5 to sell your products at the Christmas Fayre

* * * Limited spaces * * *

Contact Libby (07592 068728) to book

Donate soft toys + books

in good, clean condition

For the Christmas Fayre

Drop donations at the school office by Wednesday 18th December



INTRODUCING CASHPOT FOR SCHOOLS

You scan we donate ££s

CASHPOT FOR SCHOOLS

Only with ASDA Rewards

Download and opt-in today

Parentkind

ASDA

THAT'S MORE LIKE IT

Last BIG Shop

Ends 30/11/24

you scan, we donate ££s TO SCHOOLS.



Asda Rewards Cashpot for Schools

Cashpot for Schools Terms & Conditions

Asda Rewards Terms & Conditions

1

Download and sign up to the Asda Rewards app

Opt into the Cashpot for Schools campaign and select a specific primary school or select 'Schools in Need'.

2

Shop in store across Asda and George, or online at Asda.com

Asda will donate a percentage of your shop to your chosen school each time you shop and scan.

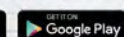
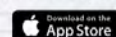
3

Asda does the rest

The money raised will be donated through Parentkind to schools to spend on what they need most. This won't affect your own Cashpot earn.

Once opted in and selected a school, we will add £1 to your chosen schools Cashpot to help get them started.

Each school will get an additional £50 added to their Cashpot, after at least one customer has shopped and scanned their Rewards app.





Winter Newsletter

Facebook - Friends of Frome Vale Academy
Email - fvafriends@outlook.com



Who are we?

Volunteers organising fun activities to raise money and build up the community of families who are linked with Frome Vale Academy.

How can I get involved?

Scan the QR code to join our WhatsApp group or follow us on Facebook @Friends of Frome Vale Academy



Fundraising

Our two discos were a huge success! Thanks to those who helped and attended

Autumn Disco = £316.56
Diwali Disco = £401.36



'Spots and stripes' non-uniform and the Year 1 cake sale raised £279.73 for Children in Need!
Thank you for your donations



Frome Vale Academy

You have helped raise

£129.73

⌚ 12 days left

ASDA

CASHPOT
FOR
SCHOOLS

(ends 30th Nov)

Upcoming events . . .

Thursday 19th Dec - 3.45-5.30pm - Christmas Fayre

- Do you have items to sell? Book in advance (£5 per table)
- We need donations of teddies/ soft toys and books
- Can you offer raffle prizes through work or other contacts?
- Help needed to set up, run stalls at the event and tidy up



FROME VALE ACADEMY PHONICS WORKSHOP FOR FAMILIES

We are running a second Phonics workshop for families who were unable to attend the first one. Please join us in the FVA hall.

When? Monday 2nd December at 3.45pm.

Where? Frome Vale Academy Hall

What? Reception and KS1 Phonics information session for families.

Please pick up your child and bring them with you to the main hall. There will be some activities for them to do.



The children welcomed Ellie from Bristol City Council who gave an assembly on ways that we can be bright and be seen so that we can still travel actively when it is dark. Does your child have a bright coat? Is there anything reflective on their bag, bike, scooter or clothing? What more could you do as a family to make sure that your child is seen by cars and other vehicles?

Please take a minute to think about this question and ensure that your child is safe now the nights are longer. Please also consider your own safety. Do your car lights need a clean. Does your bike light work or does it need a new battery?

Be Bright Be Seen!



KEEP YOUR CHILD VISIBLE



5-MINUTE WALKING BUBBLE

#StaySafeGetActive on your journey to school

The diagram above has been created by Modeshift Stars whose aim is to ensure that we recognise that any address within the circle is within a 5 minute walk of the school address.

Please if you can, try to walk to school if you are inside the circle, or if you drive from further afield, please try to park your car on the edge of the circle area and walk your child into school.

You will all get a little exercise, the environment around the school will be positively improved and our children will be protected from the dangers that driving outside our school can pose.



Parking for School drop off and collection

We are all aware that the traffic around our school can become very congested at drop off and collection times. However, it is vital that we all continue to drive respectfully and carefully to ensure the health and safety of everyone. Please also be mindful not to park across a local resident's driveway (however tempting it may be) as it is important that our residents are able to access or leave their own property without having to wait for a car to be moved. It is also important to ensure that you do not park on the yellow zig zag lines outside the school at any time.

Please consider parking away from the school and walking. There is plenty of parking between Overndale Road and the school and this meets our green objectives to Get Active to stay fit whilst ensuring the environment is not choked with exhaust pollutants.



Winter colds and flu are widespread at this time of year. However cold like symptoms in combination with a rash or red eye, could be measles. In this situation, please do not bring your child to school and ring 111 for further help and guidance.



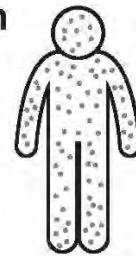
UK Health
Security
Agency

Measles is circulating

- if you notice a **rash or red eye with the other** cold like symptoms:
- measles is extremely infectious and can be serious
- Make sure your children get two MMR vaccines on time; the first at 1 year of age and the second at 3 years, 4 months
- If you or your children missed these vaccines, it's not too late. Ask for the free vaccine from your family doctor (GP) if you or your children aren't up-to-date
- if you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. **STAY AWAY** from GP surgeries and A&E departments – you could spread the illness to others
- symptoms include: high fever; sore red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the first symptoms
- go to **nhs.uk** for more measles information

Symptoms

Rash



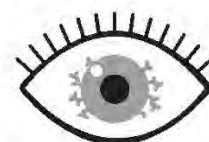
Temperature



Runny Nose



Red Eyes



Cough





School Attendance: The law is changing

From 19th August 2024

Penalty Notice Fines for School Attendance are changing

The government is introducing a new National Framework for Penalty Notices

5 days of unauthorised absence

Penalty Notice fines may be issued for any term-time absences that are unauthorised (for example, a 5-day term-time holiday) - whether these absences are taken consecutively or cumulatively over a rolling period of 10 school weeks

10 sessions of unauthorised absence in any 10-week period

Penalty Notice fines will also be considered when there have been 10 sessions of unauthorised absence in any rolling period of 10 school weeks

**A school day has 2 sessions:
1 morning and 1 afternoon session per day**

A **school week** means any week in which there is at least one school session. The threshold can be met with any combination of unauthorised absence (e.g. 6 sessions of holiday plus 4 sessions of arriving late after the register closes all within 10 school weeks). These sessions can be consecutive (e.g. 10 sessions of holiday in one week) or not (e.g. 6 sessions of unauthorised absence taken in 1 week and 1 per week for the next 4 weeks). The period of 10 school weeks can also span different terms or school years (e.g. 2 sessions of unauthorised absence in the Summer Term and a further 8 within the Autumn Term).

What is a Penalty Notice?

A Penalty Notice is an out of court settlement which is intended to change behaviour without the need for criminal prosecution. If repeated penalty notices are being issued and they are not working to change behaviour they are unlikely to be most appropriate tool. Therefore, from August 2024, only 2 Penalty Notices can be issued to the same parent in respect of the same child within a 3-year rolling period and any second Penalty Notice within that period is charged at a higher rate. Any further offences may result in criminal prosecution.

The law will be clear that where a Penalty Notice threshold is met – in each individual case, the school **must** consider if a Penalty Notice is appropriate

First Offence

The first time a Penalty Notice is issued for a Term-Time Leave of Absence or irregular attendance, the amount will be:

£160 per parent, per child (if paid within 28 days)

Reduced to: **£80** per parent, per child if paid within 21 days

Second Offence (in a 3-year rolling period)

The second time a Penalty Notice is issued for a Term-Time Leave of Absence or irregular attendance to the **same parent** for the **same child** the amount will be:

£160 per parent, per child (if paid within 28 days)

There is no reduction in the amount.

Third Offence or Any Further Offences (in a 3-year rolling period)

The third time an offence is committed for a Term-Time Leave of Absence or irregular attendance by the **same parent** for the **same child** (including those by other Local Authorities) a Penalty Notice will NOT be issued but will be referred to Bristol City Council's Education Welfare service for **Prosecution** which may result in fines of upto **£2,500** per parent, per child.

Cases found guilty in a Magistrate's Court can show on a parent's future DBS certificate.

Bristol City Council have the discretion to issue Penalty Notice fines before the above threshold is met in cases where parents are deliberately avoiding the national threshold by taking several term time holidays below the threshold, or for repeated absences for birthdays or other family events.

Unchanged

Penalty Notice fines are issued **Per Parent, Per child**. This means that fines are issued to each parent, for each child who is absent. For example: If 2 siblings are absent for a term-time holiday this will result in each parent receiving 2 separate fines.

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 The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

1 CONSIDER CYCLE TRAINING

Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began; there are Bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signaling and visibility), and can help both parents and children feel more at ease on busy streets.

2 USE A SUITABLE BIKE

Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

3 TRY A CARGO BIKE

Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

4 INSPECT YOUR CYCLE

It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

5 BRING SUITABLE GEAR

Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

7 STAY ALERT AND IN SAFE FORMATIONS

For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

8 AVOID PARKED CARS

When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

9 START A 'BIKE BUS'

Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you?

10 HAVE FUN!

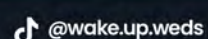
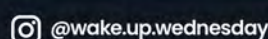
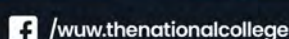
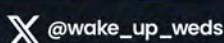
Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/teaching-cycle-safety>



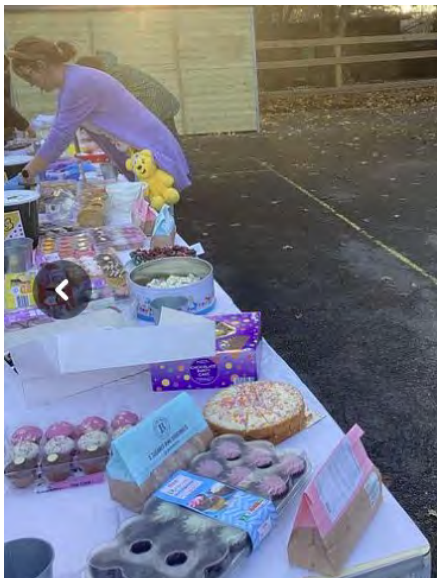
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This term's learning at FVA



Dads living their best lives

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





Let the
"feastivities"
begin!



Wednesday 18 December

Roast Turkey and Stuffing 

or

**Cheesy Cauliflower & Leek
Puff Pastry Wreath** 

with

**Roasties, Vegetable Medley,
Gravy and Yorkshire Pudding**

and

Snowy White Chocolate Blondie

or

Mince Pie Crumble Bar

£2.40 per child

To order Click **HERE**



THANK YOU

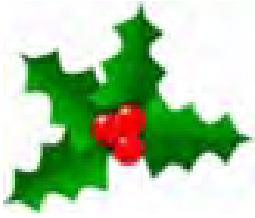
Frome Vale Academy

for raising a fantastic

£279.73

The money you have raised will be used to help change the lives of children and young people facing disadvantage in communities across the UK.

B B C
CHILDREN
IN NEED



Christmas Holiday Club @ FVA

FESTIVE FUN!
HOLIDAY CLUB FOR CHILDREN AGED 4 - 11
23RD DECEMBER
FROM VALE ACADEMY BS16 2QS

HIGHLIGHTS:
Christmas Party - Silly Jumper Contest
Singing & Dancing - Festive Arts & Crafts
Exciting Games & Prizes

DRESS CODE:
Festive Attire
Silly Jumpers Welcome!

HO-HO-HOPE TO SEE YOU THERE!

07584 624 136
WWW.BIZZYKIDZCLUB.COM



OUR Wonderful WORLD

2nd & 3rd January 2025

Frome Vale Academy BS16 2QS

HOLIDAY CLUB FOR CHILDREN AGED 4 - 11

Volcano Eruptions
Lava Lamps
Fossil Making
Crystal Growing
Outdoor Games
Food Activities
Woodland Fun

www.bizzykidzclub.com | Call Us 07584 624 136

Welcome to Bizzy Kidz Club!

We are a vibrant and exciting holiday club dedicated to providing a fun and educational experience for children. Our mission is to create a nurturing environment where kids can learn, play, and grow. With a wide range of activities and programs, we offer a unique opportunity for children to explore their interests and develop new skills. Our dedicated team of professionals is committed to ensuring the safety and well-being of every child in our care.

[Learn More](#)

FREE SPACES AVAILABLE FOR FAMILIES RECEIVING BENEFITS



To book, click on the link below:

[Bizzy Kidz Club @ Frome Vale Academy with Bizzy Kidz Club · Eegu](#)

Calling local traders

Buy a table for £5
to sell your products
at the Christmas Fayre

* * * Limited spaces * * *

Contact Libby (07592 068728) to book



Donate soft toys + books

in good,
clean
condition

For the Christmas Fayre

Drop donations at the school office
by Wednesday 18th December



CHRISTMAS

Local Crafters

Refreshments

Raffle

Tombola

Santa Paws

Books

Toys

Games

BAZAAR

SATURDAY 30th NOVEMBER

12noon - 3.00pm

**All Saints Church & Community Hall
Grove Road Fishponds**

Admission 50p Adults Under 16's free

VINTAGE AND ALTERNATIVE XMAS NIGHT MARKET IN THE PONDS



**Friday 29th Nov
5.30-9.30pm**

at Cafe Grounded,
Fishponds Rd, Bristol BS16 3UP

art, prints, tarot, pins and badges, frames,
clothing and apparel, vintage, upcycled art,
puppets, hats, jewellery, glass, crystals,
silver, entomology and oddities, bone
bouquets, ceramics, resinware, home decor,
pyrography, trolls, soaps and balms,
pokemon terrariums, ceramics, drinks,
cocktails and more!

for further info email
markets.theoldlibrary@gmail.com

grounded

NEW After School Clubs



OPEN ACCESS Play Sessions

Led by Children's Scrapstore with LPW and Weclil

What is open access? Children can come and go as they please so they need to be responsible for themselves or be with their adult. 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.

WE BRING THE KIT, YOU LEAD THE PLAY!

EVERY MONDAY
Term time: 3:30pm - 5:30pm
Green space outside Oldbury Court Children's Centre, BS16 2QS
Half Term Holidays*:
11:30am - 1:30pm
Easter / Summer Holidays*:
10:30am - 2:30pm

Get creative and imaginative at these regular play sessions aimed at young people, **age 8 and over**.
 Expect arts and crafts, sports kit, construction materials and much more!
No booking required

FREE

contact: playteam@childrenscrapstore.co.uk
 facebook page: Children's Scrapstore Play Rangers
 charity no. 1008788

*Except bank holidays.
 Funded lunch for children provided in holiday sessions



Do you have a budding footballer at home?
 Would you like to get your little one playing football?
 Well you can—FVA will be the new venue for Little Kickers
 Contact **HERE** to find out more



Little Kickers
 Bristol & Bath

SIGN UP TODAY

Full money-back guarantee

Visit our website to register!
www.littlekickers.co.uk
 07506346186
rbrightwell@littlekickers.co.uk

!!! NEW VENUE ALERT !!!

Frome Vale Academy, Frenchay Road, Bristol BS16 2QS

Classes starting on Sunday the 6th of October

Little Kicks: 1½-2½ years . Junior Kickers: 2½ -3 ½ years . Mighty Kickers: 3½-5 years

MF DANCE

— THE FUTURE OF DANCE —

A New dance club is joining Frome Vale Academy from Thursday 7 November 2024.

The dance is for ages 3 to 17 and classes can be booked online **HERE**

If you still want more information, please click **HERE** where you can find out more.

Book your **FREE** Trial lesson **HERE**

Day	Start Time	End Time	Age Group	Style	Class
Thursday	17:15	18:00	Children 3 - 6	MF Dance - Minis	Mini Streets (Ages 3 - 6)
Thursday	18:15	19:15	Children 7 - 11	MF Dance - Junior & Teens	Junior Streets (Ages 7 - 11)
Thursday	19:15	20:15	Children 12 - 17	MF Dance - Junior & Teens	Teen Streets (Ages 12+)



changes

WOMEN OF COLOUR WELLBEING GROUP

MONDAYS ONLINE
6.30 - 8.30pm

changes

LGBTQIA+ WELLBEING GROUP

TUESDAYS ONLINE
6.30 - 8.30pm

changes

BLACK, ASIAN, AND ETHNIC MINORITY MEN'S WELLBEING GROUP

THURSDAYS
Easton Community Centre
5.30 - 7.30pm

changes


MEN'S WELLBEING GROUP

THURSDAYS ONLINE
6.30 - 8.30pm

changes

WOMEN'S WELLBEING GROUP


THURSDAYS ONLINE
6.30 - 8.30pm




Safe, non-judgemental and confidential spaces to discuss mental wellbeing with others who belong in your community.

www.changesbristol.org.uk
 0117 941 1123

Free to join and are facilitated by people who identify as being in that community.





SCAN ME

Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free groups for adults run by Bristol Children's Centres

Scan here to find out more and register your interest!



Your parenting toolbox:

Listening

Play

Praise

Nurture

Empathy

Connection

For more information please call: **07721 311 497** or email: psso@bristol.gov.uk

Once you have registered your interest via: www.bit.ly/BristolParentingGroups we will be in touch to find the best group option for you.



FREE 11 Week Group

Incredible Years

A parenting group for parents of children aged 2 - 8 years old, run by qualified staff at your local Children's Centre. This group is for adults only.

This programme will help parents learn how to:

- Help their children feel loved and secure
- Encourage their children's language, social and emotional development
- Establish clear and predictable routines
- Handle separations and reunions
- Use positive discipline to manage misbehaviour

Scan here to register your interest



If you would like further information or to register your interest directly then please call us on: **07721311497** or email: psso@bristol.gov.uk Once you have registered your interest, a member of the team will be in touch to find the best course location for you (in person or virtual options available).

FREE 10 Week Group

The Nurturing Programme

A parenting group for parents of children aged 2 - 8 years old, run by qualified staff at your local Children's Centre. This group is for adults only.

- Understanding why children behave as they do
- Recognising the feelings behind behaviour (ours and theirs)
- Exploring different approaches to discipline
- Finding ways to develop co-operation and self-discipline in children
- Learning the importance of looking after ourselves

Scan here to register your interest



If you would like further information or to register your interest directly then please call us on: **07721311497** or email: psso@bristol.gov.uk Once you have registered your interest, a member of the team will be in touch to find the best course location for you (in person or virtual options available).

Bristol Parenting Courses

Did you know that via [Bristol Family Hubs](#) you can access FREE parenting courses?

Children's Centres across the city run courses for parents with children aged 4 - 8 years old.

Here is some information about what is on offer:

Parenting Puzzle

'Parenting Puzzle' is a 4 week course whereby you will be given the tools to respond effectively within daily family life and situations that arise as children grow, learn and develop. Suitable for parents with children ages 0 - 5 years old. In person and virtual courses available.

The Nurturing Programme

'The Nurturing Programme' is a parenting approach that is designed to provide adults and children with the understanding, skills, and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem, and support positive family relationships. Suitable for parents with children ages 2 - 8 years old. 10 week course. In person only and creche available.

Incredible Years

The 'Incredible Years' Programme is designed to strengthen child well-being, promote social-emotional learning and academic competence, and prevent, reduce, and treat behavioural and emotional problems in young children. Suitable for parents with children ages 2 - 8 years old. 11 week course. In person only and creche available.

To register for a course please follow this link: <https://forms.office.com/e/gBv9Z5EUHv>

Following you submitting a form via the above link - you will be contacted with details of the next available courses.

Institution of
**MECHANICAL
ENGINEERS**

Devon & Somerset Christmas Family Lecture:

ENGINEERING A BETTER WORLD:

Innovating for a
Sustainable Future

Tuesday 10th December
18:30 - 20:00, UWE Bristol

An exciting journey into the world
of engineering – fun for
kids and families!

Suitable for all ages!

improving the world through engineering



Beginners English Classes

Have you got a child in a CLF school?
We are offering free ESOL classes for adults.



Location: Beacon Centre, City Academy Bristol

Classes start: January 2025



Enrolment day: Wednesday 4th December,
10am – 1pm

Limited places!
Ring 0117 954 2806 to book.

All Saints After School Family Cafe

From 12th
September

Thursdays 3.15pm - 4.30pm
(term time only)
Fishponds Old Library
(next to Fishponds Academy) BS16 3UH

After school space for families.

Free hot drinks and snacks.

A child friendly space to play.



FAMILIES ONLY

All children must be with an adult.
All adults must be with a child/ren.



allsaintsfamilycafe

Beechwood Playgroup

Beechwood Playgroup
WhatsApp community



SCAN QR CODE TO JOIN
WHATSAPP COMMUNITY FOR
OCCASIONAL UPDATES

About the Training Programme

What is Community Reporting?

Originating in 2007, Community Reporting has been developed across Europe as a mixed methodological approach for enhancing citizen participation in research, policy-making, service development, and decision-making processes. It uses digital, portable technologies to support people to tell their own stories, in their own ways via peer-to-peer approaches. It then connects these stories with the people, groups and organisations who are in a position to use the insights within them to make positive social change.

Who are People's Voice Media?

We are a charity that uses storytelling as a tool for social change. Our work supports people to improve their own world and the world around them by using lived experience to address inequalities and achieve social justice. We use lived experience stories to inform services, research and policy in a bid to change institutions, systems and society for the better.



2-Day Community Reporter training programme (in-person) 5 and 6 December 2024 10am – 4pm (plus 1-hour online support session)

You'll be introduced to what Community Reporting is, different storytelling techniques, responsible practice (including ethics and consent), digital skills in audio and video, and how to use the Community Reporter website. You'll then be tasked with gathering 2 community stories - there'll be an online support session to help you!

2-Day Story Curation training programme (in-person) 13 and 14 February 2025 (plus 1-hour online support session)

You'll learn how to analysis stories and identify key learning points in them. You'll use these insights to create a short group report and film based on the stories gathered. You'll be trained in basic editing and design, and have an online support session for additional help.

1-Day Community Reporter training-the-trainer day (in-person) (plus 1-hour online support session) DATE TBC

Here you'll be trained in how to deliver Community Reporting workshops and training. You'll make a plan to deliver a session or training in the future, and the online support session will help you to implement this!

To register your interest contact:
Richard on Richard.Sleight@bristol.gov.uk



FREE Community BMX Sessions Hillfields Park, Pump Track

New Information!

Thursdays
4PM-5PM

Come and try BMX!

- Sign-up on the day (first-come-first served)
- The coach can take up to 16 people at a time*
- Everyone is welcome, all abilities
- 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
- Bring a some water!

*If there are more than 16 people, we will split the session into 2 x 30 mins and swap groups.

Contact:

bm@accesssport.org.uk



ADULTS! Register using the QR. Please sign in your child at the container and remain in the park. You only need to register once!

Volunteers
wanted!
Get in touch to
find out more

Registration QR



Avon
Wildlife Trust

Grow Wilder Christmas Market

181 Frenchay Park Road, Bristol, BS16 1EL

Saturday 7 December
10am - 4pm

Join us for winter crafts and festive cheer
at our final market of the year!

A collective of Bristol designers and
makers showcasing their handcrafted,
eco-friendly and nature-themed goods.



Ignite Bristol Multi-Sport Festival

For d/Deaf, Disabled and Neurodivergent people
and their families to try local inclusive sports and
activities.

Sign-Up Open!

Free
Entry!

Sunday 24th November 2024, 1:30-4pm

Trinity Acadmey, Romney Avenue, BS7 9BY

Register your FREE place: <https://bit.ly/IB-Multi-Sport-November24>

