

Friday 22 January 2021

Mid Term 3 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Truth & Honesty

Learning behaviour: Self Reflection

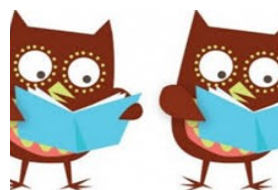
We cannot express how impressed we all are with the way that our children have adapted and engaged so quickly with their remote learning. We are really proud of all our children and continue to be astounded by the commitment to home education by our families. Thank you for your continued support and we hope that we will all be back together again soon.

We are Mathematicians



Times Table Rockstars is available online using the app or website. Knowing the times tables makes all maths just that little bit easier. Get practising!

We are Readers



Oxford Owl have provided free e-books for children to access over the lockdown. Suitable for tablets or computers. Escape from the house through their imagination!

We are Learners



The BBC have lots of home learning resources available from learning games to their programming on BBC2 each day. Video resources and radio programmes are all accessible on your mobile or computer.



Benefit Related Free School Meals

During these difficult times, it is more important than ever to ensure you and your family are getting the help and support you may need.

If your income or circumstances have changed and you feel your child(ren) may be eligible for free school meals (FSM), it is essential you apply to check your eligibility. An application should be made for each child; it is the child that

qualifies, not the family. Even if your child(ren) are already eligible for Universal Infant Free School Meals (year Reception, year 1 and year 2), it is important you check your eligibility for Benefit related free school meals. Bristol City Council (BCC) provides an online application service for free school meals. Parents are able to apply online and get a very fast result. Once you have your result, please just contact the school and let us know. We are able to check the data at BCC and eligibility will start from the date of approval. Use the link below to access this application form: [Click HERE](#)

IMPORTANT any currently eligible children should not reapply for free school meals as this may lead to the loss of your entitlement.

The Government are currently supporting any FSM eligible child, unable to attend school, with a weekly £15.00 voucher to help pay for food. When the children are able to attend school, FSM entitled children can obtain a daily lunch from our school menu saving £2.30 per day.

School email address is info@fva.clf.uk

Dates for your diary

Friday 12 February	Last Day of Term 3
Monday 22 February	First Day of Term 4
Tuesday 2 March	Academy Council Meeting
Thursday 4 March	World Book Day—Whole School
Friday 5 March	Year 5 Swimming Lessons begin (To be confirmed)
Wednesday 17 March	Inset Day—school closed to all pupils
Friday 19 March	World Poetry Day—Whole School
Thursday 1 April	Last Day of Term 4



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

PE

Home Learning beyond FVA Wordpress

Joe Wicks has relaunched his live P.E lessons for children. It is a great way to start the day and keep your children fit whilst stuck indoors. You can join Joe's P.E lessons through his Youtube channel 'The Body Coach TV' live every Monday, Wednesday and Friday at 9.00am. Alternatively you can schedule a fitness break to suit your day just search his Youtube channel. [Click Here](#)



Arts and Crafts

It all begins with an idea. #ArtJumpStart is a collection of easy art projects to try at home using materials from your recycling. [Click HERE](#)



Make Pancakes

50g self-raising flour **PREP: 15 MINS**
50g flour **COOK: 30 MINS**
2 small eggs separated **EASY**
150ml skimmed milk **SERVES 4-6**
oil, for frying



Method

1. Put both the flours into a large bowl and whisk. Add the egg yolks and a little of the milk, whisking to a thick paste. Add the remaining milk, a splash at a time, to loosen the batter.
2. In a separate bowl (with a clean whisk) whisk the egg whites until they hold stiff peaks. Gently fold the egg whites into the batter with a spatula, trying to keep in as much air as possible.
3. Heat a large non-stick pan over a medium heat and carefully wipe it with some oiled kitchen paper. Add a large dollop of batter to the pan to make a round shape
4. Flip the pancakes after a minute or two, once the edges are set, the base is golden brown and bubbles start to pop on the surface. Cook for another min until golden brown.
5. Eat - yummy!!

Mindfulness and Meditation

If your children are struggling with stress, anxiety or having trouble sleeping as a result of the ongoing pandemic, they may benefit from meditation and mindfulness. With this in mind, Sesame Street has teamed up with Headspace to create "Monster Meditations" - six animated shorts to help children learn the basics of mindfulness, meditation and social and emotional learning. Available, for free, on both YouTube and YouTube Kids [Click Here](#)



Coding for kids

Developed by the MIT Media Lab, [Scratch](#) is a block-based visual programming language and website for kids.

Or

Coding for Kids - [Click Here](#)

Learn computer science by trying the lessons [HERE](#) at your own pace! Learn to create computer programs, develop problem-solving skills, and work through fun challenges! Make games and creative projects to share with friends, family, and teachers.

Before letting your child use the websites above, take a look to make sure **YOU** are happy for **YOUR** child to access the content. Only **YOU** can decide.

The Academy Council at FVA

Frome Vale Academy is part of the Cabot Learning Federation (CLF). The CLF Board has overall responsibility for the management of all its academies (finances, staffing etc.), but each Academy has its own Council. The Council is made up of teacher and support staff reps, sponsored councillors (appointed by CLF), a local authority representative, 2 parent representatives (elected by parents) and a student advocate.

Academy Councils have a key focus which is school improvement, and they monitor performance using the annual Academy Improvement Plan (AIP), through monitoring risks and responses to risks, and through overseeing systems and processes for the safeguarding, health, safety and well-being of academy staff and pupils.

Academy Councillors are expected to both support and challenge the Principal and academy leadership team, and work with them to make the academy one that everyone can be proud of.

Academy Council Meetings will be held this Academic year on:
2 March 2021, 20 April 2021 and 13 July 2021.

If you would like to contact the Chair of the Academy Council please send your email via the clerk on linda.corbidge@clf.uk.

Want to Find out More?



You can take a look at the FVA website [HERE](#)

The minutes to every Academy Council meeting are published to enable full transparency. You can take a look for yourself!

You will also find a list of our councillors, and a little bit more about who they are.

Want to get involved? Once you've had a good look at the web pages, and if you can commit to regular meetings and additional time in the academy (when we get back to normal). Email the clerk [HERE](#)

Want to get involved, but cannot commit to being an academy councillor? Why not join the Friends of Frome Vale Academy? We (normally) put on at least three large events to raise funds for the school during the course of a year. We also raise funds in smaller ways too. We are always on the look out for help with these events and to finding different ways to raise much needed funds for the school.

Contact info@fva.clf.uk to express your interest.



Safeguarding Information

Hundreds of thousands of children and young people have been affected by school closures. Many of these pupils are now taking classes as well as socialising more online.

Under the shadow of COVID-19, the lives of most children have temporarily shrunk to just their homes and their screens. Spending more time on virtual platforms can leave children vulnerable to online sexual exploitation and grooming, as predators look to exploit the COVID-19 pandemic. A lack of face-to-face contact with friends may lead to increased and unstructured time online and may expose children and young people to potentially harmful and violent content as well as greater risk of cyberbullying. Some children may have only limited access to the internet at home. This may impact contact with friends and wider family, and potentially affect their mental health. There are several websites that contain information, guidance and resources for pupils and parents/ carers on current threats and concerns which are updated regularly. These include;

Childnet

NSPCC

Safer Internet

Educate Against Hate

Internet Matters

Safe and Secure Online

Child Line

E4 Education

Resources for Online Safety in other languages:

Parents: Supporting Young People Online (Childnet)

<https://www.childnet.com/ufiles/Supporting-Young-People-Online.pdf>

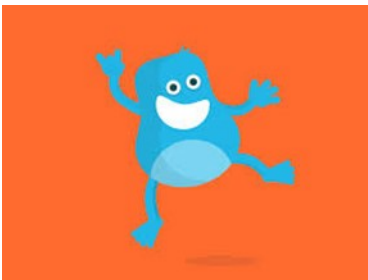
Leaflets available in a range of other languages here

<https://www.childnet.com/resources/supporting-young-people-online>

Arabic
Bengali
English
Farsi
French
Hindi
Polish
Punjabi
Somali
Spanish
Turkish
Urdu
Vietnamese
Welsh

Better Internet for Kids has sites for all European countries: <https://www.betterinternetforkids.eu/sic>

If you have any concerns about the safety or well-being of a child please email safeguarding@fva.clf.uk Messages will be picked up by Heather Marshall - Designated Safeguarding Lead or Mrs Jan Saunders - Principal.



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.

