

Friday 28 January 2022

Mid Term 3 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: **Contribution**

Learning behaviour: **Self-evaluating**

We've had a great start to the year and with minimum disruption from Omicron. Thank you for all your help with continuing to support us with lateral flow testing and keeping children at home if they are poorly. We also wanted to say a big thank you for all your good luck messages, cake and chocolate when we were visited by Ofsted on the 12 and 13 January. We will receive the report over the coming few weeks and will share that with you just as soon as we can.

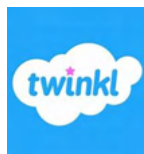
We are Contributors



Red Nose Day is back on Friday 18th March 2022. Register now to pre-order your free fundraising pack and other fundraising tools.

Click on the logo above.

We are Self-evaluating



Encouraging a more positive inner dialogue can have a massive impact on a child's ability to achieve, and change their outlook on life. Read a blog.

Click on the logo above.

We are Contributors



A video to help with understanding money for children. Understanding how to shop on a budget and what you need vs what you want. Fun and interactive!

Click on the logo above.

Safer Internet Day

Here is some exciting news Safer Internet Day is on Tuesday 8th February 2022. This year in the UK, Safer Internet Day explores respect and relationships online, focusing on the theme 'all fun and games'? Frome Vale Academy will be participating in this event with The UK Safer Internet Centre providing great resources for educators to select and use, to help embrace Safer Internet Day. Safer Internet Day inspires a national conversation about using technology responsibly, respectfully, critically, and creatively. Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people.

Want to know more?

Please click on the logo below where you will be taken to the Advice for parents and carers page where you can find

Top Tips
Resources
Films



All family friendly and designed to start a conversation and make you aware of the benefits and pitfalls of children using the internet.

Key Dates for your diary

Tuesday 1 February 2022	Donut and Hot Chocolate Sale—3.30pm
Thursday 3 February 2022	Open Door for parents/carers—8.30am to 9am
Tuesday 8 February 2022	Academy Council Meeting
Thursday 17 February 2022	Reception and Year 1 Disco — 3.30pm to 5pm
Friday 18 February 2022	Last Day Term 3
Monday 28 February 2022	First Day 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

Going Single-Use Plastic Free

Our Eco Warriors pupil voice group have already sent you a letter about FVA's ambition to become a school that has no single-use plastic.

We are working towards our Green Flag Award - an award which recognises the efforts we are making to protect our environment. We chose to decrease waste as one of our priorities because we want to protect the sea and our environment in our mission to become a greener school. It is our hope that, by the end of the year, we can call ourselves a single-use plastic free school.

Please help us by using reusable plastic products rather than single-use plastics

Our children's top tips to help reduce single use plastic are:

"Don't send your kids in with plastic bags with clothes, use a reusable bag" Marin

"Swap single use plastic bottles for reusable bottles" Ruby

"Bring your own bags when you go shopping" Casta

"Also try to avoid metal cans" Fred

"No plastic cutlery and more metal cutlery" Lenny

Not sure what a single-use plastic is? Watch the video below and sing along to Baby Shark too!



Want more information? Click on the RSPCA logo

We are working hard to ensure that we communicate with our families by producing 2 x termly newsletters and The Week Ahead notices that we send to you all. We recognise that by working together we will achieve the best outcomes for all our children. We wanted to share the following communication steps that will be taken around the 4 areas where you as parents and carers can support us with ensuring that our children are ready to learn. We place great importance upon ensuring that;

Homework is completed and handed in on Thursdays.

Reading at home is completed and the reading records are updated and in school daily.

PE kit is in school for PE days (see The Week Ahead for your child's day/s).

You attend our parents meetings which we will continue to offer as virtual and face to face to enable you to attend in a way that suits you best.



Homework/Love Of Learning:

Visit:
<https://fromevalecitizens.wordpress.com/>

- Remind your child to bring in on Thursdays
- Speak to your child's Teacher for support



Reading Record:

- Read with your child and write comment in reading record twice a week.
- Remind your child to bring Reading Record and book to school every day.
- Speak to your child's Teacher for support



PE Kit:

- PE kit to be available at school.
- Check "The Week Ahead" for PE dates.
- Speak to your child's Teacher for support



Parent/Teacher Meeting:

- Check email from school to book Parents Meeting.
- Check "The Week Ahead" to book Parents Meeting.
- Speak to your child's Teacher for support

Homework not handed in Week 1:

Text sent home: 'This is a reminder that homework is due weekly'

Homework not handed in Week 2:

Text sent home: 'We have noticed your child has not given in their homework for 2 weeks. Please support them to do this'

Reading Record not Completed Week 1:

Text sent home: 'This is a reminder that reading logs are due weekly and should contain at least 2 home reads'

Reading Record not Completed Week 2:

Text sent home: 'We have noticed your child has not given in their reading log with at least 2 home reads for 2 weeks. Please support them to do this.'

PE Kit not at School Week 1:

Text sent home: This is a reminder that your child needs their PE kit in school.

PE Kit not at School Week 2:

Text sent home: 'Your child has not had their PE kit in school for 2 weeks. This has impacted on their physical activity. Please support them to have it in school.'

Parent Meeting not Booked:

Text sent home: "We have noticed you have not made a parent/teacher meeting. Please speak to your child's class teacher"

Homework not handed in/ Reading Record not completed/PE Kit not in School/ Parent Meeting not booked Week 3:

Phone call from Dr Saunders or Mrs Dawson to understand support required.





After School Clubs – Term 4

We will be offering several **FREE** after school clubs for our children in Term 4

Ranging from Boccia to Times Table Rockstars you can book a place with no charge!

We will also offer Forest School; however, this will be a club that you will need to pay for.

Forest School on Mondays (year 1 to year 6) - £18.00

Gardening on Tuesdays (year 5 & 6) – Free

Digital Art on Thursdays (year 1 to year 6) – Free

Timetable Rockstars on Thursdays (year 3 to year 6) – Free

You will be able to book on Pay360 between 07/02/22 8am to 16/02/22 midnight.

Places are limited and are offered on a first come, first served basis.

Whether free or paid for, [all bookings](#) will need to be made using Pay360.

Click [HERE](#) for more information on Pay360 or call us on 0117 353 2902



Aspens



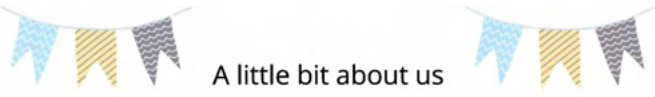
Looking for a role that fits around the family?

Please get in touch with Lisa Giles by email lisa.giles@aspens-services.com to find out more.

Hours are 16.25 hours per week during school term times only.

Working in the kitchen to support our school chef providing nutritious meals to our children.

WE are so lucky to have an East Bristol Children's Centre (EBCC) right on our doorstep. EBCC provide a wide spectrum of services from family events, support for SEND children and much, much more. Please Click **HERE** to see their full timetable for 2022



A little bit about us

At our centres you will find a safe & welcoming environment with easy access to a range of activities & information to help you lead a happy, healthy family life.

Services include a variety of groups, family events, 1:1 support & signposting to other services to ensure you and your family get the best experience possible.

We are always keen to know what services **you** would like in your local children's centre! Please pop in and see us, give us a call, drop us an email or send a message via Facebook or our website.

All of our centres are safe spaces
If you are feeling unsafe, please call us or visit your local centre and **Ask for ANI (Annie)**

If you are in immediate danger call 999

You can also access support from Next Link on 0117 925 0680



Information, advice & guidance
Support is available to calculate your entitlement to benefits including a better off in work calculation, identifying employment and training opportunities. For more information, contact 0117 357 4192 or email askcvps@bristol.gov.uk

Safeguarding is everyone's responsibility
Are you worried about a child or young person? Do you or your child need some help? Call First Response on 0117 903 6444 (Out of hours emergency team 01454 615165)

breastfeeding welcome here

Specialist feeding support is also available. Please contact your Health Visitor for more information or call 0300 125 6274 (East/Central) or 0300 125 6264 (South)



Bristol's SEND Local Offer

Early years SEND support is available at Oldbury Court Children's Centre from the Bristol Portage team. For more information, please visit www.bristol.gov.uk/web/bristol-local-offer/portage-home-visiting-service



We work with Bluebell to support families manage their mental health and wellbeing during pregnancy and after birth. For more information, please visit www.bluebellcare.org



Sirona care & health Community Children's Health Partnership

The Speech & Language team are available for one to one appointments across East Bristol Children's Centres



Please contact us or visit your local centre for more information on groups and services.

To register your interest for groups that require booking, please visit www.eastbristolchildrenscentre.co.uk/timetable to complete an Expression of Interest form and we will be in touch when a space is available.

Please help us to keep our groups running by donating £1 per session. Sessions marked (£) incur an additional charge.



Family Services & Adult Learning Timetable 2022



Oldbury Court Frenchay Road BS16 2QS 0117 3532899	Speedwell Speedwell Road BS5 7SY 0117 9030206	Broomhill Fermaine Avenue BS4 4UY 0117 3534276	St. Anne's Park Lichfield Road BS4 4BJ 0117 3773189
---	---	--	---



Keep in touch

 eastbristolchildrenscentres
 eastbristol.childrenscentres@bristol-schools.uk
www.eastbristolchildrenscentre.co.uk
 Sign up to our newsletter: www.eastbristolchildrenscentre.co.uk/email-sign-up

Sirona School Health Nurse Webinar Series - February 2022



Healthy Eating
Thursday 17th Feb
9.30am — 10.30am



Keeping Your Child Happy and Healthy
Friday 18th Feb
9.30am—10.30am



Understanding Your Child's Wellbeing
Wednesday 16th Feb
1.30pm—2.30pm



Helping Your Child With Sleep
Monday 14th February
9.30am—10.30am



Your Child's Eating Habits
Tuesday 15th Feb
9.30am—10.30am



Continence in Children and Young People
Tuesday 15th February
10.30am - 11.30am



Dental Health
Thursday 17th Feb
1.30pm—2.30pm

Click on the icon to register for the event!
(registration may close 1 day prior, so please book on as soon as you can)



Click on the Sirona Logo above to access the booking pages for each of the **FREE** webinars listed to the left.

These sessions are aimed at parents and carers who may need help with these common challenges. Nurses will be on hand to answer any questions you may have.

Click **HERE**

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 games that we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

FORTNITE

CHAPTER
3

AGE RATING
PEGI
12

First released in 2017, Fortnite has become one of the most popular games in the world. It currently has around 350 million registered players. Developed by Epic Games, it began life exclusively as a 'battle royale' contest, where up to 100 online player characters would fight – with weaponry including rifles, handguns and rocket launchers – to be the last one standing. Today, it features multiple modes which each offer something different (although some modes, such as 'Save the World', are only available on certain platforms).

IN-APP PURCHASES

Not all of Fortnite is free. Save the World mode, for example, can become quite costly. An in-game currency called V-Bucks is used to buy items such as cosmetics, which are not a necessity to play the game. It can feel like buying them is essential, however – even for adult players. Making sure no payment methods are linked to the game's store is a good idea when children are playing Fortnite.

REPEAT SUBSCRIPTIONS

Fortnite now offers a monthly repeat subscription which costs £9.99 (or equivalent). This package offers different non-essential benefits every month – including fancy cosmetics, rare weapons, V-Bucks and special bonuses. Signing up, therefore, can be tempting for dedicated players. However, subscriptions cannot be paid for with V-Bucks earned in the game, only with real-world money.

COMPETITIVE COMMUNITY

Fortnite isn't purely a competitive experience (some modes prioritise cooperation), but the rivalry aspect remains central. Battle Royale is an especially ruthless mode, where the last player or squad left standing wins. Games can become heated, and players' desire to win can often cause excessively aggressive or "toxic" behaviour towards others – via the game's audio chat, for instance.

POSSIBILITY OF SCAMS

Popular games like Fortnite are often targeted by unscrupulous individuals trying to trick or exploit genuine fans. In Fortnite, scammers have been known to offer children free V-Bucks or vast amounts of V-Bucks in exchange for rare items – often asking the player to click a particular link. These scammers are seeking access to your child's account, personal information and payment details.

USER-CONTROLLED CONTENT

Some elements of online video games can't be rated for age appropriateness because the developer doesn't have control over them. In Fortnite, for instance, things like voice or text chat, usernames, trades and other player-generated content may not always be suitable for children. It also means that the makers aren't liable for anything a stranger might say to young Fortnite players online.

Advice for Parents & Carers

STAY AWARE OF SPENDING

Free-to-play games (that is, ones without up-front costs) can still be big financial drains. In Fortnite, for example, the Battle Pass – a set of rewards to improve players' experience in the game – can be either earned through playing or bought with real money (with additional incentives for the latter). With supervision, however, this can be a great lesson in money management for young people.

TALK ABOUT TALKING

Communication is key in the squad-based Fortnite modes, and children will quickly realise that talking with team-mates online helps to increase their win rate. It's a good idea, therefore, to chat with your child first about speaking to strangers online, trading, scammers and other potential risks. Remind them that they can always come to you for help if they run into problems online.

ENCOURAGE BREAKS

Gaming sessions can reach marathon lengths, especially when your child is on a winning streak and doesn't want to stop. Sitting in the same position for hours isn't healthy, of course, but it's an easy habit to form. Encouraging young ones to break regularly for drinks and so on will help them stay hydrated, rest their eyes and release some of the tension from competitive gameplay.

DISCUSS OTHER APPS

Games like Fortnite can lead on to third-party apps (Discord, for example) where players can join a voice, text or – in some cases – video chat about the game. Certain add-ons also let children talk with other players from their local area, which clearly presents a potential risk. When discussing Fortnite with your child, you might also want to ask them about other apps they use while playing.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



National
Online
Safety®

#WakeUpWednesday

Source: <https://www.epicgames.com/fortnite-US/fortnite-new-subscription> | <https://www.epicgames.com/help/en-US/fortnite-cs/battle-royale-cs3/how-doi-get-more-vbucks-in-battle-royale-cs274> | <https://www.epicgames.com/help/en-US/fortnite-cs/battle-royale-cs3/what-is-the-battle-pass-where-can-i-earn-more-cs271> | <https://www.epicgames.com/fortnite-US/parental-controls>



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



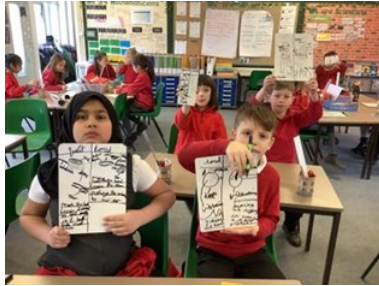
@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.01.2022

Academy Life in Pictures

We are Scientists

Our children are discovering our world through science from mini beasts to the environment.



We are Outside

Our Forest school area is getting a lot of use!



We are loving school

FVA children enjoying their learning across the academy



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

Click [Here](#)





Community Children's
Health Partnership



School Immunisation Team
3 Station Road
Pill
Bristol
BS20 0AB

17th January 2022

Dear Parent/Carer

Community Clinics for Flu Immunisation Programme

We are running community catch-up clinics for children from Reception – Year 11 who, for any reason, were unable to receive their flu vaccine in school.

If your child attends a school in the Bristol, North Somerset and South Gloucestershire (BNSSG) area and you have not already completed a consent form for your child to receive the flu vaccine please do so following the consent link below

<https://imms.sirona-cic.org.uk/flu/2021/consent>

How to book an appointment

Once you have completed a consent form (if your child attends a BNSSG school) or if your child is home-educated or not attending school you can click on the link below to make an appointment for your child to receive the Flu vaccine at one of our community based clinics

<https://imms.sirona-cic.org.uk/flu/2021/bookflu>

Although, the link is for a nasal flu appointment we will be able to offer the inactivated flu vaccine (porcine gelatine free) for those young people who are unable to accept porcine gelatine products at the clinic. Please complete the form to book the appointment and you can request this on the day.

For more information about the Nasal Flu vaccination programme, please visit [Protect yourself against flu – information for those in school years 7 to 11 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/campaigns/protect-yourself-against-flu) and [Protecting your child against flu - Information for parents and carers of preschool and primary school-aged children \(publishing.service.gov.uk\)](https://publishing.service.gov.uk/government/collections/protecting-your-child-against-flu)

If your child is eligible for a COVID-19 vaccination you can book this through the National Booking Service at [Book or manage your coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk/booking)

In the meantime, if you have any questions please contact the School Immunisation Team on 01275 373104 or email sirona.sch-imms@nhs.net

Yours faithfully

Karen Evans - Head of Specialist Services for Children

Service provided by:



NEW Menu for Term 4

*See week 3 menu choices for the first week of Term 4

FOOD FESTIVAL

By Aspens

Spring / Summer 2022
7/3, 28/3, 18/4, 9/5, 30/5, 20/6, 11/7

WEEK ONE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Option 1	BBQ Chicken Pizza Crudites	Beef Burger in a Bun Oven Baked Wedges Coleslaw	Roast Gammon Roasties and Fresh Vegetables Gravy	Chicken Tikka Biryani Wholegrain Rice Coconut Green Beans	Fish Fingers Salmon or Pollock Chips and Baked Beans
Option 2	Margherita Pizza Crudites	Super Veggie Burger in a Bun Oven Baked Wedges Coleslaw	Veggie Sausage & Summer Veg Traybake Roasties and Fresh Vegetables Gravy	Roasted Sweet Potato Dhal Wholegrain Rice Coconut Green Beans	Baked Beans & Vegetable Dippers Chips
Option 3 Halal	BBQ Chicken Pizza Crudites	Beef Burger in a Bun Oven Baked Wedges Coleslaw	Roast Beef Roasties and Fresh Vegetables Gravy	Chicken Tikka Biryani Wholegrain Rice	
Packed Lunch	Pick and Mix Packed Lunch Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit				
Jacket Potatoes	Crispy Skin Jacket Potato with Tasty Toppings				
The Finale	Warm Pineapple with Vanilla Ice Cream	Sticky Gingerbread Cake	Chocolate Brownie	Strawberry Mousse with Peach	Oat Cookie

Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day

FOOD FESTIVAL

By Aspens

Spring / Summer 2022
21/2, 14/3, 4/4, 25/4, 16/5, 6/6, 27/6, 18/7

WEEK TWO

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Option 1	Creamy Chicken Pasta Bake Whole Grain Penne Garlic Slice Green Salad	BBQ Pulled Pork & Mash Carrots	Roast Chicken & Stuffing Roasties and Fresh Vegetables Gravy	Beef Lasagne Potato Wedges Rainbow Slaw	Baked Breaded Fish Chips and Mushy Peas
Option 2	Veggie Bolognese Whole Grain Penne Garlic Slice Green Salad	Baked Bean & Veggie Sausage Cowboy Pie Carrots	Cheese & Spring Onion Pastry Slice Roasties and Fresh Vegetables Gravy	Veggie Nachos & Cheese Paprika Wedges Rainbow Slaw	Carrot & Potato Cakes Homemade Tomato sauce Chips and Mushy Peas
Option 3 Halal	Creamy Chicken Pasta Bake Wholegrain Penne Garlic Slice Green Salad	BBQ Beef Brisket & Mash Carrots	Roast Chicken & Stuffing Roasties and Fresh Vegetables Gravy	Beef Lasagne Potato Wedges Rainbow Slaw	
Packed Lunch	Pick and Mix Packed Lunch Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit				
Jacket Potatoes	Crispy Skin Jacket Potato with Tasty Toppings				
The Finale	Peach Puff Pastry Slice & Custard	Rice Krispie Cakes	Chocolate & Marshmallow Cake	Apple Pie & Custard	Fruity Flapjack

Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day

FOOD FESTIVAL

By Aspens

Spring / Summer 2022
28/2, 21/3, 11/4, 2/5, 23/5, 13/6, 4/7,

WEEK THREE

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
Option 1	Meatball, Pasta & Garlic Bread Traybake Sweetcorn	Sticky Baked Bangers & Mash Green Beans Gravy	Roast Chicken & Stuffing Roasties and Fresh Vegetables Gravy	Honey & Soy Chicken Stir Fry Wholegrain Rice Broccoli	Fish Fingers Salmon or Pollock Chips and Peas
Option 2	Tomato & Mozzarella Gnocchi Garlic Slice Sweetcorn	Sticky Veggie Bangers & Mash Green Beans Gravy	Quorn Roast Roasties and Fresh Vegetables Gravy	Crunchy Topped Macaroni Cheese Broccoli	Veggie Croquettes Chips and Peas
Option 3 Halal	Meatball Pasta & Garlic Bread Traybake Sweetcorn	Sticky Baked Chicken Bangers & Mash Green Beans Gravy	Roast Chicken & Stuffing Roasties and Fresh Vegetables Gravy	Honey & Soy Chicken Stir Fry Wholegrain Rice Broccoli	
Packed Lunch	Pick and Mix Packed Lunch Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit				
Jacket Potatoes	Crispy Skin Jacket Potato with Tasty Toppings				
The Finale	Chocolate Mousse with Mandarin	Sticky Toffee Pudding & Custard	Vanilla Sprinkle Sponge	Apple Crumble with Custard	Ginger Cookie

Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day