

Friday 20 January 2023

Mid Term 3 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Trust/Honesty

Learning behaviour: Self Evaluating

Happy New Year! The academy has been very busy already in Term 3. We kicked off with a fantastic day of music for all the children. This has been quickly followed up by lots of sporting activities across all our year groups. Please can you ensure that your child's PE kits are in school for the whole of each week to ensure that your child is able to take part in our PE sessions and for the younger children, it is always a helpful change of clothes should it be needed. PE kits can be taken home for washing on a Friday, but please do remember to bring them back to school each Monday.

We are Honest



A short video on which super hero is the most honest and how children can be just like their favourite super hero in every day life.

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.

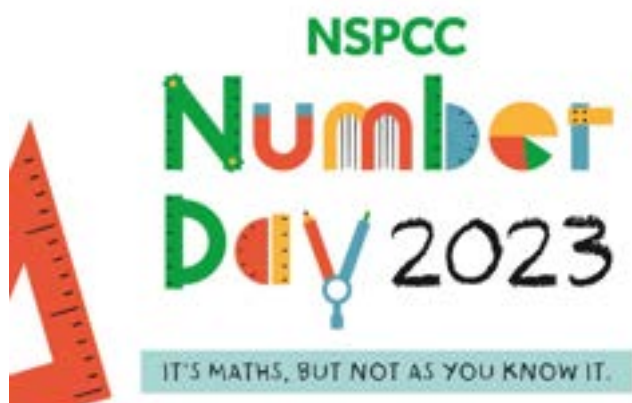
Click on the logo above.

We are Trustworthy



Suggested books and activities to help teach the concept of being trustworthy to children.

Click on the logo above.



We are going to celebrate NSPCC Number Day on **Friday 3rd February.**

This is a chance for us to:

- Take part in some fun maths activities
- Raise awareness with our children about keeping safe
- Raise money for a good cause

Dress up for Digits. Pupils can come into school on 3/2/23 wearing clothes with any numbers on them: this could be clothes you already own (e.g. a football shirt) or get creative and decorate an old T-shirt or hat! This is optional and just for fun (no stress needed)!!!

If you can, please donate £1 to this brilliant cause.

Key Dates for your diary

Wednesday 1 February 2023	Teachers National Strike—possible disruption
Friday 3 February 2023	NSPCC—dress as a digit fund raiser. Bring £1
Friday 3 February 2023	Movie Night
Friday 10 February 2023	Last Day Term 3
Monday 20 February 2023	Inset Day—school closed to pupils
Tuesday 21 February 2023	First Day Term 4
Wednesday 1 March 2023	Library Visits—All Years



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

Attendance

Every day counts.

We are working really hard to encourage our children to come to school every single day. We can cope with colds and headaches in school and would encourage you to send your child into school if at all possible.

If your child has a medical appointment, please do bring them into school before the appointment, and then drop them back to school once the appointment has been completed.

If at all possible, please book medical/dental appointments outside of school hours.

There are only 190 statutory school days leaving plenty of time for holidays to be arranged outside term time

If you are running late or if you do need to keep your child at home because they are too poorly to attend school:

1. Please call the school before 9am
2. Please call the school every day your child is unable to attend
- 3.



IMPORTANT TO KNOW

- ◆ If we have not heard from you, we will send a text.
- ◆ If you do not make contact with us once we have sent the text, we will then call you on the telephone. If you do not answer, we will contact all the numbers that we have on your child's school record.
- ◆ If we have not been able to make contact with you, we may make a home visit, inform our EWO (Education Welfare Officer) or inform the police or social services. Some of these measures may seem extreme but it is our legal duty to ensure the safeguarding of every pupil in our school community.



A note from the judges.....

Congratulations to Frome Vale Academy on achieving the Essential Award!

Frome Vale Academy have worked hard to implement good practice across a range of areas, but particularly in relation to pupil health and wellbeing and enabling pupils to express their views and influence decisions on health and wellbeing in school. The school have introduced various methods to develop a better understanding of their children's needs including pupil questionnaires and several pupil voice groups. Based on pupil's feedback new class play equipment has been chosen by pupils to meet pupils interests and Wake and Shake has been reinstated. From Vale Academy also finances a play therapist to work with individual children and the school monitors the impact in pupil wellbeing. The school supports their staff wellbeing by investing in mental health training, providing ongoing support to staff and having a wellbeing policy for staff and pupils.

Well done Frome Vale Academy!

Community Information—Cost of Living

Avon Fire and Rescue Service save safely campaign

With the rising cost of living, many people may be looking at alternative ways to heat their homes.

Avon Fire and Rescue Service is issuing advice to people to help them save safely this winter when trying to cut costs.

If you're thinking of doing things differently at home to bring down the price of energy bills, it's important to remember to do this safely.

Here are just a few tips to keep you safe:

- Set the timer - when you need to use your central heating more regularly, check if your system has a timer function
 - heat individual rooms - turn radiators off in spaces that aren't often used
 - if you use electric heaters make sure they are in good working order, keep them away from furniture, curtains or anything else that could catch fire
 - check your electric blanket for wear and tear, if it is worn, replace it before use
 - if you have a log burner or fireplace make sure your chimneys, fireplaces and log burning stoves are swept and cleaned before use
 - it's vital barbecues and camping stoves are only used outdoors and not brought or used indoors
- candles should be fitted in a candle holder, placed on a non-flammable surface and don't leave them unattended.

Read the full list of tips on the Avon Fire and Rescue Service



If you are struggling to manage their money or are facing financial challenges, there is advice and support available.

They might be eligible to claim welfare benefits if they don't currently receive any. They can use the council's benefits calculator to help find out what they could claim at: [HERE](#)

Financial or debt advice is available from Citizen's Advice Bristol [HERE](#) North Bristol Advice Centre [HERE](#), South Bristol Advice Services St Paul's Advice Centre [HERE](#).

Learning how mental health and money are connected might help if you are struggling. Sorting things out might feel like an overwhelming task and some of it may be out of your control, but you should try taking things one step at a time and reach out if you need support. There is lots of mental health support available too. You can talk to family and friends or contact one of a range of local organisations, including Bristol Mind [HERE](#) Community Access Support Services [HERE](#) and Second Step [HERE](#) for help. You are not alone.

If you or anyone you know is **having trouble paying their energy bills**, please direct them to this crowd funded pot of money overseen by the Bristol Energy Network that may be able to help - [HERE](#)

Managing direct debits for energy bills

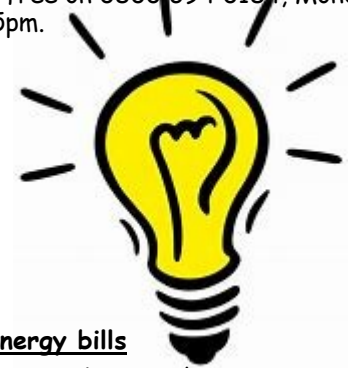
For those who pay their energy bills by direct debit, payments will usually be estimated on the amount of energy used over a year.

Payments will increase if more energy is used than the supplier has estimated. Suppliers may also have recently increased their prices, although there is a limit to how much they can do this. If someone's direct debits have increased, suppliers must let you know before it happens. If they don't, a complaint can be made to the supplier.

To ensure people are paying the right amount of direct debit it's important that monthly meter readings are submitted. This means you'll be less likely to owe them extra money.

If anyone is struggling to pay their energy bills there are steps that can be taken to make sure they don't end up in debt. More information is available on the Citizens Advice website. [HERE](#)

For more cost of living advice and support, visit the Bristol City Council website [HERE](#) or call the We Are Bristol helpline for free on 0800 694 0184, Monday to Friday, 8.30am to 5pm.



Saving money on energy bills

With the rise in energy prices, we know many residents are concerned about how much their bills will go up.

While it has been milder for this time of year, here are just a few tips that may help to reduce energy bills. People can also check if they're eligible for help at [CLICK HERE](#)

- Turn appliances off standby mode and you could save around £55 a year.
- Use your washing machine on a 30-degree cycle instead of higher temperatures.
- Be careful in the kitchen - avoid overfilling the kettle and only boil the amount of water you need.
- Keeping your shower time to just four minutes could save a typical household £65 a year on their energy bills.
- Avoid using the tumble dryer and dry clothes outside or on racks where possible to save around £55 a year.
- Only run your dishwasher when it is full to reduce the amount of water you use.

Don't forget about the city's network of Welcoming Spaces too. These are places where people can socialise, keep warm and access support relating to the cost of living. Find a full list of Welcoming Spaces [HERE](#)



COMMUNITY

FREE Sensory Packs

Caudwell children's charity are taking applications for their 'Get Sensory Packs' for CYP aged 0-18 years. Click [HERE](#) to find the eligibility criteria and application form.



MURMURATION PARENT CARER NURTURE GROUPS

8 sessions building emotional wellbeing and friendship amongst SEND parents through group sharing, journaling and therapeutic activities

Tuesdays 10-11 30am at the Limes Children's centre starting 10th Jan

Wednesdays 1-2:30pm at Oldbury Court Children's Centre starting 25th Jan

Tuesdays 8-9:30pm in Easton Community Centre starting 24th Jan

Poppy and Naomi are amazing I love them! We all laughed and cried our way through the sessions and learned a lot.

I feel much more able to cope with thoughts and feelings that come up on a daily basis.

I have learned so much more than I ever expected, and I've come away with an amazing group of friends who just get it.

pour in nurture - build up strength

email murmurationct@gmail.com to book your place





Feel Good Families

A feel good group focusing on movement for all the family. Recommended for ages 3 - 11 years (younger siblings welcome)

Come along to one of these drop-in sessions to take part in activities that support your families wellbeing.

Oldbury Court Children's Centre, every Tuesday starting 17th January 2023 3.30pm - 4.30pm

There will be different activities each week: yoga, mindfulness, games, movement and boogie dancing

Keep in touch

[facebook](https://www.facebook.com/eastbristolchildrenscentres) eastbristolchildrenscentres [email](mailto:eastbristol.childrenscentres@bristol-schools.uk) eastbristol.childrenscentres@bristol-schools.uk www.eastbristolchildrenscentre.co.uk

Sign up to our newsletter: www.eastbristolchildrenscentre.co.uk/email-sign-up

The Bristol Autism Team who are part of Bristol City Council have just launched an engagement survey live. They would like parent/carers, Autistic children or young person's (or those with a Social Communication Interaction need), to complete the survey. The purpose of the survey is to inform the shape of their services in the future.

The link for the survey is [HERE](#): They would really appreciate it if you were able to complete the survey and pass on to others who would also be able to do so.



WELCOME SPACE
Hillfields Library
12:15 - 6PM EVERY MONDAY
SUMMERLEAZE, HILLFIELDS, BS16 4HL

Join us every Monday for:

- Free hot drinks
- Information on support services
- After School Homework Club
- FREE food!

A welcoming space to relax, study, work or meet friends.

Every Monday until April 2023 except 19th and 26th December, and 2nd January 2023.

Welcome Spaces also at Hillfields Community Hub and Vassall Centre



WE NEED YOUR HELP

We're running Welcoming Spaces for women struggling in your area now. These are informal community living rooms. We need volunteers to help us do this. No experience is needed, and training is provided.

Email communityorganiser@bristolwomensvoice.org.uk to find out more.



Upcoming activities/events @ The Vassall Centre:

- **Free Yoga** - 9:30 -10:30am Every Wednesday, any age and ability welcome. Small children also welcome. Free tea and coffee after.
- **Free Tai Chi** - 11:30 -12:30 Every Wednesday, any age and ability welcome. Great for body and mind. Free tea and coffee after
- **Women's only welcoming space meet up hosted by Women's Voice** - providing a women-only welcoming space on Monday mornings. Relax with a cup of tea, meet other people in - the community, or use the comfy space to work. - [Click HERE](#)
- **Hot desking** - Heat up at our hot desks! - Hot desking will be available on Tuesday and Fridays. If you are interested in coming, please email office@vassallcentre.org.uk
- **Welcoming Space**- Sessions are 10-12 and 2-4pm, we have free tea and coffee, WIFI, a computer and printer, Free telephone, sign posting services
- Sat 21st Jan - Repair café pop up shop. 10am -2pm - Bring your household items, gadgets, clothing, toys etc to be mended! Have a cuppa and learn some new skills! Pick up FREE recycled household items and electricals
- Monday 30th Jan - Clothes SWAP shop

Bristol Women's Voice have a free training opportunity for who work or would like to feel more confident to work (including volunteering) in group settings, from starting women's circles to outreach in the community. The non-profit organisation [Be Magnificent](#) will offer a training day for us on the 27th of January 2023, 10.30am - 4.30pm, at the Vassall Centre. There are still 2 places available. Get in touch with Dahlia [HERE](#) a place will be confirmed by the 16th of January.





School Health Nurses
Free webinars for
parents and carers

Practical and informative online sessions from your expert team of local School Health Nurses.

Our webinars lasts between 30 and 45 minutes, with the opportunity to ask questions throughout. They're suitable for parents and carers of children and young people of all ages.



Topics include:

- Keeping your child happy and healthy
- Healthy eating and physical activity
- Supporting your child's emotional wellbeing
- Eating disorder awareness
- Dental health
- Sleep

Find out more and book your free space:
cchp.nhs.uk/schoolnursewebinars



Service provided by
Sirona
CARE & HEALTH



Flu vaccines still available



For children in
Reception to
Year 9

If your child is in Reception to Year 9 It is not too late for your child to receive their Flu vaccine.

Community clinics are still running offering both nasal flu and the injectable (gelatine free) vaccines and can be booked at imms.sirona-cic.org.uk/flu/2022/bookflu or by calling **0300 124 5515** or emailing sirona.sch-imms@nhs.net



Service provided by
Sirona
CARE & HEALTH



Flu: 5 reasons to vaccinate your child

1. **Protect your Child:** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
2. **Protect you, your family and friends:** Vaccinating your child will help protect more vulnerable friends and family
3. **No injection needed:** The nasal spray is painless and easy to have
4. **It's better than having flu:** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
5. **Avoid costs:** If your child gets flu, you may have to take time off work or arrange alternative childcare

For more information visit
www.nhs.uk/child-flu



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

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 apps which 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 TWITTER

AGE RESTRICTION
13+

WHAT ARE THE RISKS?
Twitter is a social media network which allows users to post short messages ('tweets') of up to 280 characters. Tweets can consist of text, photos, videos, audio, links, polls and GIFs – often linked by hashtags if they share a common theme or message. Hashtags receiving high levels of interest are said to be 'trending'. Twitter users can engage with other people's posts by liking, retweeting (sharing), or tweeting back (commenting on). Since the entrepreneur Elon Musk acquired Twitter in October 2022 for \$44 billion, he has implemented several major changes to the platform.

INTERACTION WITH STRANGERS

Tweets are public by default, meaning that anyone can view and interact with posts, follow someone and send direct messages. The concern here is that young people may therefore connect and communicate with strangers. Some individuals may follow a young person's Twitter account simply because they have similar interests; however, others may turn out to have more sinister intentions.

FIXATION ON VIEW COUNT

Twitter has recently introduced a 'view count' feature – telling users how many people have seen their tweet (even if they haven't reacted to it). Previous research has found that unfavourable comparisons with other social media users can cause young people to experience feelings of insecurity, jealousy and low self-esteem – leading to an obsession with increasing their numbers.

TROLLS AND BULLYING

The anonymity offered by fake profiles encourages some users to send tweets designed to provoke a reaction; to disrupt conversations; to spark an argument; or to harass the recipient. Such trolling and bullying can impact the mental wellbeing of both the target and anyone who witnesses it. Encourage your child to come to you if they experience such behaviour on Twitter, or if they see it taking place.

PAID-FOR VERIFICATION

Previously, if a Twitter profile displayed a blue tick icon, it meant that the owner – usually a celebrity or a major organisation – had been verified as genuine. Now, however, anyone can pay for a Twitter Blue subscription to receive the tick, with the platform carrying out limited checks on the account's authenticity. This could easily lead to more fake accounts impersonating real people or companies.

CONTENT MODERATION CHANGES

In late 2022, Twitter stated that their 'policy enforcement will rely more heavily on de-amplification of violative content; freedom of speech, but not freedom of reach'. No policies have changed yet, but this wording suggests they may limit who can see posts rather than removing them. While supporting free speech, this could encourage an environment where some toxic content remains online.

HIJACKED HASHTAGS

The hashtag (#) is one of Twitter's most recognisable facets, allowing users to find specific trends or topics. But the sheer volume of tweets each hour can rapidly distort a hashtag's meaning: an initially innocuous search term can quickly end up returning inappropriate results. This is common with 'trending' hashtags, as people know that using them will get their tweet seen by a larger audience.

Advice for Parents & Carers

SET ACCOUNTS TO PRIVATE

To reduce some of the fear of your child's tweets being seen and shared by anyone, you can always make their account protected. This means that your child has to give approval for another user to view their posts. You can change Twitter's privacy settings so that your child can't be messaged directly by other people on the platform and their geographical location won't be shared.

FOSTER CRITICAL THINKING

It can be difficult for anyone to ascertain if something online is real or false, but particularly for young people. Encourage your child to check several reputable sources to determine if a story they've seen is true; remind them to watch out for scams and think about the message's possible motive. Emphasise that it's not a good idea to retweet something if they aren't sure it's correct.

ENGAGE SAFETY MODE

When Safety Mode is activated, Twitter checks for abusive or spammy behaviour such as hurtful language or repeated negative replies. The platform then tags these suspect accounts and blocks them from responding to your child's tweets. The autoblock function then prevents these accounts from interacting with your child's again for seven days.

EXPLORE THE NEW SETTINGS

Previously, any user could reply to anyone else's tweets. However, the new conversation settings let your child determine who can reply to their posts – either by selecting everyone (the default option), people they follow or only people they mention (using the @ symbol). This improvement has given users extra control, providing them with more protection from trolls and online abuse.

PAUSE BEFORE POSTING

It's important that young people think about what they're about to post and whether they might regret it later. Twitter has developed 'nudges' – little prompts which appear if someone is about to tweet using harmful or offensive language. These nudges promote more positive online behaviour by giving users an opportunity to pause and consider their words before they post something.

BLOCK, REPORT OR MUTE

If someone is upsetting your child on Twitter, you can block and report them. Blocking stops them from messaging or following your child, while reporting an account alerts Twitter to investigate possible misuse. The 'mute' feature, meanwhile, keeps tweets from a specific account (or which include certain words) out of your child's timeline. The other user won't know that they've been muted.

MEET OUR EXPERT

Dr Claire Subramani 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 regarding internet use and sexting behaviour of young people in the UK, USA and Australia.

National Online Safety

#WakeUpWednesday

BE CAREFUL WHO TO FOLLOW

As accounts are no longer being as rigorously verified under the 'blue tick' system, it's essential that young Twitter users understand what this means, in terms of people not necessarily being who they claim. Anyone who your child only knows online is still a stranger, regardless of how long they've been communicating for. Remind your child never to disclose personal information on social media.

Source: <https://blog.twitter.com/common-threads/en/topics/stories/2022/how-twitter-is-rudging-users-healthier-conversations> | https://blog.twitter.com/en_us/topics/updates/2022/twitter-blue-update | https://blog.twitter.com/en_us/topics/company/2022/twitter-2-0-our-continued-commitment-to-the-public-conversation | <https://technetworks.io/cyber-education/newsroom-articles/213/#content-1>

www.nationalonlinesafety.com @nationalonlinesafety /NationalOnlineSafety @nationalonlinesafety

None of this guide do so of their own discretion. No liability is entered into. Current as of the date of release: 01/2023

Outside Learning @ FVA



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

Click [Here](#)

