

# Friday 19 January 2024

## Mid Term 3 Newsletter



[www.fromevaleacademy.clf.uk](http://www.fromevaleacademy.clf.uk)

Follow us on Twitter: @frome\_vale

Value of the term: Contribution

Learning behaviour: Self-Evaluating

Happy New Year to you all! It has been lovely to see you all coming back after the winter break. The staff have been hard at work making sure the children have been able to hit the ground running and new topics are already well underway. 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 wears their PE kits on their PE days. Year 5 have also started their swimming lessons. We hope you are finding the new path is helping with the school run? We have had lots of positive feedback.

### We are Contributors



No matter how old you are, you can make a real difference to your community. Watch this video to find out more.

Click on the logo above

### We are Self Evaluators



Encouraging self evaluation is important for young learners. Here are 5 fun ways you can encourage your child to self evaluate.

Click on the logo above

### We are Contributors



Find out about the benefits of volunteering as a family by reading the blog and discover tips and activities for children to get involved.

Click on the logo above.



## New Year Card

This New Year Card was designed by one of our pupils in our Reception class—Lauren (maybe with a little help from the family).

It was used by the CLF to welcome all of its 2000+ staff back to work on Tuesday 2 January 2024. We were all lucky enough to see this card when we opened our emails.

Happy New Year!

### Key Dates for your diary

Friday 26 January 2024

Friday 2 February 2024

Monday 5 February 2024

Thursday 8 February 2024

Friday 9 February 2024

Monday 19 February 2024

Monday 19 February 2024

Monday 25 March 2024

Year 1 Downend History Walk Trip

Rags to Riches—clothes donations by 9am

Mental Health Week for children

Year 2 SS Great Britain Trip

Last Day Term 3

First Day Term 4

Music Day

Parent Evenings—dates to be confirmed



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](mailto: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



## 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.

## WHAT YOU CAN DO

Work with your child and us to develop your child's strong attendance.

Talk about it - sing about it - make it an adventure!

- Arrive at school between 8.30am and 8.45am
- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks and lunchboxes the night before.
- Each school holiday, find out what day school starts and begin a countdown! (Check the Week Ahead)
- Keep your child healthy by exercising and healthy eating.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbour or another parent.

### LATE ARRIVAL AT SCHOOL

When your child arrives late at school, he/ she misses the teacher's instructions and the induction to the lesson. Your child may also feel embarrassed at having to enter the classroom late.



Minutes late per day during the school year	Equals days worth of teaching lost in a year
5 Minutes	3.4 Days
10 Minutes	6.9 Days
15 Minutes	10.3 Days
20 Minutes	13.8 Days
30 Minutes	20.7 Days

**Frequent lateness can add up to a considerable amount of learning lost, and can seriously disadvantage your child.**

# THANK YOU!

Frome Vale Academy

For raising the sum of: **£79.92**

Signed by:

Peter Wanless  
Chief Executive

Date: *Summer Term 2023*



**NSPCC**

EVERY CHILDHOOD IS WORTH FIGHTING FOR

## We are contributors

Thank you to everyone that helped FVA to raise money back in the summer for the NSPCC.

This money was raised on the 21 July with all the donations made from the non-uniform day.

We received our certificate last week and we wanted to share this with all of you.

Thank you for helping us help such a great cause.

As you will all know, every last day of term is a non-uniform day and we ask that if you can, you make a donation of £1 on this day.

## New Holiday Club to be based at FVA



# HOLIDAY CLUB

For primary-aged children

- ✓ Arts & crafts
- ✓ Science experiments
- ✓ Sports & games
- ✓ Cooking

12 - 16  
February

8:30am - 5pm

Frome Vale Academy  
Frenchay Road  
Bristol  
BS16 2QS



We are pleased to confirm that a new holiday club for the children will be based at FVA starting this half term.

It is a paid holiday club, however there is HAF funding for those children who are entitled, through receiving free school meals.

This is an independent holiday club and is not run by Frome Vale Academy, however we feel that with the club being based at our school, that the children will feel at home during the days that they attend.

If you are interested in booking or if you just want more information at this time, please click the logo below.



# FVA Mural



Mr Dimond very kindly donated many hours to paint the new FVA mural located adjacent to the main hall. The children absolutely love it and we hope that when you visit the academy, you will too! Thank you so much Mr Dimond from all of us at FVA ❤️

# FVA Events

Please pop the following PTA events into your diary—these are both great ways to raise much needed funds for the school whilst having fun or starting that Spring clean! Thanks to all of you in advance that take part.



Friends of Frome Vale Academy Present

## MESSY PLAY

Thursday 25th January 2024

15:30-16:30

50p per person

**Raise funds by collecting reusable clothes**

**RAGS 2 RICHES**  
Schools Clubs Groups

**WE ACCEPT CLEAN, GOOD QUALITY, DRY, REUSABLE CLOTHING**

- Adults, Childrens & Babies Clothing
- Jewellery and Accessories
- Paired Shoes and Footwear
- Belts and Handbags

A full list of reusable items is listed on our website: [www.rags2riches4schools.co.uk](http://www.rags2riches4schools.co.uk)

**WE DO NOT ACCEPT**  
POOR QUALITY ITEMS SUCH AS DIRTY, WET, RIPPED OR SOILED CLOTHES.  
PILLOWS, DUVETS, CURTAINS, BOOKS CDs OR ANY UNIFORM

If you are unsure what to put in the bags **STOP AND THINK WOULD YOU WEAR IT?**

Please use the clothing bag provided. You can also use any additional bag if required.

Collection Date:  
**Friday 2nd February**

Please remember - NO UNIFORM

Facebook icon, Twitter icon, QR code

# Online Safety

## What Parents Need to Know!

Each newsletter we will provide a helpful fact page on an online game or issue. We know children will want to play online games with their friends and this can be a great way for children to have fun. However as you will be aware with every benefit there is also a disadvantage. Being aware of what these can be will help to keep your child safe.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [nationalcollege.com](http://nationalcollege.com) for further guides, hints and tips for adults.

## Top Tips for...

# MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

Buy Milk

### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

### GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

### AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

### BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

### 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

### SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

### SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



# DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

@natonlinesafety

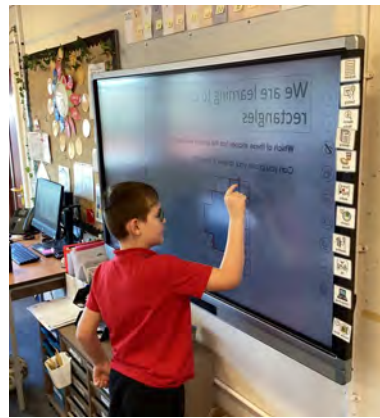
/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2023

# This term's learning at FVA



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

Click [Here](#)



# Struggling with the cost of living?

Our Advice Assistants can help

We can provide practical guidance around benefits, money, debt and energy. We can also help you find appropriate support if you need more assistance.

Find us at Hillfields Family & Community Trust  
Friday - 2pm to 4pm



**citizens advice** Bristol

# Community Health Clinic

Your Health is our Priority

## Let's Talk about

- Your Wellbeing
- Diet & Exercise
- Heart Health
- Cancer Support

FREE



## Drop-In For

- Liver Scan\*\*
- Blood Pressure
- Blood Sugar
- BMI & CO checks
- Support & Referrals
- E-consultation with GP support
- Diabetic Support



10TH JANUARY 2024	10:00 A.M - 2:00 P.M
7TH FEBRUARY** 2024	10:00 AM - 2:00 P.M
6TH MARCH 2024	10:00 A.M- 2:00 P.M

Contact us:

📞 01179247442



Stapleton Baptist church  
Broomhill, BS16 1DN

\*\* Liver scan available on the 7th of February

# TRAUMA-INFORMED PARENTING GROUP

Starts Tuesday 13th February 2024  
5:30pm-7pm  
Every Tuesday for 6 weeks

## Aims:

- ✓ Reduce social isolation for parents
- ✓ Promote attachment and connection between parents and children
- ✓ Support families in recovery of trauma

## Who is it for?

For parents/carers of children who have:

- Witnessed domestic violence
- Experienced death/loss of a carer
- Experienced significant bullying
- Previously experienced abuse/neglect
- Experienced other early traumatic experiences

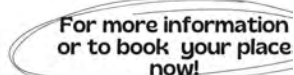
Strategies for supporting children in a safe and non-judgemental space for parents/carers

## Location:

Ignite Life  
Unit 6 Bridge Road  
Kingswood  
BS15 4FW

For more information or to book your place now!

hello@ignite-life.co.uk  
www.ignite-life.co.uk  
07586618963



# AFTER SCHOOL FAMILY CAFE

Starts 11th January

Free

Thursdays 3.15pm - 4.30pm  
(term time only)

A space for families to come together after school, enjoy a free cafe with hot drinks and snacks, A child friendly space to play.

Free drinks and toast



Games, puzzles, Lego available



Make new friends or bring friends with you



Space for craft or homework



Children must come with an adult. Aimed at primary school children.

For more info what's app/message/call Amy  
07749 812131  
@allsaintsfamilycafe

Old Library, Fishponds Road  
BS16 3UH  
(next to Fishponds Academy)



# SEND Families



## Bristol Parent Carer Forum

Shaping the Future *Together*

Bristol Parent Carers is an organisation run by parents who understand the challenges of raising a child with special educational needs or a disability because they've been there too and they have children just like yours. They are a charity run by parents, for parents. Join them at one of their free events and find the support your family deserves.

Click **HERE** for more information

### > Bristol's SEND Local Offer **Click HERE**

Our SEND Local Offer website is a single place of information about services and support for children and young people from birth to 25 years old who have Special Educational Needs or Disabilities (SEND), and for their families and carers.

Our Local Offer website is for:

- parents and carers
- and young people
- practitioners and professionals

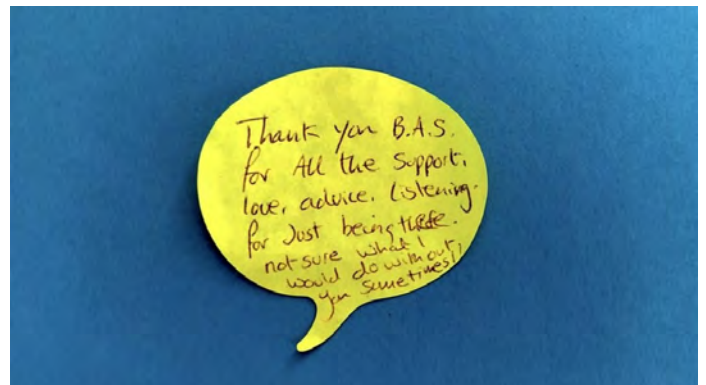
Who live, go to school or work in the Bristol City Council area.



## Bristol Autism Support

A website jam packed full of information, help and support for families with autistic children in Bristol or South Gloucestershire.

Click **HERE**







# OUTDOOR PLAY SESSIONS



led by Children's Scrapstore

Free stay & play open access activities aimed at over 8s

Younger children welcome with adult supervision

## TERM TIME:

MONDAYS 3:30PM - 5:30PM

## SCHOOL HOLIDAYS:

MONDAYS

10:30AM - 12:30PM/2.30PM

Green space outside Oldbury Court

Children's Centre, BS16 2QS

Contact - [alys@childrensscrapstore.co.uk](mailto:alys@childrensscrapstore.co.uk)  
for more information





**Ready for your family  
to feel healthier and happier?**

Join **BeeZee Families Live**. A **free**, 12 week online course for you and your family. You can:

- Join from the comfort of your home
- Learn about healthy eating and wellbeing
- Have fun and get moving with our games!

Our expert team have already helped hundreds of families, and we're here to support you.

**Check out our timetable**

5-8 year-olds	Monday 5:30pm, Tuesday 4:30pm
9-12 year-olds	Monday 6:30pm, Tuesday 6:30pm

Take the first step towards a healthier you today:

Most people visit our website to find out more

beezeebodies.com/programs/families-live/  
BZLiveCentral@maximusuk.co.uk

For alternative formats, email [marketing@maximusuk.co.uk](mailto:marketing@maximusuk.co.uk) quoting X22-1896

**FEB HALF-TERM SPORTS CAMP**

**Sports Development with Social-emotional Learning**



"I love that as well as getting better at sport, it is equally about developing the children as young people" - Parent

- St Peter's Academy, SN14 0LL
- Minerva Primary Academy, BS16 4HA
- Cam Woodfield Juniors, GL11 6JJ
- Callowell Primary, GL5 4DG
- St Peter's Primary, BS35 4JG
- St Briavel's Primary, GL15 6TD

**R-Y6**  
9am - 4pm  
EARLY BIRD (UNTIL 19/01) **£15/DAY**  
NORMAL PRICE **£20/DAY**

To Book - click on link or copy into your browser  
[the-sports-project.class4kids.co.uk/camps](http://the-sports-project.class4kids.co.uk/camps)

**After school outdoor fun**  
**Ages 5-11**



**Tuesdays, 4-5pm**  
Find us on the green space opposite the shops on Lanaway Road. Starts 7<sup>th</sup> November

**Games**  
**Boxing**  
**Forest school**  
**Food, fun & Friendship**  
**For primary aged kids**



**Free!**  
Just come along

For more details text  
Jane: 0775 123 7049

JumpStart Food and Fitness CIC  
Find us on Facebook and Instagram

How can I get my child to eat healthier

if they won't try new things?



Peter Humbles, Family Nutritionist

Our top 6 tips to tackle fussy eating at home

Get **FREE** support to get your family healthier

Join programmes starting in January, or start online programmes now!



**1. The big "why"?** Why don't they try new things? Are there tastes or textures they love or hate?

**2. Check your language.** Aim for encouraging language and avoid labelling. Swap "my child doesn't eat vegetables" for "my child loves sweetcorn."

**3. Lower anxiety at mealtimes.** Phones away and focus on chatting. There's no need to pressure them to try new foods.

**4. Exposure.** Get them to pick out fruits and veg when you're out shopping and ask them to help chop them up.

**5. Routine.** Set mealtimes to build regular habits and aim for 2 healthy snacks per day between meals.

**6. Make it fun!** Make funny face pizzas and add some new toppings.



X22-1990



Scan the code

...or click here to find out more

Sign up today!



**BRING A FRIEND DAY**

**FREE HOT DOG & TREAT FOR ALL PLAYERS**



**SUNDAY 28TH JAN 10:30AM**

WHITEHALL.JUNIORS@GMAIL.COM



WHITEHALLJUNIORSRFC

Hillfields Community Garden  
**Wassail**

**1PM TO 4PM SATURDAY JANUARY 20th 2024**

Hillfields Park, BS16 4EH

Hot drinks | Cake  
Singing | Morris Dancers

Celebrate the ancient tradition of blessing the apple trees through song and merry making.

Donations welcome.

E: hillfieldscommunitygarden@gmail.com  
F: facebook.com/hillfieldscommunitygarden

