

Friday 24 January 2025

Mid Term 3 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Truth/Honesty

Learning behaviour: Self Evaluating

Happy New Year to you all! It's 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 trip to the Bristol Beacon for our KS2 children. This has been quickly followed up by lots of sporting activities across all our year groups and Gymrun has been taking place each week with our KS2 children. Please can you ensure that your child wears their PE kits on their PE days. PE days are detailed each week in the Week Ahead. Year 5 & Year 6 have also started their swimming lessons at our new venue- Easton swimming pool. Term 3 is only 6 weeks, so please do try and ensure your children are in school for 8.45am to maximise their learning time each school day. We really appreciate your help with this.

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 Honest



A BBC lesson on spotting fake news on the internet aimed at children

Click on the logo above.

Eco Warrior Presentation

We encourage our pupils to take active leadership in changes that they want to make in our school. We completed an environmental review to assess and evaluate our schools sustainability. Our environmental review allowed our pupils to generate an idea of what our school needs to become more sustainable and environmentally friendly. After completing our environmental review, our Eco Warriors created an action plan which is used to identify priority elements that need to be developed within our school. Join us on Friday 24 January at 2.30pm to find out more from our children.



Friday 24 January 2025

Monday 27 January 2025

Tuesday 11 February 2025

Wednesday 12 February 2025

Thursday 13 February 2025

Friday 14 February 2025

Tuesday 25 February 2025

Friday 7 March 2025

Monday 10 to Friday 14 March 2025

Thursday 13 March 2025

Tuesday 18 March 2025

Tuesday 18 and Wednesday 19 March

Thursday 27 March 2025

Friday 4 April 2025

ECO Warrior Parent Presentation @ 2.45pm

Bristol Parent Carers PINS Session 9am

Quidditch Event—Save the date

Spelling Bee Event

Heart Themed Bake Sale—After School

Last Day Term 3 Non school uniform day

First Day Term 4

Girls Football Event

World Book Week

Open Door Event 8.30am to 8.50am

My Bank Financial Session for KS2 children

Parent Evenings—Save the date

BMX Taster Session—Save the date

Last Day Term 4 Non school uniform day

Key Dates for your diary



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



A WORLD OF FUN AT BIZZY KIDZ CLUB

17 - 21 February 2025

This February half term, let your child embark on an exciting journey around the globe without leaving town! At Bizzy Kidz Club, we'll explore countries, cultures and landmarks through engaging activities that spark curiosity and creativity.

What's in Store?

-  Cultural Crafts
-  Landmark Adventures
-  Tasty Travels
-  Music & Dance
-  Interactive Games & More

www.bizzykidzclub.com

If you are entitled to Free School Meals, your child is also entitled for Holiday Club funding to allow your child to attend for FREE!

The club is running on the following days at FVA;
Monday 17 February 2025 to 21 February 2025

Please use www.bizzykidzclub.com to book your child into the club.



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



Christmas Fayre



Thank you to everyone who helped and came to the Christmas Fayre. Together we raised £563.42!!

THANK YOU



SAVE OUR LOLLIPOP MEN AND WOMEN



Sign the petition



CASHPOT FUNDRAISER

Our final total was £141.37

Upcoming Events...

- Thursday 13th February, 3.30pm ...
Heart themed sweets + cakes sale in the playground



KS2 Trip to the Beacon

What an absolutely amazing day at the Beacon! It was full of thrilling firsts for both children and adults. Witnessing a live symphony orchestra up close and even getting the chance to perform with them was simply magical! The atmosphere was electric, and you could feel the excitement in the air as everyone eagerly anticipated the performance. The musicians were incredibly talented, and their passion for music was truly inspiring.

We hope your child had an unforgettable and delightful experience on this trip! It was a unique opportunity to not only enjoy the beauty of a live symphony but also to be a part of it. This experience will surely



Would you like your child to play an instrument?

Totally RAD provide lessons in school

How to Enrol

Simply complete our online sign-up form, and we will confirm your child's lesson schedule as soon as possible.

<https://totallyradhub.co.uk/student-enrol/>

If you have any questions, please direct them to support@totallyradmusic.co.uk.



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 SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

@wake_up_weds

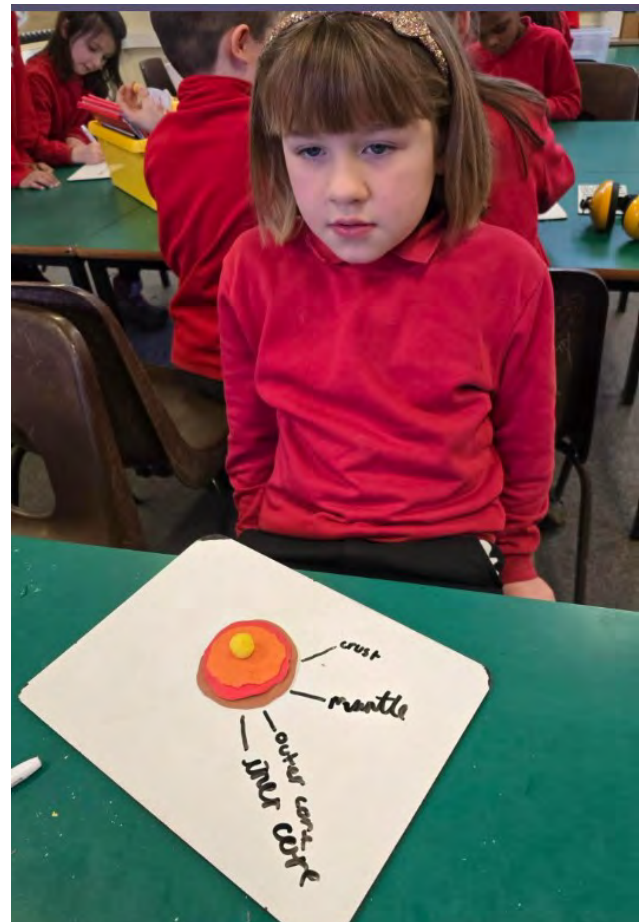
/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.01.2025

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](#)



Holiday Club @ FVA



KIDS HOLIDAY CLUB

ARTS & CRAFTS ~ COOKING ~ EXPERIMENTS
WOODLAND ACTIVITIES ~ GAMES

8.30am - 5pm
Open every school holiday

Frome Vale Academy,
Bristol, BS16 2QS

Price List

Day Session: £38

Morning Session: £22

Afternoon Session: £22

Book The Week: £175

★ Childcare vouchers and
tax-free childcare
payments accepted


Ofsted
Registered

www.bizzykidzclub.com

FREE SPACES AVAILABLE FOR FAMILIES RECEIVING BENEFITS

If you have a **learning disability** you can get a **free annual health check**.

- Annual health checks will help **improve your health**.
- Your GP will provide an annual health check. **Book an appointment today!**
- If you are **over 14 years old** you can get a check.
- Ask for a **free annual health check!**

Autism Independence supports people with a learning disability and autistic people and their families. We have a focus on ethnic minorities.

We have teamed up with local GP services to help people with a learning disability, with and without autism, to attend annual health checks.

Research shows that people with a learning disability from ethnic minorities do not go to their annual health checks. Health outcomes and life expectancy for these groups of people are a lot worse.

Autism Independence has been commissioned by BNSSG ICB to help people go to their annual health checks.

Find out more at autism-independence.org, email hello@autism-independence.org or telephone: **07354 486 322**.

Autism Independence can help:

- If you or the person you are supporting has a learning disability and you or they are from an ethnic minority background.
- With translating and explaining the annual health check if English is not your first language.
- By getting you or the person you are supporting on your GP's learning disability register.
- By helping you to book and attend your annual health check.
- By helping you to follow up on your health action plan.



Autism Independence supports people with a learning disability and autistic people and their families. We have a focus on ethnic minorities.

We have received funding from the NHS to help people with a learning disability, with and without an autism diagnosis across Bristol, North Somerset and South Gloucestershire, to attend annual health checks.

Research shows that people with a learning disability from ethnic minorities do not go to their annual health checks. Health outcomes and life expectancy for these groups of people are a lot worse.

[The Race Equality Foundation](#) published [this review on the poorer care and lower life expectancy that people with a learning disability and who are from ethnic minority communities experience.](#)

Autism Independence can help:

- If the person has a learning disability and they are from an ethnic minority background.
- With translating and explaining the annual health check if English is not their first language. We can support with Polish, Punjabi, Somali and Urdu.
- By getting the person on their GP's learning disability register.
- By helping them to book and attend their annual health check.
- By helping them follow through on their health action plan.

autism-independence.org
hello@autism-independence.org
07354 486 322

Looking for a recipe that can get your children to eat more vegetables?

At Beezee Families, we work with hundreds of families who want to eat healthier, but struggle to find dishes with vegetables their children will eat. Sounds familiar?

Check out our Mexican traybake below for a taste of our recipe selection!



Ingredients:

- 1 large red onion
 - 3 cloves of garlic (2 tsp pre-minced)
 - 1 can sweetcorn
 - 1 can black beans (drained and rinsed)
 - 1 can chopped tomatoes
 - 320g frozen spinach
 - 100g uncooked red lentils
 - 250g brown rice
 - 600ml veggie stock
 - 120g low-fat cheddar/mozzarella
- Spices: 2 tsp paprika, 1.5 tsp cumin, 1.5 tsp coriander, 1 tsp oregano, ½ tsp chili powder (or none if you don't like spice).

Method:

1. Pre-heat your oven to 200 degrees/ gas mark 6.
2. Dice the onions and garlic (if using fresh) and add them to a large baking tray or dish.
3. Add your brown rice and lentils, along with the spinach, corn and chopped tomatoes.
4. Add all your spices to the tray. Make the stock, then pour slowly into the tray and mix everything together.
5. Pop into the oven for 45 minutes. Take the tray out, add beans and mix well, then top with grated cheese. Return to oven for 10 minutes.
6. Leave to cool for 5 minutes and then enjoy!

Want more help with recipes?

We run FREE healthy lifestyle programmes to help families like yours make healthy habits, and have fun while doing so! Secure your spot today.

Our courses are for families with children aged 5+ and above their ideal weight.

Scan the code

...or click here to find out more

Sign up today!



bri.maximusuk.co.uk

Beezee
FAMILIES



24-3287

Eating well

Over the summer the NHS published guidance for schools to support delivering a whole school approach to healthy eating and supporting families. Healthy Steps resources can be found by following this link: [Healthy Steps resources - School Zone | Healthy eating |](#)

[Campaign Resource Centre](#)

Further resources to support school's work in promoting healthy eating can be found on the North Somerset Better Health website: [Food and Nutrition at School | Better Health | North Somerset](#)

Oral Health

Sugary food and drinks cause bacteria on teeth to produce harmful acid that rots them. This can lead to painful toothache, low confidence and poor health. North Somerset's Oral Public Health Specialist, Catherine Wheatley, can be contacted for advice and guidance on how to promote good oral health in school. Her email address is catherine.wheatley@n-somerset.gov.uk

Links to useful oral health resources for schools can be found on North Somerset's Better Health website at [Oral Health | Better Health North Somerset](#)

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@childrensscrapstore.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 Streetz (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

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

0117 941 1123

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:



For more information please call: **07721 311 497** or email: pssso@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: pssso@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.

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: pssso@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 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:



For more information please call: 07721 311 497 or email: pssso@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 5 Week Group

Antenatal Welcome to the World

Suitable for parents at around 22 weeks of pregnancy onwards...

- Understanding your baby and baby's brain development
- Your future as parents and as a family
- Your roots, traditions, hopes and fears for the future
- Infant feeding and the practical tasks of caring for a new baby
- Practical Skills - safer sleep, bath time and changing nappies

Oldbury Court Children's Centre BS16 2QS

13th March - 10th April 9.30am - 11.30am

Register your interest here: www.bit.ly/BristolParentingGroups

If you would like further information then please call us on: 07721311497 or email: pssso@bristol.gov.uk

Once you have registered your interest, a member of the team will be in touch to find the best course for you (in person or virtual options available).



All Saints After School Family Cafe

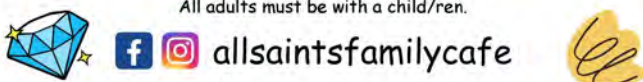
From 12th September

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.



PLEASE JOIN US FOR OUR...

SOUP & SOCIAL

Winter Welcoming Space Events



At the Vassall Community Hub
11:30-13:00, 9th & 23rd Jan, 6th Feb 2025

Get out of the house this winter and join us for:

- Free hearty soup
- Friendly conversations
- Tea & coffee
- Board games
- Winter clothing
- Advice on winter housing issues like mould/damp
- Support from the Vassall Hub Team
- Charging facilities





Connecting People into Communities: Disabled People's Drop-ins

The Vassall Centre

The Hub - Gill Avenue, Bristol BS16 2QQ
From 9th December every Monday 1 - 3pm

These drop-in meetings are for any one who identifies as a Disabled person to discuss issues that affect Disabled people in Bristol, and to get individual support. It is also a chance to meet new people and build up your confidence and resilience, and make plans for your future. Please feel free to come along and have a chat and a cup of tea with us.

*Please note these Drop-ins will not run on Bank Holidays
No drop-ins over the Christmas period, due to start back again on
6th January 2025

Contact us by email: info@bristoldef.org.uk
Or phone: 07759 430 758



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



Women of Colour, Lets Talk Health



You're invited to join us for a series of empowering and informative conversations led by Black female health professionals.

Together, we'll explore key health topics that matter to us.

Save the dates & don't miss out!

- **Thursday 16 Jan @ 7.00pm on line** - Menopause addressing the myths & embrace this phase of life with knowledge and confidence!
- **Thursday 13 Feb @ 12.30pm online** - Facts about breast health & breast care
- **Saturday 22 March @ 10.30am** - **Rose Green Sport Centre, Bristol**
Reproductive health focusing on endometriosis & fibroids



Your **Health** is your **Wealth**

