

# Friday 18 February 2022

## Mid Term 4 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome\_vale

Value of the term: Loyalty

Learning behaviour: Resilience

We had a great start to Term 4 with our World Book Week. Thank you to all of you who brought preloved books into school and then bought more books to take home. We hope the children have been able to use their book voucher to obtain their free book too. The costumes were amazing, and we had a lovely donation of books from Morrisons too. Please take a look at our Academy Life in Pictures section to see if you can spot Where's Wally, Wonder Woman, The cat in the Hat or Harry Potter.

### We are Loyal



A really useful website which looks at how we as adults can help our children. This article covers teaching your child about loyalty  
Click on the logo above.

### We are Resilient



Helping your child to be resilient will really help them through primary school and beyond. Here you can find some top tips.

Click on the logo above.

### We are Loyal



Learn about loyalty in this short video. Helps children understand the importance of loyalty and how loyalty can be tested.

Click on the logo above.

## 70 Years Celebrations

We are throwing open our doors to you all on Thursday 7 April 2022.

Please come and join us from Noon and bring your picnic and be ready to party.

There will be a presentation from Michael Gorley, a local historian who will share times gone by. We will then (weather permitting) enjoy a picnic in the grounds or inside if wet.

Please bring a traditional pudding or cake to share (no nuts please), then join in with some fun activities to round off our celebrations.

After such a long time where we haven't been able to have you all on site, we really hope this will be a very special day indeed. For those who are able to attend, there will be an early finish for the children, however, we know some of you will be unable (due to work commitments) and if this is the case, the children will leave at their normal time of 3.30pm



### Key Dates for your diary

Friday 25 March 2022	Cake Sale—3.30pm Bring a cake and buy a cake
Sunday 27 March 2022	British Summer Time (clocks go forward 1 hour) and Mothers Day
Monday 28 to Friday 1 April 2022	Parent Meetings—please book your meeting
Thursday 31 March 2022	Open Door for parents/carers—8.30am to 9am
Thursday 7 April 2022	70th Anniversary Celebrations Noon to 2.30pm
Friday 8 April 2022	Last 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

# FVA Community Suggestion Box

We have installed a post box for you to use as a way of easily communicating with us if you have a suggestion. This is just to provide another way to reach out to us and help us to continue to improve our academy for our children and the community. Frome Vale Academy is your school and we want to hear from you too!

Both Dr Saunders and Mrs Dawson can be located at the start and end of school either on the main front gate or in the main playground, so please do feel free to have a chat.

You can still email the academy if you prefer using [info@fva.clf.uk](mailto:info@fva.clf.uk)

Call the office on 0117 353 2902

Our website continues to be another source of information with The Week Ahead and all Newsletters loaded for easy access.

We will be launching a parent survey in Term 5. More information to follow in the next Newsletter but you will get an email with a link in the first week of Term 5.



## Bristol Girls Can!

### A new campaign to help mums get more active



Bristol Girls Can, a project that aims to break down barriers to exercise and encourage women to have fun getting active, is launching a new campaign reaching out to mums of young children and hoping to inspire and support them to take small steps to being more active.

Research carried out for the project by the University of Bristol found the COVID-19 pandemic has made keeping active even tougher for mums who were already facing barriers to exercise, such as time, cost and childcare. As a result, fitting in time for regular exercise often falls to the bottom of the priority list.

The message of the campaign is start small and do what works for you - maybe 10 minutes hula hooping, or a kitchen disco while cooking the tea - it all counts, and it can be fun. Try walking, cycling or scooting to school and the kids get active too! Find out more by visiting the [Bristol Girls Can website](#) and [Facebook community group](#).

This is Kanwal's story: *"Being a busy mum of three whilst working as a dinner lady and managing home duties, it's difficult to find time to fit in exercise. It feels like an extra chore if it's even possible between all the other chores and chauffeuring everyone around!"*

*So wherever and whenever possible I make sure we walk. Walking to and from school three times a day I manage at least 16,000 steps. Having the app to count the steps is a great motivator. No matter what the weather, we get on our gear and make it as fun as possible. Believe me we have our days when the littlest being 5 doesn't want to walk, so we have to get creative. Walking through the skate park using it as an obstacle course or making sure we don't step on the lines as we go - whatever it takes!*

*We sometimes take bikes and scooters, but with most places we go being local walking is the best way to avoid traffic queues, have a good natter and say hello to a friendly face along the way."*

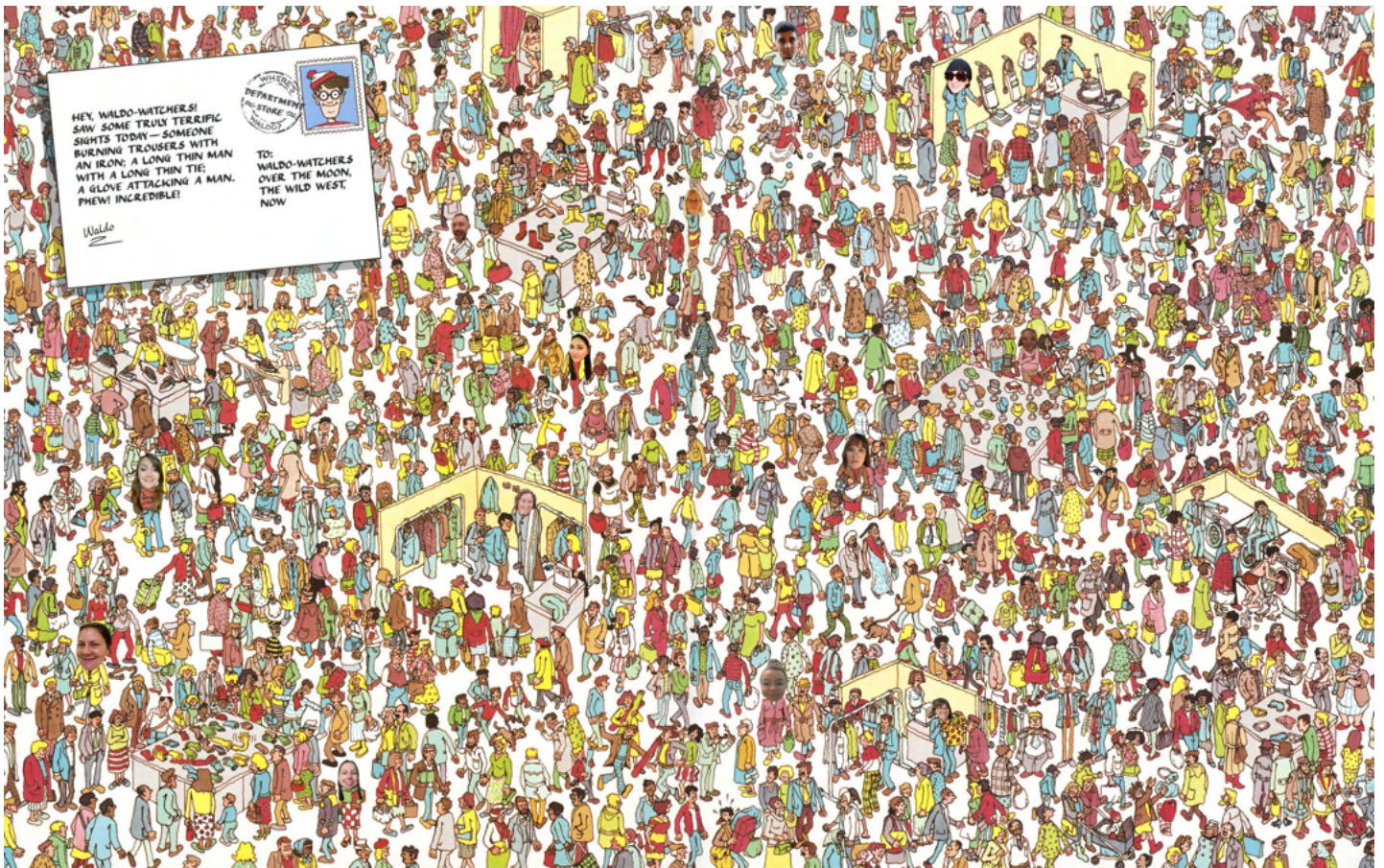
**Need support to take that first step? Check out the [Bristol Girls Can Activity Guide](#)**



To celebrate World Book Day on Thursday 3 March, Mayor Marvin Rees read The Whales on the Bus - written by Katrina Chapman and illustrated by Nick Sharratt. The Mayor's reading, filmed by the coral tank at Bristol Aquarium, which is home to 200 types of fish and marine animals, is available to watch/read along to on We Are Bristol Kids' website: <https://www.wearebristol.co.uk/mayor-marvin-reads-the-whales-on-the-bus-for-world-book-day/>



The children's book, aimed at pre-school age children, can also be sung to the tune of *The Wheels on the Bus*



Can you find Where's Wally? If you look carefully you may also find Dr Saunders, Mrs Dawson, Miss Pring, Miss Butcher, Mrs Hall, Miss Heap, Miss Buckman, Mrs Pakrooh and Mr Fossard. You may also find Miss Nightingale and Miss Reed too!

A big thank you to Morrisons who so very kindly donated a box of brand new books for our school library. Julie the Community Champion at Fishponds Morrisons came to visit us on World Book Day and she was joined by Hermione, Matilda, Elsa, Poppy, Spider man, Ariel, and Goldilocks.

Don't forget to use your voucher to get your free book!!





It's Mothers Day on Sunday 26 March, so here is a lovely activity for you to work through with your special female adult. Best of all you get to spend some time together and it doesn't cost a penny. Click [HERE](#)



Saturday 25 March at midnight will see our clocks springing forward by 1 hour. Don't forget to move them on. We are definitely heading into Spring and hopefully you will enjoy having the lighter evenings.

## Community Grants Available for your project

# FROME VALE COMMUNITY GRANTS

Do you have an idea to improve your  
neighbourhood and build community?

We are looking for projects to tackle the isolation of  
older people, mental health, youth provision and  
emergency food provision

For more information contact the  
Frome Vale Grants Committee:  
[fvgrants@gmail.com](mailto:fvgrants@gmail.com) | 07901 212237

The council's climate change team are launching a Community Grant Fund to help reach the goals of the One City Climate and Ecological Emergency Strategies.

Community groups and small non-profits within Bristol are invited to apply for grants of up to £5,000 to fund projects that reduce carbon emissions or benefit wildlife in Bristol.

An information event is taking place on **Tuesday 22 March** from 6-7pm for anyone wanting to find out more. Click on the link below.

[Climate and Ecology Community Grants - Information Event Tickets, Tue 22 Mar 2022 at 18:00 | Eventbrite](#)





## World Autism Acceptance Week 2022

This year, World Autism Acceptance Week is from 28 March to 3 April and we have something for everyone! Sign up for World Autism Acceptance Week above and tell us what you'd got planned. If you are keen to take part in a virtual event, you can join Christine McGuinness for our Super 60 challenge - we have 60 fundraising ideas to get you feeling inspired.

[www.autism.org.uk](http://www.autism.org.uk)

### Workshops as follows:

Monday 9<sup>th</sup> May - Sensory Workshop

Tuesday 24<sup>th</sup> May - Anxiety Workshop

Thursday 23<sup>rd</sup> June - Behaviour Workshop

Wednesday 6<sup>th</sup> July - Communication Workshop

All workshops will run from 9.45am to 1pm

(3 Hours with a 15-minute break).

Venue St Paul's Learning Centre

Bristol Parent Carers

E: [info@bristolparentcarers.org.uk](mailto:info@bristolparentcarers.org.uk) T: 07306 650 222

W: [www.bristolparentcarers.org.uk](http://www.bristolparentcarers.org.uk)

## Your Mind Plan

There are little things we can all do to look after our mental health.

The mental health campaign Every Mind Matters offers a free online action plan, approved by the NHS, that can provide you with personalised, practical tips to help you take care of your mental health. Your plan can help you to deal with stress and anxiety, boost mood, improve sleep quality and take control of your wellbeing.



## Free face-to-face workshops for families awaiting an autism assessment

All workshops delivered by a SEND professional and an experienced SEND parent carer.



### An Introduction to Understanding and Supporting Communication

This workshop is an introduction to effective communication strategies. All behaviour is a form of communication and so much of our day to day life centres around it; and this is no different for our children and young people. When we are unable to communicate effectively, it can cause distress, anxiety and behaviours that challenge. This session offers an insight into effective communication and strategies to develop and improve communication with your child.



### An Introduction to Understanding and Supporting Anxiety

This workshop provides an insight into anxiety. Everybody experiences anxiety at various times in their lives. For our children, anxiety can be very distressing and can have a deep impact on their lives and ours. During this session we will look at how to recognise triggers for anxiety, why we experience anxiety and provide strategies to help.



### An Introduction to Understanding and Supporting Sensory Differences

This workshop provides an introduction to what sensory needs are. Sensory needs are key to many behaviours and often we do not realise the impact that they have on day to day life. This session will provide tips on recognising a sensory need together with practical ways to help your child.



### An Introduction to Understanding and Supporting Behaviour

All behaviour is a form of communication. Some behaviours can be really challenging for parents and carers. This can be shown as aggression, frustration or the child who shuts down and 'checks out'. Join us for our introduction to behaviour workshop designed with educational psychologists and parent carers to explore behaviour and behaviour managing strategies.

## Information about COVID vaccinations for 5-11 year olds

Information is available in the [guide for parents of children aged 5 to 11 years](#) published by UKHSA. They have published some [frequently asked questions](#) on the vaccination programme including information on eligibility, accessibility and advice for parents of children at high risk from COVID-19. Following [advice](#) from the JCVI, healthy 5 to 11 year old children will also be offered two 10 microgram doses of the COVID-19 vaccine. **The NHS will prepare to extend this non-urgent offer to all children during April.**



# 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 apps which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



# What Parents & Carers Need to Know about WHATSAPP



WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

## WHAT ARE THE RISKS?

### SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

### DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

### ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

### POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

### CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

### LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a 'simple and secure way to let people know where you are'. It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

## Advice for Parents & Carers



### CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.

### EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.

### REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

### LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.

### THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

### DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

### CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

## Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



National Online Safety

#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



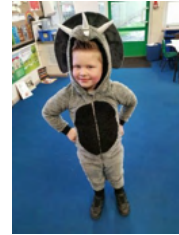
@nationalonlinesafety

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# Academy Life in Pictures

## We are World Book Day

Our children enjoyed dressing up and all the book themed activities that took place as well as spotting the adults dressed up too!



## We are Outside

Our Forest school area is getting a lot of use!



## We are loving being back together

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](#)



# School cake sale



25<sup>th</sup> March



In the KS2 playground



Please donate cake!\*

\*Due to allergens, we can only accept shop purchased cakes which contain the full allergen information.

Cakes to be handed to your child's class teacher on the morning of the 25<sup>th</sup> March. Thank you!