

Friday 10 March 2023

Mid Term 4 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Resilience

Learning behaviour: Responsibility

Term 4 is whizzing past and the children have been so busy with Year 5 starting their swimming lessons. Our Reception class have been walking and wondering as well as visiting a care home. Most of our year groups have visited the local library and we've all been dressing up for World Book Day. Next week we will be welcoming you into the academy to meet your teachers for our first full face to face parents evenings since the pandemic. We can't wait to talk with you about your child's progress. Please do remember to arrive on time so you do not miss your time slot with the class teacher.

We are Resilient



A short video giving us 5 tips to becoming resilient

Click on the logo above.

We are Responsible



Teaching your child to be responsible and what might the benefits be?

Click on the logo above.

We are Resilient



The BBC have put together a helpful fact sheet to aid parents and children understand what resilience is and why its good.

Click on the logo above.

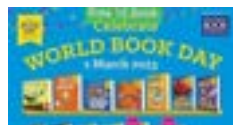
World Book Day @ FVA

As always, World Book Day is a great fun at FVA. We love to see the children and staff in their costumes, and the staff really make the day fun as well as educational. This year we had the Extreme Reading Competition. We had some fantastic entries.

Our book swap which was a great opportunity for the children (and adults) to swap old or read books for some new reading material.

We hope you all enjoyed the read a story to your child too.

Please do remember to use your voucher to obtain your free book from all good book shops.



Key Dates for your diary

Monday 13 & Tuesday 14 March 2023	Parents Meetings in school
Wednesday 15 & Thursday 16 March 2023	Teachers National Strike—possible disruption
Thursday 23 March 2023	Family Messy Play - 4pm to 5pm @ FVA
Friday 31 March 2023	Last Day Term 4 (non school uniform day, donate £1)
Monday 17 April 2023	First Day Term 5
Thursday 20 April 2023	Phonics Screening Parents Meetings Y1 and Y2
Monday 1 May 2023	Bank Holiday—School is closed
Monday 8 May 2023	Bank Holiday—School is closed



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

IMPORTANT

Changes to PE

Dear parents

I am writing to inform you of some changes coming into place from next term regarding school PE kit. It is important that all pupils wear clothes that are suitable to be physically active and that not having PE kit does not become a barrier to participation or access to their PE entitlement.

When the change is happening

This change will begin from the start of **term 5**

What we are changing

On their class PE days, pupils will wear their PE kit to school for the full day.
T shirts can now be white or black.

How it will work

On their class PE days, your child should arrive in school dressed in their PE kit and bring their school cardigan or jumper as an additional outer layer as well as a coat if needed for warmth.

Coming in wearing PE kit will remove time needed for changing and maximise the learning time and participation for all.

We are making some small changes to what the expected kit will be from term 5. This will allow families time to source any additional items needed.

What your child needs from term 5

- Trainers suitable for sport (ones with grip that do up tightly enough to support the ankle and not fashion ones)
- Plain black tracksuit bottoms, leggings or shorts
- A plain black or white t shirt

What happens if your child forgets to wear their kit on PE days

If your child arrives to school on their PE day without their PE kit on, they will be able to borrow a spare, clean set to change into. They can wear this for the day and then return it before home time. This will then be washed in school and returned to the loan store.

We hope that families will welcome this change, as children will not have a PE bag to remember/forget and without the need to change during the day, we are hopeful that fewer items of uniform will go astray.

If you require support from school to source any of the PE kit items in time for term 5, please complete a form using the code below.

Mrs Hall



Please remember to label your child's school clothes and shoes. This can be done easily with a permanent marker pen on the label.

How to keep your child's teeth healthy



Toothbrushing tips

It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay.

Children aged up to 3 years

Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).

Parents or carers should brush the teeth.

Brush teeth twice daily for about 2 minutes with fluoride toothpaste.

Brush last thing at night before bed and on 1 other occasion.

Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride. Use only a smear of toothpaste.

Make sure children don't eat or lick toothpaste from the tube.

Children aged 3 to 6 years

Brush at least twice daily for about 2 minutes with fluoride toothpaste.

Brush last thing at night before bed and at least on 1 other occasion.

Parents or carers should brush the teeth.

Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.

Use only a pea-sized amount of toothpaste.

Spit out after brushing and don't rinse - if you rinse, the fluoride won't work as well.



Children aged 7 and over

Brush at least twice daily for about 2 minutes with fluoride toothpaste.

Brush last thing at night before bed and at least on 1 other occasion.

Use fluoride toothpaste containing between 1,350ppm and 1,500ppm of fluoride (check label).

Spit out after brushing and don't rinse - if you rinse, the fluoride won't work as well.

Children aged 7 and over should be able to brush their own teeth, but it's still a good idea to watch them to make sure they brush properly and for about 2 minutes.

Taking your child to the dentist

NHS dental care for children is free.

Take your child to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist. The dentist can advise you on how to prevent decay and identify any oral health problems at an early stage. Just opening up the child's mouth for the dentist to take a look at is useful practice for the future.

When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.

Take your child for regular [dental check-ups](#) as advised by the dentist.



Aspens

Work in our school kitchen—25 hours per week

For more information or to apply please email Lisa



[Click here](#)

MURMURATION PARENT CARER NURTURE GROUPS

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

Tuesdays 1-2.30pm

(18th April-20th June)

Oldbury Court Children's Centre, BS16 2QS

Wednesdays 10.30-12.00pm

(19th April-21st June)

Stockwood Children's Centre, BS14 8DQ

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

"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'."

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

Book your place

www.murmurationcommunitytherapy.weebly.com/group-bookings

Nurture Groups are intimate circles of SEND parents, meeting for 8 weeks to find belonging, support and space to process the big emotions. All are welcome, whether your child is medically complex, neurodivergent, physically disabled or pre-diagnosis.

Courses are **free** (we welcome donations to help support future groups) and facilitated by a therapist and a community worker/SEND parent.

Murmuration
Community
Therapy

 murmurationct@gmail.com
 [murmurationcommunitytherapy](https://www.facebook.com/murmurationcommunitytherapy)

 **COMMUNITY
FUND**

COMMUNITY

Evaluating a new vaccine for the prevention of whooping cough



BE A SUPER HERO STANDING UP TO PERTUSSIS

We are recruiting volunteers (6-17 years old) for a clinical study and are looking for SUPERheroes like your child!

Contact our site for more information

UHBW and Bristol Vaccine Centre
0117 342 0160 or nasal-pertussis@bristol.ac.uk
www.supertrial.co.uk

CONNECTING IN NEIGHBOURHOODS



MY NEIGHBOURHOOD EVERYONE WELCOME

We have a voice
We share our stories
We take action

FUN, FREE, INFORMATIVE WORKSHOP OUTLINING THE PRINCIPLES OF ASSET BASED COMMUNITY DEVELOPMENT FOR RESIDENTS AND COMMUNITY ACTIVISTS FROM FROME VALE & HILLFIELDS WARDS

Friday 17th March, 10am-4pm

The Vassall Centre, Gill Avenue, Oldbury Court, BS16 2QG

To register your interest or for more information please email: dan.lewin@bristol.gov.uk



Saturday Lunches

Every Saturday 12 - 2pm

Soup, sandwich and a cuppa

Free and open to all!

St Mary's Church, Manor Road,
Fishponds, BS16 2JB
(Behind Fishponds Park)

Official Launch of Our New Park Group!



We Want to:

- Encourage and protect wildlife
- Preserve and improve the park
- Celebrate the past and present.
- Learn about and share our park



*Children welcome when accompanied by an adult

Oldburycourtspark.org.uk

Search: Oldbury Court Estate

Friends of the Park: AGM

Date: 1 April 2023

Time: 2 - 3.30pm

Location:
The Vassalls Centre, Gill Ave.



Community Information

Community Learning West – FREE courses for people living in Bristol and/or surrounding areas, aged 19 or over who have few or no formal qualifications and face significant barriers to further learning and employment. If your course is online and you are worried about getting started with online learning, please call the contact number for the course you are interested in and they will be able to help you.

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Employability					
*Introduction To Care A three-week course that offers you everything you need to know about working as a carer.	10am to 12noon	01/03/23 Wednesdays	3	0117 9503335 info@southmead.org	Southmead Development Trust The Greenway Centre Doncaster Road BS10 5PY
*Introduction To Volunteering In The Community A three-week course that offers you everything you need to know about working as a volunteer in the community.	1pm to 3pm	01/03/23 Wednesdays	3	0117 9503335 info@southmead.org	Southmead Development Trust The Greenway Centre Doncaster Road BS10 5PY
*Introduction To Working With Children Gain a clear understanding of different roles and settings in which you can work with children.	9.15am to 2.45pm	06/03/23 Mondays	4	Barbara 07510380596	Wellspring Settlement 43 Ducie Road Barton Hill BS5 0AX
*Nail That Interview! Learn how to find the right jobs for you, apply for them and do well at interviews. With the support of the tutor and peers you will create an action plan to help you achieve your next goals.	10am to 12noon	16/03/23 Thursdays	3	0117 9503335 info@southmead.org	Southmead Development Trust The Greenway Centre Doncaster Road BS10 5PY
Horticulture Level 1 Award Free practical course supporting you to gain a Level 1 award in Practical Horticulture.	9.30am to 12.30pm	19/04/2023 Wednesdays	14	Catherine Landon 07785 702454 catherine.landon@bristol.gov.uk	Grow Wilder 181 Frenchay Park Road Bristol BS16 1EL Suitable for ESOL Entry 3 and above
Getting Ready for Work A practical, friendly course to help you brush up on your application and interview skills. *Free lunch from Glen's Kitchen for every attendee*	9.30am to 2.30pm	25/04/2023 Tuesday, Wednesday & Thursday	1	Bryony Sims 07721512583 Bryony.sims@bristol.gov.uk	St Paul's Learning Centre 94 Grosvenor Rd St Pauls BS2 8XU Suitable for ESOL Entry 2 and above

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
Confidence & Aspirations, Health & Wellbeing					
Prepare to Pass the Driving Theory Test 1. Gain confidence answering multiple choice questions 2. Learn how to approach the Theory and Hazard Perception Tests. 3. Support to apply for your Theory test	1pm to 3pm	09/02/23 Thursdays	7	Carol Griffiths 073418 82755 Carol.Griffiths@bristol.gov.uk	St Werburghs Community centre, Horley Road BS2 9TJ Online using Zoom and Google Classroom. Suitable for Entry 2 and above
*Mindfulness And Relaxation Learn about and experience the benefits of exercise, me time and the power of breathing for when life gets too much.	10am to 12noon	15/02/2023 Wednesdays	3	Becki Spokes 0117 9503335 Beckispokes@southmead.org	Southmead Development Trust The Greenway Centre Doncaster Road BS10 5PY
Eat Well and Save Energy Cookery course Part of the Lawrence Weston Grow, Cook and Eat project. Priority to Lawrence Weston residents, free slow cooker, hand blender and other start up cooking items.	10am to 12.30pm	20/02/23 Mondays	6	Carol Griffiths 07341882755 Carol.Griffiths@bristol.gov.uk	Lawrence Weston Baptist Church 117-119 Long Cross Lawrence Weston BS11 0HL
Make & Take Crafting Learn to make gifts for family and friends and discover some 'Me' time.	12.15pm to 2pm	21/02/2023 Tuesdays	6	Catherine Landon 07785 702454 catherine.landon@bristol.gov.uk	Wicklea Academy Wick Road Bridlington BS4 4HR
Prepare to Pass the Driving Theory Test 1. Gain confidence answering multiple choice questions 2. Learn how to approach the Theory and Hazard Perception Tests. 3. Support to apply for your Theory test	10am to 12noon	03/03/23 Fridays	7	Carol Griffiths 07341882755 Carol.Griffiths@bristol.gov.uk	St Paul's Learning Centre 94 Grosvenor Rd St Pauls BS2 8XU Online using Zoom and Google Classroom. Suitable for Entry 2 and above

Course Title & Description	Time	Start Date & Day	No. of weeks	Contact	Delivery
*SewShall Join us for an opportunity to share creative skills and give back to your community!	10am to 12noon	17/03/23 Fridays	10	07436261835 info@miccbristol.com	Malcolm X Community Centre 141 City Road St Pauls BS2 8YH
Cooking on a Budget Learn to cook tasty healthy recipes for you and your family.	10am to 12noon	20/04/2023 Thursdays	6	Catherine Landon 07785 702454 catherine.landon@bristol.gov.uk	Oldbury Court Children's Centre Frenchay Road Bristol BS16 2QS

We welcome suggestions for new courses so please call us if you do not see a course you are looking for. Check our website www.communitylearningwest.net and our Facebook page <https://www.facebook.com/BristolCommunityLearning/>

* These courses are delivered on behalf of Community Learning West by commissioned partners.

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.

What Parents & Carers Need to Know about NGL

AGE RESTRICTION 13+

WHAT ARE THE RISKS?

NGL (which stands for 'Not Gonna Lie') is an app through which users share a link to their Instagram story or Twitter account, inviting their followers to give anonymous feedback. The app includes some prewritten questions (such as 'if you could change anything about me, what would it be?'), plus the option to ask followers to simply 'send me anonymous messages'. All replies go into the user's NGL inbox, with the sender remaining anonymous – although subscribers to the app can receive hints about who each message was from.

ANONYMITY AND OVERSHARING

Anonymous messaging gives rise to the 'online disinhibition effect', which causes users to feel detached from their words and actions in the digital world. This can make young people in particular (as they tend to act more impulsively online) far more likely to disclose personal information on the internet, as well as making ill-advised confessions or revealing their fears and insecurities.

PROTECTION FOR BULLIES

Having their identity hidden makes bullies feel safe from repercussions, so anonymous chat sites are a major avenue for cyberbullying. NGL claims to use AI to filter out insulting terms, but our expert sent a range of such phrases (starting with 'cow' and 'ugly', and becoming progressively more offensive) to a 'dummy' account. All of these trial messages were delivered to the recipient's inbox.

COSTLY SUBSCRIPTIONS

NGL offers a subscription where – for a weekly fee – users can unlock hints about who's been messaging them, including the sender's approximate location and which device they used. Young people will naturally be extremely curious about who sent which message (especially if they have a lot of Instagram or Twitter followers) and may be unable to resist spending money to find out.

INFLATED ENGAGEMENT

In June 2022, NGL had to revise its terms of service, informing users if a message was sent by the app's developers as opposed to genuine followers. It emerged that, previously, NGL's makers had attempted to boost engagement with the app (as well as enticing users to pay for subscriptions) by sending fake anonymous messages from bots. This update was rolled out very quietly by the team.

QUESTIONABLE SUPPORT

NGL does have a 'report this message' button for users to flag upsetting content. After sending a message, however, an automated reply arrives stating "… NGL is 100% anonymous and we have no way of knowing the identity of the user and would not be able to find out, even if we tried." This did not fill our expert with confidence that the app can address bad behaviour adequately.

ACCIDENTALLY GOING VIRAL

The messages on NGL itself are anonymous, but users can share these messages via their Instagram story or Twitter feed – enabling all their followers (or anyone, if their accounts are set to 'public') to see them. If a young person has disclosed something embarrassing or identifiable on NGL without realising, this information has the potential to be re-shared very quickly to a far wider audience.

Advice for Parents & Carers

DEALING WITH NEGATIVITY

Blocking another user on NGL will prevent them sending anonymous messages to your child in the short term – although a determined abuser could get around that obstacle simply by setting up a new Instagram account. If your child consistently receives negative messages that upset them, it might be worth encouraging them to consider whether they really need to use the app at all.

BLOCK IN-APP PURCHASES

To avoid your child running up an eye-watering bill through an NGL subscription (or indeed any kind of costly in-app purchases), go into the settings on whatever devices they use to go online and either disable the ability to make purchases or protect that function with a password. If these options aren't available, it's prudent to ensure there aren't any payment methods linked to their account.

EXPLAIN ANONYMOUS APPS

We understand that a conversation with your child about the risks of anonymous messaging may seem difficult to initiate (especially if you aren't that comfortable with using social media yourself), it is vital, however, that young people understand that, for some people, having their identity obscured online can make them feel more powerful and less accountable for their actions.

THINK BEFORE SENDING

Regardless of whether a messaging app is anonymous or not, it's a good idea to regularly talk to your child about how it's wise to think through what they're sharing before they post it. Emphasise that nothing is truly private once it's online. If the post is something your child might hesitate to say to someone face to face, then it's probably not the sort of thing they should be writing online either.

Meet Our Expert

Dr Claire Luffield 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 comparing internet use and texting behaviour of young people in the UK, USA and Australia.

NOS National Online Safety
#WakeUpWednesday

Source: <https://ngl.link/whats-n-gl>

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national_online_safety

This terms learning at FVA



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

Click [Here](#)





M.A.P EASTER CAMPS

IMPROVING CHILDREN'S MENTAL, ACADEMIC AND PHYSICAL HEALTH THROUGH SPORT

5.0★
average rating



Minerva Primary Academy The Greenway, Bristol BS16 4HA
Tuesday April 11th – Friday April 14th (Reception to Year 6)

INDIVIDUAL DAYS £16 - ALL WEEK £40



The PE & Sports Project uses the combined experience of elite level coaching, training teachers and planning highest-quality PE lessons, to provide the children with a fun, engaging, successful and positive experience.

We use our advanced 'exploration-discovery-competition' model to give the children the independence and responsibility to think for themselves, to solve problems for themselves and to drive their own development.

On top of the highest-quality instruction for the sport itself, the children learn social-emotional skills and awareness in their self-awareness, self-management, social awareness, relationship skills and responsible decision-making.

As well as this they are given opportunities to use their maths and English learning in a fun and different way to the classroom, which children find engaging and rewarding.

Parents' Feedback

100% of parents would recommend our camps to their friends' children

"They enjoyed being with other children and they enjoyed all of the activities on offer"

"Just wanted to say thank you for a great 3 days at Cam Woodfields school. My children both thoroughly enjoyed it and were really enthusiastic about the whole experience."

"We really hope you'll be holding some more sessions in the school holidays. We will definitely be recommending it to friends (already have done!)"

t: 0117 942 8444

e: info@thesportsproject.org

BOOK HERE