

Friday 8 March 2024

Mid Term 4 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Loyalty

Learning behaviour: Resilience

Term 4 is whizzing past. Our Reception class have been walking and wondering, Year 4 have been busy in Forest School, all the children have taken part in NSPCC workshops 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 face to face parents evenings. 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 and if you have not yet booked your meeting, please head over to MCAS to book your slot. Thank you to all our families that have completed the dentist questionnaire. Please do take time to do this if you can. More information can be found on page 2 of the newsletter.

We are Resilient



A short video with four easy to follow tips—helping children bounce back in the face of adversity!

Click on the logo above

We are Loyal



A helpful guide for childhood friendships filled with ideas and tips for young people.

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 it's good.

Click on the logo above.

World Book Day @ FVA

As always, World Book Day is 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.

It's a great reminder to us all of the importance of reading stories to our children or to ensuring that we support our children with reading at home. Just 10 minutes a day will have a huge impact on children's learning and it is an ideal opportunity to have a cuddle with your little one too!

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



Key Dates for your diary

Tuesday 12, Wednesday 13 and Thursday 14 March 2024

Wednesday 13 March 2024

Thursday 28 March 2024

Tuesday 16 April 2024

Thursday 18 April 2024

Monday 6 May 2024

Thursday 9 May 2024

Parents Evenings—Book [HERE](#)

Year 5—Local Walk

Last Day Term 4 Non Uniform Day

First Day Term 5

Year 5 Caerleon Trip

Bank Holiday—School Closed

Year 3 The Matthew Trip



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

Dentist Access For All

Bristol Charities believe that everyone should have access to a NHS dentist. They want to help those in need to access a dentist. Please help us by completing the questionnaire [HERE](#)



The Big Brush Club Year R and Year 1

Frome Vale Academy have joined the NHS programme to help the youngest children at FVA access supervised tooth brushing at school. This will begin in Term 5. Our staff are receiving the essential training to provide this supervision. Letters will be sent home shortly to seek parental consent for your child to take part in the programme.

More information about this initiative can be found [HERE](#)



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.



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.

Countdown to Year 7

On 1 March you will receive the outcome of your child's Year 7 secondary school application.

Starting secondary school is a key milestone which is both exciting and can understandably lead to feelings of apprehension. Schools are here to work with you to help make your child's transition as smooth as possible. The below information gives key dates and other tips to support secondary transition.



Key Dates

- **1 March** you will be notified the outcome of your school application.
- **15 March** deadline to respond to school offer. If you applied online you can respond using the online Parent Portal.
- **3 July** secondary your child attends Year 7 induction day for all Bristol schools.
- **2 September** start of the new school year. Your child joins their new school.
- Remember to check secondary school start times and dates as some schools will hold inset days at the beginning of the new school year.

What schools will do

- March onwards secondary schools start preparing for children joining them in September.
- Secondary schools hold meetings for new parents either in-person or remotely online.
- Secondary schools may send written information to you either directly or via your child's current school.
- Secondary schools work with your child's current school including visiting your child at their junior/primary school.
- Secondary schools offer a wide range of induction support.

What you can do

- Positively engage with the school your child has been offered a place at by attending new parents events and responding to requests for information.
- Support your child to attend the new Year 7 induction day.
- Discuss with your child's current school any concerns about secondary school.
- Make sure your child has the correct equipment and school uniform for their first day.
- Before the summer holidays make sure you know the date and time your child is due to start school on their first day.
- Practice the route to school during the summer holidays if your child is unsure.
- Make sure your child knows where to go when they arrive at secondary school.



BRISTOL
LEARNING CITY





We offer funded and private spaces

Easter egg hunts
Chocolate experiments
Mousse making

www.bizzykidzclub.com

After a successful launch during the February half term, Bizzy Kidz Club returns for another fun filled holiday club over the Easter holiday

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

Bizzy Kidz Club are an Ofsted registered club



Look out for this booklet in your bookbags and join the 30 day challenge from 21st March – 19th April to Get Active for Frome Vale! (Don't forget to include your walk to school!)

Keep a record of how many miles you have walked/ scooted/ cycled each day (include everyone who joined you!)

Date	Mode(s) of transport	Total distance (miles)
21 st March		
22 nd March		
23 rd March		
24 th March		
25 th March		
26 th March		
27 th March		
28 th March		
29 th March		
30 th March		
31 st March		
1 st April		
2 nd April		
3 rd April		
4 th April		
5 th April		
6 th April		
7 th April		
8 th April		
9 th April		
10 th April		
11 th April		
12 th April		
13 th April		
14 th April		
15 th April		
16 th April		
17 th April		
18 th April		
19 th April		

Let's get active for Frome Vale Academy!

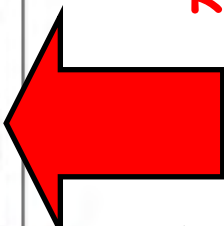
- 1) Keep a record of how many miles you have walked/ scooted/ cycled each day
- 2) Multiply by including family and friends (e.g. if you walked 1 mile with 4 other people that counts as 5 miles in total!)
- 3) Ask friends and family to sponsor you for the 30 day challenge to raise funds for the school
- 4) Return your form and any money raised by Friday 26th April

Our target is to reach a distance of 2,000 miles over the next 30 days, can we make it?

Have fun and get active!

Name	Amount sponsored (per mile/ per day)	Total collected

Sponsored Fund Raising Event



The Friends of Frome Vale Academy have been busy planning the next event for our children.

It is a sponsored event focussing on how much distance the children and you can travel within the given time parameters.

We hope this will help motivate the children to spending some time outside over the Easter holidays.

Please where possible see if friends and family can sponsor an amount per mile. This can be as little as 5p per mile. As they say "Every little helps!"

Please look out for the booklet which will be coming home in book bags next week.

Get Active for Frome Vale!

Return this form and any money raised by Friday 26th April

Have fun and get active!

30 day challenge

Friends of Frome Vale Academy

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 and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

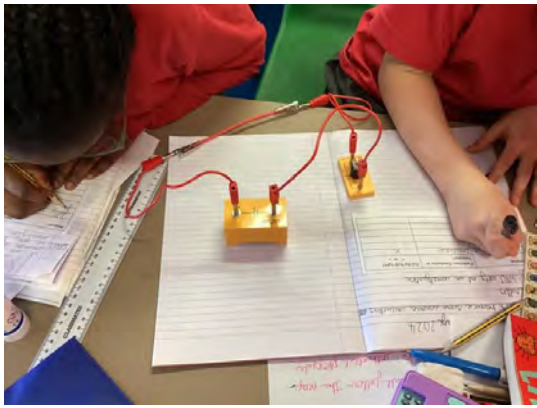
Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

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](#)



DADS & PARTNERS ONLINE PEER SUPPORT GROUP

"For me talking openly with others about my thoughts, feelings and emotions really helped me to feel less alone, it also helped me to meet others who had been through similar experiences which really helped smash the stigma and guilt I was feeling as a Dad and Husband."

JACOB KELLY
PEER SUPPORT WORKER

When and where?

Every first Thursday of the month
8-9pm
Online via zoom



To find out more

If you want to find out more about how you can access this group, you can speak with our client care team on:

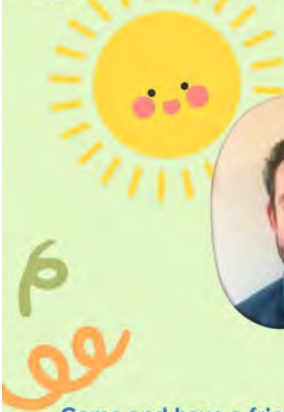
01179359366 OR
support@mothersformothers.co.uk



Helpline: 0117 9359366



COMMUNITY DROP IN SESSIONS



Come and chat to
DAN LEWIN
Community Development Practitioner

Come and have a friendly chat about your community and the things that matter to you.

Is there anything you would like to make happen? I would love to listen to your ideas and help you to make them become reality.

EVERY THURSDAY AFTERNOON, 2PM-3:30PM

**ALL
WELCOME**

CRAFTED
by props
769 Fishponds Rd,
BS16 3BS

FOR MORE
INFORMATION
DAN
07901 212237
DAN.LEWIN@BRISTOL.
GOV.UK



ANTENATAL HUB

Come and meet others for peer support and to find out about what pre and post birth support is on offer for you and your new family.

Attend at any stage of pregnancy and as many times as you'd like.

Refreshments provided!

Booking Required



St Anne's Park
Children's Centre

Last Tuesday of the month, 9:30 - 10:30 am

For more information and to book your place please call:
01173532899/ 01173773189

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

[eastbristolchildrenscentres](https://www.facebook.com/eastbristolchildrenscentres) www.eastbristolchildrenscentre.co.uk ebcc@bristol.gov.uk

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](https://www.facebook.com/allsaintsfamilycafe)

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





Are you a parent of a 0 - 5 year old?

Would you like to develop more confidence in your parenting?

Would you like to feel more connected to your child?

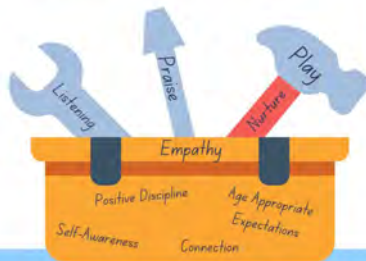
Would you like to add new ideas and skills to your parenting toolbox?



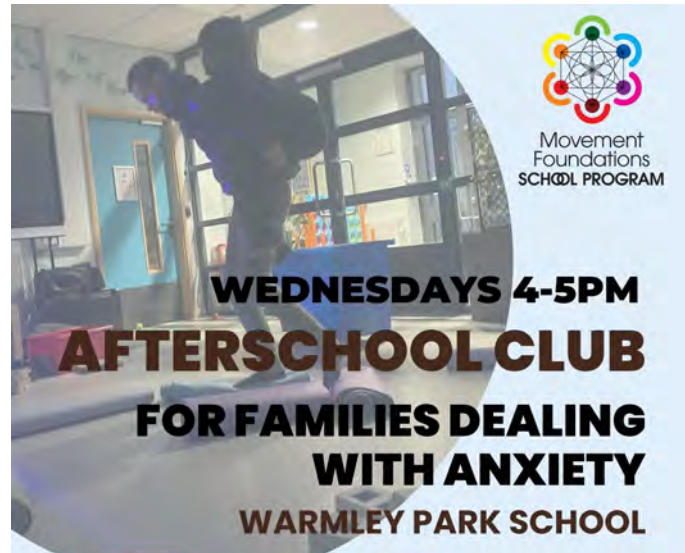
Join a
FREE
Group



Scan here to find out more and register your interest!



If you would like further information please call us on: 07721 311 497 or email: pssso@bristol.gov.uk / Once you have registered your interest, we will be in touch to find the best group option for you.

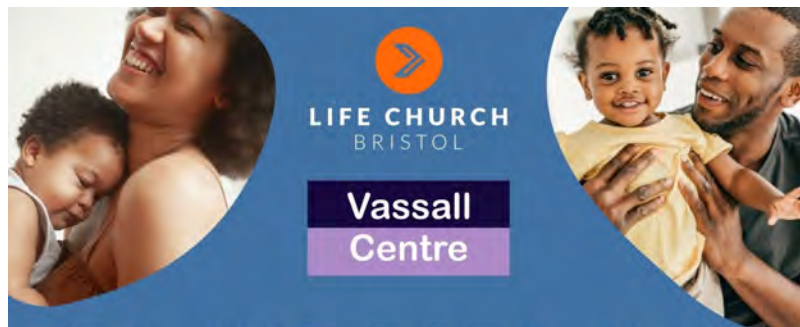


WEDNESDAYS 4-5PM
AFTERSCHOOL CLUB
FOR FAMILIES DEALING WITH ANXIETY
WARMLEY PARK SCHOOL

for parents and children together



07737250042 07503150261 www.movementfoundations.org www.happyconfidentkids.com The Hive, Warmley Park School Tower Road North, BS30 8XL



LIFE CHURCH BRISTOL
Vassall Centre

TEA AND TOTS CLUB
WEDNESDAYS 9.30 - 11AM
THE VASSALL CENTRE

Come along with your little ones to enjoy time together and meet others - with singing, playtime, storytime and games. Ages 0-4, everyone welcome!



Email office@vassallcentre.org.uk, call 0117 930 0301 or drop in with any questions.

TERM TIME AT WARMLEY PARK SCHOOL



FUN WELLBEING CLASSES FOR PARENTS AND CHILDREN TOGETHER
MOVEMENT, MINDSET AND MOTHER NATURE

- ADVANCED DBS CHECKED COACHES**
We are welcoming and inclusive, authentic and present, we lead by example, we operate with kindness and integrity.
- MOVEMENT THERAPY**
We explore movement together through the lens of play, mindful awareness and connection. Discover the power of barefoot time and breath to calm the mind and body.
- PLAY THERAPY**
Play-based therapy helping children and parents to overcome negative thought patterns and behaviours. Learning life skills to manage emotions, resolve anxiety, and grow in confidence, self-esteem and resilience.
- IN THE WILD WELLBEING**
We facilitate an outdoor space in which people (of any age) can explore, learn and experience the natural world in a safe and accessible environment. Families can strengthen their connection to each other and nature.

These sessions are suitable for children aged 4-16 and their parents or carers. All participants can engage on a level which promotes wellbeing and enjoyment.

07737250042 07503150261 www.movementfoundations.org www.happyconfidentkids.com The Hive, Warmley Park School Tower Road North, BS30 8XL

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

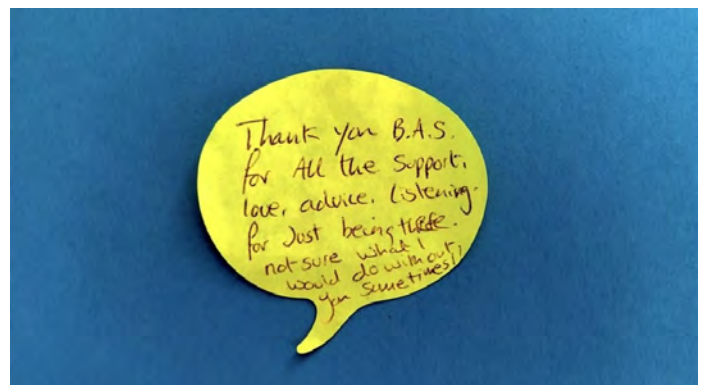
Who live, go to school or work in the Bristol City Council area.



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**





PLAY SQUAD

OPEN ACCESS PLAY SESSIONS

led by Children's Scrapstore

What is open access? Children are free to come and go as they please so they need to be responsible for themselves. 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.

EVERY MONDAY*

TERM TIME

3.30PM-5.30PM

HOLIDAYS*

10.30AM-12.30/2.30PM

Come and get creative and imaginative at these regular play sessions. Expect arts and crafts, sports kit, construction materials and much more!

FREE

Green space outside Oldbury Court
Children's Centre, BS16 2QS

Contact: playteam@childrensscrapstore.co.uk

*Except bank holidays and Christmas holidays



Supporting Independent Living



FREE Cricket Taster Session this Easter

FRENCHAY CRICKET CLUB
-1846-



For girls aged 7 to 9 - Suitable for new & experienced players



Sunday 24th March

2.30pm - 3.30pm

Indoor Sports Hall

**Downend Sports Centre,
Garnett Place, BS16 6QY**

**to book your place
please email
frenchaycricketclub@gmail.com**

Session run by Frenchay Cricket Club's qualified coaches with DBS certificates



Smartphone Free Childhood is a grassroots movement of parents who believe childhood's too short to be spent on a smartphone

We're on a mission to

01.

Bring parents together to start new and positive conversations about the problems of smartphones in childhood

02.

Empower parents to take collective action in their local communities - agreeing to delay giving their children smartphones until at least 14

03.

Demonstrate that parents are demanding change at scale, and therefore force the government and tech companies to act

Why we're doing this now

We've been put in an impossible position by the tech companies. It's a lose lose - either allow our children access to something all the evidence tells us is damaging, or say no and risk alienating them among their peers at a crucial stage of their social development. **We believe something needs to change, and it starts with all of us.**

How you can get involved

Join your regional WhatsApp group. You'll find the links to all regional groups at linktr.ee/smartphonefreechildhood

Start a WhatsApp group for your school to begin a conversation with your community - we've put together a toolkit to help you smartphonefreechildhood.co.uk/toolkits

Follow us on Instagram @smartphonefreechildhood

Sign up to our newsletter. We'll be sharing all our plans, advice and inspiration here as the movement grows. smartphonefreechildhood.co.uk/subscribe



Scan to find out more

#CHANGETHENORM

BRISTOL CHARITIES



Since 1395

Centre Administrator

£26,683 (£18,500 per annum actual)

Part-time (26hrs per week)

Contract or temporary (6 month contract)

For more information or to apply

Click HERE