

# Friday 14 March 2025

## Mid Term 4 Newsletter



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

Follow us on Twitter: @frome\_vale

Value of the term: Responsibility

Learning behaviour: Resilience

Term 4 is whizzing past. Year R and Year 4 have been immersing themselves in nature at Forest School, while Year 1 enjoyed a delightful visit to the farm. The whole school has been buzzing with creativity and fun as everyone dressed up for World Book Day. We recently had the pleasure of opening the doors to your children's classrooms, giving you a glimpse into their learning environment. We're eagerly anticipating the upcoming face-to-face parents' evenings on the 25th and 26th of March (with Year 2 meetings scheduled for Term 5). It's a wonderful opportunity for us to share your child's progress and achievements with you. Please ensure you arrive on time for your scheduled slot with the class teacher to make the most of your meeting. If you haven't booked your appointment yet, please visit MCAS to secure your time slot.

### 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 Responsible



A lesson on what are rights and with rights come responsibilities. Aimed at Primary children

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!



Tuesday 18 March 2025

Tuesday 25 and Wednesday 26 March

Thursday 27 March 2025

Friday 4 April 2025

Tuesday 22 April 2025

Friday 2 May 2025

Monday 5 May 2025

Tuesday 6 May 2025

Thursday 8 May 2025

Friday 9 May 2025

Monday 12 May to Thursday 15 May 2025

Thursday 15 May 2025

My Bank Financial Session for KS2 children

Parent Evenings—Book your meetings for each child

BMX Taster Session—Save the date

Last Day Term 4 Non school uniform day

First Day Term 5

Music Day

Bank Holiday—school closed to all

School resumes as normal

Open Door—visit your child's classroom

RE Day

SATs week for Year 6

Summer Census Day—Please ensure child in school

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](mailto:info@fva.clf.uk) to provide us with your correct information

# Parents evening

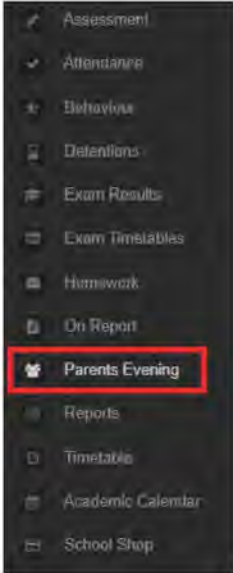
We will be holding parent meetings on the 25 and 26 March 2025 (except Year 2 who will meet their new teacher in Term 5).

To book your parents meeting, please follow the steps below. You will need to be able to access My Child at School (MCAS). Please contact the school office if you need any help with setting up your MCAS account.

## Step 1:

### Booking Parents Evening slots on MCAS

When a Parent is on MCAS, they need to select Parents Evening from the side Menu.



## When

25 and 26 March 2025

## How

Use My Child at School (MCAS) and follow Steps 1, 2 and 3

## Where

Arrive for your allotted meeting on time. The meetings will take place in your child's class.

## Who

All year groups (except Year 2 who will meet their teacher in Term 5).

You **MUST** book a meeting for each of your children.

## What

A chance to discuss your child's progress this academic year. Meetings are strictly 10 minutes long. Please arrive on time.

## Step 2

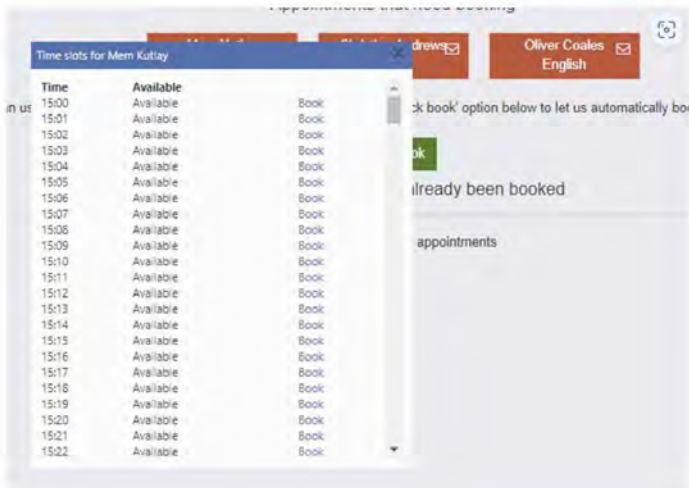
This will provide them with either a **Manual** or **Quick Book** option to secure their interview.



**Booking will close at Noon on the 25 March. Please ensure you have booked your slot!**

## Step 3

To select a slot manually, the Parent would click on the **Teacher** they would like to book an appointment with and then select **Book** next to the slot they would like to select.





# World Book Day

World Book Day on March 6, 2025, was an exciting celebration of literature and creativity! Pupils and teachers alike came dressed as their favourite book characters, adding a vibrant and imaginative touch to the day. The event featured a variety of activities linked to the book **Leaf** by **Sandra Dieckmann**, including book readings, storytelling sessions, and poem writing. Additionally, there was a plenty of outside creativity in the forest school area including making leaf animals, wings and den building. Even our catering company joined in with a World Book Day menu! It was a wonderful opportunity for everyone to immerse themselves in the joy of reading and to discover new stories and authors. This World Book Day was truly memorable!

*Year 6 reading with our younger pupils*





The Sustrans Big Walk and Wheel 2025 challenge encourages students to be active by walking, wheeling, scooting, or cycling to school from March 24th to April 4th. This initiative aims to energize participants, promote environmental sustainability by reducing car journeys, and offer the chance to win fantastic prizes. Join the movement and make a positive impact on your health and the planet! For more information, visit [www.BigWalkAndWheel.org.uk](http://www.BigWalkAndWheel.org.uk).



## We're taking part in the Sustrans Big Walk and Wheel 2025 challenge.

Join in by walking, wheeling,  
scooting or cycling to school  
between 24 March-4 April.

- ✓ Be active and feel more energised
- ✓ Help the environment by replacing a car journey
- ✓ Help us win some fantastic prizes

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

Headline sponsor:

**SCHWALBE** ➤

Sustrans is a registered charity no. 326550 (England and Wales) SC039263 (Scotland). © Sustrans 2025

**sustrans**  
JOIN THE MOVEMENT



# Countdown to Year 7

**On 3 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

- **3 March** you will be notified the outcome of your school application.
- **17 March** deadline to respond to school offer. If you applied online you can respond using the online Parent Portal.
- **2 and 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**







# Penalty Notices for unauthorised absences are changing

## What you need to know if your child is absent (unauthorised) during term time - valid from September 2024 onwards

Unauthorised absences will be monitored on a rolling 3-year basis (including between schools and different local authority areas).

Penalty Notices can be issued when there have been 10 unauthorised absences (1 school day = 2 sessions, 5 school days = 10 sessions). The threshold can be met with any combination of unauthorised absence within 10 school weeks. Penalty Notices are issued for any term-time or irregular absences that are unauthorised (for example, a 5-day term-time holiday) - whether these absences are taken consecutively or cumulatively over a period of 10 school weeks.

### 1<sup>st</sup> Penalty Notice

The first Penalty Notice is issued for term time absences or irregular absences, the amount will be:

- **£80** per parent, per child (if paid within 21 days)
- **£160** per parent, per child (if paid between 22 to 28 days)

No. of parents	No. of children	Fine amount up to 21 days	Fine amount after 21 days
1	1	£80	£160
1	2	£160	£320
2	3	£480	£960

### 2<sup>nd</sup> Penalty Notice

#### There is no opportunity to pay a reduced amount

The second time a Penalty Notice is issued for term time or irregular absences issued to the **same parent** for the **same child**, the amount will be:

- **£160** per parent, per child (if paid within 28 days)

No. of parents	No. of children	Fine amount up to 21 days	Fine amount up to 28 days
1	1	Not applicable	£160
1	2	Not applicable	£320
2	3	Not applicable	£960

### Further offences

The third time an offence is committed for unauthorised term time or irregular absences **within 3 years** by the same parent for the same child (including those from other schools or Local Authorities) may result in an automatic request for **Prosecution**.

**Education Act: 1996:** It is your responsibility as the parent/carer to ensure your child's school attendance is on a regular basis and if you fail to do this without good cause, you are liable to prosecution. If found guilty of this offence you could be liable to, amongst other things, a fine of up to **£2500** and/or a custodial sentence of up to **3 months**.



# 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](http://nationalcollege.com).

## 10 Top Tips for Parents and Educators USING TECHNOLOGY TO BOOST READING SKILLS

The way we engage with text has changed dramatically over the years. Whether reading captions on social media, instructions in a video game or an e-book on a digital device, technology plays a major role in modern literacy. While traditional books remain invaluable, digital tools can enhance reading skills by making text more accessible, interactive and engaging.

### 1 CHOOSING THE RIGHT TYPE OF TEXT

Before integrating technology, consider the types of text that a child engages with. If they need help on occasion, digital reading pens can assist by scanning and reciting words or sentences. These tools are especially useful for students with reading difficulties, and can even be used in exams if they're part of their routine learning process. Proper training and practice are required, but they can be a great help when tackling printed text.

### 2 READING ON SCREEN

Many devices now allow users to customise text for better readability. Adjusting font type, size and background colour can significantly enhance comprehension. For many readers, white text on a black background is the easiest to see, whereas other styles – such as dyslexia-friendly fonts – are designed to help those who are struggling. Teaching children how to personalise text settings on their devices empowers them to read more comfortably and with greater confidence.

### 3 ACCESSIBILITY TOOLS

Most modern devices include built-in tools designed to support readers. These features can be found in Settings under Accessibility and may include text-to-speech, speech-to-text and screen magnification functions. Enabling these tools can make digital reading more user friendly, especially for children with learning difficulties or visual impairments, who might have an easier time with spoken language than the written word, or who might simply require a closer look at the text.

### 4 INTERACTIVE READING PROGRAMMES

Many digital reading devices, such as Kindle and other e-readers, offer features like word highlighting, adjustable text speed and built-in dictionaries. These tools help learners to break down complex words and phrases while maintaining an appropriate reading pace. Some programmes even allow users to track their progress, making reading a more structured and motivating experience.

### 5 VIDEO GAMES AND READING SKILLS

Many video games require players to read instructions, character dialogues and mission objectives, making them an unexpected but effective literacy tool. Games that involve storytelling, puzzles or problem-solving often include large amounts of text – encouraging children to read these texts aloud or discuss them can improve their comprehension and vocabulary in a fun, engaging way.

### 6 SUBTITLES AND CLOSED CAPTIONS

Watching videos with subtitles or closed captions is an effective way to enhance reading skills. As children watch their favourite shows or online videos, they can follow along with the text, gaining a better understanding of how written words sound when spoken aloud. This is particularly beneficial for reluctant readers, as it exposes them to words in a familiar, engaging context. Repeatedly watching content with subtitles reinforces word recognition and comprehension.

### 7 USING AUDIOBOOKS

Audiobooks are an excellent way to develop listening and reading skills simultaneously. Children can follow along with the text while listening to a narrator, reinforcing word recognition and fluency. For struggling readers, listening to an audiobook before attempting to read the text independently can boost their confidence and comprehension.

### 9 TEXT-TO-VOICE TECHNOLOGY

Text-to-voice software reads digital text aloud, making it easier for learners to follow along. Most smartphones, tablets and computers come with this function built in. When enabled, users can highlight a passage or sentence and press Play to hear it read aloud. This tool is particularly helpful for auditory learners and those who struggle with decoding written words.

### 8 VOICE-TO-TEXT FOR WRITING AND READING

Voice-to-text tools allow users to dictate words, which are then transcribed into text. This feature helps children see the connection between spoken and written language. By using text-to-voice to have their dictated words read back to them, learners can identify mistakes and improve their reading and writing skills simultaneously.

### 10 SOCIAL MEDIA AND PARENTAL CONTROLS

While social media provides opportunities for reading, most platforms have age restrictions of 13–16 years old, making parental guidance essential. Many social media videos include captions and comments that can encourage reading. However, it's important to use the platform's parental controls (such as time limits and content filters) to create a safe and educational online environment for children. Encouraging responsible social media use can ensure a balanced and productive approach to digital literacy.

## Meet Our Expert

Catrina Lowri is a qualified special needs teacher and experienced SENCO. She recently launched her own site, [Neuroteachers](http://Neuroteachers.com), which offers a library of short, 'how-to' and explanation videos for educators. Catrina also writes and delivers online training and events for multi-academy trusts, businesses, schools and training organisations.



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](#)







# GIRLS CRICKET

Free indoor taster sessions

NO EXPERIENCE REQUIRED



School Years 5 & 6 - Saturday 22nd March

School Years 3 & 4 - Saturday 29th March

Both sessions running...

12.00pm - 1.30pm

at Downend Sports Centre,  
14 Garnett Place, BS16 6QY

To book a place please  
indicate which date and email  
[frenchayyouth@gmail.com](mailto:frenchayyouth@gmail.com)

Sessions run on behalf of Frenchay Cricket  
Club with experienced coaches with DBS



**JOIN US THIS EASTER!**   
**7 - 17 APRIL 2025**

Prepare for an unforgettable  
holiday full of fun and  
friendship!

- ✓ Outdoor Exploration
- ✓ Sports & Games
- ✓ Creative Arts & Crafts
- ✓ Campfire Fun

More Information  
[www.bizzykidzclub.com](http://www.bizzykidzclub.com)







# OPEN ACCESS Play Sessions

Led by Children's Scrapstore with LPW and WeCIL

**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**



contact: [playteam@childrenscrapstore.co.uk](mailto:playteam@childrenscrapstore.co.uk)  
facebook page: Children's Scrapstore Play Rangers  
charity no. 1008788

\*Except bank holidays.

Funded lunch for children provided in holiday sessions



## WOMEN OF COLOUR WELLBEING GROUP

**MONDAYS ONLINE**  
6.30 - 8.30pm



## LGBTQIA+ WELLBEING GROUP

**TUESDAYS ONLINE**  
6.30 - 8.30pm



## BLACK, ASIAN, AND ETHNIC MINORITY MEN'S WELLBEING GROUP

**THURSDAYS**  
Easton Community Centre  
5.30 - 7.30pm



## MEN'S WELLBEING GROUP

**THURSDAYS ONLINE**  
6.30 - 8.30pm



## WOMEN'S WELLBEING GROUP

**THURSDAYS ONLINE**  
6.30 - 8.30pm



SCAN ME

Safe, non-judgemental and confidential spaces to discuss mental wellbeing with others who belong in your community.

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



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

0117 941 1123



## Level 2 Award in Food Safety



Want to learn how to prepare food safely at home or at work?  
Attend our free course and you will be supported to gain a widely  
Recognised Level 2 certificate.

Oldbury Court Children's Centre, Frenchay Road, BS16 2QS  
Thursday 13<sup>th</sup> & 20<sup>th</sup> March 2025 12.30-15.30

Please contact: [Catherine.Landon@bristol.gov.uk](mailto:Catherine.Landon@bristol.gov.uk) 07785 702454  
Eligibility: aged 19+, with few or no qualifications



[communitylearningwest.net](http://communitylearningwest.net)  
[lcinfo@bristol.gov.uk](mailto:lcinfo@bristol.gov.uk)  
01172 510230

# MF DANCE

— THE FUTURE OF DANCE —

## KEY BENEFITS OF MF DANCE



**FOCUS**  
**ANTI-BULLYING**  
**CONFIDENCE**  
**RESPECT**  
**GREAT FUN**



## WHEN & WHERE ARE OUR CLASSES HELD?

LOCATION NAME: FROME VALE  
ACADEMY, DOWNEND,  
POSTCODE: BS16 2QS

WE ALSO HAVE CLASSES AVAILABLE IN  
BRADLEY STOKE &  
YATE

**BOOK YOUR FREE CLASS**  
**BY SCANNING THE QR CODE OR**  
**BY VISITING [WWW.MFDANCE.CO.UK](http://WWW.MFDANCE.CO.UK)**







## 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](mailto: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!

**Volunteers  
wanted!**  
Get in touch to  
find out more

\*If there are more than 16 people, we will split  
the session into 2 x 30 mins and swap groups.

Contact:  
[bmx@accesssport.org.uk](mailto:bmx@accesssport.org.uk)

Registration QR



**ADULTS!** Register using the QR.  
Please sign in your child at the  
container and remain in the park.  
You only need to register once!

## 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](http://autism-independence.org),  
email [hello@autism-independence.org](mailto: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.





## 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](mailto:pssso@bristol.gov.uk)

Once you have registered your interest via: [www.bit.ly/BristolParentingGroups](http://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](mailto: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](mailto: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).





# 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.

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

## The Children's Kitchen Feeding Your Family

Our Feeding Your Family Sessions are a time to share ideas, learn new skills, and make some food to take home. These free sessions take place during the school day and are just for adults. We focus on simple, affordable meals that the family will love based on our recipe booklets. You will get a free recipe booklet, spice kit and food to take home if you attend the sessions. This is a four-week course, please choose the location closest to you.



**The Gatehouse, Gatehouse Ave, Hartcliffe, BS13 9JN**  
The teaching kitchen in the community building.  
Wednesdays 1-2.30pm from 22nd January

**Ambition Lawrence Weston, 2 Stile Acres, Lawrence Weston, BS11 0PZ**  
The kitchen in the new Ambition House.  
Tuesdays 1-2.30pm from 21st January

**The Vassall Centre, Gill Avenue, Fishponds, BS16 2QQ**  
In the new Community Hub, Dawn James Room  
Wednesdays 9.30-11am from 26th February

To book please visit: [this booking form](#) or with the QR code  
Please note we do not have creche facilities for these sessions.



## Bristol Family Hubs 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:

- Listening
- Play
- Praise
- Nurture
- Empathy
- Connection

For more information please call: 07721 311 497 or email: [pssso@bristol.gov.uk](mailto:pssso@bristol.gov.uk)  
Once you have registered your interest via: [www.bit.ly/BristolParentingGroups](http://www.bit.ly/BristolParentingGroups) we will be in touch to find the best group option for you.

## Antenatal Welcome to the World

FREE 5 Week Group

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](http://www.bit.ly/BristolParentingGroups)

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