

# Friday 6 May 2022

## Mid Term 5 Newsletter



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

Follow us on Twitter: @frome\_vale

Value of the term: **Courage**

Learning behaviour: **Focus**

The first two weeks of Term 5 have begun at a pace, exactly where we left off in Term 4. We are preparing for our key stage tests numerous trips and visits (including residential) as well as all the normal aspects of school life! It was lovely to see how enthusiastic the children were to be back in school. Let's hope the weather carries on being dry and clear (if not a little warmer) The more we can experience the great outdoors the better and we love learning outside as well as inside at FVA.

### We are Focussed



Mindfulness activities for children to help with focus and concentration. Just 5 minutes a day can make all the difference.

Click on the logo above.

### We are Courageous



Not all hero's wear capes! This video explains to children how they can have courage and what it means.

Click on the logo above.

### We are Focussed



How can you help your children to focus. CBeebies has some top tips and some games to make it fun too.

Click on the logo above.

## Walk, Cycle or Scoot to School

Now the weather is improving we are reminding you of our WOW—the walk to school challenge.

The benefits of walking, cycling or scooting to school are numerous.

It's been proven that children who do some form of exercise, especially a walk before school, do better in class because they arrive refreshed, fit and ready to learn.

During morning peak traffic times, one in five cars on the road are taking children school, contributing to congestion, air pollution and carbon emissions.

The school run alone is responsible for generating half a million tonnes of CO<sub>2</sub> per year (which is more than some small countries!). Imagine what we could achieve if we began converting some of these rides to strides?

Walk to school Week takes place 16-20 May 2022, so please join us in making our community a greener place to live and work.



### Key Dates for your diary

Friday 8 April 2022

Tuesday 5 May 2022

Monday 9 May to 12 May 2022

Monday 16 May 2022

Thursday 19 May 2022

Thursday 19 May 2022

Thursday 26 May 2022

Friday 27 May 2022

Last Day Term 4

KS1 SATs Month begins

KS2 SATs week—free breakfast club for Year 6

Family Choir commences 8.30am to 8.45am

School Census Day—please have school lunch

Open Door 8.30am -9am Visit child's classroom

FVA Football Team Trial— 12.15pm

Last Day Term 5



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



70<sup>th</sup> anniversary

I am so happy to have found a school like Frome vale. I feel so lucky and privileged to be a part of this community and I can't believe that it has already been here for 70 years.

Frome Vale Academy is filled with so many memories, so much pride and plenty of from Vale Citizens, and I can't stress how proud I am to be part of this school.

In Frome Vale Academy, the memories of growth fills us with pride. We will always thank the people who were responsible for building this school. Our school is still standing strong, metaphorically and physically. Though it started off as a piece of land it's great to see how much this has improved now it's a school, an amazing school! A school that has been led by Encouraging people. This primary school was not only built to learn but to also was built because of children's futures.

The aim of any school is to provide students with a strong foundation comprised of knowledge and life skills, which are the primary tools for success in life. 70 years ago, this school wouldn't have existed. But thanks to you and teachers and the children, we are still going strong. And every day this school is getting better. I think I should count myself quite fortunate to be part of this amazing school.

I would like to thank all of the past and present teachers who have helped this school.

And always remember "Education is the most powerful weapon which you can use to change the world. Never take it for granted"

Nelson Mandela. Thank you

Written by Gilda



Thank you for helping us to celebrate 70 years!! We hope you enjoyed the day. We all had a great time and it was absolutely fantastic to see you all!!

We hope you can join us for the next big event which will be the return of our school Sports Day.

See you all soon.

# Football Trials

## Year 5 and 6

Football trials will be held in school on **Thursday 26th May** at lunchtime.

If your child would like to take part in the trials to join the FVA Football Team, please make sure that they have PE kit and appropriate footwear in school on that day.

Please do not send children in with metal studded boots: trainers or moulded studs are best to help avoid injuries.

Please note that this opportunity is open to both girls and boys - all children will play on a single FVA Football Team

# Establishing Positive Eating Habits For Children



Childhood is a particularly important period for forming positive behaviours related to nutrition. Children who learn and practice positive eating habits from an early age are likely to make healthy choices when they grow up. Heart Research UK have some advice to offer on ways to help promote positive eating behaviours.

## Stick to regular meal and snack times

A regular eating pattern forms the basis of a healthy, balanced diet. Children love routine. Providing three meals, and two or three snacks a day, is ideal for them. Keeping mealtimes regular creates predictability and encourages a healthy appetite.

## Set a good example

In the long term, children and young adults are most likely to learn from how we behave rather than what we tell them. The more we can be a role model about healthy eating habits the better. Set an example to your child by showing them how you make healthy choices and how you practice positive eating habits; this could be something as simple as choosing to eat a wide variety of foods, or by ensuring you drink plenty of water.

## Eat together at the table

Wherever possible allow your children to eat with you. Family mealtimes offer an excellent opportunity to teach children good eating patterns as well as

a time to connect and talk to each other.

## Get them involved

Children love to get involved in new things, so why not get them to help in the kitchen? Cooking with children and getting them involved in the meal preparation process may encourage them to try new healthy foods. Small children could be responsible for setting the table, any mixing or stirring and washing fruit and vegetables. Older children could get involved with preparing the shopping list, chopping and peeling.

## Reward and punishment

Carefully consider the use of food as a reward or punishment. Children have a natural ability to regulate their eating and using foods as a reward or punishment can undermine healthy eating habits, as it encourages them to eat when they are not hungry. Consider offering children non-edible objects or experiences as rewards, rather than food? For example, you could offer stickers or a trip to the park, as an alternative treat. Also don't underestimate the power of verbal praise.

## Clean your plate

Pressuring children to 'clean their plate' may work in the short term, but it doesn't promote long term healthy eating. It can also lead to a distaste for those nutritious foods they are being forced to eat. Instead, help a child to feel supported, safe, and relaxed at the dinner table, by creating positive interactions with food. When a child feels safe, they are much more likely to want to eat and try new foods.

## Offering choice

As parents, we can't give our children complete control over food, but we can guide them on making healthy choices. For young children, you may give them to 2 or 3 options to choose from e.g., 'would you like either toast or cereal for breakfast?'. Guided choices can be helpful as they enable a child to feel like they have their say and a degree of control, without feeling overwhelmed.

Eating better isn't just about watching calories, it's about making sure you are eating the right type of foods and in the right portion sizes. Go to [www.heartresearch.org.uk/healthy-tips](http://www.heartresearch.org.uk/healthy-tips) for more tips on how to stay healthy. You will find healthy heart recipes there and a downloadable Healthy Heart cookbook.



## Bristol Eating Better Schools Award

We are proud to announce we have been awarded GOLD for a Bristol Eating Better Schools award for our breakfast club provision.

We'd love your child to join us at breakfast club, and it's only £1 per day. You don't even need to book!

Just bring your child to the front entrance at 8am and pay on the day.

Want to see our certificate? Click [HERE](#)



## Scribble & Sketch @ Easton Community Centre



Join Scribble and Sketch artists at locations across the city on Saturdays once a month for FREE family workshops.

These sessions are designed for children and grown-ups to take part in together - everyone is welcome.

Admission is free. No pre-booking required. Suitable for all ages, children must be supervised.

10.30am to 12.30pm

14 May 2022

11 June 2022

9 July 2022

13 August 2022

10 September 2022

8 October 2022

12 November 2022

10 December 2022

Easton Community Centre  
Kilburn Street,  
Bristol  
BS5 6AW

# FOOD CLUB

WEEKLY FOOD CLUB  
TO REDUCE FOOD WASTE

£1 joining fee  
+ £3.50 per  
food box



Sign up to receive a range of fresh veg, meat and cupboard essentials worth £10 - £15

Get in touch to register:  
eastbristol.childrenscentres@  
bristol-schools.uk

0117 3532899

**TUESDAYS**

12.30pm - 2.30pm  
St Peter's Church,  
Allison Road,  
BS4 4NZ

**THURSDAYS**

1pm - 3pm  
Oldbury Court  
Children's Centre,  
BS16 2QS

**FRIDAYS**

12.30pm - 2.30pm  
Speedwell Methodist  
Church,  
BS15 1ES



## 20th Anniversary Family Fun Day at Hengrove Play Park

This year, the popular Hengrove Play Park is celebrating its 20th anniversary and will be marking the occasion with a family fun day on Wednesday 1 June, 11am to 3:30pm.

**YOU'RE INVITED**

TO THE BIG JUBILEE LUNCH ON COLLEGE GREEN

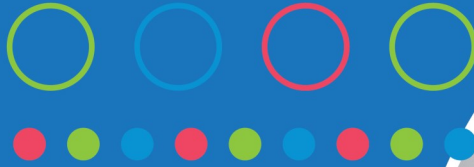
SUNDAY 5 JUNE 2022

LIVE MUSIC - FOOD - GAMES - DJ - ICE CREAM

ALL DAY FREE EVENT

**COMMUNITY**

Click on the image to find out more information



Working together  
for SEND families

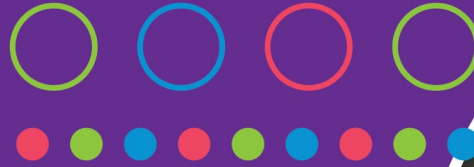
Bristol, North Somerset and  
South Glos Parent Carer Forums

## An introduction to Autism in Young People

(aged 8 - 18 years)



FREE  
ONLINE  
TRAINING



Working together  
for SEND families

Bristol, North Somerset and  
South Glos Parent Carer Forums

## An introduction to Autism in Children

(aged 0 - 7 years)



FREE  
ONLINE  
TRAINING

Training and will focus on:

- Signs
- Symptoms
- Support
- Strategies

Even if your child does not receive a diagnosis of autism following assessment, the strategies you learn in this course are likely to still prove helpful.

## 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 issues 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.

56
64

# What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

### WHAT ARE THE RISKS?

### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

74
117

## Advice for Parents & Carers

### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

### GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

### AVOID INVITING STRANGERS


Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.


### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

### Meet Our Expert

Dr Claire Sutherland 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 sexting behaviour of young people in the UK, USA and Australia.





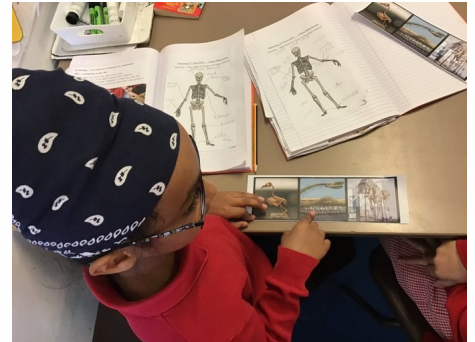
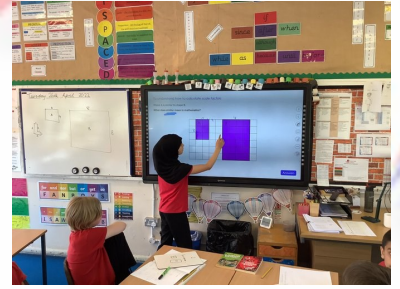
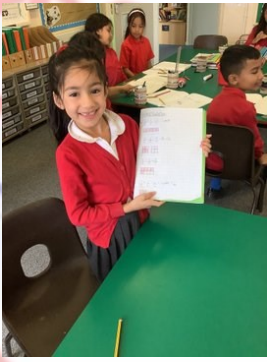
**National Online Safety**  
#WakeUpWednesday

© 2022 [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) | <https://www.nationalonlinesafety.com/parents> | <https://www.nationalonlinesafety.com/parents/parents-need-to-know> | <https://www.nationalonlinesafety.com/parents/parents-need-to-know/parents-need-to-know-about-group-chats>

# Academy Life in Pictures

## We are Learners

Term 5 and let's get down to work, inside and out!



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

Click [Here](#)





**Awarded to**

## **Frome Vale Academy School Breakfast Club**

---

**Frenchay Road, Downend, Bristol BS16 2QS**

Achieving 93% of the Bristol Eating Better Schools Award actions, designed to help schools meet the School Food Standards, increase the availability of healthy food and promote sustainability.

This includes significant actions to help the school become Sugar Smart.

**Date**

**28th April 2022**

---



**Public Health**

Bristol Eating Better is a Bristol City Council Initiative