

Friday 5 May 2023

Mid Term 5 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Kindness

Learning behaviour: Focus

Term 5 has been extremely busy especially for our Year 6 pupils who are working hard in their preparation for Year 6 SATs exams that take place from the 9-12 May. Year 2 children will also be taking part in their SATs for the month of May. It's been a busy three weeks for many of our classes, who have visited many locations including Caerleon Roman fortress, the Arnolfini, and the Matthew. There are even more trips in May, with many of our year groups heading to Mojo Active as part of our Fitness Week which begins on 22 May. All children will take part in a fitness workshop and other activities in the week.

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 Kind



A great TED talk on why we should teach our children to be kind.

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 to School Week 15-19 May

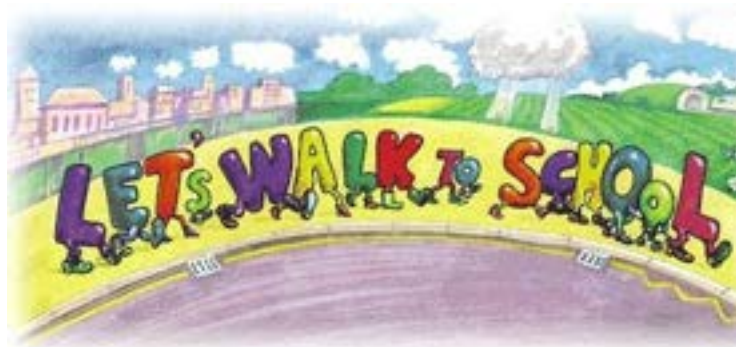
Now the weather is improving, the benefits of walking, cycling or scooting to school are numerous.

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 CO₂ 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 15-19 May 2023, so please join us in making our community a greener place to live and work.



Key Dates for your diary

Monday 8 May 2023

Bank Holiday—School is closed

Tuesday 9 May 2023

SATS commence Year 6 (for rest of this week) Y6 Pupils to arrive at 8am for FREE breakfast each day

Thursday 18 May 2023

Open Doors—all parents welcome 8.30am to 8.50am

Wednesday 10 & Thursday 11 May 2023

Wild Place trip for Years 2, 3 and Years R, 1

Tuesday 23 May 2023

Mojo Active trip for Years 3,4 and 5

Friday 26 May 2023

Last Day Term 5 (non school uniform day, donate £1)

Monday 5 June 2023

First Day Term 6



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

Year 6 SATs

As many of you will know the Year 6 SATs will be taking place between the 9th and 12th of May.

These are nothing to be worried about and our Year 6 Team have been working with your children to ensure they are prepared and ready to show exactly what they can do.

A helpful parent website to gain further understanding of the SATs process can be found [HERE](#)

If your child would like to practice Maths or English over the bank holiday, please remind them of these learning games. Little and often is the method we would suggest:

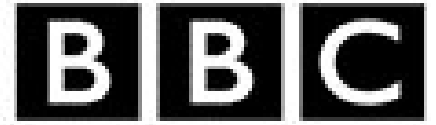
FVA YouTube Channel



Times Table Rockstars



BBC Bitesize



We will be providing a **FREE** breakfast for all Year 6 children on SATs school days (9 to 12 May) and would encourage you to ensure your child is at school for 8am to join in with the fun.

Please bring them to the main hall entrance which is accessed through the staff carpark.



Homework Help

Whether you are struggling to understand what a relative clause is or how to multiply fractions you or your child can find easily accessible and fun filled information across the Primary curriculum.

Subjects include:

History
Science
English
Maths
Geography
Religion
Art, Music and Design
Cooking





Summer Census Menu

Thursday 18 May 2023

Please help us with our government funding for the school on Thursday 18 May by encouraging your child to eat school lunch on this day. We will be providing a special lunch. Remember all children in Years R, 1 and 2 are entitled to free meals every day.

Hot Dog in a bun with fries and tomato ketchup.

(Also available in Halal and Vegetarian)

Or

Jacket Potato with toppings

Or

Pasta in Tomato Sauce

Followed by

Rocket Lolly

Photography Competition

Thank you to all the photograph participants who submitted photos in the inaugural Oldbury Court Neighbourhood Project (OCNP) and Frome Vale Academy competition. The top three places were awarded to three pupils at Frome Vale Academy.

1st Place—Dylan



2nd Place—Miri



3rd Place—Katie




BMX ERGISE
Hillfields BMX Club

FUN, FRIENDLY, FITNESS BASED BMXING FOR WOMEN
JOIN US FOR BMXercise!

- Suitable for all abilities. Open to new and experienced riders
- All sessions are led by female coaches
- BMX bikes and helmets provided
- Participants must wear long sleeves, trousers and suitable footwear (gloves also recommended - winter/cycling/gardening etc)
- New members please sign-up here: <https://group.spond.com/IGMVS> or <https://group.spond.com/GGGWC>
- Already a member? Sessions are live on Spond

#FITGOTFUN

THURSDAY 27TH APRIL START, THEN EVERY THURSDAY

MINI + TEEN BMXercise (6-16 YEARS OLD) 5-6PM
BMXercise (16+ YEARS OLD) 6-7PM

HILLFIELDS PARK, THICKET AVENUE, BRISTOL, B516 4EH

THE FIRST SESSION IS A FREE TASTER, THEN THERE WILL BE A £5 SIGN UP FEE FOR THE FOLLOWING SESSIONS

07763128276

downeyemma@aol.com

Autism courses for parent & carers

Together with the North Somerset and South Gloucestershire Parent Carer Forums, we are running courses to help parent carers with children who are showing signs that they may be autistic but have not yet been diagnosed. Some of the courses are in person, held in venues across the region, and others are online. All the courses are free of charge but must be booked in advance using the link below. Parent carers can access the support and information they need to navigate some of the challenges that autistic people and families face.

CLICK HERE



NSPCC
Positively online

We want families across the UK to go online feeling informed, confident and happy - to be Positively online.

So get the family together and take the NSPCC quiz to discover their top tips for positive online wellbeing.

CLICK HERE



FROME VALE DRAMA CLASSES!

FOR KIDS AGED 7-11

Join Kate for Drama Classes at the Vassall Centre to make friends, nurture self-confidence and have fun!


Free taster sessions on 24th April and 15th May then classes on: 12th, 19th & 26th June and 3rd, 10th & 17th July 2023

**MONDAYS
6-7PM**

£3 A SESSION*

@ THE VASSALL CENTRE

*SOME FREE SPACES AVAILABLE



For more info or to book, email katepenningkps@gmail.com or call 07989562926

The Vassall Centre, Gill Avenue, Bristol, BS16 2QQ

Vassall
Centre

Vassall
Centre



For more information, please contact

dan.lewing@bristol.gov.uk or office@vassallcentre.org.uk

Frome Vale Grants CELEBRATION EVENT!

Everyone welcome - Food & refreshments - Meet other local residents

- ★ Did you know Bristol City Council funded community projects in Frome Vale?
- ★ Join us to celebrate the brilliant projects supported by Frome Vale Community Grants this year
- ★ Launch our next Grassroots Grants series with Bristol Charities and get involved if you'd like to run your own group!

**TUESDAY 9TH
MAY 2023**

5.30 - 7PM

**THE VASSALL
CENTRE**

The Vassall Centre
Gill Avenue
Bristol
BS16 2QQ



FREE Training - Are you an 'enabler' (i.e. community worker, outreach worker, 'go-getter'- motivated resident); somebody who would like to attract interest from local residents to help set up and run a Bereavement Peer Support Community Group? - Click [HERE](#)

Minimum Wage Rates from April 2023

The rates that will apply from the 1st April 2023 are:

- 23yrs and over £10.42/hr.
- 21-22yrs £10.18/hr.
- 18-20yrs £7.49/hr.
- 16-17yrs £5.28/hr.
- Apprentice rate £5.28/hr.

Bottled Hanging Garden

What you need:

- Pencil
- Craft knife
- Length of string
- Thoroughly washed plastic bottle

What to do

- Poke a hole at each end of the bottle.
- Push string through each hole with a pencil. Tie a few knots.
- Fill the bottle with soil and plant seeds.
- There is a simple youtube video to show you how [HERE](#)



Following a great few days when The Dogs Trust visited Frome Vale Academy, we wanted to let you know that their website is packed with advice on dog training and behaviour, which may be useful to you or your family and friends. Click [HERE](#)

Their Dog School colleagues run affordable training classes for pups and older dogs in Pucklechurch and St

George, easy journeys for our Frome Vale citizens. There's more info on these classes Click [HERE](#)



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.

All 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 for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

- 1. UNDERSTAND THE ALGORITHM**

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- 2. AVOID THE MAIN FEEDS**

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.
- 3. DISCUSS WHAT THEY'VE SEEN**

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds; if alarm bells ring, it could be time for a more in-depth talk or to seek support.
- 4. LEARN HOW TO HIDE CONTENT**

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.
- 5. SET DAILY LIMITS**

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces. Involving your child in creating this agreement makes them more likely to stick to it.
- 6. MONITOR THEIR ACTIVITY**

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.
- 7. TURN OFF PUSH NOTIFICATIONS**

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.
- 8. USE DEVICES TOGETHER**

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area of home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.
- 9. ENCOURAGE OTHER ACTIVITIES**

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.
- 10. TALK ABOUT PEER PRESSURE**

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like online life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert
Shazla Sarwar-Azmi is executive headteacher of a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazla is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEN needs.

NOS National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.11.2022

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](#)





M.A.P EASTER CAMPS

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



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



Beginner Woodwork Course

9:30am – 2:30pm
 Wednesday 17th May and Thursday 18th May
 Brunel Care, St Johns Court, Mayfield Park, Fishponds, BS16 3PY

- Join a FREE and friendly beginner course to learn new skills and meet people
- Help build raised beds for the Brunel Care garden
- Find out about further learning and career opportunities

Contact: Catherine.landon@bristol.gov.uk 07785 702454
 This course is aimed at adults aged 19+ with few or no formal qualifications.



communitylearningwest.net
 lctinfo@bristol.gov.uk
 01172 510230

National Children's Day UK (NCDUK)

14 May - This is all about the importance of a healthy childhood and how we need to protect the rights and freedoms of children and young people. It's a day of celebration, but it's also a great opportunity for anyone involved with children to raise awareness and funds for the projects they are running or the things they care about. Click [HERE](#)



International Day Against Homophobia, Transphobia, and Biphobia

17 May - This event seeks to raise awareness for the rights of LGBTQ+ individuals.



Hello, Parents & Guardians!

We are BeeZee Bodies, and we work with Bristol City Council to provide FREE (and FUN!) healthy lifestyle support for families.

We run [BeeZee Families](#) courses after school across Bristol, and have new groups beginning in May.*

CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE



	Monday	Tuesday	Wednesday
AGE 5-8yrs	ONLINE 17:30 - 18:30		ONLINE 18:30 - 19:30
AGE 9-12yrs	ONLINE 18:30 - 19:30	ONLINE 18:30-19:30	ONLINE 17:30 - 18:30

*To be eligible for this awesome free service, your family must live/go to a school in Bristol and include one child who is above their ideal healthy weight.

April is... Stress Awareness Month

Stress is a very common human response when we are feeling overwhelmed by physical, mental or emotional pressure. It's important to try to manage our stress so that it doesn't build up and cause longer-term issues. This April is STRESS AWARENESS MONTH. We are encouraging everyone to #ACT (Action Changes Things). Choose one action that you and your family can do to support your physical, mental or emotional health and reduce your stress.

What can we do to help manage our stress?



Try taking a few deep breaths or follow a guided meditation



Enjoy a healthy, balanced diet including a wide variety of different foods



Connect with family and friends



Dance it out! Listen to your favourite music and have a boogie.



Go for a family walk



Take a social media break

Find out more at www.stress.org.uk/national-stress-awareness-month/



beezeebodies.com

BeeZee Families

05508 188506

