

Friday 3 May 2024

Mid Term 5 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Courage

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 13-16 May. Year 5 visited Caerleon Roman fortress and continued with their swimming lessons. We have the Matthew trip for Year 3. and Years 3, 4 & 5 are heading to Mojo Active as part of our Fitness Week which begins on 20 May. All children will take part in a fitness workshop and other activities during this week. Many of our children are now receiving Piano lessons, are just about to start guitar lessons or are enjoying MAD Science after school club. All of these will continue into Term 6. This weekend is a long weekend with Monday being a Bank Holiday. We hope you have lots of fun and we will see you on Tuesday 7 May at 8.45am.

We are Focussed



Provides information on mindfulness, how to focus and how it can help with mental health

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.

Introducing Frome Vesco



Our Frome Vale citizens have set up a shop. They have turned a corner of the academy into a store stocked with cool stuff. With their Penguin Pounds in hand (earned for completing their jobs), they can go shopping. From books to stationery, there is lots to choose from. This project is teaching them about the importance of working hard, spending (and saving) wisely and most importantly about the value of teamwork with their classmates.

The store name and logo were chosen and designed by our children.



Key Dates for your diary

Monday 6 May 2024

Thursday 9 May 2024

Monday 13 May 2024

Thursday 16 May 2024

Friday 17 May 2024

Monday 20 to Friday 24 May

Thursday 23 May 2024

Friday 24 May 2024

Bank Holiday—School Closed

Year 3 The Matthew Trip

Year 6 SATs week

Census Day—Special Menu on this day

Open Door—8.30am to 9am—Visit your child's class

Fitness Week

Year 3, Year 4, Year 5 Mojo Active Trip

Last Day Term 5—Non Uniform Day



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 13th and 16th 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 next 2 weeks, please remind them of these learning games. Little and often is the method we would suggest:

FVA YouTube Channel



Times Table Rockstars



BBC Bitesize



SATs Week

We will be providing a **FREE** breakfast for all Year 6 children on SATs school days (13 to 16 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** school entrance.



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



The last few letters of the A to Z for families and the art of calm giving ideas of how to not lose it!!



R Relationships

Huh, WhatsApp chat has dried up because of something we said. With a tendency to blurt out what we think, maintaining relationships can be tough. But the upside is being open and honest with our friends and family is good for the soul.

S Sleep

Cannot...stop...picking...up...phone!...Must...Sleep! Let's be honest, sleep is boring. But unfortunately it's essential if you don't want to spend tomorrow trying to stay awake. Put your phone down, pick up a book, drift off.



T Time Out

How can we manage time when there's so much going on in our brains? There's a ton of amazing activity flying around up there, but there are times when we all need to take a minute or two to remind ourselves to slow down.



U Up and down

Having an ADHD brain can feel like one minute we are up and next we are down. It's unpredictable, exhilarating and at times overwhelming, and like going on a rollercoaster. With some tools and a bit of experience, we can learn how to become the pilot, rather than the out-of-control passenger.



V Valued

Feeling valued, supported and listened to are crucial for our health but often, in the midst of our busy lives, we simply forget. The key is to remember to appreciate ourselves for what we are.

W Willing

Because we are always on the go and up for mostly anything, we make a pretty willing bunch. So use this never-ending willingness to our advantage and let's learn, learn, learn.

Y Yawn

Unless something is fast and fun, we're going to struggle to stay focused and end up with 'yawn-tis'! But when it is fast and fun, that's when the magic happens.

X X Factor

Not that one. The other one, the one that means talent. Sure, there's a lot to deal with when it comes to ADHD, but our minds are incredible things, we like to think they are way more complex than any other brains.

Z Zoning Out

Oh no, they were talking for maybe five minutes and we only tuned back in at 'Are you listening?' Zoning out is not always ideal during conversations, but does make meditating a breeze.



Illustrations by Graeme Zak

THE ART OF CALM

A guide on how to keep cool, calm and collected, when a ARGH moment strikes.

WRITE WRITE WRITE

When our thoughts become overwhelming, write them down. Listing them on a page can make us feel lighter. Writing lists is also a great way to focus and get organised.



TELL TELL TELL

You understand ADHD but others might not, which is why they might jump to conclusions. Educate them about some of the reasons you blurt things out at the wrong time or why you forgot your essay at home.

TALK TALK TALK

Silence and bottling stuff up are our worst enemies. However embarrassing your brain would like to make us believe ADHD is, it's never as bad once we've talked it out. Whether with a counsellor or a family member, talking is always a good idea.

JOIN JOIN JOIN

Don't suffer on your own in silence. Join a group of like-minded people, whether online or in real life and share the joys and pains.



LEARN LEARN LEARN

Knowledge is power they say. In our case, it truly is. Learn about what ADHD is as much as possible and remind yourself that everything you are going through is totally acceptable.



ALLOW ALLOW ALLOW

You are allowed to feel the way you do. You are allowed to behave the way you do. Don't punish yourself for any of it, but instead let your brain know that whatever it wants to throw at you, you are OK with it.

PRAISE PRAISE PRAISE

Everyday, remind yourself what amazing deeds you've done or thoughts you've had. Record it in a voice note or on paper and listen or read it back every time you feel a bit down.



Illustration by Ryan Babin

ACCEPT ACCEPT ACCEPT

Accept you might be spending a lot of wasted energy trying to fit in. Instead, accept yourself for who you are and everyone else will. Easier said than done? Give it a try and you might be in for a surprise.

LAUGH LAUGH LAUGH

Seeing the funny isn't always easy when gloomy thoughts take over. But sometimes having a laugh at ourselves is the best cure.



The ADHD Foundation Neurodiversity Charity supports parents and carers so they can understand and meet the needs of their child. With a range of webinars, courses, resources, and our screening service, we help families to know which interventions and adaptations are right for them. Click their logo to access more information.

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



A website jam packed full of information, help and support for families with autistic children in Bristol or South Gloucestershire.

Click [HERE](#)



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

for parents and children together



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

UNDERSTANDING YOUR CHILD



We are really excited to be able to launch our new [Family Hubs virtual offer](#), including a new package of online learning for every parent and carer in Bristol for free! The courses have been developed by the Solihull Approach, alongside the NHS, health experts and parents too! Our mission in Bristol is for every parent in Bristol to complete the Solihull Approach - the learning is for everyone, not only for when you are struggling!

Parents and carers can access the courses through this link [Family Hubs virtual offer](#) or by taking these 5 simple steps:

- Step one:** Go to [the Solihull Approach](#)
- Step two:** Go to [inourplace](#) tab on front page
- Step three:** Click on "Apply Access Code" tab
- Step four:** Enter code : *GROWING*
- Step five:** Answer the monitoring questions and add your Bristol post code and you are good to go!!

The courses range from Pregnancy and post-pregnancy support, how to understand your child or teenager's mental health, help for understanding relationships and support for children with additional needs

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.

What Parents & Educators Need to Know about CLICKBAIT

Clickbait is a controversial online marketing strategy which uses sensationalist (and frequently misleading) headlines to encourage engagement with an article, image or video – often playing on users' emotions and curiosity, while much of the actual content is of questionable accuracy. Clickbait is also sometimes used to disguise scams, phishing sites and malware.

WHAT ARE THE RISKS?

- HARMFUL MISINFORMATION**

Clickbait tends to play fast and loose with the truth, opting for eye-catching content over objectivity. This is particularly dangerous for younger internet users, who are generally more susceptible to that type of material. A child could be presented with fake news, misleading articles and – in some cases – outright lies without fully understanding what they're viewing and why it's harmful.
- INAPPROPRIATE CONTENT**

Due to the misleading nature of many examples of clickbait, what may seem to be innocuous and child friendly could actually contain age-inappropriate material such as extremist political views or violent, pornographic or sexually explicit content. This is clearly a hazard for young people, who could be upset, disturbed or influenced by exposure to such subject matter.
- HIDDEN MALWARE**

While most clickbait is simply trying to promote engagement to earn companies additional revenue, some of it does redirect to dubious sites with the potential to infect devices with viruses or malware. This could put a child's sensitive data – such as their name, their location and their date of birth – at risk of being accessed and exploited by malicious hackers.
- PRIVACY PROBLEMS**

Some clickbait leads to sites which could coax a child into volunteering their personal data – using pop-ups to ask them for their email address and phone number, for example, in exchange for accessing additional content or subscribing to various services. Normally, this harvested information is then sold to third parties, who often utilise it for targeted adverts and other sales schemes.
- A DRAINING DISTRACTION**

Clickbait encourages spiralling consumption of online content, which could easily result in a young person spending hours scrolling aimlessly instead of doing something productive or interacting with family and friends. This can leave them tired, social and lacking focus – and, in the long term, can negatively impact their social skills, education and mental wellbeing.
- IMPACT ON BEHAVIOUR**

Depending on the type of clickbait a child is interacting with, you might notice negative changes in their behaviour. Weight loss scams, for example, are common among clickbait and have the potential to influence eating habits and body image – while deliberately inflammatory 'rage bait' articles can leave impressionable young people feeling irritable, restless or argumentative.

Advice for Parents & Educators

- START A CONVERSATION**

The sheer volume of clickbait can make protecting children against it quite challenging. It's vital to talk to young people regularly about the types of content they encounter online, so that they understand the risks of engaging with clickbait. If you're still concerned, it may also be wise to keep an eye on children's online activity to ensure they're not being tempted by clickbait headlines.
- PROMOTE CRITICAL THINKING**

Encouraging children to question the legitimacy of sensational headlines and too-good-to-be-true promises will help them to become savvier online – and far less likely to be drawn in by clickbait content. These critical thinking skills will also serve to protect them in other areas of the digital world where misinformation is becoming increasingly common.
- SPOT THE TELLTALE SIGNS**

There are certain common elements in clickbait, including headlines and images that use shock and outrage to grab people's attention – as well as numbered lists, such as '8 Facts You Won't Believe Are True'. Some clickbait combines several of these tactics to snag users' interest. Learn to recognise these techniques for yourself so you can teach children to notice them as well.
- TAKE CONTROL**

Many parents opt to place limits on how long their children can spend online each day, which obviously reduces the chance of exposure to clickbait. Alternatively, most internet-enabled devices have built-in controls that allow parents to manage what sort of online content their child can access – including filtering by age, which can screen out a percentage of inappropriate material.

Meet Our Expert
Carly Page is an experienced technology writer with more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, she is now a freelance technology journalist, editor and consultant who writes for Forbes, TechRadar and Wired, among others.

#WakeUpWednesday
The National College

@wake_up_weds /wuw.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.03.2024

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](#)





FOOD FESTIVAL
by Aspens

PEPPER FUN FACTS

1. **COLOURFUL VARIETY:** PEPPERS COME IN DIFFERENT COLOURS, LIKE RED, GREEN, YELLOW, ORANGE, AND EVEN PURPLE! IT'S LIKE A RAINBOW IN THE GARDEN.
2. **HOT AND SWEET:** PEPPERS COME IN TWO MAIN FLAVOURS – SWEET AND SPICY. BELL PEPPERS ARE SWEET, WHILE CHILLI PEPPERS CAN BE QUITE SPICY!
3. **NUTRIENT BOOST:** PEPPERS ARE RICH IN VITAMINS, ESPECIALLY VITAMIN C. THEY'RE LIKE TINY VITAMIN POWERHOUSES.
4. **PLANT SHAPES:** PEPPER PLANTS CAN GROW IN DIFFERENT SHAPES AND SIZES. SOME ARE SMALL AND ROUND, WHILE OTHERS ARE LONG AND SLENDER.
5. **CHILLI CULTURES:** CHILLI PEPPERS ARE LOVED IN MANY COUNTRIES AROUND THE WORLD. THEY'RE A STAPLE IN DISHES LIKE MEXICAN SALSA AND INDIAN CURRIES.



FOOD FESTIVAL
by Aspens

SPOT THE DIFFERENCE

Can you spot the eight differences between the two pepper pictures.



FOOD FESTIVAL
by Aspens



RECIPE FROM HOME

Tell us your favourite recipe from home and hand it to a member of the Aspens Team. Make sure it includes PEPPERS! The winning dish may feature on our menu.

Name of dish

Ingredients

Method

Name:

School Name:

Class:

www.bizzykidzclub.com



MAY HALF TERM
28 - 31 May

- Arts & crafts • Games • Cooking
- Experiments • Woodland activities

8.30am to 5pm
Open every school holiday

Frome Vale Academy
Bristol, BS16 2QS

Ofsted
Registered

Half day £20
Full day £35

• 07584 624 136 • bizzykidzclub@hotmail.com



Get Half Term ready with school holiday club which is based at FVA.

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.

Bizzy Kidz Club are an Ofsted registered club.

If you are interested in booking or if you just want more information at this time, please click the logo below

Would you like your child to make

some healthy sweet swaps?



Sidra Hussain,
Beezee Families Nutritionist

We are here to help!

Our free healthy lifestyle programme can support families like yours make healthy habits. Help yourself to our sweet tips below.



1. Create a shopping list for the family, before going shopping.
2. Have a weekly sweet voucher. Your children choose when to "cash in" for a portion of sweets.
3. Use the **NHS Food Scanner** app to help find healthy swaps in the shops.
4. Try having a mix of fresh and dried fruits to help the sweet cravings, i.e. dried mango, bananas.

5. Remember to have dried fruits in small amounts as the sugar is more concentrated.
6. Mix things up and make fruit more fun - try making fruit cocktails, smoothies or ice lollies.
7. Look for healthy sweet treat recipes online. We might be biased but we think [beezeebodies.com/blog/category/recipes](https://www.beezeebodies.com/blog/category/recipes) is pretty good!

Beezee Families



Like these tips and want to know more?
Check out our website now.*

*Our courses are for families with children aged 5+.

Scan the code

...or click here
to find out more

Sign up today!





Fishponds Lego Club for autistic children



Do you have an autistic child who would like to meet other autistic children to build Lego?

Would you like to meet with other parents/carers of autistic children to have a chat while your child attends a club?

Free. For autistic children who are 6 – 12 years old.

Starting Sunday 12th May, 11am – 12pm.

Taking place every other Sunday, term time only.

Booking required. Please email aprililes78@googlemail.com for further details and to book a place.



FREE Begbrook, Stapleton
Community BBQ

**Monday
6th May
2-4pm**

outside Begbrook Social Club,
(Frenchay Park Rd, BS16 1HY)

Join us for a BBQ, bouncy castle, face painting
and more...

All children must be accompanied by an adult.

BRISTOL
THE NOISE
www.thenoise.org.uk
0117 979 1399

Part of 'The Noise 2024' organised by local
churches, in partnership with Bristol Noise.

bristolnoise

bristolthenoise



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



YOUTH CLUB

AGES
10+

MONDAYS

6:30-8:30

FREE OF CHARGE

A FUN OPPORTUNITY FOR KIDS TO GET
OUT, PLAY AND MAKE NEW FRIENDS!

THE VASSALL CENTRE
GILL AVE. BS16 2QQ

CONTACT-

CWILSHIRE@LPW.ORG.UK

ACTIVITIES:

PING PONG
OUTDOOR
COOKING

ARTS N
CRAFTS



STEAM CLUB

friendsofhillfieldslibrary.co.uk



3.30-4.30pm
Wednesdays
27th March, 24th
April, 1st May, 8th
May, 15th May

It's FREE



Text your preferred date, child's initials, & email to 07473 385176 and if there is a space you'll receive a text ticket to show on arrival
16 child limit
Parents/carers, please join in!

Kids 5-11 years
Just bring curiosity!

SCIENCE
TECHNOLOGY
ENGINEERING
ART
MATHEMATICS

Hands on interactive sessions where children are encouraged to use their creative and innovative skills through curiosity and exploration



Children and
Young People



supporting independent living



Community Learning

Would you be interested in attending a free course run by Community Learning?

Potential courses:

- Gardening/Outdoor Wellbeing/Woodland Skills
- English - ESOL
- Functional Skills English
- Health and Social Care

Please contact Catherine.landon@bristol.gov.uk 07785 702454 to express interest.

Eligibility: Adults aged 19+ with few or no qualifications



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

AGE 18-30 AND WANT TO DO SOMETHING YOU LOVE FOR A LIVING?

Click Start by Bath Spa University in Creative Digital Skills is a **free**, creative digital programme designed to help you pursue a new career. You'll develop next level skills in digital marketing, UI/UX design and web development through a mixture of online and face to face teaching.

You'll be supported through the course and for six months after by a personal employability coach from Catch22.

Find out more:
www.bathspa.ac.uk/clickstart

institute of **CODING**

FUNDED BY **NOMINET**

techSPARK*
All things tech in the west

BATH SPA UNIVERSITY

catch 22

Bath College

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

Free

Starts 11th January

AFTER SCHOOL FAMILY CAFE

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

Space for craft or homework

Make new friends or bring friends with you

Children must come with an adult. Aimed at primary school children.

For more info what's app/message/call Amy 07749 812131
@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?

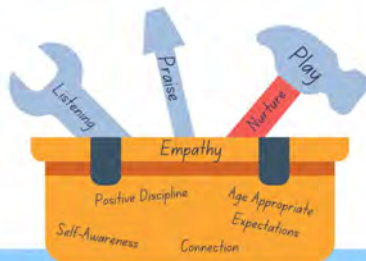
Would you like to add new ideas and skills to your parenting toolbox?



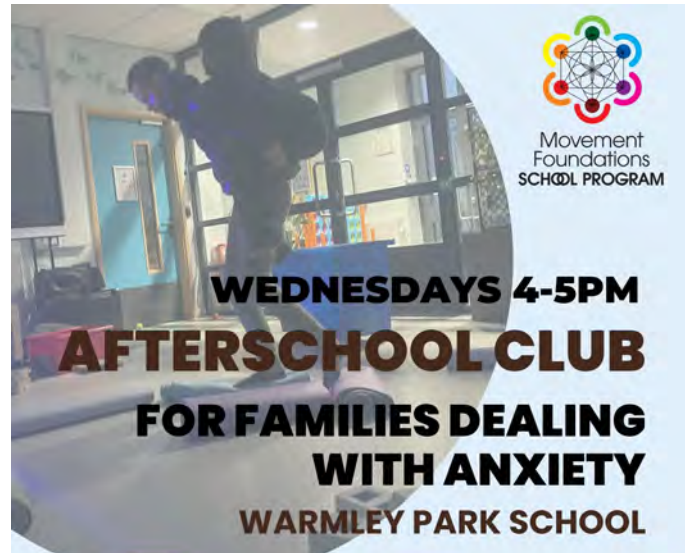
Join a
FREE
Group



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: psso@bristol.gov.uk / Once you have registered your interest, we will be in touch to find the best group option for you.

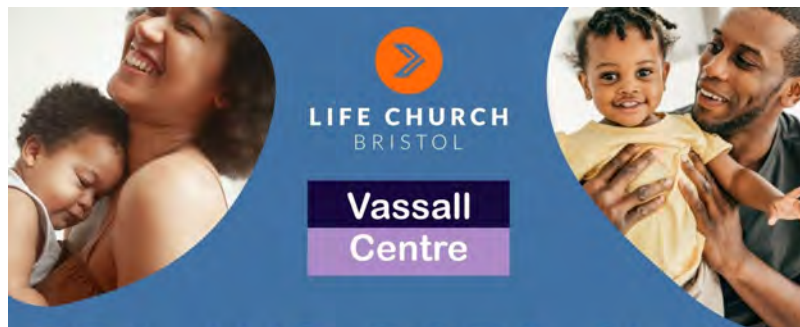


WEDNESDAYS 4-5PM
AFTERSCHOOL CLUB
FOR FAMILIES DEALING WITH ANXIETY
WARMLEY PARK SCHOOL

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.

BUDGETING / MULTIPLY



Making the Most of Your Money- Free course

Boost your budgeting Skills!

Learn more about:

- Getting more for your money.
- Saving money when shopping.
- Cooking on a budget.
- Cutting down energy usage and bills.
- Budget planning: What comes in, what goes out?
- Understand vocabulary around money/finances.
- Debt and where to find advice.

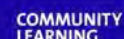
This course runs once a week for 13 weeks on **Thursdays days 12.30-3.30pm**

Starting 18th April 2024 at Hillfields Library, Summerleaze, Speedwell BS16 4HL

Contact: Sarah Freeman

Call/Text: 07721589956 or email: sarah.freeman@bristol.gov.uk

Eligibility: Adults aged 19+, without a Grade C/Level 4 in GCSE Maths



communitylearningwest.net
multiply@bristol.gov.uk
07523916331

The Multiply programme is funded and managed by the West of England Combined authority, led by Metro Mayor Dan Norris and delivered by Bristol City Council.