

Friday 24 June 2022

Mid Term 6 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Forgiveness

Learning behaviour: Curiosity

What an amazing start to the last term of this school year. Year 6 took public transport to the Hippodrome to watch Billionaire Boy, we've had class photos (these are available to buy), the children are getting ready to complete their moving up day (excited to find out who their teacher will be from September). We are busy planning One School, Many Worlds event and to welcoming you all to our Family Activity Day. We are also squeezing in our Year 6 residential camp from the 11 July. Hold on to your hats!

We Forgive



A video to open discussions about how to forgive aimed at children.

Click on the logo above.

We are Curious



Dad "On The Edge"

Musings To Master It All

Some easy steps to help your child become more curious. Embrace their inquisitiveness and understand it is part of their development.

Click on the logo above.

We Forgive



A website where people you know discuss how forgiving has helped them in their lives

Click on the logo above.

Summer Safety at FVA

We've been loving the recent warm weather and there is nowhere more beautiful than FVA in the sunshine. At this time of year we try to learn outside of the classroom as much as possible.

- Please put sun cream on your child before school (we will not apply in school).
- Ensure your child has a hat or cap for playtime or outside learning.
- Water bottles are essential to keep your child hydrated.
- Children can wear school shorts or school summer dresses.

Boots and Macmillan Trust have provided this useful website Click [HERE](#)

A website to help keep you safe in the sun.



Key Dates for your diary

Monday 27 June to Friday 1 July 2022

Friday 1 July 2022

Thursday 7 July 2022

Friday 8 July 2022

Monday 11 July to Friday 15 July 2022

Tuesday 19 July 2022

Thursday 21 July 2022

Monday 5 September 2022

Fitness Week

Family Active Day

One School, Many Worlds — Parents 2pm

Inset Day — School closed to pupils

Year 6 Residential Camp

Graduation Celebration —Year 6 — Parents 2pm

Last Day Term 6

First Day of Term 1



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

June 27th -July 1st is our fitness week and this year we are getting active through dance! We have a very exciting week planned, with all classes having opportunities to watch live dance performances and take part in a range of dance classes with professional instructors. Our aim is to inspire our children to get dancing and experience the health benefits of dance, both physically and mentally. There is also a **free** class for parents on Tuesday morning after morning drop off. Through the week, we will introduce children to traditional dance styles from around the world and most classes will experience the process of learning, perfecting and performing a choreographed routine in their dance style. This promises to be a fantastic week, which will motivate the children and hopefully spark a life-long love of dance.

Tell us you are going to join in with the Family Active Day on Friday 1 July. Click [HERE](#)

FROME VALE ACADEMY
WEEK OF DANCE

Free jive and salsa dance class for parents!
 Tuesday 28th June
 9-10am in the main hall

*Click **HERE** to tell us you are coming!*

Inspired by Strictly Come Dancing?
 Now it's your chance to learn some moves. Come and learn a few steps of jive and salsa with a professional teacher and then carry on dancing at home with your children!




Award winning company Dance Factory, are offering a free one-off dance class for parents in dance week. No experience necessary. No dance partner needed. Just bring your dancing feet and be ready for some child-free fun with other parents. Please complete the electronic form to let us know if you are coming so that the teacher knows the numbers she will have on the day. Enjoy!

	Monday	Tuesday	Wednesday	Thursday	Friday
Reception	Tap dancing shoes of varying sizes on loan all week for children to try out.	Adult Dance Class 9-10am Child dance class	Ballet Cheerleading Performance	Dance Display	Family Active Day
Year 1	Funk it up dance class	Adult Dance Class 9-10am Child dance class	Ballet Cheerleading Performance	Dance Display	Family Active Day
Year 2	Funk it up dance class Traditional Columbian dance performance and session to learn basic steps.	Adult Dance Class 9-10am Street envy dance performance and class	Cheerleading Performance	Dance Display	Family Active Day
Year 3	Funk it up dance class	Adult Dance Class 9-10am Street envy dance performance and class	Cheerleading Performance	Bristol Sport Street dance	Family Active Day
Year 4	Funk it up dance class Traditional Columbian dance performance and session to learn basic steps.	Adult Dance Class 9-10am Child dance class	Cheerleading Performance	Bristol Sport Street dance Pedometer challenge	Family Active Day
Year 5	BU Dance Funk it up dance class	Adult Dance Class 9-10am Child dance class	Cheerleading Performance	Bristol Sport Street dance Pedometer challenge	Family Active Day
Year 6	Funk it up dance class	Adult Dance Class 9-10am Child dance class	Cheerleading Performance Acro dance session	Bristol Sport Street dance Pedometer challenge	Family Active Day

Learning Outside the Classroom



Real-world learning brings the benefits of formal and informal education together and reinforces what good educationalists have always known: that the most meaningful learning occurs through acquiring knowledge and skills through real-life, practical or hands-on activities.

FVA has been working towards obtaining our LOtC accreditation over this academic year. We have an amazing amount of beautiful grounds that enables us to offer Forest School, archaeological digs, and scientific research to name just a few. We are very proud to announce that we have been awarded a Bronze award.

We are now working on achieving our silver!



FVA Data Collection



The school has a responsibility to provide its pupils with a good education in a safe environment. It is necessary to collect personal data to enable the school to provide pupils with that education, to keep your child safe and to ensure you are kept informed of key achievements and information.

To ensure we comply with data protection legislation, we need to check your data each year.

Please help us to keep your child safe and to ensure that we are able to reach you at all times by completing this years FVA Data Collection form.

Click [HERE](#)

Bounceathon

Thank you to all the children who bounced so wonderfully and to all the parents, family and friends who sponsored our bouncers!

Through all your efforts we have raised a whopping £900. This money will be put towards some new outside play equipment to replace the rotting and damaged play equipment that we had to remove to keep everyone safe.

The new equipment will be installed in time for the Spring 2023.



The logo for the Little Princess Trust. It features a yellow crown icon to the left of the text 'Little Princess Trust', which is written in a purple, cursive font.

One of our amazing pupils, Yasmin has selflessly had her beautiful long hair cut in order to donate to the Little Princess Trust.

Yasmin's donation of her hair will help those children and young people who are suffering from hair loss following cancer treatments or other hair loss conditions.

You can find out more about the Little Princess Trust by clicking on the logo above.

Yasmin was so excited to share her before and after photos and to hopefully inspire another to take the plunge for such a great cause.

Well Done Yasmin!

Aspens our catering company want your feedback on their food offering in the school. Please click **HERE** or scan the QR code

Your feedback will help Aspens to improve their service to your children in our school



Bristol Family Cycling Centre is a cycle skills training facility, helping people of all ages and abilities to learn to ride a bike in a safe, traffic-free environment. We are located in Hengrove, on the former Whitchurch athletics track and run daily sessions to help encourage regular everyday cycling to improve riders confidence, health and fitness.

Click **HERE** to find out more



Inclusive Multi-Sport Festival

Sunday 10th July
10am - 2.30pm

St Pauls Community Sports Academy,
BS2 9NH



Sign up to secure your space!
bit.ly/10th-July

Activities include:

- Basketball
- Football
- Tag Games
- Boccia
- Frame Running
- Tennis
- Crossfit
- Goalball
- VJ Running
- Cycling
- Martial Arts
- Wheelchair Rugby
- Dance
- Net Challenge
- Wrestling
- Fencing
- Powerchair Football
- Yoga






School Health Nurses
Free webinars for parents and carers

Practical and informative online sessions from your expert team of local School Health Nurses.

Our webinars lasts between 30 and 45 minutes, with the opportunity to ask questions throughout. They're suitable for parents and carers of children and young people of all ages.

Topics include:

- Keeping your child happy and healthy
- Healthy eating and physical activity
- Supporting your child's emotional wellbeing
- Eating disorder awareness
- Dental health
- Sleep

→ Find out more and book your free space:
ccho.nhs.uk/schoolnursewebinars



Summer Reading Challenge

Bristol Libraries will be running the Summer Reading Challenge again this year with children being able to sign up online for the digital version and in person at libraries. This year the theme is science and the Challenge is called Gadgeteers.

Click **HERE** for this **FREE** event.



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 apps 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 **DISCORD**

AGE RATING
13+
Servers and chat will be marked as NSFW require users to be 18 or older to join.

Discord is a free app which allows users to communicate in real time via text, video or voice chat. Available on desktop and mobile devices, it was originally designed to help gamers cooperate – but has evolved into a more general networking platform for a range of online communities, discussing topics like TV series, music, Web3 and more. Discord is organised around closed groups, referred to as 'servers'. To join a server, users must be invited or provided with a unique link. It's a space for users to interact with friends, meet others with shared interests and collaborate privately online – but it's also a place where young people can be exposed to risks if the right precautions aren't taken.

WHAT ARE THE RISKS?

CYBERBULLYING

Discord's easy accessibility and connectivity, unfortunately, makes it an ideal place for cyberbullying to occur – especially as audio and video streams disappear once they've ended, meaning that bullying could take place without leaving any evidence. Closed groups can also be created, giving young people the opportunity to exclude their peers or send cruel messages without adult oversight.

DIFFICULT TO MODERATE

Like many private communication apps, Discord's real-time messaging can be difficult to control. The system enables content moderation through each individual server – so different groups can set their own rules for what's acceptable, and some groups may not monitor for unsuitable content. Anything that happens in an audio or video stream is also virtually untraceable once the stream has concluded.

INAPPROPRIATE CONTENT

Discord mainly hosts private groups, making it easier for unsuitable or explicit content to be shared on channels. Pornography, racism and inappropriate language can be found in some groups. Server owners are required to add an age-restriction gate to channels where 18+ content is being shared – but this solution isn't foolproof, as the platform doesn't always verify users' ages when they sign up.

ACCESSIBLE TO PREDATORS

On many chat platforms, users can lie about their age or true identity – and Discord is no exception. Predators have attempted to abuse the platform by using it to contact and communicate with underage users – by initially chatting with a child on an age-appropriate channel, for example. While Discord has improved its safety settings, some users will still try to bypass them for malicious reasons.

CRIMINAL ACTIVITY

Discord does have strict Terms of Service and Community Guidelines to protect its users – but, sadly, not everyone adheres to them. Criminal activity including grooming, hate speech, harassment, exploitative content, doxing and extremist or violent material have all been found on Discord servers over the last two years. In 2020, Discord received almost 37,000 reports of illegal activity on the platform.

Advice for Parents & Carers

REVIEW SAFETY SETTINGS

Discord has a series of safety settings, enabling users to choose who can direct message them or send them friend requests. Your child's experience on Discord will be much safer if the app's privacy and safety settings are configured to only allow messages or friend requests from server members. This will minimise the chances of potential predators from outside the group contacting them.

EXPLAIN AGE FILTERING

While Discord requires users to be at least 13 to sign up, many servers geared towards older users are flagged as NSFW (not safe for work), which indicates they probably contain material that's inappropriate for children. It can be easy to click through settings without properly reviewing them, so ensure your child understands why age filtering is important and that it's there to protect them.

SCREEN OUT EXPLICIT CONTENT

In the privacy and safety settings, Discord users are offered the ability to filter direct messages for inappropriate content: a setting that should be enabled if your child uses the platform. Discord automatically tries to flag images that are explicit, but the setting must be manually enabled for text. If a young user is sent explicit content in a direct message, Discord will scan and (if necessary) delete it.

MONITOR ONLINE ACTIVITY

It's wise to regularly review your child's activity on Discord. This can include checking their safety settings to ensure they're correctly enabled, talking about which servers they've joined and reviewing some of their friends and direct messages. Ask if anything has made them feel uncomfortable or unsafe. Things can change quickly online, so plan routine check-ins and follow up frequently.

DISCUSS GOOD ONLINE BEHAVIOUR

The anonymity offered by the internet often leads people to communicate more openly online and behave differently than they would at school or home. It's crucial to bear in mind, though, that every internet user is still a real person. Talk to your child about the severe and lasting consequences that cyberbullying or exchanging inappropriate material online can have in the real world.

HAVE CANDID CONVERSATIONS

It can sometimes be awkward to discuss topics like grooming, pornography, racism or explicit content with your child – but it's important to ensure they're aware of the harms these things can pose. Talking openly about these subjects is a great way to help your child feel more comfortable about coming to you if they experience an unwanted encounter on Discord (or anywhere else online).

Meet Our Expert

Coral Cripps is a Canadian-born, London-based tech journalist at gmx3.com, a website specialising in all things Web3, gaming and XR (extended reality). With a focus on brands and culture, she researches and writes about the ways that our current innovations – including the metaverse and Web3 – are impacting people, places and things.



National Online Safety

#WakeUpWednesday

Academy Life in Pictures

We are Learners

Frome Vale Academy, learning outside the classroom



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

Click [Here](#)



BRISTOL
METROPOLITAN
ACADEMY

Bristol Metropolitan Academy

Join us for

YR6-YR7 2022 TRANSITION SUMMER SCHOOL

22nd ~ 26th August 2022

8:40 ~ 15:00

£5 per day

Pay on the Day via cash/cheque.

Free for Students already eligible for

Free School Meals.

Hot Lunch Included for ALL students

Activities to Include:

Drama, Fencing, Basketball,

Art, Cookery, Cheerleading

& Much More...

Register now



BRISTOL
METROPOLITAN
ACADEMY



HILLFIELDS COMMUNITY GARDEN

Summer Picnic

.....

JUNE 25, 2022

12 PM - 3 PM

HILLFIELDS PARK, THICKET AVE

.....



GAMES & LIVE MUSIC
KIDS ACTIVITIES
CAKE COMPETITION

hillfieldscommunitygarden@gmail.com
www.hillfieldsgarden.fishpondsbristol.uk



Free Cricket in the summer holidays



FREE Dynamos Cricket Programme

For 9-11 year olds
August 22nd & 23rd
10am till 2pm

South Bristol Sport Centre
Brislington, BS14 9EA

On signup you'll receive a Personalised T-Shirt

Register your place now:



Organised by
Q&A Foundation

This advertisement features a group of children in yellow cricket uniforms celebrating with their arms raised. A large blue circular graphic is overlaid on the image, containing the program details. At the bottom, there are silhouettes of cricket players and the Q&A Foundation logo.



FREE All Stars Cricket Programme

For 5-8 year olds

August 22nd & 23rd
10am till 2pm

South Bristol Sport Centre
Brislington, BS14 9EA

On signup you'll receive a bat, ball, T-shirt and rucksack

Register your place now:



Organised by
Q&A Foundation

This advertisement shows children in blue cricket uniforms running on a field. A large blue circular graphic is overlaid with the program details. The bottom features silhouettes of cricket players and the Q&A Foundation logo.



FREE Dynamos Cricket Programme

For 8-11 year olds
August 1st & 2nd
2pm till 5pm

Packers Playing Fields, Johnson Road
Bristol, BS5 9AZ

On signup you receive a FREE personalised T-shirt

Register your place now:



Organised by
Q&A Foundation

This advertisement features children in yellow cricket uniforms celebrating. A large blue circular graphic is overlaid with the program details. The bottom includes silhouettes of cricket players and the Q&A Foundation logo.



FREE All Stars Cricket Programme

For 5-8 year olds
August 1st & 2nd
10AM till 1PM

Packers Playing Fields, Johnsons Road, Bristol, BS5 9AZ

On signup you receive a FREE Bat, Ball, Rucksack & T-shirt

Register your place now:



Organised by
Q&A Foundation

This advertisement shows children in blue cricket uniforms running. A large blue circular graphic is overlaid with the program details. The bottom features silhouettes of cricket players and the Q&A Foundation logo.