

Friday 21 June 2024

Mid Term 6 Newsletter



www.fromevaleacademy.clf.uk

Follow us on Twitter: @frome_vale

Value of the term: Forgiveness

Learning behaviour: Curiosity

Term 6 is well underway and as you know this is the last term for our Year 6 pupils. We have lots for all the children to enjoy. Our Year 6 children will be off on their summer camp and we will all join together to celebrate their graduation. The children will all have their class photos taken on the 2/7/24 if you provide consent (these will be available to buy), and the children are getting ready to complete their moving up day (and are excited to find out who their teacher will be from September). Year 6 will visit their new secondary school too! We will welcome our new Year R children for a stay and play before they join us in September. Please be sure to read on to find out more.

We Forgive



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

Click on the logo above

We are Curious



Smart videos for Curious minds of all ages.

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.

Walking Home Alone

Reminder regarding children walking home on their own:

If you want your child to walk home alone we require you to give your written permission by completing a form that is available from the school office. This is only possible for pupils in year 5 and 6 (if we already have this permission, you do not need to do anything until the new school year—September 2024)

Pupils in years 4 and below must be collected by an adult. We **do not** allow pupils to be collected by anyone who is younger than 16 years of age.

Thank you for your understanding.



Key Dates for your diary

Tuesday 2 July 2024	Class Photo Day. Give consent in MCAS
Wednesday 3 July 2024	Year 6 orientation to secondary school
Thursday 4 July 2024	Open Door—8.30am.
Thursday 4 July 2024	Year R—Stay and Play (for children joining in Sept)
Friday 5 July 2024	Inset Day—School Closed to all pupils
Monday 8—Wednesday 10 July 2024	Year 6 Residential Camp
Thursday 11 July 2024	Summer Event 4pm—Save the Date
Monday 15 July 2024	Year R—Stay and Play (for children joining in Sept)
Thursday 18 July 2024	Year 6 Graduation
Tuesday 23 July 2024	Last Day Term 6 (non uniform day)



Meet the Teachers

Vice Principal

Miss Cerepanova will be the new Vice Principal at Frome Vale from September 2024. Miss Cerepanova started her career at FVA and taught here for 7 years. She left in 2021 to develop her career and is now rejoining us. We are delighted with this appointment as she brings a wealth of experience and knows the community very well.



Dear Frome Vale Academy families,
My name is Maria Cerepanova and I am delighted to introduce myself as the new Vice Principal of Frome Vale Academy, starting in September 2024. It is a privilege to join your wonderful school community and I am excited about the opportunity to work with your children and support their educational journey. Having previously worked at Frome Vale as a class teacher and an Assistant Principal, I am already deeply committed to the academy and all its Frome Vale Citizens. It is an absolute joy to return to FVA to make new memories and to reconnect with the children, staff and families - I cannot wait to join you very soon!

With many years of experience in education, I am committed to fostering an inclusive, joy-filled and purposeful environment where every child feels valued, encouraged and enabled to achieve personally. Collaboration with parents and carers is crucial to the success of our children; I look forward to partnering with you to ensure the best possible outcomes, progress and personal development for all. Through our overarching values of 'be safe, be kind, be respectful', I know that, together, we can empower and support all of our children to become global citizens and live a life of boundless choice and opportunity.

Thank you for welcoming me into the Frome Vale family. I am eager to reconnect and get to know you and your children as we embark on this exciting journey together.

Warm regards,
Maria Cerepanova

Reception Class

Miss Emms

Hello! My name is Miss Emms and I am really looking forward to teaching at Frome Vale. I have taught in KS1 for 6 years, first in London and then in New Zealand, which was very exciting. One of my favourite parts of teaching is storytime. I can't wait to show you my favourite books in September! I love spending time with my friends and family, exploring the outdoors, and singing. I'm really looking forward to meeting you all in September!



Year 1 Class

Mrs Szabo

Hello my name is Mrs Szabo and I am really looking forward to starting at Frome Vale in September. I have been teaching Year 1 in the last year and thoroughly enjoyed it. I am originally from Transylvania, which well known for its natural beauty. In my free time, I enjoy spending time with my family,



Year 5 Class

Miss Gardner

Hello, I am Miss Gardner and I have been teaching in year 6 for the last two years. I am very excited about joining Frome Vale Academy in September and I am really looking forward to getting to know all the children and staff. My favourite subjects are English, Art and Science. I also love reading and can often be found curled up with a good book. In my spare time, I love hiking-especially climbing mountains. Over the last two years, I have climbed: Mount Snowdon, Mount Fuji and Ben Nevis.



Abigail

Year 3 Class

Miss Hawkins

Hello I am Miss Hawkins and I am very excited to start at Frome Vale. I am currently working at Blackhorse Primary school where I have been since graduating from University of Worcester last summer. I have experience working with children age 2-11 in nursery and primary settings. I love to bake and exercise outside of school. I can't wait to meet you all in September!



Class	Teacher
Reception	Miss Emms
Year 1	Miss Szabo
Year 2	Mrs Pakrooh
Year 3	Miss Hawkins
Year 4	Mr Fossard
Year 5	Miss Gardner
Year 6	Mrs Hall

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

Class Photo Day 2 July 2024

Our official photographer (Tulip) will be in school on Tuesday 2 July.

This is for class photos for all children and leaver photos for our current Year 6 children.

We require you to give your permission for your child to be photographed. Please be aware that the photos are of the entire class and not individual children.

We will NOT photograph your child without your consent being given. This will be located on My Child at School (MCAS) in the clubs section.

Click [HERE](#) to consent



Totally RAD at Frome Vale Academy!



Guitar or Piano Lessons

RAD believe that whatever the skill level or budget, all children deserve access to exceptional music tuition.

Our highly skilled network of professional musicians provide next-level tuition for the next generation of talent, no matter the location, budget or capability.

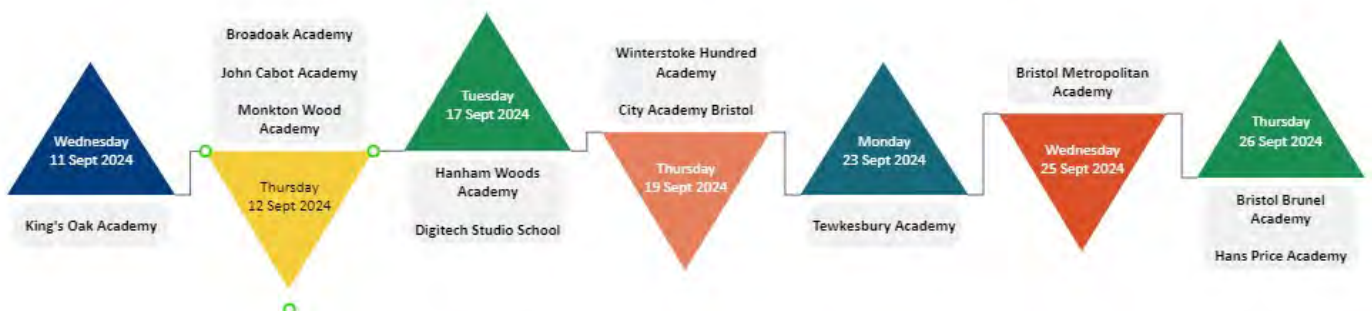
Their lessons are provided on-site, within school hours and at a highly-competitive rate; with RAD, students can experience expert music tuition that helps them sharpen skills, express creativity, and dream **BIG**, with no disruption or stress - all from the very best in the business.

For more information, and to sign-up your child to RAD lessons, just use the following link; we'll do the rest.

If you are already receiving RAD Tuition you do not need to sign up again

[Sign me up](#)

CLF Secondary Academy Open Evening Dates for current Year 5



Transition Guidance for Parents

Choose health

Know what affects your child, what makes them grumpy, hyper, disconnected...

Do they need snacks throughout the day?
Do they need lots of sleep?
Do they need to get out and about and do exercise?
Do they need time alone?

Trust that you know your child and give them the basics that they need to cope with difficult days.

Work together

Share ideas about how to:

- create action plans
- have a problem-solving approach
- enjoy achievements
- be forward-looking
- show them that we can all get things wrong

Move on up

Encourage independence:

- help them to move positively from child identity towards teen identity
- increase their responsibilities
- be positive whenever they act maturely

Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

Be calm

Try to stay calm whilst your child is feeling distressed. Your child may show:

- highs and lows
- blame
- melodrama
- self-centredness
- anger

Communicate

The small things you do make all the difference:

Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

Get learning

Be involved, find out more and talk about:

- social media
- internet benefits and dangers
- new music
- language and slang
- current affairs
- what it's like to be young in the current world

Be wise

As they discover new things, try to:

- be interested
- be non-judgemental
- guide
- give boundaries
- see it from all sides
- listen to their point of view
- choose your words carefully
- act on warning bells

Be the anchor

In times of change you are:

- constant
- family
- familiar
- routine
- in-jokers
- irritating
- comforting
- home

Have fun

Provide lots of light relief:

- be silly
- be embarrassing
- play games
- laugh together
- do stuff together
- make jokes
- make things
- be outside

Look after yourself

Support yourself, to best support your child:

- lean on friends
- offload on other family
- find 'me time'
- see the GP
- relax, exercise, sleep well, eat well
- remember tomorrow is a new day



Ten Ways for parents to help children cope with change

ASDA foundation

Find Your Feet
YOUNGMINDS
Helping us, growing up

Steps to starting school

Build your child's confidence so that they start school confident, curious and ready to learn

Access more great advice, tips and downloadable resources at pacey.org.uk/schoolready



More top tips:

- ★ Get your child ready for their new routine by switching their meal times to match those of the school day
- ★ Encourage your child to explore new environments and interact with new people
- ★ Talk to your child about what they are most looking forward to at school
- ★ Let your child practise putting their new school uniform on and taking it off
- ★ **And remember,** every child is different and starts school with different abilities

pacey
professional association for
childcare and early years

Academic Year 2024 2025

Term Dates

Term 1	
First Day Term for Pupils	Thursday 5 September 2024
Last Day Term for Pupils	Wednesday 23 October 2024
Inset Days—school closed to pupils	Monday 2 September 2024
	Tuesday 3 September 2024
	Wednesday 4 September 2024
	Thursday 24 October 2024
	Friday 24 October 2024
Term 2	
First Day Term for Pupils	Monday 4 November 2024
Last Day Term for Pupils	Friday 20 December 2024
Term 3	
First Day Term for Pupils	Tuesday 7 January 2025
Last Day Term for Pupils	Friday 14 February 2025
Inset Days—school closed to pupils	Monday 6 January 2025
Term 4	
First Day Term for Pupils	Tuesday 25 February 2025
Last Day Term for Pupils	Friday 4 April 2025
Inset Days—school closed to pupils	Monday 24 February 2025
Term 5	
First Day Term for Pupils	Tuesday 22 April 2025
Last Day Term for Pupils	Friday 23 May 2025
Bank Holidays—School closed to ALL	Monday 21 April 2025
	Monday 5 May 2025
Term 6	
First Day Term for Pupils	Monday 2 June 2025
Last Day Term for Pupils	Tuesday 22 July 2025
Inset Days—school closed to pupils	Friday 4 July 2025
	Monday 7 July 2025



GOV.UK

You can be **fin**ed for taking your child on holiday during term time without the school's permission.

Summer Holiday Fun Sorted



KIDS HOLIDAY CLUB



ARTS & CRAFTS ~ COOKING ~ EXPERIMENTS
WOODLAND ACTIVITIES ~ GAMES

8.30am - 5pm
Open every school holiday

Frome Vale Academy,
Bristol, BS16 2QS

Full Day: £35
Half Day: £20

Your
Holiday
HUB
Bristol

Free sessions available!
9am to 1pm (lunch included)

For families in receipt of benefits

Book you space:
<https://eequ.org/experience/7528>

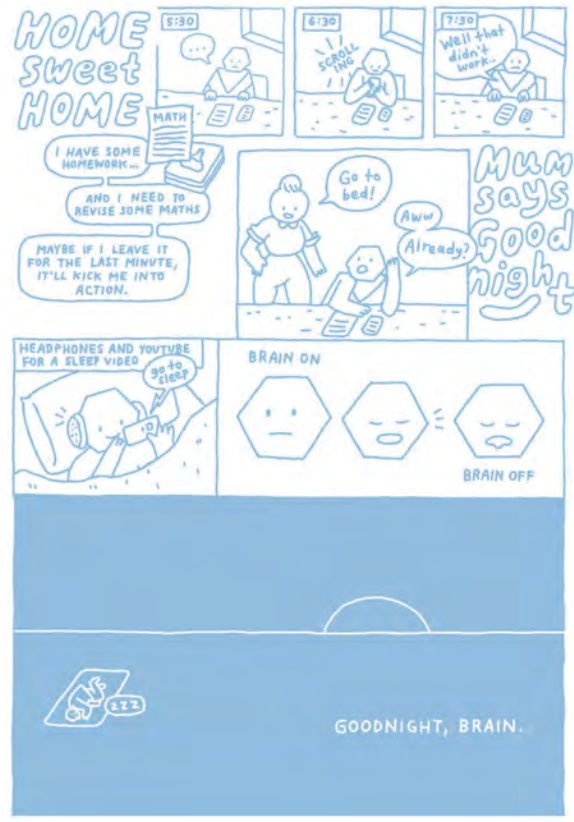
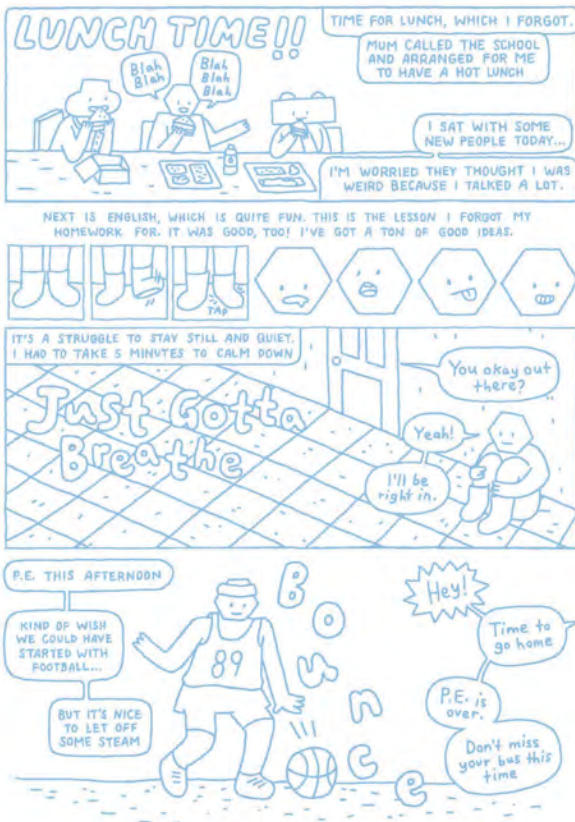


www.bizzykidzclub.com

We continue with our ADHD series of useful information to help us to understand our young people.

A DAY IN

THE LIFE



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

May 2024

www.bristolparentcarers.org.uk

Bristol SEND News for families



Survey of parent carers of children and young people with SEND 2024

The survey for all parent carers of children and young people with SEND is live! Your feedback is crucial in shaping Local Area SEND services. Share what's working well and what needs improvement. Take the short survey now to make your voice heard!

Complete Survey for a chance to win a high street voucher



Safety Valve agreement

Bristol City Council (BCC) joins a Department for Education initiative to tackle its SEND spending debt. To help save money while also improving inclusivity and outcomes in mainstream primary schools, BCC is introducing two new services. Your input is vital in ensuring this new service works for families like yours. Click below to learn more.

[Find out more](#)

Bristol City Council consultation for people with learning difficulties and Autism

Bristol City Council is thinking of changing how they buy services for people with learning disabilities and autistic people. Have your say on how BCC can make better use of resources and give service users more choices. There is an easy-read document on the link below.

Complete Consultation

Bristol Parent Carers updates

Together for SEND: Feedback Summary...

We are still collecting feedback from the SEND event. Around 170 attendees have let us know how the event was for them, but we want to make it to at least 200 so that we can secure funding to host an event next year and make it even better than this one. If you haven't yet sent in feedback, we would love it if you could share your thoughts. Option to be entered into a draw to win one of four £50 high street vouchers.

[Super fast feedback form](#)



info@bristolparentcarers.org.uk

May 2024

www.bristolparentcarers.org.uk

SENDCo Newsletter



Safety Valve

The Department for Education has announced that Bristol City Council (BCC) has been included in its Safety Valve Dedicated Schools Grant (DSG) management programme. BCC will receive £53.79 million over seven years to address its historic DSG deficit. Whilst BCC ensures spending efficiencies, the DfE will make payments against the deficit. BCC is working with school staff on efficiencies to replace top-up; a Targeted Support Fund and an Outreach Service. Do let us know if you need more information on these changes.



Funding Opportunity for secondary schools and colleges

Sheila Coates Foundation are offering grants of £5,000 to schools and colleges across England to provide short term solutions to support the mental health and wellbeing of Autistic young people. Application deadline 7th May.



[Apply Here](#)

ND Transformation Project

The Integrated Care Board (ICB), along with education and social care partners and parent carer forums in Bristol, North Somerset, and South Glos, are transforming the Autism & ADHD waiting list. They'll be trialing short-term solutions, including school staff using Neuropting tools. Keen to find out more? Get in touch!



Bristol Parent Carers updates

New Resource for school staff

Bristol Parent Carers have started to create a new flyer for SENDCos, similar to the one we already have for families. We hope that the flyer will act as a navigation support tool for the current local offer and also help connect schools to the voluntary SEND Sector. The leaflet is still in draft form and before it is finalised we would love some feedback from schools when you have time.

[View here](#) [Feedback](#)

Together for SEND: Feedback summary

We are still collecting feedback from the Together for SEND event. We have received around 170 responses and aim to reach at least 200 to secure funding for next year and ensure we enhance the planning and execution of the event. A detailed report on how the feedback will be utilised will be shared soon. Please leave feedback below if you have not already.

[Feedback](#)

info@bristolparentcarers.org.uk

May 2024

www.bristolparentcarers.org.uk

Free support sessions

Join us for free information and support sessions covering a variety of topics both in person and online, run by parents for parents.

No diagnosis is needed, this is a supportive space to connect, share experiences, and gain practical advice. Or you can just hang out with your camera off and not join in at all, there are no expectations from us.

Click the image below or visit www.bit.ly/Getbookednow

<p>Listening event! Share your views on a new outreach service for schools.</p>	<p>Peer Support and information sessions. Come and meet us for a chat and speak to a fellow SEND parent who just gets it.</p>
<p>Understanding and supporting your child through puberty. WITH BRISTOL PARENT CARERS AND PLATYPUS TRAINING.</p>	<p>SEND and social interaction. WITH BRISTOL PARENT CARERS AND PLATYPUS TRAINING.</p>
<p>Transitioning into young adulthood. WITH BRISTOL PARENT CARERS AND PLATYPUS TRAINING.</p>	<p>Cerebral Palsy Support. WITH BRISTOL PARENT CARERS AND ACTION CEREBRAL PALSY.</p>
<p>Transport-Home to School travel support. WITH BRISTOL PARENT CARERS AND THE HOME TO SCHOOL TRAVEL TEAM.</p>	<p>Educational Health Care Needs Assessments (EHCNAs). WITH BRISTOL PARENT CARERS AND WATKINS SOLICITORS.</p>

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

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




Movement
Foundations
SCHOOL PROGRAM

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




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.




Your Holiday HUB Bristol

All families with children and young people from Reception to Year 11 (inclusive) who receive benefits-related free school meals can explore Your Holiday Hub (YHH) for fully-funded school holiday clubs and activities across the city during the spring, summer and winter holidays. Summer bookings will go live to book on the 1st July.

Click **HERE**



Holiday Activities and Food (HAF)

Is your child in Reception to Year 11 and eligible for benefits-related free school meals (FSM)? If so, check out the fully-funded, YHH activities happening in your area just for you.

Search Clubs

Your Holiday HUB Bristol

About Your Holiday Hub (YHH)

YHH gives equal access to clubs and activities to eligible children and young people so they can stay active and have fun over the school holidays.

Find out more about YHH



Paid for Activities

If your child doesn't receive FSM, there are still loads of paid for fun holiday clubs and activities based in Bristol you can still access for them.

Search Activities

SUMMER 2024

UNDER THE SEA
5-9 AUG

HORRIBLE HISTORIES
12-16 AUG

RAINFOREST ADVENTURE
19-23 AUG

SPECTACULAR SPACE
27-30 AUG

Bizzy Kidz Club returns for another fun filled holiday club over the Summer holiday.

It is a paid holiday club, however there is HAF funding for those children who are entitled, through receiving free school meals.

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.

If you are interested in booking or if you just want more information at this time, please click the picture to the left.

Bizzy Kidz Club are an Ofsted registered club.



Free Maths Courses

We at Community Learning Bristol have had an exciting 18 months so far of delivering the Government's initiative 'Multiply' project throughout areas of Bristol. We have recently embarked on a third year of delivering a wide and diverse range of FREE maths courses within our communities, and in partnership with other agencies and businesses. We are currently aiming further to continue to reach out and provide opportunities to those with low confidence levels, and who experience maths anxiety. We can also provide opportunities to work towards achieving a functional skills maths qualification. Our courses are for anyone 19 + who does not already have a GCSE grade C and above, or a Maths Functional skills Level 2.

Here is a link to our Multiply blog, which I hope may give an insight to our aims : <https://multiplybristol.wordpress.com/>



Affordable local childcare



Breakfast club 7:30 to 9:00
Afterschool school pickup until 18:00
Holiday club 8:00 to 6:00
Inset days 8:00 to 6:00

BRIGHT, CLEAN FACILITIES OFFERING:

- Creative **activities**, games and interaction
- Breakfast, healthy **snacks**, juice
- **Outdoor space**, sports facilities and ball court
- Construction **toys**, imaginative play, **fancy dress**, and many more **play opportunities**
- **Quiet time** areas and cosy video room
- **Friendly** CRB-checked staff



For more information call Sheila on 07747 650611
email enquiries@oldburycourclubs.org.uk
or go to www.oldburycourclubs.org.uk

Hall & Meeting Room Available for Group/Individual Hire

Inset days subject to demand. Non members surcharge may apply.



COMMUNITY LEARNING

Multiply



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.

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.

10 Top Tips for Parents and Educators FAIR PLAY AND FRIENDLY COMPETITION

In school sports, fair play and friendly competition are important for character development. Fair play embodies respect and integrity while good-natured competition balances rivalry with camaraderie. This guide addresses potential challenges – like the pressure to win – and offers practical tips on instilling values of fair play and cultivating a positive sporting environment for young athletes.

1 LEAD BY EXAMPLE

Parents, carers and teachers should try to exemplify fair play: demonstrating respect for opponents, coaches and officials. Children frequently learn by observing adult behaviour, so displaying a sense of fair play sets a powerful precedent for them to follow in their own actions on and off the field.

2 EFFORT OVER OUTCOME

Encourage children to focus on giving it their all, rather than basing their entire performance on whether they win or not. This fosters a growth mindset, where the journey and the process of improvement are valued just as much as the end result. It also reduces the pressure to "win at all costs", which can be a harmful outlook in some situations.

3 SET CLEAR EXPECTATIONS

Establish clear guidelines and expectations for behaviour before, during and after sporting events. Ensuring that children understand what is considered acceptable conduct helps prevent misunderstandings and promotes a positive, respectful atmosphere.

4 HIGHLIGHT COOPERATION

Underline the value of teamwork and cooperation in achieving success. Success isn't just about individual achievements, but about how well the team communicates, encourages each other and works together towards a common goal. A strong focus on cooperation fosters camaraderie and mutual support among players.

5 DISCUSS ACCEPTING DEFEAT

Help children to understand that they can't win every contest – that losing occasionally is a natural part of both sport and life in general. Teaching them to accept defeat gracefully and learn from their mistakes promotes resilience, humility and the ability to bounce back stronger from setbacks. Taking a loss in one's stride is also an admirable trait and can help children and young people garner respect in their future life.

6 ENCOURAGE INCLUSIVE PARTICIPATION

Promote an environment where all children feel welcome and valued, regardless of their skill level. Prioritise the importance of participation and enjoyment over winning, creating a supportive atmosphere where every child can thrive and develop their abilities without unnecessary pressure.

7 FOSTER CONFLICT RESOLUTION SKILLS

Teach children how to resolve conflicts peacefully and respectfully, both on and off the field. Providing them with strategies for effective communication and problem-solving helps build stronger relationships and enhances their ability to navigate challenges, which can be a huge boon to them throughout their adult lives.

8 TEACH RESPECT

Emphasise to children the importance of respecting everyone involved in the game, regardless of the outcome. Respect for your teammates, opponents, coaches and officials helps to create a positive, inclusive sports environment where everyone can feel valued and appreciated.

9 GIVE CONSTRUCTIVE FEEDBACK

Offer feedback that focuses on areas for improvement rather than unfiltered criticism. Praise what a child has done well and advise on how to improve, rather than simply pointing out shortcomings. Encouraging a growth mindset and highlighting progress helps children to develop confidence, resilience and a desire to continue striving for excellence.

10 CELEBRATE GOOD SPORTSMANSHIP

Try to avoid solely drawing attention to children's physical performance on the field. Recognise and celebrate acts of sportsmanship, fair play and kindness, too. By spotlighting positive behaviour, you reinforce the importance of such conduct and inspire children to practise this in the future, creating a culture of respect and camaraderie within the sports community that does wonders for morale.

Meet Our Expert

Caroline Holder is a PE consultant based in Staffordshire. Having worked across all age ranges delivering PE in schools, she now trains teachers and works with schools to develop their provision and ensure it achieves maximum impact for pupils. She passionately believes in the impact that PE, sport, and activity can have on children.



WakeUp
Wednesday

The
National
College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/friendly-competition>

@wake_up_weds

/www.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: 12.06.2024

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](#)



EVERYONE ACTIVE AND KIDS PASS

Everyone Active has teamed up with Kids Pass to offer families some fantastic benefits just by being an Everyone Active swim lesson member.

This includes...

- Up to 40% off cinema tickets, 7 days a week
- Kids eat FREE deals
- Up to 57% off family days out including theme parks
- Up to 10% off holidays



Scan the QR code for more information on Kids Pass



Swimming lessons are at the core of everything we do here at Everyone Active and they represent one of the most important services we offer to our members.

We help more than 170,000 children every year to learn this fantastic fun, life-saving skill. Not only is swimming great fun and a brilliant way to get active, but it's also a skill that could well save your life one day.

SPORT PASSPORT

Sport Passport, an interactive system that joins together children, teachers and parents in an online world. Children can follow along and view their progress in their swimming lessons, play games and collect online trophies. Parents are more aware of what their children are doing in lessons and can follow along and understand what their children are working on.

Teachers are able to use tablets to track students' progress, take attendance and demonstrate videos on the poolside. Can show poolside video clips of each outcome which will visually aid teaching. Gives the teacher more tools to offer reward and motivation.



Scan the QR code for more information on Sport Passport



For more information on swimming lessons please visit www.everyoneactive.com

SO, WHY LEARN TO SWIM WITH US?

- We offer lessons for swimmers of all ages and abilities, with children's classes beginning from four months old
- All our teachers hold Swim England or equivalent qualifications
- Our lessons allow students to work towards attaining badges and certificates to highlight their progress
- Our swimming lessons run for 50 weeks of the year, seven days a week
- Students can enrol at any time
- Each class lasts at least half an hour
- Our teachers are DBS (Disclosure and Barring Service)-checked
- Free 6 month access to Kids Pass - Whether it's day-trip adventures, cinema missions, or cosy bites to eat - it's never full price with Kids Pass. Join the family-fun revolution!
- You can track your progress online with Sport Passport

SPORT PASSPORT



www.everyoneactive.com [facebook.com/everyoneactive](https://www.facebook.com/everyoneactive) @everyoneactive @everyoneactive

www.everyoneactive.com [facebook.com/everyoneactive](https://www.facebook.com/everyoneactive) @everyoneactive @everyoneactive

OUR SWIMMING LESSON STAGES - WE HAVE 10 STAGES BEGINNING WITH ADULT AND CHILD LESSONS STARTING FROM ONLY 4 MONTHS OLD.

ADULT & CHILD LESSONS (4-36 MONTHS)

These classes are aimed at giving your child their first experience of the water, along with your guidance.

PRE-SCHOOL STAGE 1

If your child is over the age of three, not in full time education and hasn't swum before, then this is the stage for them.

STAGE 1

If your child has started full time school and is nervous in the water, then this is the class we would suggest for them.

STAGE 2

This stage is for children who are in full time education and are confident in the water but have had no swim lesson experience.

STAGE 3

If your child can swim five metres on their front and back unaided, then they'll need to enrol in our Stage 3 lessons.

STAGE 4

For slightly more advanced children, stage four teaches your child some of the basic swimming techniques.

STAGE 5

Once your child can swim 20m on their front and back, then it's time they enrol in the fifth stage of our learn-to-swim programme.

STAGE 6

This stage of our children's swimming lesson programme is where stroke technique begins to be more solidly implemented into the programme.

STAGE 7

After stage 6, this class is open to your child if they can competently swim 100 metres and demonstrating three different strokes.

STAGE 8

This class is aimed at children who are in the early stages of competitive swimming wishing to develop stamina and stroke technique.

STAGE 9

This stage delves even more deeply into teaching your child about speed and endurance.

STAGE 10

Your child will learn how to execute correct race starts and turns, as well as swimming 1500m in three different strokes.



LEARNING TO SWIM AS AN ADULT

If you had a bad experience when you were younger that's left you somewhat nervous of the water, or if you just never took the plunge and learnt as a child, it's never too late to learn to swim. As well as teaching those who are new to swimming, adult also help more able swimmers to improve their technique and stroke. Whatever your age or ability, our swimming teachers will help you progress.



Scan the QR code for more information on adult swimming lessons

ROOKIE LIFEGUARD

Once a swimmer has completed Stage 7, they may wish to learn the skills of lifesaving. Only available at certain centres.

WATER POLO

Following completion of Stage 7, the swimmer may like to learn the basic skills of water polo. Only available at certain centres.

ARTISTIC SWIMMING

On completion of Stage 7, there is an opportunity for swimmers to undertake synchronised swimming and learn the initial skills of this aquatic discipline. Only available at certain centres.

JUNIOR FITNESS

Having completed Stage 10, a swimmer may like to continue swimming as part of our junior programme to maintain their technique and stamina - this session will help swimmers to do this.



Scan the QR code for more information on children's swimming lessons

DIVING

This unique aquatic discipline is offered at a limited number of centres due to the facilities required. At our main diving centres, the children are able to start their learn to dive journey once they have completed Stage 3 of the Learn to Swim programme. In addition, other sites offer a taster of diving once the child has completed Stage 7.



ONE-TO-ONE SWIM LESSONS

Our individual classes cater for one or two students at a time. These are intended to help you or your children focus on a specific requirement or area for improvement. Sessions are open to all ages and abilities.



Scan the QR code for more information on one-to-one swimming lessons

CRASH COURSES

These intensive short courses run during school holiday periods and are designed to help your children develop their skills in a short space of time. They are open to everyone, including those already on our swimming lessons programme.



Scan the QR code for more information on swimming crash courses

YOUTH CLUB

AGES
10+

FREE

MONDAY S

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



Children's
Scrapstore



Children and
Young People

WECIL
supporting independent living



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

Children's
Scrapstore

EBCC

LPW

PLAYBOY

PLAYFUL
BRISTOL

WECIL

Supporting
Independent Living

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.



Are you a parent of a 0 - 5 year old?

FAMILY
LINKS

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.

BRISTOL
COUNCIL

SBCC

nbee

EBCC

Central

Wellbeing
Partnership

Bristol
Family
Hubs

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
ictinfo@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

AFTER SCHOOL FAMILY CAFE

Starts 11th January

Free

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

Old Library, Fishponds Road BS16 3UH (next to Fishponds Academy)