

Friday 10 January 2025



www.fromevaleacademy.clf.uk

Follow us on Twitter: [@frome_vale](https://twitter.com/frome_vale)

Value of the term Truth/Honesty
Learning behaviour Self Evaluating



The Week Ahead Week 2 of Term 3

Date	What is Happening	Which classes	What you need to do
13/1/25 to 17/1/25	Week 2 Aspens School Menu	ALL	Click HERE to see Menu -discuss with child
13/1/25	PE	Year R, Year1, Year 2, Year 4	Please ensure your child is wearing their PE kit to School
14/1/25	Guitar Lessons	Booked Children Only	Ensure child in school for 8.45am
14/1/25	PE	Year 3, Year 4	Please ensure your child is wearing their PE kit to School
14/1/25	Taekwondo After School Club	Booked Children Only	Remember to collect your child at 4.20pm
14/1/25	Dance After School Club	Year 3, Year 4, Year 5, Year 6	Remember to collect your child at 4.30pm
15/1/25	Forest School	Year R, Year 3	Please ensure child has weather appropriate warm outer wear and wellies
15/1/25	PE	Year 2, Year 6	Please ensure your child is wearing their PE kit to School
16/1/25	Census Day	ALL	Ensure child is in school by 8.45am. See menu change HERE and if possible please enable your child to have lunch today.
16/1/25	Gym Run	Year 3, Year 4, Year 5, Year 6	Please ensure your child is wearing their PE kit to School
16/1/25	Swimming Lessons	Year 5, Year 6	Please ensure child has swimming kit and towel
16/1/25	Big Kick After School Club	Booked Children Only	Remember to collect your child at 4.30pm
16/1/25	MF Dance Club	Booked Children Only	Book Free Trial HERE
17/1/25	Beacon Music Trip	Year 3, Year 4, Year 5, Year 6	Go to Trips in MCAS to provide consent. Child will not be able to attend if consent is missing
17/1/25	PE	Year 1, Year 5	Please ensure your child is wearing their PE kit to School
19/1/25	Little Kickers	Children under 5	The new football club (ages 1.5 to 5 years) Click HERE

Remember school lunch is free for all children in Year 2, Year 1 and Year R and for any child that has Free School Meal entitlement—it would really help us if all children entitled to free school meals had lunch on Thursday 16 January (Census Day) as this is how we are funded by the government. Thank you!

Census Menu [HERE](#)



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The Week Ahead and beyond Week 2 Term 3

Event	Classes	Date	What you need to do
Spring School Census	All	Thursday 16 January 2025	Ensure child in school on this day please
Gym Run Day	Year 3, Year 4, Year 5, Year 6	Thursday 16 January 2025	Ensure child in PE Kit
Swimming Lessons	Year 5, Year 6	Thursday 16 January 2025	Ensure child brings swimming kit
Bristol Beacon Music Trip	Year 3, Year 4, Year 5, Year 6	Friday 17 January 2025	Consents given on MCAS - this can be found in trips on the left hand dashboard. HERE
Bristol Flyers Basketball Event	Invited children only	Monday 20 January 2025	If your child has been invited you will get more information—save the date
My Bank Finance Sessions	Year 3, Year 4, Year 5, Year 6	Tuesday 21 January 2025	Ensure child in school by 8.45am
Open Door	All	Thursday 23 January 2025	See children's books 8.30am to 8.50am
Gym Run Day	Year 3, Year 4, Year 5, Year 6	Thursday 23 January 2025	Ensure child in PE Kit
Swimming Lessons	Year 5, Year 6	Thursday 23 January 2025	Ensure child brings swimming kit
ECO Warrior Presentation to parents	All	Friday 24 January 2025	ECO Warriors present Eco Plan to parents @ 2.45pm in main hall—please join them
PINS Event	ALL	Monday 27 January 2025	Bristol Parent and Carers meet at 9am in the school hall
Gym Run Day	Year 3, Year 4, Year 5, Year 6	Thursday 30 January 2025	Ensure child in PE Kit
Swimming Lessons	Year 5, Year 6	Thursday 30 January 2025	Ensure child brings swimming kit
Gym Run Day	Year 3, Year 4, Year 5, Year 6	Thursday 6 February 2025	Ensure child in PE Kit
Swimming Lessons	Year 5, Year 6	Thursday 6 February 2025	Ensure child brings swimming kit
Quidditch Event	TBC	Tuesday 11 February 2025	Save the date
Spelling Bee Event	All	Wednesday 12 February 2025	Ensure child in school by 8.45am
Gym Run Day	Year 3, Year 4, Year 5, Year 6	Thursday 13 February 2025	Ensure child in PE Kit
Last Day Term 3	All	Friday 14 February 2025	Non Uniform Day—£1 donation if you can No sliders, crocs or flip flops please
Inset Day	All	Monday 24 February 2025	School Closed to Pupils
First Day Term 4	All	Tuesday 25 February 2025	Ensure child in school by 8.45am

LUNAR NEW YEAR

16th January 2025

**Golden Dragon Sweet
& Sour Chicken Noodles**
(Wok Fried Oriental Veg)



Or

**Fortune Veggie Chinese
Noodles**
(Wok Fried Oriental Veg)

Jacket Potato or Tomato Pasta also available

and

**Lunar Luck Ginger
& Coconut Cookie**



Dear Parents/Guardians,

We're excited to offer on-site music lessons at Frome Vale Academy through our trusted UK-based music education partners. This is a fantastic opportunity for your child to learn a musical instrument during the school day, with no extra travel or scheduling hassles.

Why Sign Up?

* Convenient On-Site Lessons

All sessions take place at Frome Vale removing the hassle of additional travel or scheduling.

* Suitable for All Skill Levels

Whether your child is just starting or looking to enhance their talents, our lessons cater to every stage of musical development.

* Professional Instructors

Our qualified tutors build confidence, foster creativity, and inspire a lifelong love of music.

* Wide Instrument Selection

Guitar, drums, vocals, and ukulele are just some of the options available, ensuring there's something for everyone.

* Affordable Pricing

Lessons begin at just £5.00 (excl. VAT) for any chosen instrument.

* Free Instruments at School

We provide instruments for on-site lessons at no cost. For home practice, you may wish to purchase or borrow your own instrument.

How to Enrol

Simply complete our online sign-up form, and we will confirm your child's lesson schedule as soon as possible.

<https://totallyradhub.co.uk/student-enrol/>

If you have any questions, please direct them to support@totallyradmusic.co.uk.

Thank you, and we look forward to supporting your child's musical journey!

Warm regards,





Beginners English Classes

Have you got a child in a CLF school?
We are offering free ESOL classes for adults.



Location: Beacon Centre, City Academy Bristol

Classes start: January 2025



Enrolment day: Wednesday 4th December,
10am – 1pm

Limited places!
Ring 0117 954 2806 to book.



KEY BENEFITS OF MF DANCE

FOCUS
ANTI-BULLYING
CONFIDENCE
RESPECT
GREAT FUN

LIMITED SPACES AVAILABLE

FREE CLASS AVAILABLE

WHEN & WHERE ARE OUR CLASSES HELD?

LOCATION NAME: FROM VALE ACADEMY, DOWNEND, POSTCODE: BS16 2QS

WE ALSO HAVE CLASSES AVAILABLE IN BRADLEY STOKE & YATE

BOOK YOUR FREE CLASS BY SCANNING THE QR CODE OR BY VISITING WWW.MFDANCE.CO.UK



OPEN ACCESS PLAY RANGER Play Sessions

Led by Children's Scrapstore with LPW and Wecl

What is open access? Children can come and go as they please so they need to be responsible for themselves or be with their adult. 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.

WE BRING THE KIT, YOU LEAD THE PLAY!

EVERY MONDAY

Term time: 3:30pm - 5:30pm

Green space outside Oldbury Court Children's Centre, BS16 2QS

Half Term Holidays*:

11:30am - 1:30pm

Easter / Summer Holidays*:

10:30am - 2:30pm

Get **creative and imaginative** at these regular play sessions aimed at young people, **age 8 and over**.

Expect arts and crafts, sports kit, construction materials and much more!

No booking required

FREE

contact: playteam@childrenscrapstore.co.uk
facebook page: Children's Scrapstore Play Rangers
charity no. 1008788

*Except bank holidays.

Funded lunch for children provided in holiday sessions



Little Kickers
Bristol & Bath

SIGN UP TODAY

Full money-back guarantee

Visit our website to register!

www.littlekickers.co.uk

07506346186

rbrightwell@littlekickers.co.uk

!!! NEW VENUE ALERT !!!

Frome Vale Academy, Frenchay Road, Bristol BS16 2QS

Classes starting on Sunday the 6th of October

Little Kicks: 1½-2½ years . Junior Kickers: 2½ -3 ½ years . Mighty Kickers: 3½-5 years



Autumn Winter
2024-25:
2/9, 23/9, 14/10,
4/11, 25/11,
16/12, 6/1, 27/1

LUNCH TIME



THE MAIN EVENT

- Margherita Pizza Slice and Wedges
- Chicken Tikka Curry
- Roast Chicken, Stuffing, Roast Potatoes and Gravy
- Sticky Chinese Chicken Noodles
- Golden Fish Fingers or Salmon Fingers and Chips



MEAT-FREE MAGIC
Veggie Dish

- Veggie Pepper and Sweetcorn Pizza Slice with Wedges
- Veg Samosa Style Pie
- Quorn Sausage, Roast Potatoes and Gravy
- Spanish Omelette and Herby Diced Potatoes
- Veggie Burger and Chips



RAINBOW ALLEY
Vegetables and Salads

- Sweetcorn
- Kachumber Salad and Wholegrain Rice
- Peas and Carrots
- Green Beans
- Baked Beans



BIG TOPPING
Filled Jackets

- Beans, Cheese or Tuna Mayo
- Beans, Cheese or Tuna Mayo
- Beans, Cheese or Tuna Mayo
- Beans, Cheese or Tuna Mayo
- Beans, Cheese or Tuna Mayo



DESSERT TROLLEY

- Toffee Frozen Yoghurt
- Sweet Potato Brownie
- Forest Fruits Jelly Pots
- Cookie Dough Apple Crumble
- Jammy Thumbprint Biscuits

DAILY SALAD BOWL, FRESHLY BAKED BREAD, YOGHURTS AND CUT FRUIT
AVAILABLE DAILY

PASTA TWIRLER
AVAILABLE EVERY DAY
Topped Pasta
Hot Pasta topped with Homemade Tomato Sauce & Cheese

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Autumn Winter

2024-25:
9/9, 30/9, 21/10,
11/1, 2/12,
23/12, 13/1, 3/2

WORLD

Week 2

LUNCH TIME



THE MAIN EVENT

Cheesy Tomato
Pizza Muffins

Chicken
Chimichangas

Roast Chicken,
Stuffing,
Roast Potatoes
and Gravy

Butter Chicken
Wholegrain Pilaf
Rice

Battered Fish
and Chips



**MEAT-FREE
MAGIC**

Veggie Dish

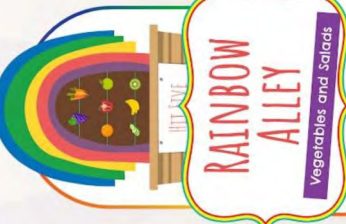
BBQ and
Sweetcorn
Pizza Slice

Veggie
Enchiladas

Cauliflower Cheese,
Crispy Onion Topping
& Roast Potatoes
(You don't have to have
the onions!)

Aloo Gobi
Cauliflower Potato
Curry

Cheese and
Tomato Toasted
Wrap with Chips



**RAINBOW
ALLEY**

Vegetables and Salads

Wholegrain
Pasta Salad and
Green Salad

Rice and
Sweetcorn

Mixed Greens

Peas

Baked
Beans



**BIG
TOPPING**

Filled Jackets

Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo



**DESSERT
TROLLEY**

Toffee Apple
Sponge and
Custard

Chocolate
Sprinkle Iced
Cake

Raspberry
Coconut Jelly

Fresh Fruit
Salad

Anzac
Biscuits

DAILY SALAD BOWL,
FRESHLY BAKED BREAD,
YOGHURTS AND
CUT FRUIT

AVAILABLE DAILY

**PASTA
TWIRLER**

AVAILABLE EVERY DAY

Topped Pasta
Hot Pasta
topped with
Homemade
Tomato Sauce &
Cheese



Autumn Winter
2024-25:
16/9, 7/10,
28/10, 18/11,
9/12, 30/12,
20/1, 10/2

LUNCH TIME

THE MAIN EVENT

American Style
Macaroni
Cheese

Jerk Chicken
Wraps and
Wedges

Roast Chicken,
Stuffing,
Roast Potatoes
and Gravy

South African Beef
Bobotie with Rice

Golden Fish
Fingers or
Salmon Fingers
and Chips

MEAT-FREE MAGIC
Veggie Dish

Veggie Wholegrain
Pasta Bolognese

Greek Pitta
Pocket with Feta,
Hummus, Salad
and Wedges

Carrot and
Stuffing Pastry
Plait

Fruity Sweet Potato
Tagine with Rice

Vegetable Fingers
and Chips

RAINBOW ALLEY
Vegetables and Salads

Carrots

Roast Root
Veggies

Peas and
Sweetcorn

Broccoli

Baked
Beans

BIG TOPPING
Filled Jackets

Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo

DESSERT TROLLEY

Marble Cake

Apple,
Cinnamon
Raisin
Flapjacks

Orange and
Mango Jelly

Banana Bread
Muffins

Gingerbread
Cookies

DAILY SALAD BOWL,
FRESHLY BAKED BREAD,
YOGHURTS AND
CUT FRUIT
AVAILABLE DAILY

AVAILABLE EVERY DAY
Topped Pasta
Hot Pasta
topped with
Homemade
Tomato Sauce &
Cheese