

# Friday 11 October 2024



[www.fromevaleacademy.clf.uk](http://www.fromevaleacademy.clf.uk)

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Value of the term    Respect  
Learning behaviour    Aspiration



## The Week Ahead Week 7 of Term 1

Date	What is Happening	Which classes	What you need to do
14/10/24 to 18/10/24	Week 1 Aspens School Menu	ALL	Click <a href="#">HERE</a> to see Menu -discuss with child
14/10/24	Piano Lessons	Booked Children Only	Ensure child in school for 8.45am
14/10/24	PE	Year R, Year 4, Year 6	Please ensure your child is wearing their PE kit to School
15/10/24	Clifton Suspension Bridge Trip	Year 2	Ensure Consent has been given <a href="#">HERE</a>
15/10/24	Guitar Lessons	Booked Children Only	Ensure child in school for 8.45am
15/10/24	PE	Year 2, Year 5,	Please ensure your child is wearing their PE kit to School
15/10/24	Taekwondo After School Club	Booked Children Only	Remember to collect your child at 4.20pm
15/10/24	Multi Sports After School Club	Booked Children Only	Remember to collect your child at 4.30pm
16/10/24	Active Travel Workshop	ALL	Ensure child in school for 8.45am
16/10/24	Flu Immunisation	ALL	Give consent <a href="#">HERE</a>
16/10/24	Forest School	Year R, Year 1	Please ensure child has weather appropriate outer wear and wellies
16/10/24	PE	Year 2, Year 5	Please ensure your child is wearing their PE kit to School
17/10/24	Active Travel Classroom Sessions	Year 1 to Year 5	Ensure child in school for 8.45am
17/10/24	PE	Year 3, Year 6	Please ensure your child is wearing their PE kit to School
17/10/24	Coding Club	Booked Children Only	Remember to collect your child at 4.30pm
18/10/24	Rags to Riches Collection Day	ALL	Bring clothes donations to school by 9am
18/10/24	PE	Year 1, Year 3, Year 4	Please ensure your child is wearing their PE kit to School
20/10/24	Little Kickers	Children under 5	The new football sessions start Click <a href="#">HERE</a>

Click [HERE](#) to see more details about a Drawing Competition being organised by Bristol Charities at the Vassal Centre for the chance for your child to win a prize!



Since 1395

**It is essential that we have your correct email address and mobile telephone number in order to support you.**

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## The Week Ahead and beyond Week 7 Term 1

Event	Classes	Date	What you need to do
Clifton Suspension Bridge Trip	Year 2	Tuesday 15 October	Provide consent <a href="#">HERE</a>
Flu Immunisation	All	Wednesday 16 October 2024	Provide Consent <a href="#">HERE</a>
Rags to Riches	All	Friday 18 October 2024	Donate your quality clothes to raise funds for the school. More information <a href="#">HERE</a>
Music Day	All	Tuesday 22 October 2024	Ensure child in school at 8.45am
Re Day	All	Wednesday 23 October 2024	Ensure child in school at 8.45am
Fancy Dress Disco	All	Wednesday 23 October 2024	Year R, Year 1 & Year 2 @ 3.45 - 4.45 Year 3, Year 4, Year 5 & Year 6 @ 5- 6pm
Last Day Term 1	All	Wednesday 23 October 2024	Non Uniform Day—£1 donation if you can . <b>No sliders, crocs or flip flops please</b>
First Day Term 2	All	Monday 4 November 2024	All children in school for 8.45am
Dance Club begins Ages 3-11	All	Thursday 7 November 2024	MF dance will be joining us after school. Save the date: More information to follow
Open Event for new Reception Parents 2025	All	Friday 8 November 2024	Opportunity to look around the school for parents of children who will be starting school in September 2025 @ 1.30pm
Diwali Event	All	Thursday 14 November 2024	More information to follow
Careers/Aspiration Day	All	Monday 18 November 2024	Ensure child in school at 8.45am
Open Door	All	Thursday 21 November 2024	Visit child's class 8.30am to 8.50am
Gym Run	All	Thursday 21 November 2024	PE Kit to be worn
Parents Evenings	All	Tuesday 26 and Wednesday 27 November 2024	Save the Dates: More information to follow
School Photo Day	All	Wednesday 27 November 2024	Save the date: More information to follow
Gym Run Day	Year 3, Year 4, Year 5, Year 6	Thursday 12 December 2024	Ensure child in PE Kit
Open Event for new Reception Parents	All	Thursday 12 December 2024	Opportunity to look around the school for parents of children who will be starting school in September 2025 @ 5pm
Christmas Fair	All	Thursday 19 December 2024	Festive fun! 3.30pm to 5.30pm—All Welcome
Last Day Term 2	All	Friday 20 December 2024	Non Uniform Day—£1 donation if you can <b>No sliders, crocs or flip flops please</b>
First Day Term 3	All	Tuesday 7 January 2025	All children in school for 8.45am
Swimming Lessons	Year 5, Year 6	Thursday 9 January 2025	Ensure child has swimming costume, towel and goggles (if needed)
Open Event for new Reception Parents	All	Friday 10 January 2025	Opportunity to look around the school for parents of children who will be starting school in September 2025 @ 9.30am
Spring Census Day	All	Thursday 16 January 2025	Ensure child in school for 8.45am

# Raise funds by collecting reusable clothes

Our school is raising money by collecting reusable clothes. Please help us by donating your unwanted reusable clothes and accessories. Donated items become affordable clothing and accessories.

**WE ACCEPT CLEAN, GOOD QUALITY, DRY, REUSABLE CLOTHING**

- ✓ Adults, Childrens & Babies Clothing
- ✓ Jewellery and Accessories
- ✓ Paired Shoes and Footwear
- ✓ Belts and Handbags

A full list of reusable items is listed on our website [www.rags2riches4schools.co.uk](http://www.rags2riches4schools.co.uk)

**WE DO NOT ACCEPT**

**POOR QUALITY ITEMS SUCH AS DIRTY, WET, RIPPED OR SOILED CLOTHES. PILLOWS, DUVETS, CURTAINS, BOOKS CDs OR ANY UNIFORM**

Please use the clothing bag provided. You can also use any additional bag if required.

Collection Date:  
**9am Friday 18th October**

Please remember - NO UNIFORM

## Having a sort out ready for the Winter?

Bring your clean, good quality used clothing, bags, shoes and accessories into school by 9am on Friday 18 October.

Help us raise money by donating any unwanted clothing to the school.

Rags 2 Riches will collect all donations from the school on the 18 October 2024 and will pay Frome Vale Academy for the weight of the clothing donated.

It's a win, win!!

### INTRODUCING CASHPOT FOR SCHOOLS

You scan we donate ££s

Parentkind

ASDA THAT'S MORE LIKE IT

CASHPOT FOR SCHOOLS

Only with ASDA Rewards

Download and opt-in today

## Shop in Asda?

Please donate via the Asda rewards app  
 Select our school  
 Shop at Asda online or in store  
 Money will be donated to us every time you shop with Asda.

### you scan, WE DONATE ££s TO SCHOOLS.

#### Asda Rewards Cashpot for Schools

- 1** Download and sign up to the Asda Rewards app  
Opt into the Cashpot for Schools campaign and select a specific primary school or set of Schools in Here!
- 2** Shop in store across Asda and George, or online at Asda.com  
Asda will donate a percentage of your shop to your chosen school each time you shop and scan.
- 3** Asda does the rest  
The money raised will be donated through Parentkind to schools to spend on what they need most. This won't affect your own Cashpot earn.

Once opted in and selected a school, we will add £1 to your chosen schools Cashpot to help get them started.

Each school will get an additional £50 added to their Cashpot, after at least one customer has shopped and scanned their Rewards app.

Download on the App Store | GET IT ON Google Play

## Drawing Competition

Boardwalk and Aardman have teamed up to celebrate the amazing creativity in our city and invite all children aged 4-11yrs in Bristol to join in the fun.

All you need to do is recreate your favourite Aardman character on the competition sheets provided and hand back in to your teachers before the 25th October 2024. Sheets can be downloaded following the link below.

Click [HERE](#) for more information

AARDMAN x Boardwalk

# THE BIG DRAW

Art competition for kids aged 4-11

Draw your favourite Aardman character below and hand in to your teacher before 25th October 2024



**Little Kickers®**  
Bristol & Bath

**SIGN UP  
TODAY**

Full money-back guarantee

Visit our website to  
register!

[www.littlekickers.co.uk](http://www.littlekickers.co.uk)

07506346186

[rbrightwell@littlekickers.co.uk](mailto: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

### OCTOBER HALF TERM



#### AHOY ME MATEY!

Monday 28th October

- Boat making
- Pirate challenges
- Treasure finding



#### ROBOTS & INVENTIONS

Tuesday 29th October

- Invention challenges
- Junk modelling
- Bee bots



#### ENCHANTED FOREST

Wednesday 30th October

- Magic nature wands
- Fairy houses
- Charm bracelets

#### HALLOWEEN SPOOKTACULAR

Thursday 31st October

- Wreath making
- Party games
- Ghost hunting



#### BONFIRE BASH

Friday 1st November

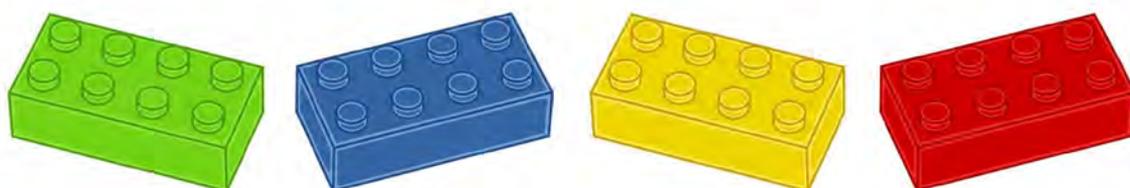
- Marshmallow rockets
- Firework art
- Camp fire fun

## Half Term Club

If you are looking for a safe and fun place for your child for this October Half Term, please remember that we have a club that runs for the entire week.

For more information please click **HERE**





# LEGO CLUB

## Downend library

Join us for theme-based creative building fun for primary school aged children

**Saturday 12<sup>th</sup> October**

**10.30am-11.30am**



**Just drop in and get building!**

**Following meeting**



It's **FREE** to come along

All children must be accompanied by a grown up



southgloslibraries

[www.southglos.gov.uk/childrenslibrary](http://www.southglos.gov.uk/childrenslibrary)



@southgloslibs

**Active  
Libraries**

# Tell us what you love about autumn to win a prize!

Completed pictures will be displayed at  
our Autumn Festival of food and fun on  
Saturday 2nd November at the Vassall  
Community Hub.

The best picture will win a prize of Lego  
and slime!



**VASSALL**  
COMMUNITY HUB

BRISTOL  
CHARITIES 

Since 1395

**What do you love about  
autumn?**



**Name and age:** \_\_\_\_\_

**FOOD FESTIVAL**  
By Aspens



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

# LUNCHTIME

WORLD  
Week 1



**THE MAIN EVENT**



**MEAT-FREE MAGIC**  
Veggie Dish



**RAINBOW ALLEY**  
Vegetables and Salads



**BIG TOPPING**  
Filled Jackets



**DESSERT TROLLEY**

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

AVAILABLE DAILY

MONDAY

Margherita Pizza  
Slice and Wedges

Veggie Pepper and  
Sweetcorn Pizza  
Slice with Wedges

Sweetcorn

Beans,  
Cheese or  
Tuna Mayo

Toffee Frozen  
Yoghurt

TUESDAY

Chicken Tikka  
Curry

Veg Samosa  
Style Pie

Kachumber  
Salad and  
Wholegrain  
Rice

Beans,  
Cheese or  
Tuna Mayo

Sweet Potato  
Brownie

WEDNESDAY

Roast Chicken,  
Stuffing,  
Roast Potatoes  
and Gravy

Quorn Sausage,  
Roast Potatoes  
and Gravy

Peas and Carrots

Beans,  
Cheese or  
Tuna Mayo

Forest Fruits  
Jelly Pots

THURSDAY

Sticky Chinese  
Chicken Noodles

Spanish Omelette  
and Herby Diced  
Potatoes

Green Beans

Beans,  
Cheese or  
Tuna Mayo

Cookie Dough  
Apple  
Crumble

FRIDAY

Golden Fish  
Fingers or  
Salmon Fingers  
and Chips

Veggie Burger and  
Chips

Baked  
Beans

Beans,  
Cheese or  
Tuna Mayo

Jammy  
Thumbprint  
Biscuits



**PASTA TWIRLER**

AVAILABLE EVERY DAY

**Topped Pasta**  
Hot Pasta  
topped with  
Homemade  
Tomato Sauce &  
Cheese

# LUNCHTIME



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

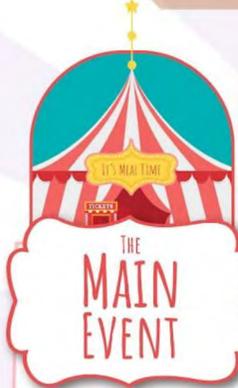
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**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

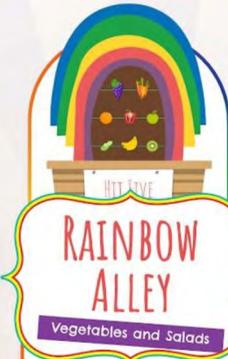
BBQ and  
Sweetcorn  
Pizza Slice

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

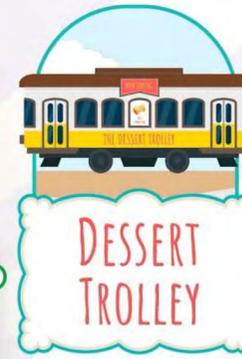
Peas

Baked  
Beans



**BIG  
TOPPING**  
Filled Jackets

Beans,  
Cheese or  
Tuna Mayo



**DESSERT  
TROLLEY**

Toffee Apple  
Sponge and  
Custard

Chocolate  
Sprinkle Iced  
Cake

Raspberry  
Coconut Jelly

Fresh Fruit  
Salad

Anzac  
Biscuits



**Topped Pasta**  
Hot Pasta  
topped with  
Homemade  
Tomato Sauce &  
Cheese

# FOOD FESTIVAL

By Aspens

# LUNCH TIME



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



IT'S MEAL 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

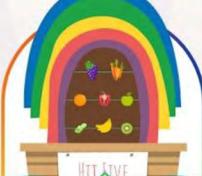
Veggie Wholegrain Pasta Bolognese

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



## 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



PASTA TWIRLER

AVAILABLE EVERY DAY

**Topped Pasta**  
Hot Pasta topped with Homemade Tomato Sauce & Cheese