

Friday 13 September 2024



www.fromevaleacademy.clf.uk

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Value of the term Respect
Learning behaviour Aspiration



The Week Ahead Week 3 of Term 1

Date	What is Happening	Which classes	What you need to do
16 to 20/9/24	Week 3 Aspens School Menu	ALL	Click HERE to see Menu -discuss with child
16/9/24	Reception Children in School All day	Year R	Ensure your child is in school for 8.45am
16/9/24	PE	Year R, Year 4, Year 6	Please ensure your child is wearing their PE kit to School
16/9/24	Tiger Martial Arts Assembly	Year 2, Year 3, Year 4, Year 5, Year 6	Ask child if they would like to take up the free 4 week trial Click HERE
17/9/24	Guitar Lessons	Booked Children Only	Ensure child in school for 8.45am
17/9/24	PE	Year 2, Year 5,	Please ensure your child is wearing their PE kit to School
17/9/24	Multi Sports After School Club	Booked Children Only	Remember to collect your child at 4.30pm
18/9/24	Forest School	Year R, Year 1	Please ensure child has weather appropriate outer wear and wellies
18/9/24	PE	Year 2, Year 5	Please ensure your child is wearing their PE kit to School
19/9/24	Open Door	ALL	Parents are invited into their child's class 8.30am to 8.50am
19/9/24	PE	Year 3, Year 6	Please ensure your child is wearing their PE kit to School
19/9/24	Gym Run Challenge Day	Year 3, Year 4, Year 5, Year 6	Please ensure your child is wearing their PE kit to School
19/9/24	Coding Club	Booked Children Only	Remember to collect your child at 4.30pm
20/9/24	PE	Year 1, Year 3, Year 4	Please ensure your child is wearing their PE kit to School

We are all aware that the traffic around our school can become very congested at drop off and collection times. However, it is vital that we all continue to drive respectfully and carefully to ensure the health and safety of everyone. Please also be mindful not to park across a local resident's driveway (however tempting it may be) as it is important that our residents are able to access or leave their own property without having to wait for a car to be moved.

Please consider parking away from the school and walking. There is plenty of parking between Overndale Road and the school.



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

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The Week Ahead and beyond Week 3 Term 1

Event	Classes	Date	What you need to do
Year R in school all day	Year R	Monday 16 September 2024	Every Year R child in school until 3.30pm
PINS Event Partnerships for Inclusion of Neurodiversity in School	All	Monday 16 September 2024	No Need to book, but register your interest HERE More information can be found HERE
Art Week	All	Monday 30 September 2024 to Friday 4 October 2024	Ensure child has old shirt/apron in school for the week
School Census Day	All	Thursday 3 October 2024	Ensure child is in school at 8.45am and please encourage child to eat a school lunch today
Bikeability	Year 5	Monday 7 and Tuesday 8 October 2024	Save the date—more information to follow
Lifeskills Trip	Year 6	Thursday 10 October 2024	Save the date: More information to follow
Open Event for new Reception Parents 2025	All	Friday 11 October 2024	Contact the school to book your space @ 9.30am Email: info@fva.clf.uk
Clifton Suspension Bridge Trip	Year 2	Tuesday 15 October	Save the date—More information to follow
Flu Immunisation	All	Wednesday 16 October 2024	Save the date: More information to follow
Autumn Festival	All	Thursday 17 October 2024	Save the date: School event starting at 4pm
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
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
Last Day Term 1	All	Wednesday 23 October 2024	Non Uniform Day—£1 donation if you can . No sliders, crocs or flip flops please
First Day Term 2	All	Monday 4 November 2024	All children in school for 8.45am
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
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
Last Day Term 2	All	Friday 20 December 2024	Non Uniform Day—£1 donation if you can No sliders, crocs or flip flops please
First Day Term 3	All	Tuesday 7 January 2025	All children in school for 8.45am



Dear Parents & Carers,

Instructor Nick here - Taekwon-Do is coming to **Frome Vale Primary School** & we are offering a Month Free! It's on **Tuesdays**, **spaces will be limited and may be subject to a waiting list**. It's all about high performance freestyle Tae Kwon-Do & developing that Self-control and Confidence. Yes, we have the black belts, kicks and tricks, but it's all about:

Teamwork

Integrity

Growth

Energy

Respect

Self-Control



The upcoming 4 week free trial will run at **Frome Vale Primary School** starting **Tuesday 24th September** and will continue at that location going forward:

Juniors (School Yr 3-6): Tuesdays 3:30-4:20 - Year 2s should apply, as we may open it up to Year 2 in the coming months, depending on class numbers.

We are launching a Senior (Year 6-7 to begin with) class on Fridays 5pm-5:45pm at Blackhorse School mid Sept, which will be open to Frome Vale students as they graduate. Students who are graduating to Year 7 should apply for this club on the form.

Please do not enter the building on pickup, release will be outside.

Our classes are the lowest priced pro Tae Kwon-Do sessions in the area! After the free trial, should you wish to continue, classes are just £34 a month, which includes **all training, belts, gradings, replacement uniforms, patches, licensing & insurance**. Siblings train at a huge £9 per month discount too!

To register your child via mobile or desktop, please fill out this short form: www.tigermartialarts.club/monthfree

Should you have any questions, feel free to contact Kat, TMA admin by email: admin@tigermartialarts.club or by phone between 10am-3pm **07921855900**.

Once booked, we'll contact you before the start to confirm details. To find out more: www.tigermartialarts.club

Thanks as always for your support,

Head Instructor - Tiger Martial Arts

NORTH SOMERSET

PC WT



PARENT CARERS WORKING TOGETHER

You're invited to our in-school peer support session for the Partnerships for Inclusion of Neurodiversity in Schools (PINS) project, in collaboration with Bristol Parent Carers.

This session is open to all parents of children with neurodivergent needs, including autism, ADHD, dyslexia, dyspraxia, dyscalculia, Tourette's, learning disabilities, developmental language disorder, and mental health needs. These sessions provide a safe space for parents and carers to share experiences, gain support, and collaborate on strategies to improve inclusion for neurodivergent students. No diagnosis is needed.

The PINS project is a joint effort involving NHS England, the Department of Education, the Integrated Care Board, and Bristol City Council.

There is no need to book, but if you would like to register your interest then click the link [here](#).

Date: 23/9/24

Time: 9 - 10:30am

Location: Frome Vale Academy main hall

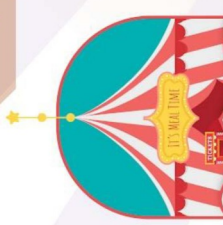


Partnership for Inclusion of Neurodiversity in Schools (PINS)



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



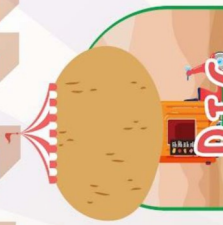
MEAT-FREE MAGIC
Veggie Dish

- 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

LUNCH TIME



Autumn Winter

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



THE MAIN EVENT



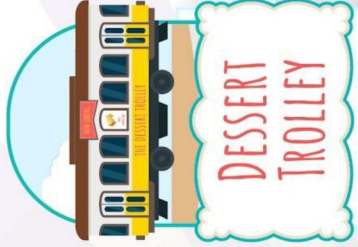
MEAT-FREE MAGIC
Veggie Dish



RAINBOW ALLEY
Vegetables and Salads



BIG TOPPING
Filled Jackets



DESSERT TROLLEY

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

MONDAY

Cheesy Tomato
Pizza Muffins

TUESDAY

Chicken
Chimichangas

WEDNESDAY

Roast Chicken,
Stuffing,
Roast Potatoes
and Gravy

THURSDAY

Butter Chicken
Wholegrain Pilaf
Rice

FRIDAY

Battered Fish
and Chips

Toffee Apple
Sponge and
Custard

Chocolate
Sprinkle Iced
Cake

Raspberry
Coconut Jelly

Fresh Fruit
Salad

Anzac
Biscuits

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

Wholegrain
Pasta Salad and
Green Salad

Rice and
Sweetcorn

Mixed Greens

Peas

Baked
Beans

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



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY