

Friday 17 January 2025



www.fromevaleacademy.clf.uk

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Value of the term Truth/Honesty
Learning behaviour Self Evaluating



The Week Ahead Week 3 of Term 3

Date	What is Happening	Which classes	What you need to do
20/1/25 to 24/1/25	Week 3 Aspens School Menu	ALL	Click HERE to see Menu -discuss with child
20/1/25	Bristol Flyers Trip	Invited Year 6 Children	If child has been invited, please follow the provided information
20/1/25	PE	Year R, Year1, Year 2, Year 4	Please ensure your child is wearing their PE kit to School
20/1/25	Piano Lessons	Booked Children Only	Ensure child in school for 8.45am
21/1/25	My Bank Financial Lessons	Year 3, Year 4, Year 5, Year 6	Ensure child in school for 8.45am
21/1/25	Guitar Lessons	Booked Children Only	Ensure child in school for 8.45am
21/1/25	PE	Year 3, Year 4	Please ensure your child is wearing their PE kit to School
21/1/25	Taekwondo After School Club	Booked Children Only	Remember to collect your child at 4.20pm
21/1/25	Dance After School Club	Year 3, Year 4, Year 5, Year 6	Remember to collect your child at 4.30pm
22/1/25	Forest School	Year R, Year 3	Please ensure child has weather appropriate warm outer wear and wellies
22/1/25	PE	Year 2, Year 6	Please ensure your child is wearing their PE kit to School
23/1/25	Open Door	ALL	Visit your child's class 8.30am to 8.50am
23/1/25	Gym Run	Year 3, Year 4, Year 5, Year 6	Please ensure your child is wearing their PE kit to School
23/1/25	Swimming Lessons	Year 5, Year 6	Please ensure child has swimming kit and towel
23/1/25	Big Kick After School Club	Booked Children Only	Remember to collect your child at 4.30pm
23/1/25	MF Dance Club	Booked Children Only	Book Free Trial HERE
24/1/25	Eco Warrior Presentation to parents	ALL	2.30pm—all parents welcome to hear the launch presentation
24/1/25	PE	Year 1, Year 5	Please ensure your child is wearing their PE kit to School
26/1/25	Little Kickers	Children under 5	The new football club (ages 1.5 to 5 years) Click HERE

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The Week Ahead and beyond Week 3 Term 3

Event	Classes	Date	What you need to do
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
Swimming Lessons	Year 5, Year 6	Thursday 13 February 2025	Ensure child brings swimming kit
Heart Themed Bake Sale	All	Thursday 13 February 2025	After School Fund raising—buy a cake or two!
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
Swimming Lessons	Year 5, Year 6	Thursday 27 February 2025	Ensure child brings swimming kit
Swimming Lessons	Year 5, Year 6	Thursday 6 March 2025	Ensure child brings swimming kit
Girls Football Event	TBC	Friday 7 March 2025	Save the date—more information to follow
World Book Week	All	Monday 10 to Friday 14 March 2025	Save the date—more information to follow
Open Door	All	Thursday 13 March 2025	See children's books 8.30am to 8.50am
Swimming Lessons	Year 5, Year 6	Thursday 13 March 2025	Ensure child brings swimming kit



KIDS HOLIDAY CLUB

ARTS & CRAFTS ~ COOKING ~ EXPERIMENTS
WOODLAND ACTIVITIES ~ GAMES



8.30am - 5pm
Open every school holiday

Frome Vale Academy,
Bristol, BS16 2QS

Price List

Day Session: £38
Morning Session: £22
Afternoon Session: £22
Book The Week: £175

★ Childcare vouchers and
tax-free childcare
payments accepted



www.bizzykidzclub.com

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

*Except bank holidays.

Funded lunch for children provided in holiday sessions



!!! 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

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



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



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



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

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

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

Sweetcorn

Kachumber Salad and Wholegrain Rice

Peas and Carrots

Green Beans

Baked Beans

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

Toffee Frozen Yoghurt

Sweet Potato Brownie

Forest Fruits Jelly Pots

Cookie Dough Apple Crumble

Jammy Thumbprint Biscuits

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

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

PASTA TWIRLER

AVAILABLE EVERY DAY

Topped Pasta
Hot Pasta topped with Homemade Tomato Sauce & Cheese

MONDAY

- Cheesy Tomato Pizza Muffins
- Chicken Chimichangas
- Roast Chicken, Stuffing, Roast Potatoes and Gravy
- Butter Chicken Wholegrain Pilaf Rice
- Battered Fish and Chips

- 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

- Wholegrain Pasta Salad and Green Salad
- Rice and Sweetcorn
- Mixed Greens
- Peas
- Baked Beans

- 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

- Toffee Apple Sponge and Custard
- Chocolate Sprinkle Iced Cake
- Raspberry Coconut Jelly
- Fresh Fruit Salad
- Anzac Biscuits

TUESDAY

- Chicken Chimichangas
- Roast Chicken, Stuffing, Roast Potatoes and Gravy
- Butter Chicken Wholegrain Pilaf Rice
- Battered Fish and Chips

- 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

- Rice and Sweetcorn
- Mixed Greens
- Peas
- Baked Beans

- 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

- Chocolate Sprinkle Iced Cake
- Raspberry Coconut Jelly
- Fresh Fruit Salad
- Anzac Biscuits

WEDNESDAY

- Roast Chicken, Stuffing, Roast Potatoes and Gravy
- Butter Chicken Wholegrain Pilaf Rice
- Battered Fish and Chips

- 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

- Mixed Greens
- Peas
- Baked Beans

- 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

- Raspberry Coconut Jelly
- Fresh Fruit Salad
- Anzac Biscuits

THURSDAY

- Butter Chicken Wholegrain Pilaf Rice
- Battered Fish and Chips

- Butter Chicken Wholegrain Pilaf Rice
- Battered Fish and Chips

- Peas
- Baked Beans

- 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

- Fresh Fruit Salad
- Anzac Biscuits

FRIDAY

- Battered Fish and Chips

- Cheese and Tomato Toasted Wrap with Chips

- Baked Beans

- 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

- Anzac Biscuits



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
Veggies 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