

# Friday 18 October 2024



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

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

Value of the term    Respect  
Learning behaviour    Aspiration



## The Week Ahead Week 8 of Term 1

Date	What is Happening	Which classes	What you need to do
21/10/24 to 25/10/24	Week 2 Aspens School Menu	ALL	Click <a href="#">HERE</a> to see Menu -discuss with child
21/10/24	Music Day	ALL	Ensure child in school for 8.45am
21/10/24	Piano Lessons	Booked Children Only	Ensure child in school for 8.45am
21/10/24	PE	Year R, Year 4, Year 6	Please ensure your child is wearing their PE kit to School
22/10/24	RE Day	ALL	Ensure child in school for 8.45am
22/10/24	Guitar Lessons	Booked Children Only	Ensure child in school for 8.45am
22/10/24	PE	Year 2, Year 5,	Please ensure your child is wearing their PE kit to School
22/10/24	Taekwondo After School Club	Booked Children Only	Remember to collect your child at 4.20pm
22/10/24	Multi Sports After School Club	Booked Children Only	Remember to collect your child at 4.30pm
23/10/24	Change of Menu	ALL	Fish finger Menu—see Friday options <a href="#">HERE</a>
23/10/24	Forest School	Year R, Year 1	Please ensure child has weather appropriate outer wear and wellies
23/10/24	PE	Year 2, Year 5	Please ensure your child is wearing their PE kit to School
23/10/24	Last Day Term 1	ALL	Non Uniform Day—£1 donation if you can . <b>No sliders, crocs or flip flops please</b>
23/10/24	Fancy Dress Disco	ALL	Year R, Year 1 & Year 2 @ 3.45 - 4.45 Year 3, Year 4, Year 5 & Year 6 @ 5- 6pm Click <a href="#">HERE</a>
27/10/24	Little Kickers	Children under 5	The new football sessions start Click <a href="#">HERE</a>

## Sports Hall Athletics

Sports hall athletics will start on the first week of term but will finish on the week commencing Monday 9<sup>th</sup> December. Spaces for all clubs can be booked via the following link: <https://www.signaturesportscoaching.co.uk/after-school-clubs-bristol>



**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](mailto:info@fva.clf.uk) to provide us with your correct information

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Learning behaviour Aspiration

## The Week Ahead and beyond Week 8 Term 1

Event	Classes	Date	What you need to do
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
Active Travel Day	Year 1, Year 2, Year 3, Year 4, Year 5	Thursday 7 November 2024	Ensure child in school by 8.45am
Dance Club begins Ages 3-11	All	Thursday 7 November 2024	MF dance will be joining us after school. Save the date: <b>Click HERE</b> Free trial available
Art Club Begins Ages 5-11	Year 1, Year 2, Year 3, Year 4, Year 5, Year 6	Friday 8 November 2024	<b>Click HERE</b> for more information
National Child Measurement Programme	Year 6	Friday 8 November 2024	Ensure child in school by 8.45am Opt out if you do not want your child to take part
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
Cygnets Art School After School Club	Year 2, Year 3, Year 4, Year 5, Year 6	Friday 8 November 2024	Cygnets Art School will be joining us after school. Save the date: More information <b>HERE</b>
Diwali Event	All	Thursday 14 November 2024	More information to follow
Careers/Aspiration Day	All	Monday 18 November 2024	Ensure child in school by 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)

# FROME VALE ACADEMY FANCY DRESS DISCO

23/10/ 24

EYFS/KS1 3:45-4:45PM

( CHILDREN MUST HAVE PARENT/ CARER PRESENT )

KS2 5- 6PM

( CHILDREN CAN COME ALONE BUT MUST BE PICKED UP )

PLEASE NOTE, WE CANNOT ACCOMMODATE NON  
SCHOOL AGE SIBLINGS

£2 entry with  
squash and biscuit  
included.

Tuck shop to buy  
sweets. Penguin  
Pounds accepted.



## 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.

## 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





**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**





@cygnetsartschool



Book Now!

TERM TIME CLASSES • HOLIDAY WORKSHOPS • PRIVATE TUITION

## ART CLASSES • AGES 5-11

Now Booking for  
Autumn Term 2024:

# 'Habitats and Homes'

Badger Burrow with Charcoal • Beehive with Gouache  
 Clay Snail Shell Still Life • Stormy Lighthouse with Soft Pastel  
 Design Your Own Treehouse with Dip Pen and Ink  
 Vardo Wagon with Watercolour and Watercolour Pencils  
 Spiderweb with Masking Fluid and Ink • Tee-Pee with Sepia Ink  
 'The Blue Ship' by Alfred Wallis Study with Oil Pastels  
 Nest with Charcoal and White Pastel

07735 528376 | BRISTOL@CYGNETSARTSCHOOL.COM  
 WWW.CYGNETSARTSCHOOL.COM/BRISTOL

Cygnets' focus is on traditional drawing, painting, and sculpture, combined with unique projects; experienced teachers, and professional quality materials. Classes are always kept small with a high student-teacher ratio.

## 8th November - 13th December

From Vale Academy Students Only

FRIDAYS 3.30pm-4.30pm

Ages 5-11 | (All Abilities)

£90/ Term | 6 Classes



FROM VALE ACADEMY  
 Frenchay Road, Bristol, BS16 2QS

**MF DANCE**  
 — THE FUTURE OF DANCE —

## KEY BENEFITS OF MF DANCE



LIMITED SPACES AVAILABLE

FOCUS

ANTI-BULLYING

CONFIDENCE

RESPECT

GREAT FUN



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



**MF DANCE**  
 — THE FUTURE OF DANCE —



FREE TASTER SESSIONS AVAILABLE NOW!

NO LONG TERM CONTRACTS

ALL OF OUR INSTRUCTORS ARE ENHANCED DBS CHECKED

CLASSES RUN THROUGHOUT THE SCHOOL HOLIDAYS

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



# **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:** \_\_\_\_\_

# AUTUMN FESTIVAL

OF FOOD AND FUN!

2ND NOVEMBER

FIRE  
SHOW

STALLS

FREE  
WARMING  
FOOD!

LIVE  
MUSIC

Community Hub Launch Party

LEGO  
ROBOT  
FIGHTS

LANTERN  
MAKING

CELEBRITY  
OPENING

CHILDREN'S  
CRAFTS

FACE  
PAINTING

FIND OUT  
ABOUT YOUR  
COMMUNITY  
HUB



3:30-6:30PM  
SATURDAY  
2ND NOVEMBER



VASSALL  
COMMUNITY HUB

FREE EVENT

Vassall Community Hub, Gill  
Avenue, Bristol, BS16 2QQ





**VASSALL**  
COMMUNITY HUB



**LAUNCHING**

**YOUR NEW COMMUNITY HUB!**

**Activity  
Taster Week  
2nd - 9th Nov**

**ALL COMPLETELY  
FREE!**

*\*Some Require Booking*

**MORE ACTIVITIES  
COMING SOON! \*\***

**MON 4TH**

09:30 - 10:15

**Morning  
Relaxation**

10:00 - 13:00

**Printmaking\***

10:30 - 12:00

**Soft Play\***

12:00 - 14:00

**Afternoon Tea**

17:30 - 18:30

**Kids Drama**

Ages 7-11

18:30 - 20:30

**Youth Club**

by Scrapstore  
LPW & WECIL



**TUE 5TH**

11:00 - 12:00

**Golden Oldies**

Choir  
for  
Older  
People



12:00 - 14:00

**Lunch Club  
Taster\***

Free community  
meal primarily  
for over 50s

13:00 - 15:00

**Carers Advice  
Session**

16:00 - 17:00

**Jump Start  
Kids**

Fun and  
games



**WED 6TH**

09:30 - 11:00

**Tea and Tots\***

Toddler Group

11:30 - 12:30

**Friendship &  
Exercise Club**

13:30 - 16:30

**Lend A Hand**  
Volunteer drop-in

13:30 - 15:00

**Women's  
Singing**



15:30 - 16:30

**Family Yoga**

17:00 - 19:00

**Community  
Cooking\*  
With Secret Soup  
Society**

**THU 7TH**

09:15 - 10:00

**Women's  
Boxfit\***



11:00 - 12:00

**Women's Yoga**

12:00 - 13:00

**Community  
Gospel Choir**

14:00 - 14:30

**Carers Walk**

14:00 - 15:00

**Gentle Exercise\***  
for older people

15:45 - 16:45

**SEN Lego\***

for children  
with special  
educational  
needs



**FRI 8TH**

10:00 - 11:00

**Tai Chi**

Tai chi, qigong  
& shibashi



13:00 - 14:30

**Soft Play\***

18:00 - 19:30

**LCB Kids Club\***

20:00 - 21:30

**LCB Youth  
Club\***

**SAT 9TH**

10:00 - 11:30

**Dad's Brekkie\***

Soft Play for  
dads & under 5s



**FIRE SHOW!**

**Autumn Festival of  
Food and Fun**

**Saturday 2nd Nov**  
Details overleaf



Scan for Booking

**WWW.VASSALL  
COMMUNITYHUB.ORG.UK**  
for Booking &  
Updates

Vassall Community Hub, Vassall Centre, Gill Avenue, Fishponds BS16 2QQ  
\*Booking required \*\*programme is subject to change, please check website for the latest updates





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



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

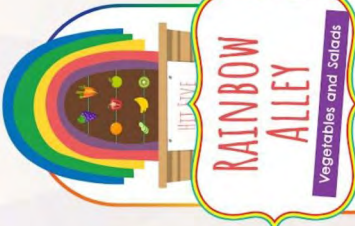
BBQ and  
Sweetcorn  
Pizza Slice

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**  
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