

# Friday 21 March 2025



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

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

Value of the term    Responsibility  
Learning behaviour    Resilience



## The Week Ahead Week 5 of Term 4

Date	What is Happening	Which classes	What you need to do
24/3/25 to 28/3/25	Week 3 Aspens School Menu	ALL	Click <a href="#">HERE</a> to see Menu -discuss with child
24/3/25 to 28/3/25	Art Week	ALL	Please send child in with a coverall or old adult shirt
24/3/25	Easter Experience Trip	Year 1	Give your consent <a href="#">HERE</a>
24/3/25	PE	Year R, Year 1, Year 4	Please ensure your child is wearing their PE kit to School
24/3/25	Choir After School Club	Booked Children Only	Remember to collect your child at 4.30pm
24/3/25	Art and Crafting After School Club	Booked Children Only	Remember to collect your child at 4.20pm
24/3/25	Coding Club After School Club	Booked Children Only	Remember to collect your child at 4.30pm
24/3/25	Dance After School Club	Booked Children Only	Remember to collect your child at 4.30pm
25/3/25	Parent/Teacher Meeting	ALL (except Year 2)	Book <a href="#">HERE</a>
25/3/25	Guitar Lessons	Booked Children Only	Ensure child in school for 8.45am
25/3/25	PE	Year 1, Year 2	Please ensure your child is wearing their PE kit to School
25/3/25	Taekwondo After School Club	Booked Children Only	Remember to collect your child at 4.20pm
25/3/25	Basketball After School Club	Booked Children Only	Remember to collect your child at 4.30pm
26/3/25	Parent/Teacher Meeting	ALL (except Year 2)	Book <a href="#">HERE</a>
26/3/25	Piano Lessons	Booked Children Only	Ensure child in school for 8.45am
26/3/25	Forest School	Year R, Year 4	Please ensure child has weather appropriate warm outer wear and wellies
26/3/25	PE	Year 6	Please ensure your child is wearing their PE kit to School
27/3/25	Swimming Lessons	Year 5, Year 6	Please ensure child has swimming kit and towel
27/3/25	BMX Taster Session	Year 4, Year 5, Year 6	Ensure child in school for 8.45am
27/3/25	PE	Year 3	Please ensure your child is wearing their PE kit to School
27/3/25	MF Dance Club	Booked Children Only	Book Free Trial <a href="#">HERE</a>
28/3/25	Pupil Voice	ALL	Ensure child in school for 8.45am
28/3/25	PE	Year 2, Year 3, Year 5	Please ensure your child is wearing their PE kit to School
30/3/25	Little Kickers	Children under 5	The new football club (ages 1.5 to 5 years) Click <a href="#">HERE</a>

# Friday 21 March 2025



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

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

Value of the term    Responsibility  
Learning behaviour    Resilience

## The Week Ahead and beyond Week 5 Term 4

Event	Classes	Date	What you need to do
Parents Meetings	All	Tuesday 25 and Wednesday 26 March 2025	Save the dates—more information to follow. This date has been updated.
BMX Taster Session	Year 4, Year 5, Year 6	Thursday 27 March 2025	Save the dates—more information to follow
Swimming Lessons	Year 5, Year 6	Thursday 27 March 2025	Ensure child brings swimming kit
Kin-Ball Session	Year 3, Year 4, Year 5, Year 6	Monday 31 March 2025	Nominated children—you will be advised. Child to wear suitable footwear
Kin-Ball Session	Year 3, Year 4, Year 5, Year 6	Tuesday 1 April 2025	Nominated children—you will be advised. Child to wear PE Kit
Swimming Lessons	Year 5, Year 6	Thursday 3 April 2025	Ensure child brings swimming kit
Last Day Term 4	All	Friday 4 April 2025	Non Uniform Day—£1 donation if you can <b>No sliders, crocs or flip flops please</b>
First Day Term 5	All	Tuesday 22 April 2025	Ensure child in school by 8.45am
My Bank Finance Session	Year 3, Year 4, Year 5, Year 6	Tuesday 29 April 2025	Ensure child in school by 8.45am
Music Day	All	Friday 2 May 2025	Ensure child in school by 8.45am
Bank Holiday	All	Monday 5 May 2025	School Closed to all
Back to school	All	Tuesday 6 May 2025	Ensure child in school by 8.45am
Open Door	All	Thursday 8 May 2025	See children's books 8.30am to 8.50am
RE Day	All	Friday 9 May 2025	Ensure child in school by 8.45am
SATS Week	Year 6	Monday 12 May -Thursday 15 May 2025	Ensure child in school by 8.45am at the latest. Free breakfast will be available from 8am daily
Summer Census	All	Thursday 15 May 2025	Ensure child in school by 8.45am and please enable child to have school lunch
Pupil Voice	All	Friday 16 May 2025	Ensure child in school by 8.45am
Health and Fitness Week	All	Monday 19 May to Friday 23 May 2025	Please ensure your child is wearing their PE kit to School
Mojo Active Trip	Year 3, Year 4, Year 5,	Wednesday 21 May 2025	Save the dates—more information to follow
Big Kick off Event	Nominated	Wednesday 21 May 2025	Save the dates—more information to follow
Poetry Performance	All	Wednesday 21 May 2025	Ensure child in school by 8.45am
Gym Run	Year 3, Year 4, Year 5, Year 6	Thursday 22 May 2025	Please ensure your child is wearing their PE kit to School
Last Day Term 5	All	Friday 23 May 2025	Non Uniform Day—£1 donation if you can <b>No sliders, crocs or flip flops please</b>
First Day Term 6	All	Monday 6 June 2025	Ensure child in school by 8.45am





# GIRLS CRICKET

Free indoor taster sessions  
NO EXPERIENCE REQUIRED



**School Years 5 & 6 - Saturday 22nd March**

**School Years 3 & 4 - Saturday 29th March**

Both sessions running...

12.00pm - 1.30pm

at Downend Sports Centre,  
14 Garnett Place, BS16 6QY

To book a place please  
indicate which date and email  
[frenchayouth@gmail.com](mailto:frenchayouth@gmail.com)

Sessions run on behalf of Frenchay Cricket  
Club with experienced coaches with DBS



**JOIN US THIS EASTER!** 

**7 - 17 APRIL 2025**

Prepare for an unforgettable  
holiday full of fun and  
friendship!

- ✓ Outdoor Exploration
- ✓ Sports & Games
- ✓ Creative Arts & Crafts
- ✓ Campfire Fun



More Information  
[www.bizzykidzclub.com](http://www.bizzykidzclub.com)







# 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](http://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@childrengscrapstore.co.uk](mailto:playteam@childrengscrapstore.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](http://www.littlekickers.co.uk)

07506346186

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



# LUNCH TIME

Autumn Winter  
2024-25:  
2/9, 23/9, 14/10,  
4/11, 25/11,  
16/12, 6/1, 27/1,  
17/2, 10/3, 31/3

**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 Jacket

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



# LUNCH TIME

Autumn Winter

2024-25:  
9/9, 30/9, 21/10,  
11/11, 2/12,  
23/12, 13/1, 5/2,  
24/2, 17/3, 7/4

## THE MAIN EVENT

Cheesy Tomato  
Pizza Muffins

Chicken  
Chimichangas

★ **VEG/NOV/DAIRY** ★  
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



AVAILABLE EVERY DAY

Topped Pasta

Hot Pasta  
topped with  
Homemade  
Tomato Sauce &  
Cheese



# LUNCH TIME

Autumn Winter  
2024-25:  
16/9, 7/10,  
28/10, 18/11,  
9/12, 30/12,  
20/1, 10/2, 3/3,  
24/3



## THE MAIN EVENT

American Style  
Macaroni  
Cheese

Jerk Chicken  
Wraps and  
Wedges



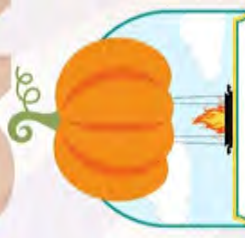
Roast Chicken,  
Stuffing,  
Roast Potatoes  
and Gravy



Beef Bolognaise  
with Pasta



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