

Friday 24 January 2025



www.fromevaleacademy.clf.uk

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

Value of the term Truth/Honesty
Learning behaviour Self Evaluating



The Week Ahead Week 4 of Term 3

Date	What is Happening	Which classes	What you need to do
27/1/25 to 31/1/25	Week 1 Aspens School Menu	ALL	Click HERE to see Menu -discuss with child
27/1/25	Bristol Parent & Carer PINS Meeting	ALL	All welcome. 9am in the school hall
27/1/25	PE	Year R, Year1, Year 2, Year 4	Please ensure your child is wearing their PE kit to School
27/1/25	Piano Lessons	Booked Children Only	Ensure child in school for 8.45am
28/1/25	Guitar Lessons	Booked Children Only	Ensure child in school for 8.45am
28/1/25	PE	Year 3, Year 4	Please ensure your child is wearing their PE kit to School
28/1/25	Taekwondo After School Club	Booked Children Only	Remember to collect your child at 4.20pm
28/1/25	Dance After School Club	Year 3, Year 4, Year 5, Year 6	Remember to collect your child at 4.30pm
29/1/25	Forest School	Year R, Year 3	Please ensure child has weather appropriate warm outer wear and wellies
29/1/25	PE	Year 2, Year 6	Please ensure your child is wearing their PE kit to School
30/1/25	Gym Run	Year 3, Year 4, Year 5, Year 6	Please ensure your child is wearing their PE kit to School
30/1/25	Swimming Lessons	Year 5, Year 6	Please ensure child has swimming kit and towel
30/1/25	Big Kick After School Club	Booked Children Only	Remember to collect your child at 4.30pm
30/1/25	MF Dance Club	Booked Children Only	Book Free Trial HERE
31/1/25	PE	Year 1, Year 5	Please ensure your child is wearing their PE kit to School
2/2/25	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 4 Term 3

Event	Classes	Date	What you need to do
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
Parents Meetings	All	Tuesday 18 and Wednesday 19 March 2025	Save the dates—more information to follow
Swimming Lessons	Year 5, Year 6	Thursday 20 March 2025	Ensure child brings swimming kit
BMX Taster Session	Year 4, Year 5, Year 6	Thursday 27 March 2025	Save the dates—more information to follow
PTA Spring Craft Event	All	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
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 No sliders, crocs or flip flops please



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@childreusscrapstore.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

MONDAY

Margherita Pizza
Slice and Wedges

TUESDAY

Chicken Tikka
Curry

WEDNESDAY

Roast Chicken,
Stuffing,
Roast Potatoes
and Gravy

THURSDAY

Sticky Chinese
Chicken Noodles

FRIDAY

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

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

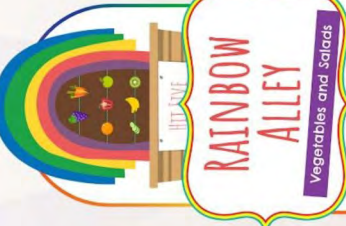
LUNCH TIME



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

TUESDAY

Chicken
Chimichangas

WEDNESDAY

Roast Chicken,
Stuffing,
Roast Potatoes
and Gravy

THURSDAY

Butter Chicken
Wholegrain Pilaf
Rice

FRIDAY

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



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

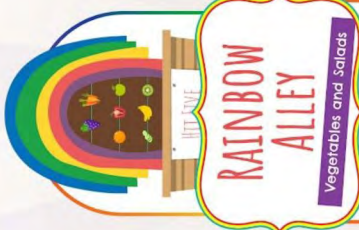
Veggie Wholegrain
Pasta Bolognese

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

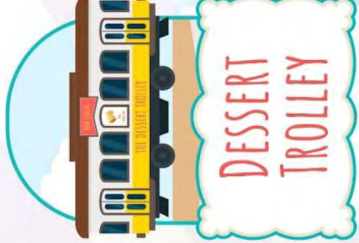
Beans,
Cheese or
Tuna Mayo

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,
YOGHURT AND
CUT FRUIT

AVAILABLE DAILY



AVAILABLE EVERY DAY

Topped Pasta

Hot Pasta
topped with
Homemade
Tomato Sauce &
Cheese