

# Friday 25 October 2024



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

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

Value of the term    Thankfulness  
Learning behaviour    Collaboration



## The Week Ahead Week 1 of Term 2

Date	What is Happening	Which classes	What you need to do
4/11/24	First Day Term 2	ALL	Children should arrive at school by 8.45am
4/11/24 to 8/11/24	Week 1 Aspens School Menu	ALL	Click <a href="#">HERE</a> to see Menu -discuss with child
4/11/24	Piano Lessons	Booked Children Only	Ensure child in school for 8.45am
4/11/24	PE	Year R, Year 1, Year 4	Please ensure your child is wearing their PE kit to School
5/11/24	Parent Evening Booking Opens	ALL	From 9am Book your parents meeting via MCAS dashboard <a href="#">HERE</a>
5/11/24	Guitar Lessons	Booked Children Only	Ensure child in school for 8.45am
5/11/24	PE	Year 4, Year 6	Please ensure your child is wearing their PE kit to School
5/11/24	Taekwondo After School Club	Booked Children Only	Remember to collect your child at 4.20pm
5/11/24	Multi Sports After School Club	Booked Children Only	Remember to collect your child at 4.30pm
6/11/24	Forest School	Year 2	Please ensure child has weather appropriate outer wear and wellies
6/11/24	PE	Year 2, Year 6	Please ensure your child is wearing their PE kit to School
7/11/24	PE	Year 3, Year 5	Please ensure your child is wearing their PE kit to School
7/11/24	Active Travel Day Be Bright, Be Seen	Years 1 to Year 5	Ensure child in school for 8.45am
7/11/24	MF Dance Club	Booked Children Only	Book Free Trial <a href="#">HERE</a>
8/11/24	PE	Year 1, Year 3, Year 5	Please ensure your child is wearing their PE kit to School
8/11/24	National Child Measurement Programme	Year 6	Ensure child in school for 8.45am
8/11/24	Cygnets Art Club	Booked Children Only	Remember to collect your child at 4.30pm Book <a href="#">HERE</a>
10/11/24	Little Kickers	Children under 5	The new football club (ages 1.5 to 5 years) Click <a href="#">HERE</a>

From the 4th November we are asking you to collect your children as follows:

Click [HERE](#) to access the details



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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## The Week Ahead and beyond Week 1 Term 2

Event	Classes	Date	What you need to do
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: <a href="#">Click HERE</a> 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	<a href="#">Click HERE</a> 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 <a href="#">HERE</a>
Remembrance Day	ALL	Monday 11 November 2024	If weather is fine all welcome to front of school If wet, only children to attend
Chess Club	Year 3 to Year 6	Monday 11 November 2024	Booked children only
Diwali Event	All	Wednesday 13 November 2024	More information <a href="#">Click HERE</a>
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
Careers/Aspiration Day	All	Friday 22 November 2024	Ensure child in school by 8.45am
Parents Evenings	All	Tuesday 26 and Wednesday 27 November 2024	Save the Dates: Book your meeting <a href="#">HERE</a> from <b>9am on the 5/11/24</b>
School Photo Day	All	Wednesday 27 November 2024	Save the date: More information to follow
Bristol Met—Charlie and the Chocolate Factory	Year 5, Year 6	Thursday 28 November 2024	Consent Required <a href="#">HERE</a>
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





Join our school to help our children have a fun but safe lunchtime break. If you are interested, please find out more information [HERE](#)

**Or**

Speak directly with Dr Saunders or Miss Cerepanova after school or at drop off.

You would work 6.25hrs per week

You would be caring, kind, firm but fair and enjoy supporting our younger children to enjoy their lunch before being outside with the children overseeing their play.



## Diwali disco- £3 a person (Price incl Food, Drinks and Activities) Children need to come with an adult

Families are welcome to join the Diwali disco on Wednesday 13<sup>th</sup> of November 2024 from 3.40 to 5.30pm



Price includes:  
Music  
Face painting  
Traditional drum players  
Henna tattoo  
Bindi  
Popcorn stand  
Entry to raffle  
Food and drink

Food on offer:  
Onion baji and chutney  
Vegetable samosas  
Popadoms  
Cheese sandwich  
Jam sandwich  
Biscuits, pastries and donuts  
Drinks

Tickets on sale from Monday 11th November in the playground

# Child Collection Point

Effective from Term 2

As of 4<sup>th</sup> November, in order to improve the hand over of the children from the school at the end of the school day, children will be collected from the following locations:

**Reception:** collected from the blue ramp/slope in the KS2 playground opposite the red football cage. Please do not stand on the slope itself but rather collect by waiting in the playground.

**Year 1:** collected from the Year 1 classroom door. You will need to walk around the building, through the Reception garden and wait by the year 1 classroom door.

**Year 2:** collected from the Year 2 classroom door. You will need to walk around the building, through the Reception garden and wait by the year 2 classroom door.

**Year 3:** collected from the Year 3 classroom door. You will need to walk around the building, through the Reception garden and wait by the year 3 classroom door.

**Year 4:** collected from the KS2 playground; children will be exiting via the double doors in the middle of the playground.

**Year 5:** no changes to collection - collected from the KS2 playground

**Year 6:** no changes to collection - collected from the hall door near the carpark, as currently is.





# School Photo Day—27 November

You **MUST** give your consent for your child to be photographed on the 27 November 2024.

Your child will not be photographed if you have not said **YES!**

Provide your consent in My Child at School **HERE**



**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

**INTRODUCING CASHPOT FOR SCHOOLS**

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- 1** Download and sign up to the Asda Rewards app.  
Opt into the Cashpot for Schools campaign and select a specific primary school or select 'Schoools in Need'.
- 2** Shop in store across Asda and George, or online at Asda.com  
Asda will donate a percentage of your shop to your chosen school each time you shop and scan.
- 3** Asda does the rest  
The money raised will be donated through Parentkind to schools to spend on what they need most. This won't affect your own Cashpot earn.

Once opted in and selected a school, we will add £1 to your chosen schools Cashpot to help get them started.  
Each school will get an additional £30 added to their Cashpot, after at least one customer has shopped and scanned their Rewards app.

Download on the **App Store** | **GET IT ON Google Play**







@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

  
G.B. BAKEOFF  
BRIONY MAY  
WILLIAMS

BRISTOL  
CHARITIES 

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

**BRISTOL  
CHARITIES**





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**

**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



# LUNCH TIME



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

**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

**AVAILABLE DAILY**

**AVAILABLE EVERY DAY**

**Topped Pasta**  
Hot Pasta topped with Homemade Tomato Sauce & Cheese