

# Friday 28 February 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 2 of Term 4

Date	What is Happening	Which classes	What you need to do
3/3/25 to 7/3/25	Week 3 Aspens School Menu	ALL	Click <a href="#">HERE</a> to see Menu -discuss with child
3/3/25 to 7/3/25	World Book Week	ALL	Various fun activities all week Ensure child in school for 8.45am
3/3/25	PE	Year R, Year 1, Year 4	Please ensure your child is wearing their PE kit to School
3/3/25	Choir After School Club	Booked Children Only	Remember to collect your child at 4.30pm
3/3/25	Art and Crafting After	Booked Children Only	Remember to collect your child at 4.20pm
3/3/25	Dance After School	Booked Children Only	Remember to collect your child at 4.30pm
4/3/25	Guitar Lessons	Booked Children Only	Ensure child in school for 8.45am
4/3/25	PE	Year 1, Year 2	Please ensure your child is wearing their PE kit to School
4/3/25	Taekwondo After School Club	Booked Children Only	Remember to collect your child at 4.20pm
4/3/25	Basketball After School Club	Booked Children Only	Remember to collect your child at 4.30pm
5/3/25	Bristol City Women's Football Club Assembly	ALL	Ensure child in school for 8.45am
5/3/25	Piano Lessons	Booked Children Only	Ensure child in school for 8.45am
5/3/25	Forest School	Year R, Year 4	Please ensure child has weather appropriate warm outer wear and wellies
5/3/25	PE	Year 6	Please ensure your child is wearing their PE kit to School
6/3/25	World Book Day	ALL	Dress as your favourite book character (if you want to)
6/3/25	World Book Day Menu	ALL	Click <a href="#">HERE</a> for your special menu
6/3/25	Swimming Lessons	Year 5, Year 6	Please ensure child has swimming kit and towel
6/3/25	PE	Year 3	Please ensure your child is wearing their PE kit to School
6/3/25	MF Dance Club	Booked Children Only	Book Free Trial <a href="#">HERE</a>
7/3/25	Girls Football Lunch Time Event	Year 3, Year 4, Year 5, Year 6	Ensure child in school for 8.45am
7/3/25	PE	Year 2, Year 3, Year 5	Please ensure your child is wearing their PE kit to School
9/3/25	Little Kickers	Children under 5	The new football club (ages 1.5 to 5 years) Click <a href="#">HERE</a>

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## The Week Ahead and beyond Week 2 Term 4

Event	Classes	Date	What you need to do
World Book Week	All	Monday 3 to Friday 7 March 2025	Save the date—more information to follow
Women's Bristol City Football Club Visit	Year 3, Year 4, Year 5, Year 6	Wednesday 5 March 2025	Ensure child in school by 8.45am
World Book Day	All	Thursday 6 March 2025	Dress as your favourite book character
Swimming Lessons	Year 5, Year 6	Thursday 6 March 2025	Ensure child brings swimming kit
Girls Football Event	TBC	Friday 7 March 2025	Culmination of a week long event. Ensure child in school for 8.45am
Chew Valley Farm Trip	Year 1	Tuesday 11 March 2025	Please give your consent on MCAS <b>HERE</b>
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
My Bank Pupil Financial Sessions	Year 3, Year 4, Year 5, Year 6	Tuesday 18 March 2025	Ensure child in school by 8.45am
Weight & Height Measurement and Vision test	Year R	Thursday 20 March 2025	Opt out of the checks if you do not want your child to be part of these checks.
Swimming Lessons	Year 5, Year 6	Thursday 20 March 2025	Ensure child brings swimming kit
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
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 <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

FOOD  
FESTIVAL  
By Aspens

# WORLD BOOK DAY

6th March



**Neverland Burger**  
with Wedges & Magic BBQ  
Beans



**Jack's Beanstalk Burrito** with  
Wedges & Garden Salad



Jacket Potato and Tomato Pasta is also  
available

And  
**Paddington's  
Orange Marmalade  
Sponge**





# 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@childreusscrapstore.co.uk](mailto: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](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

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

# LUNCH TIME



**THE MAIN EVENT**

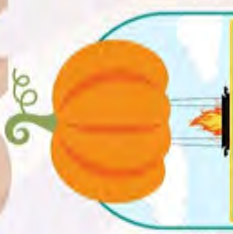
Cheesy Tomato  
Pizza Muffins

Chicken  
Chimichangas

★ **VEGAN/NOV VEG** ★  
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**  
Filling 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

# 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



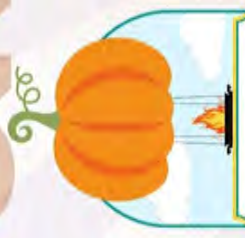
Roast Chicken,  
Stuffing,  
Roast Potatoes  
and Gravy



Beef Bolognaise  
with Pasta



Golden Fish  
Fingers or  
Salmon Fingers  
and Chips



## MEAT-FREE MAGIC

Veggie Dish

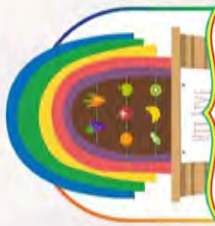
Veggie Wholegrain  
Pasta Bolognese

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