

Friday 7 February 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 6 of Term 3

Date	What is Happening	Which classes	What you need to do
10/2/25 to 14/2/25	Week 3 Aspens School Menu	ALL	Click HERE to see Menu -discuss with child
10/2/25	PE	Year R, Year 1, Year 2, Year 4	Please ensure your child is wearing their PE kit to School
10/2/25	Piano Lessons	Booked Children Only	Ensure child in school for 8.45am
11/2/25	Safer Internet Day	ALL	Ensure child in school for 8.45am
11/2/25	Guitar Lessons	Booked Children Only	Ensure child in school for 8.45am
11/2/25	PE	Year 3, Year 4	Please ensure your child is wearing their PE kit to School
11/2/25	Taekwondo After School Club	Booked Children Only	Remember to collect your child at 4.20pm
11/2/25	Dance After School Club	Year 3, Year 4, Year 5, Year 6	Remember to collect your child at 4.30pm
12/2/25	Spelling Bee	Year 1 to Year 6	Ensure child in school for 8.45am
12/2/25	Forest School	Year R, Year 3	Please ensure child has weather appropriate warm outer wear and wellies
12/2/25	PE	Year 2, Year 6	Please ensure your child is wearing their PE kit to School
13/2/25	Music Day	ALL	Ensure child in school for 8.45am
13/2/25	Heart Themed Bake Sale	ALL	Please support the PTA and buy a cake after school—KS2 playground
13/2/25	Gym Run	Year 3, Year 4, Year 5, Year 6	Please ensure your child is wearing their PE kit to School
13/2/25	Swimming Lessons	Year 5, Year 6	Please ensure child has swimming kit and towel
13/2/25	Big Kick After School Club	Booked Children Only	Remember to collect your child at 4.30pm
13/2/25	MF Dance Club	Booked Children Only	Book Free Trial HERE
14/2/25	Last Day Term 3	ALL	Non Uniform Day—£1 donation if you can
14/2/25	RE Day	ALL	Ensure child in school for 8.45am
14/2/25	PE	Year 1, Year 5	Please ensure your child is wearing their PE kit to School
16/2/25	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 6 Term 3

Event	Classes	Date	What you need to do
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
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	Save the date—more information to follow
Chew Valley Farm Trip	Year 1	Tuesday 11 March 2025	Please give your consent on MCAS HERE
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
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
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
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

I ♥ cakes sale

Sweets - cakes - biscuits

50p each

**In the playground
Thursday 13th February
3.30pm**



**Please bring your cake
donations to the school
office on Thursday 13
February by 1pm**

**No nuts and full list of
ingredients if home-made
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



9 out of 10

unvaccinated children
can catch measles
if someone in their
class has it

**Check your child is up
to date with their
MMR vaccinations**

Measles is an infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it.

Get vaccinated against measles

The MMR vaccine can prevent measles. It also protects you from [mumps](#) and [rubella](#).

The MMR vaccine is offered to all children in the UK. 2 doses can give lifelong protection against measles, mumps, and rubella.

Ask at your GP surgery if you're not sure you or your child have had the vaccine. They can give it for free on the NHS.

[Find out more about the MMR vaccine](#)



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@childrengscrapstore.co.uk
facebook page: Children's Scrapstore Play Rangers
charity no. 1008788

*Except bank holidays.

Funded lunch for children provided in holiday sessions



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

!!! 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

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

★ **COUL/NON-COUL** ★
Roast Chicken,
Stuffing,
Roast Potatoes
and Gravy
★ **COUL/NON-COUL** ★

★ **COUL/NON-COUL** ★
Sticky Chinese
Chicken Noodles
★ **COUL/NON-COUL** ★

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

★ **VEGAN/NOV EATS** ★
Roast Chicken,
Stuffing,
Roast Potatoes
and Gravy

Butter Chicken
Wholegrain Pilaf
Rice

★ **VEGAN/NOV EATS** ★

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



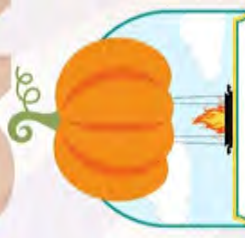
Roast Chicken,
Stuffing,
Roast Potatoes
and Gravy



Beef Bolognese
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