

Friday 7 March 2025



www.fromevaleacademy.clf.uk

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Value of the term Responsibility
Learning behaviour Resilience



The Week Ahead Week 3 of Term 4

Date	What is Happening	Which classes	What you need to do
10/3/25 to 14/3/25	Week 1 Aspens School Menu	ALL	Click HERE to see Menu -discuss with child
10/3/25	PE	Year R, Year 1, Year 4	Please ensure your child is wearing their PE kit to School
10/3/25	Choir After School Club	Booked Children Only	Remember to collect your child at 4.30pm
10/3/25	Art and Crafting After	Booked Children Only	Remember to collect your child at 4.20pm
10/3/25	Coding Club	Booked Children Only	Remember to collect your child at 4.30pm
10/3/25	Parent/Teacher Meetings Booking Opens	Year R, Year 1, Year 3 Year 4, Year 5, Year 6	Booking opens on MCAS at 6pm Click HERE
10/3/25	Dance After School	Booked Children Only	Remember to collect your child at 4.30pm
11/3/25	Chew Valley Farm Trip	Year 1	Please give your consent on MCAS HERE Ensure child wears coat and has wellies
11/3/25	Guitar Lessons	Booked Children Only	Ensure child in school for 8.45am
11/3/25	PE	Year 1, Year 2	Please ensure your child is wearing their PE kit to School
11/3/25	Taekwondo After School Club	Booked Children Only	Remember to collect your child at 4.20pm
11/3/25	Basketball After School Club	Booked Children Only	Remember to collect your child at 4.30pm
12/3/25	Piano Lessons	Booked Children Only	Ensure child in school for 8.45am
12/3/25	Forest School	Year R, Year 4	Please ensure child has weather appropriate warm outer wear and wellies
12/3/25	PE	Year 6	Please ensure your child is wearing their PE kit to School
13/3/25	Open Door	ALL	Visit your child's class to see their books 8.30am to 8.50am
13/3/25	Swimming Lessons	Year 5, Year 6	Please ensure child has swimming kit and towel
13/3/25	PE	Year 3	Please ensure your child is wearing their PE kit to School
13/3/25	MF Dance Club	Booked Children Only	Book Free Trial HERE
14/3/25	PE	Year 2, Year 3, Year 5	Please ensure your child is wearing their PE kit to School
16/3/25	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 3 Term 4

Event	Classes	Date	What you need to do
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
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
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
Swimming Lessons	Year 5, Year 6	Thursday 3 April 2025	Ensure child brings swimming kit
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
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
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



Level 2 Award in Food Safety

Want to learn how to prepare food safely at home or at work?
Attend our free course and you will be supported to gain a widely
Recognised Level 2 certificate.

Oldbury Court Children's Centre, Frenchay Road, BS16 2QS
Thursday 13th & 20th March 2025 12.30-15.30

Please contact: Catherine.Landon@bristol.gov.uk 07785 702454

Eligibility: aged 19+, with few or no qualifications



**COMMUNITY
LEARNING**

communitylearningwest.net
lctinfo@bristol.gov.uk
01172 510230



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

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

★ **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



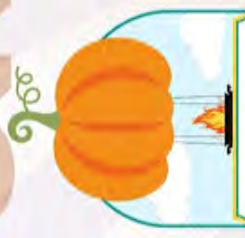
Roast Chicken,
Stuffing,
Roast Potatoes
and Gravy



Beef 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