

# Friday 7 October 2022



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

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Value of the term: Respect

Learning behaviour: Motivation/Aspiration



## The Week Ahead Week 6 of Term 1 page 1 of 4

### Useful dates for your diary!

Date	What is Happening	Which classes	What you need to do
10 to 14 Oct 22	Week 3 of NEW Aspens School Menu	ALL	Click <a href="#">HERE</a> to see Menu -discuss with child
10/10/22	PE	Year 2, Year 3	Ensure PE kit is in school
10/10/22	Family Choir	ALL	<b>Postponed until Mrs Hall returns to work</b> Families, come and enjoy a Monday singing session in our Main Hall 8.30am to 8.45am
10/10/22	Forest School After School Club	Booked Children	Remember to bring wellies, coats and collect child at 4.45pm
11/10/22	PE	Year 1, Year 4	Ensure PE kit is in school
11/10/22	Yoga After School Club	Booked Children	Remember PE kit and collect child at 4.30pm
12/10/22	Walk and Wonder	Year R	Give your consent <a href="#">HERE</a>
12/10/22	PE	Year 5, Year 6	Ensure PE kit is in school
12/10/22	Story Time	ALL	Join Mrs Dawson at 8.30am in the Main Hall
13/10/22	KS2 Disco	Year 3, Year 4, Year 5, Year 6	Give your consent <a href="#">HERE</a> 4.15pm to 5.15pm
13/10/22	PE	Year 1, Year 4, Year 5	Ensure PE kit is in school
14/10/22	Open Morning for Reception Class 2023	ALL	9.30am Open Morning—contact the office to book your place if your child turns 4 by 31/8/23
14/10/22	PE	Year 2, Year 3, Year 6	Ensure PE kit is in school
14/10/22	Forest School	Year 1	Please ensure coats, wellies, gloves are in school

**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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Value of the term: Forgiveness

Learning behaviour: Curiosity

## The Week Ahead and beyond Week 6 Term 1






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### Events and Consents

Event	Classes	Date	What you need to do
FVA Data Collection	All	URGENT if not completed already	Complete your child(rens) data sheet ASAP. The data sheet has been greatly reduced so will be much easier to complete Click <a href="#">HERE</a> This will close on 19 October 2022. You will need to come to the office after that date
Family Choir	All	Every Monday morning from 8.30am to 8.45am	Postponed until Mrs Hall Returns to Work
Story Time	All	Every Wednesday from 8.30am to 8.45am	Join Mrs Dawson in the main hall where she will be reading a story.
Walk and Wonder	Year R	Wednesday 12 October	Please ensure coats, wellies, gloves are in school. Give consent when asked. Consent <a href="#">HERE</a>
KS2 Disco	Year 3 Year 4 Year 5 Year 6	Thursday 13 October 2022	Give your consent <a href="#">HERE</a> £2.00 per child 4.15pm to 5.15pm Tuck shop available 50p-£2
Pupil Voice Day	All	Thursday 13 October 2022	Ensure child is in school at 8.45am
Prospective Reception Parents Open Morning	All	Friday 14 October 2022	Book your place if you have a child who will start Primary school in September 2023. Starts at 9.30am Book your place and tell your friends
Reading Meeting	Year R Year 1	Monday 17 October 2022	Meeting to help with reading at home. 4pm in the main hall. Online at 5pm
Prospective Reception Parents Open Morning	All	Wednesday 19 October 2022	Book your place if you have a child who will start Primary school in September 2023. Starts at 9.30am Book your place and tell your friends
Last Day Term 1	All	Wednesday 19 October 2022	Wear non school uniform if you donate £1 per child
First Day Term 2	All	Monday 31 October 2022	Please ensure your child arrives at 8.45am in school uniform
Flu Immunisation	All	Friday 4 November 2022	Complete consent form when circulated in Term 1
Prospective Parents Open Morning	All	Friday 4 November 2022	Book your place if you have a child who will start Primary school in September 2023. Starts at 9.30am Book your place and tell your friends
Library Visit	Year 1 Year 2 Year 6	Wednesday 16 November 2022	Please ensure coats, wellies, gloves are in school Give consent when asked in Term 2
Library Visit	Year 3 Year 4 Year 5	Thursday 17 November 2022	Please ensure coats, wellies, gloves are in school Give consent when asked in Term 2
Open Door	All	Thursday 1 December 2022	Come into your child's class from 8.30am to 9am
Prospective Reception Parents Open Morning	All	Friday 2 December 2022	Book your place

**Autumn / Winter 2022 / 23**  
5/9, 26/9, 17/10, 7/11, 28/11, 19/12, 9/1, 30/1






## What's On The Menu?




	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
 <b>The Main Event</b>	Beef Bolognese With Wholegrain Penne Pasta, Garlic Bread & Green Salad	BBQ Pulled Pork With Mashed Potato and Carrots	Roast Chicken Sage & Onion Stuffing Crispy Roasties & Fresh Veggies & Gravy	Mild Chilli Beef & Cheese Homemade Nachos Oven Baked Potato Wedges & Sweetcorn	Golden Fish Fingers (MSC) Choose Salmon or Pollock, Chips & Baked Beans
 <b>Meat Free Magic</b>	Veggie Bolognese With Wholegrain Penne Pasta, Garlic Bread & Green Salad	Veggie Cowboy Pie Mash topped Veggie Sausage & Bean Pie with Carrots	Cheese, Veg & Spinach Puff Pastry Roll Crispy Roasties & Fresh Veggies & Gravy	Cheese & Veggie Homemade Nachos Oven Baked Potato Wedges & Sweetcorn	Crispy Bean & Vegetable Fingers Chips
 <b>Jacket Bar</b>	Halal Beef Bolognese	Halal Pulled Beef	Halal Roast Chicken	Halal Mild Chilli Beef & Cheese Nachos	
 <b>Packed Lunch Station</b>	Crispy Skin Jacket Potatoes Choice of Tasty Toppings				
 <b>Dessert Shop</b>	Pick & Mix Packed Lunch Freshly filled sandwich or roll, healthy snack, home bake dessert & a piece of fruit				
	Toffee Apple Slices topped with Vanilla Ice Cream	Crispy Chocolate Cornflake Cakes	Golden Syrup Sponge	Pineapple Upside Down Cake	Chewy Flapjack


AVAILABLE EVERY DAY



**Autumn / Winter 2022 / 23**  
12/9, 3/10, 24/10, 14/11, 5/12, 26/12, 16/1, 6/2






## What's On The Menu?




	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
 <b>The Main Event</b>	Creamy Pasta Bake Chicken with Wholegrain Pasta & Sweetcorn Salad	Classic Beef Burger in a Bun with Oven Baked Wedges & Garden Peas	Roasted Gammon Joint Crispy Roasties, Fresh Veggies & Gravy	No! So Spicy Chicken Tikka Masala Wholegrain Rice, Turmeric Carrots & Peas	Golden Fish Fingers (MSC) Choose Salmon or Pollock, Chips & Baked Beans
 <b>Meat Free Magic</b>	Tomato & Mozzarella Gnocchi Tomato and Herb Sauce with Gnocchi & Sweetcorn	Super Veggie Burger in a Bun with Oven Baked Wedges & Garden Peas	Veggie Sausage & Roal Veg Traybake Crispy Roasties, Fresh Veggies & Gravy	Creamy Vegetable Korma With Wholegrain Rice, Turmeric Carrots & Peas	Crispy Bean & Vegetable Fingers Chips
 <b>Jacket Bar</b>	Halal Creamy Chicken Pasta Bake	Halal Classic Beef Burger	Halal Roast Beef	Halal Not So Spicy Chicken Tikka Masala	
 <b>Packed Lunch Station</b>	Crispy Skin Jacket Potatoes Choice of Tasty Toppings				
 <b>Dessert Shop</b>	Pick & Mix Packed Lunch Freshly filled sandwich or roll, healthy snack, home bake dessert & a piece of fruit				
	Jelly & Fruit Slices	Marble Sponge Cake	Chocolate Brownie	Apple Sponge Cake	Crunchy Vanilla Cookie


AVAILABLE EVERY DAY



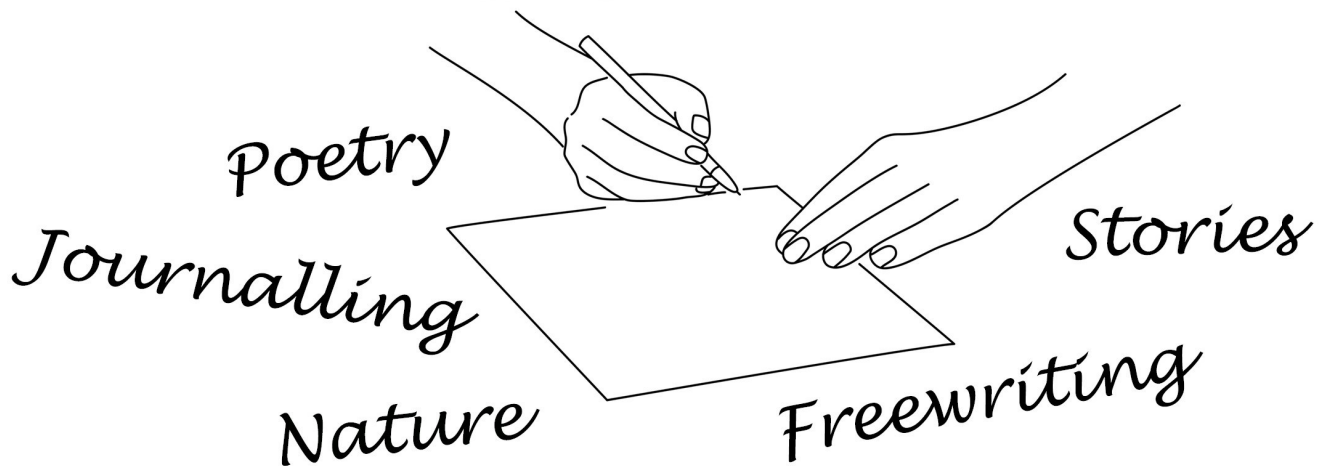
**Autumn / Winter 2022 / 23**  
19/9, 10/10, 31/10, 21/11, 12/12, 2/1, 23/1, 13/2

## What's On The Menu?

	MONDAY Authentic Italian	TUESDAY Family Faves	WEDNESDAY Baking British	THURSDAY Food Festival	FRIDAY Fun Day
 <b>The Main Event</b>	Meatball & Garlic Bread Traybake with Tare & Share Garlic Bread & Ranch Slaw	Toad in the Hole with Creamy Mash, Green Beans & Gravy	Roast Pulled Silverside of Beef with Crispy Roasties & Fresh Veggies & Gravy	Homemade Chicken Nuggets with Oven Baked Wedges & Broccoli	Golden Fish Fingers (MSC) Choose Salmon or Pollock, Chips & Baked Beans
 <b>Meat Free Magic</b>	Tomato & Mozzarella Gnocchi Traybake with Wholegrain Pasta & Sweetcorn Salad	Quorn Toad in the Hole with Creamy Mash, Green Beans & Gravy	Cheese & Spring Onion Pastry Slice with Crispy Roasties, Fresh Veggies & Gravy	Crunchy Topped Macaroni Cheese with Oven Baked Wedges & Broccoli	Baked Beans & Vegetable Fingers Chips
 <b>Jacket Bar</b>	Halal Meatball & Garlic Traybake	Halal Sausage loaf In the Hole	Halal Roast Beef	Halal Homemade Chicken Nuggets	
 <b>Packed Lunch Station</b>	Crispy Skin Jacket Potatoes Choice of Tasty Toppings				
 <b>Dessert Shop</b>	Pick & Mix Packed Lunch Freshly filled sandwich or roll, healthy snack, home bake dessert & a piece of fruit				
	Slicky Banana Pudding	Chocolate Oat Cake	Vanilla Sprinkle Sponge	Apple Crumble	Shortbread


AVAILABLE EVERY DAY



# Writing for wellbeing



**Need support with your mental health?**

**Want to engage in a creative activity  
with others?**

**Like to try creative writing or  
journalling?**

4 FREE sessions starting

**Friday 14th October  
The Roundhouse, Grow Wilder  
10-12pm**

81 Frenchay Park Road, BS16 1EL

More info: [www.luciep.love](http://www.luciep.love) / Email: [me@luciep.love](mailto:me@luciep.love)  
FB & Insta: @MeditationCreativeWriting