

Friends of Chase Lane PTA



A Parent, Teacher Association (PTA) is a great way to bring parents, teachers and the school community together to raise funds and to support the school. Here at Chase Lane our PTA is known as the 'Friends of Chase Lane'. The Friends of Chase Lane is a registered charity that raises money for the school and they spend that money to enrich the lives and benefit all children. After doing such an amazing job, the previous members of the PTA have now left due to their children transitioning to secondary school. Therefore we need new volunteers for our PTA.

The PTA is responsible to arranging events like:

Family Bingo
Lower & Upper Phase Discos
Christmas Fairs
Easter Fairs
Summer Fairs
Year 6 Leaver Discos



Monies raised have also helped to subsidise school trips. The Friends of Chase Lane Annual General Meeting (AGM) will be held on **Tuesday 27th September at 7pm** in the school in the Community room.

If you would like to help raise money for the school by joining the Friends of Chase Lane PTA, volunteering to suggest new ideas and organise or assist at events, please email the school office chaselanepri@clpwalham.org.uk. Please mark your email **PTA Volunteer** and provide us with your contact details.



Applying for Free School Meals

Children in Reception, Year 1 and Year 2 are given a free lunch at school. Please note, this free lunch is known as **Universal Free School Meals (UFSM)** and it is NOT the same as the Free School Meal status that is issued by the local Authority.

If you receive certain benefits your child may be eligible for free school meals.

Your child may be able to get free school meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)



If you think you might we would strongly advise you to complete an application on the Waltham Forest website as soon as possible. This will help us to ensure your child accesses free school meals as soon as possible

<https://www.walthamforest.gov.uk/schools-education-and-learning/schools-and-colleges/free-school-meals>

Year 6 Cardboard Boxes

Year 6 are building Anderson shelters and they need cardboard boxes. If you have a spare cardboard boxes please send them in via the school office.

Many thanks,
Year 6 Teachers



Attendance 12th - 16th September 2022

Congratulations to the following classes for achieving the highest attendance percentage in their Year Groups :- over 96%. The minimum target for attendance each week as set by the Government is 96%.

Year Group	Class	Attendance Percentage
Year 1	Sassafras	100%
Year 2	Ash	98%
Year 3	Hawthorn	98%
Year 4	Elm	97.7%
Year 5	Willow	96.5%
Year 6	Aspen	97%



During the above period our overall school attendance was 96.2%. Congratulations to **Sassafras class** for achieving **100%** attendance. Excellent effort children.

Music Lessons



Woodwind lessons will start on **Monday 26th September**. Once we know the final numbers of those children from last year that wish to continue, any spare slots will be offered to new children in Years 4, 5 & 6.

Rosh Hashanah



Rosh Hashanah is a special festival which celebrates the Jewish New Year.

The festival lasts for two days and in 2022 it starts on **Sunday 25th September** and will end on Tuesday 27th September 2022.

This is because the dates of Jewish festivals come from the Hebrew Calendar, so the Jewish New Year begins in autumn, and not on 1st January.

Here are some interesting facts about Rosh Hashanah:

Rosh Hashanah is a celebration of the creation of the world and marks making a fresh start.

Many Jewish families will spend some of Rosh Hashanah at a Synagogue. This is the name given to the building where Jewish people go to worship.

One of the traditions of Rosh Hashanah is to blow a big horn called a Shofar. One hundred notes are blown on the horn to create a special rhythm.

Did you know that the *Shofar* is one of the world's oldest known wind instruments?



During Rosh Hashanah, food is also really important. Slices of apple are dipped in honey to symbolise a sweet new year ahead. Honey cake is eaten too.

Some Jewish people make a sweet carrot stew called 'Tzimmes', and bread called Challah (or Hallah) is baked into a round shape to symbolise the circle of life and the end of the year.



You might also find a pomegranate on the table because there is a belief that they contain 613 seeds. These represent one for each of the commandments a Jewish person is supposed to keep.

The traditional greeting during Rosh Hashanah is the phrase "**Shanah tovah**", which translates to "Good year."

Diary Dates

Monday 26th September	Woodwind lessons start
Tuesday 27th September	Family Links Nurturing course starts
Friday 30th September	National Poetry entries Deadline
Tuesday 4th October	Harvest Festival Assembly
Tuesday 4th October	Parents Forum 2.30pm
Friday 7th October	7.45am Year 5 Warner Bros. trip
Tuesday 11th October	Van Cols School Photographer
Friday 14th October	Reception Parents Maths Meeting
Friday 21st October	Reception Golden Rules Dress-up
Half-Term Monday 24th October - Friday 28th October	
Monday 31st October	School re-opens at 8.45am
Monday 28th November	Parent Consultations week
Friday 4th November	Reception 2023 Parent Tours
Friday 11th November	Reception 2023 Parent Tours
Friday 18th November	Reception 2023 Parent Tours
Friday 25th November	Reception 2023 Parent Tour

National Poetry Day



National Poetry Day is taking place on **6th October 2022** and the theme for this year is **The Environment**. Waltham Forest is running an exciting competition to celebrate children's poetry. The winning entries will be displayed and used on various promotional materials across the borough. Winners will also receive a £50 voucher!

If you would like to take part, please complete your poem about the environment by **Friday 30th September** and send into school to Mr Barker. Your poem should not exceed 150 words. It may be hand-written or printed. We look forward to reading your poems!

Waltham Forest Resident's News

Click the link below to view the latest Waltham Forest residents' news:
<https://content.govdelivery.com/accounts/UKWALTHAM/bulletins/32e192f>

Pre-Loved Uniform Sale

PRELOVED Uniform Sale

Chase Lane are aware that the cost of living is rising at an increasingly alarming rate and the affects this is having on our school community. We are doing all we can to help our families.

One way we have decided to help is by selling preloved uniform items once a month for 50p each.

This month preloved **jumper**s and **fleece**s will be sold from the main school office on **Thursday 29th September** between 3pm - 3.20pm.

We also have Chase Lane school coats (original price £20) priced at **£5.00** available in the following sizes: 7-8, 9-10, 11-12 and size 13. Please note once the stock we have is sold, we will not be reordering any more.

We will only accept a cash payment, therefore we kindly ask that you bring the correct cash with you as change cannot be given.

Thank you in advance for your cooperation.

Parents Forum



Our Parents' Forum consists of a group of parents who volunteer to attend termly meetings in school whereby parents can share their views and ideas about different areas of school life. It is hoped that a parent from each class will be at each meeting, together with me. These meetings are intended to be an informal discussion forum. The next Parent's Forum will take place in school on **Tuesday 4th October** at 2.30pm - 3.15pm. If you are free to spare approximately 45 minutes to attend, please advise the Office Manager, Mrs Dasilva by email at: chaselanepri@clp.waltham.org.uk by **Friday 30th September**.

Joke of the Week

Q. Where do rabbits go after they get married?
 A. On a 'bunny-moon'



Family Links Nurturing Programme

The Family Links Nurturing programme is a 10 week course. It starts next Tuesday 27th September from 9:00am until 11:00am. The course covers things like:

- Understanding why children behave the way they do
- Recognising the feelings behind the behaviour
- Exploring different approaches to discipline
- Finding ways to develop co-operation and self-discipline in children
- Learning the importance of looking after ourselves

It is a fun course to do - tea, coffee and biscuits are provided and is facilitated by Mrs Canham and Mrs Mara. Spaces are filling up fast so if you're interested please either speak to Mrs Canham or email the school office.

How Nurturing Programme Parent Groups have helped other parents

- "I am a much more confident, positive and understanding parent. I feel much more able to cope now."
- "We are having less family arguments and the household is a lot calmer."
- "The group was fun. It's the only two hours I have for myself each week."
- "The atmosphere was really relaxed. No-one judged anyone and everyone was listened to and respected."



Check out familylinks.org.uk for more information on The Parenting Puzzle book and the Nurturing Programme

The 10-week Nurturing Programme for parents and carers

Where:

When:

Contact details:

FAMILY LINKS
 The Centre for Emotional Health
familylinks.org.uk
 Registered charity 1062514

FAMILY LINKS
 The Centre for Emotional Health
The Nurturing Programme
 Information for parents and carers

How to get the best out of family life



What is the Nurturing Programme?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life. A tried and tested programme, it helps us think about what we do, why we do it, and how it makes us feel.

The Building Blocks of the Nurturing Programme



What does it cover?

- Over the 10-week Programme, you will look at lots of different topics, including:
- Understanding why children behave as they do
- Recognising the feelings behind behaviour (ours and theirs)
- Exploring different approaches to discipline
- Finding ways to develop co-operation and self-discipline in children
- Learning the importance of looking after ourselves

Practical information

- Partners are welcome and it's also fine to come on your own or with a relative or friend
- There are ten 2-hour sessions with a tea and coffee break
- 6-10 parents are invited and there are two Family Links trained group leaders
- Some groups provide a creche; check with group leaders beforehand
- You need to come to all ten sessions as they fit together like a puzzle

the best chance in life

LBWF Educational Psychology Service



Educational Psychology Service Free Monthly Parent/Carer Consultation Sessions

Dates:

28th September 2022
12th October 2022
23rd November 2022
7th December 2022
18th January 2023
1st February 2023
15th March 2023
12th April 2023
10th May 2023
14th June 2023
12th July 2023

To book a 30 minute consultation, please contact our Business Support Officer below

EDUCATIONAL PSYCHOLOGY SERVICE

Thorp Hall School
123 Hale End Road
E17 4DP

Phone: 020 8496 1732
Mobile: 07776589597

Email: educationalpsychology@walthamforest.gov.uk

Do you have concerns about your child?

Would you like to talk to an Educational Psychologist in confidence?

Appointment Only Sessions

Afternoon sessions are 12.30-2pm
Evening Sessions are 3.00- 5.00

Individual consultation with an Educational Psychologist are offered via phone/zoom or in person for Parents and Carers living in London Borough Waltham Forest.

Sessions last for no more than 30 minutes and provide an opportunity to ask any questions or discuss concerns with a member of our culturally diverse Educational Psychology Team.

Educational Psychologists are qualified specialists in child psychology and child development, with particular expertise in supporting children and young people with special educational needs, learning difficulties, and social, emotional and behaviour difficulties. All LBWF Educational Psychologists are registered with the Health Care Professionals Council.

Playground Equipment

Polite reminder that children are not allowed to climb on playground equipment before or after school. Staff are not available to keep children safe on the equipment during these times so please ensure your child adheres to these rules.

Thank you in advance for your cooperation.



No climbing

British Fortnight Menu

This week the kitchen staff will be providing a British Fortnight menu on Thursday 29th September. The menu is below.



WEEK 2 School Dinner Menu for w/b 26th September, 10th October & 31st October 2022

Week 2	Monday	Save the Planet Tuesday	Wednesday	Thursday	Friday
CHOICE 1	Sri Lankan Sweet Potato & Coconut Curry (ve)	Wholemeal Pasta with Roasted Vegetables in a Roasted Tomato & Pepper Ragu (ve)	Roasted Lemon Chicken	Vegetable Jalfrezi (ve)	MSC Golden Crumb Fish Fingers
CHOICE 2	Jacket Potato (Ve) with Various Fillings	Sizzling Vegetable Stir Fry with Garlic & Ginger served with Noodles	Chapel End Infant School Favourite Smokey Jackfruit Jambalaya (ve)	Oven Roasted Chicken Sausage with Caramelised Onions	Jacket Potato (ve) with Various Fillings
CHOICE 3	Beef Bolognaise	Vegetable Samosa (v)	Homemade Cheddar Cheese & Sweetcorn Quiche (v)	Oven Roasted Vegetable Sausage with Caramelised Onions (V)	Five Bean Burrito (ve)
Sides	Wholemeal Spaghetti Mixed Rice	Mixed Rice	Roasted New Potatoes	Creamed Mashed Potato Mixed Rice	Oven Baked Chips
Vegetables	Sweetcorn Green Beans	Fresh Seasonal Broccoli Organic Carrots	Garden Peas Mixed Vegetables	Sweetcorn Roasted Cauliflower Florets	Baked Beans Grilled Tomatoes
Salads	Salad Selection	Salad Selection	Salad Selection	Salad Selection	Salad Selection
Desserts	Mixed Fruit Crumble (ve) with Custard	Fruity Flapjack (ve)	Fruit Salad (ve) & Ice Cream	Chocolate Cracknel & Custard	Fruit Jelly Pot (ve)
DAILY	Organic Fruit Yogurt with Seasonal Fresh Fruit	Fresh Fruit Salad	Organic Fruit Yogurt with Seasonal Fresh Fruit	Organic Fruit Yogurt with Seasonal Fresh Fruit	Organic Fruit Yogurt with Seasonal Fresh Fruit
DAILY	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
Bread	Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread