

### Chinese New Year



This Sunday 22nd January will be Chinese New Year. Chinese New Year isn't on the same day every year. It is usually in late January or February. The date is worked out by the 'New Moon' 2023 is the year of the Rabbit.

Yesterday, the school celebrated with a special Chinese inspired school dinner menu.

Today in our Nursery and Reception classes, the children celebrated Chinese New Year.

The children discovered lots of interesting facts about Chinese New Year, including the story of 'The Great Race'. They made Chinese Lanterns, did some Chinese writing in their books and created the most fantastic dragons!



They had a huge Chinese Dragon parade which the children in KS1 enjoyed watching.

Of course, one of the favourite parts of the celebration was enjoying Chinese Noodles!

Xīn nián kuài lè aka 'New Year Happiness' to all our families who will be celebrating Chinese New Year this weekend.

### Wild Science

In Year 4 we are learning about the Amazon rainforest. This week the children enjoyed a Wild Science workshop where they had the chance to touch, hold and interact with a variety of animals from different animal groups. They continued their cross curricular learning in class.



In our science lesson the children explained which was their favourite vertebrate (animal with an internal skeleton) and using features e.g. if it lays eggs, they classified the animal into one of 5 of the vertebrate groups (mammals, birds, reptiles, fish or amphibians).

### Riddle of the Week

Q. What can run around the whole garden without moving?

The answer is at the bottom of page 2.

### Dentistry

The children in Reception will be learning all about Dentists in the week beginning 6th February. We would like to encourage the children to be inspired by the different jobs around them. If there are any parents/carers that are Dentists or dental nurses and would like to come into a Reception class to give the children a talk about the role of a dentist, please get in contact with the school office to arrange a time and a day which would suit all.



Thank you.  
Reception Teachers

### Getting Ready for Winter

Low temperatures are back and look set to last for another couple of days. We would like to remind parents and carers to make sure your child comes to school prepared for the winter weather. Please send your child with a coat, hat, gloves and other winter items for outside play.



Also, please label all clothing with your child's name and class.

Thank you in advance for your cooperation.

### School Nurse Sessions

School Nurse Drop-in sessions have changed. The Waltham Forest School Health Team are no longer offering 'drop-in' sessions. The school nurse will only come into school if parents have booked. If parents do not book, the school nurse will not come in to school.

School Nurse sessions offer advice and support on a range of topics including:

Healthy eating,  
Behavioural problems,  
Head lice  
Hygiene- hand washing & oral health  
Bed wetting  
Hearing and vision  
Height weight management  
Emotional health



And any other health related concerns you may have regarding your child. The next School Nurse visit is scheduled for 8.30am - 9.30am on Friday 24th February. If you would like to see the school nurse to discuss any of these issues, please contact the school office to book a slot.

### Chase Lane Coats



We have a number of brand new Chase Lane Coats ages 9-10, usually priced at £10 which we are selling for £5. Why not purchase one for your child to wear on Forest School days? We will **only accept a cash payment**, therefore we kindly ask that you bring the correct cash with you as change cannot be given.

Please note, once the stock we have is gone we will not be ordering any more.

### Clubs

We still have spaces available in the following clubs for spring term:

Mini tennis (Reception & Year 1)	1 space
Golf (Years 3, 4, 5, 6)	1 space
Netball (Years 4 & 6)	2 spaces

Please call the office 0208 529 6827 if your child would like to do any of the above clubs.



## Diary Dates Spring Term 2023

Any additions/changes to the diary dates are highlighted in **purple** text

Wednesday 25th January Orchestra of Syrian Musicians trip

**Wednesday 8th February** 2.15pm - 3.15pm Instrument Recital Performance

**Half -Term Monday 13th February - Friday 17th**

Monday 20th February INSET Day - school closed to children

Friday 24th February 8.30am—9.30am School Nurse drop-in Community Room

**Friday 3rd March** **World Book Day Dress up. More info to follow**

**Tuesday 14th March** **Year 2 Royal Gunpowder Mills trip. More info to follow**

Monday 20th March Clubs & after school boosters end this week

**Thursday 23rd March** **World Maths Day Dress-up day. More info to follow**

Monday 27th March Whole school Parent Consultations

Thursday 30th March Whole school Parent Consultations

Friday 31st March School closes **1 hour early** for the Easter holidays

Easter Holidays Monday 3rd April - Friday 14th

**Summer Term**

Monday 17th April 2022 - Friday 21st July

**Bank Holidays**

May Day Bank Holiday Monday 1st May 2023

King Charles' Coronation Monday 8th May 2023

Half-term Monday 29th May - Friday 2nd June 2023

INSET Day Monday 3rd July 2022

Friday 21st July 2023 School closes **1 hour early** for the Summer holidays

Don't forget:

## Waltham Forest Inclusive Multi Sports ages 4 - 14

Join Waltham Forest's FREE sports and wellbeing sessions. No experience or equipment needed. Just go along with your friends or family and take advantage of these free 1 hour sessions.

**How often: Every Sunday until 30th April 2023**

**Time: 9.15am - 10.15am**

**Location: Pastures Centre, 15**

**Davies Lane E11 3DR**

**Cost: FREE**

For more information please email:

[FeelGood@WalthamForest.gov.uk](mailto:FeelGood@WalthamForest.gov.uk)



## Craft session at Hale End Library

Every Saturday morning Hale End Library run FREE arts and crafts sessions from 11am to 12pm. Why not pop along with your child/children and head on over to the craft area?

Each week there are new themes and plenty more.

**Date: 21 January 2023**

**How often: Every Saturday**

**Time: 11am to 12pm**

**Location: Hale End Library Castle Avenue London**

**E4 9QB**

Suitable for infant and junior children.



## Waltham Forest Residents' News

Please click the link below to view this week's Waltham Forest residents' news:

<https://content.govdelivery.com/accounts/UKWALTHAM/bulletins/3431426>

## Attendance 5th December - 9th December 2022

Well done 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 %
Year 1	Sassafras & Baobab	99.3
Year 3	Cedar	99.3
Year 4	Elm	96.4
Year 5	Hazel	97.2
Year 6	Oak	98.6

During the above period our overall school attendance was 94.8 %.

## Joke of the Week



## WEEK 1 School Dinner Menu for w/b 23rd January 2022

### Monday

#### CHOOSE FROM

Tomato & Basil Pasta  
Chilli Con Carne  
Jacket Potato with a choice of fillings

#### SIDES

Mixed Rice

#### UNLIMITED

Sweetcorn, Mixed Vegetables, Fresh Salad Selection, Homemade Garlic Bread

#### DESSERT

Oaty Apple Crumble & Custard  
Organic Fruit Yogurt with Seasonal Fresh Fruit  
Seasonal Fresh Fruit

### Tuesday



#### CHOOSE FROM

Planet Pizza Wedge  
Planet Pizza Wedge  
Thai Style Jasmine Rice

#### SIDES

Warm Pasta Salad

#### UNLIMITED

Minted Garden Peas, Roasted Organic Carrots, Fresh Salad Selection, Garlic & Herb Bread

#### DESSERT

Sticky Chocolate Brownie & Banana Nice Cream  
Fresh Fruit Salad  
Seasonal Fresh Fruit

### Wednesday

#### CHOOSE FROM

Smokey Sausage & Mushroom Goulash  
60/40 Beef Burger in Floured Bun  
Homemade Bean & Lentil Burger in a Floured Bun

#### SIDES

Oven Baked Skin-On Wedges  
Mixed Rice

#### UNLIMITED

Fresh Seasonal Broccoli, Sweetcorn Cobslets, Fresh Salad Selection, Homemade Bread

#### DESSERT

Cheese & Crackers with Fresh Apple Slice  
Organic Fruit Yogurt with Seasonal Fresh Fruit  
Seasonal Fresh Fruit

### Thursday

#### CHOOSE FROM

Homemade Chicken and Sweetcorn Pie & Gravy  
Spicy Singapore Noodles  
Squash & Spinach Curry

#### SIDES

Steamed Parsley Potatoes  
Mixed Rice

#### UNLIMITED

Green Beans, Fresh Seasonal Green Cabbage, Fresh Salad Selection, Rosemary and Cherry Tomato Focaccia

#### DESSERT

Fruit & Ice Cream  
Organic Fruit Yogurt with Seasonal Fresh Fruit  
Seasonal Fresh Fruit

### Friday

#### CHOOSE FROM

"Coppermill School Favourite" Mac n Cheese with a Twist  
MSC Golden Crumb Fish Fingers  
Spicy Mexican Bean Burrito

#### SIDES

Oven Baked Chips

#### UNLIMITED

Baked Beans, Minted Garden Peas, Fresh Salad Selection, Homemade Bread

#### DESSERT

Carrot Cake & Custard  
Organic Fruit Yogurt with Seasonal Fresh Fruit  
Seasonal Fresh Fruit

## Community Information

### Waltham Forest Energy Café

Morgan Sindall Property Services and Aston Group, are delivering a programme of support and advice sessions on energy awareness and energy saving tips for our tenants and leaseholders.

**When:** Wednesday 1st February  
**How often:** Every first Wednesday of each month  
**Time:** 11.00am-12.30pm  
**Location:** Online  
**Cost:** Free - booking required

Those running the sessions have passed a Level 3 qualification in Energy Awareness with the National Energy Action, and can advise residents on:

- Making sure your home is energy efficient
- What to do if you're struggling to pay your energy bills
- The best boiler and thermostat controls for heating your home
- Grants and benefits to help you pay your energy bills
- How to get extra support from other agencies

To find out more and to register for a place, click the link below:

<https://www.walthamforest.gov.uk/events/energy-cafe>



### Waltham Forest Winter Spaces

Waltham Forest council **Winter Spaces** are a collection of community and council venues across the borough that you can visit for free this winter. There are 3 types:

**Community Living Rooms** are spaces for residents to relax or socialise in a cosy, warm space.

**Community Kitchens** are places to come together around food. This might be enjoying a free hot snack with people from your local community or a subsidised meal at a community café.

**Libraries** offer desk space for studying and working, Wi Fi and PC computer use for any residents and non-residents as well as daily free events for adults and children.

For more information click the link <https://www.walthamforest.gov.uk/get-involved/winter-spaces-network> then use the map to find your nearest Winter Space and see what each space offers including opening hours, facilities and activities. More Winter Spaces will be added, so please do keep checking back.



### Flu Vaccination Clinics

**Has your child missed their Flu Vaccination at school?**



**We are running catch up clinics in your area for the following age groups:**

**Flu Vaccinations: Reception - Year 9**

If you would like an appointment to attend, please email us at: [appointments@v-uk.co.uk](mailto:appointments@v-uk.co.uk) or call 0203 343 2400

Please use the E-Consent link below to complete the electronic form **even** if you do not wish your child to receive the vaccination or if they have received it elsewhere.

<https://london.schoolvaccination.uk/flu/2022/walthamforest>



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES

### Being a Parent

If you have a child between 2-11 years old.  
 Course for Waltham Forest parents,  
 led by Waltham Forest parents.

**Take time out for yourself**

**Learn positive strategies to help you as a parent**

**Meet other parents**

**How is this delivered?**  
 Face to face

**Length of Programme**  
 9 sessions: each session is 2 hours long  
 This course is **free** to all parents & carers in Waltham Forest

**How to apply?**  
 Referrals from professionals, and self-referrals from parents or carers are welcome. Or for more information email: [EPEC@walthamforest.gov.uk](mailto:EPEC@walthamforest.gov.uk) or phone: 07799913026

