

Handwriting Competition Winners

Children at Chase Lane took part in a recent school-wide handwriting competition. The children were presented with a range of poems which link to our school values, told to choose one that had inspired them and asked to write about it in their neatest handwriting. Please join me in congratulating our winners:



Year 1
Cherry: Amelia
Cedar: Fiona
Hawthorn: Marcelina

Year 2
Sequoia: Callum
Elm: Jamie
Beech: Hammad

Year 3
Sycamore: Albiona
Willow: Thanvika
Hazel: Preslav

Year 4
Palm: Alara
Pine: Ecrin
Eucalyptus: Fatima

Year 5
Sassafras: Joseph
Acacia: Defne
Baobab: Rashmiya

Year 6
Aspen: Khadija
Olive: Gabriella-Maria
Oak: Ruby-Leigh

Well done everyone!

Birthday Wishes



Happy Birthday to everyone who celebrated or will be celebrating their birthday during the month of **February**. Hopefully next year all birthday celebrations will be extra special.

Child Mental Health Week

Chase Lane embraced Child Mental Health week by having a session of what makes us unique and how we express ourselves!

This was linked with Place2Be's theme for Children's Mental Health Week of "Express Yourself".



We asked our children to think about what makes them unique and the various fun and creative ways that we can express ourselves as individuals!

We are also looking into ways of improving our well-being and mental health as a school moving forward. For example, creating exciting activities to complete during the half term! We are also in the process of launching some new initiatives linked to well-being later this year. Watch this space!

Half-Term Music Fun

Waltham Forest Music service are delighted to offer two fabulous music making courses during this February half term:

Uke Can Do It! Family Ukulele Course

"Make music instantly! Our half term Family Ukulele Course is designed so that families can have fun making music together. Led by one of our highly experienced tutors, Parents and Carers will learn alongside their children as we play and sing simple songs, and get to know the instrument."



Age? For children in school years 1 to 4 (age 5 to 9) and their Parents or Carers

When? Mon 15th - Wed 17th February, 11am to 12 noon (1 hour x 3 days)

Cost? £30 per family (£15 low income) plus option to purchase ukuleles for £18 each

Find out more & book your place now: <https://ukecandoitfeb21.eventbrite.co.uk/>

Scratchmakers Creative Music Making Course

Scratchmakers is a collaborative ensemble for young musicians from Waltham Forest and is suitable for players of any instrument with any level of experience. Pupils will work with professional musicians to explore different ways to create rhythm, beats and melodies and how to fit them together.

Age? For children aged 8 to 12 years

When? Thurs 18th - Fri 19th February, 10am to 1pm (3 hours x 2 days)

Cost? £30 per pupil (£15 low income)

Find out more & book your place now: <https://scratchmakersfeb21.eventbrite.co.uk/>



Chinese New Year

Today mark's Chinese New Year for the people of China. The whole of China usually comes to a standstill at Chinese New Year, which is more commonly known as Spring Festival' in Chinese. This year, because of COVID-19 the celebrations may be very different.



Here at Chase Lane, some classes took part in celebrating Chinese New Year with an exciting online dance lesson. Here are some Fun facts about Chinese New Year:

1. Brooms, dustpan and brushes are put away so that good luck can't be swept away.
2. Houses are decorated with paper scrolls with good luck phrases such as; Happiness and Wealth.
3. Children receive red envelopes full of money instead of wrapped gifts. The amount can't be divisible by 4!
4. Lion and dragon dances are common. It is believed that loud drumming and clashing of cymbals will chase away bad luck.



Waltham Forest Council

The London Borough of Waltham Forest is continuing to do all they can to help keep residents safe and make sure the right support is available if needed.

Whether you need a face covering to help protect yourself and others, need the help of a foodbank or need help to access essential items, there is support available for you.

If you have financial or housing concerns or could do with some further support for your mental health and wellbeing, there is support available to you. Please do reach out if you need assistance by visiting the council website www.walthamforest.gov.uk/service Alternatively, for assistance in accessing council support, you can email our Outreach Worker at school, Mrs Canham chaselanepri@cpwaltham.org.uk



Community Environmental News

Waltham Forest has joined the Real Nappies for London voucher scheme. This innovative scheme helps provide a nudge to influence parents to try reusable nappies and reduce disposable nappy waste in their borough.

Parents with a baby under 18 months are eligible to apply for a voucher to help with the cost of buying their first set of reusable nappies. Please note, parents are entitled to one voucher per baby, because every baby makes a difference.

For further details, check www.realnappiesforlondon.org.uk



Supporting Your Child's Mental Health

Children cry for many different reasons, they may be frustrated, hurt or want attention. Whatever the reason is, the way we as parents react to their distress will make an impact on them. Approaching sadness and unhappiness with love and compassion is the best way to go, especially during this lockdown.

There are different steps we can take to support our children emotionally and help them cope with any problems they may face.

Be there to listen

Regularly ask your child how they are doing so they get used to talking about their feelings and let them know they have someone to listen to them.

Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage your child to explore their interests.

Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a constructive way.

Build positive routines

We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important. We're here to support you too, so please get in touch if you need help.

Here are some helpful ways to respond to your child when they are crying or struggling with their emotions:



School Term Dates

Chase Lane Primary School and Nursery Unit Calendar 2020-2021

Half-Term - school closed

Monday 15th February 2021 - Friday 19th February 2021

Spring Term 2

Monday 22nd February 2021 - Thursday 1st April 2021

Easter Holidays - school closed

Friday 2nd April 2021 - Friday 16th April 2021

Summer Term 1

Monday 19th April - Friday 28th May 2021

May Half Term - school closed

Monday 31st May 2021 - Friday 4th June 2021

Summer Term 2

Monday 7th June 2021 - Thursday 22nd July 2021

Important Notice for February Half Term

The school will not be open to key worker and vulnerable children during February half term.

School reopens to key worker and vulnerable children on Monday 22nd February 2021.

IMPORTANT

Lockdown Lunch Ideas

It can be increasingly difficult to try to think of different lunch ideas each day within a budget, that children will enjoy.



Change4Life have created recipes and shopping lists for families which can be used to create lunches for around £15 each week.

Check out the link below for inspiration for tasty lunches:

<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>

Community Food Support

The following organisations are able to offer support to families.

Rukshana Khan Foundations Fighting Hunger in East London
<https://www.rukhsanakhafoundation.org> or call 07939 232 123

Lloyds Park Children's Charity - Baby Food, baby milk, nappies and other food items in terms of a food parcel for the family can also be provided.
www.tlpc.org.uk/baby-bank or call 020 8531 9522/020 8527 1737 or 020 3150 2313

Eat or Heat Waltham Forest Food Bank WWW.EATORHEAT.ORG or call 0800 772 0212

Hornbeam Centre Food Community Food Distribution centre, providing freshly cooked nutritious ready meals
www.hornbeam.org.uk or call 07492 915 531



Free School Meals

If your financial situation has changed due to the pandemic, your child may qualify for Free School Meals (FSM).

Could your child be entitled to a

FREE school meal?



Please note that all children in Reception, Year 1 and Year 2 are given a free lunch at school. This free lunch is known as Universal Free School Meals and is NOT a Free School Meal status that is issued by the local Authority. If you think you are entitled to free school meals and have not applied please visit the website below:

www.walthamforest.gov.uk/content/free-school-meals

Joke of the Month

Q. What noise does a nut make when it sneezes?

A. Cashew!

Cashew! Bless you!



Thought of the Month

' There is always in February some one day,
at least, when one smells the yet
distant, but surely coming, summer.'

Gertrude Jekyll, British horticulturist