

Transition Day Success

Transition Day on Monday was exciting for the whole school community. All the children got to meet their new teachers, support staff and spent the day in their new classes. Our new Nursery children came in to see us with their parents throughout the day and had a lovely play in their new classrooms.



The majority of our Year 6 pupils went to visit their Secondary Schools last week and came back with such enthusiasm and excitement. Well done everyone for embracing the changes as we look forward to an exciting new academic year.

Next week we ask that **all** children must bring in a plastic bag to take home all the items from their trays.

Weather Update

As you are aware, the MET office has issued a red warning for Monday and Tuesday due to the expected excessive heat. The Local Authority have now issued further advice to schools. Based on this, school will remain open and monitor indoor temperatures throughout the day.

If you walk to school please ensure that your child has sun cream applied and wears a sunhat. The children will not go out at playtimes to help to stay cool and we remind you to provide them with extra water.

As the temperature rises throughout the day, we appreciate that many parents will be very concerned. For this reason, if you wish to collect your child from 1:30pm onwards this is allowed due to the extenuating circumstances. Please note Year 6 children will not be dismissed early to walk home alone, they must be collected by an adult. Nursery will be operating as normal but if you wish to keep your child at home we will understand.

Any children that remain in school will be taken to the coolest parts of the building possible for the remainder of the afternoon. These children should be collected by no later than 3:30pm. At the end of the school day we will take the children to the ordinary places that we dismiss them from.

Thank You

The friends of Chase Lane raised an amazing **£2,355.72** at last week's Summer Fair. Thank you to the Friends of Chase Lane who worked so hard to organise the fair, the Chase Lane staff that helped at the event and of course to everyone who came and supported us. Thank you our families who prepared cakes/sweet treats from their culture for the community to sample at the 'Flavours from Around the World' stall.

As the current Friends of Chase Lane PTA members - Mrs Ioannou, Mrs Demetris, Mrs James and Mrs Parmar, hang up their volunteering boots, I would like to take this opportunity to say a massive 'Thank You'. They have worked really hard over previous years to arrange many fun events, all of which have been a huge success.



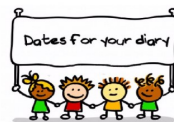
I am delighted to announce that from September we will have a new Friends of Chase Lane PTA. More details will follow in September but if you are interested in volunteering to assist at events and suggest new ideas, there is still time. Just email the school office:

chaselanepri@clpwaltham.org.uk
Mr Jeffery



Dates for the Diary

Tuesday 19th July	9.10am Year 6 Production
Wednesday 20th July	9.10 am Year 6 Leavers Assembly
Wednesday 20th July	Year 5 Picnic Chase Lane Park
Thursday 21st July	End of term - school closes 1 hour early



Commonwealth Day

The Commonwealth Games 2022 are scheduled to start on Thursday 28th July in Birmingham. The Commonwealth Games is an international multi-sport event for members of the Commonwealth.

Lots of countries were once ruled by Britain. It was called the British Empire. When these countries started to become independent, they still had a link to the United Kingdom. The countries still wanted to remain friends, so this is how the Commonwealth started.

The Commonwealth is a family of 54 countries from all over the world that come from the Pacific, Africa, Asia, Europe, the Caribbean and Americas. All the Commonwealth countries accept our Queen, Queen Elizabeth II, as the head of the Commonwealth.

Here are some facts:

The Commonwealth Games is known as the 'friendly games' because the aim is to unite the Commonwealth family through 'a glorious festival of sport'

The first Games were held in 1930 and they have taken place every 4 years since then, World War II (apart from in 1942 and 1946)

The Games in Birmingham this year will become the 22nd Games.

For the first time in global multi-sport history, there will be more women's events than men's, with 136 medal opportunities for women vs 134 for men (girl power!)

Perry the patchwork bull is the official mascot for the 2022 games. Perry was inspired by a drawing by 10-year-old Emma Lou from Bolton who won a nationwide competition to design the mascot for the Games.



Emma's design will now feature on merchandise and will even become an augmented computerisation which can appear in your home. The mascot is named after the Perry Barr area of Birmingham, where the Opening and Closing ceremonies as well as the Athletics events will take place.

To celebrate the upcoming Commonwealth Games, next Thursday the kitchen staff will be providing a themed menu for the children who normally have a school meal. The menus is on page 2 of this newsletter.

School Reports

You will have received your child's report today, and will have the opportunity to reflect on the achievements of this year. Year 6 children will have received their SATs tests results. We were so proud of how well every pupil did, particularly if you reflect on the disruption to their learning because of the pandemic.



Vocabulary Corner

Augmented - to make greater in size or amount; increase

Similar words: enlarge, expand, multiply, swell

Example: The image on Jason's iPad was too small so he **augmented** it to see it clearer.



Waltham Forest Residents' News

Click the link below to view the latest Waltham Forest residents' news:

<https://content.govdelivery.com/accounts/UKWALTHAM/bulletins/3201f65>

Staying Safe Online Throughout Summer

As the Summer holiday approaches it is really important that we all keep an eye on the amount of screen time our children have and what they are accessing online.

Click here for how to set parental controls on different devices

<https://www.internetmatters.org/parental-controls/>



The ThinkUKnow website has information about how to keep your child safe online and has very helpful tips for parents.

Attendance 1st July - 8th July 2022

Congratulations to the following classes for achieving the highest attendance percentage in their Year Groups over 96%.

Year Group	Class	Attendance %
Year 1	Ash	98.7%
Year 2	Hawthorn	96.2%
Year 5	Palm	97%
Year 6	Aspen	97.8%

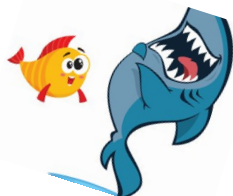


The minimum target for attendance each week as set by the Government is 96%. During the above period our overall school attendance was 92.9%.

Joke of the Week

Q. What do you get when you combine an elephant with a fish?

A. Swimming trunks!



Chase Lane 2022-2023 School Calendar

Parents are politely reminded to familiarise yourself with the term dates for 2022-2023 to avoid booking holidays during term time. The new term starts on Monday 5th September 2022 at the usual time of 8.45am

September 2022						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2022						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2022						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2022						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2023						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2023						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2023						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2023						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2023						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2023						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July 2023						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2023						
Mon	Tues	Wed	Thur	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Inset Days	Bank Holidays	School Holidays
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Spring/Summer Menu 2022 week 1	Monday	Save the Planet Tuesday	Wednesday	Thursday Commonwealth Theme Menu
CHOICE 1	Beef Lasagne	Planet Pizza Wedge (v)	Creamy Mac n Cheese n Peas (ve)	'Birmingham' Jackfruit Balti (ve)
CHOICE 2	Crunchy Carrot Curry (ve)	Planet Pizza Wedge (ve)	MSC Fish Fingers	'Powerlifting' Penne Pasta bake (v)
CHOICE 3	Jacket Potato (ve) with Various Fillings	Jenny Hammond School Favourite Pulled Jackfruit Wrap (ve)	Filled Baguettes	'Basketball' BBQ Chicken
Sides	Mixed Rice	Skin On Baked Wedges	Oven Baked Chips	'Javelin' Carrots
Vegetables	Oven Roasted Cauliflower Floret Garden peas	Mixed Vegetables Sweetcorn Coblets	Baked Beans Minted Garden Peas	'Shot Putt' Peas
Salads	Salad Selection	Salad Selection	Salad Selection	Salad Selection
Desserts	Pineapple & Ice Cream	Fruit Jelly Pot (ve)	Homemade Shortbread Biscuit with Wedge of Fresh Orange (ve)	'Reece Prescod' Dessert Selection
DAILY	Organic Fruit Yogurt with Seasonal Fresh Fruit	Fresh Fruit Salad	Organic Fruit Yogurt with Seasonal Fresh Fruit	'Freestyle' Fresh Fruit Salad
DAILY	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Iced 'Baton' Sponge & 'Relay' Custard
Bread	Homemade Garlic Bread	Homemade Bread	Homemade Bread	Homemade Bread



Beat the Heat

Coping with heat & COVID-19

Stay cool at home



Many of us will need to stay safe at home this summer



Know how to keep your home cool



Look out for others safely, follow COVID-19 guidance

Stay cool, keep well



Drink plenty of fluids and avoid excess alcohol



Slow down when it is hot



Stay connected, listen to the forecast

Cooler, safer places



Go indoors or outdoors, whichever feels cooler



Self-isolate at home if advised to do so



Use cool spaces considerably, keep your distance

Watch out



Be on the lookout for signs of heat related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

PHE publications gateway number: 086-1289

Keeping pets COOL when it's HOT

Brought to you by Nationwide*

Some FACTS:

- Dogs and cats **don't sweat** when they're hot; they pant.
- Many dogs don't know when to stop playing. **Limit exercise** during warmer temperatures. Go for walks early in the morning or during the evening.
- Heatstroke causes **severe brain damage**.
- Signs of heatstroke** = Rapid, raspy panting, drooling, vomiting, weakness, collapse and seizures.
- Dog and cat breeds with **short snouts** are more susceptible to heatstroke.

Potential dangers:

- Pavements** can be very hot on paw pads, and cause burns. Consider traction socks or shoes for dogs when walking outside.
- Protect your pets from **insect bites**; use a DEET-free repellent.
- Use **flea & tick control** during summer months.
- Pets can get **sunburn**, too. Use a pet-safe sunscreen when taking pets outdoors. (Apply to ears, nose, tail, belly.)

DON'T:

- Leave pets in cars
- Leave pets without a cool place to rest
- Leave pets outdoors
- Leave pets in garages
- Leave pets without plenty of water

Heatstroke

Hot cars are a death trap for pets. **Heatstroke** can occur within minutes, even with the windows open.

On a 78-degree day, the **temperature inside a parked car** can soar to between **100 and 120 degrees** in just minutes and on a 90-degree day, it can reach as high as **160 degrees** in less than 10 minutes.

DO:

- Make frozen treats for pets to help cool them down and prevent dehydration.

Costs:

- Insect Bite & Sting: \$176*
- Heatstroke: \$557*
- Burns: \$219*

*Actual Nationwide claim, including exam, medication, tests, hospitalization, fluids and analgesia

Nationwide pet insurance covers treatment costs for accidents, injuries and more. Get a quote at petinsurance.com. For more pet health and safety tips, visit MyPetHealthZone.com.

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HELLO, PARENTS & GUARDIANS! WE ARE BEEZEE BODIES, AND WE WORK WITH WALTHAM FOREST COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR FAMILIES.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW 12 WEEK COURSES STARTING NEAR YOU WEEK COMMENCING 12TH SEPTEMBER!

CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE

[https://beezeebodies.com/for-families?](https://beezeebodies.com/for-families?utm_source=parent-mail&utm_medium=email&utm_campaign=september-22-recruitment)

utm_source=parent-mail&utm_medium=email&utm_campaign=september-22-recruitment



METHOD

- Place bananas, yoghurt, milk (and vanilla extract/ nut butter optional) into the blender and whizz together.
- If you don't have a blender, mash the banana in a bowl before adding the yoghurt and milk
- Taste the mixture and add a drop of honey if needed
- Pour the mixture into the molds, filling halfway only
- Add 1 tbsp of cocoa to the remaining mixture and blend
- Top up the moulds with the chocolate banana mixture
- Add the sticks and place in the freezer for 4-6 hours
- When frozen, take out of the freezer, ready to decorate
- Melt your chocolate and drizzle onto the lollies before adding your toppings
- Place the lollies back in the freezer to set
- Enjoy!

INGREDIENTS

(6 medium ice lollies)

- 4 ripe bananas
- 75ml Greek yoghurt
- 30ml milk (any type)
- 1 tablespoon of cocoa powder
- 50g dark, milk or white chocolate
- vanilla extract/ honey

Toppings of your choice!

- chopped nuts (hazelnuts/ pistachios/ almonds)
- desiccated coconut
- nut butter
- granola
- freeze dried raspberries



*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Waltham Forest and include one child who is above their ideal healthy weight.



beezeebodies.com

BeeZee Families

03308 186308



Free, fun, family-friendly activities

There are lots of free events happening over the winter months and beyond that you can enjoy by yourself, with family or with your neighbours. You can expect to find events like:



Fellowship Fountain displays

44 jets of water programmed to dance to music and illuminated by multicoloured lights.



Fun events at Libraries

Check out upcoming events at your local library and sign up for free clubs including things like Arts and crafts, Lego, board games, knitting, films and much more!



Get fit for free!

'Our Parks' is a free fitness programme which takes place in parks across London. They lead regular classes online and in person at

Lloyd Park, Leyton Jubilee Park, Ridgeway Park, Langthorne Park.



William Morris Gallery and Vestry House Museum

Come and explore Waltham Forest's local history, art and culture, including new exhibitions include 'Young Poland: An Arts and Crafts Movement (1890 – 1918)' and 'Sweet Harmony: Radio, Rave & Waltham Forest, 1989-1994'.

3 easy ways you can find out more

- Online:** All the information in this leaflet and more can be found at walthamforest.gov.uk/worriedaboutmoney
Language translations are also available on the website.
- By phone:** If you can't find what you need online, call **020 8496 3000**.
- Face-to-face:** For in-person help, our 8 local libraries provide easy access to a range of council services, with free computer access too.

What can we help you with?

To get help on all these issues scan the QR code



- ✓ **I suddenly have no money**
Have you lost your job, are you experiencing a relationship breakdown or are you facing unexpected costs?
- ✓ **I am waiting on a benefit payment/decision**
Have you made a new benefit claim, or is your benefit payment delayed?
- ✓ **My money doesn't stretch far enough**
Do you struggle deciding between food/fuel/mobile credit, are you on low income, or suffering from an illness or bereavement?
- ✓ **I'm worried about debt**
Have you got rent or council tax arrears, are you worried about bills, credit cards or do you owe money to friends or family?

What are some options available to you?

For more information about the options available, scan this code



- ✓ **Council support schemes**
If you are of working age and on a low income, you may be able to get **Universal Credit, housing benefit or council tax support**.
If you are receiving one of these already and you are still struggling to pay for things like bills or essential household items, you may be eligible for grants and payments such as **Local Welfare Assistance**.
- ✓ **Check if you can increase your income**
Anyone who is struggling financially can talk to an advisor for **free and confidential advice**, for a **benefit check** and to **help you find cheaper deals** on things like gas and electricity.
- ✓ **Debt advice**
Debt can happen to anyone. There are many options for **free debt advice and support** and to help reduce how much you pay each month.
- ✓ **Benefit advance**
You may be able to **receive your benefit earlier than usual** if you need to pay for something like rent or food.
- ✓ **Hardship payment**
If you have been sanctioned, you may be eligible for a hardship payment from the **Jobcentre, Job Seekers or Employment Support Allowance**.
- ✓ **Challenge a benefit decision**
If your benefit has been stopped, sanctioned, reduced or refused, we may be able to help you with challenging this decision.



Worried about money?

Scan the QR code or visit walthamforest.gov.uk/worriedaboutmoney



We're here to help you or somebody you care about get support in Waltham Forest this winter and beyond.

Whether you need advice or support to...

- pay your bills or heat your home,
- get quality food that's right for you and your family,
- access the right type of benefit for you

...we're here to help.

citizens
advice



Other support available to you

Worried about money or debt?

Citizens Advice Waltham Forest

For advice on various issues including money, benefits, housing, employment, and how to apply for further aid.

- ☎ 0800 278 7837 (freephone)
- 📧 citizensadvice.org.uk/local/waltham-forest/

Citizens Advice National

- ☎ 0800 240 4420 (freephone)
- 📧 citizensadvice.org.uk

Debt Free London

Expert advice for Londoners with problem debt. The advice pages on their website can be translated into many languages.

- ☎ 0800 808 5700 (freephone)
- 📧 debtfree.london

National Debt Line

Free and independent debt advice

- ☎ 0800 808 4000 (freephone)
- 📧 nationaldebtlne.org

Worried about getting food?

Local food organisations

There are many local food hubs who can help you access free or affordable food*. The Council has recently worked closely with these five:

- Info@EatOrHeat.org
Three locations:
1 E4 8LT
2 E17 4QU
3 E11 4PP
- HighamsParkFoodAid@gmail.com
E4 9GD
- PL84UALSuffa@gmail.com
E11 4LJ
- RukhsanaKhan-Foundation@outlook.com
E17 9QQ
- info@Hornbeam.org.uk
E17 9AH



Food Vouchers

Support is available to help you buy fruit, vegetables and milk if you're on a low income, pregnant or have a child under four years old.

- 📧 healthystart.nhs.uk/

*You can also find a longer list of local food hubs here:

- 📧 www.walthamforest.gov.uk/worriedaboutmoney

Worried about accommodation?

Shelter

Emergency helpline if you are homeless or at risk of being homeless:

- ☎ 0800 800 4444 (freephone)
- 📧 england.shelter.org.uk

Waltham Forest Migrant Hub

Access free advice on Immigration, Housing and Welfare, as well as signposting to other organisations that can help.

- 📧 wfmigranthub.org/advice-and-support/