

Reception Admissions 2023/2024

IMPORTANT: The closing date for Reception 2023/2024 applications is THIS SUNDAY 15th January 2023.

If your child will be five between 1st September 2023 and 31st August 2024 (date of birth 1.9.18 - 31.8.19), they are due to start Reception Class in September 2023. To make an application please apply online at www.eadmissions.org.uk by **Sunday 15th January 2023**. For more information, visit the Waltham Forest Primary Admission page <https://www.walthamforest.gov.uk/content/applying-primary-school->

Please note, having a place in our Nursery or other children in the school does not guarantee a place in our Reception - you must still apply.



Clubs & After School Boosters

Spring term clubs and after school boosters for Years 2 & 6 started this week children.



Year 6 Parents/Carers are reminded that children cannot walk home alone after clubs or boosters and must be collected by an adult.



Diary Dates Spring Term 2023

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

Monday 16th January	Spring Term Clubs start
Thursday 19th January	2.30pm - 3.15pm Parents Forum
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
Monday 20th March	Clubs and after school boosters end this week
Monday 27th March	Whole school Parent Consultations
Thursday 30th March	Whole school Parent Consultations
Friday 31st March	School closes 1 hour early for 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 Summer holidays



Parent 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 **Thursday 19th January 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: chase.lane.pri@clp.waltham.org.uk by midday **Wednesday 18th January**.



Waltham Forest Wanders Walking and Cycling



The Waltham Forest Wanders Walking and Cycling trails is a **free** resource to get people outdoors over the weekend and enjoy our local areas. You can download the trails by clicking: <https://enjoywalthamforest.co.uk/waltham-forest-wanders/>

There are also some great walking trails in and around the Queen Elizabeth Olympic Park. For a full list of the different routes, visit the park website here: <https://www.queenelizabetholympicpark.co.uk/the-park/things-to-do/tours-and-trails/trails>

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.

Happy Birthday

Happy Birthday to all those who have celebrated/are celebrating their birthdays this month. We hope you had a wonderful day!



Riddle of the week

Q. I always go up and never come down?

A. What am I?

Answers is at the bottom of page 2



Joke of the week

Q. What Kind of band never plays music?

A. An elastic band.



Waltham Forest Residents' News

Click the links below to views the latest Waltham Forest Residents' News: <https://content.govdelivery.com/accounts/UKWALTHAM/bulletins/341b260>

CHINESE NEW YEAR MENU YEAR OF THE RABBIT

Lemon Chicken with Egg Fried Rice
Vegetable Chow Mein (v)
Sticky Tofu (ve) with Mixed Rice

Szechuan Green Beans
Sweetcorn Coblots

Pineapple Upside Down Cake & Custard
Mandarin Orange Floating Jelly (ve)
Fresh Fruit Platter (ve)



Chinese New Year is on Sunday 22nd January.

Waltham Forest are running a special paper lantern-making workshop this weekend:

Date: Saturday 14 January 2023
Time: 10.00am to 12.00pm
Location: Queens Road Learning Centre, 97 Queens Road, E17 8QR
Cost: **Free** but booking is required

Papercutting is an important tradition during Chinese Lunar New Year. The paper cut-outs are popular decorations used to adorn windows and mirrors. In this workshop, participants will learn basic skills through folding and cutting the paper and create beautiful patterns.



Martin Luther King Jr Day

Martin Luther King day is observed every year on the third Monday of January. On Saturday 14 January this year, Waltham Forest will be celebrating the influential civil rights leader with a craft's day at Walthamstow Library.

Why not pop along and make a handprint wreath in memory of Martin Luther King Jr.

This event is **Free** and suitable for all ages.



"I HAVE A DREAM
THAT ONE DAY
THIS NATION WILL RISE UP
AND LIVE OUT
THE TRUE MEANING
OF IT'S CREED -
WE HOLD THESE TRUTHS
TO BE SELF-EVIDENT:
THAT ALL MEN
ARE CREATED EQUAL."

Martin Luther King Jr.

WEEK 2 School Dinner Menu for w/b 16th January 2022 (Thursday's menu is at the top of the page)

Monday

CHOOSE FROM

Jackfruit Jambalaya 🍌
Oven Roasted Vegetable Sausage with Caramelised Onions & Gravy 🍌
Oven Roasted Chicken Sausage with Caramelised Onions & Gravy

SIDES

Creamy Mashed Potato

UNLIMITED

Fresh Seasonal Organic Carrots, Green Beans, Fresh Salad Selection, Homemade Bread

DESSERT

Chocolate Cracknel & Custard
Organic Fruit Yogurt with Seasonal Fresh Fruit
Seasonal Fresh Fruit

Tuesday



CHOOSE FROM

"Riverley School Favourite" Buttered No Chicken 🍌 (Cauliflower)
Spicy Tomato & Vegetable Pasta Bake 🍌
Jacket Potato with a choice of fillings 🍌

SIDES

Savoury Mixed Rice

UNLIMITED

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

DESSERT

Fruity Flapjack 🍌
Fresh Fruit Salad
Seasonal Fresh Fruit

Wednesday

CHOOSE FROM

Jerk Chicken
Homemade Cheddar Cheese & Pepper Quiche 🍌
Sweet Potato & Chickpea Curry 🍌

SIDES

Rice & Peas
Saute Potatoes

UNLIMITED

Garden Peas, Mixed Vegetables, Fresh Salad Selection, Homemade Bread

DESSERT

Fruit Jelly Pot 🍌
Organic Fruit Yogurt with Seasonal Fresh Fruit
Seasonal Fresh Fruit

Friday

CHOOSE FROM

MSC Golden Crumb Fish Fingers
Smokey Cheese & Cherry Tomato Pasta 🍌
MSC Lemon Crumb Salmon Fillet

SIDES

Oven Baked Chips

UNLIMITED

Baked Beans, Grilled Tomatoes, Fresh Salad Selection, Homemade Tomato Bread

DESSERT

Iced Lemon & Lime Courgette Muffin 🍌
Organic Fruit Yogurt with Fresh Fruit
Seasonal Fresh Fruit

Community Information

Waltham Forest Crisis Line



Do you need someone to talk to? Call 03005551000 for the confidential 24/7 Waltham Forest crisis line.

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.



Winter Spaces Network



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 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 or phone: 07799913026





A great start for babies and young children

Everyone wants the best for their children, but it can be hard to know what to do as a parent in the early years. That's where HENRY comes in.

The HENRY programme is free to join and helps you give your child the best possible start in life.



"This programme changed my life."

www.henry.org.uk

Is the HENRY programme for me?

The HENRY programme can help everyone with a baby or young child. Every parent who joins learns something new and useful.



If you have at least one child under 5 years old and can answer 'yes' to any of the questions below then HENRY is for you:

- Would you like to feel more confident as a parent?
- Would you like some support to give your child a healthy start?
- Do you wish your child would eat more fruit and vegetables?
- Would you like to reduce mealtime stress?
- Would you like to enjoy being active together as a family more often?
- Are you interested in some ideas to get children away from the TV?

What is HENRY?

HENRY is a UK charity working to give babies and young children a healthy start in life.

About the programme

The programme is for parents or carers of children aged 0 to 5 years old. It is free to join.

Everyone wants the best for their children, but with so much conflicting advice it can be hard to know what to do for the best as a parent, especially in the early years.



The HENRY *Healthy Families: Right from the Start* programme is running locally. Join the thousands of families across the country who have benefited from the support and tips it provides for young families.

Research shows that the key ingredients to ensuring babies and young children have a healthy start in life are:

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

The programme covers these 5 themes across 8 weeks and provides everything you need to help get your little one off to a great start.

What do other parents say about it?

- 97% of parents would recommend it
- 89% feel more confident as a parent

"I'm so glad I did this programme. Do it!"

"This was the best thing I could possibly have done to help me be a better mum"

What do I get on a HENRY programme?

Every parent joining a HENRY programme receives a HENRY toolkit which includes everything you'll need during the programme and helpful resources to use in your family.

The HENRY toolkit will help you give your child a great start in life, get the whole family involved, and keep track of how well you're doing.



The HENRY Parent Toolkit – free to everyone joining a HENRY programme

Weekly sessions

Each week helps you provide a healthy, happy, supportive environment for the whole family.

Week 1 – Decide what changes you want to make and set your own goals

Week 2 – How to juggle life with young children so you all get what you need

Week 3 – How to respond to children's needs without giving in to all their demands

Week 4 – Positive mealtime tips for a happy family – reducing mealtime stress for everyone

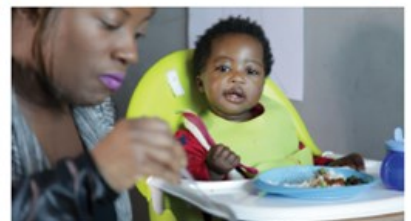
Week 5 – Ideas for active play to help children learn, develop and stay happy

Week 6 – Food groups, food labels, portion sizes for under 5s, first foods, and snack swaps

Week 7 – Understanding and managing your child's behaviour for a happier home

Week 8 – Celebrate your success as a parent and plan the future for your family

"I highly recommend it. It was brilliant."



How can I join a programme?

HENRY programmes are running locally. Talk to your local Children's Centre or Family Hub, Early Intervention or Family Support Service to find out more, help you decide if you would enjoy it, or to join a programme.



For more information about HENRY go to:

- www.henry.org.uk
- @HENRYHealthy
- [facebook.com/HENRY.HealthyFamilies](https://www.facebook.com/HENRY.HealthyFamilies)
- 01865 302973



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