

Safer Internet Day



Be smart on the internet

S SAFE Keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your email address, phone number and password.

M MEETING Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.

A ACCEPTING Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

R RELIABLE Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone you knows.

T TELL Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online. You can report online abuse to the police at www.thinkuknow.co.uk

www.kidsmart.org.uk

Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

Tuesday 6th February 2024 was Safer Internet Day. Across the school this week, the children have been learning about how to keep themselves safe online whilst exploring this year's Safer Internet Day theme 'Inspiring Change? Making a difference, managing influence and navigating change online.'

Year 3 have been learning about the impact of their digital footprint, Year 4 have been exploring how technology has changed over time, whilst Year 6 have been debating the influence of AI technology!

All year groups had lots of fun exploring the various ways to keep themselves and others safe online!

Together for a better internet




Technology:	Changes:
Technology: A simple digital clock.	Changes: How they changed is in the 1900s, they had no screens so they used clocks instead.
Technology: A television set.	Changes: TVs changed by the colour and the websites because there was no YouTube in the older times (1900s).
Technology: A smartphone.	Changes: Phones changed by the buttons because the first phone EVER had no screen and only buttons but now it is the complete opposite! Screen and no buttons!

TI You

Write a list of 5 simple rules for children to follow when they start to use AI.

ChatGPT

- 1. Ask a Grown-Up First:** Before trying out new apps or games that use AI, always check with a grown-up to make sure it's okay. They can help you understand what the app does and if it's safe.
- 2. Be Kind to AI Friends:** Just like with people, it's important to be polite and kind when using AI. Use good manners and remember that even though AI is smart, it's not a real person.
- 3. Keep Personal Stuff Private:** Don't share your personal information, like your name, address, or school, with AI apps or robots. They don't need to know that stuff!
- 4. Learn and Play Together:** If you're using AI for learning or playing, it's more fun to do it with friends or family. You can share ideas and help each other out.
- 5. Take Breaks:** Spending too much time with screens and AI can make your brain tired. Remember to take breaks, play outside, and do other fun activities without using technology. Your brain will thank you!

Enterprise Week



Year 5 students embarked on an exciting enterprise project, crafting badges inspired by Route 66!

Creativity soared as they designed and produced unique badges. With entrepreneurial spirit, they advertised and sold their creations, vying for the top spot and a chance to win £10.

Congratulations to all participants! 🎉
#YoungEntrepreneurs

Edenred Free School Meal Holiday Vouchers

Edenred vouchers of **£15 per child**, per week for the half-term holiday, were issued yesterday to all families in receipt of benefit related Free School Meals (FSM). Those families that are entitled would have received an email from Edenred and **not** from Chase Lane Primary, so please check your junk/spam mail in case it appears in there. If you have recently changed your email, please make sure you have notified the school because the vouchers will be sent to the email address that we have on our system. Please be aware that the vouchers expire after 2 months and cannot be reissued if they are not redeemed by then.



Happy Independence Day Grenada

On Wednesday 7th February it was Grenada's Independence Day. Grenada is a small island in the Caribbean. We would like to wish all our families of Grenadian heritage, a very happy 51st Anniversary of Independence.



Book Fair, Book Week & World Book Day

Book Fair - On Tuesday 27th February, all children will receive a book token which can be used at our Book Fair or in supermarkets and bookshops. Our Book Fair starts the week before Book Week and will run from Wednesday 28th February until Tuesday 5th March.

It will be held in the KS1 playground after school, weather permitting and will be a cash only event. We kindly ask parents/carers to bring small change as we will not be able to change large notes.



Please come along and help us to earn book rewards for school.

Book Week - Book Week runs from Monday 4th March until Friday 8th March. Our theme this year is Poetry and Rhymes and the children will be looking at a selection of poetry and rhymes which will be explored through the creative curriculum. We will be running a competition, which will be to write a short poem about their favourite colour. Your child's class teacher will explain this nearer the time. Early Years will have a different task which will be based on the rhymes they have shared. The competition closing date will be Monday 11th March and there will be prizes for each year group.

World Book Day - World Book Day is on Thursday 7th March. We would ask that children dress up as characters from their favourite books/poems/rhymes.



We look forward to some exciting weeks ahead!

Year 4 South America

This term Year 4 are learning all about South America. The children have been asked to create a project at home to develop their understanding further of South America. For example, they could create the Amazon Rainforest using a range of recycled materials, research famous landmarks in South America, produce a piece of music influenced by a South American artist or write a newspaper report on the negative effects of deforestation, animal extinction or climate change.



The children's work will be displayed in our classrooms so the more innovative, the better! The work can also be posted onto seesaw. Try to be as sustainable as possible and think about ways you can recycle materials.

We look forward to seeing your fabulous South American creations!

Sign of The Week

This week's sign is **'Fire'**. Click on the link below to view how to make the sign for **fire**

<https://www.youtube.com/watch?v=Po2-loUAS9I>



Week 1 Dinner Menu 19th February - 23rd February



Next week's dinner menu will be **WEEK 1**. Please click the link to view it: https://walthamforestcatering.co.uk/sites/default/files/2024-01/WFC_Primary_Menu_Winter_Menu_2024.pdf

Waltham Forest Residents News

Click the links below to view the latest Waltham Forest Residents news:

<https://content.govdelivery.com/accounts/UKWALTHAM/bulletins/388ba73>

Happy Chinese New Year

A Happy Lunar New Year to all our families who will be celebrating tomorrow, **Saturday 10th February**. This year is the year of the Dragon.



Today our Nursery & Reception learned all about Chinese New Year. We watched a dragon parade, made Chinese noodles and had our very own parade!

See the photos below.



Great Tree Giveaway



Waltham Forest is repeating it's annual Great Tree Giveaway during the February half-term. Each household can request a **FREE** tree and, although there are around 5,000 trees, they will be given out on a "first-come, first-served" basis so you may want to get there early!

Your tree will be a whip or small sapling (it will look a bit like a twig!) but you can plant them outside or, if you do not have outside space, you can put them in a pot instead and watch them grow. The closest collection point for us is:

Ridgeway Park (E4 6RS) Monday 12th and Tuesday 13th February from 12pm - 3.30pm.

There are other locations available, please click the link below for more details:

[Get ready for the Great Tree Giveaway | London Borough of Waltham Forest](#)

Reading Volunteers

As we come to the end of this half-term, we want to express our deep gratitude to the wonderful parent volunteers who have dedicated their time to listening to our young readers in Key Stage 1. Your support has been invaluable in nurturing their love for reading and enhancing their literacy skills.

Thank you for being shining examples of community spirit and for enriching the educational experience of our children. We look forward to continued collaboration next half term.



If you are interested in joining our amazing team of reading volunteers, please email the school office with the subject title 'Reading Volunteer' at chaselanepri@clpwaltham.org.uk

Miss Hibbett
Assistant Headteacher

Joke of The Week

Q. How do you talk to a Giant?

A. Use **BIG** words!



Children's Mental Health Week 5th - 11th February 2024

This week is Children's Mental Health Week. The theme this year is 'My Voice Matters'. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. This year the aim for Children's Mental Health Week, is for all children and young people to be able to say - and believe - "My Voice Matters." As parents and carers, we play an important role in our child's mental health. Below are some helpful ways to do this at home. Click the link below to view a video made by our Well-Being Champions:
https://www.canva.com/design/DAF7dxTZya8/CgnnFESjibTppj6osECxmw/watch?utm_content=DAF7dxTZya8&utm_campaign=designshare&utm_medium=link&utm_source=editor

My VOICE MATTERS

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say - and believe - "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week - to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

Here's what children and young people told us they need from you:

1 We don't need to have 'one-off conversations about our mental health' - sometimes a chat on a journey or at bedtime is enough.

2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.

3 Please listen to me carefully and acknowledge how I am feeling - it might seem silly to you but what I am going through is important to me.

4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.

5 Don't compare my experiences to your own when you were a child.

6 Sometimes I just need you to listen and hear what I'm saying - I don't always need answers (or lectures)

7 Please don't worry about trying to fix things for me - I often just need to know you are there for me and understand what I am going through.

8 If you are open with me about your feelings, this can help me to be more open about mine.

9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age - my siblings, cousins, friends, younger teachers at school - because they 'get it'.

10 Sometimes a hug is all it takes to make me feel supported.

WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: bit.ly/3PzCGi8

For secondary children: bit.ly/3LBD2wK

My VOICE MATTERS

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT YOUR DAY

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?

WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?

CHILDRENSMENTALHEALTHWEEK.ORG.UK

Dates for the Diary

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

Half-Term Monday 12th February - Friday 16th February

Spring Term 2 - 2024

Monday 19th February

Tuesday 20th February

Tuesday 20th February

Thursday 22nd February

Tuesday 27th February

Wednesday 28th February

Thursday 7th March

Friday 15th March

Monday 18th March

Tuesday 19th March

Wednesday 20th March

Thursday 21st March

Friday 22nd March

Tuesday 26th March

Thursday 28th March

Monday 19th February - Thursday 28th March 2024

Inset Day - Staff training day. School closed to children

9.00am - 9.30am KS2 (Years 3 - 6) Preloved Uniform Sale

Children return to school

9.00am PTA meeting, meeting room

2.30pm - 3.20pm Parents Forum

Book Fair Week, after school in Key Stage 2 (Year 3 - 6) playground

World Book Day - Children Dress up as their favourite book character

6.30pm - 8.30pm PTA Family Bingo night (details to follow)

Whole School Parent Consultations (details to follow)

Nursery Parent Consultations (details to follow)

Nursery Parent Consultations (details to follow)

Whole School Parent Consultations (details to follow)

Year 2 trip Acacia class (AM) trip to William Morris Gallery (details to follow)

Year 2 trip Sassafras class (PM) trip to William Morris Gallery (details to follow)

Year 2 trip Baobab class (AM) trip to William Morris Gallery (details to follow)

Last day of Spring term - school will close 1 hour earlier

Easter Break Friday 29th March - Friday 12th April

Tuesday 2nd April - Friday 5th April

Easter School for Year 6 Week 1 (details to follow)

Monday 8th April - Thursday 11th April

Easter School for Year 6 Week 2 (details to follow)

Summer Term 1 - 2024

Monday 15th April - Friday 24th May 2024

HENRY Buddies

- Are you pregnant, or do you have a child under 2?
- Are you finding adjusting to family life a challenge?
- Or are you feeling isolated and would like a listening ear?

You are not alone!

Many parents find it challenging to juggle family life and keep their children happy and healthy from time to time. With all the different worried we all experience when raising a young family, life can sometimes feel tough.

To find out more about how a HENRY Buddy could support you contact us at:

wfsupport@henry.org.uk or
020 8496 5223



Scan to go to
our website



What is a HENRY Buddy?



HENRY Buddies provide telephone support for families who are expecting or have a child aged 0-2 years old. They provide a listening ear, helping you through the tough and challenging times

What will a HENRY Buddy do?

Your HENRY Buddy will keep in touch with you by phone and text, usually 2 or 3 times a week. They will support you for around 6 weeks. They'll listen and provide you with the support you need as a parent – as well as offering practical ideas.

What will your HENRY Buddy help with?

That depends on you and your family – your HENRY Buddy will find out what's already going well for you and where you'd like new ideas that will work for your family. Examples of things a HENRY Buddy can help with include:

- planning time for yourself and ways of reducing stress
- how to make daily life at home enjoyable for you all – and reduce arguments
- fun ways of keeping active for the whole family
- first food ideas for your baby as well as ideas for easy healthy meals and snacks for the whole family



To find out more about
HENRY Buddies contact:
wfsupport@henry.org.uk
or 020 8496 5223



Healthy Teeth

NHS Dentists in Waltham Forest



This is an up-to-date list of NHS dentists currently offering routine appointments and accepting new patients

Forest Dental Care 73 Hoe Street E17 4SA 0208 521 3777	Leyton Dental Surgery 724 High Street Leyton E10 6AA 02085396022	Mr Evans and Associates 252a Chingford Mount Road E4 8JL 0208 529 1587
Chingford Road Dental Surgery 31 Chingford Road E17 4PW 02085279062	Woodgrange Dental Practice 80 Woodgrange Road E7 0EW 02085553336	Park View Dental Surgery 330 Cann Hall Road E11 3NW 02085192990
Lea Bridge Dental Practice 433 Lea Bridge Road E10 7EA 0208 539 6152	Abbey Dental Practice 25 St James Street E17 7JP 02085212816	Mr P Wong & Associates 123 Hoe Street E17 4RX 02085204151
Hoe Street Dental Surgery 337 Hoe Street E17 9BD 02085205289	The Dental Design Studio 127 High Street E17 7DB 02085214333	Cedars Dental Practice 775 High Road Leyton E10 5AB 02085581122
L Wong and F Wong 845 High Road Leytonstone E11 1HH 02085394720	Woodford Green Dental Practice 80 Snakes Lane East IG8 7QQ 02085029966	Smile in London 399 High Road Leyton E10 5NA 02085391653
Key 2 Smile 622 Lea Bridge Road E10 6AP 02085392277	Mr A. M. Hathi 153 Hainault Road E11 1DT 02085584478	Woodstreet Dental Practice 176 Wood Street E17 3HX 02085090055

020 8496 5223
wfsupport@henry.org.uk

Please note that we do not endorse or recommend any particular practice.

This list is up-to-date as of the 07 Feb 2024.



Free Activities This Half-Term

The Imagine Children's Festival takes place at the South Bank Centre over 11 days at February half-term, with brilliant theatre, comedy, music, literature, poetry, dance and flat-out family fun on offer, designed for children aged 0 - 11.

It's all about inspiring creativity, celebrating the individuality of every child, championing diversity and sparking imaginations. Around 50% of the events are **FREE**. Just click the link below and you can find them listed in the 'Free' tab on the page, or by checking the 'free' filter when you search the 'What's On' calendar.

<https://www.southbankcentre.co.uk/whats-on/family-young-people/mish-mash-family-trail?eventId=970029>

