

### Mental Health and Wellbeing



World Mental Health Day took place on Saturday 10th October. This year more than ever, it is important that we look after our mental health as well as our physical health. So let's be kind to ourselves and others. There are many different ways we can all look after our mental health as well as help to promote the positive mental health of others.

**Little things** - like calling a friend to let them know you are thinking of them.

**Me time** - It is also very important to make sure we take some time out for ourselves. Even a five minute pause from the housework or a half hour lunch break at work. Just a few minutes can be enough to de-stress and give yourself some 'me time'.

**Technology** - We can also make the most of technology to stay in touch with friends and family. Video-chat apps like Skype, WhatsApp and Zoom are useful to maintain visual contact, especially with family and friends who live far away. Don't just rely on social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or emailing people.

**Keep active** - Exercise is great for our physical and mental health: <https://www.nhs.uk/live-well/exercise/10-minute-workouts> Walking is also a great form of exercise and helps to clear your head.

**Eating well and drink sensibly** - Vegetables and fruit contain a lot of the minerals, vitamins and fibre we need to keep us physically and mentally healthy. It is recommended to drink 6-8 glasses of water a day. Not all at once though!

**Ask for help** - Talk about your feelings and don't be afraid to ask for help. It's okay not to be okay.

### Reception to Year 6 Flu Nasal Spray

Children in Reception to Year 6 are eligible to receive a free Flu Nasal Spray vaccine administered by the school nurse. The school nurses will be in school next Wednesday 21st October at 9.00am. To administer the vaccine.

Consent forms were given out last month. Parents must complete and return the consent form even if you do not want your child to have it done.

The school nurses have recommended parents watch 'Flu Hero' which is a cartoon on YouTube that gives child friendly information about the vaccine: <https://www.youtube.com/watch?v=1jHwWm8NQUw>



### Packed Lunch

At Chase Lane there are a number of children with severe allergies. Please note, no chocolate in any form is allowed in children's packed. Likewise, sweets and fizzy drinks are not allowed. There is an increasing number of children who are having these as part of their packed lunches. We are a healthy school and maintain this throughout the school. It is most important that your child's lunch be nutritious and filling.

For ideas for healthier lunches, please visit any of the websites listed below.



[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

[www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration](http://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration)

[www.srnutrition.co.uk/2020/06/healthy-packed-lunches-for-children](http://www.srnutrition.co.uk/2020/06/healthy-packed-lunches-for-children)

### Attendance w/c 5th October 2020

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



Year	Class	Attendance %
Reception	Maple	99
Year 1	Cedar & Hawthorn	100
Year 2	Beech	100
Year 3	Hazel	100
Year 4	Eucalyptus	100
Year 5	Sassafras	98.5
Year 6	Aspen	97

The minimum target for attendance each week as set by the Government is 96%. During the above period our whole school attendance was 97.6%.



Another fantastic week. Keep up the excellent effort everyone!

### Do Your Bit

We can all do our bit to help to slow down the spread of coronavirus, for example;

- Social distancing as much as possible
- Observing the 'Catch it, Bin it, Kill it' rule
- Washing our hands regularly for at least 20 seconds with soap and water
- Wearing a mask in public areas where possible
- Change/wash masks regularly



### Year 6 Secondary School Applications



Gentle reminder, if your child is in Year 6, you need to apply for a secondary school place for them for September 2021. The deadline for all applications is **31st October 2020**. Please visit the Waltham Forest Admissions site below for full details of how to apply: <https://www.walthamforest.gov.uk/content/applying-secondary-school-place>

### Change of School Meals

Please email the school office at [chaselanepri@clpwalham.org.uk](mailto:chaselanepri@clpwalham.org.uk) if your child wishes to change their meal pattern from packed lunch to school meals or vice versa. We require one week's notice so that our cooks can order food accordingly. We do not have provision for children to have a school meal some days & packed lunch on others.

Thank you in advance for your cooperation.

### Interesting Facts

Have you heard of Bessie Coleman?

Elizabeth "Bessie" Coleman was born on 26th January 1892. She was the first black female to become a licensed pilot in 1921. Flying schools in the United States denied her entry, so she taught herself French and moved to France where in just seven months she earned her license from France's well-known Caudron Brother's School of Aviation. She was a famous pilot and became well-known for her stunt flying and aerial tricks.



I think she should be best known for her resilience!

## Autumn 2 School Dinners

Children who currently receive a school pack lunch will be provided with a hot meal after half-term. If you would like your child to switch to school dinners after half-term, please let us know by next week. Below is the new hot dinner menu that will be available from 2nd November 2020.

## Joke of the Week

Q. Why did the golfers wear two pairs of pants?

A. In case he got a hole in one!



## Reception Admissions 2021-2022



### IS YOUR CHILD STARTING PRIMARY SCHOOL IN 2021-2022?

Check out the parents' guide to  
primary school admissions

Reminder to all parents with children born between 1st September 2016 and 31st August 2017, who will be due to start Reception in September 2021. The deadline to apply for a Reception place is on **Friday 15th January 2021**. You must apply via the e-admissions portal [www.eadmissions.org.uk](http://www.eadmissions.org.uk)

## School Dinner Menu Autumn/Winter 2020

### Chase Lane Autumn/Winter Menu 2020/21 Week One

Week Commencing 2/11/20, 16/11/20, 30/11/20, 14/12/20, 11/1/20, 25/1/20, 8/2/20, 1/3/20, 15/3/20, 29/3/20

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Homemade Cheese & Tomato Pizza served with Garlic Bread	Beef Pasta Bolognese served with Garlic Bread	Sticky Chicken	Homemade Cottage Pie (served with Gravy)	MSC Golden Crumb Fish Fingers with Lemon Twist
Vegetarian Choice	Vegetarian Chilli	Vegetarian Pasta Bolognese served with Garlic Bread	Rice, Chickpea & Vegetable bake	Homemade Sweetcorn Quiche	Mac 'n' Cheese served with Garlic Bread
Sides	50/50 Mixed Rice		50/50 Mixed Rice	Sauté Potatoes	Oven Baked Chipped Potatoes
Vegetables	A portion of vegetables	A portion of vegetables	A portion of vegetables	A portion of vegetables	A portion of vegetables
Desserts	Organic Fruit Yogurt Seasonal Fresh Fruit	Organic Fruit Yogurt Seasonal Fresh Fruit	Organic Fruit Yogurt Seasonal Fresh Fruit	Organic Fruit Yogurt Seasonal Fresh Fruit	Organic Fruit Yogurt Seasonal Fresh Fruit

### Chase Lane Autumn/Winter Menu 2020/21 Week Two

Week Commencing 9/11/20, 23/11/20, 7/12/20, 4/1/20, 18/1/20, 1/2/20, 22/2/20, 8/3/20, 22/3/20

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Tomato & Vegetable Pasta Bake served with Garlic Bread	Hot n Kicking Chicken	Beef Lasagne served with Garlic Bread	Oven Baked Sausages	MSC Fish Finger with Lemon Wedge
Vegetarian Choice	Jacket Potato served with various fillings	Fresh Vegetable & Chickpea Stir Fry	Vegetable Korma	Quorn Sausage	Arrabiatta Pasta served with garlic bread
Sides		Jacket Wedges Noodles	50/50 Mixed Rice	Creamed Potatoes	Chipped Potatoes
Vegetables	A portion of vegetables	A portion of vegetables	A portion of vegetables	A portion of vegetables	A portion of vegetables
Desserts	Organic Fruit Yogurt Seasonal Fresh Fruit	Organic Fruit Yogurt Seasonal Fresh Fruit	Organic Fruit Yogurt Seasonal Fresh Fruit	Organic Fruit Yogurt Seasonal Fresh Fruit	Organic Fruit Yogurt Seasonal Fresh Fruit

## Important Dates for Autumn Term 1 2020

Please note, additional items added to the Autumn calendar or any amendments made each week will always be entered in **BOLD**.

Wednesday 21st October 2020	Reception - Year 6 Flu Nasal Spray
Friday 23rd October 2020	Reception Golden Rule Dress - Up Day
<b>Monday 26th October – Friday 30th October</b>	<b>HALF-TERM</b>
Wednesday 4th November 2020	9.30am-10.30am Reception Admissions 2021-2022 Parent meeting
<b>Thursday 5th November 2020</b>	9.30am-10.30am Reception Admissions 2021-2022 Parent meeting
<b>Friday 6th November 2020</b>	<b>Children in Need - Spotty T-Shirt Day. Details to follow</b>
<b>Monday 16th November 2020</b>	<b>Anti-Bullying Week. Details to follow</b>
Monday 16th November 2020	3.45pm - 6.00pm Parent Consultations Evening Nursery - Yr6. Details to follow
Tuesday 17th November 2020	3.45pm - 5.30pm Nursery Parent Consultations Evening. Details to follow
Tuesday 17th November 2020	<b>NO BOOSTER CLASSES BECAUSE OF PARENT CONSULTATIONS</b>
Wednesday 18th November 2020	9.30am-10.30am Reception Admissions 2021-2022 Parent meeting
Wednesday 18th November 2020	3.45pm - 5.30pm Nursery Parent Consultations Evening. Details to follow
Thursday 19th November 2020	3.45pm - 6.00pm Parent Consultations Evening Nursery - Yr6. Details to follow
Thursday 19th November 2020	<b>NO BOOSTER CLASSES BECAUSE OF PARENT CONSULTATIONS</b>
Wednesday 2nd December 2020	9.30am-10.30am Reception Admissions 2021-2022 Parent meeting
Friday 4th December 2020	9.30am-10.30am Reception Admissions 2021-2022 Parent meeting
Friday 18th December 2020	End of Term: School closes 2.25pm/2.30pm/2.35pm