



ST HELENS PRIMARY

Friday 23rd September 2022

Dear Parents and Carers,

We have all had an enjoyable week. Despite the rather wet end to the week, the children continue to settle and work well.

Explorers enjoyed their outside environment for most of the week and have enjoyed developing friendships and learning new systems and routines. On Friday, Charlie, William and Daniel were keen to share their new wormeries and noticed how some worms had already burrowed themselves in to the soil whilst others remained on top.

Adventurers are also settling well with the new combination of children working well together. Thank you to Emily, Alena and Levi for their politeness.

In Discoverers, Ruby has been the first child to select a book from the new foyer collection. With great surprise, Ruby's *Worry*, by Tom Percival was her first choice. As a matter of fact she is now starting her second book, *Families, Families, Families* by Suzanne and Max Lang.

Hopefully other children will follow suit.

Pioneers have been great examples to the rest of the school. I enjoyed the computing lesson focusing on smartphones and the Google Docs Editors suite offered by Google which will act as a platform to share their information; namely, google forms and google sheets.

On Friday, the small group of Pioneers with whom I worked with performed very well. Hannah took to the role of the teacher like a duck to water as they say and Annie-May and Marlee were particular stars for the way they picked up new concepts very quickly.

Well done everyone. Have a great weekend.

Mr Wake

Explorers

This week Explorers have been looking at the changing season. We have been on nature walks discussing what they can see, hear and touch.

We have made Autumn collages using objects found on our walk. Leaf prints using wax crayons and threading leaves to make a leaf mobile display.

We have been counting using natural objects, grouping and matching quantities.

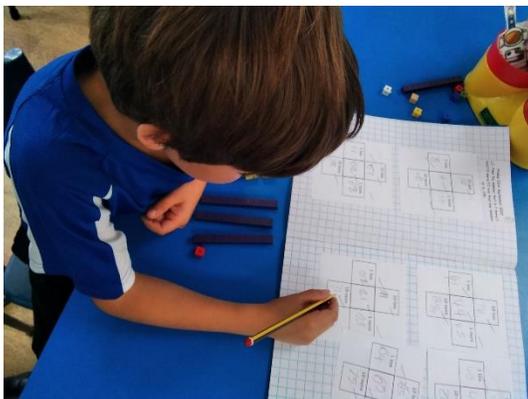
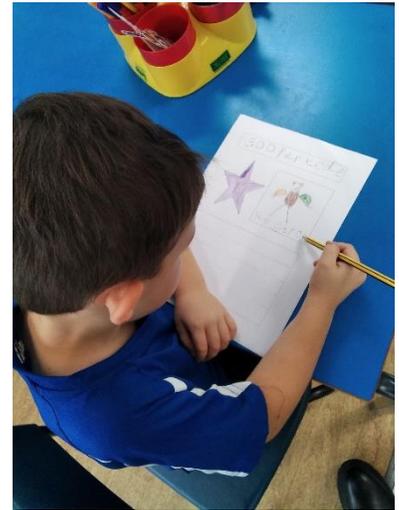
The children have been practicing to segment and blend words using robot voices.

A particular game they really enjoyed was 'Cross the River' where they have to retrieve items which have been sounded out using a robot voice.

Adventurers



We have had a lovely week in the Adventurers. In maths, both classes have been working with numbers up to 100. Year 1 were looking at one more and one less. Year 2 were doing the same, alongside 10 more and 10 less. In English the class have been writing up advertisements for their inventions. In art, the class have been sketching their own Starry Night works of art. This afternoon we have enjoyed our regular Friday free-flow time.



Discoverers

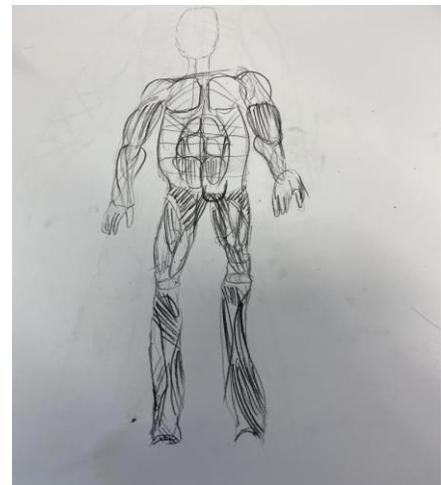
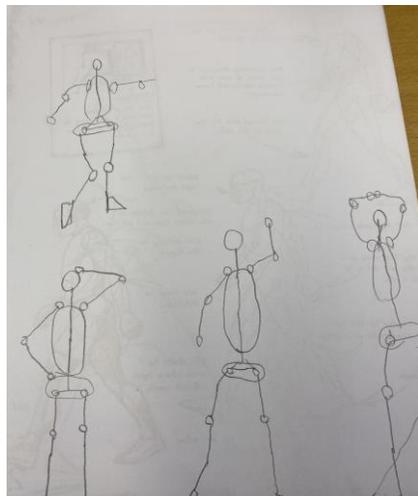
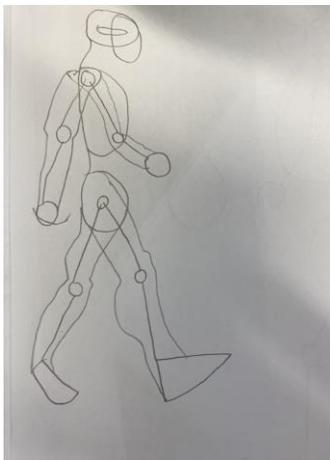
This week Discoverers have been learning about expanded noun phrases in English and applying that to the volcanos we have drawn in art. In science we have looked at how reflective different materials are in order to design our own reflective school bags to keep children safe walking home. We have also continued our topic of Romans in history by looking at the Roman army and legionnaires.

Pioneers

Pioneers building their stamina in cross country training this week.



In art we have been studying the human figure and this week we looked at anatomical drawings.



Attendance week from: 12/09/2022 to 16/09/2022

Class	Attendance	Late Arrivals	Minutes Lost Through Lateness	Unauthorised Absences	Authorised Absences
Explorers	97.3%	0	0	0	4
Adventurers	91.7%	0	0	6	13
Discoverers	95.9%	1	20	2	9
Pioneers	93.3%	0	0	12	44

Although we strive for 100%, our whole school attendance for this week was 94.3% which is below the national expectation of 96%

If your child is too unwell to attend school please contact us to let us know. You can phone on 872442 or email us on admin@sthelenspri.iow.sch.uk If you let us know by phone please can you put the reason for your child's absence in writing when they return to school otherwise the absence will be marked as unauthorised. We are required to ask you for this in order to follow the Local Authority attendance procedures, and if we don't receive a letter or email we have to follow it up.



THIS WEEKS AWARDS



<u>Class</u>	<u>Worker of the Week</u>	<u>Star of The Week</u>
Explorers	Raif	Oakleigh
Adventurers	Oliver	Rosie
Adventurers	Luca	Ria
Discoverers	Georgina	Atticus
Discoverers	Blossom	Reuben
Pioneers	Katy	Liam
Pioneers	Max	Fleur



We would like to wish a very 'Happy Birthday' to the following children who celebrate their special day this week:

Zach age 7

School Day

May we remind parents and carers that school starts at 8.45a.m. and the school gates close at 8.45a.m.

School Dinner Menu (£2.37 per day or free to Reception, Year 1 & 2 pupils)

On **TUESDAYS and FRIDAYS only**, the children will be able to order baguettes - fillings cheese, tuna or ham.

WEEK 1

W/C: 09/05 20/06 11/07 12/09 03/10

WEEK 2

W/C: 25/04 16/05 06/06 27/06 18/07 29/08 19/09 10/10

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUDI!		HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUDI!		
MONDAY	Cheese and Tomato Pizza with Potato Wedges 🍕 Cheesy tomato topped pizza slice	Veggie Burrito 🌯 A soft wrap filled with lightly spiced veggies and rice	Jacket Potatoes with a choice of fillings Tomato Pasta 🍝 Fresh, homemade tomato and basil sauce with penne pasta	Carrot Sticks and Cucumber Sticks	Chocolate Ice Cream	MONDAY	Cheese and Tomato Pizza with Potato Wedges 🍕 Cheesy tomato topped pizza slice	Veggie Bolognese 🍝 Yummy veggie Bolognese with pasta	Jacket Potatoes with a choice of fillings Tomato Pasta 🍝 Fresh, homemade tomato and basil sauce with penne pasta	Carrot Sticks and Cucumber Sticks	Flapjack with Fruit Slices 🍪
TUESDAY	BBQ Chicken Burger, Corn and Pineapple Relish with Potato Wedges 🍔 BBQ chicken breast burger with zingy corn relish	Macaroni Cheese 🍝 Traditional Mac 'N' Cheese, delicious macaroni in a creamy cheese sauce	Jacket Potatoes with a choice of fillings Tomato Pasta 🍝 Fresh, homemade tomato and basil sauce with penne pasta	Peas and Sweetcorn	Brownie	TUESDAY	Sausage and Mash with Gravy 🍷 Sausage and mash with rich gravy	Mild Chickpea and Potato Curry 🍛 served with wholemeal rice	Jacket Potatoes with a choice of fillings Tomato Pasta 🍝 Fresh, homemade tomato and basil sauce with penne pasta	Broccoli and Peas	Orange Shortbread with Fruit Slices 🍪
WEDNESDAY	Tender Roast Gammon with Roast Potatoes & Gravy 🍖 Tender roast gammon with fluffy roasties and tasty gravy	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy 🍠 A chunky sweet potato and chickpea roast	Jacket Potatoes with a choice of fillings Tomato Pasta 🍝 Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage	Shortbread Biscuit with Fruit Slices 🍪	WEDNESDAY	Roast Turkey with Roast Potatoes & Gravy 🍖 Roast turkey with fluffy roasties and tasty gravy	Quorn Roast with Roast Potatoes and Gravy 🍖 Delicious Quorn roast with fluffy roasties and tasty gravy	Jacket Potatoes with a choice of fillings Tomato Pasta 🍝 Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage	Raspberry Yoghurt Cake 🍰
THURSDAY	Beef Bolognese 🍝 A classic Italian beef bolognese in a yummy tomato sauce	Butternut Squash and Tomato Bake with Rice 🍲 A delicious butternut squash and tomato bake served with rice	Jacket Potatoes with a choice of fillings Tomato Pasta 🍝 Fresh, homemade tomato and basil sauce with penne pasta	Broccoli and Sweetcorn	Banana Cake 🍰	THURSDAY	Beef Lasagne with a Garlic & Herb Bread Wedge 🍷 A classic Italian layered pasta dish with beef mince	Veggie Lasagne served with a Garlic and Herb bread wedge 🍷 Delicious sheets of pasta layered with veggies and tomato sauce	Jacket Potatoes with a choice of fillings Tomato Pasta 🍝 Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	Fruity Chocolate Brownie 🍫
FRIDAY	Golden Fish Fingers and Chips 🐟 Crispy fish fingers with scrummy chips	Quorn Nuggets and Chips 🍲 Crispy Quorn nuggets with their love sauce - ketchup	Jacket Potatoes with a choice of fillings including salmon mayonnaise Tomato Pasta 🍝 Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas	Chocolate & Raspberry Swirl Cake 🍰	FRIDAY	Golden Fish Fingers and Chips 🐟 Crispy fish fingers with scrummy chips	Tomato Veggie Burger with Chips 🍔 A delicious veggie burger in a soft bap with chips	Jacket Potatoes with a choice of fillings Tomato Pasta 🍝 Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas	Vanilla Ice Cream 🍦



AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD,
YOGHURT & FRESH FRUIT

🌱 Vegetarian 🐟 Oily fish 🐟 Wholegrain 🍌 Fruity! 🍷 Nutritionist's Choice

WEEK 3 W/C: 02/05 23/05 13/06 04/07 05/09 26/09 17/10

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUDD!	
MONDAY	Macaroni Cheese 🌱 Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	Vegetarian Sausage with Mashed Potato and Gravy 🌱 Veggie sausage and mash with rich gravy	Jacket Potatoes with a choice of fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Peas and Carrots	Oatie Biscuit with Fruit Slices 🌱
TUESDAY	Chinese Chicken Noodles A classic Chinese chicken noodle dish	Veggie Balls in Tomato Sauce with Pasta 🌱🌱 Delicious veggie balls in a tasty tomato sauce with pasta	Jacket Potatoes with a choice of fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Sweetcorn and Broccoli	Fruity Flapjack Bar 🌱
WEDNESDAY	Roast Pork with Roast Potatoes & Gravy Roast pork with fluffy roasties and tasty gravy	Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy 🌱 A chunky butternut squash and potato pastry slice	Jacket Potatoes with a choice of fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage	Strawberry Ice Cream
THURSDAY	Beef Meatballs in Tomato Sauce with Pasta 🌱 Delicious beef meatballs in a tasty tomato sauce with pasta	Quorn Hot Dog with Potato Wedges 🌱 Our favourite veggie hot dog with ketchup served in a soft roll	Jacket Potatoes with a choice of fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	Chocolate Sponge Cake with Chocolate Sauce
FRIDAY	Golden Fish Fingers and Chips Crispy fish fingers with scrummy chips	BBQ Veggie Burger with Chips 🌱 BBQ veggie burger in a soft bap	Jacket Potatoes with a choice of fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas	Crispy Crackle Bar

THREE WEEK MENU

SPRING/SUMMER 2022

Chartwells
So much more than Fantastic Food

£2.15

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY



If your child would like the vegetarian option on a particular day, please can they let their teacher know so we can order enough portions from The Bay kitchen.



Recipe of the Week

Each week we will share an easy to cook recipe which you may like to try cooking at home with your child. Please email your photos (and reviews) of our recipes to admin@sthelenspri.iow.sch.uk and we will publish them in the newsletter! If you have any tasty, healthy recipes that you would like to share with the school community, please email

them to the above address.

16/09/2022, 13:14 Aubergine Parmigiana Recipe | Aubergine Recipes | Tesco Real Food

Aubergine parmigiana recipe



This aubergine parmigiana recipe makes a great meat-free alternative to lasagne. With layers of grilled aubergine, courgette and peppers, a rich tomato sauce and oozy mozzarella, it takes comfort food to the max and will definitely be a new favourite aubergine recipe for the whole family to enjoy.

Serves 4
1 hr
341 calories / serving
Freezable

Ingredients

- 2 aubergines, cut into five thick rings
- 1 tbsp garlic-infused olive oil for olive oil and add 2 olives of garlic
- 3 large aubergines, peeled and finely chopped
- 3 large courgettes, peeled and finely diced
- 1 pack 3 mixed peppers, diced
- 3 large courgettes, finely chopped
- 2 tsp dried oregano
- 2 x 400g tins chopped tomatoes
- 50g Parmigiano cheese, finely grated
- 15g pack reduced fat mozzarella, thinly sliced

Method

1. Set the grill to high then cook the aubergine slices and broasted on each side. Remove from the grill.
2. Preheat the oven to gas 4, 180°C, fan 160°C. Heat the oil in a pan over the heat then add the onions, stirring occasionally until softened. Add the carrots, peppers and courgettes and cook for 15 minutes, stirring frequently.
3. Mix in the oregano and tomatoes, and simmer for 10 minutes.
4. Spoon some of the veg sauce into an ovenproof dish, top with aubergine slices then add more sauce. Repeat until the final layer is sauce, then top with Parmigiano cheese and mozzarella.
5. Cook in the oven for 30-40 minutes until golden. Serve with a green salad.

See more Italian recipes

In order to enjoy optimum flavour and quality, frozen items are best used within 3 months of their freezing date. For more tips on freezing and defrosting food, read our article [Love Your Freezer](#).

IF YOU DON'T HAVE CHOPPED TOMATOES, CHOP UP A TIN OF PLUM TOMATOES INSTEAD.

Each serving contains

Energy	Fat	Carbs	Protein	Salt
1406kJ 340kcal	13g	5g	22g	0.6g
17%	17%	18%	20%	6%

of the reference intake
Carbohydrate 32.8g Protein 18.8g Fibre 14.7g

<https://realfood.tesco.com/recipes/aubergine-parmigiana.html>

1/1



Whole school flu immunisations will take place on Tuesday 8th November

flu: 5 reasons to vaccinate your child



1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

3. No injection needed

The nasal spray is painless and easy to have

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare

For more information visit
www.nhs.uk/child-flu

Flu **i**mmunisation

Helping to protect children, every winter

© Crown Copyright 2011. Printed with 100% recycled paper. Health England reference number: 007198. If you have to take time off work or arrange alternative childcare, please visit www.nhs.uk/child-flu for more information.

Dates for Your Diary

Monday 26th September – Year 6 CPR/First Aid training session

Thursday 20th October – Harvest Festival (time to be confirmed)

Friday 21st October – Individual school photos (Cardwell & Simons) 10.00am

Friday 21st October – School closes at 3.00pm for half term break

Monday 31st October- School reopens at 8.45am

Tuesday 8th November – Whole school flu immunisations

Friday 18th November – FOSH Winter Ball

Tuesday 29th November – KS1 Family Stargazing with Vectis Astronomy (5.30-8.00pm)

Friday 16th December – School closes at 3.00pm for Christmas break

Tuesday 3rd January 2023 – School reopens at 8.45am for Spring Term

Monday 6th March 2023 – Staff Development Day – school closed to children

Textile Bank

Don't forget that we have a textile bank where you can donate unwanted **clothes, belts, paired shoes, bags, hats, (in a tied bag)**. The donated items will be collected and weighed fortnightly and the school will receive 20p per kilo towards our funds. **Donated items (bagged please) should be left near to the front entrance of the school. Please let the office know you have left items!** ***Please do not donate duvets, pillows, cushions, household textiles, soiled rags, curtains, blankets as the recycling company will deduct the cost of disposing of these items from our overall total raised.***

Remember to look at the school website for the latest school updates and information at www.sthelenspri.iow.sch.uk

FOSH AMAZON WISH LIST

The school has a wish list on Amazon to which the staff have added items that they would like for our wonderful school. We appreciate that belts are very tight at the moment but we would like to encourage you all to have a look at this list from time to time to see if there is anything you would like to buy as a gift for school. Items from this list make great end-of-term or Christmas gifts for the school but gifts are welcome anytime and the list is always available and is regularly updated.

Purchased items are posted directly to school and arrive anonymously unless the buyer has added a note to say who they are at checkout. Please don't forget to add a note as otherwise we will not be able to thank you personally. If you are buying a book and would like to write a note in the front with your name and the date of purchase, please let us know on the email address below so we can arrange this when your gift arrives.

If you have any questions about the wish list, please get in touch with Katherine via mail@friendsofsthelens.org

To view the list on Amazon, please follow this link and consider St Helens Primary School when you are shopping online https://www.amazon.co.uk/hz/wishlist/ls/1NM3IHB3UQ7V0?ref_=wl_share

Wight Hoops Basketball Club

The Isle of Wight Basketball Club has recently been reformed and registered officially with Basketball England. As part of this we have formed a committee of like minded volunteer individuals that want to raise the profile of basketball on the Isle of Wight.

Our two main priorities are simply Venues and Activities, these will be aimed at all age groups but focussing on grass roots/school aged participation. So over the next few months we will be rolling out more details on our plans for the future but I am writing to ask for a few minutes of your time to fill in a survey I have created to assist us reaching our goals. Please just follow the link <https://forms.gle/tTst3KRaXeyr7UyC9>

We have also started Project Wight Hoops to help accomplish some of our goals, in association with the club - which is aimed at community spaces <https://www.crowdfunder.co.uk/p/project-wight-hoops>



ACADEMY
ASMIR BEGOVIĆ

GOALKEEPER
CAMP

**ISLE OF
WIGHT**

**TUESDAY
OCTOBER 25TH**

**HOLY CROSS PRIMARY
MILLFIELD AVENUE, EAST
COWES,
ISLE OF WIGHT
PO32 6AS**

WWW.AB1ACADEMY.COM/ISLEOFWIGHT-CAMP

COWES
ENTERPRISE COLLEGE
AN ORMISTON ACADEMY

Educate for life

APPLY NOW FOR 2023

Be inclusive | Anyone can excel
Share what is best | Enjoy the challenge

We are pleased to announce that we will be holding an Open Month for Year 6 to Year 7 admissions from Monday 3rd October until Friday 21st October

Our Open Month replaces an Open Evening and will allow us to be able to show you around our fantastic school, giving you a first-hand experience of what it is like to be a pupil at Cowes Enterprise College.

45-minute tours will take place on Wednesdays, Thursdays and Fridays during the school day, and will be led by a member of the senior leadership team who will be able to answer any specific questions you have about year 7, our curriculum and enrichment opportunities.

In addition to this, we are pleased to offer additional opportunities to view our facilities on Tuesday 18th and Thursday 20th October at 3.30pm and 4.30pm.

If you wish to visit the academy for a tour, please call 01983 203103.




T: 01983 203103 | E: info@cowesec.org
www.cowesec.org




Saturday 8th October 2022

10am-2pm

At The Island Free School, we pride ourselves on the personal nature of the education and experience we offer to both pupils and parents. We aim to maintain that personal experience through our open day tours and Headmaster's Talks.

Headmaster's Talks will need to be booked by 4pm on Monday 3rd October 2022. Please show a copy of your ticket on the day, either printed or on screen.

Headmaster's Talks will last for 45 minutes. We ask that you please attend your booking promptly.

<https://www.theislandfreeschool.org/year-6-open-day-2022/>



WHOLE SCHOOL OPEN MORNING

SATURDAY 8 OCTOBER 10.00AM UNTIL 12.30PM

Join us for tours of the School, a Q&A session with the Head Master and senior team and an opportunity to talk to pupils, staff and parents. Enjoy displays, live music and drama rehearsals and join in with science experiments.

An island school with a global outlook



RYDE SCHOOL
WITH UPPER CHINE



THE ISLAND FREE SCHOOL

Year 6 Open Day

Saturday 8th October 10am to 2pm

Headmaster's Talks at 11am, 12pm & 1pm – booking now open