



Friday 6th January 2023

Dear Parents and Carers,

The first week back after the holidays has been very enjoyable. It is great to see everyone back after the numerous bugs and germs around at the end of last year.

As a proactive measure we ask parents to remind children to wash their hands with soap and water at regular intervals throughout the day to hopefully limit the spread of germs in the future.

In class I have seen Adventurers create some excellent speech bubbles based on their new class book *The Brave Beast*. After a short period of role playing the pupils were asked to create speech bubbles based on the conversation between the two main characters. Travis and Luca excelled, developing their ideas with additional information. Frazer was also in good form. I was also very impressed with Athena- Rose and Max with their ideas at the beginning of the lesson.

Explorers were learning the ee sound on Thursday. Daniel, Luke and Aaru impressed with both their writing and blending (and spelling) of appropriate words. Knee, sheep, seed etc were discussed, sounded and written effectively.

Art has featured highly in pupil's enjoyment this week. Annie-May enjoyed creating art based on the Amazon Rainforest and Logan arctic animals. In addition Belle and Alena have enjoyed their artwork and created some excellent African sunsets featuring some of the big five.

Theo has enjoyed hockey and Alba has enjoyed developing her knowledge of fractions and Ruby and Georgie think they are going to really enjoy their new text called *The Ice Palace*.

Miss Matthews has enjoyed her first week with Pioneers where she has worked with groups and the whole class at times. The pupils have been very responsible and have impressed with their manner.

In Discoverers, I watched a geography lesson. The children were asked to revise their knowledge of continents and oceans and extended to locating the equator and tropics of Capricorn and Cancer.

Thomas's and Blossom know their places. I was also impressed with Hannah and Sami who knew the location of different countries around the world. Hannah said she has a globe at home which comes in handy when remembering the location of places.

Questions for the parents...without googling

Name the five oceans.

For geographers (both young and old: Where am I?)

1. I am home to diverse wildlife.
2. Mountain ranges include Mantiqueira and Espinhaco.
3. My country is the seventh most populous.

4. Portuguese is our official language.
5. My continent is located to the west of Africa.

6. Christ the Redeemer is located in our second largest city.
7. We have the world's second largest river.
8. Edson Arantes do Nascimento is one of our most famous citizens.

How many clues did you need?

Thank you to Mr Hammerton for installing the new sound system in the hall and arranging for a replacement screen in the Dalby suite. (Bug Club will certainly benefit). Thanks to Mr Andre for arranging a haircut for some of the trees in the grounds during the holidays. (as well as his shredding expertise).

Please remember to support your children with reading and multiplication tables as often as possible.

Sadly we have to say goodbye to one of our favourite year 6 pupils. Annabelle has excelled in our school, as a member of the school council and an excellent role model to all.

She is now travelling north for the next exciting chapter in her life. We wish her well.

Have a great weekend. Hopefully the rain will take a nap for a few hours so we can get out and about in the fresh air.

Mr Wake

Explorers



enjoy your weekend!

This week the children have been learning the phase 3 sounds 'ng, ai, ee and igh'. They have enjoyed doing a number of games and activities using these sounds as well as practising their writing and spellings.

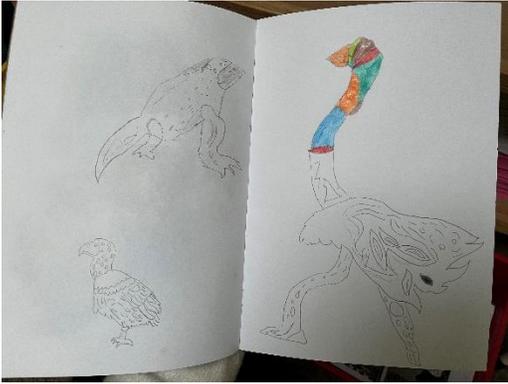
We have been looking at the story Little Red Riding Hood and exploring the differences in different versions of the story. The children have also created their own list of items for Red Riding Hood's basket as well as counting amounts in her basket and linking that to the written number.

The explorers have been practising their letter formation with Mrs Callaghan this week and have used a variety of sensory activities to practise forming the letter 'a'. These activities included painting, playdough, coloured rice and rainbow writing.

It has been a great week back and we hope you



Adventurers



This week has been full of arty expression as we've started new topics.

Where the Wild Things Are is our overarching theme this half term and the children have loved it so far.

African paintings, Tingatinga art work, animal classifications, beast descriptions and MORE!

We've also sent home spellings this weekend- to be learnt for our new spelling test date: Thursdays.

Have a wonderful weekend.



Discoverers

Alba has written this week's newsletter-



This week in maths we have been doing Roman numerals and we also did a maths test. In english we have been designing the front cover of the Ice Palace. In science we have been researching the solar system and we have inflatable planets on the ceiling. In geography we have been finding continents and oceans on a map. In PSHE we have been learning about being safe. In PE we started hockey and gymnastics.

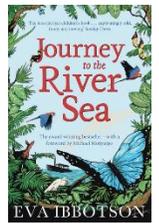


Pioneers



Hello and Happy New Year.

I hope you all had a peaceful, restful winter break. In Pioneers this week in English we began a new book to stimulate our writing: this is Eva Ibbotson's *Journey to the River Sea*. A story about an orphan Maia, who is contacted by distant relatives, travels 4,000 miles to the Amazon to live with them. This book links with our termly topic of South America and the Amazon Rainforest. It is our intention to immerse ourselves in the rainforest this term.



In maths this week we are considering fractions, decimals and percentages. We have also welcomed into our class Miss Matthews, a third year student from Chichester University, who will be working with the class for the majority of the Spring term.

A few gentle reminders:-

- Please could the children bring a water bottle to school every day, plus their reading book(s), with reading records.
- PE kit should be worn every Tuesday and Thursday . On those days **no earrings** please and hair should be tied back .

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

Class	Attendance	Late Arrivals	Minutes Lost Through Lateness	Unauthorised Absences	Authorised Absences
Explorers	93.3%	0	0	0	10
Adventurers	95.8%	0	0	0	10
Discoverers	85.4%	0	0	5	36
Pioneers	85.8%	0	0	16	31

Although we strive for 100%, our whole school attendance for this week was 89.2% 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	Noah	George
Adventurers	Mia	Lizzie
Adventurers	Belle	Max
Discoverers	Emily	Thomas H
Discoverers	Alba	Ruby
Pioneers	Josiah	Ellie
Pioneers	Leah	Annabelle



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

Alba age 9
Cai-Wyn age 8
Micah age 8

Parking in Broomlands Close

We have had further complaints from residents of inconsiderate parking on double yellow lines at school pick up and in the disabled parking space by the school gate when they do not have a blue badge. Please be respectful of our neighbours and mindful of the safety of our pupils.

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 3 W/C: 14/11 05/12 09/01 30/01 27/02 20/03

	HOT SPECIALS...	DAILY FAVES...	PICK A PUDI!	
MONDAY	Pesto Pasta Bake 🌱 Served with Two Vegetables	Vegetable Chilli 🌱🌱🌱 Served with Wholegrain Rice	Jacket Potatoes 🌱 with a choice of hot and cold fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Fruity Flapjack Bar 🌱
TUESDAY	Chinese Chicken Noodles 🌱 Served with Two Vegetables	Vegetable Korma 🌱 Served with Wholemeal Rice	Jacket Potatoes 🌱 with a choice of hot and cold fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Strawberry Ice Cream
WEDNESDAY	Roast Pork 🌱 Served with Roast Potatoes, Two Vegetables and Gravy	Vegetable Pastry Roll 🌱 Served with Roast Potatoes, Two Vegetables and Gravy	Jacket Potatoes 🌱 with a choice of hot and cold fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Jelly with Fruit Slices 🌱
THURSDAY	Beef Bolognese 🌱🌱 Served with Wholemeal Pasta and Two Vegetables	Vegetarian Cottage Pie 🌱 Served with Two Vegetables and Gravy	Jacket Potatoes 🌱 with a choice of hot and cold fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Chocolate Shortbread
FRIDAY	Fish Fingers 🌱 Served with Chips	Tomato Veggie Burger 🌱 Served with Chips	Jacket Potatoes 🌱 with a choice of hot and cold fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Crispy Crackle Bar

ALL MAIN MEALS SERVED WITH TWO VEGETABLES

Chartwells
So much more than just food!

THREE WEEK MENU

AUTUMN/WINTER 2022

OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN

YOUR FAVOURITES AVAILABLE EVERY DAY

WEEK 1 W/C: 31/10 21/11 12/12 16/01 06/02 06/03

	HOT SPECIALS...	DAILY FAVES...	PICK A PUDI!	
MONDAY	Macaroni Cheese 🌱 Served with Two Vegetables	Vegetarian Sausage 🌱 Served with Mashed Potato and Gravy	Jacket Potatoes 🌱 with a choice of hot and cold fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Vanilla Ice Cream
TUESDAY	Chicken Pie 🌱 Served with Potato Wedges, Two Vegetables and Gravy	Cheese and Tomato Pizza 🌱🌱 Served with Mashed Potato and Two Vegetables	Jacket Potatoes 🌱 with a choice of hot and cold fillings, including Salmon Mayonnaise Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Jelly with Fruit Slices 🌱
WEDNESDAY	Roast Turkey 🌱 Served with Roast Potatoes, Two Vegetables and Gravy	Vegan Sausage Casserole 🌱🌱 Served with Two Vegetables	Jacket Potatoes 🌱 with a choice of hot and cold fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Oat Cookie served with Fruit Slices 🌱
THURSDAY	Beef Bolognese 🌱🌱 Served with Garlic and Herb Bread Wedge	Vegetarian Bolognese 🌱🌱 Served with Wholemeal Pasta and Two Vegetables	Jacket Potatoes 🌱 with a choice of hot and cold fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Apple Crumble served with Custard 🌱
FRIDAY	Fish Fingers 🌱 Served with Chips	Quorn Dippers 🌱 Served with Chips and Two Vegetables	Jacket Potatoes 🌱 with a choice of hot and cold fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Shortbread

ALL MAIN MEALS SERVED WITH TWO VEGETABLES

WEEK 2 W/C: 07/11 28/11 02/01 23/01 20/02 13/03

	HOT SPECIALS...	DAILY FAVES...	PICK A PUDI!	
MONDAY	Cheese and Tomato Pizza 🌱🌱 Served with Potato Wedges and Two Vegetables	Chinese Vegetarian Noodles 🌱🌱 Served with Two Vegetables	Jacket Potatoes 🌱 with a choice of hot and cold fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Chocolate Crispy Bar
TUESDAY	Pork Sausages 🌱 Served with Mashed Potato, Two Vegetables and Gravy	Veggie Sausage 🌱 Served with Mashed Potato & Gravy	Jacket Potatoes 🌱 with a choice of hot and cold fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Orange Shortbread with Fruit Slices 🌱
WEDNESDAY	Roast Gammon 🌱 Served with Roast Potatoes, Two Vegetables and Gravy	Vegetable Pie 🌱 Served with Mashed Potato, Two Vegetables and Gravy	Jacket Potatoes 🌱 with a choice of hot and cold fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Chocolate Ice Cream
THURSDAY	Chicken Curry 🌱🌱 Served with Wholemeal Rice	Vegetable Lasagne 🌱 Served with Garlic and Herb Bread Wedge	Jacket Potatoes 🌱 with a choice of hot and cold fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Apple and Berry Crumble served with Custard 🌱
FRIDAY	Fish Fingers 🌱 Served with Chips	Quorn Dippers 🌱 Served with Chips and Two Vegetables	Jacket Potatoes 🌱 with a choice of hot and cold fillings Tomato Pasta 🌱🌱 Fresh, homemade tomato and basil sauce with penne pasta	Strawberry Frozen Yoghurt with Fresh Fruit 🌱

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

🌱 Vegetarian 🐟 Oily Fish 🌾 Wholegrain 🍌 Fruity 🍷 Nutritionist's Choice 🍷 Halal Available

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.

25/11/2022, 09:28

Loaded Sweet Potatoes Recipe | Baked Sweet Potato | Tesco Real Food

Loaded sweet potatoes with crispy kale and Cheddar recipe



Load up baked sweet potatoes with bacon, garlic and cheddar for a comforting, family dinner that's completely gluten-free. Top with easy cheddar Cheddar cheese and serve with crispy kale for a warming sweet potato recipe.

Serves 4
10 mins to prepare and 45 mins to cook
464 calories / serving
Freezable Gluten-free

Ingredients

- 4 sweet potatoes, scrubbed
- 5 tsp olive oil
- 300g Wensleydale Farm cooling bacon, diced
- 2 garlic cloves, roughly chopped
- 10ml (2tsp) less fat cheddar matcha
- 10g fresh flat-leaf parsley, finely chopped
- 10g pack Cheddar with chilies, grated
- 200g kale

IF YOU DON'T HAVE ANY CHEDDAR, TRY USING ANOTHER HARD CHEESE

Each serving contains



of the reference intake
Carbohydrate 46.4g Protein 18.3g Fibre 8.2g

Method

- Preheat the oven to gas 7, 220°C, fan 200°C. Prick the potatoes all over with a knife, then rub with 2 tsp oil, season and put on a baking tray. Bake for 35-40 mins or until tender.
- Meanwhile, heat 1 tsp oil in a frying pan over a medium heat. Add the bacon and fry for 6 mins, stirring, until crisp. Transfer to a plate and set aside. Remove the heat from the pan, add the garlic and cook for 2-3 mins until soft and fragrant but not coloured. Set aside.
- Halve the potatoes lengthways and set aside for 5 mins to cool. Scoop out the flesh into a bowl. Mash, then stir in the cheddar, bacon, garlic and parsley; season with pepper. Return the skins to the tray, then fill with the mash and top with the cheese. Bake for 10 mins.
- Arrange the kale on a baking tray and drizzle with 2 tsp oil. Bake for 5 mins for until crisp, turning halfway through. Serve with the loaded potatoes.

Freezing and defrosting guidelines

Freeze loaded potatoes only. 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](#).

See more Family favourites

Dates for Your Diary

Friday 10th February 2023 – School closes at 3:00pm for half term

Monday 20th February 2023 School reopens at 08:45

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

NHS Minor Ailment Scheme

If you don't pay for your prescriptions, you may be able to use the NHS Minor Ailment Scheme to get advice and, when appropriate, free treatment for certain common illnesses without seeing a GP

Please use the link below for further information:

<https://www.boots.com/nhs-services/minorailments>

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

Stay in control of your child's health **NHS**

Healthier Together is a website and mobile app that has been developed by healthcare professionals to provide comprehensive advice for parents, young people and pregnant women.

"It's like a mini doctor for you at home."

Using an easy-to-follow traffic light system, you'll find clear information on common childhood illnesses, including advice on what signs to look out for, when and where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last.

"Brilliant. Simple, reassuring and helpful. Thank you!"

Scan the QR code with a smart phone to visit what0-18.nhs.uk

Download the free 'Healthier Together' app

Available on the App Store | GET IT ON Google play

Healthier Together | @Health_2gether | @Health2gether

St John Ambulance

Newport Badger Set! Are looking for new members aged 5-10 years to come and join in with lots of games, fun learning new skills.

What we do...
We play games and work towards Badger subject badges and learn lifesaving first aid skills.

We meet on Tuesday evening term time at 19:00-19:15, Dothar Park, 12 Marners View, Newport, PO306FA.

For more information on how to get involved...
www.sjk.org.uk/badgers or email me at A.Lalme.Cooke@sjk.org.uk

Approved first aid training. Approved first aid training. Approved first aid training. Approved first aid training. Approved first aid training.



Free and Discounted Tickets

[The National Running Show, 21-22 January, NEC Birmingham](#)

Speakers include: Colin Jackson, Dean Karnazes, Dina Asher-Smith, Eilish McColgan, Gary Robbins, Iwan Thomas, Jenni Falconer, John Regis, Joshua Patterson and Kriss Akabusi

Features include: Steve Cram training camps with the man himself, The Run Clinic, Ice Bath challenge and zones dedicated to strength training, pilates and recovery

More info and tickets at www.nationalrunningshow.com

OFFER: 25% off with code [SCHOOLS](#) book ASAP as limited availability

[The National Equine Show, 4-5 March, NEC Birmingham](#)

Speakers include: Charlotte Dujardin, Carl Hester, Esme Higgs, Alex Hua Tian, Piggy March, Sir Lee Pearson, Verity Smith and Rosie Tapner

Features include: Riding simulators, Inspiration Stage, Catwalk for equestrian fashion and retail experiences

More info and tickets at www.nationalequineshow.com

OFFER: 50% off with code [SCHOOLS](#) when you book before January 31st.

[The National Outdoor Expo, 18-19 March, NEC Birmingham](#)

Speakers include: Ben Fogle, Preet Chandi, Ray Mears, Alastair Humphreys, Mya-Rose Craig and Pete Whittaker

Features include: The Climbing Wall, Outdoor Kitchen, Wildlife Watching Pavilion, Bushcraft Zone, Stand Up Paddle Boarding on the lake and a Zip line.

More info and tickets at www.nationaloutdoorexpo.com

OFFER: Free tickets with code [SCHOOLS](#) when you book before January 31st.