



Friday 3rd March 2023

Dear Parents and Carers,

The children have had a fun filled week with World Book Day a particular treat. On Wednesday, the school was awash with multiple visitors including Captain America, Spiderman, The Gruffalo, Super Mario, Cinderella and numerous Harry and Harriet Potters to name but a few.

The children enjoyed their 'catwalk' – especially Sami – and also had numerous visits from the adults who read extracts from their favourite books.

Thank you to staff and children for joining in with the fun.

Clubs have been well attended with a club operating each and every day helping children to enjoy their interests. In addition, we now welcome a number of peripatetic teachers who support budding musicians with their various musical talents.

In class, all the children have continued to receive a broad and balanced curriculum. Every day there is maths and English which includes reading, writing and phonics. Each week the children will receive opportunities to develop their knowledge and skills in RE, science, PE, PSHE, history or geography, art, computing with Key Stage 2 also receiving a weekly session of French.

The core subjects are essential and I am pleased to see that many parents are supporting their children with reading on a regular basis as well as spellings, maths and other small homework tasks.

Reading is a particular focus at St Helens and I look forward to the children moving up the tree's branches the more times they read with an adult.

It is pleasing to see that Jarryd, Travis and James W are leading the way so far and have already reached the first branch.

Did you know that according to research, 10 benefits of reading include:

1. Gain valuable knowledge
2. Exercise your brain
3. Improve your focus
4. Improve your memory
5. Enjoy entertainment
6. Improve your ability to empathise
7. Improve your communication skills
8. Reduce stress
9. Improve your mental health
10. Live longer

Assuming the benefits are accurate, it seems a good idea to want to read with children? I guess the key is to find a text which really appeals, whether it is facts about dinosaurs or sloths, fiction, poetry, football reports or the Guinness book of records.

Please try to find a few minutes of your busy schedules to help. I know the teachers would appreciate it as it is usually noticeable which children are reading on a regular basis.

Our governors, Mr Booth, Mrs Rainford and Mrs Lamb learnt all about the children's reading and writing including the Bug Club phonics programme in Key Stage One. Thank you to Athena, William, Rosie, Lottie, Travis, Ria, Abbie, Logan, Alfie, Alba, Josiah, Pippa, Sophia and Dawson for 'volunteering'.

This week, I have enjoyed marking a piece of writing from some of the children in the Discoverers class (alongside the children.) I have been impressed with the skills on show. Expanded noun phrases, the range of sentence openers and a wide choice of vocabulary are some of the things that stood out.

Thomas G, Thomas H, Bella, Blossom, Alfie certainly have some great skills.

Discoverers have also enjoyed a range of lessons. Sami has enjoyed his science work, as they prepare for their plant experiment and in art Ruby has enjoyed pointillism. Other children have enjoyed their maths.

Pioneers were fully focused as usual. They are always very confident when describing their work. Pioneers have enjoyed their writing where they have completed a diary entry about a day in the life of their character. Others enjoyed netball with Miss Matthews where Josiah stood out in the lesson as a great team player.

In my Friday groups the mathematicians were on great form. Dawson, Jack and Max always impress with their maths but today we saw a new side to them which added an extra bit of humour to the occasion.

Adventurers have loved making up their own class story. Sam was able to tell me all about the main character. I await to hear what name they have chosen for her. They have also enjoyed using the computer this week.

Explorers have continued to make great use of their environment. In fact they have expanded to using the staff room to make their latest masterpiece. Last week pancakes and this week Welsh cakes. Luke, Daniel, Aaru, Miles and Ruby remembered the ingredients that included raisins, eggs, milk, sugar and flour. A particular favourite was eating them of course.

Thank you to our own Prue, Mrs Sharp for demonstrating her own culinary skills.

Mrs Yardley, Mrs Sharp and Miss Matthews deserve a particular thank you for their efforts this week taking lead roles during a time of need. Thankyou

Please remember that Monday is a staff development day that means the school will be closed for children.

We look forward to welcoming everyone back on Tuesday for another fun –filled week including Explorer’s visit to the Amazon.

Have a great weekend

Mr Wake

Explorers



We have had another lovely week in Explorers!

On Tuesday the Explorers learnt about St Davids Day. We looked at a map of the United Kingdom and discussed how each country had different patron saints, flags and flowers that represent them. The children decided to make Welsh Cakes. They then wrote their own shopping list of ingredients that we would need and we walked to the shop. We had some great conversations with local residents along the way and the shopkeeper. We all worked together to count how many coins we needed and then asked for a receipt so we could give that and the change back to Mrs Anderson. After lunch the children then weighed the ingredients, made and most importantly tried the Welsh cakes. They explored doubling and halving through cooking.

We enjoyed celebrating World Book Day a day early on Wednesday this week. The children worked hard together to create their own book. They all looked great in their costumes and enjoyed the whole school parade we had in the morning. On Wednesdays we have been joined by some Year 6 children who read to us for 15 minutes. Each child has been assigned a reading buddy. Explorers love the older children visiting to share stories with them.

We have also enjoyed learning about the development of the eggs. Having some great discussions as a class about how long it will take the eggs in the incubator to hatch.

Today Miss Gorman showed us how to candle the eggs (use light to see inside) and we were lucky enough to be able to see some shadows and an



eye! The children then started their own 'Egg to Chick Journals' that we will add to weekly as the chicks develop and then hatch!

Just a reminder to please bring your book bag and reading folder each day and to please write down any reading done at home in their reading record books!

Have a lovely weekend!

Adventurers



This week has been a whirlwind. The children have had lots of fun dressing up as their favourite book characters, writing their own World Book Day story, listening to every adult share their favourite tale, and enjoying lots of lovely reading.

Today the class got to open the incubator and candle the eggs, it looks like 9 out of our 11 eggs are viable and have an embryo growing away inside of them. In science we also charted our observations and noted how each egg will have looked over the last 7 days. We hope to

candle them again next week and fill in the other days. With our countdown hopefully taking us to 18/19 days in total of incubation before they hatch.



We look forward to sharing these valuable moments with the children as the next week or two pass and we learn more about the life cycle of the chicken during this study over time.

Have a lovely weekend!

Discoverers



On Wednesday, we had world book Day.

In English, we used verbs to describe how the pebble moved from the volcano to the river bank.

In Maths we have been learning about g and kg.

In P.E we have been doing hockey and net ball.

In Science we started a new topic which is plants and planned an experiment.





This week's newsletter has been written by Hannah.S.



Pioneers

This week in Pioneers class we have been learning about Carl Linnaeus who was a famous botanist who created the Linnaean system of classification. The children created an informative fact file about Carl Linnaeus, which contained information about his education, life and legacy. Here is a good video that explains more about who Carl Linnaeus was. <https://www.youtube.com/watch?v=-LVunulOT4w>

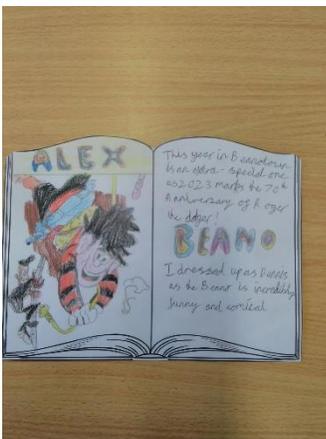
In art, we have been creating a colourful piece of work inspired by the work of John Dyer that shows the Amazon rainforest through using lots of vibrant colour.

In maths this week year 5 have been learning about how to find highest common factors and lowest common multiples of numbers. This has required them to use their times table knowledge, which I have been extremely impressed with.

The children have also taken part in World book day this week to celebrate their love of reading by dressing up as a character from their favourite book. Thank you to parents for their support with all their amazing costumes, they all looked great!

Here are some examples of the costumes and book covers that the children created on World book day this week.

Miss Matthews.





Attendance week from: 20/02/2023 to 24/02/2023

Class	Attendance	Late Arrivals	Minutes Lost Through Lateness	Unauthorised Absences	Authorised Absences
Explorers	96.7%	0	0	2	3
Adventurers	95%	0	0	0	12
Discoverers	96.7%	1	15	2	7
Pioneers	98.4%	3	45	0	5

Although we strive for 100%, our whole school attendance for this week was 96.8% which is above 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	Amelia	Oakleigh
Adventurers	Oliver	Alena
Adventurers	Ria	Lottie
Discoverers	Thomas H	Barnaby
Discoverers	Hannah	Sophia
Pioneers	Ellie	Josiah
Pioneers	Annie-May	Sophia



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

Rowan age 10

Hannah age 9

School Dinner Menu (£2.60 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 PUB!	
MONDAY	<p>Pesto Pasta Bake 🌱</p> <p>Served with Two Vegetables</p>	<p>Vegetable Chili 🌱 🌱 🌱</p> <p>Served with Wholegrain Rice</p>	<p>Jacket Potatoes 🌱</p> <p>with a choice of hot and cold fillings</p> <p>Tomato Pasta 🌱 🌱</p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Fruity Flapjack Bar 🌱</p>
TUESDAY	<p>Chinese Chicken Noodles</p> <p>Served with Two Vegetables</p>	<p>Vegetable Korma 🌱 🌱</p> <p>Served with Wholemeal Rice</p>	<p>Jacket Potatoes 🌱</p> <p>with a choice of hot and cold fillings</p> <p>Tomato Pasta 🌱 🌱</p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Strawberry Ice Cream</p>
WEDNESDAY	<p>Roast Pork</p> <p>Served with Roast Potatoes, Two Vegetables and Gravy</p>	<p>Vegetable Pastry Roll 🌱</p> <p>Served with Roast Potatoes, Two Vegetables and Gravy</p>	<p>Jacket Potatoes 🌱</p> <p>with a choice of hot and cold fillings</p> <p>Tomato Pasta 🌱 🌱</p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Jelly with Fruit Slices 🌱</p>
THURSDAY	<p>Beef Bolognese 🌱 🌱</p> <p>Served with Wholemeal Pasta and Two Vegetables</p>	<p>Vegetarian Cottage Pie 🌱 🌱</p> <p>Served with Two Vegetables and Gravy</p>	<p>Jacket Potatoes 🌱</p> <p>with a choice of hot and cold fillings</p> <p>Tomato Pasta 🌱 🌱</p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Chocolate Shortbread</p>
FRIDAY	<p>Fish Fingers</p> <p>Served with Chips</p>	<p>Tomato Veggie Burger 🌱</p> <p>Served with Chips</p>	<p>Jacket Potatoes 🌱</p> <p>with a choice of hot and cold fillings</p> <p>Tomato Pasta 🌱 🌱</p> <p>Fresh, homemade tomato and basil sauce with penne pasta</p>	<p>Crispy Crackle Bar</p>

ALL MAIN MEALS SERVED WITH TWO VEGETABLES

CHARTWELLS-3WPCOLDED-AW 760381

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 27/03				WEEK 2 W/C: 07/11 28/11 02/01 23/01 20/02 13/03					
	HOT SPECIALS...	DAILY FAVES...	PICK A PUDI!		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	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	Chicken Pie Served with Potato Wedges, Two Vegetables and Gravy	Cheese and Tomato Pizza ● ● Served with Potato Wedges 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 ●	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 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 ●	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	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 ● ● ●	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	Shortbread	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 ●

ALL MAIN MEALS SERVED WITH TWO VEGETABLES

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.

19/01/2023, 12:09

Fast Family Chicken Pie

Fast Family Chicken Pie



Recipe By: Perfect Italiano
perfectitaliano.com.au

Prep Time: 5 minutes
Cook Time: 30 minutes
Serves: 6

Use leftover roast chicken to make this easy chicken pie recipe. Frozen shortcrust pastry makes this a quick chicken dinner recipe.

Ingredients

- 220g frozen shortcrust pastry pie case
- 4 eggs
- 100ml thickened cream
- 2 green onions, finely sliced
- 1 tablespoon chopped parsley (optional)
- 150g bag Perfect Italiano™ 4 Cheese Melt
- 150g chopped or shredded cold BBQ chicken

Method

1. Arrange oven shelf to the lower middle position in the oven. Preheat oven 200°C/180°C (fan forced)
2. Place pastry case onto a metal baking tray and bake for 5 minutes; remove and set aside
3. Whisk together eggs, cream, green onions, parsley and ¾ of the 4 Cheese Melt and mix well. Stir through chopped chicken
4. Carefully pour mixture into pastry case and smooth the surface. Top with remaining cheese
5. Bake 20-25 minutes or until pastry is golden and eggs are set. Cheese should be melted and golden brown. Remove and stand 5 minutes
6. Cut into wedges and serve with green salad

Tips & Hints

1. Ready-made shortcrust pastry cases are available from the freezer section at most supermarkets

Dates for Your Diary

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

Tuesday 7th March – Explorers visit to Amazon World

Wednesday 15th March – Adventurers visit to Briddlesford Farm

Saturday 18th March – St Helens Horticultural Society Spring show (school hall)

Tuesday 21st March – PARENTS EVENING (Pioneers & Discoverers classes only)

Wednesday 22nd March – PARENTS EVENING – all classes

Friday 31st March – School closes at 3:00pm for the Easter break

Monday 17th April – School reopens at 08:45 for Summer term

Monday 1st May – May Day bank holiday – school closed

Friday 26th May – School closes at 3:00pm for half term

Monday 5th June – School reopens at 08:45

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



Easter Holiday Pottery Classes

Clay Club
Mondays and Fridays 10 - 12 and 2 - 4
£25 per person

Family Pottery Workshop
Various dates and times available
£100 (up to 4 people)

- Throwing pots on the wheel
- Clay sculpting
- Easter themed decorating

To book email us at:
isleofwightpottery@gmail.com
www.isleofwightpottery.com

