

Dear parents/carers,

We have had a fantastic week of learning at Wingfield. In particular, Year 6 have been writing adventure stories, Year 3 have been drawing with perspective and Nursery have been creating their own poems. On Monday I will share more information about the NEU teacher strike on Wednesday 1st February – thank you for your patience. Finally, a reminder that the week before the half term holiday we will have parents' evenings. Please do remember to make an appointment to meet with your child's class teacher. Thank you. Have a wonderful weekend – Ross Silcock and Wanda



Some highlights from our school this week:

Year 6 have been writing their own adventure stories.

Year 5 wrote a recount of 'The Arrival'.

Year 4 have been designing their own dragons as a part of a mythological story.

Year 3 have been leaning about Laurence Lowry and drawing with perspective.

Year 2 have been learning about the different units of time.

Year 1 have been exploring multiplication using the language 'groups of'.

Reception are reading 'A Little Bit of Food' by Joseph Coelho. They have been using this stimulus to support writing their own poems.

Nursery have been creating their own poem inspired by Joseph Coelho's 'I Am A Writer.'



Secondary school applications

Children will receive the outcome of their secondary school applications on 1st March. This means that the children will receive information regarding which schools they have been accepted to go to. Parents and children will then need to accept the offers by 15th March 2023. If you have any issues regarding the applications, please contact the office via phone or email or directly through the borough.

Parent Governor Vacancy

As a parent or carer, you will naturally take a keen interest in your child's education. Now here's your chance to have a say in key decisions at our school and to make a real contribution to the local community – by becoming a Parent Governor. Further details of this opportunity are included with this newsletter, but if you would like to discuss the role further, Dr. Silcock will be happy to help!

Parents' Evening week

Due to Parents' Evening week (w.b. 6th February), all after school clubs and booster sessions will be cancelled.

Medical

Please ensure all updated medical needs (if necessary) are shared with the office.

French Phrase of the Week: je ecoute

Translation : I listen

Word of the week: initiative

Definition: the power or opportunity to act or take charge

Context: he took the initiative in the situation.

Contacting us –

If you need anything then send us an email.

wfcontact@wingfield.compassps.uk

or leave a message at the school office

020 8856 1167

Dates for the diary

Last Day of Spring 1 term

Friday, 10th February 2023

First Day of Spring 2 term

Monday, 20th February 2023

Recipe of the week



Ingredients:

For the spiced hummus:

- 3 1/2 tbsp olive oil
- 1 can chickpeas, drained and rinsed
- 1 tbsp tahini
- 1 clove of garlic
- 1 tsp smoked paprika
- 1 tsp ground cumin
- The juice of half a lemon
- 1/4 tsp sea salt

For the carrots:

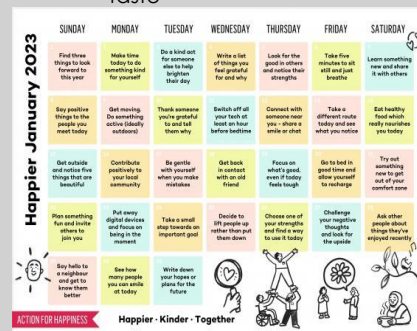
- 2 medium carrots, peeled and sliced into thick batons
- 1 tsp ground cinnamon
- 1/2 tsp ground cumin
- 1/2 tsp ground ginger
- 1/2 tbsp olive oil
- 1/2 tsp sea salt
- A pinch of black pepper

For the salad:

- 1/2 cup Kalamata olives
- 1 cup baby spinach

For the quinoa:

- 70 g uncooked quinoa
- 20 g dried apricots, roughly chopped
- 1 tbsp flaked almonds
- 1 tbsp fresh coriander, roughly chopped
- 1 tsp lemon zest
- 1/2 tbsp olive oil
- Salt and black pepper to taste



Mental Health Week

It is Children's mental health week 6 – 12 February. This year's Children's Mental Health Week is taking place on 6-12 February 2023 and the theme is **Let's Connect**. Place2Be is encouraging children (and adults) to consider how we can make meaningful connections that support our mental health. Please look on the following website to find out more- <https://www.childrensmentalhealthweek.org.uk>

Moroccan Buddha Bowl

This Moroccan Inspired Buddha bowl is loaded with flavour and texture from spicy hummus, aromatic roasted carrots, salty olives, tender quinoa and crunchy almonds. A great light dinner or lunch, perfect for sharing!

Method:

- Preheat the oven to 200°C, 180°C for fan assisted.
- Arrange the carrot batons across a shallow oven tray and drizzle with the olive oil.
- Sprinkle over the cinnamon, cumin, ginger, salt and pepper. Rub the seasoning and spices into the carrots with your hands. Transfer to the oven to bake for 30 minutes until tender.
- Whilst the carrots are cooking, prepare the quinoa as per the packet instructions.
- Once the quinoa is cooked, drain and drizzle with the olive oil. Add the chopped apricots, lemon zest, coriander and a pinch of salt and pepper to taste. Mix well to combine then stir through the flaked almonds. Set aside.
- To prepare the hummus, add the chickpeas to a food processor along with the garlic and tahini and blend to form a coarse paste.
- Add the lemon juice, paprika, cumin and salt and blend again to combine.
- Slowly drizzle in 3 tablespoons of olive oil and continue to blend to your preferred consistency. Taste and adjust seasoning if required and add more oil if needed.
- Serve half the hummus in the buddha bowl (the rest can be reserved for a future meal) and drizzle with the remaining olive oil and an extra sprinkle of paprika.
- Assemble the carrots, olives, spinach and quinoa alongside hummus to serve.

Joseph Coelho poetry

Feast your eyes on another set of wonderful poems inspired by Joseph Coelho's work. The children's work will be on display ready for Parents' Evening in a couple of weeks.

A little bit of sushi
A little bit of rice
On my plate
Feeling great

By Jodaan Makda (RJT)

Spring
Time to plant flowers and have a picnic
Plot Plot. Crunch Crunch
I feel excellent!

Summer
Time to eat yummy ice cream
And go to the sandy beach
Yum Yum. Splash Splash
I feel brilliant!

Autumn
Jump in the orange leaves
And have a leaves fight
Crunch Crunch. Poof Poof
I felt joyful!

Winter
Time to build a snowman
And have a snow fight with my friends
I feel excited

By Doren Demcsak (1HP)

As I walked, I saw
Towering buildings looking as if they have
touched the sky
I felt as tiny as a mouse
In the buildings tunnelling up high

As I walked, I felt
A breeze of shivering winds
Swishing their leaves all over the place
Knocking me over like bowling pins

As I walked, I heard
The hustle and bustle of city noise
Construction working away hard
The deafening roar of machines

As I walked, I grimaced
About the pollution on the floor
It seems to be getting worse
Because there is more and more

As I walked, I wondered
How to protect the world and be kind
The importance of our world
People need to use their minds

By Lia Daly (3SS)