

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

Risotto Verde

For the risotto:

- 2 tsp olive oil
- 1 small leek, trimmed and finely chopped
- 2 garlic cloves, minced/grated
- 150g whole grain risotto rice, soaked for 6 hours or overnight
- 800ml hot vegetable stock (or 800ml boiled water with 2 tsp bouillon powder)
- 100g broad beans
- 100g asparagus tips, chopped into 1.5-inch pieces
- 1 tsp white miso paste

For the garden greens pesto puree:

- 50g garden peas
- 30g spinach
- 15g fresh basil
- 10g fresh parsley
- 5g fresh mint, leaves only
- 30g seeds (a mix of sunflower and pumpkin work well), toasted
- X1 lemon, zest and juice
- 2tsp nutritional yeast
- A generous pinch of sea salt
- A pinch of black pepper

To serve / garnish:

- micro greens e.g. pea shoots and radish, fresh herbs, toasted seeds, lemon wedge



Dear parents/carers,

A reminder that if you park on Moorehead Way or Handley Drive during drop-off or collection times you may be issued with a parking penalty. The cheapest and safest place to park is Weigall Road! If you do park on Moorehead Way, please avoid parking opposite the bus stop. This causes congestion and makes it even more unsafe for children. We hope you have a lovely weekend –

Ross Silcock and Wanda



Some highlights from our school this week:

Year 6 have been developing their persuasive techniques.

Year 5 have been writing a detailed description based on Shaun Tan's 'The Arrival.'

Year 4 have enjoyed learning about decimals and converting fractions into decimals.

Year 3 have started planning newspaper reports based on 'The Wild Robot' by Peter Brown.

Year 2 have been finding and comparing durations of time using their knowledge of five-minute intervals.

Year 1 have been reading 'The Lighthouse Keeper's Lunch.' The story is about seagulls stealing the lighthouse keeper's lunch.

Reception have been learning about how their bodies work.

Nursery have been learning about superheroes.



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.

Young Minds

We would like to direct you to the Young Minds organisation that helps people with dealing with grief. It can be extremely difficult when you lose someone or something important to you. Whether you've lost a family member, a friend, a pet, or any other significant person in your life, you may feel a whole range of emotions. Grief is an emotional response to this loss. It is a process rather than an event and it can affect how you feel physically, mentally and socially. Grief can also present itself in other forms, such as abandonment, the breakdown of a relationship and material losses (home, financial security). Please look at their website for more information and tips on how you can be supported- <https://www.youngminds.org.uk/young-person/my-feelings/grief-and-loss/>

French Phrase of the Week: je bois

Translation : i drink

Word of the week: dubious

Definition: Not completely true, not to be relied on

Context: These claims are dubious and not scientifically

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

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>

Recipe of the week

A whole grain risotto providing much more vitamins and minerals than a traditional Arborio rice risotto is particularly beneficial for digestive health and balancing blood sugar. This vibrant green dish is packed with B vitamins, iron, magnesium, antioxidants, fibre and protein due to the blanched beans, peas and leafy greens. Stirred through is a pesto-puree bursting with fresh garden greens, toasted seeds, lemon and a subtle umami flavour.

Instructions:

- In a medium saucepan on a low heat, gently sweat the leek with the oil and a pinch of salt for 3-5 minutes until soft.
- Add the garlic and cook for two minutes.
- Rinse the soaked rice and add to the pan with the cooked leeks. Stir for 1-2 minutes until the grains appear shiny. This enhances flavour and helps the rice to cook into separate grains, preventing them from sticking.
- Pour in 2 ladles of vegetable stock and gently simmer over a low-medium heat with the lid ajar. Continue to add more stock only when the rest has been absorbed. It should take approximately 35-45 minutes for the risotto rice to cook. You may not need to use all of the stock.
- Meanwhile, bring a medium pot of water to boil.
- Prepare a large mixing bowl and fill it with ice-cold water.
- Once the water is boiling, add the broad beans and blanch for 1 minute. Using a slotted spoon remove the beans and shock them in the ice-cold water. Blanching and shocking helps to loosen the skin and retains the freshness, the vibrant colour and enhances the retention of vitamins and nutrients in vegetables.
- Remove the tough outer skin by pinching or squeezing the bean to pop it out of the skin. Set the peeled beans to the side.
- Once the pot of water is boiling again, blanch the asparagus for 1 minute and then shock in the ice-cold water. Set aside with the broad beans.
- Once the water is boiling again, blanch the peas for 1 minute and shock in the ice-cold water. Add to a blender and set aside.
- Blanch the spinach, basil, parsley and mint for 10-15 seconds and again shock in the ice-cold water. Remove using a slotted spoon and place in the blender with the peas. Add the toasted seeds, freshly grated lemon zest and squeezed juice (discard the pips), salt and pepper and blend until smooth and creamy. If the mixture is too thick, add a splash of the 'blanch' water to thin it out. You want the consistency and texture to be between a puree and a pesto.
- Once the risotto rice is cooked but still retains a bite, stir through the pesto puree, broad beans, asparagus and miso paste and cook for 2 minutes until heated through.
- Divide the risotto into two portions and top with microgreens, fresh herbs, toasted seeds and a wedge of lemon. Serve immediately.

Recipe brought to you by the College of Naturopathic Medicine – [Health Coach Course](#)

Joseph Coelho poetry

Feast your eyes on another set of wonderful poems inspired by Joseph Coelho's work. The children's work be on display ready for Parents' Evening next week.

Cator Park

A park
Where trees
veil the grey bricked flats.
Where the children
enjoy the A2's fumes.
Where kids
have fun.

I ran like lightning
in my black trainers.

Cator Park.
Cute animals with
obsidian eyes
sneaking around
the fun wooden tree house.

Cator Park.
Exited to meet you
you won't regret visiting.
Welcome to Cator Park

By Stanley Dunford (4JG)

Happy

Happy
joyfulness, amusement
laughing, smiling, chuckling
Go and play now
Ecstatic

By Elodie Phan (2GB)

Battle of the sky

Frozen petals and dying leaves,
Birds mourning their passing
Empty roads and pathways
Everything frozen in time
The battle of the skies shall soon commence

Bitter winds and violent storms
Trapped in a time loop of weather
Winter was prepared for a battle
Freezing everything in its path
The battle of the skies had begun

Spring flocks and rays of sunshine
Nature watched in awe
Vibrant colours clashed together
Joy and happiness filled the air
The battle of the sky was ceasing

Animals and sun
Rays brightened the land
The frost cries slowly died away
Snow turning into water
Poppies and tulips sprouting
The battle of the skies was won.

By Barbara Hyde (6SO)