

Dear parents/carers,

This week we had safer internet day and the children learned how to keep safe online. Please do take the time to read the e-safety letters we have shared this week. As a reminder there are very few social media apps that children at primary school are allowed to use. For most the minimum age is 13. If you have any questions or need more information please do not hesitate to contact the school office. As always, thank you for your continued support. We hope you have a wonderful half term holiday – Ross Silcock and Wanda



**Some highlights from our school this week:**

**Year 6** have been writing a persuasive argument based on whether zoos should be banned or not.

**Year 5** have been creating art pieces representing line art based on the text 'The Highwayman' by Alfred Noyes.

**Year 4** have been writing the perfect hot chocolate recipe.

**Year 3** have been writing persuasive letters based on our text 'The Wild Robot'.

**Year 2** have been learning about 3D shapes and their properties.

**Year 1** have made sandwiches to trick the seagulls who have been stealing Mr Grinling's lunch.

**Reception** have been learning about Mary Seacole.

**Nursery** have been looking at photos of when they were babies and describing how they have changed.



**Secondary school applications**

Children will receive the outcome of their secondary school applications on 1<sup>st</sup> 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 15<sup>th</sup> 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:** comment ca va?  
**Translation :** how are you ?

**Word of the week:** ravenous  
**Definition:** extremely hungry  
**Context:** I was ravenous and excited for food.

**Contacting us –**  
If you need anything then send us an email.  
[wfcontact@wingfield.compassps.uk](mailto:wfcontact@wingfield.compassps.uk)  
or leave a message at the school office **020 8856 1167**

**Dates for the diary**

**First Day of Spring 2 term**  
Monday, 20<sup>th</sup> February 2023

**Recipe of the week**  
Mango and Berry Mousse



**Ingredients**

**Base:**

- 40 g raw macadamias
- 20 g desiccated coconut
- 1 medjool date peeled
- 1/2 tbsp coconut oil peeled
- Pinch ground cinnamon
- Pinch salt

**Filling:**

- 20 ml water
- 2 tsp agar flakes heaped
- 100 ml cashews soaked in cold water overnight
- 1/2 large or 1 small ripe mango
- 1/2 lime zest and juice
- 15 g coconut oil
- 2 tsp maple syrup
- Pinch ground ginger

**Berry Coulis Topping:**

- 250 g frozen mixed berries
- 1/2 tbsp maple syrup
- Handful of fresh raspberries and a few sprigs of mint to garnish.



## Instructions (Mango and Berry Mousse- serves 2 people):

**This decadent dessert is a rich source of thiamine (vitamin B1) thanks to the macadamias and cashew nuts which increase acid in the gut aiding digestion. Coconut is rich in the anti-inflammatory lauric acid and berries are packed with antioxidants, making this a health boosting way to end a meal.**

- Start by making the berry coulis. Blend the frozen berries in a blender/food processor to create a purée. Pass the purée through a fine sieve to remove the seeds and sweeten with the maple syrup (to taste). Refrigerate the berry mixture for later.
- Pre-heat the oven to 180°C to prepare the base
- Grease tall pastry ring moulds lightly with coconut oil and set aside on a baking tray.
- Spread the macadamias onto a small tray and roast for 5-10 minutes until golden. Allow to cool.
- Place the macadamias and the remaining base ingredients into a high-speed blender and blend to combine – you want the macadamias to be relatively finely chopped but still retaining some texture.
- Place even quantities of base mix into the bottom of moulds, press down with the back of a spoon and chill.
- To prepare the mousse filling; place the agar flakes in a small bowl and sprinkle over the top with water; allow to soften for 10 minutes.
- Gently heat the coconut cream in a small saucepan until hot. Add the softened agar flakes and water and bring the coconut cream to a boil without stirring, then simmer for 5-10 minutes, stirring occasionally to allow the flakes to fully dissolve.
- Remove from the heat, decant into a clean bowl and allow to cool to room temperature.
- Drain and rinse the cashews and, along with the remaining filling ingredients, including the coconut mixture, place into a high-speed food processor and blend until smooth.
- Decant equal amounts of the mousse filling onto the chilled bases and continue chilling for a minimum of 2 hours to firm up. The desserts can be securely covered and chilled for a couple of days.
- Take the desserts out of the fridge 30 minutes before serving and leave at room temperature. Then transfer to your serving plate, slide off the pastry moulds and spoon over the berry coulis topping.

Recipe brought to you by the [CNM Health Coach Course](#)

## Dr. Mitakos visits Reception

Local doctor, Dr. Mitakos visited Reception on Monday to talk to the children about his profession. He spoke to the children about the role of a doctor and how doctors help people. He showed the children some of his doctor equipment and they got to ask lots of questions. The children really enjoyed interacting with Dr. Mitakos and had a lot of questions to ask him about his job. They even asked him if he had a car! Some of the children were so excited about their visit and have since said that they would like to become doctors too!

***“The children were so enthusiastic, and I loved all of the amazing questions they asked. I hope it gives them the motivation to become doctors one day!” Dr Mitakos***



**Well done to all the children and teachers for their amazing learning displays related to Joseph Coelho's poetry!**

