

Dear parents/carers,

Welcome back! We hope you had a lovely half term holiday. A reminder that next Thursday, 2nd March, is a strike day. We will endeavour to update you on Monday which classes will be closed on the strike day. As Thursday 2nd March is world book day we have moved this to Friday 3rd March so that all children can join in. Please see below for more information about world book day. On Friday 24th March we will have an (adults only!) quiz night. We hope that many of you will be able to join us. Finally, a reminder that secondary school offers will be made next week and will need to be accepted by Wednesday 15th March at the latest. We hope you have a wonderful weekend –

Ross Silcock and Wanda



Some highlights from our school this week:

Year 6 have been writing blogs about the new Prime drink.

Year 5 have been writing suspense scenes based on a chapter on 'Wolf Brother'.

Year 4 have been enjoying their Bowles trip.

Year 3 have started learning about Ancient Egypt and its civilisation.

Year 2 have been looking at the features of a travel brochure, leading to a writing outcome based on a holiday to London.

Year 1 have been completing circuit training routines as part of their strength and coordination learning in PE.

Reception have been reading 'The Naughty Bus'. Using this story, the children created their own version of a naughty bus and what it would do.

Nursery have been learning about different forms of transport and the experience of travelling on these.



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: c'est combien?

Translation : how much ?

Word of the week: venture

Definition: a risky or daring journey.

Context: she ventured out into a blizzard.

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

World Book Day

Friday, 3rd March 2023

Recipe of the week

Cashew Beef Satay with Asian
Rainbow Slaw



Ingredients

680g rump or sirloin steak, trimmed
and cut into 3cm-wide strips

Marinade

- 2 garlic cloves, chopped
- thumb-sized piece of fresh ginger, grated
- ¼ tsp smoked paprika
- ½ tsp ground cumin
- ½ tsp ground cinnamon
- 1 tbsp lime juice
- 1 tbsp coconut oil
- pinch of salt

Cashew Satay Sauce

- 100g roasted cashews
- 1 small shallot, finely chopped
- juice of ½ lime
- 1 stalk lemongrass, minced
- 1 tbsp coconut palm sugar
- 1 tbsp coconut aminos
- 150ml coconut milk
- a thumb-sized piece of fresh ginger, grated
- 1 small red chilli, deseeded and roughly chopped

Asian Rainbow Slaw

- ¼ large red cabbage or ½ small, shredded
- 3 carrots, grated
- A handful of fresh coriander, roughly chopped
- A handful of cashews
- 1 tbsp coconut palm sugar

For the dressing:

- 2cm piece of fresh ginger, finely grated
- 1 small garlic clove, crushed
- 1 tbsp mirin
- 1 tbsp coconut aminos
- 1 tsp rice vinegar

Recipe of the week- Cashew Beef Satay with Asian Rainbow Slaw

This healthy take on a classic satay takes us right back to sunny street food. Bursting with flavours, high in protein, fats and antioxidants, this dish can be enjoyed using chickpea 'tofu', lamb, chicken or fish instead of beef.

Instructions

- Make the Marinade:

Mix the marinade ingredients together in a non-metallic bowl and add the beef. Rub thoroughly to make sure it is well combined, then thread the beef strips onto skewers, cover and place in the fridge for 3-4 hours.

- Make the Satay Sauce:

To make the satay sauce, pulse all the ingredients together in a blender or food processor until creamy but still a little chunky; you want the cashews to still have some bite. You may want to add more coconut milk or water if it is too thick. Transfer to a pan and cook gently over a low heat for 5 minutes. Set aside to cool.

- Make the Asian Rainbow Slaw:

Lightly toast the cashews in a dry frying pan over medium heat until golden. Add the coconut palm sugar and stir quickly into the cashews until it melts into a caramel. It will burn easily so reduce the heat as you do this. Once the cashews are caramelised, remove from the heat and set aside to cool.

Thoroughly combine all the ingredients for the dressing in a blender (or use a pestle and mortar). Combine the shredded cabbage and carrots in a serving bowl and mix in the dressing. Serve topped with the cashews and a generous scattering of coriander.

- Cook the beef:

Place a griddle pan over a high heat and brush with a little coconut oil. Cook the beef, seasoning each skewer with salt as you go. It is best to take one or two cubes and try them out to see how long they need. You want the meat to be nicely grilled on the outside but pink and tender in the middle.

Serve with the satay sauce and some Asian Rainbow Slaw on the side or remove the beef from the skewers and serve in cabbage or kale leaves or with some greens.

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

World Book Day

On Friday, 3rd March, your child is invited to come to school dressed as their favourite book character. As this event is all about celebrating books themselves, please help your child to choose a character they know well from a book as opposed to a movie or TV show. We do not expect parents/carers to buy a costume for this purpose; there are many costumes that can be put together with everyday clothes. These include characters from Matilda, The Boy in the Dress, Gangsta Granny, The Adventures of TinTin, Angelina Ballerina, Where's Wally, Paddington Bear and Mr Bump (and other Mr Men characters).

Each class will be celebrating the world of books with many book related activities in class. Parents are reminded that children do not need to bring in money to wear their outfits.

The children will receive their book tokens on World Book Day. Book tokens can only be redeemed in bookstores. You can find your local participating book seller at <https://www.booksellers.org.uk/wbd>.

If you would like to celebrate World Book Day at home, there are many resources and ideas available at www.worldbookday.com.



"I have a passion for teaching kids to become readers, to become comfortable with a book, not daunted. Books shouldn't be daunting, they should be funny, exciting and wonderful; and learning to be a reader gives a terrific advantage." Roald Dahl

Returning books

Children are reminded that they need to return all books that they have finished reading. All books have a Wingfield stamp, and this can be found on the front cover or one of the first pages of the book.

Values this term

This term, we will explore the forgiveness and kindness. We explore our values in depth through assemblies, PSHE lessons and across the wider curriculum.

Book of the week- The Swifts by Beth Lincoln

A hilarious new mystery adventure perfect for fans of Robin Stevens and Lemony Snicket. On the day they are born, each Swift is brought before the sacred Family Dictionary. They are given a name and a definition, and it is assumed they will grow up to match. Unfortunately, Shenanigan Swift has other ideas. So, what if her relatives all think she's destined to turn out as a troublemaker, just because of her name? Shenanigan knows she can be whatever she wants - pirate, explorer or even detective. Which is lucky, really, because when one of the Family tries to murder Arch-Aunt Schadenfreude, someone has to work out whodunit.