

Wingfield Primary School Weekly Newsletter

Friday, 19th May



Dear parents/carers,

Another fantastic week of learning at Wingfield – please see below for a summary of what every year group has been learning. Next week is Careers Week, culminating in a dress up day on Friday (the last day of term) – children can dress up as the job they would like to do when they grow up. Wishing you all a wonderful weekend -

Ross Silcock and Wanda



Some highlights from our school this week:

Year 6 have been making a biography about Jessica Ennis-Hill. They have also been learning about women's role in WW2.

Year 5 have been converting units of measurement in mathematics. They have also been using the text 'Flood' to explore character emotions.

Year 4 have been consolidating their knowledge of telling time.

Year 3 have been learning about the properties of shapes. They have also been describing body parts in French.

Year 2 have been using a range of conjunctions to combine their sentences together. They have also been looking at statistics for their mathematics.

Year 1 have been making boats to resemble the Cutty Sark in their DT lessons.

Reception have been learning about India and had a visit from a parent who came from India.

Nursery have been learning about healthy and not so healthy foods with Oliver's vegetables.



Join our Compass SEND

As part of our continuing focus on how we work to best meet the needs of children with special educational needs and disabilities and their families, we would like parental representatives from across our schools to have the opportunity to work with leaders to offer input on aspects of policy and practice.

This would involve meeting at least three times a year, providing input on policy development as well as considering government guidance and research and how these impact on practice within our schools.

If this is something you are interested in, please email a brief personal statement, explaining your experience and why you are interested in joining the group, to mbernard@compassps.uk.

A few messages from the school

- Should any parents/ carers have any regular spare time free and would be willing to volunteer to read with the children, please do get in touch with the school office.

- If you have changed your telephone number, email address or moved home please ensure that you update the office.

Dates for the diary

Careers Week

Monday 22nd May - Friday
26th May

Year 5 visit to National Maritime Museum

Monday 22nd May

Careers Week dress up day

Friday 26th May

Dress up as the job you would like to do when you grow up.

Last day of Summer 1 term

Friday, 26th May

First day of Summer 2 term

Monday 5th June

3LG and 3SS visit to National Maritime Museum

Wednesday 7th June

School Photographs

Thursday 8th June

Year 1 visit to National Maritime Museum

Friday 9th June

Year 1 Phonics Screener starts

Monday 12th June

Year 6 school journey

Monday, 26th June -
Friday, 30th June

Year 6 performance: Oliver Twist

Monday, 17th July

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

Strawberry Overnight Oats

Oats are rich in a range of vitamins, minerals and fats and may play an important role in improving satiety (the feeling of fullness), diet quality, and digestive, cardiovascular, and general metabolic health. Almonds offer protein and healthy fats. This breakfast is simple to prepare the night before and is ready to eat in the morning – perfect for a lazy breakfast, or to grab and go when you have a busy day ahead.

Ingredients:

- 1 cup gluten free oats
- 1 cup almond milk
- 1 tbsp almond butter
- 1 tsp brown rice malt syrup, or maple syrup
- 3 medium strawberries, sliced

For the jam:

- 1/2 cup fresh strawberries
- 1 tbsp chia seeds
- 1 tsp brown rice malt syrup, or maple syrup
- 1/4 cup water
- 1 tbsp of flaked almonds



Instructions:

1. To make the jam topping, add the strawberries, maple syrup and water to a small saucepan and bring to a boil. Boil rapidly for 2 minutes until the strawberries start to break down.
2. Reduce to a simmer and cook for a further 3 minutes stirring constantly and mashing the strawberries as you go.
3. Once all the liquid has evaporated, you will be left with a thick fruit jam. Remove from the heat and stir through the chia seeds. Allow to cool, then refrigerate overnight.
4. Arrange the sliced strawberry pieces around the inner edge of a clean Mason jar.
5. In a separate bowl, mix the oats, almond milk, almond butter and the brown rice or maple syrup. Stir to combine.
6. Pour the oat mixture into the centre of the Mason jar and push the strawberry slices tightly against the sides.
7. Cover the jar tightly with a lid and transfer to the fridge overnight.
8. In the morning, stir the oat mixture gently and serve, topped with the chia strawberry jam and flaked almonds.

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

Careers Week

Next week is Careers Week. As part of this week, the children will be attending a range of assemblies where they will learn about different professions. The assemblies will be led by a range of people who will share information about their jobs and how they got into them. The professions that are visiting include a construction worker and a professional football player. To celebrate this week, the children will get an opportunity to dress up as a job that they would like to do in the future next Friday.

Mental Health Awareness Week

This week is Mental Health Awareness Week (15th -21st May). To recognise this important week, please find two links that have lots of information with regards to how we can support ourselves and others experiencing anxiety. There are lots of self help guides as well as videos and information on what it is and what can cause it.

<https://www.anxietyuk.org.uk>

<https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/>