

Dear parents/carers,  
 This week we have welcomed children in Nursery and Reception to school; in fact, the Reception children completed their first full day at school today! As a community we continue to grow – a warm welcome to all the new parents and carers that are now part of this wonderful community. Next week, we have visits to the Unicorn Theatre to watch a performance of 'The Tempest' by William Shakespeare, this term's whole school project. Thank you in advance to those parents and carers that will be accompanying us. Have a wonderful weekend - Ross Silcock and Wanda



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

**Year 6** have been writing a newspaper article related to their whole school text 'The Tempest.' The children have also revisited their learning on Roman Numerals.

**Year 5** have been writing descriptions based on the text 'The Tempest.'

**Year 4** have been comparing and describing characters from 'The Tempest' leading a narrative outcome next week. They have been learning about the Arctic and the Antarctica in their geography learning.

**Year 3** have been writing character descriptions based on the main characters from 'The Tempest.'

**Year 2** have been writing a character description based on Ariel. They have also been learning about place value.

**Year 1** have been writing a setting description based on the island in 'The Tempest.'

**Reception** have thoroughly enjoyed settling into their new environments.

**Nursery** have enjoyed meeting their new teachers and classmates.

**A few messages from the school**

- Parents' Evening will be running from 16<sup>th</sup>-19<sup>th</sup> October. More information regarding bookings will be shared over the next few weeks.
- Next week, we have invited 'Arty Party' into school so that children in years 2-4 can create some amazing art. Can all children in these year groups please bring an old t-shirt or apron for the duration of the week.
- All extra-curricular clubs are starting next week. Please check your emails to see if your child has been allocated a place. More information regarding the football trial can be found on the next page.
- If you are supporting the theatre trips next week, please look below to find out what times you will need to be at the office in preparation for leaving the school:

**Thursday, 21<sup>st</sup> September**

Year 2 parents- 11:30am

Year 3 parents- 12:00am

**Friday, 22<sup>nd</sup> September**

Year 4, 5 and 6- 9:00am

**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**

**ArtyParty**

Monday, 18<sup>th</sup>  
 September- 22<sup>nd</sup>  
 September

**Year 2 and 3**

**Unicorn Theatre trip**

Thursday, 21<sup>st</sup>  
 September

**Year 4, 5 and 6**

**Unicorn Theatre trip**

Friday, 22<sup>nd</sup>  
 September

**Reception and**

**Year 1 'The Tempest' workshop**

Monday, 25<sup>th</sup>  
 September

**Year 1-6 Parents' Evening**

16<sup>th</sup>-19<sup>th</sup> October

**Last day of term**

Friday, 20<sup>th</sup> October



## Football trials

You should have received an email to sign up for football trials for the school football teams next week. The girl's trial will be on Wednesday 20<sup>th</sup> and the boys on Friday 22<sup>nd</sup> September from 3.30pm- 4.30pm. The trials will take place on the playground and children should bring suitable footwear (i.e., trainers) to change into. Mr Mitakos and Mr Donaldson will be running the trials. In particular, they will be looking for children who display the school's values within a team-based environment. If your child is successful, you will receive an email advising you, please note there will be a charge of approximately £40 per term for this club.

## Quinoa Porridge

Quinoa is a complete protein making it a great choice for plant-based diets. It also has a low glycaemic index i.e., releasing energy slow and steady to keep you feeling fuller for longer and giving you long lasting energy until your next meal – lack of sleep can disrupt our blood sugar levels leaving us feeling hungrier than usual. Using antioxidant rich toppings such as seasonal berries and nuts and seeds can buffer from the daily stress your body might be battling from poor sleep. Seasoning the porridge with spices like ginger (a carminative – soothes the digestive tract) and cinnamon (vasodilator – relaxes blood vessels) can calm a restless sleep deprived body.

### Ingredients:

- 120 g Quinoa grains
- 360 ml Almond milk
- 160 ml Quinoa flakes
- 700 ml Almond milk
- 1 tsp Ground cinnamon
- 1 tsp Ground nutmeg
- 1 tsp Ground ginger
- 1 ½ tsp Dulse
- 60 g Almond butter
- 400 g Mixed berries – e.g., blueberries blackberries, raspberries
- 135 g Mixed Nuts or seeds



### Instructions:

- Place the quinoa grains in a small saucepan with 360ml almond milk and simmer until the milk has been absorbed (about 15 minutes).
- Meanwhile place the quinoa flakes with 500ml almond milk in a larger saucepan and gently simmer until it becomes smooth and creamy – tip: regularly stir to prevent it catching the bottom of the pan.
- Then add the quinoa grains, cinnamon, ginger, nutmeg and dulse to the porridge mix – you may want to add some filtered water or the remaining 200ml almond milk if you prefer a looser porridge.
- Stir the mixture to combine and serve topping with 1 tbsp of almond butter per portion, the berries and mixed nuts and seeds.

## Activity posters from the local area

**Let's Sing Together** JOIN THE CHOIR  
**CHILDREN'S CHOIR**  
Do you love singing? Then come and join our FREE award winning Children's Choir at St. Michael's Church, Blackheath!  
Year 3 and up. Wednesdays 4-4:45pm Term Time.

**KIDBROOKE VILLAGE COMMUNITY Sports & Fun Day**  
THURSDAY 21ST SEPTEMBER 10AM-8PM  
A FULL DAY OF INCLUSIVE SPORTS, FITNESS & FUN ACTIVITIES ACROSS KIDBROOKE VILLAGE:  
TEAM GAMES / TUG-OF-WAR / EGG & SPOON MULTI-BALL CHALLENGE / TREASURE HUNT UNDER 5'S MINI-SPORTS / SENIOR'S SPORTS DANCE-A-THON / CLOSING CEREMONY!  
and more!  
FULL INFORMATION & REGISTRATION FOR THE TEAM GAMES: [HTTPS://KDMPROJECTS.EVENTBRITE.COM](https://kdmprojects.eventbrite.com)

**KIDBROOKE VILLAGE COMMUNITY Sports & Fun Day**  
21ST SEPTEMBER 10AM TO 8PM  
SOMETHING FOR EVERYONE THROUGHOUT THE DAY!  
Green Park: Hockey, Community Woodwork, Music - Horn  
Archie Cole Primary: Arts & Crafts, Handwriting  
Kidbrooke Community Hub: Jazzercise (10am - 11pm), Senior's Afternoon (7:10pm - 8pm)  
Rugby Square: All Day Street Food & Charity Raffle/Event (10am - 1pm)  
Kidbrooke Town Station  
Heron Green Village Hall: Senior's Players & Friends (10am - 1:30pm)  
New Park: Quizzes & Quiz Quiz  
HTCA: All Age Multi-Sport Competition & Soccer (10:30am - 1:30pm)  
Locations, times & registration for the team games: [HTTPS://KDMPROJECTS.EVENTBRITE.COM](https://kdmprojects.eventbrite.com)