

Dear parents/carers,

Please can I remind all parents/carers that drive to/from school to park responsibly by parking cars on Weigall Road. There is no legal space for parents/carers to park on Handley Drive/Ensign Street/Moorehead Way unless you have a blue badge. Once again, Handley Drive is becoming very unsafe for children due to irresponsible parking. Thank you for your cooperation – Ross Silcock and Wanda



Some highlights from our week at school:

Year 6 have visited Tump 53 Nature Reserve.

Year 5 have been studying the effect of gravity.

Year 4 have been consolidating our knowledge of place value.

Year 3 have been finishing our Shackleton narratives.

Year 2 have been painting a backdrop for 'The Great Fire of London.'

Year 1 have been writing a diary entry based on Shackleton's expedition in Antarctica.

Reception have completed their first full week in school.

Nursery continue to settle into their routines.



School Uniform

Brigade, our school uniform provider, have advised us today that they have cleared their summer holiday back log and the lead time for uniform orders is now 14 days. You can order school uniform online at [School - Brigade Clothing, LTD.](#)

School Journey Reminder

If your child is in Year 4 or 6 and you would like them to take part in the residential trips for 2023, please remember the deposit needs to be paid using the MCAS app by next Friday, 30th September. If you have any issues or would like to discuss further, please contact the office as soon as possible.

Playground expectations

All children and parents should not be riding bikes or scooters on the playground. Children must place bikes and scooters in the designated areas upon arrival to school and parents must leave bikes/scooters at the school entrance area before entering the playground. A reminder that there should be no smoking, including vaping, on the school premises, too.

Vegan 'Cheesy' Waffles- recipe brought to you by thehealthcoach.com

Vegan 'cheesy' breakfast waffles have never looked or tasted so good! These delicious breakfast offerings are prepared with chickpea flour which works perfectly well without the need for any binders. Chickpeas contain a wide range of beneficial nutrients, plant proteins and slow-release carbs which support blood sugar levels. Nutritional yeast, high in protein, not only imparts a rich 'cheesy' flavour, it offers a varied range of micronutrients (beta-glucans, glutathione, iron, B vitamins, etc.) which support immune system function and have antiviral and antimicrobial properties. Avocado and pumpkin seeds are rich in essential fats. Topped with lemony wilted spinach, creamy avocado and crunchy pumpkin seeds, these delightful waffles make an all-round great dish for your start to the day.

French Phrase of the Week: le weekend prochain

Translation: next weekend

Word of the week: impenetrable

Definition: impossible to pass through or enter.

Context: the door was impenetrable.

Anti-Bullying Steering Group

School Lead – Miss Robyn Hudson. E-safety leaders – Mr Jack Delaney and Miss Helena Bolt
Members - Mrs Rosie Medhurst, Tazeen Mirza, Ms Vidushi Khosa, Miss Shelley, School council members and Digital Leaders

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

Last day of Autumn 1 term

Friday, 21st October

Recipe of the week

Vegan 'cheesy' waffles

Ingredients (serves 4)

For the waffles

- 3/4 cup chickpea flour
- 1/2 teaspoon bicarbonate of soda
- 1 teaspoon lemon juice
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoon nutritional yeast
- 1/2 cup filtered water
- Coconut oil for greasing

For the topping

- 1 ripe avocado, thinly sliced
- 2 generous handfuls of fresh spinach
- 1 tablespoon of olive oil
- A pinch of salt and black pepper
- 1/2 tablespoon of pumpkin seeds
- 2 teaspoons of lemon juice

Method

Add the chickpea flour, bicarbonate of soda, lemon juice, nutritional yeast, salt and pepper to a mixing jug. Stir well to combine.

Add the water and beat together until you have a smooth yet thick batter. You can add a little extra water if your mixture looks too thick.

Lightly grease the waffle maker with a little coconut oil to prevent sticking. Preheat your waffle maker - use the highest setting for crispier waffles! Pour in the batter, levelling the mixture if required. Close the lid and cook for 5-7 minutes or until cooked through.

Whilst the waffles are cooking, add the spinach to a small saucepan with a tablespoon of water over a medium heat. Cook until just wilted, draining away any excess water and season with a little salt and pepper.

Top the waffles with the wilted spinach, sliced avocado and pumpkin seeds then drizzle over the lemon juice and olive oil to serve.

Have a look at the main body of the newsletter to find out about this recipe!



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Secondary School Admissions

Parent with children in year 6 are reminded that the closing date for secondary school applications is 31st October. You can apply online 24 hours a day. You will receive confirmation that your application has been submitted successfully once you have done. Please make sure that you check your junk mail just in case it is in there. For a paper application you can email: school-admissions@royalgreenwich.gov.uk. You are allowed up to six preferences in a ranked order. If you have any questions regarding the process, please do not hesitate to contact the school.

Clubs starting next week

Please be reminded that all extra-curricular clubs start next week (w.c. 26/09). Most children have received their invitations via email if they have been added to a club. Children in UKS2 will need permission if they are allowed to walk home by themselves. Any child attending a club- which requires a change of clothing- will need to get changed at the end of the school day before their after-school club begins. If you have any questions regarding the clubs, please contact the office.

A message from Royal Greenwich

Royal Greenwich is promoting the updated 'Benefits for children at school' leaflet which summarises the main sources of help available for low-income families. We hope that this will help ensure that parents don't miss out. This factsheet gives information about sources of help for parents with school-aged children. Many families, particularly working families, miss out on support because they do not know they can claim. Don't assume that you cannot get extra help – read on to find out more. The attached link outlines the support that your family can receive- https://mcusercontent.com/353e66c91ca8d217125ad655c/files/b27e56e8-ec20-76d8-0568-2dcb729b77e1/Benefits_for_children_at_school_factsheet_RBG_WRS_August2022.pdf

Support for families

Since the energy crisis began, the cost of living has grown exponentially in all areas of our lives. It is important that the families in our Wingfield community are being supported through some of these challenging financial times. With that in mind, please find some links to support families. These range from gaining financial support to receiving advice. The links are available below:

Energy Saving Trust

<https://energysavingtrust.org.uk/are-high-energy-bills-having-an-impact-on-your-mental-health/>

Citizens advice

<https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/>

The energy bills support scheme discount – some families maybe eligible for support.

<https://www.gov.uk/guidance/getting-the-energy-bills-support-scheme-discount>

Home Learning

We hope that you find the Home Learning Journals a useful way to communicate with us about your child's progress. Please continue to support your child's learning by listening to them read every night. Children and parents are reminded that all reading needs to be recorded in the journals.

Breathing Space by Eltham Arts

Breathing Space are a local voluntary arts organisation based in Eltham that have recently secured funding from the Royal Borough of Greenwich to deliver an arts and wellbeing project for the carers in the borough. You can find out more about the project here - <https://elthamarts.org/breathing-space/>. The sessions are free drop-in sessions every Thursdays at Eltham Library until Christmas and will be facilitated by professional artists. Please find the attached the flyer here.



Charlton Athletic Community Trust offers

Charlton Athletic Community Trust are running a range of holiday courses for children aged 4-15 years. All sessions are delivered by FA qualified Charlton Athletic Community Trust coaches. During October half term 24th-28th, courses will run from 9.00am - 3.00pm- only a packed lunch, plenty of drinks, shinpads and suitable clothing is required. For a 10% discount please follow this link <http://cact.gives/offer/OCTOBER10>

Book of the week: 'Spaceboy' by David Walliams

America. The 1960s. Ruth loves climbing trees, making a mess and throwing stones. But the thing she loves most is SPACE. The girl is OBSESSED. She spends her days reading comics about alien invasions, doodling UFOs, watching B-movies about Earth being invaded by creatures from Mars... and gazing at the stars through her old, battered telescope. Until one night, Ruth creeps out of bed in the attic room of her rickety old farmhouse to watch the stars – and is just dozing off when she spots something blazing across the sky. Something that looks like a flying saucer! Is she dreaming? No! And the flying saucer is on fire...

Go back to the Space Race with No.1 bestselling author David Walliams for a breathless cinematic adventure full of mystery, action, laughs and surprises – and a secret that could change the course of history...

'Walliams understands something crucial about children and stories' - Metro

