

Wingfield Primary School Weekly Newsletter

Friday, 14th October



Dear parents/carers,

We have had a fantastic week of learning and across the school displays of learning focused on our Shackleton project are emerging. Please do check the displays out if you are in school for parents' evening next week. If you have not already done so, please do book a parents' evening appointment. Wishing you a wonderful weekend – Ross Silcock and Wanda.



Some highlights from our week at school:

Year 6 have been writing recount narratives based on the book 'Tamed'.

Year 5 have been writing exciting adventure stories based on the text 'The Explorer.'

Year 4 have been debating whether Boudicca was a hero or a villain.

Year 3 have been writing newspaper reports based on the text 'Stone Age Boy.'

Year 2 have been using expanded noun phrases to describe wolves.

Year 1 have been looking at Victorian toys and placing them into a chronological time order.

Reception have been trying out the different porridges in 'Goldilocks and the Three Bears'.

Nursery have been reading 'Little Red Riding Hood'.



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 you 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.

Reception places

If your child is due to start Reception in September 2023, you need to apply for a primary school place. The deadline for applications is 15 January 2023. Even if your child attends our Nursery, you still need to apply for their place in Reception. If you live in Royal Greenwich, you need to apply through Royal Greenwich. If you live in another borough, you need to apply through your local authority even if you wish to apply for a place in a Royal Greenwich school. The easiest way to apply is through the eAdmissions portal – it's quick, easy and secure - and it's the fastest way to hear the results <https://www.eadmissions.org.uk/?page=Tutorial&service=page>.

Parents Evening

Parents Evening will be held on the week beginning 17th October. Next week, parents/carers will be given the opportunity to book appointments on specific dates provided. Please make sure that you have booked your appointment through MCAS. If you have any problems using this service, please email the school.

French Phrase of the Week: c'est bientôt les vacances.

Translation: the holidays are soon.

Word of the week: adhere

Definition: believe in and follow the practices of.

Context: I need to adhere to the agreement.

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**

Anti-Bullying Steering Group

E-safety leaders – Miss Gemma Edwards

Members - Mrs Rosie Medhurst, Tazeen Mirza, Ms Vidushi Khosa, Miss Shelley, School council members and Digital Leaders

Dates for the diary

Last day of Autumn 1 term

Friday, 21st October

First day of Autumn 2 term

Monday, 31st October

Recipe of the week

Apple and plum crumble

Ingredients:

For the crumble

- 1 kg of ripe plums
- 225 g gluten-free oats
- 115 g flaked almonds
- 115 g ground almonds
- 4 tbsp maple syrup
- 2 tbsp melted coconut oil
- 2 tsp ground cinnamon
- 2 tsp ground ginger
- 1 tsp vanilla extract

For the almond and ginger chia custard

- 480 ml almond 'milk'
- 3 tbsp chia seeds
- 2 tbsp maple syrup
- 1 inch fresh ginger root, thinly sliced
- 1 tsp vanilla extract

Ingredients:

Recipe brought to you by **thehealthcoach.com**



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>

Making the crumble...

A delicious dessert, particularly suitable for this time of year, when nature's bounty is at its best and getting ready for winter. Plums are a good source of vitamin C (great for dealing with free radicals); oats are high in dietary fibre (aids digestion) and a good source of tryptophan (helps the production of serotonin, a mood booster and sleep improver); ginger and cinnamon are warming spices with antimicrobial qualities and help digestion and blood sugar regulation. The crumble is lovely on its own, either hot or cold; serve with warm almond and ginger chia custard for some added indulgence.

Instructions:

- Preheat the oven to 180°C/160°C fan assisted
- Slice the plums in half, remove the stones and arrange in a square oven-proof baking dish.
- Drizzle the plums with 2 tablespoons of maple syrup. Sprinkle over the ground ginger, one teaspoon of the ground cinnamon and the vanilla extract. Using your hands, coat the plum halves evenly in the flavourings. Ensure the plums are level and even in the baking dish and set to one side.
- To prepare the crumble, add the oats to a large mixing bowl along with the ground almonds and remaining cinnamon. Lightly crumble in the flaked almonds and mix everything well to combine.
- Pour the remaining 2 tablespoons of maple syrup over the dry crumble ingredients along with the melted coconut oil. Use your fingers to rub the ingredients together to form a chunky crumb.
- Scatter the crumble mixture evenly over the top of the plums.
- Cover the crumble loosely with foil and transfer to the oven to bake for 20 minutes.
- Remove the foil and continue to bake uncovered for a further 15-20 minutes until the fruit is soft and bubbling and the crumble is golden brown.
- Whilst the crumble finishes baking you can prepare the custard. Add 1 cup of almond 'milk' to a high-speed blender along with the chia seeds and blend until completely smooth.
- Whilst the mixture is blending, add the remaining 'milk' to a small pan over a low/medium heat. Add the maple syrup, sliced fresh ginger and vanilla. Bring the mixture up to a very gentle boil and simmer for a minute or two, in order to infuse the ginger.
- Remove the ginger from the pan with a slotted spoon and discard.
- Remove the pan from the heat and whisk in the chia-'milk' mixture until completely combined.
- Return to a gentle heat for 2-3 minutes until the custard is hot through and begins to thicken. Allow to cool and thicken further slightly before serving along with the crumble.

Harvest Festival Donations

This year we are collecting Harvest Festival Donations for the Greenwich Foodbank. If you are able to, please bring a small donation of non-perishable food (a tin or packet) or toiletry item to the office. You are welcome to do this when you attend your parents' evening appointment next week. Thank you.

What do you like about Autumn?

Miss. Shelley: I have two favourite things about Autumn and they are watching the leaves on the trees change into all different colours before they finally fall from the trees. I also love getting home and into the warm, after being outside in the cold and drinking a nice mug of hot chocolate and getting all cosy.

Miss. Gomez: I love seeing the leaves changing colour and feeling crispiness of their texture under my shoes

Mr. Savage: After the long summer, I always find the coolness of Autumn welcoming. I also like the clocks going back.

Miss. Melehi: I like Sunday afternoons as you can curl up and watch films in a cosy jumper.

Mr. Mitakos: I love kicking big piles of leaves.

Miss. Edgar: I would have to say all the colours that come with autumn, particularly the trees where the leaves are all changing as well as the fact we are more likely to have rainbows at that time of year too.

Mr. Delaney: My favourite thing about Autumn is going to a pub that has a dimly-lit, cosy vibe with a working fireplace. I love this because it makes me feel tranquil and comforted.

Miss. Bradley: I love Autumn fashion, particularly coats.

Miss. Bolt: When I was younger, my mum and I used to love kicking big piles of leaves. We also used to have a song.

Mr. Mitakos: I like the fact that Arsenal are top of the league at the moment and I hope they continue this through Autumn!

