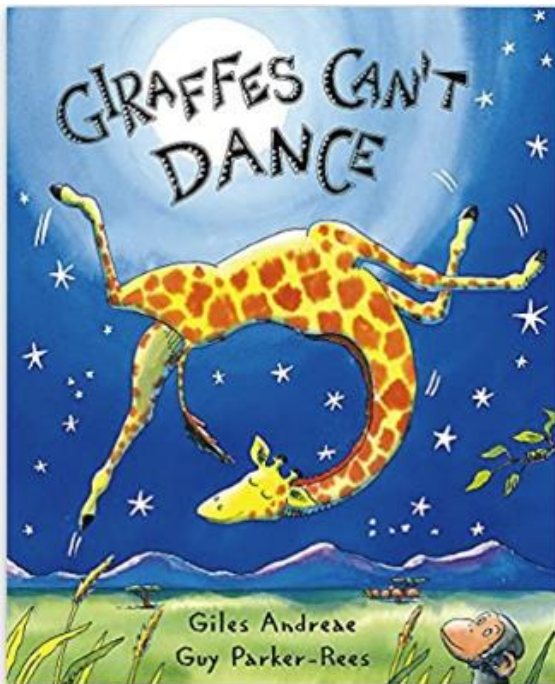




NEWSLETTER

19.03.2021

We started the week with...

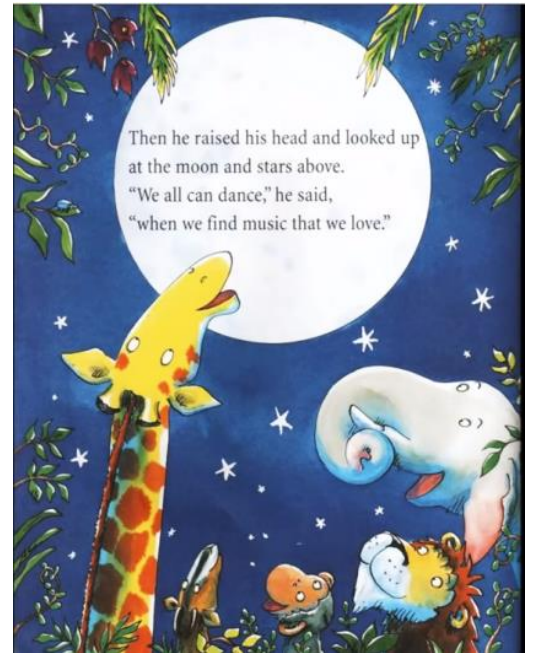


A virtual assembly by Dr Lawson and the story of *Giraffes can't Dance*.

Gerald the tall giraffe would love to join in with the other animals at the Jungle Dance, but everyone knows that giraffes can't dance... or can they?

Gerald's legs are too skinny and his neck is too long. At the Jungle Dance, the warthogs waltz, the chimps cha-cha, and the lions tango. "Giraffes can't dance," they all jeer when it's Gerald's turn to prance. But with some sound advice from a wise cricket, Gerald starts swaying to his own sweet tune.

Moral of the story: We are all good at something! We just need to find out what that something is.



Then he raised his head and looked up at the moon and stars above. "We all can dance," he said, "when we find music that we love."



REMINDERS:

Social Distancing - Please stay at least 1 m+ apart when lining up outside the school gates.



Face masks - Kindly wear a face mask when dropping children off at school and when collecting them.

Hand sanitisers - We do not encourage pupils bringing in their own hand sanitisers as we cannot regulate the chemical content thereof. The school will provide non-alcoholic hand sanitiser to be used regularly in school.

Warm clothes - Please make sure pupils are dressed appropriately with a warm jacket, as we will have doors and windows open in class for ventilation. Pupils will be allowed to wear this in class. Please refrain from hoodies.





Wellies for breaktimes - Reception, years 1 and 2 are reminded to have wellies in school for outdoor break playtime.

Bottle of water for PE - Pupils should only bring in water no fizzy drinks or juice.



Easter holiday break

29 March – 9 April

**Monday, 12th April is a Staff INSET day.
No school for pupils!**

What else happened in school this week?



**Our new Interactive screen is installed.
Mrs K Bush (Governor) and Dr M Vowles (IT support)**

Saint Patrick's day – 17th March 2021

On Wednesday, 17th March, reception learnt all about Saint Patrick's day.

Saint Patrick's Day, or the **Feast of Saint Patrick**, is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c. 385 – c. 461), the foremost patron saint of Ireland.

Saint Patrick's Day was made an official Christian feast day in the early 17th century and is observed by the Catholic Church, the Anglican Communion (especially the Church of Ireland), the Eastern Orthodox Church, and the Lutheran Church.

The day commemorates Saint Patrick and the arrival of Christianity in Ireland, and celebrates the heritage and culture of the Irish in general. Celebrations generally involve public parades and festivals, céilís, and the wearing of green attire or shamrocks.



Saint Patrick's Day is a public holiday in the Republic of Ireland, The Canadian province of Newfoundland and Labrador (for provincial government employees), and the British Overseas Territory of Montserrat.

It is also widely celebrated in the United Kingdom, Canada, United

States, Brazil, Argentina, Australia and New Zealand, especially amongst Irish diaspora.

Trivia: Saint Patrick's Day is celebrated in more countries than any other national festival.





Mini Olympics

Mini-Olympics in aid of Red Nose Day

On Wednesday, Scott from SCS hosted the mini-Olympics. Reception and Years 1 and 2 participated before the rain started pouring down. Key Stage 2 will have their turn next week!

Well done to everyone who participated.



Red Nose day – 19 March 2021

We raised money for Red Nose Day as part of Comic relief. The aim was to raise money to support people living incredibly tough lives.

Red Nose Day donations help tackle important issues including:

- Homelessness
- Hunger
- domestic abuse and
- mental health.

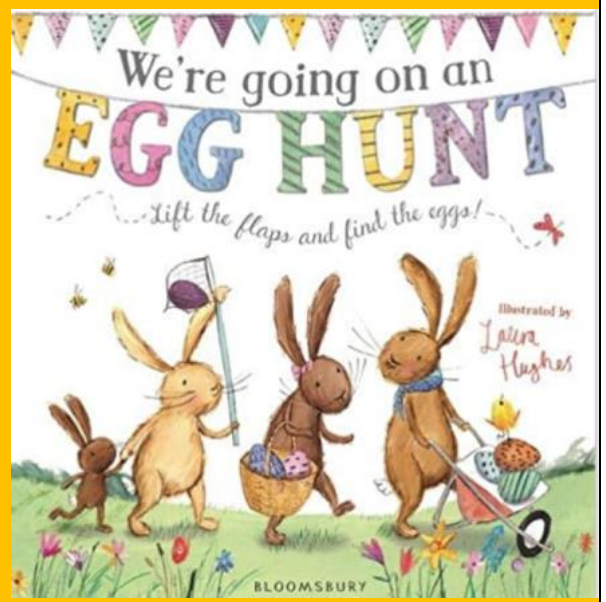
All of which have been impacted by the Covid-19 pandemic.



Friday, 26th March – Easter Activity in school

Easter Egg Hunt

- We will be placing place a large number of laminated Easter egg pictures around the school grounds. Each picture has a letter written on it.
- Each class will have an allocated time to hunt in the grounds (supervised in groups) for the eggs and write the letters down on their sheet.
- Early years to focus on practising writing letters and using them to make simple words.
- KS1 use the letters to make simple words.
- KS2 use letters to make as many words as they can in a time limit, as in the game Boggle.

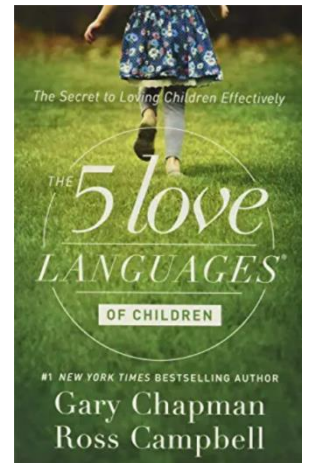


Love Languages of Children

The concept of love languages was introduced by Dr Gary Chapman and the idea is that children (and adults) express and receive love in five different ways. Chapman says that all of us will have a primary love language – the way that communicates love best to us.

The five love languages are:

Affirming words	words of affection and endearment, praise and encouragement.
Acts of service	services for your child that <i>they</i> see as valuable.
Quality time	focussed, undivided attention, being together.
Gifts	giving and receiving of undeserved gifts.
Physical touch	hugs, cuddles, kisses and pats on the back.



We all realise that every child is different and that what works with one may not work with another, but perhaps what is not so obvious is that what communicates love to one child may not be received in the same way by another.

Working out your child's love language will depend partly on their age. If your child is aged five to eight, a bit of detective work will be required to work out their love language as they won't yet be able to verbalise what it is.

<p><i>How to</i> CONNECT with your CHILD using the LOVE LANGUAGES by Big Life Journal</p>	<p>PHYSICAL TOUCH</p> <ul style="list-style-type: none"> • A LONG HUG • CUDDLES BEFORE BED • HOLDING HANDS <p>#1 – PHYSICAL TOUCH</p> <ul style="list-style-type: none"> • sitting near or beside a child • giving lots of kisses and hugs • giving a pat on the back, holding hands, a high-five • occasionally yelling, "Group hug!" • playing games like Twister • playing This Little Piggy, tag, piggyback rides • creating a "spa night" and do manicures & pedicures • making up hand-shakes • gently squeezing their hands to say "I love you!" • snuggling close on the couch and reading together 
<p>WORDS OF AFFIRMATION</p> <ul style="list-style-type: none"> • ENCOURAGE THEM IN THEIR PURSUITS • NOTICING THEM - 'I NOTICED THAT YOU LIKE THAT BOOK' • PRAISING THEIR CHARACTER, RATHER THAN THE RESULTS OF THEIR CHARACTER <p>#2 – WORDS OF AFFIRMATION</p> <ul style="list-style-type: none"> • using encouraging words and phrases often • saying "I love you" many times a day • saying "I love to watch you..." (play, draw, sing, help) • affirming both their efforts and achievements • creating a name of affection for them • when a child makes a mistake, acknowledging their good intentions, effort, determination, etc. • painting rocks with encouraging sayings • writing little love notes and leaving them around the house or in their lunchbox 	<p>QUALITY TIME</p> <ul style="list-style-type: none"> • HAVE A SPECIAL OUTING • READ BOOKS TOGETHER • PLAY A BOARDGAME TOGETHER <p>#3 – QUALITY TIME</p> <ul style="list-style-type: none"> • being there and listening to their stories and feelings • being your child's Journal Buddy while working on the Big Life Journal together • bringing your child along during errands • looking at the stars together • drawing or journaling together • allowing them to help you around the house • taking walks together and having conversations • stopping what you are doing and making eye contact • finding silly things to laugh about together • doing fun activities and playing games together 



- BRING THEM FLOWERS
- START A TREASURE BOX AND FIND TREASURES IN THE NEIGHBORHOOD
- TAKE THE TIME & EFFORT TO THINK OF A MEANINGFUL GIFT - IT'S NOT ABOUT THE COST BUT ABOUT THE THOUGHT BEHIND IT!

#4 – GIFTS

- choosing small, inexpensive tokens, or homemade presents
- choosing gifts that fit their interests
- making a collection of unique gift boxes and wrapping paper
- gifting your child a special song (create your own)
- keeping a chart and stickers to record their achievements
- creating a photo album or book about them
- buying a new shirt that captures their personality
- making them a special treat or their favorite meal
- gathering hand-picked flowers or anything from nature
- framing a special photograph of them
- gifting a book you and your child can read together.



- FIXING THEIR FAVORITE FOOD
- ASK "WHAT CAN I DO TO MAKE YOUR DAY BETTER TODAY?"
- NOTICING THEM - "I NOTICED THAT YOU LIKE THAT BOOK"

#5 – ACTS OF SERVICE

- carrying them to bed and tucking them in
- making them a special treat or their favorite meal
- making them a drink and bringing it to them
- when running late for an appointment, helping your child quickly finish what they are doing
- making a list of your child's favorite things to do
- doing a chore they would normally do (e.g., cleaning the playroom, making their bed)
- brushing their hair
- organizing/cleaning their closet or drawers
- checking out library books you know they would like
- sitting down to do their homework together
- giving your child a surprise room makeover



Source; <https://biglifejournal.com/blogs/blog/connect-child-activities-love-languages>

Source: <https://www.thepragmaticparent.com/five-love-languages-of-kids/>

Healthy packed lunches.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of the packed lunch is varied.

A healthy packed lunch helps children to:

- Have enough energy to concentrate and learn better.
- Improve behaviour and keep healthy and strong.



Keep your packed lunch cool:

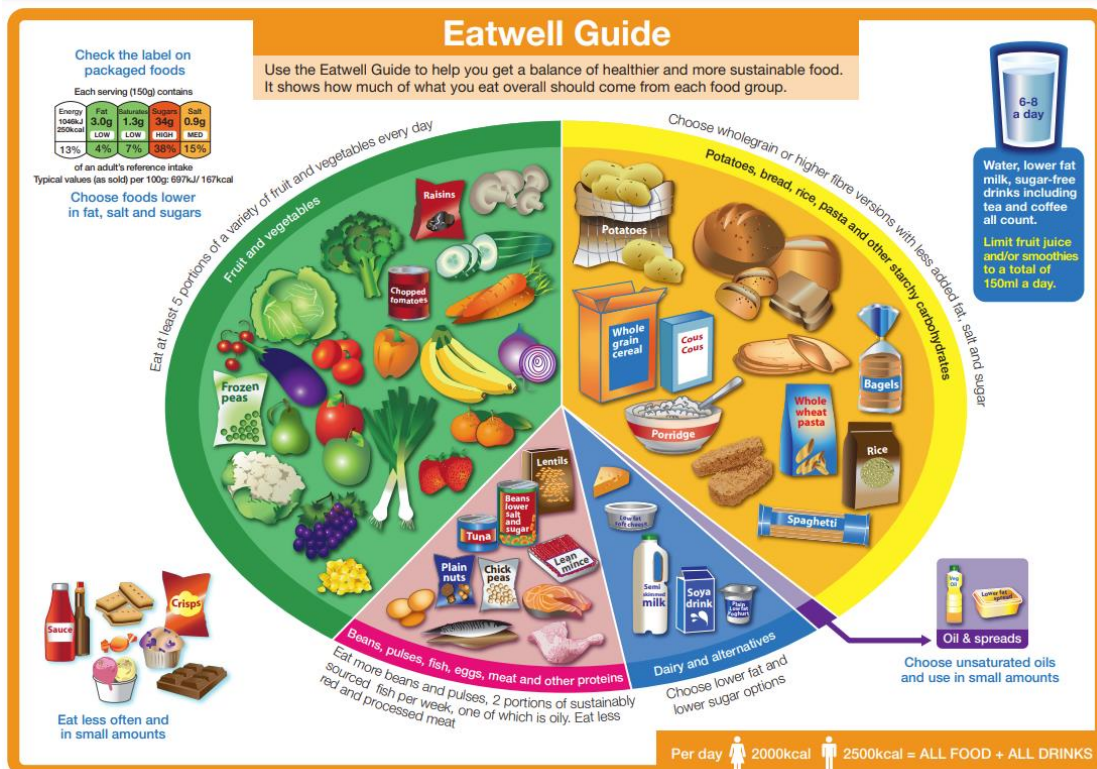
- Choose foods that store well until they are ready to be eaten.
- Consider ways to keep your lunch bag cool e.g. ice pack, cool bag, etc.
- Avoid foods high in sugar and fat. e.g. sweets, chocolate, iced cakes etc.
- Children will be encouraged to eat their lunch and will not be forced to eat any food.
- Please provide appropriate portions.
- Find more information and inspiration on **the change4life website.**

What to include in a packed lunch

- Choose a main food.
- Choose a starchy based food in each packed lunch e.g. sandwich, wraps, bagels, pitta, rice, pasta, potatoes or couscous.
- Choose a protein e.g. cheese, tuna, ham, hummus and/ or salad.
- Add some fruit or salad.
- Choose a piece of fruit or salad in each packed lunch.
- Add a little something else.
- Choose an item that is low in sugar e.g. Rice cakes, popcorn, plain yoghurt with fruit.
- Add a drink.
- Choose a drink from water, pure unsweetened fruit juice or milk (consider how to keep it cool).

Some lunchbox ideas

- Tuna and bean salad.
- Creamy hummus dip with pitta bread and vegetable sticks.
- Spicy chicken and salad wrap.
- Soft cheese and salad sandwich.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

Source: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf

School Menu

Our kitchen staff has updated the weekly menu for those on site. The 3-weekly menu is published on the school's website. We are continuing to offer balanced hot meals daily for those on site.

Dr Walker's CE Primary School – Spring Term 2021

Menu served on week commencing: 22/3/21

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Reception Class (Caterpillars) have the daily option to choose a hot meal or the packed lunch for the day (see below)</i>					
Choose your main	Pepperoni Pizza	Homemade Crunchy Coated Chicken Fillet With choice of sauce	Pasta Bolognaise	Chicken Pie Gravy	Fish Fillet
Vegetarian Option	Cheese & Tomato Pizza	Quorn Dippers	Pasta Bolognaise Quorn Mince	Vegetarian Sausage Twist Gravy	Southern Crumbed Quorn Burger
On the Side	Sweetcorn Salad	Savory Rice Broccoli	Sweetcorn Garlic Bread	Mashed Potato Cabbage Carrots	Chips Peas Baked Beans
Lighter Bite	Jacket Potato Choice of fillings Salad Wrap choice of fillings	Tuna & Sweetcorn Or Ham Panini Salad	Jacket Potato Bolognese or Cheese Salad Wrap choice of fillings	Ham or Cheese Panini Salad	Jacket Potato Choice of fillings Wrap Choice of fillings Salad
Pack Lunch in classrooms	Wrap choice of fillings	Tuna & Sweetcorn Or Ham Panini Salad	Wrap choice of fillings	Ham or Cheese Panini Salad	Wrap choice of fillings
For Dessert	Toffee Crispy Fresh Fruit	Chocolate Sponge with Chocolate Custard (no custard for P/L) Fresh Fruit	Fresh Fruit Platter	Jelly with Ice cream Fresh Fruit	Yoghurt Fresh Fruit

Also available daily: Bread, Salad, Fresh fruit, Yoghurt. Fresh milk or water.

School meals/menus/Spring 2021

Volunteers – painting of the school interior

If there are any volunteers willing to help decorating/painting classroom interiors over a weekend (towards Easter), please let the school office know.

Thanks to those who have volunteered so far! We will be in contact.

Parent governor vacancy

There is a vacancy on the governing body for a parent representative. Please contact the school office if you are interested to stand. We will then email you a form to be completed and request two recommendations. An election will take place if there are a number of candidates. A copy of the terms of office will also be emailed to interested individuals.

Deadline for interest is Friday: 16th April 2021



PTA

Please contact the school office if you are interested to join the Parent Teacher Association for more information. A number of staff has already shown an interest.

The main aim is to be involved in fundraising and social events for pupils, parents and teachers – **OUR COMMUNITY!**

The goal is to provide extra resources and, in some cases, making it possible for activities such as school trips to happen.

To help make us make our school a better place, we need the expertise and advice of the local community.

Please contact the school office if you can offer or know of any tradesmen that can help the school:

- Handyman
- Carpenter
- Electrician
- Plumber



Competition time - Win a premium garden composter with Love Essex



Here's your chance to win the Thermo-King 900 litre, a premium garden compost bin worth £149.99.

All you need to do is complete Love Essex's [short survey about composting](#). It takes less than 5 minutes and you have until Sunday 21 March to enter.

Link

<https://consultations.essex.gov.uk/waste-environment/composting-competition-march-2021/>

If you don't win, you can always buy a [low-cost compost bin](#) through our partnership with Get Composting. But be quick - prices are set to go up in April.

500 Word Story Competition

https://aclessex.com/2021-acl-500-word-story-competition/?utm_medium=email&utm_campaign=your%20essex%20march%202021&utm_source=&utm_content=&utm_term=acl%20short%20story%20comp

ACL is pleased to announce the launch of the 2021 ACL 500 Word Story Competition. This year the theme is 'Awakening'.

We're looking for our community to pen a story that quickly grabs our attention and tells a great tale. You can submit an entry as an individual or as a team effort – we want to read them all! Our judging panel will include a range of our experienced tutors, staff and local Essex Author Sarah Armstrong.

Sarah Armstrong is the author of three novels, most recently *The Wolves of Leninsky Prospekt*, the first in the *Moscow Wolves* series. The second, *The Starlings of Bucharest*, will be out in April. She is also the author of a memoir about being on a jury during the pandemic, *A Summer of Spying*, which is out in February. Sarah teaches undergraduate and postgraduate creative writing with the Open University, and lives in Colchester with her husband and four children.

How to submit your story:

Entries will need to be in a Microsoft Word format to be accepted. Use the submission form below to submit your details and story. **Deadline for submissions is 12th April 2021.**

Prizes include book voucher, a short creative writing course, and your work published. Please ensure your story is suitable for all to read. Thank you and get writing...

Discovering new and exciting skills whilst exploring your creative writing and sharing inspirational moments with others. We have a fantastic range of courses including:

- Beginners
- Advanced
- Improvers

Active Families

Premier Education have teamed up with Active Essex to get children physically active during the Easter Holidays! FREE holiday camp spaces are offered for children who are on free school meals, considered vulnerable or if their parents are key workers.

5 Holiday Camp sites running

- Broomfield Football Club - Chelmsford
- Baddow Hall Junior School - Chelmsford
- Heybridge Primary - Maldon
- Woodham Walter Primary School - Maldon
- The Ramsey Academy - Halstead

Below, a form explaining how parents can go onto our website to book their child's place using a specific code.



Booking Information

We are pleased to announce that your child has been allocated one of the **FREE** funded spaces for children on free school meals, that Active Essex and Premier Education have teamed up to provide to keep children physically active during the Easter Holidays.

Your child will also receive a **FREE LUNCH** each day that they attend the Holiday Camp.

To secure your **FREE** funded space, please read the following information.

We are operating during the Easter Holidays at the following venues

[Broomfield Football Club – CM1 7BQ](#)

9am-3:30pm

Monday 29th March – Thursday 1st April

Tuesday 6th April – Friday 9th April

[The Ramsey Academy - CO9 2HR](#)

9am-3pm

Monday 29th March – Thursday 1st April

Tuesday 6th April – Friday 9th April

[Hevbridge Primary School – CM9 4TU](#)

9am-3pm

Tuesday 6th April – Friday 9th April

[Woodham Walter Primary School - CM9 6RF](#)

~~9am-3pm~~

Monday 29th March – Thursday 1st April

Tuesday 6th April – Friday 9th April

[Baddow Hall Junior School – CM2 7QZ](#)

9am-3pm

Monday 29th March – Thursday 1st April

Tuesday 6th April – Friday 9th April

TO BOOK YOUR CHILDS PLACE, VISIT OUR WEBSITE www.premier-education.com

Click 'Book a Course', Then type in the venue of your choice from the list above.

Once you have clicked on the venue of you can select which week you would like to book your child on.

You will then be asked to complete you and your child's details.

To redeem the course for free you will need to enter the following discount code – HAF/100

****You can book multiple weeks for your child to attend. However Places are given on a first come first serve basis and are limited at each venue so we recommend booking quickly!****

If you have questions at all please feel free to reach out to Paige Quinn on pquinn@premier-education.com or 07720 609411.

Essex ACTIVate

Active Essex is offering a range of ActivAte clubs over the Easter holidays!

These clubs are completely **free for young people** who are **eligible for benefits based free schools meals** or **working families** who need **additional support**. Clubs will include **fun activities**, including **sports** and **arts & crafts**, for **4 hours a day over 8 days** of the holidays. Plus every child will get a **healthy, tasty lunch!**

Mental Wellbeing Hub

Delivering **supported activities** over **shorter sessions**, in **smaller groups**. Activities will be **sensitive** to the children's needs, focusing on **gentle social transition** and **copng exercises** to help with the move back to community engagement.



SEND Activity Hub

There will be **SEND Hubs** across Essex, delivering **specialist workshops**. These will provide **coaching** and **inclusive physical and enrichment activities** for SEND pupils, to ensure they get the **best** out of their Easter Holidays. Use the link below to book a place.

Local Activity Clubs

Our holiday clubs, run by **locally trusted organisations**, offer a range of **physical and enrichment activities** for children across Essex. Ensuring they have a **fun, memorable and healthy** Easter break.



All activities will be delivered within government guidelines, and children will be placed in a 'bubble' for the

If your child is eligible but does not require this additional face to face support, then we are pleased to also be offering **fun virtual activities, activity packs and food support**.

For more information please head to www.activeessex.org/activateeasterbooking

Holiday Activity Fund

Essex County Council is working with Active Essex in order to deliver the Department for Education funded 'Essex ActivAte' holiday activity and food programme. This programme has been developed to provide support to young people who are eligible for benefits based free school meals, and their families.

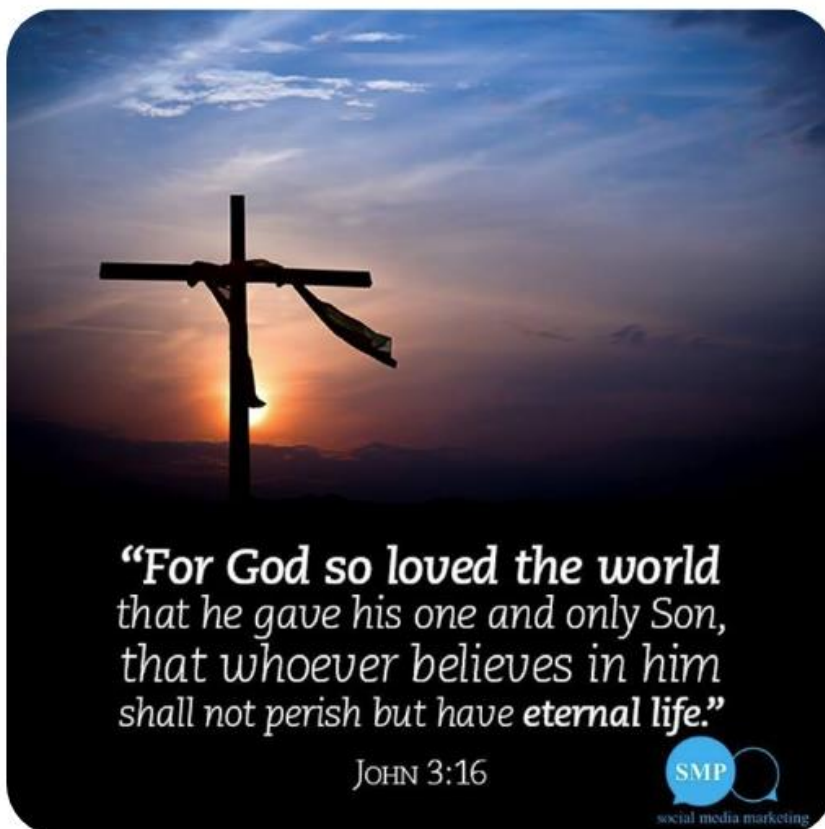
Through the Easter, Summer and Christmas holidays ActivAte will deliver a blended offer of support which will include face to face holiday activity clubs that provide nutritious meals, an outreach offer for secondary school aged children, nutrition education for all of the family, a schedule of fun sessions and activities taking place virtually through the Keep Essex Active Youtube channel as well as holiday activity packs.

Due to the current restrictions and government guidance the Essex Active-Ate Easter holiday programme will provide a limited face to face offer for the most vulnerable young people. We want to make sure this offer reaches the young people that are most in need of this offer. It could be young people who are eligible for benefits based free school meals; young people who have a child in need plan or a child protection plan; a looked-after child; or any young person that you have identified as otherwise vulnerable and would therefore benefit from continued attendance during the Easter holidays . This might be for a range of reasons such as being at risk of becoming NEET, living in temporary accommodation, a young carer, or young people who need support to manage risks to their mental health.

Booking links for the Easter programme will be shared with you all next week and we would appreciate it if you could share with families who could benefit from the programme.

In the meantime if you have any questions about the Essex ActivAte programme then please contact louise.voyce@activeessex.org

Bible verse of the week



Easter Holiday Clubs 2021

FREE Hot Meals • Sports & Games
COVID Secure • New Skills
Art & Craft • Challenges • Fun!

Waltham Abbey • Ongar • Harlow
29th March to 1st April & 6th to 9th April
10am-2pm Daily

Book Online at
www.rbf.org.uk/holidayclub





Dear Parents/Carers,

Red Balloon Foundation are delighted to be working as part of the Essex ActivAte scheme during the Easter Holidays to provide FREE activity clubs for children in Years 1 to 6 from 29th March to 1st April and 6th to 9th April, 10-2pm each day in the following locations:

- Ongar Primary School (CM5 0FF)
- Leverton Primary School, Waltham Abbey (EN9 3BE)
- Fawbert & Barnard School, Harlow (CM17 0DA)

ActivAte clubs, coordinated and funded by Active Essex, Essex County Council and the Department of Education, are designed for to families where:

- Parents/carers require their children to attend activities so they can go to work, seek work or attend education/training;
- They are eligible for free school meals or have been negatively impacted financially by the COVID19 pandemic;
- The children's emotional or physical wellbeing has been impacted by the COVID19 pandemic and they would therefore benefit from taking part.

Each day, the children will enjoy a freshly cooked hot meal from our wide variety of menu choices, sports, games and creative activities and families will even each receive four healthy meal kits to take home and make together too! Families can book in for one day, all eight or any combination.

Registrations for week one need to be in by Friday 26th March and for week two by Wednesday 31st March and places are going fast, so please sign up as soon as possible at www.rbf.org.uk/holidayclub

If you have any queries, please contact holiday@rbf.org.uk or call us on 020 3086 8186 (ext. 0).

Kind Regards,

Red Balloon Foundation
Holiday Care Team

Best wishes,

**Dr L Lawson
Headteacher**