



# NEWSLETTER

## 28.05.2021

### Attendance last week

(period 02.09.21-14.05.21)

# 93.4%

### Attendance this week

(period 02.09.21-14.05.21)

# 93.6%



Reception	98.8%
Year 1	100%
Year 2	97.1%
Year 3	100%
Year 4	97.5%
Year 5	85.0%
Year 6	99.3%

# Our school target is 96%



### EDUCATION WELFARE ADVISORY & SUPPORT SERVICE LTD

Education Welfare Advisory & Support Service works with Dr Walker's Church of England Primary School to ensure attendance and punctuality remains a high priority for all students.

It is the law that all students attend regularly and punctually under the Education Act (1996).

Medical evidence will be required for absences of 5 days or more, or, may be requested where a pattern of absence emerges.

Students are monitored regularly by the Education Welfare Advisor and where absence or punctuality is identified as a concern you will be contacted or invited to attend a school-based meeting.

The Government has a set of sanctions in place for unauthorised absence. This can be a penalty notice or in extreme cases a referral to Magistrates Court for their consideration under the Education Act. We hope to avoid this by asking you to work with us. Absences must be reported as early as possible on each day of absence.

It is important to note that leave of absence during term time for holidays or trips abroad or in this country will not be granted unless there is the most exceptional of circumstances to consider. If leave is taken without permission a penalty notice will be generated upon the return from leave.

We expect all students to arrive on time. Again, where a pupil persistently arrives late to school a penalty notice can be issued against you.

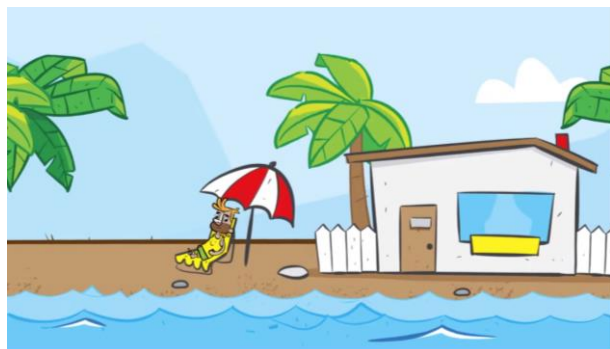
Ultimately, we want to work with you so it is important that staff are kept up to date at all times to ensure that our pupils obtain the best life chances.

This week's



*Who can we follow or ask for guidance?*

**Assembly focus this week:**  
*The parable of the two builders*



On sand



On rock

**Reflect**

**Letter received from the Diocese Adviser (Helen Graig)**

On Sunday we celebrated Pentecost. The moment in the Church year when we focus on the descending of the Holy Spirit onto the disciples following on from Jesus' Ascension. In Acts we read vivid descriptions of exactly what happened: a strong, gale force like wind, tongues of fire that came and rested upon people and suddenly the ability to talk in other languages. It was so utterly bizarre for the onlookers that they accused them of being drunk!

Reflect & Connect



Over the past year I think we have all also found ourselves in strange situations. We have adopted bubbles which we do not want to burst, we have sung happy birthday while washing our hands, we have elbow bumped instead of hand shaking and we have learnt to 'zoom' our way through virtual meetings. All things we could not have imagined before March 2020.

Despite the reaction to the unusual events at Pentecost people watched, listened and engaged with the disciples and the number of followers of Christ dramatically increased. As leaders in our Church schools, you have led the way through the most challenging and bizarre of times and carried your communities with strength and resilience. The children and adults in your care have looked to you for consistency and leadership and you have delivered. As we approach the upcoming half term, we hope that you can take some time to rest, to be still and to reflect, and to refill your own energy reserves ready for the final weeks of the academic year.

Kindest regards,

**Helen Craig**  
Diocesan Schools Adviser & Collective Worship Lead

**GOOD-BYE!!**



**We are sadly saying goodbye to Mrs Kelly.**



**Thanks for everything you have done for our school, pupils and community.**

**You will be missed!**

**We pray that the next chapter in your life will be truly blessed.**



**What happened in school this week?**

Over the past couple of weeks Caterpillars have been learning all about shapes.



More learning all about shapes! We counted all the resources we used to make each shape and one of us counted to 45!



Caterpillar's experimenting with colours and capacity.



Ladybirds class (years 1 and 2) performing their Music work to Caterpillars and Dr Lawson.



Ladybird class started writing their comics.



Years 3 and 4 have made rollercoasters over the last few weeks.



Years 5 and 6 making bread as part of their WWII topic.



### Kind reminder

#### **Missing White Lines Top of Houchin Drive**

For parents that park at the village hall, please be aware that when you are leaving the village hall car park, that you must give way to cars coming down from Walker Avenue and onto Houchin Drive.

The white lines that should be at the top of Houchin Drive have almost completely worn away and people may not be aware that it is a 'Give Way' junction.

The Highways Agency are aware but are being very slow to paint them back! There have been a couple of near misses lately so please take care.



### Covid Update

- Meet outside rather than inside where possible
- Try to keep 2 metres apart from people that you don't live with (unless you have formed a support bubble with them), this includes friends and family you don't live with
  - Get vaccinated when you are offered it, and encourage others to do so as well

### Department for Education COVID-19 helpline

The Department for Education COVID-19 helpline and the PHE Advice Service (option 1) is available to answer any questions you have about COVID-19 relating to education settings and children's social care.

Phone: 0800 046 8687

#### **Opening hours:**

Monday to Friday from 8am to 6pm

Saturday and Sunday from 10am to 6pm

#### **Bank holiday opening hours:**

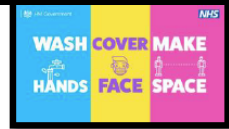
Monday 31 May from 10am to 4pm

## Bible verse of the week

**FOR GOD HAS NOT GIVEN US  
THE SPIRIT OF FEAR; BUT OF  
POWER, AND OF LOVE, AND  
OF A SOUND MIND.**

- 2 TIMOTHY 1:7

# Essex Child and Family Wellbeing Service



## Timetable – Easing of COVID-19 Lockdown 2021

In line with Government guidance and the easing of lockdown restrictions, outlined below are our proposed timeline to reopen our family hubs and reintroduce additional face to face services. Each step will be assessed and we shall be guided by the government and NHS England as to when it safe to implement these steps.

### From 8<sup>th</sup> March 2021

- Children and students will return to face to face education in schools and college
- School Nurse Drop In's within Secondary School will be offered face to face and/or virtually.
- Virtual Parent, child and young people group sessions will continue to be offered online
- All essential face to face appointments will continue to be offered within family home, hub or delivery site.

### From 29<sup>th</sup> March 2021

- School offer as per 8<sup>th</sup> March
- Assisted Self Weigh facilities will be accessible at family hubs and delivery sites by pre booked appointment.
- Limited spaces available for bookable outdoor Easter Events which will be delivered over the half term – details to be published
- All essential face to face appointments will continue to be offered within family home, hub or delivery site.

### From 12<sup>th</sup> April 2021

- Assisted Self Weigh facilities will be accessible at family hubs and delivery sites by pre booked appointment.
- Family hub Timetable will be published with gradual introduction of bookable outdoor groups for up to 15 attendees (0-5 year not included in numbers). - Virtual sessions will continue to be offered.
- All essential face to face appointments will continue to be offered within family home, hub or delivery site.

### From May 2021

- Assisted Self Weigh facilities will be accessible at family hubs and delivery sites by pre booked appointment.
- Family hub Timetable published shall include - Bookable outdoor groups for up to 30 attendees (0 – 5 not included in numbers) - Gradual introduction of indoor face to face groups for up to 15 attendees (Where buildings can adhere to COVID safety) - Virtual sessions will continue
- All essential face to face appointments will continue to be offered within family home, hub or delivery site.

### From 21<sup>st</sup> June 2021

- Family hubs will reopen for drop in access, face to face services and groups.
- Family hub timetable will be published which shall include group sessions being delivered face to face and virtually.

### Contact us

North Essex: 0300 247 0015  
 Mid Essex: 0300 247 0014  
 South Essex: 0300 247 0013  
 West Essex: 0300 247 0122

[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

## School menu

		<h1>MENU TWO</h1>				
		Weeks commencing: 17.05.21 / 07.06.21 / 21.06.21 / 05.07.21 / 19.07.21				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Country	USA	China	France	Mexico	United Kingdom	
Mains Option	<p>Beef Burger</p>	<p>Sweet and Sour (pork)</p>	<p>Baguette with choice of fillings (ham, tuna or cheese)</p>	<p>Nacho Chicken</p>	<p>Fish fillet</p>	
Vegetarian Option	<p>Veggie Burger</p>	<p>QSweet and Sour (quorn)</p>	<p>Ratatouille (Roast vegetables)</p>	<p>Nacho Quorn</p>	<p>Jacket Potato or Sweet Potato (with choice of fillings)</p>	
On the side	Coleslaw Sweet potato chips Mixed salad	Rice Sweetcorn Mixed salad	Pasta Green beans Mixed salad Cheese and cracker	Carrots Cous cous Mixed salad	Potato chips Baked beans or peas Mixed salad	
Desert	<p>Brownie and ice-cream</p>	<p>Shortbread biscuit</p>	<p>Crepes with fruit and ice-cream</p>	<p>Fruit Jelly</p>	<p>Lemon drizzle cake</p>	
Also available	Bread Fresh fruit Yoghurt	Bread Fresh fruit Yoghurt	Bread Fresh fruit Yoghurt	Bread Fresh fruit Yoghurt	Bread Fresh fruit Yoghurt	
Drinks	Fresh Milk Water	Fresh Milk Water	Fresh Milk Water	Fresh Milk Water	Fresh Milk Water	



## Eat Them To Defeat Them

**We are very excited to start an initiative the week back from half-term holiday.**



**PRUE LEITH**  
COOK & NOVELIST

Last year's *Eat them To Defeat Them* campaign to get children eating veg was extraordinarily successful with many schools reporting surprising changes in children's behaviour and attitude to the formerly dreaded veg.

But sadly, the majority of children (and indeed adults) still do not eat enough vegetables, so the campaign will kick off again in May/June.

It's my dream that one day all school heads will see it as part of their job to teach children how to eat, just as they teach them how to read or add up.

Education is about equipping the young for life and eating well should be part of that. But that isn't going to happen tomorrow. In the meantime, I do not know a school, school cook or caterer who does not want to feed their children well and healthily. It does take a little more trouble to make veg attractive than dunking a fish finger and chips in the fryer, but veg is much cheaper than meat and fish and I know of several schools successfully operating vegetarian menus, or having, say, only one or two non-veg days and using the savings on buying better quality meat or fish on those days, or more exotic fruit or unusual veg.



**Education is about equipping the young for life and eating well should be part of that."**

One-third of primary school kids in Britain are overweight or obese. There are all sorts of different things that should or could be done, but here's a really simple one that'll have a massive impact – convincing kids to eat more veg.

But there's a problem... many British kids don't really like veg. In fact, 80% don't eat enough and 50% of parents say they have given up trying to get their kids to eat 5-a-day.

### VEG ADVERTISING

Our kids are bombarded by advertising all day, but only 1.2% of the food and drink advertising on TV is for veg. No wonder so few are eating enough! It all started with an advertising competition which simply asked – how can we use advertising to inspire kids to eat more veg? iFour's winning "Veg Power" poster led to the founding of Veg Power CIC, a not-for-profit.

### EAT MORE VEG

Veg Power is on a ten-year mission to turn around vegetable consumption in the UK. The mission: to get every kid in the UK eating one more portion of veg each day.







Each pupil will receive an activity booklet and stickers weekly, once they have tried the week's vegetable. Resources can also be downloaded to try recipes at home.

Resources can be downloaded from <https://vegpower.org.uk/downloads/>



Try this at home...

Look out tomatoes, we've got our eyes on you... for dinner!

# GOOGLY-EYED TOMATOES

## YOU WILL NEED

Tick off the ingredients as you get them

- 8 medium to large tomatoes
- 8 small/medium eggs (ideally free range)

Optional extras for decorating, like:

- Breadsticks, lettuce, pesto or fresh chopped herbs, raw or cooked veggies grated or cut into various shapes

Serves: 4

YouTube Kids  
Watch this recipe in ACTION!  
Search for  
SUPER YUMMY KITCHEN

The Super Yummy Kitchen



**1** Slice the top off the tomatoes carefully.

**2** Scoop out the seeds and flesh on the inside, so you just have a thick-walled tomato 'bowl'. Then place them on a lined baking tray.



**3**

EGG CRACKING

Crack the eggs into the tomatoes. (If you are nervous about it, crack them one at a time into a cup first and then slide each one into the tomatoes).

**4**

Bake in an oven preheated to 190C/ Gas 5 for about 20-25 minutes, or until the tomatoes and eggs are cooked, but still holding their shape.

**5**

Plop two googly-eyed tomatoes carefully onto a plate for each person. Then let them decorate the plate to make their own funny food face!

**6**

Splodge your spoon or fork in and tuck into the best googly-eyed tomatoes the world has ever seen!



GLOOP



BOOM!



THE END!

EAT THEM TO DEFEAT THEM

KIDS IN THE KITCHEN

- Give kids a spoon to help you scoop out the insides of the tomatoes.
- Help kids to crack the eggs carefully into a cup one at a time and pour into the tomatoes.
- Let them have fun decorating their plates!

POWER UP

Don't waste the inside of the tomatoes - this is tomato spawn and the best thing to do is to slurp it up raw!

	Mel's Squash & Lentil Curry Melissa Hemsley		Mel's Rescue Noodle Soup with Leftover Chicken Melissa Hemsley		Prue's Paneer Curry Prue Leith
	Mel's Broccoli and Basil Pea Pasta Sauce Melissa Hemsley		Jamie's Greens Mac 'n' Cheese Jamie Oliver		Tom's Tuna Cobb Salad Bowl Tom Kerridge
	Chris' Quick & Easy Flatbread Pizza Chris Bavin		Emily's Chilli Con Carne Stuffed Peppers Emily Leary		Megan's Crispy Gnocchi with Tomatoes & Lemon Megan Davies
	Pea Poppin' Risott-Ohhh Andrew Walker		Googly-Eyed Tomatoes Andrew Walker		Mean 'n' Green Mac 'n' Cheese Andrew Walker
	James' Lentil & Aubergine Lasagne James May		Ian's Chicken Fajitas Ian Taverner		Ian's Spiced Red Cabbage Ian Taverner
	Lucy's Honey-Mustard Chicken with Spring Greens Lucy Hosken		Joe's Chipolatas with Balsamic Lentils Joe Wicks		Joe's Curried Cottage Pie Joe Wicks
	Smashed Carrots Andrew Walker		Zombie Peppers Andrew Walker		Mean 'n' Green Mac 'n' Cheese Andrew Walker
	Googly-Eyed Tomatoes Andrew Walker		Pea Poppin' Risott-Ohhh Andrew Walker		Henry & Ian's Lebanese Stuffed Aubergines Henry Firth & Ian Theasby (Bosh!)

### **5 Reasons to eat seasonal vegetables:**

Eating seasonal veg is:

- 1) **More environmentally-friendly** - as we try to think more these days about our impact on the world, choosing food that requires less resources to produce and is grown closer to home has a fantastic impact on the environment. Become an eco-warrior by making a simple change!
- 2) **Cheaper** - not only is eating seasonal veg good for the world, it's also good for your wallet! When veg is abundant during its peak season and when not having to factor in shipping costs, it is cheaper and more available.
- 3) **Healthier** - when veg are in their peak season, they are also at their peak nutritional value, so you can chomp down on delicious veg while knowing they have never been better for you than they are right now!
- 4) **More tasty** - packed with all those nutrients and at peak freshness and crispness, seasonal veg tastes amazing! Using veg at its best has been known to convert some veg-haters, as they were unaware at just how delicious it could be at the right time. It's why biting into a bland, limp sugar snap pea shipped in in January doesn't even begin to compare with a sweet, firm, juicy sugar snap pea freshly picked down the road (or from your own back garden) in the summertime.
- 5) **Increases variety** - find yourself buying the same veg week in, week out? Bored of broccoli and carrots and peas? Another great thing about eating seasonal veg is the variety it offers. **Not only is it healthier**, it is also more fun! Challenge the family to find a new veg (or several) each season that you haven't tried before. And just as you are getting tired of roasting yet another parsnip by March, you can swap to griddling some asparagus in April.