



## Mrs Nairne's Headlines

### WELCOME BACK

A huge welcome back to our school community! We have had a fantastic week and it has been so good seeing the children engaging in their learning and being so happy to see their friends.

As we start this new school year, I would like to remind parents that my door is always open to you. Please do not hesitate to book a time to see me if there is anything you would like to discuss. We are a team, working together for the good of the children and it is important that you keep me informed about anything we need to know or anything you feel we could do to improve the outcomes for our children. We want to work in partnership with you and look forward to seeing what we can achieve together.

### IMPORTANT DATES

We have some important dates for your diary. Parent consultations will be on Tuesday 8th (1:30pm to 6:00pm) and Wednesday 9th November (3:45pm to 6:00pm) **School will close for the children at 1pm on Tuesday 8th November** for the consultations. School will be open as normal on Wednesday 9th. All meetings will be in person.

We also have our Open Classroom sessions, where you are welcome to visit classes after school to come and look at your children's work.

Wednesday 18th January 2023  
Wednesday 17th May 2023  
Wednesday 12th July 2023

### Year Group Meetings

Each year group will be holding a Year group meeting via Zoom. Meeting details will be shared on the class pages. We will record the meeting and you will be able to watch it at a later date if you are not able to attend.

Year 4 - Monday 12th 8am  
Year 6 - Monday 12th 4pm  
Year 2 - Tuesday 13th 8am  
Year 3 - Tuesday 13th 4pm  
Year 5 - Wednesday 14th 8am  
Year 1 - Monday 19th 4pm

**We are still very keen for volunteers to come and help out in school. Any support you can give our children would be greatly appreciated.**



Queen Elizabeth II

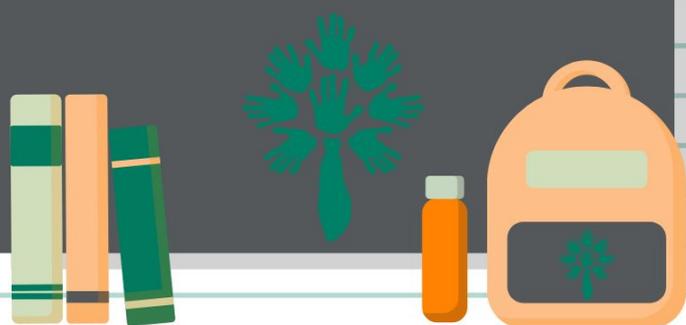
21st April 1926 - 8th September 2022

Please can I remind all parents and carers to think carefully about where you park when picking up and dropping off our children. We have received emails from a local resident who lives on a private road off Handsworth Avenue. Please do not park on Private Roads when collecting children. Thank you for your cooperation.

*Please, think*  
**RESPECTFUL  
PARKING**



## PRIMARY SCHOOL APPLICATIONS



Do you have a child who was born between **1 September 2018 and 31 August 2019**?

If so, they are due to start Reception Class in September 2023. To make an application please apply online [here](#) by 15 January 2023.

For more information visit the Waltham Forest Primary Admission page by clicking [here](#)

You can download a copy of the [Starting Primary School 2023](#) brochure which has full details of how to apply for a Reception Class place.



# How to talk to children about the Queen's death.

Use clear language - When somebody dies, whether in our close family or someone who played an important role in the nation - like the Queen, we should take time to sit and explain to our children what has happened, using simple child-friendly language.

Be honest - It's better to be open, honest, and direct when someone has died. Without clear information, children tend to fill in the gaps to try and make sense of what is happening.

Reassure your child - Hearing about The Queen's death might make children worried about people around them dying.

Encourage them to ask questions - And give honest answers. Your child may have a lot of questions about The Queen's death, or it may prompt questions about death in general.

Let them know their feelings are normal - Let the child know that all feelings are okay - from anger, sadness, guilt, worry, confusion, and more - these are all normal reactions to hearing that someone has died, all feelings are okay.

Show your own emotions - It's okay for children to see you emotional. In fact, it's important that they do, it helps them to understand it's okay to feel sad and it can help them to get the magnitude of what is happening.

## Where to get support;

If you know a child who has been bereaved or is impacted by The Queen's death,

The Good Grief Trust - [thegoodgrieftrust.org](http://thegoodgrieftrust.org)

Winston's Wish - Free national helpline on 08088 020 021 - [winstonswish.org](http://winstonswish.org)

Grief Encounter - Free helpline: 0808 802 0111 - [griefencounter.org.uk](http://griefencounter.org.uk)

Bereavement Trust - Free helpline: 0800 435 455 - [bereavement-trust.org.uk](http://bereavement-trust.org.uk)





Fun Learning in Year 1





Hello, Parents & Guardians! We are BeeZee Bodies, and we work with Waltham Forest Council to provide FREE (and FUN!) healthy lifestyles support for families in the London Borough of Waltham Forest.

**WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER? SIGN UP FOR FREE!**

Just go to [beezeebodies.com/families](http://beezeebodies.com/families) (or scan the QR code!) and enter your details. We'll give you a call back to have a quick chat and enrol your family on to your preferred BeeZee Families group!



**NEW COURSES START W/C 12TH SEPTEMBER 2022 FOR 12 WEEKS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>WALTHAMSTOW</b> Peterhouse Community Centre <b>17:00 - 19:00</b> age 5-15	<b>LEYTON</b> Leyton Sports Ground <b>17:00 - 19:00</b> <b>VENUE FULL</b> age 5-15	<b>CHINGFORD</b> Paradox Centre <b>17:00 - 19:00</b> age 5-15	<b>WALTHAMSTOW</b> Walthamstow School for Girls <b>17:30 - 19:30</b> age 5-15
<b>ONLINE</b> age 5-8 <b>17:30 - 18:15</b>	<b>ONLINE</b> age 5-8 <b>16:30 - 17:15</b>		
<b>ONLINE</b> age 9-12 <b>18:30 - 19:15</b>	<b>ONLINE</b> age 9-12 <b>17:00 - 17:45</b>	<b>ONLINE</b> age 9-12 <b>17:00 - 17:45</b>	

\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Waltham Forest and include one child who is age 5-15 and above their ideal healthy weight.

# BUILD A BALANCED LUNCHBOX!

SEND 'EM BACK TO SCHOOL THIS SEPTEMBER WITH A PERFECTLY PACKED, HEALTHY LUNCH! YUM!

## CHOOSE YOUR CARBOHYDRATES

- Bread • Tortilla wraps • Chapattis • Pitta
- Pasta • Rice • Potatoes • Cassava • Naan

## PACK SOME PLANTS

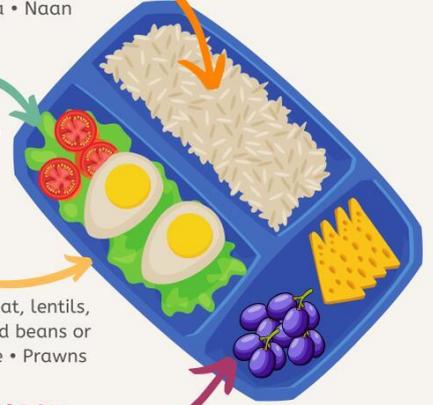
- Frozen, tinned or fresh fruit & veg • Hide peppers, sweetcorn & peppers in tuna mayo! • Disguise onions and tomatoes in a curry/stew • Celery or carrot sticks with their favourite dip.

## PICK YOUR PROTEINS

- Leftover protein from dinner (e.g. meat, lentils, tofu or paneer) • Eggs • Tuna • Tinned beans or low sugar/salt baked beans • Cheese • Prawns

## SELECT A SNACK

- Cheese slices • Yogurt (try low fat and low sugar options) • Popcorn • Pita/carrots with hummus • Grapes • Pepper slices • Raisins • Crackers
- Mix and match these to get all those nutrients in!



[beezeebodies.com/families](http://beezeebodies.com/families)

BeeZee Families

03308 186308



# Settling in well to Year 3!

# NHS Dentists in Waltham Forest

This is an up-to-date list of NHS dentists currently offering routine appointments and accepting new patients

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Wood Streets Dental Practice  
176 Wood Street  
E17 3HX  
0208 509 0055

Mr Gupta and Associates  
399 High Road Leyton  
E10 5NA  
0208 539 1653

Dr S,K Malik  
73 Hoe Street  
E17 4SA  
0208 521 7777

📞 020 8496 5223

✉ [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)

Please note that we do not endorse or recommend any particular practice.

This list is up-to-date as of the 5th September 2022.

# Educational Psychology Service Free Monthly Parent/Carer Consultation Sessions

## ***Dates:***

*28th September 2022  
12th October 2022  
23rd November 2022  
7th December 2022  
18th January 2023  
1st February 2023  
15th March 2023  
12th April 2023  
10th May 2023  
14th June 2023  
12th July 2023*

To book a 30 minute  
consultation, please  
contact our  
Business  
Support Officer  
below

## **EDUCATIONAL PSYCHOLOGY SERVICE**

**Thorpe Hall School  
123 Hale End Road  
E17 4DP**

**Phone: 020 8496 1732**

**Mobile: 07776589597**

Email:

[educationalpsychologyservice@walthamforest.gov.uk](mailto:educationalpsychologyservice@walthamforest.gov.uk)

Do you have concerns about your  
child?

Would you like to talk to an  
Educational  
Psychologist in confidence?

## **Appointment Only Sessions**

**Afternoon sessions are 12.30-2pm  
Evening Sessions are 3.00– 5.00**

**Individual consultation with an Educational  
Psychologist are offered via phone/zoom or in person for  
Parents and Carers living in London Borough Waltham  
Forest.**

**Sessions last for no more than 30 minutes and provide an  
opportunity to ask any questions or discuss concerns  
with a member of our culturally diverse Educational  
Psychology Team.**

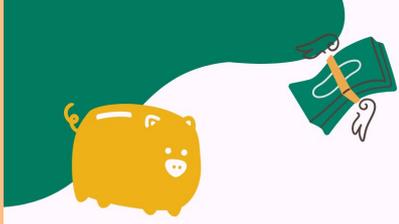
Educational Psychologists are qualified specialists in child psychology and child development, with particular expertise in supporting children and young people with special educational needs, learning difficulties, and social, emotional and behaviour difficulties. All LBWF Educational Psychologists are registered with the Health Care Professionals Council.

Our voluntary fund is up and running on ParentPay.

It has a default of £30 but this figure can be amended so any amount can be paid as frequently as you would like.

We have recently received information regarding the impact that the fuel crisis will have on our school budget. We have a difficult time ahead of us and any support you can give would be greatly appreciated.

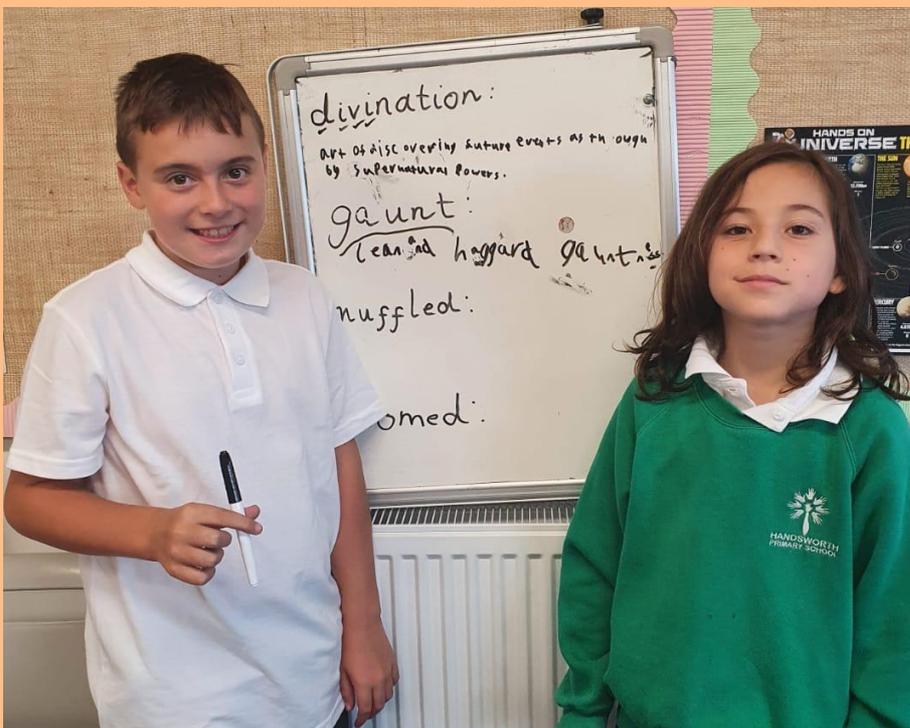
Please click [here](#) to donate to our voluntary fund on Parent Pay.

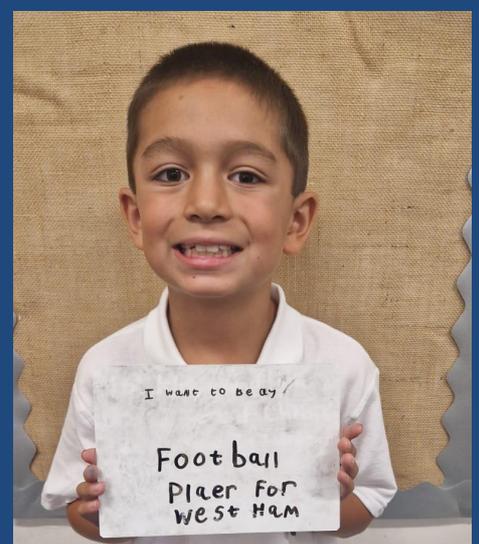
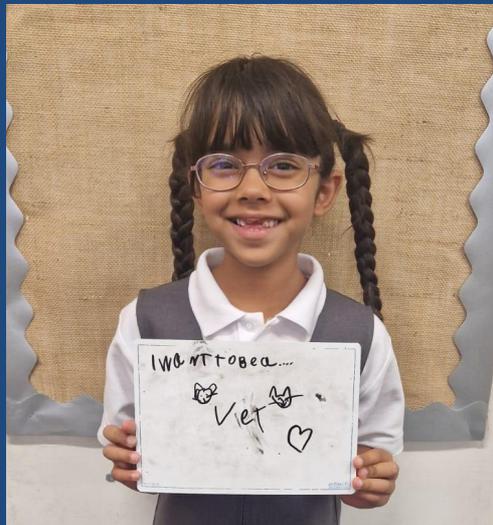
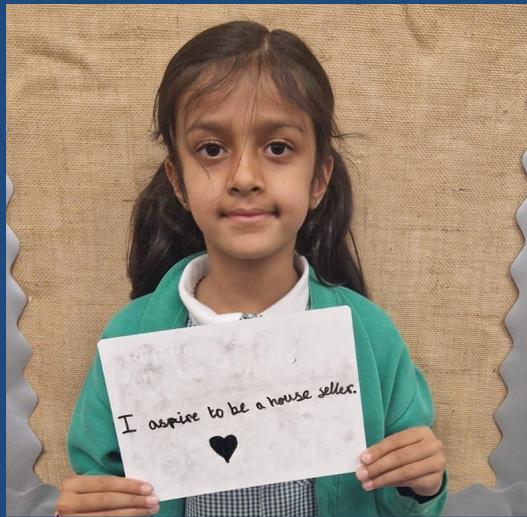
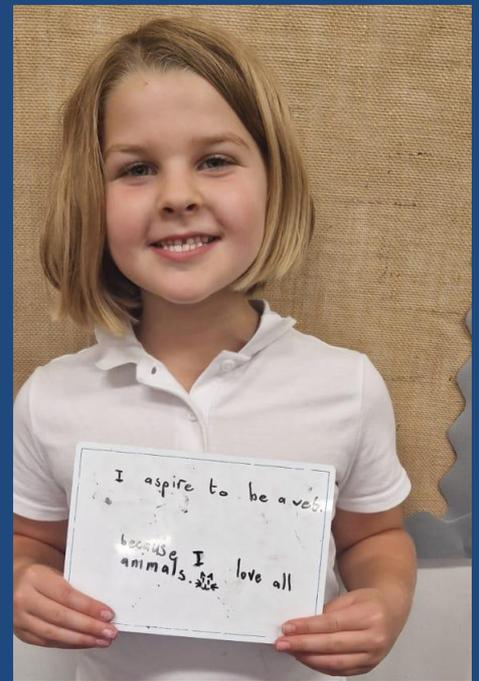
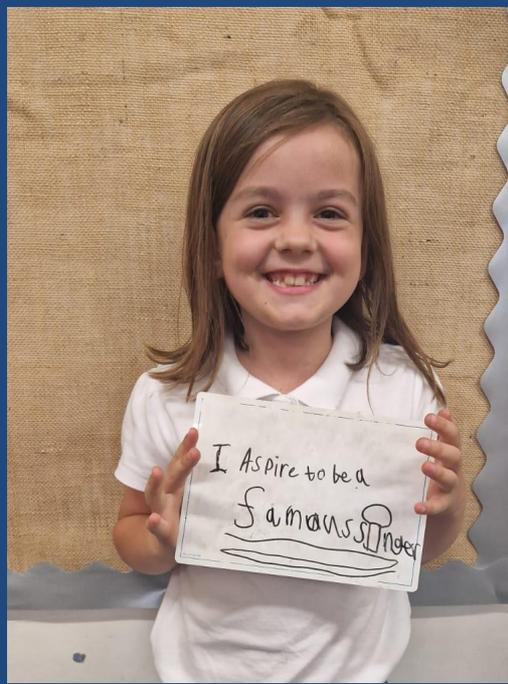


Thank you!



Every little bit helps!





Year 3 are reaching for the stars! We believe in you!  
Year 5 have been producing some artwork...

