

Colindale Primary School Newsletter October 2023

OCTOBER: Article 24

All children have the right to be healthy, have nutritious food, clean water, a clean environment, and good quality health care.

Dear Families,

I can't quite believe we have already come to the end of, what has been, a brilliant first half term of the school year.

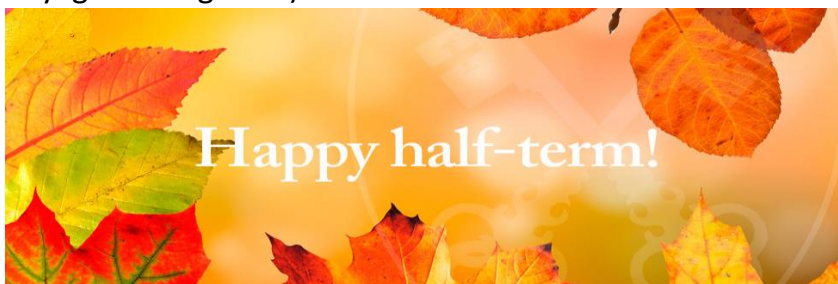
We have welcomed many new families to the school, as well as new staff. Your children have settled so well into their new classes and the learning that I have seen in and out of classrooms has been fantastic. The staff at Colindale school constantly strive to provide the best education for all pupils in the school and love teaching.

Thank you to all the parents that were able to attend parent consultation meetings this week – it is so important that we all work as a team so that we can help shape your children into the best they can be. If you were unable to attend, please contact your child's teacher to arrange another time, as contact at this point in the year is vital to ensuring your child stays on track and thrives in school.

I hope you all have a wonderful half-term break – and get to spend some time together as a family.

We will see you all bright and early on **Monday 30th October at 8:40am**, refreshed and ready to start a new half term.

Don't forget the clocks go back 1 hour on **Sunday 29th October** (British Summer time / daylight saving ends) .



Best wishes

Mrs Jane Palmer
Headteacher

Attendance awards for this month

Every week we award classes with the highest attendance one of our very special trophy's- **Bronze, Silver, Gold or Super Gold. These classes were awarded a trophy this month:**



Super Gold (100% - this means every child in every day) – No-one yet!



Gold (highest attendance, but below 100%)- **5J, 4P**



Silver (second highest attendance)- **4G, 2M, 3D**



Bronze (3rd highest attendance) – **1T, 5J**

Well done to all the winners!

Attendance next term

As we move into the winter months, it is important to look after your family's health and try, as best you can, to fight off those pesky winter germs.

The best way to do this is to ensure you are eating a well-balanced diet, getting a good nights sleep and wrapping up warm in the cold weather.

School attendance is still extremely important, and you should do your best to be in school every day.

There may be an odd occasion when your child is too ill to attend school. Click on this link to see the NHS advice about illness and school attendance: [Is my child too ill for school? - NHS \(www.nhs.uk\)](https://www.nhs.uk/ill-for-school/)

Please remember to ensure your child brings a warm winter coat to school every day - make sure it is clearly labelled with your child's name .



Bumper Harvest at Colindale this year!

During October, as part of our Harvest celebrations, we once again asked for donations of food and toiletries, to pass on to the Colindale Foodbank. This year we did so well!

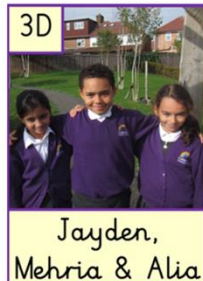
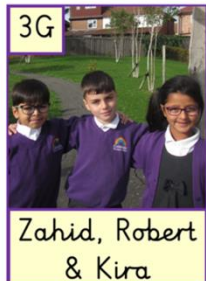
We received an incredible amount of items; we nearly ran out of space. The Rights Champions met for the first time and lent a hand to pack everything up into the bags and boxes (Thanks Mr Celi!)

The delivery man from Colindale Foodbank was so impressed and said **THANK YOU** to all who donated. It just shows how the Colindale community cares about others in need. Well done everyone!



Playground Pals

Welcome to our new Playground Pals who have been elected by their classmates. They will play an important role in supporting other children during lunchtime play by helping them to sort out minor disputes in the playground. They will begin their training next half term.



Black History Month

During Black History Month, the children of Colindale have enjoyed learning about different aspects of Black History. 4P kicked off the month with their class assembly focusing on some significant people and events in Black British History. Year 1 learnt about Rosa Parks and Ruby Bridges, American activists as well as Maggie Aderin-Pocock, a British space scientist. They also learnt about the Windrush Generation, Carnival in PE and had a go at playing the djembe drums in music. Year 2 also learnt about some important Black figures such as the artist Merissa Hylton and the chef, Levi Roots. In Year 3, the children retold the story, Coming to England by Floella Benjamin. The story is about how 10-year-old Floella come to start a new life in England in 1960. Year 4 wrote newspaper articles about the Windrush Generation. They learnt about how many people from the Caribbean came to Britain onboard the ship, The Empire Windrush and they played a vital role in helping to rebuild Britain after WWII. They also wrote about how they overcame many challenges to become an important part of British society. Year 5 wrote a diary entry as Olaudah Equiano, an enslaved man who bought his freedom and became an important figure in the fight for the abolition of slavery. The children in Year 6 learnt about how black people from the commonwealth countries contributed during the Second World War. The children used maps, photographs, and real-life accounts to help them to explore common misconceptions about the experiences of those who fought for Britain during the war.



Eco and Healthy Schools

Congratulations to our Eco Ambassadors for the new academic year 2023-2024! They are all eager to work hard to promote our Eco actions throughout the year and help to protect and preserve our fragile planet and tackle climate change.

This month we have been busy with the Walk to School month challenge, promoting sustainable ways, such as walking, cycling or scooting, to travel to school.

Warm Welcome to our Eco Ambassadors:



Eva-1A



Alex-1CH



Sama-1T



Hudayr-2A



Hamza-2M



Laith-2T



Bobby Jo-3D



Mubasher-3G



Rebecca-3N



Trevin-4G



Mariam-4H



Sofia-4P



Callan-5J



Akhmed-5M



Alia-5T



Robbie-6B



Fabeha-6N



Amir-6R

Recipe of the Month

The recipe is adopted from Pro Veg International, and it is plant based.

Soya meat skewers (Soya souvlaki)



These vegan Greek Souvlaki skewers are made from soya chunks. The meaty texture and the tasteful marinade make the soya chunks perfect for juicy, grilled skewers.

Time: 125 minutes

Servings: 4

Ingredients

For the soja medallions:

750 ml	vegetable broth
125 g	soya medaillons
1 small	beetroot (raw)

Ingredients

For the marinade:

2 tbsp	olive oil
2 tbsp	vegan Worcestershire sauce
1 ½ tsp	yeast extract
1 tsp	dried oregano
1 tsp	dried thyme
½ tsp	dried rosemary
½ tsp	powdered juniper berries
½ tsp	smoked paprika
¼ tsp	chili powder
¼ tsp	ground black pepper
1	garlic clove, crushed

Instructions

For the soja medaillons:

Put the soya medallions and the vegetable broth in a medium-sized pot over a medium-low heat.

Peel the beetroot and add it to the pot.

Let simmer for about 15 minutes, until the soya meat is tender. Remove from the stove and let cool.

Then strain the soya chunks and press them firmly to drain the water.

Instructions

For the marinade:

Put all the marinade ingredients into a container and mix well. Then dip each soya medallion in the marinade, making sure that they are all thoroughly covered.

Mix well, and let them marinate in the container for at least an hour.

Once properly marinated, the medallions are ready to grill. Put them on skewers (4-5 per skewer depending on size), brush them with a bit of extra oil and grill them for 3-4 minutes, until they have a nice brown crust and slight grill marks.

For serving:

Serve with lemon wedges and sprinkle with a pinch of dried herbs and smoky cajun spice. Delicious!

Recipe from Theofano Vetouli, ProVeg Chef

Mrs Grigoriadou, Eco and Healthy Schools Leader

School Council

It's that time in the year when the students at Colindale Primary School flex their democratic muscles and vote for who they would like to represent them on the school council. We usually ask for one boy and one girl from each class to be voted onto the council each year. This is a highly prestigious position in the school, not only are you voted for by your peers you must demonstrate the school's rainbows values and generally be an excellent role model at all times. You are also required to help make decisions and seek the thoughts and opinions of the rest of the children in the school.

So congratulations and welcome to our new council members:





Asia



Abdullah



Selina



Akshayan



Omar Yadgary



Antonia



Juliette



Ammar



Shelly



Henry



Kian



Ana



Bilal



Dami



Tiba



Baran



Agarshan



Bilal



Nadira



Lena



Luqman

I am thoroughly looking forward to working with the school council this year to help make our special school even more amazing.

Mr Wild

Half Term Events

Half Term doesn't need to cost a lot of money. Click on some of the links below for ideas and places to go in London and the local area for either a small charge or for free.

[12 cheap and free things to do over October half term - Which? News](#)

[Free museums in London - Museum - visitlondon.com](#)

[Free Things To Do In October Half Term | Day Out With The Kids](#)

Barnet Libraries - Events

For Information

Have a fun filled half term with Barnet libraries. We have an exciting programme of free children's events to choose from. Join storyteller Wendy Shearer and help her to bring African and Caribbean Folktales to life, learn to dance like a Bollywood star, sing-a-long to the musical adaptation of Jack and the Beanstalk, make some spooky crafts, and much more.

[Explore the full programme of half term events. Click here](#)

All events are part of our [Creative Communities initiative](#).

[Changes to the Free Early Years Childcare Offer consultation](#)

Have your say on changes to the Free Early Years Childcare Offer for children under five and Primary School wraparound childcare. In March 2023 the Government announced that there will be an extension of the Free Early Years Childcare Offer for children under five and engage.barnet.gov.uk

Click on the link above in blue



Free Trial Session and £40 discount at Perform

Popular children's drama and dance school Perform is offering a Free Trial Session and a **special introductory discount of £40 for members of Colindale Community Primary School** if they sign up by Wednesday 24th January. Parents should quote CCPO240124 when they book their free session by going to perform.org.uk/try or calling 020 7255 9120.

You can find out more about the classes at perform.org.uk/try. Alternatively, pdf flyers can be downloaded from [here](#).

The nearest classes to Colindale Community Primary School are as follows (please click for a map and further details):

Perform Mill Hill (Drama for 4-7s)
 (1.7 miles)

Thursdays at 4pm (Opens January 2024)

Perform Mill Hill (Drama for 7-12s)
 (1.7 miles)

Thursdays at 5.05pm (Opens January 2024)

Perform NW7 (Drama for 4-7s)
 (1.8 miles)

Saturdays at 9.30am

Perform NW7 (Drama for 7-12s)
 (1.8 miles)

Saturdays at 11.15am

Perform NW11 (Drama for 4-7s)
 (2.5 miles)

Wednesdays at 4pm

Deansbrook Infants School

Hale Drive,

NW7 3ED

Deansbrook Infants School

Hale Drive,

NW7 3ED

Hartley Hall

Flower Lane,

NW7 2JA

Hartley Hall

Flower Lane,

NW7 2JA

Trinity Church Golders Green

90, Hodford Road,

NW11 8EG

There are others too. Click to find all the nearest [here](#) or view a list of [all areas](#).

FACT: Quality music education helps improves behaviour, attention, and concentration; it also has a hugely positive effect on maths and English skills.

There has been lots of research conducted on the benefits of a musical education. One of the most recent ones was with UCL Institute of Education in London (read the the full report [here: Music in schools: Boosting achievement, enthusiasm and participation | Research Impact - UCL – University College London](#))

BEAT (Barnet Education Arts Trust) offers instrumental music lessons both in and out of school time.

If you would like to register and apply for lessons, then please use this link:

<https://beatrust.org.uk/learn-to-play/school-based-tuition/>



Love Music
Make Music

Voice Piano French Horn Cello Clarinet Double Bass Oboe

INSTRUMENTAL & VOCAL LESSONS

AGES 7 TO 21 YRS OLD!



SCHOLARSHIPS AVAILABLE!

- Lessons available in schools
- All teachers DBS checked
- All levels welcome from beginner to advanced
- Almost every instrument available
- Individual or small group tuition
- Lessons after-school & on weekends at BEAT Music Academies

Trombone Tuba Bassoon Violin Guitar Flute Drums Saxophone

Supported using public funding by  CHARITY NO. 1150174 COMPANY NO. 8310735 MORE INFORMATION:

ARTS COUNCIL ENGLAND

WWW.BEATRUST.ORG.UK

Messages from the school office

School Meals– Although all primary school aged children are entitled to free school meals, it is still essential that children stick with either school dinners or packed lunches. Swapping between the two options causes food waste or not enough food available for all children needing school dinners. For these reasons we ask that your child picks either school dinners or packed lunches and sticks to the option chosen. If you want your child's option to change, this is possible at the end of half term

Are your contact details correct? - If you have changed my mobile / contact number or address recently you **MUST** tell the school office straight away so they can update the school system

In-App Message – If you respond to an In-App message in Arbor please make it clear which message you are responding to.

Messages From School – All messages from school are sent to your email address. Please check your emails daily to see if you have received any messages. You will also get a notification in Arbor's **In Message Arbor App** to say a message has been sent. Please make sure you download the app to your mobile.

Dates for your diary:

Monday 23 rd October - Friday 27 th October	Half Term - School Closed
Monday 30 th October (change from Tuesday 31 st)	Year 6 trip to RAF Museum
Tuesday 31 st October (Midnight)	Year 6 Secondary School Application deadline
Wednesday 1 st November	Year 3 Trip to Epping Forest – Stone Age Survival
Thursday 2 nd November	Individual School Photos
Friday 3 rd November	5J Class Assembly – Topic
Friday 10 th November	5T Class Assembly – Armistice Day
Wednesday 15 th – Friday 17 th November	Year 5 and 6 Residential - Hindleap Warren
Friday 17 th November	5M Class Assembly – Children in Need
Monday 20 th November	Flu Nasal Spray Vaccinations for Reception – Y6 pupils
Friday 24 th November	6N Class Assembly – Eco Theme
Monday 27 th Nov – Friday 1 st December	Book Fair
Friday 1 st December	6R Class Assembly – Topic
Tuesday 5 th December	Year 4 Verulamium Trip
Thursday 7 th December	Year 5 Trip to the Chicken Shed Theatre
Friday 8 th December	6B Class Assembly – Hanukkah
Friday 15 th December	2A Class Assembly – Christmas
Thursday 21 st December	Last day of term
Friday 22 nd Dec – Friday 5 th January	School Holidays – School Closed
Monday 8 th January 2024	Staff INSET - school closed for pupils
Tuesday 9 th January 2024	All pupils return to school