



Colindale Primary School Newsletter

December 2021



Messages from the school office

Reception 2022 – 2023 - If your child was born between 1st September 2017 and 31st August 2018, they will start Reception in September 2022.

Key dates for your application

- deadline for applications 15 January 2022
- school place offers (National Offer Day) 19 April 2022

To make an application please click on the following link <https://bit.ly/3pyQHZH>

School Lunches – if you would like to change your child(ren) from packed lunches to school dinners or vice versa, the form has been sent home via Weduc. Please complete and return to the school office by 2pm Friday 17th December 2021.

School Holidays – School will finish at 2pm on the 17th December and will open on the 5th January 2022 for all children.

ParentPay – please clear all outstanding arrears for lunches, nursery fees, educational visits, and workshops.

Label Uniform – all uniform, book bags, lunch boxes and water bottles need to be clearly labelled. The lost property box is emptied every Friday afternoon and all unlabelled items will be recycled or put in the bin.

Face Coverings – If you are coming into school, please ensure you wear a face covering, this includes coming to the school office. If you are not wearing a face covering, you will not be admitted to the school unless exempt.



TOP TIPS for staying SAFE, HAPPY & HEALTHY while ONLINE over the CHRISTMAS PERIOD

Learn your way around

Most devices have controls to ensure that children can't access content you don't want them to.

Tablets

The market has several tablets which are geared towards child friendly content. When it comes to using them, start slowly; only download games and apps you have checked out carefully and steer them towards age targeted content such as www.bbc.co.uk/iplayer/cbeebies/features/iplayer-kids or YouTube Kids.

Mobile devices - **SET BOUNDARIES** - Our advice is to set some ground rules, and ensure they understand them. For example:

Screen Time

Agree a time limit or number of games beforehand, to avoid repeated disagreements around how long they can spend online.

Sleep comes first

It is advisable that the phone stays out of the bedroom to avoid those night time interruptions.

Ask for access

If you're genuinely concerned about them, ask them to allow you access to the phone.

Monitoring versus Having a Conversation

The best advice we can give is to **talk to your child regularly** and openly **about behaviour and risk**, so that they know they can come to you if something goes wrong.

Consider setting **parental controls** on your Wi-Fi – you can block access to inappropriate or adult content, and set time limits.

Gaming

There are so many exciting games and consoles around, there is a good chance you might have one in your house.

Remember to consider:

Is your child mature enough to join an online community?

Are the games they are playing appropriate?

Year 6 School Journey

Last month, 41 lucky year 6 children enjoyed three days away in the beautiful East Sussex countryside at the Hindleap Warren Outdoor Activity Centre, set within 300 acres of rolling woodland.



The Climbing Wall

The children were kept busy throughout their stay with a range of adventurous, fun and challenging activities, most of which took place in the surrounding woods. Although it was November, the weather was fortunately dry and often sunny.



Forest Adventure



Shelter Building

The children were well-looked after throughout, by six of our staff and the centre's own instructors. They slept in cosy log cabin-style accommodation and enjoyed a delicious menu with a wide-ranging choice of foods for all tastes.

Other activities included a team building exercise involving building a catapult and using it to shoot balls into targets; a spooky night walk, wading through mud and streams; swimming; and of course, a visit to the tuck shop!



The Pentagon

Thanks to all our staff who gave up their time to make this wonderful school journey possible:

Ms Dray, Mr Najjar, Ms Khan, Ms Savenkova, Ms Murphy and Mr Wilmer

SUGAR SMART is a campaign run by Sustain. They help local authorities, organisations, workplaces and individuals to reduce the amount of sugar we all consume.

During the festive season, we all tend to consume a lot of sugar.



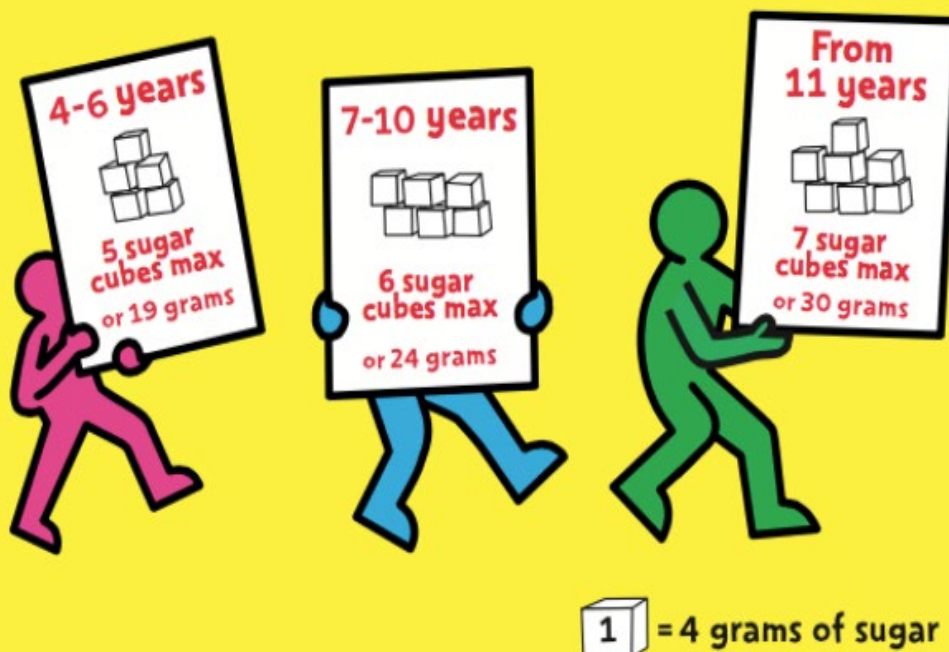
We're all eating too much sugar

- While some kids look fine on the outside, too much sugar can lead to the build-up of harmful fat on the inside that we can't see
- This fat can cause serious diseases in the future such as type 2 diabetes
- Eating too much sugar can also cause tooth decay

Children are eating 3 times more sugar than the maximum recommended amount – the biggest source is sugary drinks



What's the maximum daily amount of sugar we can have?



Here are some ideas to help your children make healthy choices:



Find the sugar with our Sugar Smart app

1. Download the Change4Life Sugar Smart app for free from the App Store or Google Play

2. Scan the foods in your fridge, cupboard and when you shop

3. See for yourself the amount of total sugar in everyday food and drinks

Results
9 sugar cubes

Download on the App Store

ANDROID APP ON Google play

Sugar cubes based on average of products. Source: Kantar 2015 and The Composition of Foods (7th Edition) McCance & Widdowson & FSA Nutrient Analysis Catch Up Project.

Here's a recipe from the blog "My Lovely Little Lunch Box" that has no sugar:

(No bake) Chocolate cake

Ingredients:

- 1 cup (95 grams) rolled [traditional] oats
- 1 cup (80 grams) desiccated coconut, plus extra to serve
- 1 cup (170 grams) almonds (nut free version replace almonds with an extra 1/2 cup coconut + 1/2 rolled oats)
- 1/3 cup (35 grams) cacao
- 4 medjool dates, pit removed
- 1/3 cup (80 ml) coconut oil, melted
- 1/4 cup (60ml) maple syrup
- 1 teaspoon vanilla bean paste [or extract]

Instructions:

Line a 20cm x 20 cm square tray with baking paper. Place the oats, coconut, almonds, cacao, dates, coconut oil, maple syrup and vanilla into the large bowl of a food processor. Blitz until finely chopped. With the motor running add 1-2 tablespoons of water and blitz until the mixture comes together. Pour mixture into the prepared tray, top with a sprinkle of coconut and freeze for 1-2 hours or until set and firm. Cut into 16 squares.

Anyone can pledge to become SUGAR SMART!

Friendship Party

To coincide with anti-bully week, on Tuesday 23rd November, the **PSA** held a friendship party which was our first event since 2019!

There was an amazing turnout of children and everyone had a fantastic time playing party games, dancing and eating pizza. There was also a competition for best boy and best girl dancer for each party; we saw some excellent dance moves!

We would like to take this opportunity to say a **big 'Thank You'** to Michelle our PSA chair for organising and to all the parents and staff who volunteered their time to help make this event a real success. Without your valued support we could not run the PSA events and it is very much appreciated.

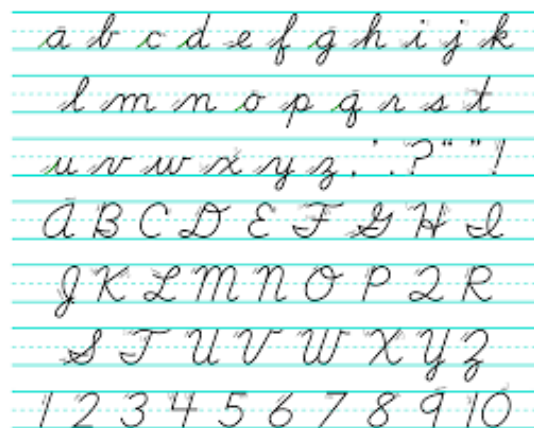


Year 5 and 6 open lessons

We were delighted that so many parents of children in years 5 and 6 were able to attend our recent open lessons in writing. Many were impressed by the complexity of the writing process they observed and hopefully this helped them understand how we bring all aspects together to create a purposeful piece of writing.

In year 5, the teachers focused on showing parents how we teach writing. They modelled writing a paragraph for a biography of a famous scientist, demonstrating how to include a wide range of organisational and grammatical skills.

In year 6, teachers showed parents how we teach the children to edit and improve a piece of work. In this case the children were completing a persuasive leaflet urging people to be aware of the harm caused in our environment by plastic pollution.



Year 3 and 4 open lessons

It was lovely to see so many of you at the recent Year 3 and 4 open lessons!

Year 3's focus was on handwriting and the children were able to demonstrate their beautifully developing handwriting, with parents extremely impressed with how well they were able to join and follow their teacher's examples.

Year 4's focus was on times tables. With the Multiplication Test Check coming up in June as a National test, parents were given lots of strategies to help their children to learn their tables up to 12x12. Parents were impressed at how well the children were able to demonstrate all of the strategies given by their teachers.



Year 1 and 2 open lessons

Year 1 held their very first ever open lesson for parents at the end of November. The children shared how they warm up before every handwriting lesson with hand exercises and ways to strengthen their core. They practised saying the 'patter' for individual letters as well as practising on whiteboards before going to their tables. The children were so excited to be able to share their learning with their parents.

At their tables the children demonstrated how to sit correctly and how to hold their pencils correctly. At the end of the session many parents commented on how useful it was to have these open lessons and how they look forward to coming to many more!



Thank you to all the **Year 2** parents who attended the handwriting open lesson. It was a great opportunity for both parents and children to see how handwriting is taught in school. Parents were introduced to the new handwriting policy which they also took a copy home. The children showed their best handwriting to their parents and parents were given strategies to support their child's handwriting at home.



Reception open lessons



Reception held the first open lessons of the year in November. Reception parents were invited to join the children's phonics lessons, finding out how we teach the children letters and their sounds. They saw a whole class lesson introducing the new phoneme and were then

invited to join in with the variety of small group phonics activities on offer, both indoors and outdoors. Thank you to all the parents who attended, we hope you found the lessons useful and gave you ideas how to help your children with phonics at home.



International Day

Year 6

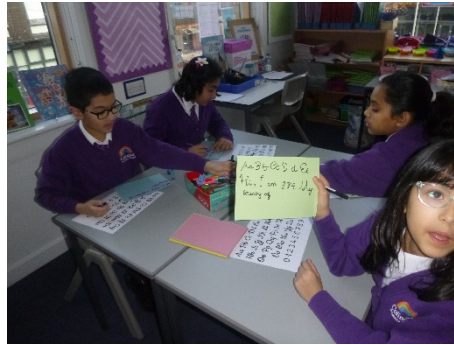


International Day in Year 6 was enjoyable and informative for all the children. Each teacher had organised their activities around the continents of Africa, Asia or Europe and the children spent part of the day in each classroom learning a little about that continent. In 6D, the children learnt that African masks are an important part of African culture, and they made their own masks from paper using symmetrical skills. In 6N, the children learnt about different Asian national dress; they learnt that Koi fish are significant to Japanese culture and then painted their own to represent themselves. In 6R, they learnt about European

national dress, identified the countries and flags of Europe, and recreated European art styles. It was a great day!

Year 5

Yr 5 International Day was a great success. Each class had a number of activities, and the children took it in turns to visit each class. 5B was Europe for the day and had a range of geography activities including: world map quizzes, puzzles and making capital city fortune tellers. 5J had a hint of Africa and Asia, with mathematical calculations in Arabic and Chinese. In 5N, children enjoyed activities related to different parts of Asia, with playing Ludo which originated from India to an all-Asian fruit tasting station and an Islamic calligraphy table.



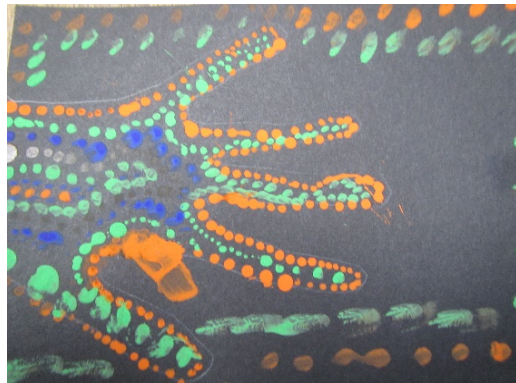
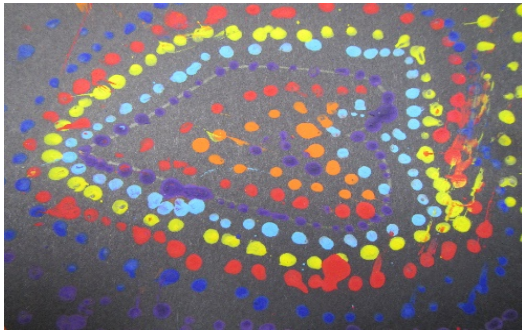
Year 3 & 4

Year 3 and 4 also each visited each other's classes and had a little taste of various parts of the world based on their teacher's culture, ranging from: Greek dance, Arabic writing, making delicious pani puri, lantern making, creating Rangoli art and designing African masks. The children loved having the opportunity to experience first-hand some of the influences from their teacher's cultures.

Year 1 & 2

Year 1 had a variety of activities which each class participated in. Mrs Andreou & Ms Constanti taught the children how to do some traditional Greek dancing! All the children loved this especially when they had to bend low and kick their legs up high! Miss Robinson led sessions on learning Spanish by singing songs about the colours, days of the week and greetings. Miss McCague did some cooking with the children. They all enjoyed learning how to make the French delicacy called Pain au Chocolat, also known as a chocolate croissant! Many children and the adults came dressed in clothes that represented the countries they and their families are from. Everyone had a wonderful day!

In Year 2, we had a variety of activities from around the world. The children loved learning a Spanish dance called the 'flamenco'. They were able to present a final dance to their class which they thoroughly enjoyed. Then children took part in an Aboriginal art activity from Australia. They used their fingers and paint to create their own art which they absolutely loved. The children also learnt and made Turkish food called 'cacik' which is a yogurt dip. The dip was served with pitta bread. They all commented on how easy and tasty this was and could not wait to make it at home for their parents! The children also looked great dressed in their own cultural clothing!



Year 4 Animations

Year 4 have spent the last half term, creating and writing their own class story which they have also written the script for. They have then gone on to create the scenes and characters for their story. Reza, a professional animator has then helped each class to bring their stories to life through I-stop animation. All children have had the opportunity to use the technology to create their animations, with fabulous results. Look out for their animations on You-Tube. Coming soon!



Christmas events

Over the last 2 weeks of term we have been busy with all things Christmas! We have been practising very hard to learn all the carols for our Carol Concert. We have learnt Makaton signs to go with the words and this has really helped all of us (including the adults) to remember the lyrics.

In the final week of term we have had so much fun making decorations for our classrooms, cards for friends and families, dancing and playing games in our winter parties and having a fabulous Christmas lunch with our teachers and friends. BUT the best part of the final week was definitely the visit from Father Christmas. We were all so excited to hear his sleigh bells and see him. He even brought each class some wonderful gifts!



iHeartCraftyThings.com

Reception Christmas Song Performance

All three Reception classes put on a wonderful Christmas Song Performance on 14th December. They looked fabulous in their festive clothes and performed the songs with such energy and enthusiasm; Jingle Bells being the children's favourite!

Thank you to the Reception staff for all their hard work in organising the performance, and to the family members who came to support their children.

It was a fantastic way to celebrate the end of the children's first term in full-time education!



Message from the Headteacher

I want to take this opportunity to say a fond farewell to Mrs. Averbrook, who is leaving Colindale after thirteen years. She has been a great Assistant Headteacher and has had a huge impact on the children and families of Colindale. She is leaving to explore new pastures and I am sure you all join me in wishing her well.

Mark McDonough is also leaving Colindale. I want to thank him for his tireless work as part of the Site Facilities team, ensuring that the school is always a healthy and safe place to be. He is retiring after many years in employment, and I am sure he will enjoy his new life.

Lastly I want to thank you, the families of Colindale, for your support through what has been a very challenging year.

I wish you all a safe, healthy, peaceful holiday and New Year.

See you in January!

Lucy Rodgers

