



Dear Parents and Carers,

I would like to start by saying a huge well done to all our hardworking Year 6 pupils for completing their SATs tests this week. Year 6 Australia have shown resilience and maintained a fantastic attitude throughout the week. We are very proud of their positive approach and all the effort they have put in to complete the tests to the best of their ability. We would also like to thank Mrs Skinner, Mr Getley, Miss Tinsley and all the other staff who have worked extremely hard to ensure that our pupils were as prepared as possible for the SATs. Year 6 have a special reward today and will be off to the cinema to enjoy a well-deserved treat!

Year 2 have also been busy completing their SATs tests and we are equally as proud of them for demonstrating outstanding attitudes and resilience during their tests. They have another week to go before they are finished. Well done Year 2, keep up the hard work.

We are now in the process of organising sports week which will be taking place from Monday 20th June through to Friday 24th June. We have lots of fun sporting activities planned and we are also lucky enough to have an athlete coming to visit us the week before sports week to share his life story and to inspire our future athletes.

Have a lovely weekend everyone.

Miss Lymbouris Principal

Important Dates:

**Museum - China
17/05/22**

**Museum -Brazil
19/05/22**

**Inset Day
27/05/22**

**Phonics
Screening Test
7th -10th June 22**

**Stansted Mount
Fitchett-Y5
22/06/22**

**Please remember
to check your
School Gateway
for important info**



Discover the app

The Essex Year of Reading app will inspire you or your child to read with confidence. Use the free digital library to enjoy immersive audio readings, animations, quizzes and download texts to read offline anytime, anywhere.

You'll find information about Essex libraries, online and in-person events as well as exciting competitions and challenges, updated throughout the year.

You'll be able to choose from the:

pupil library – including poetry and fiction and non-fiction stories

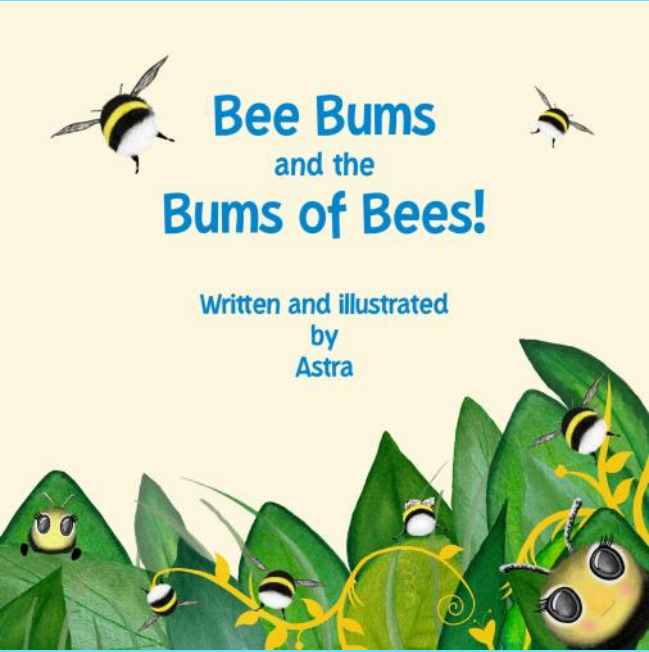
literacy boosting library – including high-interest and phonics-based reading support



The Blue Tit Travels Africa

Written and illustrated By
Astra

<https://www.astraoriginalartworks.com/childrensbooks>



Bee Bums and the Bums of Bees!

Written and illustrated
by
Astra

We were extremely lucky last week as we were visited by the author of 'The Blue Tit Travels: Africa' – Astra. Astra is not just an author, but an illustrator. We had an amazing assembly where Astra showed us all of her beautiful illustrations and she even answered questions from us. Not only that, but we also had an art lesson with Astra where she explained and demonstrated how she creates her drawings. We had so much fun! We can't wait to read more of Astra's books.



Newsletter

Academy
Transformation
Trust

13/05/22



Some of our Key Stage 2 pupils performed in the Young Voices choir at the o2 arena. We are incredibly proud of the outstanding performance and behaviour from our children and they represented our school to the highest of standards. If you would like to watch the performance, you can access it via the following link: <https://yv22film.co.uk/>



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to help our children understand about online safety with their children, should they feel it is needed. This guide focuses on one of many topics which we believe should be covered by parents and carers with their children. Please visit www.nationalsafety.com for further guidance, links to useful sites and more.

LONELINESS ONLINE: What Causes It and Ways to Feel Better

Have you ever been online and felt a little bit lonely? In a recent study, 14% of 10–12-year-olds said they often felt lonely, so you're not the only one who sometimes feels that way. We spoke to a group of children and teenagers, who told us some of the things that make them feel isolated when they're online.

CAUSES OF LONELINESS ONLINE

-  Seeing photos or videos of friends having fun without me
-  Being excluded from group chats or games with friends
-  Friends or family not replying to texts or answering my calls
-  People being unkind to me online
-  When friends leave my group chat



WHAT CAN YOU DO?

So if these things happen to you and you start to feel down, what can you do? The same young people also told us how they make themselves feel less lonely when they're online – and we've collected some of their advice to share with you.

- Tell a friend or a trusted adult that you feel lonely
- Watch funny videos of cats and pandas
- Watch yoga videos and do some exercises
- Play single-player games you enjoy
- Listen to happy music
- Listen to your favourite audiobooks
- Send nice messages to your friends and family
- Play games with friends who you trust, if they're online too



TAKE A BREAK

Sometimes the best thing you can do is to take a break from technology and do something offline that makes you feel happy.

Here's what our group suggested!

- Paint or draw pictures
- Play with a pet
- Write about your feelings
- Hang out with your family
- Get outdoors & enjoy nature



FURTHER SUPPORT

Remember, it's normal to feel a bit lonely sometimes – but if it's really upsetting you, and you have no-one to talk to, you can call Childline for free on

0800 1111



National Online Safety®

#WakeUpWednesday



Newsletter



WEEK 1 MENU

W/C: 18/04, 19/05, 20/06, 11/07



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Burrito A soft wrap filled with lightly spiced veggies and rice	Allegra's BBQ Chicken Burger Corn and Pineapple Relish BBQ chicken breast burger with zingy corn relish	Roast Chicken with Roast Potatoes and Gravy Succulent roast chicken with fluffy roasties and tasty gravy	Beef Meatballs In a yummy tomato sauce	Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips
Alternative Dish	Cheese & Tomato Pizza With Potato Wedges	Macaroni Cheese Cheesy Macaroni Cheese	Quorn Roast Served with fluffy roasties and gravy	Quorn Hot dog Served with Potato wedges	Quorn Dippers and Chips Crispy Quorn nuggets
Salads	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot
Jacket Potato	Jacket Potato with a choice of fillings	Jacket Potato with salmon mayonnaise and a choice of fillings	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings
Pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta
Vegetables	Green Beans and Sweetcorn	Peas and Broccoli	Carrots and Cabbage	Broccoli and Sweetcorn	Baked Beans and Peas
Desserts	Raspberry Ripple Ice Cream	Secret Brownie	Shortbread Biscuit with Fruit Slices	Berry and Peach Oaty Crumble with Custard	Lemon Slice

PACKED LUNCH-AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

AVAILABLE DAILY

WATER, SALAD, YOGHURT & FRESH FRUIT



Newsletter

WEEK 2 MENU

W/C: 25/04, 16/05, 06/06, 27/06, 18/07



- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Veggie Bolognese Penne pasta in a yummy tomato sauce	Sausage & Mash Pork sausages served with mashed potato	Roast Turkey with Roast Potatoes and Gravy Succulent roast turkey with fluffy roasties and tasty gravy	Beef Lasagne Delicious sheets of pasta layered with beef mince and tomato sauce Served with a Garlic & Herb Wedge Bread	Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza Cheesy tomato topped pizza slice	The Incredible Burger Served with potato wedges	Sweet Potato and Chick-pea Roast Served with roast potatoes and gravy	Veggie Balls in Tomato Sauce Served with pasta	Quorn Dippers Served with scrummy chips
Salads	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot
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Vegetables	Carrot Sticks and Cucumber Sticks	Peas and Broccoli	Carrots and Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
Desserts	Flapjack with Fruit Slices	Orange Shortbread with fruit slices	Crunchy Chocolate Biscuit	Fruity Chocolate Brownie	Vanilla Ice Cream

PACKED LUNCH-AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

AVAILABLE DAILY

WATER, SALAD, YOGHURT & FRESH FRUIT



Newsletter

WEEK 3 MENU

W/C: 02/05, 23/05, 13/06, 04/07



Monday

Tuesday

Wednesday

Thursday

Friday

Hot Main Dish

Macaroni Cheese
Cheesy Macaroni Pasta

Sweet & Sour Chicken
Served with rice

Roast Chicken with Roast Potatoes and Gravy
Succulent roast Chicken with fluffy roasties and tasty gravy

Beef Burrito
A soft wrap filled with fresh beef and rice

Southern Fried Chicken Tasters
Lightly seasoned crispy chicken strips and scrummy chips

Alternative Dish

Veggie Sausage and Mash with Gravy
Fluffy mash with veggie sausages and rich gravy

Veggie Balls in Tomato Sauce
Served with Pasta

Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy
A chunky butternut squash and potato slice

Veggie Lasagne served with a bread wedge
Delicious sheets of pasta layered with veggies and tomato sauce

Quorn Dippers
Served with scrummy chips

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Vegetables

Peas and Carrots

Sweetcorn and Broccoli

Carrots and Cabbage

Green Beans and Sweetcorn

Baked Beans and Peas

Desserts

Oatie Biscuit with Fruit Slices

Banana & Berry Cobbler

Strawberry Ice Cream

Chocolate Sponge Cake

Cheese & Biscuits

PACKED LUNCH-AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

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