



PRINCE OF WALES PRIMARY SCHOOL

Newsletter
11th January 2019

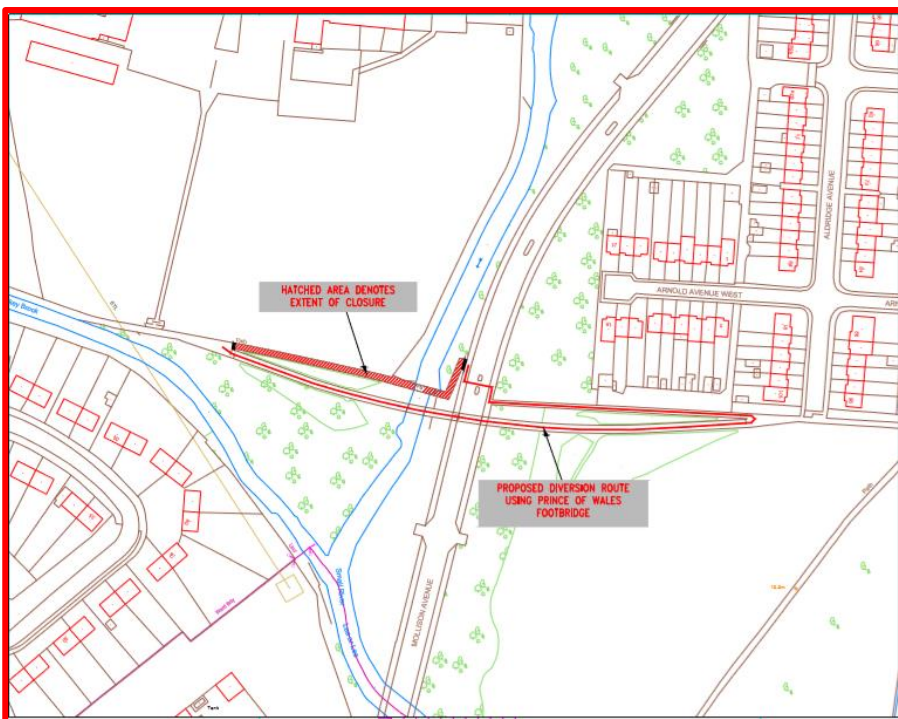
Listening Excellence Attitude Respect Negotiate Enjoy Responsible Support

Happy New Year to our School Community, I hope you had a lovely Christmas Break.

The Spring Enrichment programme has started well with the new expectations being followed by our pupils and parents, thank you. Please make sure that pupils are collected on time at either 2:30 or 3:30pm.

Although it is the shortest of the three terms, Spring will be no less busy so keep an eye on the calendar dates.

Mr Jan M Bless – Headteacher



Please be advised, Arnold Bridge running over the Small River Lea adjacent to Mollison Avenue will be removed whilst works are carried out this is expected to last up to 5 weeks. Please plan a different route to school should you use the bridge. Groundforce Contractors apologise for any inconvenience caused.

Value of the Month: Confidence and Ambition

Abiyah 1Ti, Asser 1K, Logan 1T, Hillary 2T, Keshawn 2A, Domantas 2Th Jakub 3T, Mohammed 3F, Feysal 3R, Riel 4G, Vlad 4R, Holly 4F, Jayden 6B, Karlie 6W, Kyra 6L



FREE ESOL course

FREE ESOL course for the unemployed that is [starting next week Wednesday](#) and [Friday from 9:30am – 3pm](#). If you have any parents that need ESOL, please ask them to call us on [0208 804 4114](tel:02088044114) or pop in ASAP to enrol [BEFORE NEXT WEEK WEDNESDAY](#).

ADDRESS: The Adult Learning Academy, Ground Floor,
[197 – 205 High Street, Ponders End, Enfield, EN3 4DZ](#)



Book Swap Shop on Wednesday 30th January and Thursday 31st January, AM only

| DATES FOR YOUR DIARY 2018/2019 | |
|--|--|
| Monday 18 th – Fri 22 nd February | Half term |
| Thursday 24 th January | Inset Day & Parent Review morning |
| Monday 28 th January | Jack & the Beanstalk Panto |
| Wednesday 30 th January | Book Swap Shop Morning |
| Thursday 31 st January | Book Swap Shop Morning |
| Friday 15 th February | Year 1 to the V & A Toy Museum |
| Friday 15 th March | Red Nose Day – Wear red |
| Monday 8 th April – Monday 22 nd April | Easter Holidays |
| Monday 6 th May | Bank Holiday |
| Wednesday 22 nd May | Year 4 to the Verulamium |
| Monday 27 th – Fri 31 st May | Half term |
| Friday 21 st June | WWF – Wear the colours of an endangered animal |
| Friday 19 th July | Finish at 1.30pm for the summer holidays |
| Monday 22 nd July | Inset day – School closed |
| Tuesday 23 rd July | Inset day – School closed |

Lunch arrears

Dear parent/carer,

Please keep an eye on your Parent Pay account as we have too many children with lunch arrears. As of **Monday 14th January**, the Kitchen will not supply your child with a school lunch if they have arrears on their account.

If you are unable to clear the arrears straight away, please provide a packed lunch from home to avoid hunger and embarrassment the Kitchen will refuse to serve your child.

Any outstanding balances will be chased and handed over to our solicitor should no effort to clear the arrears be made.

Thank you for your cooperation in this matter.



You must gain control over your money or the lack of it will forever control you

Dave Ramsey

**A free money advice course
for parents/carers of children at ETSP schools.**

The 8 week accredited course will be delivered by Money A+E, an award-winning social enterprise providing money advice and educational services. The course will include personal budgeting, savings, debt, benefits, financial terms and an introduction to mentoring. Each student will also be supported with personal debt advice.

Once accredited you will be equipped with skills to:
reduce expenses, maximise income and find the best deals.

Help yourself and others to do the same.

Course dates (excludes half term week):

Every **Monday** from **4th February** to **1st April** from **9.30am to 11.30am** plus **Thursday 7th** and **Thursday 14th February** from **9.30am to 11.30am**

Venue: **Brimdown Primary School, Green Street, Enfield EN3 7NA**

Please contact etsp@worcesters.enfield.sch.uk if you would like to attend or speak to your school's Parent Support Adviser.



in partnership with



**Enfield Town
Schools' Partnership**
Working together, stronger together

Enfield Catering Services

Dedicated to Food, Health and Education

Winter 2018/19

Newsletter

Introduction

Welcome to our Winter 2018/19 newsletter. We hope you find the articles interesting and informative. We all know that food matters, this is why we make it our business to provide high quality meals and take every opportunity to promote healthy eating with an aim to build good eating habits that last a lifetime. We are proud to be dedicated to Food, Health and Education.

New Menu is launched

Tasty new dishes perfect for hungry tummies!

Our Autumn / Winter menu features thoughtfully created new dishes as well as some old favourites. As always, every dish is balanced, nutritious and delicious.

Tony (ECS Menu Development Chef) and Alison (ECS Nutritionist) design our menus ensuring they are seasonal and meet the Government's Nutrition Standards.



Nasi Goreng is a delicious vegetarian dish



Our Piri Piri Chicken is full of flavour



Tasty and appetising Mama's Meatballs

Take part in our parent pupil survey Winter 2018 and you could win a Kindle! See page 5



Enfield School Meals



Enfield Catering

www.myschoollunch.co.uk/enfield



Check out the website for more information: www.myschoollunch.co.uk/enfield

Prince of Wales School Lunch Menu Autumn/Winter 2018/19

Week 1

MONDAY

Mama's Meatballs & Pasta with
Homemade Crusty Bread
Linda McCartney™ Pasta
Bolognese (V)
Cold Option: Cheese & Tomato
Sandwich (V)
Mixed Vegetables
Organic Yeo Valley™ Fruit Yogurt

TUESDAY

Texas Cowboy Chili with Rice
Potato & Onion Frittata (V)
Cold Option: Tuna & Cucumber
High Fibre Roll
Garden Peas & Cauliflower
Fresh Fruit Salad

WEDNESDAY

Sticky Chicken Fillet & Gravy
Homemade Lentil & Vegetable
Roast (V)
Cold Option: Chicken Mayo High
Fibre Roll
Carrots & Garden Peas
Roast Potatoes
Carrot Cake

THURSDAY

Chicken Paprikash, with Rice
Macaroni Cheese with
Homemade Bread (V)
Cold Option: Cheese Salad
Sandwich (V)
Mixed Vegetables
Chocolate Sponge with
Chocolate Sauce

FRIDAY

Harry Ramsden™ Lemon Crumb
Salmon
Margherita Pizza (V)
Cold Option: Cheese & Tomato
High Fibre Roll (V)
Heinz™ Baked Beans, Sweetcorn
& Oven Chips
Beechdean™ Raspberry Ripple
Ice Cream Pots

Week 2

MONDAY

Roasted Sausages with Mash &
Gravy
Linda McCartney™ Vegi
Sausages with Mash & Gravy (V)
Cold Option: Tuna & Cucumber
High Fibre Roll
Garden Peas & Sweetcorn
Organic Yeo Valley™ Fruit Yogurt

TUESDAY

Piri Piri Chicken Fillet with
Sunshine Rice
Cheese & Potato Pie (V)
Cold Option: Cheese & Tomato
Sandwich (V)
Garden Peas & Cauliflower
Fresh Fruit Salad

WEDNESDAY

Lancashire Roast Beef & Gravy
Quorn™ Roast (V)
Cold Option: Chicken Mayo High
Fibre Roll
Carrots & Garden Peas
Roast Potatoes
Banana Cake

THURSDAY

Classic Chicken & Mushroom Pie
with Mash
Veggie Moussaka (V)
Cold Option: Cheese Salad
Sandwich (V)
Sweetcorn & Green Beans
Jam sponge & Custard

FRIDAY

Harry Ramsden™ MSC* Fish
Fillet
Margherita Pasta Bake (V)
Cold Option: Cheese & Tomato
High Fibre Roll (V)
Heinz™ Baked Beans, Sweetcorn
& Oven Chips
Chocolate Cracknel

Week 3

MONDAY

Nasi Goreng (Singapore Rice) (V)
Quorn™ Frankfurter Bake (V)
Cold Option: Cheese & Tomato
Sandwich (V)
Sweetcorn & Baby Carrots
Organic Yeo Valley™ Fruit Yogurt

TUESDAY

Nonna's Lasagne & Homemade
Crusty Bread
Roasted Vegetable and Feta
Pasta (V)
Cold Option: Tuna & Cucumber
Sandwich
Green Beans & Cauliflower
Fresh Fruit Salad

WEDNESDAY

Hertfordshire Roast Chicken
Fillet & Gravy
Linda McCartney™ Stromboli (V)
Cold Option: Chicken Mayo High
Fibre Roll
Mixed Vegetables
Roast Potatoes
Golden Flapjack with Organic
Oats

THURSDAY

Beef Masala & Steamed Rice
Cheese Flan with Diced
Potatoes (V)
Cold Option: Cheese Salad
Sandwich (V)
Broccoli & Baby Carrots
Apple Crumble made with
Organic Oats & Custard

FRIDAY

Beef/Lamb Burger in a Bun
Southern Fried Quorn Burger in
a Bun (V)
Cold Option: Cheese & Tomato
High Fibre Roll (V)
Heinz™ Baked Beans, Garden
Peas & Oven Chips
Chocolate Ice Cream Tub

Available Daily - Unlimited Salad Bar with a variety of salads including Greek salad, coleslaw, tomatoes, cucumber, carrot and sultana, pasta salad and potato salads.
We do a range of wholemeal, white & homemade breads. Drink of the day (water, organic milk or fruit juice) and fresh fruit available daily.

*Our Fish is sustainable and MSC-certified (Marine Stewardship Council). All our eggs are free-range and our meat is Farm-Assured as a minimum.

Jacket Potato offered daily with a choice of fillings.





How to spot

FAKE NEWS

FREE
item every
Wednesday

Issue: #WakeUpWednesday

WHAT IS 'FAKE NEWS'?

Fake news can be false information, photos or videos purposefully created to confuse or misinform. It can also be genuine information that has been manipulated to deceive. It is important that we learn how to distinguish between real news and fake news.

DOES IT SOUND REAL?

Many fake news stories are written with appealing headlines and have content designed to create 'shock value' in order to spread like wildfire. Typically, fake news will include topics such as the 'death' of a famous person, company giveaways, news relating to supernatural events, or terror related posts that provoke a reaction. Have a look at other news sources to see if a story has been widely reported before sharing unsubstantiated claims. You can also check facts at websites, including snopes.com and factcheck.org.

CHEK 4 SPELIN AND GRAMMATICAL MISTKS

Not always, but poor spelling, grammar and vocabulary on articles may indicate that an item is not from a reputable source. Be wary!



National
Online
Safety



Check the comments!

Have a read through the comments on a news story - either at the bottom of the article or on a social media share. Reactions and comments can often show if other people don't believe the story is true, or whether someone has confirmed it is fake news. Of course, you can't always know if a comment is real!

How long has the page existed?

Be wary if a story comes from a news organisation you have never heard of. Some hoaxers will set up a quick website to spread fake stories and so-called 'breaking news'. So, if a story with bold claims originates from a website that has only just launched, you would be wise to doubt its authenticity. There are online tools, such as the internet archive, that display the approximate age of a website on the internet and allow you to view how it looked before.

Who wrote it?

Make sure that the website that published the story is a credible source, i.e. a major news network or local paper which has the resources to fact-check published stories. If you get your news primarily via social media, always check the source and use caution if the story comes from a news organisation you have never heard of. If the article has a byline, you should be able to research to see if the writer is a genuine reporter by searching for them on Google.

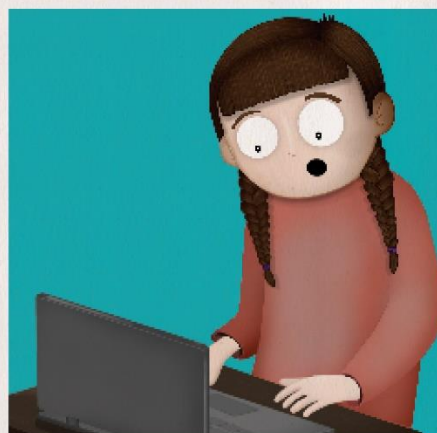
Read more than just the headline!

Some news sites will post stories with 'click bait' headlines to grab your attention and make you click on them. These headlines might not even be relevant to the story. Studies show that almost 60% of links that people have shared on social media have never actually been clicked before sharing, so it's really important that you read the article first before you share it to make sure the news is real.

Have you checked the URL?

https://

Does the website address at the very top of the page look real? One of the easier ways to spot suspect stories is if they're located on a news site with an odd domain name. So, check the URL. Some dodgy websites will try to incorporate a legitimate news source into its URL, such as www.therealbbc.co.uk, or will slightly misspell a popular website domain, e.g. www.bbccorp.



Is it a joke?

While most fake stories are designed to make you believe them, it's important to know how to spot when the content has been written as a joke on purpose. Articles from joke news websites (such as 'The Onion' or 'The Daily Mash') are hugely popular on social media but some people may think their stories are real. Always read joke articles with a pinch of salt.

