



# PRINCE OF WALES PRIMARY SCHOOL

Newsletter  
14<sup>th</sup> October 2022

Dear Parents/Carers, Governors and Friends,

The parents' evening this week was well-attended and also offered an opportunity for parents/carers and their children to sample the school dinners that our children enjoy. Responses to these were very positive and some encouraged decided to opt for school dinners instead of packed lunches (see page 7).

Teachers will be contacting any parents/carers who were not able to make an appointment to discuss their children's progress before the end of this half term.

## In this newsletter:

Keeping to the theme of food, many thanks to all families who were able to make a contribution to our school's food bank on the occasion of Harvest Festival (see page 4).

Besides preparing lunch time food and taster sessions, our Chef Len was again busy with his weekly cooking sessions and offers some more of his recipes to try out at home (see pages 5 and 6).

Black History Month: for another significant person in the world of computing, whose contributions to navigation have been essential to us, read page 3.

Free support for parents on page 8: Learn English and Financial Advice.

Activities for children during the Half Term break (see page 9).

Don't skip this: children in Mrs Tootill's British Sign Language class demonstrate how to sign about the weather (final page).

Kind regards,

Mr Jan M Bless  
Headteacher

## Attendance for week beginning 10th October 2022

<b>Birch 82.50%</b> Oak 81.79%	1G 95.37%	2A 93.30%	3G 92.31%	4D 97.32%	5F 96.88%	6C 93.23%
	<b>1Go 96.98%</b>	2C 91.52%	3T 91.35%	4F 93.27%	5G 96.88%	6D 84.38%
	1S 88.84%	2T 91.96%	3W 95.98%	4H 97.77%	5H 94.79%	<b>6W 97.83%</b>

Well done to **Birch, 1Go** and **6W** for best attendance this week.

Overall attendance since September 2022: **92.32%**



DATE	TIME	YEAR	EVENT
24 <sup>th</sup> -28 <sup>th</sup> October		all	Autumn Half Term Holidays – school closed
31 October		all	Inset Day 3 – school closed
1 <sup>st</sup> November		all	Start Autumn Term 2
7 <sup>th</sup> November	All day	N, R, Yr1	School Dentist (repeated on 30 <sup>th</sup> March 2023)
15 <sup>th</sup> November	All day	all	Class Photos
25 <sup>th</sup> November	All day	R - Yr6	Flu Nasal Spray
6 <sup>th</sup> and 9 <sup>th</sup> December	tbc	Yrs1 and 2	Nativity
12 <sup>th</sup> December	afternoon	all	Christmas parties
14 <sup>th</sup> December	lunchtime	all	Free Christmas Dinner for all children
15 <sup>th</sup> December	morning	all	End of Term Certificates Awards
15 <sup>th</sup> December		Nursery	Nursery breaks up for Christmas Holidays
16 <sup>th</sup> December	1:30pm	all	Finish at 1:30pm for Christmas Holidays

**The school rule focus this week was:**

**Inspiration**

These pupils received a certificate this week:

Maryam 1G, Willow 1Go, Ezekiel 1S, Adam 2A, Prince 2C, Houbi 2T, Shireen 3G, Joyce 3T, Yagmur 3W, Alessia 4D, Phoebe 4F, Rania 4H, Lily 5F, Birtan 5G, Martin 5H, Layla 6C, Rhome 6D, Jacob 6W





As part of our **computing** curriculum, each week throughout Black History Month, we will be sharing a significant black person linked to the computing world in some way.

This week's significant person is

## GLADYS WEST: SATELLITE POSITIONING



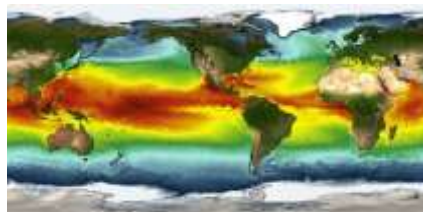
How are satellites used?

How many of you use GPS to get around? Today, we take GPS (global positioning system) for granted, as most people use map apps to help us find an unfamiliar location and to track a bus on its route. We can track cars, pets, and even people!

However, it is not so long ago when this was science fiction, rather than science fact. Part of the history of the development of GPS includes **Gladys West**, who contributed to the accuracy of GPS through her development of models of the earth.

Gladys was a mathematician who worked with data from the first satellites, analysing it to develop a detailed understanding of the shape of the Earth including such things as the height of the sea.

As well as this essential work that supported the development of GPS, Gladys also worked on the first sea observation satellite, vital in understanding **climate change**.



What can you find out about sea observation satellite?





Years 1 to 4 donated food for our school's Food Bank.



Omari, Joseph, Agnes, Lynzie and Zeynep from 4F helped Miss Homer our Head Gardener to harvest some of the fruit and vegetables currently growing in our gardens: carrots, chillies, onions, peppers, apples, beetroot, courgette and potatoes.



#### Year 5 HARVEST DONATION

WWF is the world's leading independent conservation organisation. Their mission is to create a world where people and wildlife can thrive together.

To achieve this, the WWF are finding ways to help transform the future for the world's wildlife, rivers, forests and seas, pushing for a reduction in carbon emissions that will avoid catastrophic climate change.

Year 5 children were proud to donate money for a worthy cause and to an organisation which is pressing for measures to help people live sustainably, within the means of our one planet.

Let's all help save our PLANET!



Our school Food Bank was given a boost thanks to the generous donations.



Year 6 decided to collect money for the British Heart Foundation during this Harvest season and time of giving as they have been learning about the circulatory system and how important the heart is.

Everyone needs their heart to be healthy but sometimes hearts do not work properly.

The British Heart Foundation funds research, education and life-saving equipment. The money that we donate can help heart patients return to a full and active way of life.



Father Stephen reflection on Harvest Festival included how we have to combine our strength and resources to ensure food is grown, harvested and shared out. He invited some children to retell the story of The Giant Pumpkin that thanks to the little mouse eventually was pulled out of the ground.





# Cooking with Chef Len

On Wednesday afternoon, a highly excited, eager to learn, Year 6 group joined me in the Food Tech Room. They were all proud of their own master pieces of bread and pizza dough. The children were great at clearing up and putting utensils back. After we had finished cooking, we spent 10 minutes discussing the up and coming new menu, to be served after the half term. They found that most of it sounded nice and looked appealing, but asked when Pizza and ice cream would be back on the menu! I tried to tell the pupils that we need a good balance of healthy eating and that comes across in the new menu. Discussions such as these together with this week's food tasting for parents at Parents' Evening will hopefully encourage more children to eat school meals in the future.

Don't forget to check the next page in this newsletter for some more recipes to try at home. When you have had a go, send a photo to the school office as Mr Bless would be happy to place this in his newsletter.

Happy cooking & eating!!





### CARROT CAKE

#### Ingredients (40-50 portions)

600 gr Dark brown sugar  
 360 grams of eggs  
 360 gr vegetable oil  
 600 gr wholemeal flour  
 25 gr bicarbonate soda  
 15 gr baking powder  
 40 gr mixed spice  
 150 gr raisins  
 600gr grated carrot  
 1 Large Orange plus zest (inside cake mixture)

#### Method

Heat the oven to 175C/fan160C/gas 4, 5. Oil and line the base and sides of a 30cm square cake tin with baking parchment.  
 Tip 600gr light Muscovado sugar, 360ml Sunflower oil and 360 ml beaten eggs into a big [Mixing bowl](#). Lightly mix with a wooden spoon. Stir in 600g [Grated](#) carrots, 150g raisins and grated zest of 1 large orange.

Sift 600gr Wholemeal flour, 25 gr bicarbonate of soda, plus baking powder, and 170gr mixed spice, raisins into the bowl. [Mix](#) everything together, the mixture will be soft and almost runny.

Pour the mixture into the prepared tin and bake for 40-45 mins or until it feels firm and springy when you press it in the centre.

Cool in the tin for 5 mins, then turn it out, peel off the paper and cool on a [Wire rack](#). (You can freeze the cake at this point if you want to serve it at a later date.)

#### Allergen information

Contains-

Wheat (wholemeal flour)

Eggs (beaten eggs)

### SAVOURY PINWHEEL SCONES

#### Ingredients (10 portions)

125g Plain Greek Yoghurt  
 375g Self-Raising Flour  
 1tsp Baking Powder  
 1tsp Paprika Powder  
 140g Mild White Cheddar  
 200ml Whole Milk  
 3tbsp Tomato Puree  
 70g Feta Cheese  
 200g Sliced Ham  
 200g Chopped Spinach  
 2 finely chopped Spring Onions

#### Method

1. Pre-heat your oven to 200C.
2. Lightly grease a baking tray.
3. Sift the self-raising flour and baking powder into a bowl.
4. Stir in 60g of grated cheese & paprika.
5. Add the Greek yoghurt and stir the ingredients together.
6. Slowly add milk until the mixture is moist, but not too wet. (Keep back a little of the milk to brush on the pinwheel scones before baking.)
6. Mix lightly all of the ingredients together until it's all combined into a soft dough. Be careful not to over stir, you could use a knife to 'cut' in the milk.
7. Turn the dough on to a clean, lightly floured surface.
8. Knead well for 5 minutes.
8. Roll your dough out into a large rectangle, until it's about 5mm thick.
9. Spread surface of rectangle with the tomato puree and scatter with feta cheese, the rest of the grated cheese, the ham, the chopped spinach and the spring onions.
10. Roll it up tightly to form a long roll.
11. Cut into pieces that are 3cm wide, and arrange spiral side up and touching one another on a prepared baking sheet.
12. Brush surface of each scone with a little milk.
13. Bake for 20-25 minutes, until firm and golden brown.
14. Leave to cool, and then enjoy!



## Food Tasting on Parents' Evening

### Feedback from questionnaires

Total responses received: 50  
26 of which were 10/10 rating  
13 = 9/10 rating  
6 = 8/10 rating  
5 = rating between 5/10 – 7/10

### **Suggestions included:**

Sandwiches available for lunch  
More variety in the menu  
Bigger portions  
More spice/salt added to food

### **Comments received to "What improvements could be made?":**

"Nothing, it's perfect!"

"Food is amazing, well done Len!"

"My daughter likened it to my cooking at home – super tasty food"

"It was amazing, the pasta and meatballs are full of flavour and the apple crumble is out of this world!"

"Good variety of food already, very tasty"





**FREE**

**ENGLISH** 

**WANT TO LEARN ENGLISH?**

**TUESDAYS 10-12pm**  
 Totteridge Road Baptist Church  
 45a Totteridge Rd, Enfield EN3 6NF

**FOR MORE INFO:**  
**07557 443826**





**ÜCRETSİZ**

**İNGİLİZCE** 

**ÖĞRENMEK İSTER MİSİNİZ?**

**SALI GÜNLERİ**  
**SAAT 10:00-12:00**  
 Totteridge Road Baptist Church  
 45a Totteridge Rd, Enfield EN3 6NF

**BİLGİ: 07848 818417**




Talking about debt costs nothing...




...but can change everything.

**Advice in Community settings partnership**

Many Londoners are experiencing challenges through the cost-of-living crisis. Funded by the GLA, a London based Advice partnership of Fair Money Advice and Money A&E to deliver trusted accessible, inclusive, and non-judgemental advice, supported through a partnership which boasts bi-lingual, culturally aware advisors.

**MAYOR OF LONDON**  





**We accept referrals from across London**

**Our service:** We deliver targeted social welfare support, debt and money services to help vulnerable Londoners.

**What we can support with:** Specialist debt advice, welfare benefits, income maximisation, budgeting, money and financial education, housing and much more.

**How to refer into the service:** Complete the referral form and email to [info@fairmoneyadvice.org](mailto:info@fairmoneyadvice.org) or clients can self-refer by contacting us directly on **0203 475 8811**

Once received, Fair Money Advice conducts an assessment and depending on the needs - the client is supported in-house, referred to Money A&E or are referred to an external agency for further support needs.

**MAYOR OF LONDON**  





This week we had a special visit from the 28<sup>th</sup> Enfield Scout group, who came to school to tell the children all about being a scout.

They gave a great presentation, showing the children all the exciting things that the Squirrels, Beavers, Cubs and Scouts get to take part in.

The children in years 3/4 have all been given leaflets to bring home with a contact number and information for signing up to the scouts.

So, join in, be part of the great outdoors and go and explore.



This week's sign is **Spring Harvest** linked to the assembly this week.

Click the link to see how to sign our word of the week:

<https://www.signbsl.com/sign/spring-harvest>

This week in BSL club, Year 6 focused on learning the signs for **different types of weather**. They were able to incorporate their prior learning and to be able to talk about the weather yesterday, today, and tomorrow.



Click on the links below to watch Y6 tell you about the weather.

<https://youtube.com/shorts/fdGLlq0W7Ig>

<https://youtube.com/shorts/SO91YRYYiSg>

<https://youtube.com/shorts/h7Np6eqzzdk>

<https://youtube.com/shorts/XrpkPzshilw>

*After the half term break, **Year 5** will be invited to attend the*

*BSL lunchtime club on Tuesday lunchtimes.*

***Sign up next week!***

*Club begins on Tuesday 1<sup>st</sup> November.*



## Somalis abandon their homes in search of food, water and aid as drought deepens

A devastating drought has displaced 1 million Somalis since January 2021, and more people are expected to flee as communities face the prospect of famine.

With many in our school community from Somalian heritage, our thoughts turn to yet another [catastrophe that affects food production](#) and livelihoods, this time drought in Somalia.