

PRINCE OF WALES PRIMARY SCHOOL

Newsletter
21st July 2023

Dear Parents/Carers, Governors and Friends,

School year 2022 – 2023 concluded with a fantastic Year 6 Leavers Celebration that touched the audience deeply. I could not have improved their reminiscing and highlights that they cleverly presented through a time capsule. All staff wish this cohort the very best for their future into secondary school and beyond. Photos of their celebration and smashing video can be found on page 10.

This week also included the KS2 sports day (page 9) and the conclusion of our two-year Making a Mark project that focussed on teachers learning how to teach painting that resulted in great learning for all our children. If you missed our art exhibition, see pages 6 to 8.

I hope that parents were happy with their children's progress as reported last week and were able to meet their child's new teacher during the Monday drop-in.

There is more to enjoy in this newsletter, including the Rock Steady Concert video, more memories, awards and achievements as well as information for parents – don't miss out so check until the very end!

This leaves me to thank our departing colleagues who are going to pastures new: Miss Toye, Mrs Grandison, Miss Haque, Mrs Waldman, Miss Blair-Williams, Mrs Yucelt and Mrs Carpenter – we wish you the very best.

This has been another fulfilling year and I thank everyone for the part they played in making it a success. Now we welcome the summer break and I wish all colleagues and our pupils a lovely holiday.

Warmest regards,

Mr Jan M Bless
Headteacher



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023

COURTESY OF MONEY SAVING CENTRAL



Attendance for week beginning 10th July 2023

Ash 90.42%	1G 90.77%	2A 92.50%	3G 93.08%	4D 93.57%	5F 92.80%	6C 84.58%
Birch 89.23%	1Go 87.59%	2C 90.33%	3T 93.60%	4F 91.43%	5G 97.08%	6D 84.35%
Oak 90.37%	1S 96.30%	2T 96.55%	3W 87.78%	4H 80.36%	5H 90.87%	6W 94.58%

Well done to **Ash**, **2T** and **5G** for best attendance this week.

Overall attendance since September 2022: **92.57%**

SCHOOL YEAR 2023 - 2024		
DATE	YEAR	EVENT
Mon 4 th September	all	We look forward to our KS1 and KS2 children starting their first day back for the start of the new term
w/c 11 th September	all	Parent Cafés – meet the teacher Year 1 - 11.9.23 - 2:30 pm Year 2 - 12.9.23 - 9 am Year 3 - 12.9.23 - 2:30 pm Year 4 - 13.9.23 - 9 am Year 5 - 13.9.23 - 2:30 pm Year 6 - 14.9.23 - 2:30 pm followed by SATS and Secondary Transition at 3:30pm Rec - 15.9.23 - 2:30 pm



Thank you to our Head Girl and Head Boy, their deputies and all our prefects who have contributed to our school through their support during break and lunchtimes, weekly assemblies and other events.

Head Girl: Tia Lauren, Head Boy: Raj, Deputy Head Boy: Rolexx

Prefects: Symone, Hameeda, Sienna-Marie, Atlanta, Tanya, Emmanuela, Maria, Tea, Sonny, Evie Mai, Amelia, Layla, Taylan, Orhan, Lemuel, Tasnim, Bethel, Humahira, Alaa, Larissa, Iqra, Rania, Sel, Abigail, Christine, Maryam, Anna, Laura, Larissa, Spencer, Erblin, Yavuz, Kwaku, Milena,



[Twitter @pow_primary](https://twitter.com/pow_primary)



[Instagram pow_primary](https://www.instagram.com/pow_primary)



100% ATTENDANCE
Between 01/09/2022 and 20/07/2023



Firstname	Surname	Form
Jada	Koyenikan	2A
Naomi	Koyenikan	2C
Christabel	Okhiria	3W
Eliana	Owoseni	3W
Aaliya	Peters	3T
Bella	Henderson	4H
Kezia	Acheampong	5F
Ela	Keser	5G
Yavuz	Caliskan	6W
Tanya	Gupta	6C
Spencer	Hawkins	6D
Rolexx	Mokuba	6D
Larissa	Tasar	6W



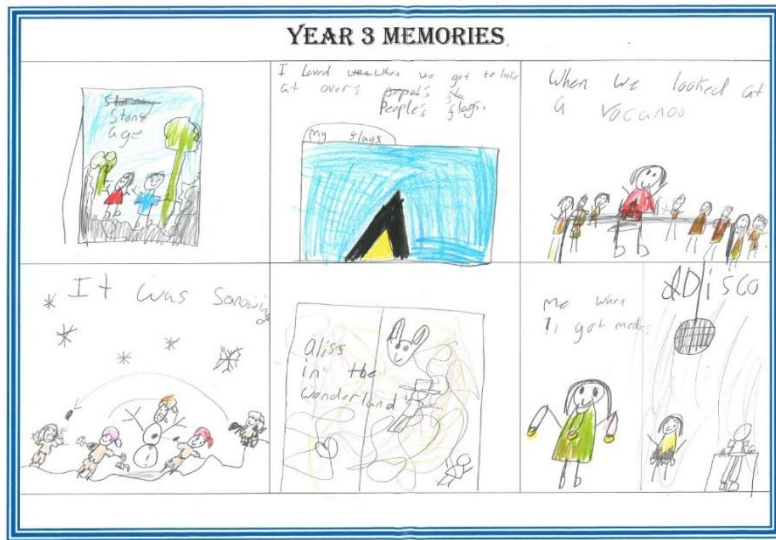
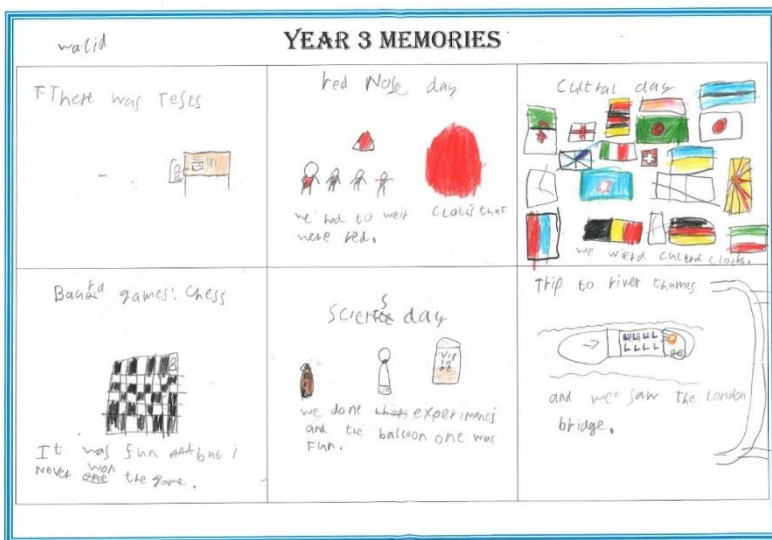
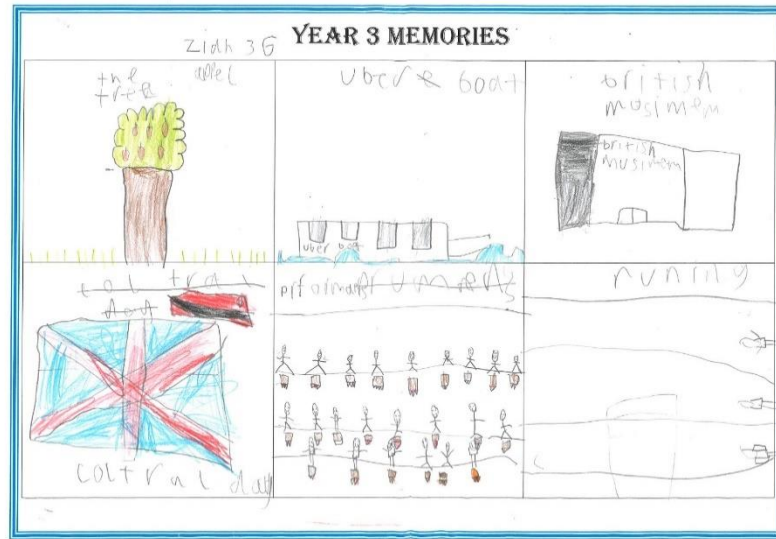
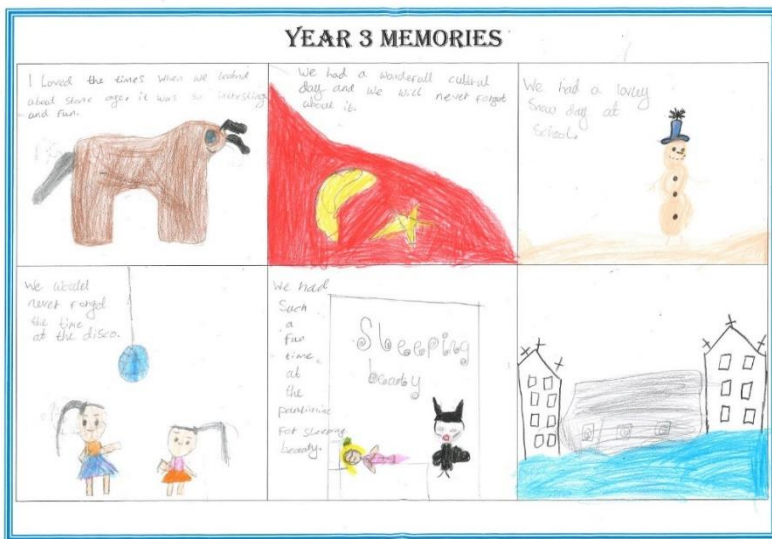
100 Sessions from 28th April 2023 – 26th July 2023

Y1	Kaya 1GO Richie 1GO Eylem 1G Toprak 1S Mailey 1S Aras 1S Taylan 1GO Ntiamoah 1GO Josiah 1S Liya 1GO Jasiel 1G Isla 1S Leo 1GO Gabriella 1GO Hunkar 1G Tayarna 1GO
Y2	Emeent 2C Alicia 2T Janelle 2C Charlie 2C Anela 2T Jacob 2A Lara 2T Travis 2T Samuel 2A Aras 2A Jada 2A Naomi 2C Rebecca 2C Prince 2C Lena 2T Callen 2A Azariah 2T Vincent 2C Tsion 2A Simal 2C Cem 2T Nicolas 2T
Y3	Ada 3T Marloryne 3W Ashton 3G Ziah 3G Kyle 3G Oscar 3T Christabel 3W Eliana 3W Aaliya 3T Jayden 3G Rosie 3G
Y4	Zeynep 4F Bella 4H Aayden 4D Maisie 4H Caleb 4F Irem 4D Phoebe 4F
Y5	Kezia 5F Abiyah 5F Ozgur 5G Indi 5G Elnathan 5F Rona 5F Angello 5G Toprak 5H Tyler 5G Ela 5G Kevin 5H Constance 5G Birtan 5G Maxwell 5F Cagan 5G
Y6	Domantas 6W Kwaku 6D Yavuz 6W Franek 6D Ali 6C Tanya 6C Amelia 6C Spencer 6D Luza 6W Deniz 6W Alissa 6C Anne Marie 6C Laura 6D Rolexx 6D Lionel 6D Christine 6W Randa 6D Bethel 6W Thomas 6W Larissa 6W Symone 6D



To make up for Year 2 missing out on the traditional treat during their seaside visit, the children were offered one of Frankie's specials: soft-ice cone, slushie or ice lolly – YUMMY!

What a Year – So Many Great Memories for Year 3



Watch the Rock Steady Concert with our talented youngsters: [Rock Steady - Concert July 2023](#)



Class	Names
Ash	Abigail, Ada, Arven, Ava, Ayda, Isaiah , Kasey, Kejdi, Lawand, Theo, Thomas, Victor, Yaasir, Yousef
Birch	Aaisha, Adar, Alexandro, Ayla, Edie, Eva, Halimah, Jaime, Kuzey, Laura, Liliana, Maleena, Omer Hamza, Orhan, Phoebe, Resmiye, Ria, Tioluwanimi, Uliks, Erin
Oak	Aaliyah, Adner, Abdulmateen, Bethany, Bleron, Callum, Elijah, Jasmine, Kiara Malik, Olek, Perence, Robin, Salem, Yasin, Selen
1G	Adam Eylem Maryam Saral Jensila Jasiel Mudser
1Go	Ava Taylan Aleena Richie Gabrielle Gabriella Kaya Sofiat Sarya Thijash Hajara Ntiamoah (Nana) Tayrana Liya Kevin Liyana Angelo Samuel
1S	Jaxon Nathan Aleyah Toprak Yesheng Zainab Ethan Owen Solomon Yannis Ashleigh Aras Amine
2A	Amirsam, Alara, Callen, Samuel, Kaylah, Dumebi, Tsion, Mia, Ahmed, Naz, Ochuwa, Aiden, Jacob, Oliver, Olivia, Jada.
2C	Simal Prince Jibreel Zaytoon Larissa Naomi Janelle Jamilah Ocina Klara Charlie Joshua Nathaniel Rhyan V Itoria
2T	Alicia Muhammed Anela Arda Javae Antonia Lara Maria Travis Jazmyn Era Aiden Azariah Ismail Rosa Huzeyfe Annie-Lou Nicolas Teanna Lena Dante
3G	Ariyan Botan Jaydan Kyle Nathanael Selin Shireen Walid Ziah Rosie
3T	Maryam Joyce Ada Aaliyah Vladislav Destiny Ellerie Imran Oscar
3W	Aiza Kayle Marloryne Kayle Dylan Jessica
3G	Ariyan Botan Jaydan Kyle Nathanael Selin Shireen Walid Ziah Rosie
3T	Maryam Joyce Ada Aaliyah Vladislav Destiny Ellerie Imran Oscar
3W	Aiza Kayle Marloryne Kayle Dylan Jessica
4D	Raahan Wassim Furkan Gabriela Amelia Adrian Aayden Marija Kenaya Esra Anaiyah R Valentina Alessia Chris Mira Eli Angel Irem Kaiden
4F	Ali Mehmet Natalie Joseph Zeynep Lynzie Lexi Oyku Cameron Omari Agnes Caleb Olivia Tshion Bella Phoebe Neda Aaraf Mazie Nadinsa Olivia
4H	Rayan Noah Idris Justin Anna Kimberly Abdul Sanita Angelica Bella Maisie Selin Noah
5F	Lily Kezia Belinay Nida Jace Mia Aariah Wahab Ronnie Yaser Rona Abiyah Emin Elif Cem Alen Kye Logan Maxwell Jayden Hamidi Elnathan
5G	Alessandro, Aras, Ayse, Cagan, Constance, Daa'ud, Ela, Indi, Janel, Jayden, Lara, Millie, Ozgur, Pelin, Ryan, Tyler, Yamin Angello, Sadia, Hamidat, Yusra, Lily,
5H	Zaynab Yunus Toprak Nora Thivshan Shaun David Hatub Kevin Yasmine Paula Ibrahim Simon Maija Kazi Aanas Bianca Ayse
6C	Tea, Ali, Rehan, Ulkan, Adonis, Maria, Emmanuela, Milena, Tanya, Anna, Maryam, Isa, Tia, Tibah, , Alissa, Amelia, Evie, Beau
6D	Raj Rania Spencer Erblin Randa Laura Maysoon Awo Tia-Laren Symone Rhome Samaiah Rolex Franek
6W	Alaa, Yavuz, Sonny, Deniz, Tasnim, Christine, Taylan, Sienna-Marie, Thomas, Larissa,



POW SUMMER ART EXHIBITION

Meet the focus artist



Nicole Pietrantoni

Nicole (b. 1981) creates experimental artists' books, installations, and works on paper.



The Theme: Climate Action and Environment

What is climate action?

Taking urgent action to tackle climate change and its impacts.

Why is it important?

If left unchecked, climate change will undo a lot of the progress made over the past years in development.



Artist Daniel supported teachers in the past two years in teaching painting.



Year 1 - The Changing Seasons

This art display was inspired by the work of Nicole Pietrantoni. She is an artist who creates art on paper and likes to use vertical lines. Nicole also likes to use printing and colour in her work.

We used her art as our starting point. The children decided to use the changing seasons from their science work and explored the changing colours in nature through the year. Their findings were reflected in their choice of colour, colour mixing and printing onto upcycled blinds that links to the overall school theme of *Climate Action and Environment*.



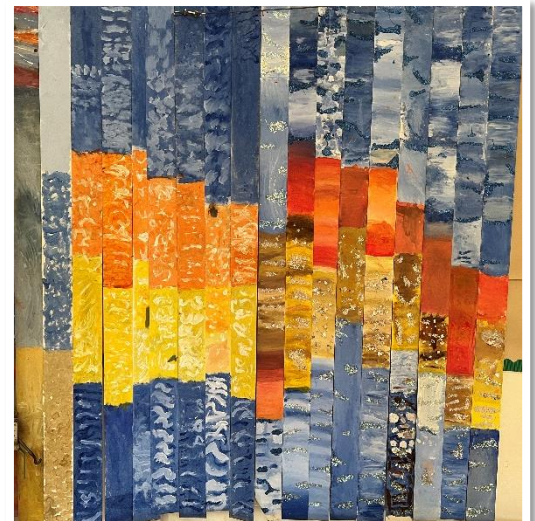
Year 2 - SEASIDE

Our Climate Action and Environment Art project is linked to our seaside trip to Walton-on-the-Naze.

We researched Sophia Hood's work, a landscape artist from York who likes to paint scenes from around the UK. She has a particular interest in capturing the light at sunrise and sunset, especially when it falls on water.

Year 2 also worked with Daniel, our artist in residence, to explore colour mixing. They learned how to add little amounts of paint to create darker and lighter shades and have then used these skills when painting their seaside blinds.

Sand and seashells were added to replicate the beach's texture. Cut-up found plastic rubbish and left-over glitter was used to represent the sun's reflection.





Year 3 - WATER

Our *Climate Action and Environment Art project* is linked to Water. We learnt about rivers around the world; where they start and where they end. We then spent some time looking at deep sea creatures and discussed how the changing climate affects water and the life in it.

Year 3 also worked with *Daniel Wallis*, our artist in residence, to explore colour mixing. They learnt how to add little amounts of paint to create darker and lighter shades and have then used these skills when painting them on upcycled blinds, taking inspiration from artist *Nicole Pietrantonì* who used long and narrow canvasses.

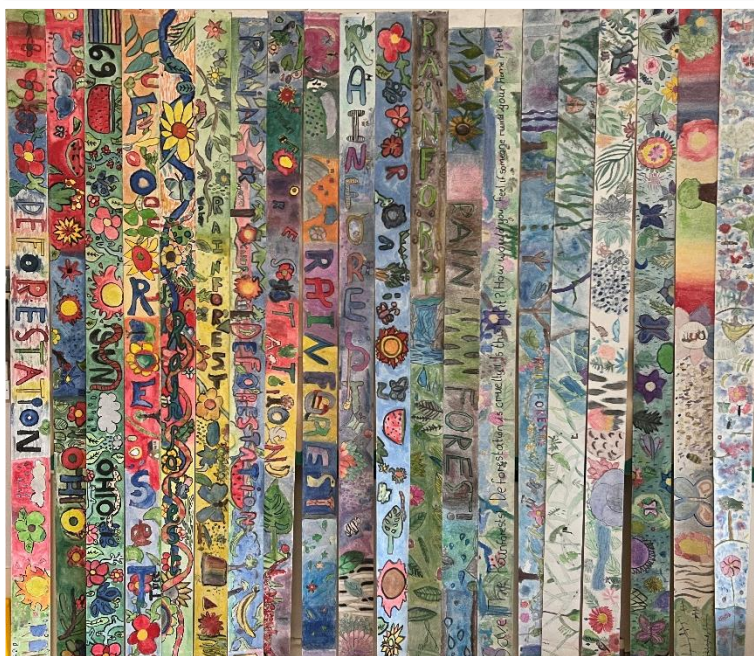
We watched other artists draw underwater sea creatures and then drew them ourselves. We added these to give the impression of life under the sea.

We
used
blinds
that
we
no
longer
needed
from
the
dining
room
as
our
canvas.

Year 4 - Climate Action and Environment

The year 4 children took inspiration from *Nicole Pietrantonì* for the whole school climate action and environment art project. We wanted the children to get the opportunity to showcase our local area. 4D looked at the Wetlands, 4F Enfield Island Village and 4H the Lee Navigation.

Following the study of *David Hockney* and a year group visit to Tate Britain, children used bright and vibrant colours to bring the local area to life.



Year 5 - Rainforest

Our children took part in a whole school art project based on and inspired by *Nicole Pietrantonì's* art work.

They built on the theme of the 'Rainforest' in the Autumn term where they debated arguments 'For and Against' cutting down trees in the Amazon rainforest. This links to our cross curricular learning about human's impact on *Climate and Environment*.

The children used bright and vibrant colours to exemplify the beautiful plants and animals found in the rainforest. They based their knowledge of colours from the book they studied – *The Great Kapok Tree* by *Lynne Cherry*.

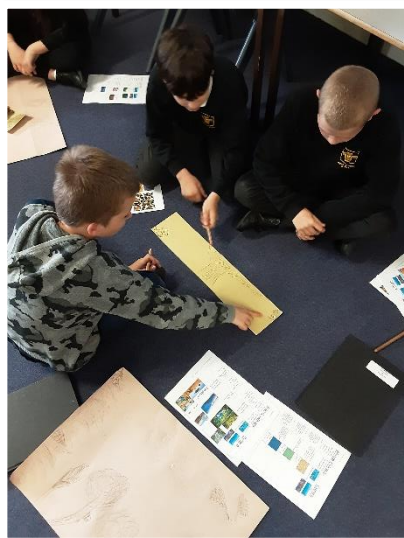
Year 6 - Biomes

Working collaboratively, Year 6 pupils took their inspiration from their Geography topic: Vegetation Belts and Biomes. They thought carefully about the colours, patterns, habitats and living things that occurred in each biome and how climate is represented in and affects each biome. They researched these as well as how other artists have been inspired by nature. They then decided to represent the different biomes through the use of pattern, observational drawing and colour.

Focusing on the artist Nicole Pietrantoni and her printing method, the children designed a range of patterns and illustrations to paint and print on their blinds.



This two-year CPD project to support the teaching and learning of painting at PoW was organised by the ETSP, supported by Bow Arts and funded by The Paul Hamlyn Foundation. With thanks to artist Daniel Wallis.

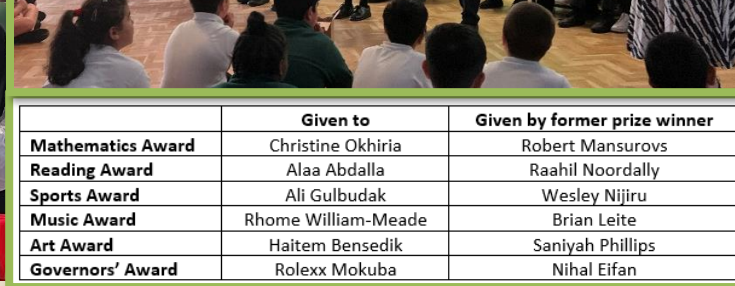




KS2 Sportsday

Goodbye Year 6 2023 - 2024

<https://www.youtube.com/watch?v=zqKX7C8MEu8>



	Given to	Given by former prize winner
Mathematics Award	Christine Okhiria	Robert Mansurovs
Reading Award	Alaa Abdalla	Raahil Noordally
Sports Award	Ali Gulbudak	Wesley Nijiru
Music Award	Rhome William-Meade	Brian Leite
Art Award	Haitem Bensedik	Saniyah Phillips
Governors' Award	Rolexx Mokuba	Nihal Eifan



A parent-carer led programme to improve the health and wellbeing of parents and carers of children and young people with SEND

The Healthy Parent Carers' programme is a free 6-week programme. It is designed to improve your health and well-being by promoting your self-confidence and ability to take greater control of how you deal with things and to give you some time to focus on your own needs. It was inspired by and coproduced with parent carers from the [Family Faculty](#) at the University of Exeter and will be led by trained parent-carers from the Our Voice team.



Parent carer health and well-being are often over-looked and parent carers rarely receive enough support. The programme can help you take small steps to improve your health and wellbeing. It is **not** a parenting course, or a course about getting support for your child. It is about **you**! Parent carers are very busy. But can you give yourself or make some time for you?

The course is open to any parent-carer of a child or young person aged up to 25, with SEND, living in the London Borough of Enfield (unless you have already previously completed the course with us). Each course lasts for 6 weeks and you will need to confirm you can and will attend all 6 weeks of the programme.

The course is designed for a small group, so numbers are strictly limited. We plan to re-run this course every half of a term throughout the year, so if we are unable to offer you a place on the next course from September to October, we are likely to be able to find you a place on a later course.

The September to October course will be online but some of the courses will be run in person. You can let us know your preferences when you register.

We also plan to provide translators who speak **Turkish, Somali and Bengali** to help more people to access the course. Please let us know when you register if you would like a translator when you attend the course.

More reflections from previous participants can be viewed [here](#).

For more information contact Our Voice on Telephone **07516 662315** Email: info@ourvoiceenfield.org.uk

Our next course will run via Zoom every Friday from 15th Sept to 20th Oct 10 am – 1 pm

Click [here](#) or scan the QR code below to let us know if you are interested in this course or one running later in the year. Please respond asap.



Future courses will run on different days of the week, and we plan to run some courses face-to-face. Let us know your preferences when you sign up.

Previous participants said:

'There were times in my life when this course would have been a life-saver'

'Give yourself time sometimes Do something for you'

'Taking a moment to notice something else, something beautiful, helps you switch off from the things you worry about'



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023



COURTESY OF MONEY SAVING CENTRAL

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns



Carers' Voice

July - December 2023



Enfield Carers Centre

Empowering Carers

Enfield Carers Centre

Britannia House

137-143 Baker Street

Enfield EN1 3JL

T: 020 8366 3677 10am-4pm

E: info@enfieldcarers.org

www.enfieldcarers.org

In This Issue

- ♦ *Introducing New Groups & Forums for 2023* Pages 7, 8, 16
- ♦ *Free Data Sims & IT Classes* Page 11
- ♦ *Mental Health Carers Sessions* Page 8



Save The Date!
CARERS RIGHTS DAY and ECC AGM
Thursday 23rd November 2023

- ♦ *Construction Work Opportunities* Page 8
- ♦ *Time For A Break Activities* Pages 14 & 15
- ♦ *Young Carers News* Page 12

[ECC-Newsletter-Jul-Dec-2023.pdf \(enfieldcarers.org\)](#)

School Term and Holiday Dates

Academic Year 2023-24

Autumn Term

Friday 1 st September	Inset Day 1
Monday 4 th September	School reopens to pupils
Friday 20 th October	Last day of half term
Monday 30 th October	Inset Day 2
Tuesday 31 st October	School reopens to pupils
Friday 24 th November	Inset day 3 (wellbeing day)
Wednesday 20 th December	Last day of Autumn term – school closes at 1.30pm

Spring Term

Monday 8 th January	Inset Day 4
Tuesday 9 th January	School reopens to pupils
Friday 9 th February	Last day of half term
Monday 19 th February	School reopens to pupils
Thursday 28 th March	Last day of Spring term – school closes at 1.30pm

Summer Term 2024

Monday 15 th April	School reopens to pupils
Monday 6 th May	School closed – Bank Holiday
Friday 24 th May	Last day of half term
Monday 3 rd June	School reopens to pupils
Monday 17 th June	Inset Day 5
Wed 24 th July	Last day of the school year – school closes at 1.30pm

Prince of Wales Term Dates 2023/24

September 2023							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
35					1	2	3
36	4	5	6	7	8	9	10
37	11	12	13	14	15	16	17
38	18	19	20	21	22	23	24
39	25	26	27	28	29	30	

October 2023							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
39							1
40	2	3	4	5	6	7	8
41	9	10	11	12	13	14	15
42	16	17	18	19	20	21	22
43	23	24	25	26	27	28	29
44	30	31					

November 2023							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
44			1	2	3	4	5
45	6	7	8	9	10	11	12
46	13	14	15	16	17	18	19
47	20	21	22	23	24	25	26
48	27	28	29	30			

December 2023							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
48					1	2	3
49	4	5	6	7	8	9	10
50	11	12	13	14	15	16	17
51	18	19	20	21	22	23	24
52	25	26	27	28	29	30	31

January 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
1	1	2	3	4	5	6	7
2	8	9	10	11	12	13	14
3	15	16	17	18	19	20	21
4	22	23	24	25	26	27	28
5	29	30	31				

February 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
5				1	2	3	4
6	5	6	7	8	9	10	11
7	12	13	14	15	16	17	18
8	19	20	21	22	23	24	25
9	26	27	28	29			

March 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
9					1	2	3
10	4	5	6	7	8	9	10
11	11	12	13	14	15	16	17
12	18	19	20	21	22	23	24
13	25	26	27	28	29	30	31


April 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
14	1	2	3	4	5	6	7
15	8	9	10	11	12	13	14
16	15	16	17	18	19	20	21
17	22	23	24	25	26	27	28
18	29	30					


May 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
18			1	2	3	4	5
19	6	7	8	9	10	11	12
20	13	14	15	16	17	18	19
21	20	21	22	23	24	25	26
22	27	28	29	30	31		


June 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
22						1	2
23	3	4	5	6	7	8	9
24	10	11	12	13	14	15	16
25	17	18	19	20	21	22	23
26	24	25	26	27	28	29	30

July 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
27	1	2	3	4	5	6	7
28	8	9	10	11	12	13	14
29	15	16	17	18	19	20	21
30	22	23	24	25	26	27	28
31	29	30	31				

August 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
31				1	2	3	4
32	5	6	7	8	9	10	11
33	12	13	14	15	16	17	18
34	19	20	21	22	23	24	25
35	26	27	28	29	30	31	

 School Closed – Holidays

 School Closed – Inset

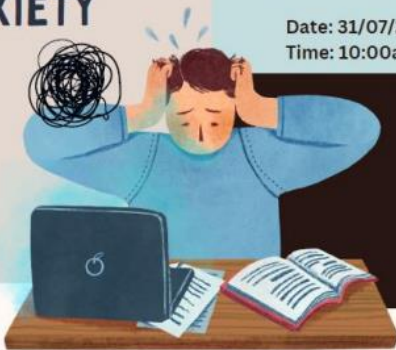
 School Opened

Inset Days: Friday 1st September 2023, Monday 30th October 2023, Friday 24 November 2023, Monday 8th January 2024 and Monday 17th June 2024

CULTIVATING COURAGE - SUPPORTING YOUR CHILD WITH ANXIETY



Date: 31/07/2023
Time: 10:00am - 12:00pm



We are offering a specialist parent workshop for parents/ carers of primary aged children. The workshop will focus on how to support children's feelings of anxiety and the strategies that could be used to cultivate courage and ways of coping. In this workshop you will:

- Understand how anxiety is developed and maintained
- Build confidence in identifying and managing feelings of anxiety
- Learn about the types of anxiety that children may experience
- Learn strategies to support when anxiety shows up

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

Please visit the link below to purchase your free ticket:
<https://www.eventbrite.co.uk/e/cultivating-courage-tickets-679437454717>



PARENT WORKSHOP BRAVING THE BLACK CLOUD



Date: 02/08/2023 | Time: 13:00 - 15:00

This workshop aims to inform parents of secondary aged children about low mood and how it impacts young people. You will learn:

- What we mean by low mood
- What to look out for in our young people
- Some practical tips on how to support your young person in braving the black cloud

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

Please visit the link below to purchase your free ticket:
<https://www.eventbrite.co.uk/e/braving-the-black-cloud-tickets-679442820767>



PARENT WORKSHOP REGULATING RESPONSES

Date: 03/08/2023 | Time: 10:00am - 12:00pm

'Regulating Responses' is a workshop for parents of primary and secondary aged children to consider the links between sensory differences and emotional regulation, and how with this knowledge parents and carers can start to support their children and young people's emotional wellbeing.

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

Please visit the link below to purchase your free ticket:
<https://www.eventbrite.co.uk/e/regulating-responses-tickets-675931117167>



THE BUILDING BLOCKS OF BEHAVIOUR -

UNDERSTANDING BEHAVIOUR & GUIDING YOUR CHILD

Date: 08/08/2023 | Time: 10:30am - 12:30pm

This workshop aims to help parents/ carers of primary aged children who may be struggling with managing or making sense of their child's behaviours at home, or those who would like further advice around how they can continue to support their child's behaviour. The workshop will focus on:

- Understanding and making sense of your child's behavioural difficulties and the emotions that may be underneath
- Providing some ideas and strategies to help support your child's behaviour and emotional wellbeing

We believe that all parents/ carers are experts on their children, and so the workshop will be interactive. The workshop will run for approximately 2 hours and will be delivered by two Wellbeing Practitioners from MYME via Microsoft Teams.

Please visit the link below to purchase your free ticket:
<https://www.eventbrite.co.uk/e/the-building-blocks-of-behaviour-tickets-679443904007>



FEELINGS IN FOCUS - SUPPORTING YOUR CHILD'S EMOTIONAL WELLBEING

Date: 10/08/2023 | Time: 10:00am - 12:00pm

This workshop aims to help parents/ carers of primary aged children who may be struggling with managing or making sense of their child's emotions. This workshop focuses on exploring strategies and techniques to help parents support their children with understanding and managing emotions.

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

Please visit the link below to purchase your free ticket:
<https://www.eventbrite.co.uk/e/feelings-in-focus-tickets-679438257117>

PARENT WORKSHOP SLEEP TIGHT

Date: 18/08/2023
Time: 13:00 - 15:00



We are offering a specialist parent workshop for parents/ carers of primary aged children. The workshop will focus on:

- Understanding sleep and its importance
- How we can help our children with sleep
- Tips to help with strategies to help with sleep and bedtime routines

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

Please visit the link below to purchase your free ticket:
<https://www.eventbrite.co.uk/e/sleep-tight-tickets-675972320407>



PARENT WORKSHOP

HIGHSCHOOL ON THE HORIZON- PREPARING YOUR CHILD FOR HIGH SCHOOL

Date: 22/08/2023 | Time: 11:00 - 13:00

We are offering a specialist parent workshop for parents/ carers of primary aged children transitioning to high school. The workshop will focus on:

- How to support your child with worries
- How to help your child prepare for future changes

The workshop will run for approximately 2 hours and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

Please visit the link below to purchase your free ticket:
<https://www.eventbrite.co.uk/e/highschool-on-the-horizon-tickets-679447384417>

Stir.

menu

W/C:

week: 01

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Halal Chicken & Veg Meatball Marinara
Served with Penne Pasta & Mixed Salad

Halal Chicken Korma
Served with Whole Grain Rice Green Beans

Halal Roast Beef
Served with Crispy Roasties, Broccoli

Homemade Veggie Supreme Pizza
Served with Garlic & Herb Potato Wedges

Golden Fish Fingers (Salmon or Pollock)
Served with Chips & Sweetcorn

Baked Cheese & Tomato Potato Dumplings
Served with Mixed Salad

Sweet Potato Chana Masala (Vg)
Served with Whole Grain Rice & Green Beans

Really Cheesy Cauliflower
Served with Crispy Roasties, Broccoli

Pizza Margherita
Served with Garlic & Herb Potato Wedges & Peas

Veggie Fishless Fingers (Vg) & Chips
Served with Chips & Baked Beans

Jacket Potato
with Cheese or Baked Beans (VG)

Jacket Potato
with Cheese or Baked Beans (VG)

Jacket Potato
with Cheese or Baked Beans (VG)

Jacket Potato
with Cheese or Baked Beans (VG)

Jacket Potato
with Cheese or Baked Beans (VG)

Penne Pasta with Tomato Sauce (VG)

Penne Pasta with Tomato Sauce (VG)

Penne Pasta with Tomato Sauce (VG)

Penne Pasta with Tomato Sauce (VG)

Penne Pasta with Tomato Sauce (VG)

Vanilla Ice Cream Ball

Jelly & Fruit Slices (VG)

Peach Crumble & Custard

Viennese Biscuits (Vg)

Oat Cookie (VG)

SEASONAL VEGETABLES, SALAD BAR, FRESH BREAD, YOGHURT AND FRUIT ARE AVAILABLE DAILY

let's eat, together
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Stir.

menu

W/C:

week: 02

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Halal All day breakfast
Served with Baked Beans

Homemade Pizza Margherita
Served with Paprika Potato Wedges & Green Salad

Halal Classic Cottage Pie
Served with Peas & Carrots

Halal Chicken Chow Mein
Served with Egg Noodles & Green Beans

Battered Fish
Served with Chips & Baked Beans

Veggie All day breakfast
Served with Baked Beans

Creamy Broccoli & Cheese Pasta Bake
Served with Green Salad

Shepherdless Pie (Vg)
Served with Peas & Carrots

Honey & Soy Vegetable Stir Fry
Served with Egg Noodles & Green Beans

Vegetable Fingers (VG)
Served with Chips & Baked Beans

Jacket Potato
with Cheese or Baked Beans (VG)

Jacket Potato
with Cheese or Baked Beans (VG)

Jacket Potato
with Cheese or Baked Beans (VG)

Jacket Potato
with Cheese or Baked Beans (VG)

Jacket Potato
with Cheese or Baked Beans (VG)

Penne Pasta with Tomato Sauce (VG)

Penne Pasta with Tomato Sauce (VG)

Penne Pasta with Tomato Sauce (VG)

Penne Pasta with Tomato Sauce (VG)

Penne Pasta with Tomato Sauce (VG)

Sticky Toffee Pudding

Jammy Crumble Bars (Vg)

Fruit Bowls (VG)

Vanilla Ice Cream Ball

Apple Crumble
Served with Custard

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menu

W/C:

week: 03

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hidden Vegetable & Beef Bolognese Served with Green Beans	Halal BBQ Pulled Chicken thighs Served with Wholegrain Rice Peas	Halal Roast Chicken Served with Crispy Roasties, Carrots & Sweetcorn	Homemade BBQ Vegetable Pizza Served with Potato Wedges & Broccoli	Golden Fish Fingers (Salmon or Pollock) Served with Chips & Garden Peas
Mac n Cheese with a Crispy Crumb Topping Served with Green Beans	Bean & Sweetcorn Burrito (Vg) Served with Peas	Super Veggie (Lentil & Onion) Pastry Pie (Vg) Served with Crispy Roasties, Carrots & Sweetcorn	Homemade Margherita Pizza Served with Potato Wedges & Broccoli	Cheese & Bean Turnover Served with Chips & Baked Beans
Jacket Potato with Cheese or Baked Beans (VG)	Jacket Potato with Cheese or Baked Beans (VG)	Jacket Potato with Cheese or Baked Beans (VG)	Jacket Potato with Cheese or Baked Beans (VG)	Jacket Potato with Cheese or Baked Beans (VG)
Penne Pasta with Tomato Sauce (VG)	Penne Pasta with Tomato Sauce (VG)	Penne Pasta with Tomato Sauce (VG)	Penne Pasta with Tomato Sauce (VG)	Penne Pasta with Tomato Sauce (VG)
Melon Selection (85g) (Vg)	Chocolate Rice Crispy Cake (Vg)	Oaty Apple Crunch Slice (Vg)	Vanilla Ice Cream Ball	Shortbread Biscuits (Vg)

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