

# Primrose Hill Primary School Weekly Newsletter

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We live in turbulent times and that means children inevitably have lots of questions about the international situation that is unfolding. I have overheard lots of children across the entire school asking questions to the adults about all sorts of things this week. I know we like to think our children are unaffected by such things, but they do take in a lot more than we might think they do.

As a result, earlier this week I sent a letter with some links to resources that we are using in school and are accessible to you at home, to assist in explaining the current situation in a factual way. This is vital as it helps with any misinformation or misunderstandings children may have come across. The links are copied below and I'd encourage conversations with your children when they bring the subject up. We have only discussed it if it has been initiated by the children. If they speak about it, they have been mulling it over, so it is vital we help them to reduce their concerns and be informed about it from that factual perspective.

<https://educationhub.blog.gov.uk/2022/02/25/help-for-teachers-and-families-to-talk-to-pupils-about-russias-invasion-of-ukraine-and-how-to-help-them-avoid-misinformation/>

A child friendly newspaper that we subscribe to as a school has also compiled an 'explainer' to assist teachers and parents in explaining events in child friendly terms.

[https://schools.firstnews.co.uk/ukraine-first-news-explainer/?utm\\_medium=email&\\_hsmi=205313208&\\_hsenc=p2ANqtz-8B7zDli3-dWp8GTvtwWdsxuczQUmvJEfRHu5-VU3wqjMfLdug9pTm2LpXBJupw6UOc0BlgiGFwoF0wQMIPR6y-9gEH8WAaKcCnHduCdpAKRARwr0&utm\\_content=205313208&utm\\_source=hs\\_email](https://schools.firstnews.co.uk/ukraine-first-news-explainer/?utm_medium=email&_hsmi=205313208&_hsenc=p2ANqtz-8B7zDli3-dWp8GTvtwWdsxuczQUmvJEfRHu5-VU3wqjMfLdug9pTm2LpXBJupw6UOc0BlgiGFwoF0wQMIPR6y-9gEH8WAaKcCnHduCdpAKRARwr0&utm_content=205313208&utm_source=hs_email)

There is also some child friendly advice on how to support children if they are upset by the news on CBBC Newsround.

<https://www.bbc.co.uk/newsround/13865002>

As I said in my letter, it is the diversity of this school community that makes it the best possible place to be in these uncertain times. **Phil**

## CAMDEN LOCK MARKET - PUBLIC CONSULTATION

LabTech is currently working towards re-establishing Camden Lock Market, and by proxy Camden Town, as a leading destination for culture and leisure in London. Come and see our proposals at our public consultation events at **Unit A07 in Hawley Wharf Market on Wednesday 9 March, 3pm – 7pm and Saturday 12 March, 11am – 3pm.** If you cannot make these dates, please visit our website to view our proposals and complete our survey – [www.clmconsultation.co.uk](http://www.clmconsultation.co.uk)

## WELLBEING TUCK SHOP

The children's wellbeing tuck shop was so popular that we have decided it should have a permanent slot within our school calendar. The tuck shop will run on the Wednesday and Friday of the last week of every half term. All items will cost between 50p and £1 and all profits will be managed by the school Council, who will decide how this can be used to improve the wellbeing of the children throughout the school. We will text parents a reminder from the Monday of that week. Thank you all for your support.





# WORLD BOOK DAY AT PRIMROSE HILL SCHOOL!

We all had an amazing time yesterday celebrating World Book Day. The parade was a huge success with lots of fantastic ideas from book characters. As we told the children, the key was to identify a book they loved and to focus on it for their inspiration. Highlighting the joy of reading is fundamental to World Book Day, so every opportunity to pick up a book and read it is essential. Thank you to the children's (and parents') creativity for making it a huge success!



## WHAT'S FOR LUNCH THIS SPRING/SUMMER?

**Caterlink** is an award-winning food service provider catering for primary schools across the country. We are passionate about providing your children with freshly prepared school lunches that are true to our fresh food heritage. All our menus are nutritionally analysed to ensure they meet and, in most cases, exceed the School Food Standards set by our nutrition team. We are committed to constantly reviewing our menus and recipes to ensure they are healthy. We have reduced sugar in our desserts to below the 6.5g recommendations by Public Health England and have been recognised as leading the way by SUGAR SMART UK. We have also introduced a number of plant-based recipes to our menus and meat free days to support the sustainability aspects of our offer.

**caterlink**  
Leading the regeneration

### KEEP IN TOUCH

You can keep up to date with what's going on by visiting our web site <http://caterlinktd.co.uk/my-caterlink> to find the latest news and information about our upcoming theme days and our current menus. You can also get in touch through our Contact Us page. We appreciate all feedback on our service.

### RECRUITMENT

We are always looking for new talented team members, if you are interested in joining Caterlink or becoming an apprentice visit us through our web site: <https://caterlinktd.co.uk/jobs-careers/> or email [hrsupport@caterlinktd.co.uk](mailto:hrsupport@caterlinktd.co.uk)

### UNIVERSAL INFANT FREE SCHOOL MEALS

Don't forget if your child is in Reception, Year 1 or Year 2, they can enjoy a meal each day without charge, irrespective of income. However, you still need to register if you are entitled to Free School Meals. This is important and helps schools funding.

### FREE SCHOOL MEALS

Low Income - Are you missing out? To check if you are entitled to Free School Meals entitlement ask at your school office.

### ALLERGY INFORMATION:

If your child has an allergy or intolerance, please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance, you will be asked to complete a form to ensure we have the necessary information to cater for your child, this can be downloaded from our web site <http://www.caterlinktd.co.uk> under the 'CONTACT US' tab. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross-contamination.

## CAMDEN SPRING/SUMMER 2022 MENU

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### MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<b>WEEK ONE</b>	Option 1	Tomato, Lentil & Vegetable Pasta	BBQ Turkey Burger with 50/50 Rice	Herb Roasted Chicken, Roast Potatoes or Boiled Potatoes & Gravy	Savoury Mince Beef & Dumplings	Breaded Fish with Chips or Steamed Potatoes & Tomato Sauce
	Option 2	Vegetable & Bean Pasta Bake	BBQ Quorn Fillet with Rice	Vegetable & Lentil Wellington with Roast Potatoes or Boiled Potatoes & Gravy	Sweet & Sour Butternut with Egg Noodles	Cheese & Red Pepper Frittata with Chips or Steamed Potatoes & Tomato Sauce
	Vegetable	Sweetcorn Roasted Courgette	Rainbow Colelaw Roasted Sweet Potato Cubes	Red Cabbage Broccoli	Green Beans Roasted Carrots	Peas Baked Beans
	Dessert	Yoghurt / Fresh Fruit	Peach Upside Down Cake with Custard	Yoghurt / Fresh Fruit	Pineapple Roll with Custard	Yoghurt / Fresh Fruit
	21 Feb 14 Mar 18 Apr 9 May 6 Jun 27 Jun 18 Jul 12 Sep 3 Oct 24 Oct					
<b>WEEK TWO</b>	Option 1	Chicken Tagine with 50/50 Rice	Spaghetti Bolognese	Roast Chicken, Roast Potatoes/Boiled Potatoes, Stuffing & Gravy	Turkey and Chickpea Curry with 50/50 Rice	Fish in Batter with Chips/Rice & Tomato Sauce
	Option 2	Vegetable & Chickpea Tagine with 50/50 Rice	Vegan Spaghetti Bolognese	Cheese & Tomato Pin Wheel Potatoes/Boiled Potatoes, Stuffing & Gravy	Roasted Cauliflower & Chickpea Curry with 50/50 Rice	Bean and Lentil Burgers (No Bun) with Chips/Rice & Tomato Sauce
	Vegetable	Sweetcorn Cauliflower	Green Beans Red Cabbage	Carrots Peas	Broccoli White Cabbage	Mushy Peas Baked Beans
	Dessert	Yoghurt / Fresh Fruit	Pear & Raisin Upside Down Cake with Custard	Yoghurt / Fresh Fruit	Chocolate & Apple Sponge with Custard	Yoghurt / Fresh Fruit
	28 Feb 21 Mar 25 Apr 16 May 13 Jun 4 Jul 25 Jul 19 Sep 10 Oct					
<b>WEEK THREE</b>	Option 1	Chicken & Red Pepper Pizza	Beef & Bean Fajitas with 50/50 Rice	Cajun Spiced Chicken, Roast Potatoes/Boiled Potatoes & Gravy	Chicken Sausage Hot Dog with Potato Wedges	Fish Fingers or Salmon Fish Fingers with Chips/Couscous & Tomato
	Option 2	Cheese & Tomato Pizza	Vegetable & Bean Enchiladas with Rice	Lentil & Basil Puff Pastry, Roast Potatoes/Boiled Potatoes & Gravy	Vegan Plant Based Sausage Hot Dog with Potato Wedges	Quorn Veggie Fingers with Chips/Couscous & Tomato Sauce
	Vegetable	Green Beans Red Cabbage	Sweetcorn Roasted Courgette	Carrot Broccoli	Green Cabbage Baked Tomatoes	Peas Baked Beans
	Dessert	Yoghurt / Fresh Fruit	Melon, Cheese & Biscuits	Yoghurt / Fresh Fruit	Strawberry & Pear Cobbler with Custard	Yoghurt / Fresh Fruit
	7 Mar 28 Mar 2 May 23 May 20 Jun 11 Jul 5 Sep 26 Sep 17 Oct					

Added Plant Power Vegan Wholemeal Oily Fish Available Daily Freshly cooked jacket potatoes with a choice of fillings (where advertised) Bread freshly baked on site daily Daily salad selection



## Primrose Hill Primary School



### Term Dates 2021 - 2022

#### Autumn Term 2021

Monday 6th September to Friday 22 October 2021 (35 days)

Half-term: Monday 25 October to Friday 29 October 2021

Monday 1st November - Friday 17 December 2021 (35 days)

Christmas break: Mon 20 December 2021 to Monday 03 January 2022

#### Spring Term 2022

Wednesday 05 January to Friday 11 February 2022 (28 days)

(New Year's Day - Saturday 01 January 2022 (Monday 03 substitute day))

Half-term: Monday 14 February to Friday 18 February 2022

Monday 21 February to Friday 01 April 2022 (30 days)

Easter/Spring holiday: Monday 4 April to Monday 18 April 2022

(Including Good Friday, 15 April and Easter Monday, 18 April)

#### Summer Term 2022

Wednesday 20 April to Friday 17 May 2022 (27 days)

Early Day Bank Holiday: Monday 2 May 2022

Half-term: Monday 30 May to Friday 3 June 2022

(Including Spring Bank Holiday 2 June, Jubilee Bank Holiday 3 June)

Monday 6th June to Friday 22 July 2022 (35 days)

#### INSET DAYS

Wednesday 1st, Thursday 2nd & Friday 3rd September 2021

Tuesday 4th January 2022

Tuesday 19th April 2022

## Primrose Hill Primary School



### Term Dates 2022 - 2023

#### Autumn Term 2022

Monday 05 September to Friday 21 October 2022 (35 days)

Half-term: Monday 24 October to Friday 28 October 2022

Monday 31 October - Friday 16 December 2022 (35 days)

Christmas break: Monday 19 December 2022 to Monday 2 January 2023

#### Spring Term 2023

Wednesday 04 January to Friday 10 February 2023 (28 days)

Half-term: Monday 13 February to Friday 17 February 2023

Monday 20 February to Friday 31 March 2023 (30 days)

Easter/Spring holiday: Monday 3 April to Friday 14 April 2023

(Including Good Friday, 7 April, and Easter Monday, 10 April)

#### Summer Term 2023

Tuesday 18 April to Friday 26 May 2023 (29 days)

Early Day Bank Holiday: Monday 1 May 2023

Half-term: Monday 29 May to Friday 2 June 2023

(Including Spring Bank Holiday 29 May)

Tuesday 06th June to Friday 21 July 2023 (34 days)

#### INSET DAYS

Thursday 1st & Friday 2nd September 2022

Tuesday 3rd January 2023

Monday 17th April 2023

Monday 5th June 2023

Did you see some  
**Rock Stars**  
wandering  
around our  
school a few  
weeks ago?



**Star Learners!**

**Tadpoles – Darcy & Stella**

**Froglets – ALL**

**Ladybirds – Ayman & Deen**

**Dragonflies – Emad & Nevo S**

**Butterflies – Yehia & Henry**

**Grasshoppers – Clara & Layla**

**Beetles – Sisi & Salma**

**Bats – Cecilia & Fernando**

**Squirrels – Linda & Klara**

**Hedgehogs – Hafsa O & Masud**

**Foxes – Iqra & Alex**

**Blackbirds – Mayson and Stran**

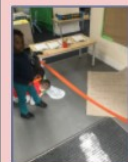
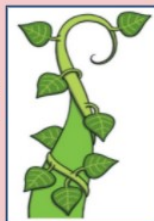
**Woodpeckers – Adam and Bert**

**Hérons – Wyatt and Bertina**

**Kestrels – Alissa and Esa**

## EYFS...

This week we arrived to find giant footprints and a massive letter in our classroom....  
A giant is looking for Jack as he has stolen things from him.  
We set traps for Jack and wrote missing posters and put them round the school.  
School CCTV caught a huge beanstalk that smashed through the playground  
If anyone sees anything please let Ladybirds



## Year 1 & 2...

Year 2 have been learning about what plants need to grow. First, we made predictions about what we thought the plants would need. Then, we conducted an experiment with different variables - some of the plants had water, some had light and some had warmth. We had 11 different specimens in total!



## Year 3 & 4...

Year 3 really enjoyed our workshops from The Crick Institute this week as part of Science Week. We carried out an investigation to find out whether people with longer femurs were able to jump further. What do you think we discovered?



We also had to use our observation skills to guess which objects were in some mystery bags. We had to feel them carefully and use our detective skills!

## Year 5 & 6...

On Thursday at the Crick Institute, a group of Year 5 children were transformed into whizz kid scientists. As chemists, they explored reversible and irreversible changes, became atoms and molecules and carried out 5 tests in order to discover which one of five powders was cornflour.

Later as electrical engineers, they explored circuits. A fabulous day was had by all!

