

Headteacher message

Welcome back to you all, I hope you all had a restful half term. As always our children have returned with a spring in their step ready for learning. Our Celebration Assembly today focused on working independently and showing resilience. Our KS1 children were able to tell me what these words meant and it was a pleasure to award children with their certificates and stickers.

Year 5 children created amazing models of the solar system during the half term. Each model was unique and demonstrated the children's knowledge creatively. Well done year 5!

Bonfire Night

Many of you may be attending firework displays. Please ensure that you keep safe and follow firework safety advice.

<https://capt.org.uk/firework-safety/>

<https://www.rospa.com/home-safety/advice/fireworks-safety>

Parent Coffee Mornings



A reminder that this half term the coffee mornings will focus on 'managing children with difficult behaviour'.

Difficult behaviour means different things to different people and covers a breadth of behaviours that parents/carers may struggle to address or manage. In addition, this can have a huge impact on you and other family members. The sessions will provide you with strategies to try at home regardless of your child's age, as well as give you an opportunity to share techniques you have used that could be helpful to others. We hope to see you there!



Dates for diary

Autumn term class assemblies

Date	class
Wednesday 9th November	Protea
Friday 18th November	Lotus

Parents evening

Week commencing Monday 21st November

Friday 11th November

Remembrance memorial event

14th November—18th November

Anti bullying week

Friday 18th November

Odd Socks Day

Thursday 8th December

School Christmas Dinner and Jumper Day

Attendance Stars

KS1—Iris 97.6%

KS2—Orchid 98.0%

Whole school—94.7%

Our school target is 96%

These classes can wear own clothes on

Thursday 10th November .



School Dinner Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Option 1	Cheesy Swirl with New Potatoes	Sticky Chicken Noodles	Roast of the Day with Stuffing Ball, Roast Potatoes and Gravy	Spicy Bean Burger in a Bun with Potato Wedges	Fishfingers/ Salmon Fishfingers with Chips
	Option 2	Tomato Pasta	Veggie Wrap Stack with Rice	Parsnip and Sweet Potato Loaf with Roast Potatoes and Gravy	French Bread Pizza	Cheese and Onion Quiche with Chips
	Vegetables	Vegetable Medley	Broccoli Sweetcorn	Carrot & Swede Mash Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
	Dessert	Pear and Chocolate Crumble with Custard	Yoghurt & Raisin Cake	Fresh Fruit and Yoghurt Station	Seasonal Root Cake	Vanilla Shortbread
		Or a choice of Yoghurt & Fresh Fruit available daily				
Week Two	Option 1	French Bread Pizza	Chicken Fajitas with Rice	Sausage, Onions and Gravy with Roast Potatoes	Mince Beef Pasta Bake with Garlic Bread	Fish Finger and Chilli Mayo Wrap with Chips
	Option 2	Wholemeal Vegetable Pasta Bake	Creamy Vegetable Pie with Potatoes	Roast Quorn, Roast Potatoes, Stuffing & Gravy	Vegetable Fajitas with Rice	Mexican Roll with Chips
	Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Cabbage	Sweetcorn Roasted Peppers	Peas Baked Beans
	Dessert	Oaty Cookie	Chocolate Drizzle Cake	Fresh Fruit and Yoghurt Station	Apple & Blackberry Roll with Custard	Raspberry Jelly with Mandarins
		Or a choice of Yoghurt & Fresh Fruit available daily				
Week Three	Option 1	Cheese and Tomato Pizza	Chicken and Bean Stew with Rice	Roast of the Day with Stuffing Ball, Roast Potatoes and Gravy	Vegetable Lasagne	Fishfingers with Chips
	Option 2	Veggie Chilli with Rice	Vegetable Pasty	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Chinese Vegetable Curry with Rice	Vegetable Jollof Rice
	Vegetables	Baked Beans Sweetcorn	Green Bean Carrots	Cauliflower Peas	Broccoli Carrots	Peas Baked Beans
	Dessert	Chocolate Cookie	Marble Cake	Fresh Fruit and Yoghurt Station	Banana Sponge with Custard	Apple Flapjack
		Or a choice of Yoghurt & Fresh Fruit available daily				

Community



Eventbrite



MERTON UPLIFT NOVEMBER/DECEMBER WORKSHOPS

LIMITED PLACES AVAILABLE BOOK YOUR PLACE TODAY!

CONTACT: 020 3513 5888 | EMAIL: MertonWellbeing@swlstg.nhs.uk | Book direct on
Eventbrite: Merton Uplift events

All workshops are FREE of charge and available for aged 18+, a Merton resident or
registered with a Merton GP.

WELLBEING

WELLBEING FOR NEW AND EXPECTING PARENTS

TUES 1ST NOVEMBER & 8TH NOVEMBER | 12.30 - 14.00 | ONLINE

RELAXATION TECHNIQUES

WEDS 2ND NOVEMBER | 12.30 - 13.30 | ONLINE

MINDFUL WALKING & RELAXATION

WEDS 9TH NOVEMBER | 11.00 - 12.00 | MORDEN HALL PARK

COPING WITH STRESS

MON 14TH NOVEMBER | 11.00 - 12.30 | ONLINE

5 WAYS TO WELLBEING

WEDNESDAY 16TH NOVEMBER | 13.30 - 15.00 | ONLINE

EXPLORING YOUR IDENTITY

MONDAY 21ST NOVEMBER | 11.30 - 13.00 | WIMBLEDON LIBRARY

NEW **LIVING WITH A LONG TERM CONDITION

WEDS 23RD NOVEMBER | 11.30 - 13.00 | ONLINE

LIVING WITH CHRONIC PAIN

MON 28TH NOVEMBER | 12.30 - 14.00 | COLLIERS WOOD LIBRARY

WELLBEING FOR CARERS

TUES 6TH DECEMBER | 11.00-12.30 | ONLINE

MINDFUL WALKING & RELAXATION

WEDS 14TH DECEMBER | 11.00 - 12.00 | MORDEN HALL PARK

MERTON UPLIFT RECOVERY COLLEGE

IMPROVING SELF-CONFIDENCE

PART 1- THURS 3RD NOVEMBER

PART 2 - THURS 10TH NOVEMBER
10.30 - 12.00 | ONLINE

FOOD AND MOOD

FRI 25TH NOVEMBER

10.30 - 12.00 | ONLINE

EXPLORING IDENTITY (WHO AM I?)

WEDS 7TH DECEMBER

13.00 - 14.30 | ONLINE

EMPLOYMENT

GETTING BACK TO WORK

PART 1- THURS 24TH NOVEMBER

PART 2- TUES 29TH NOVEMBER
11.00 - 12.30 | ONLINE

STAYING WELL AT WORK

PART 1- THURS 24TH NOVEMBER

PART 2 - TUES 29TH NOVEMBER
17.30 - 19.00 | ONLINE

AVOIDING BURNOUT AT WORK

THURS 15TH DECEMBER

17.00 - 18.00 | ONLINE



Packed lunches

A healthy meal at lunch time ensures that children are able to remind nourished and ready for learning in the afternoon. Packed lunches should contain a balance of food types and should avoid the following:

- Fizzy or energy drinks
- High sugar content juices—water is the best form of hydration
- Chocolates or snacks containing chocolate e.g. penguin bars
- Sweets
- Food items containing nuts

For more information on healthy packed lunches visit the website below:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#tips>

A reminder, please do not provide your child with energy drinks they contain far too much sugar and caffeine with very little nutritional value. Ensure your child brings their water bottle to school everyday.



Year 2

In Year 2, we have started our History topic in which we will be learning about the Great Fire of London. We looked at a photo of modern London and a drawing of London in 1666 and looked at some similarities and differences. We also discussed why there are no photos from the year 1666.



At home you can follow up our discussion with your child—
they had some fascinating ideas.

Year 3



Year 3 have been investigating different types of soils. They felt the different textures and observed how each soil was different from the other.

