



Thursday 21st December 2023
Volume 1, Issue 14

Well this is the last newsletter of 2023.

A big Thank You to Chelsea King and the PTA team and all the staff who stayed to help at the Christmas fair. I have had comments that it was the best yet. The donkeys, in true stubborn donkey fashion refused to get on the trailer to come. But, Mr Lester rustled up a fantastic replacement with Clifford the pony! Thank you to Mr Lester and the staff at Vicarge Farm, Hadley Wood for letting us borrow Clifford for the event. We had rave reviews about the circus too, we have had him before for a literacy week but we may book him again for the summer fair!

The school will be closed from today until the 8th January for a training day. All children will start back on Tuesday 9th.

If you need help with food over the Christmas Break there are some places

6 Chiff Chaff	96.34%
3 Sparrow	96.14%
4 Buzzard	95.94%
6 Crow	95.77%
6 Cuckoo	95.49%
2 Wren	95.27%
4 Blackbird	94.99%
5 Goldfinch	94.99%
6 Chaffinch	94.86%
5 Goose	94.27%
3 Swallow	94.19%
5 Grouse	94.11%
4 Barn Owl	94.02%
3 Skylark	93.89%
5 Goldcrest	93.38%
1 Kinglet	93.08%
3 Swan	93.02%
1 Kingfisher	92.93%
2 Wagtail	92.33%
2 Waxwing	92.27%
1 Kestrel	91.70%
R Moorhen	91.44%
2 Woodpecker	90.74%
R Merlin	89.71%
1 Kittiwake	89.30%
R Mallard	87.00%
R Magpie	86.41%

in the borough that can help.

Well done to the children who received their bronze attendance award for being here everyday this term or from when they started this year. Hopefully we will have more children achieve this in the Spring Term.

Thank you to Salim and the catering team for a fantastic Christmas feast on Wednesday. Please remember all children are entitled to free school meals currently, courtesy of the Mayor of London. We have 8 millionaire readers and a double millionaire at the moment. Well done Teo (year 3) and Uzair, Shakir, Witold, Ciara, Anas, Sitharth, Mathilda and Paulina (year 6's) We look forward to having more in 2024. I would like wish you all a peaceful, safe and joyous Christmas and prosperous 2024.

Miss Katie Jennings

Headteacher

Goodbye and Good Luck to Mrs Brash & Miss Claire.

Edenred vouchers of £15 per child per week for the Christmas holidays, will be today, to all families in receipt of benefit related Free School Meals (FSM). Families will receive an email from Edenred and not from the school, so please check your junk/spam mail in case it appears in there. If you have recently changed your email, please make sure you have notified the school because the vouchers will be sent to the email address that we have on our system. Please be aware that the vouchers expire after 2 months and cannot be reissued if they are redeemed by then. We do get a notification if the vouchers have been redeemed.

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Where to find food - 18th Dec - 12th Jan

(Up to date as of December 18th 2023, if editing please let volunteering@hornbeam.org.uk know)

CHINGFORD	
🍌 Highams Park Food Aid All Saints Church, Church Avenue, E4 9QZ	Thurs 21st Dec 11am - 1pm E4 area only, referral needed
🍌 Peabody Pantry The Paradox Centre, 3 Ching Way, E4 8YD	Tues 19th Dec: 8:30am - 2pm Need to register. Pay £4.50 for £15+ worth of food
🍌 Friday Hill Food Rescue 19 Chingdale Road, Chingford, E4 6H	Tues 19th: 1 - 2:30pm Thurs 21st: 1 - 2:30pm Tues 2nd Jan 1 - 2:30pm Proof of address needed
WALTHAMSTOW	
🍌 Priory Court Food Share 11 Priory Court, Walthamstow, E17 5NB	Mon 18th Dec: 5pm Mon 8th Jan: 5pm No referral needed
🍌 The Drive Food Stall outside Gateskill House, The Drive, E17 3DD	Thurs Dec 21st: 5pm: 12pm Thurs Dec 28th: 5pm: 12pm Thurs Jan 4th: 5pm: 12pm No referral needed
🍌 People's Kitchen The Hornbeam Centre, 458 Hoe Street, E17 9AH	Tues Dec 19th: 10am - 3pm Tues Jan 2nd: 10am - 3pm Cook a meal together, eat together
🍌 Stafford Hall Pantry St Barnabus Road, Walthamstow, E17 8JZ	Thurs Dec 21st: 3 - 6pm Thurs Jan 11th: 3 - 6pm Pay £4.50 for £20 worth of food
🍌 Foodcycle Community Meals St Mary's Church House, 13 Orford Road, E17 9LP	Thurs Dec 21st: 5pm Thurs Dec 28th: 5pm Thurs Jan 4th: 5pm No referral needed
🍌 Rukshana Khan Food Bank 6-8 Greenleaf Road, Walthamstow E17 6QQ	Saturday 23rd: 11am - 12pm Saturday 30th: 11am - 12pm Saturday 6th: 11am - 12pm Need referral or proof of benefits
🍌 Christian Kitchen Mission Grove Car Park E17 7DB	Every day: 7:30pm Hot food, no referral needed

SPECIAL DATES

Another Big Thank you!

Harvis and Yusuf's mum from Woodpecker class , donated board games instead of food for the Christmas parties and the children loved them!

Can I remind parents for birthdays in 2024 to bring a wrapped game or book and NOT sweets. Thank you



December

21st Christmas Jumper Day

Last Day of term normal finish time

January

8th Staff Training Day—INSET

9th Children return to school

11th Reception 2024 Open day North site 10am

12th Reception 2024 Open day South site 10am

15th Last day to apply for Reception 2024

Week beginning 15th Clubs start—you will need to sign up for new clubs on the APP

Year 1 & 2 Tri Golf competition selected children

16th Mallard & Magpie @ London Transport Museum

17th Young Voices @ O2

Selected children at Capital Cricket competition

18th Curriculum Governors

Year 3/4 Tri Golf selected children

Finance Governors

23rd Merlin & Moorhen @ London Transport Museum

24th NSPCC workshops

25th Primary panathlon—selected children

29th Literacy week

Waxwing & Woodpecker Science museum

30th Year 4 Tate Modern

Wren & Wagtail Science museum

31st Year 6 Parent Evening



**7 TIPS TO
MANAGE STRESS
& MENTAL HEALTH
DURING THE
HOLIDAYS**



PLAN AHEAD

Have a plan in place for all your holiday tasks and activities.



BE REALISTIC

Don't stress yourself out by trying to create the perfect holiday.



STAY ACTIVE

Exercise is a great way to deal with holiday stress, and anxiety.



DON'T WORRY

Don't feel obligated to complete every small thing on your list.



JUST SAY NO

If you have too much on your plate, let your friends and family know.



SET ASIDE DIFFERENCES

Enjoy other's company and talk about topics that bring happiness.



ACKNOWLEDGE YOUR FEELINGS

Have a plan in place for all your holiday tasks and activities.





EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

EMPOWERING PARENTS EMPOWERING COMMUNITIES

Parenting is difficult! It's a job we receive no training for, yet we are always expected to get it right

What do EPEC courses cover?

EPEC Parenting offers a variety of parent led courses and workshops both face to face and virtually. Each course is facilitated by x2 EPEC certified Parent Group Leaders (PGLS). Topics include Being 'Good enough parents, Feelings, Child led play, Spending time with your children, Understanding children's behaviour, Discipline strategies, Listening & Communication styles, Coping with stress etc.

What types of EPEC Courses are there in Waltham Forest?

There are 2 types of EPEC parenting courses:

1. Being a Parent Course - for parents/ carers of children aged 2-11 years
2. Parent Group Leaders Course – a unique parenting approach for parents of (children ages 2-11 years). The techniques & training has been designed for local parents and is run by local parents.



"As a father I feel I am a good enough parent and it's important we build safer relationships with our children."

"I'm not alone and other parents go through the same."

"It's a relaxed, friendly atmosphere."

"Open/talking, learning about us and not feeling alone as a father."

You can speak to a member of the EPEC Team for further information or to book onto a course
Phone: 0779913026 email: EPEC@walthamforest.gov.uk Web: bit.ly/EPECBAP

**Best Start
in Life**

WALTHAM FOREST
FAMILY HUBS


Waltham Forest

Things You Need to Know About Head Lice



1

What Do Lice Look Like?

Adult hair lice are 2 to 3 millimeters in length — approximately the size of a sesame seed. They are tan or gray-white and have six legs, each with a claw.

2

Head Lice Symptoms: Itchy, Red Bites and Bumps

Little red bumps on the scalp, head and shoulders, and cause the skin to become inflamed and intensely itchy

3

Sure Signs of Hair Lice Infestation

You may get the feeling that something is moving around in your hair and see dandruff-like flakes that you cannot dislodge.

4

How Do You Get Lice?

Head lice usually spread from one person to another by close head-to-head contact or contact with an infested person's grooming tools.

5

Who's Most at Risk for Lice in Hair?

Kids in day care, preschool, and elementary school, and family members of children who have lice are at the highest risk.

6

Hair Lice Treatments: Lotions and Shampoos

Head lice are commonly treated with medicated shampoos or lotions containing pyrethrin or permethrin

7

How to Search for Nits and Lice in Hair

You have hair lice when you spot at least one louse on your hair or scalp.

8

The Don'ts of Treating Hair Lice

Medicated lotions and shampoos may contain flammable chemicals, so don't dry your hair with a blow dryer

9

How Do You Keep Head Lice From Coming Back?

Simple household cleaning can help get rid of lice in hair and their nits

10

Tips for Preventing a Head Lice Infestation

Refrain from head-to-head contact — and ask your kids to do so when they're playing with other children. Don't share personal items, such as hair accessories, scarves, and towels.



THE MAKING IT MINDFUL

Christmas PARTY

DISCO, SNOW MACHINE, ENTERTAINERS, GIANT
SLIDE, BOUNCY CASTLES, CRAFTS,
SENSORY PLAY, FACEPAINTING,
GINGERBREAD DECORATION AND
A DESSERT WITH EVERY TICKET.



FRIDAY 29TH DECEMBER
11AM - 1.30PM & 3PM 5.30PM
GEORGE MITCHELL SCHOOL
£10 5ND

£10 CHILD
£6 ADULT
UNDER 3'S,
FREE

**TO BOOK, HEAD TO
WWW.MAKINGITMINDFUL.CO.UK**

FREE TICKETS FOR CHILDREN AGED 5 - 11 YEARS WHO RECEIVE BENEFIT RELATED FREE SCHOOL MEALS AND LIVE IN WALTHAM FOREST.



