



The Shaftesbury Park Herald

A local school with a global perspective ◊ Une école de quartier ouverte sur le monde

<https://www.shaftesburypark.wandsworth.sch.uk>



Shaftesbury Park
Primary-School
@shaftesburypk

Spring 1 Issue, 2021

Welcome to Spring 1 issue of the Shaftesbury Park Herald, bringing you all the latest news from across the school.



This half-term, children in school and those learning from home (as well as their teachers and parents) enjoyed celebrating Children's Mental Health Week.

This year's theme was very timely, focusing on **how we express ourselves and the importance of finding ways to share our feelings, thoughts and ideas through creativity.**

Being mentally healthy helps children to function well at home, in school and in their communities. By learning about how to look after their mental health, children are also empowered and cope better when they experience problems or when life throws a curved ball.

This year we explored the topic through a number of special assemblies, parent workshops and even did a feel-good dance routine devised by Ms Prah!

As current circumstances continue to put a strain on us all, here are a few useful links to some fun and easy mindfulness activities that can be done at home:

Cake Meditation

I love cake and at times like these, we all need cake. But we can't eat too much cake now, can we? So sometimes it's best to just imagine eating cake. That way when we do eat real cake it tastes even better! I hope this practice gives you a big smile that only a big cake can bring and a little calm. Happy chomping!

<https://insighttimer.com/andyhobson/guided-meditations/cake-meditation>



Flying Adventure for Sleep

Fly up above the clouds with a little help from a flying cape and some magic dust. On this adventure, you'll discover your very own special place where you can relax, be yourself and drift gently off to sleep.

<https://insighttimer.com/andyhobson/guided-meditations/flying-adventure-for-sleep-2>



Kids: Learn to Meditate

In this free 5 day course, kids have the opportunity to explore working with their breath and dealing with overactive thoughts, managing sad or uncomfortable feelings, learning how to be more kind to themselves and, most importantly, how to let go and slow down. Each lesson is between 5-12 minutes, making them perfect to squeeze into your day.

https://insighttimer.com/meditation-courses/course_learn-to-meditate-course-for-kids



Now for a quick fundraising update:



We are pleased to announce that our **easyfundraising** total has grown to an amazing

£441.83!

THAT'S £441.83 OF FREE MONEY FOR OUR SCHOOL, RAISED BY PARENTS LIKE YOU!

Remember over 4,000 shops and sites will donate to Shaftesbury Park Primary School for FREE every time you use **easyfundraising** to shop with them. This means you can support the school when you get your groceries, buy clothes, order a takeaway, renew your insurance policies or buy anything else online at no extra cost to yourself!

If you haven't signed up yet, it's easy and completely FREE.

Sign up through the link below and not only will you be raising money but once you've signed up and raised £5 in donations, [easyfundraising](https://www.easyfundraising.org.uk/causes/shaftesburyparkprimary/?invite=AVHZ8B&referral-campaign=c2s) will give us an extra £5! There's no catch or hidden charges and we are really grateful for anything you raise!

<https://www.easyfundraising.org.uk/causes/shaftesburyparkprimary/?invite=AVHZ8B&referral-campaign=c2s>

Looking to save money on your household bills including car and home insurance, energy, phone contract or broadband? Uswitch, GoCompare, Confused.com and many more will all donate to us for free! For more details please visit the [easyfundraising](https://www.easyfundraising.org.uk) website!

Stuck for things to do over the holidays?

Why not do some cooking!

Earlier this half-term, our mouths were made to water when Mr Tristram live-streamed himself cooking a tasty, healthy stir fry, then Mr Yorke also got in on the act with a pancake cook along!

Luckily for you (and your taste buds), here are the recipes so you can have a go at home.

Firstly, Mr Tristram's tasty, healthy stir fried noodles:

Ingredients

150g pack medium egg noodle

1 tbsp vegetable oil

2.5cm piece [fresh ginger](#), finely chopped

2 [garlic cloves](#), finely chopped

1 [large carrot](#), cut into matchsticks

1 [yellow pepper](#), deseeded and thinly sliced

100g [mangetout](#), sugarsnaps or frozen peas

2 [spring onions](#), finely chopped

85g [beansprout](#) (optional)

2 tbsp [soy sauce](#)

1 tsp white wine vinegar

Method

STEP 1

Cook the noodles according to pack instructions.

STEP 2

Meanwhile, heat the oil in a wok or large frying pan, then stir-fry the ginger, garlic, carrot, pepper and mangetout, sugar snap or frozen peas over a high heat for 2-3 mins.

STEP 3

Drain the noodles thoroughly, add to the pan with the onions and beansprouts, if using, then stir-fry for 2 mins.

STEP 4

Mix together the soy sauce and vinegar, stir into the pan, then cook for 1-2 mins. Divide between individual plates or bowls and serve immediately.

And now for Mr Yorke's pancake recipe:



Pancake ingredients (makes 6 - use your ratio skills if you want to double or halve it!)

100g **plain flour**

2 **large eggs**

300ml **milk**

1 tbsp sunflower or vegetable oil, plus a little extra for frying

STEP 1

Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.

STEP 2

Set aside for 30 mins to rest if you have time, or start cooking straight away.

STEP 3

Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.

STEP 4

When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.

STEP 5

Serve with lemon wedges and caster sugar. Alternatively, why not try one of the suggestions below:



Sweet pancake: Mr Yorke's banana and blueberry pancake with maple syrup and pecans.

50g of blueberries

1 banana

tablespoon of maple syrup (or honey)

tablespoon of greek yoghurt (or any yoghurt will be fine!)

handful of pecans (roughly chopped)

How about a savoury pancake instead:



Savoury pancake: La Crêpe Complète for one person (vegetarian version)

1 egg

50g emmental cheese (any cheese will work)

handful of spinach

pinch of herbs of your choice

A vibrant banner for 'Creative Week'. It features a white rectangular box in the center with the text '~ Creative Week ~' in red. The background is a colorful collage of paint splashes in blue, green, yellow, red, and pink, interspersed with black musical notes and a treble clef.

~ Creative Week ~

Many thanks to all parents/carers who helped with our recent creative week, running workshops and helping the children to produce, photograph and film some truly spectacular pieces of art, film, animation and music. We are truly in awe of the creativity and talent exhibited by the children.

If you haven't seen it already, don't forget to check out our Creative Week Showcase here (it is Unlisted on YouTube and so you will only be able to find it by using this private link):

https://youtu.be/yIjUP_p6Dww

Don't forget to also visit our Creative Week googlesite where you can still view our exciting workshops and also see some of the work produced:

<https://sites.google.com/shaftesburypark.net/creative-week-2021/home>

Dates for the Diary

Date	Event	Who is involved?
Monday 22 nd February	Start of Spring 2	
Wednesday 24 th February	Coffee morning at 2.00pm Focus: Managing behaviour	Virtual event. Invitation to follow.
Thursday 4 th March	World Book day	
Monday 8 th -12 th March	STEM week	
Tuesday 9 th March	Spring term Parents' evening 1	Virtual event. Further information to follow.
Monday 15 th - 19 th March	Francophonie Week	
Tuesday 16 th March	Spring term Parents' evening 2	Virtual event. Further information to follow.
Tuesday 16 th March	PTA meeting 7-8.00	Virtual event. Please email the school should you wish to attend.
Friday 19 th March	Comic Relief Day	
Tuesday 30 st March	Parent Forum	Virtual event. Further information to follow.
Wednesday 31 st March	Marking Maya Angelou's Birthday (04/04)	
Wednesday 31 st March	End of term - finish at 2pm	

