



FLEECEFIELD PRIMARY SCHOOL

Brettenham Road, Edmonton, London, N18 2ES
E- Mail: office@fleecefield.enfield.sch.uk
Tel: 020 8807 7899

"Children First"
19th April 2024

Headteacher: Antoinette Goldwater

Dear Families,
How fabulous to see so many children and families at our Book Fair this week, browsing and enjoying fantastic new books!

Fleecefield Journalists

Reported by Jay



Hello everyone.
I hope you have had a wonderful Easter and Eid.
We are now in summer term and there is lots of fun and learning to do.
This week, we had the book fair at school. Each class had the opportunity to visit and look at the books. Many of you visited the fair after school and bought books. Recommend any good books to your friends and teachers.

Everyone eating their lunch in the whitecross hall is still going very well. Remember to bring a sensible and balanced packed lunch.

Remember to check Google Classroom for homework and messages from your

PIC-COLLAGE

The book fair visits Fleecefield.





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Nursery and Reception visit to Epping Forest

Just before the Spring holiday, Nursery and Reception Classes travelled to Epping Forest for an amazing trip! The weather was kind too. Here are some pictures from their trip.

Nursery made some nature bracelets using materials they found around them in the forest. The children in Emerald Class had to be very still and quiet listening to sounds in the environment.



Healthy eating and balanced food choices

Before the holidays we shared our Packed Lunch Policy with you by email. During this week we have been supporting the children across the school to know more about the key food groups and the importance of choosing a balanced diet. We have discussed that the catering team provide all of the children with a balanced menu and they need to make choices about each meal they choose at lunchtime. It is important that we empower our children to be able to select the components that will provide them with a good balance. We have also been discussing the importance of recycling and waste.

Our staff will continue to work with your children during lunchtimes to help them to make good choices and to promote vegetables and fruit options! We will also support those children bringing a packed lunch from home. It is vital that you read the guidance set out in the policy so you can also support your child in this crucial learning for life. Below you will find some extracts from the policy for quick reference but you should have received the policy on Thursday 28th March. It is also available on our website.





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Please note the following:

Food contained in a packed lunch Packed lunches should be based on the Eat Well plate model and should include the following every day:

- *Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.*
- *Non-dairy source of protein - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.*
- *A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other type of cereal.*
- *Dairy foods such as milk, cheese, yoghurt, fromage frais*
- *Drinks - the school provides water but a healthy drink, such as 100% pure fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies. Children can have a splash of juice in their water*
- *Oily fish, such as salmon, should be included at least once every three weeks.*

To keep packed lunches in line with the food based standards for school meals, packed lunches should not include:

- *High fat, high salt, high sugar snacks such as, sweet popcorn, and other high fat / salt packet savoury snacks such as crisps.*
- *Cold fast food e.g. chicken nuggets, burger*
- *Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.*
- *Chocolate spread, honey, jam or marmalade as a sandwich filling.*
- *Fizzy / sugary drinks. This includes diet drinks and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children.*
- *Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally due to their high fat and salt content.*
- *Plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal.*

Friday only foods

- *Crisps or a sweet snack for example cake will be allowed in school on a Friday only.*
- *Sweets will not be given to children as rewards by members of school staff.*

Sadly, children in Edmonton and surrounding area are recorded as having the highest levels of obesity and tooth decay across London, together we can educate our children to make good food





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choices. Knowing you can have “treat” foods in moderation means sensible balanced food choices. Thank you for your continued support.

Holiday Club at Fleecefield (HAF)

A great time was had by over 50 of our children who attended the fantastic club during the holidays. All activities, food and specialist support was completely free! Just look at the fun the children had! The weather didn’t stop them!



Please watch out for information about our Summer Holiday Club!





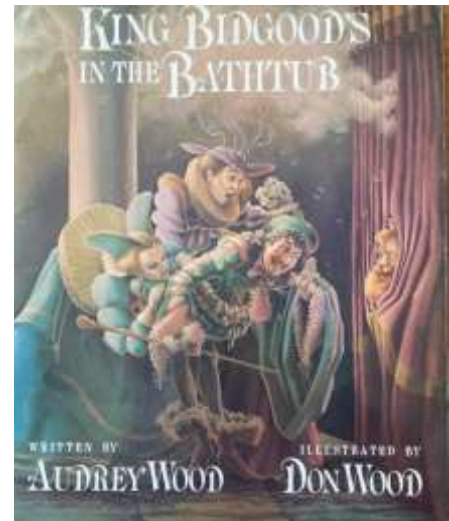
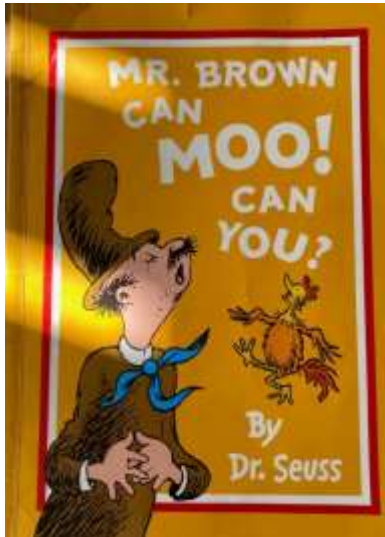
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Our book recommendations this week...



Mr Brown Can Moo! Can You? By Dr Seuss has been recommended by Rafeeq, who thought that Mr Brown was hilarious using his skill of imitating animals and objects!

Sulayman thought The Monster Hunt by Roderick Hunt and Alex Brychta was scary but actually there was a twist in the story!

Isabelle recommended King Bidgood's in the Bathtub by Audrey and Don Wood. Isabelle was amused by all the character's different attempts to persuade the King to get out of the bath!

Thank you to all our recommenders!!!

Sports Personality of the week!

This week's Sports Personality of the week is..... **Luana**

Luana along with the rest of the school have started working on their athletics skills this week as they gear up ready for Sports Day later this term. First of all Mr. Samuel wants to let everyone know there were many different children across the school who showcased brilliant running techniques but Mr. Samuel thought Luana stood out the most.





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Luana was able to demonstrate to her class the proper way to sprint by effectively swinging her arms and running as fast as she can. In addition, Yellow class have a new student who doesn't speak English yet, throughout the lesson Luana was able to take on board the instructions given to her by Mr. Samuel and also translate in Spanish what her new classmate had to do so she didn't miss out.

A huge responsibility for such a young girl and Mr. Samuel is looking forward to seeing how she continues to progress as the weeks lead up to Sports Day!

Well done Luana, keep up the excellent work!

Match Report: Fleecefield Girls 2 - 0 St. Edmunds Girls

A huge congratulations are in order to our excellent girls football team who competed in their final league match of the season on Wednesday. Our girls played against St. Edmunds and ended the season winning 2-0. A corner from Andra which resulted in an own goal and a penalty from our top goal scorer Arsida sealed the win and gave the girls all 3 points. The girls ended their season playing 5 matches and winning 4 of them; finishing second (2nd) in their league.

With this being the very first girls football team here at Fleecefield, the girls have done really well in representing our school this season. A shout out to: Andra, Rawdah (Violet), Kaece (Grey), Rumaan, Arsida, Jovie (Indigo), Bemvida, Ceren, Danisha & Rayyaan (Lilac) & a big well done to all the girls who contributed in our first ever season for girls football here at Fleecefield.

Attendance Success!

Well done this week to **CRIMSON** class who achieved a fantastic **98.38%. Keep it up!**

Yours sincerely,

Antoinette Goldwater

