



Academy Newsletter

Friday 22nd January 2021
Spring Term
Issue: 17

Help with Meal Times

Marks and Spencer has announced it will offer additional support to families receiving free school meal vouchers by adding £5 to every £15 voucher.

They have also released a kids' breakfast and lunch planner. It gives you 5 days of tasty balanced breakfasts and lunches for 2 children for less than £20. See below.

Kids' breakfast & lunch planner

Plan five days of tasty, balanced breakfasts and lunches for two children for less than £20 - with leftovers - all developed by M&S Food senior nutritionist Laura Street.



MONDAY	SHOPPING LIST
<p>BREAKFAST: DIPPY EGG AND SOLDIERS Boil 2 eggs for 6 minutes and serve with toasted Best of Both bread, topped with your kids' favourite spread and cut into soldiers.</p> <p>LUNCH: EASY, CHEESY PASTA Cook a couple of large handfuls of pasta and stir in half a jar of tomato and basil sauce. Serve with Cheddar cheese grated on top.</p> <p>SNACK: BANANA 'ICE CREAM' Freeze two bananas, then blitz until creamy for a healthy banana 'ice cream'.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 500g penne pasta <input type="checkbox"/> 1 jar tomato & basil pasta sauce <input type="checkbox"/> 8 white tortilla wraps <input type="checkbox"/> 1 loaf (750g) Best of Both medium sliced bread <input type="checkbox"/> 1 tin tuna <input type="checkbox"/> 2 peppers <input type="checkbox"/> 250g mature Cheddar slices <input type="checkbox"/> 4 bananas <input type="checkbox"/> 6 pack fromage frais <input type="checkbox"/> 9 chunky breaded cod fish fingers <input type="checkbox"/> 500g carrots <input type="checkbox"/> 6 round tomatoes <input type="checkbox"/> 6 free-range mixed size eggs <input type="checkbox"/> 500g traditional porridge oats <input type="checkbox"/> 6 ripen at home conference pears <input type="checkbox"/> 1 pint M&S Select Farms milk <input type="checkbox"/> 500g raisins <input type="checkbox"/> 300g white mushrooms
<p style="text-align: center;">TUESDAY</p> <p>BREAKFAST: BANANA TOAST Toast two slices of bread and top each with one sliced banana and your little ones' favourite spread from the fridge.</p> <p>LUNCH: TORTILLA PIZZAS AND SALAD Spread the remaining pasta sauce over two wraps, top with a sliced pepper and cheese slices. Grill until melted. Serve with a salad of three grated carrots and two sliced tomatoes.</p>	<div style="border: 1px solid black; border-radius: 50%; padding: 10px; display: inline-block; margin: 10px;"> <p>5 lunches + 5 breakfasts for 2 for £20</p> </div>
<p style="text-align: center;">WEDNESDAY</p> <p>BREAKFAST: THREE BEARS PEAR PORRIDGE Cover 250g porridge oats with milk and a splash of water, then simmer until creamy. Top with two chopped pears. Mix any leftover porridge with 50g raisins and spoon into cupcake cases, then bake at 190°C fan for 30-40 mins. Save for tomorrow's breakfast.</p> <p>LUNCH: INDOOR PICNIC Cook two handfuls of pasta and toss with a tin of tuna and two quartered tomatoes. Serve with crunchy chopped carrots and peppers, and a pot of fromage frais and a banana each. Don't forget to invite the teddy bears!</p>	
<p style="text-align: center;">THURSDAY</p> <p>BREAKFAST: PORRIDGE MUFFINS Enjoy the porridge muffins you made yesterday with some sliced pear.</p> <p>LUNCH: SPEEDY CHEESE AND TOMATO TOASTS Arrange sliced Cheddar and tomatoes on top of two slices of bread (like all M&S bread, it contains vitamin D). Grill until bubbling and enjoy with a pot of fromage frais each.</p>	
<p style="text-align: center;">FRIDAY</p> <p>BREAKFAST: SUPERHERO OMELETTES Slice 250g mushrooms and fry in 1tsp oil and 1tsp butter until golden. Add 4 beaten eggs and cook to your liking.</p> <p>LUNCH: FISH FINGER SANDWICHES Cook the fish fingers according to the pack instructions and serve in four slices of bread. Serve with your kids' favourite condiments from the fridge, if you like. Enjoy with a pot of fromage frais and a sliced pear each.</p>	

Get your H₂O!
Staying hydrated is super important, so don't forget to serve a glass of water with each meal.



Please note - if you're feeding smaller children, reduce the portion sizes.

Google Classroom

As we are attending the Academy virtually, we are trying to make our Google Classroom as close to the real thing as possible. We do therefore ask if you are able to 'turn in' work that the children have been set. This means that you do not need to mark the work; it will enable the teachers to see the work and leave a comment. We have attached a parent guide to turning in work on Google Classroom to help you with this. We are also happy to receive photographs of work as we are also able to give feedback on this.

Free Maths Books

Amazon is offering free maths books downloaded to an iPad/Kindle. If you type in 'FREE maths books white rose' in the search bar, go through to purchase as normal and it will give you a download option.



Safety Online

As the children are spending more time online, please be vigilant and monitor what they are doing. We have added some parent factsheets to our online safety section of the website, so please take a look. Please consider the following when your child is participating in the live lessons.

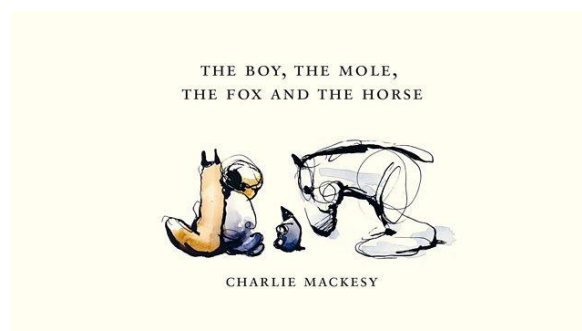
- Make sure they are dressed appropriately - no pyjamas please.
- Ensure there is an adult supervising these sessions.
- Pupils should be in a safe space in the home - this should not be their bedroom.
- Live lessons are private and these should not be recorded or shared in any way.
- Try to make sure there are no distractions.

Reading

Please keep reading your allocated reading books through our Collins online reading scheme. We are able to monitor the children's reading and allocate books remotely so they can continue to progress through the reading scheme.

There is free access to online books during school closure through Oak Academy formed with the National Literacy Trust. The library will provide one book per week from its author of the week. The author of the week is currently Jacqueline Wilson and you can read the story of Tracy Beaker for free, watch an exclusive video with Jacqueline Wilson and download fun activities. <https://library.thenational.academy/>

BBC sounds have 'The Boy, The Mole, The Fox and The Horse' available for 10 days. Experience the world of a curious boy, a greedy mole, a wary fox and a wise horse, who find themselves on a journey of discovery. <https://www.bbc.co.uk/programmes/m000r630>



Perform Workshop

Before lockdown, Perform visited the Academy every year and offered free workshops to all year groups. Sadly, as this is unable to happen they are now able to offer free workshops online. For further information on how to access the workshops, please click on the link below.

<https://www.perform.org.uk/free-drama-class>.



SEND/Mental Wellbeing – Academy Website

Please remember that we have SEND and Mental Wellbeing pages on our Academy website where you will find information, resources, website links and more.

Bromley Y - School Wellbeing Service

Support Call - If your child is struggling with their emotional wellbeing and you need some support please use the Support Call Service. All details are attached and can also be found on the 'Mental Wellbeing' page of the Academy website.

Parent and Carer Webinar - Helping children with fears and worries. Years 4 - 6. Please see the flyer attached for webinar dates and joining details - all information can also be found on the 'Mental Wellbeing' page of the Academy website.

Dyslexia

The local Dyslexia Association helps dyslexic people of all ages by providing information and support. Please visit their website for more information.

<http://dyslexiawise.co.uk/>

They are hosting three free upcoming open meetings, online, which will focus on home learning for dyslexic and other neuro-diverse learners. Details can be found on the attached flyer and on the Academy website, SEND page.

MENCAP Events - Jasmine Berry - Family Support Worker (ASC)

Drop-ins

We have a general drop-in on Tuesday 26th January at 11am – don't worry if you have noisy children in the background, just mute yourself and you can still listen!

In February, we have two drop-ins with speakers:

- At the first, on Friday 5th at 11am, we are joined by Paul Isaacs, speaker, trainer, consultant and author, who will be talking about sensory needs in lockdown. You can read more about Paul here <https://sites.google.com/site/paulisaacscouk/home> He spoke at the Autism Show in October about sensory needs.
- At the second, on Tuesday 23rd at 8pm, we will be joined by Paul Cabb of Social Eyes. Paul's sessions for us are very popular – he shows his interest in every participant and families love to hear him advise others as well as hear the advice he gives for their particular child.

To book a place, please email autismfamilysupport@bromleymencap.org to receive joining details.

Training

We have again booked two sessions of training for this term. (They are both the same, so please only book for one date.) Ambitious about Autism will deliver a 3 hour Zoom introduction to social communication difficulties and autism. There will be plenty of opportunity for questions and to talk about your experiences (if you want to!)

For the first time, we are offering a session on a Saturday – on February 6th, from 10am to 1pm. If this is popular, we will try to do this again next term.

The second session is on Friday 12th March, again from 10am to 1pm

Please book via autismfamilysupport@bromleymencap.org

Do remember that you can contact Sarah or me via autismfamilysupport@bromleymencap.org – we're very happy to book a telephone call to discuss anything that's worrying you J

Flyers for all the sessions mentioned above can be found on our Academy website under Academy Information, SEND, MENCAP.



