

NEWSLETTER



Issue No. 17

11th February 2022

RETURN TO SCHOOL MONDAY 21ST FEBRUARY

Diary Dates

2022

Half Term

14th to 18th February

First day back

Monday 21st February

Term ends

Friday 1st April

Return to School

Tuesday 19th April

SCHOOL DINNERS

The total cost of school dinners for the period 21st February to 1st April will be **£71.10**. Please inform the office if your child would like to change from school dinners to a home packed lunch. Menus can be found further on in this newsletter.

MESSAGE FROM THE HEADTEACHER

January has been rather a challenging month with lots of staff and children having to self-isolate after coming down with Covid. I am delighted though that the cases in school are now reducing and am hopeful that things are gradually returning to normal. Despite all the challenges children are coming into school well and are settled as we reach the end of this first half term.

I would like to say how proud I am that the school has successfully completed the Leading Parent Partnership Reassessment (which is valid for the oncoming 3 years) as well as being awarded GOLD for the Stars Accreditation. Both awards are amazing achievements for the school!

We are also saying farewell to Miss Patterson who is moving onto pastures new. I would like to thank her for all her hard work over the last 7 years and wish her all the very best of luck as she enters a new exciting chapter of her life.

Wishing everyone a restful half term. Thank you all so much for your continued support and we look forward to what the next half term will bring.

Anna Theodosiou



After a fantastic year of Travel awareness activities and lots of hard work, we are excited to tell you that we have been awarded Gold accreditation in the TfL Stars scheme. STARS inspires young Londoners to travel to school sustainably, actively, responsibly and safely by championing walking, scooting and cycling. We need to keep walking and scooting and cycling to school to make sure we keep the accreditation. Taijah, Layla, Zela, Ledyia and Zyana, our inspiring team of Year 5 travel ambassadors, proudly accepted the award yesterday from the Local Authority's Health Streets Officers. Well done Bush Hill Park!

FOOD BANK APPEAL

Monday 21st - Friday 25th February

At Bush Hill Park we have our own established Food Bank to help with emergency food and supplies to families in need.

Our food bank is available at any time for whoever needs it, however to keep it running we always need your support.

The supplies are now running very low and we need your help to boost them back up.

We have compiled a full list (see right) of what can be kept long term in storage and we kindly ask for a donation any of these products to our school between **Monday 21st - Friday 25th February 2022**

We thank you as always for continued support and in advance to families you will be making a difference too.

If you feel you need the help of the BHPS food bank please contact Mrs Sophie Smart at any time on s.smart@bushhillpark.enfield.sch.uk

DO YOU HAVE ANY SPARE PAPER OR PLASTIC BAGS? WE HAVE RUN OUT AND NEED THESE URGENTLY. THANK YOU.

We now have a small space to be able to supply frozen products too, so any of the following will help us start up the fresh and frozen section:

Breads: bread/rolls/wraps/bagels

Butter

Frozen ready meals

Frozen Pizzas

Chicken

Minced beef

Fish/fish fingers/frozen pieces

Potato: chips/wedges/waffles

Pies

Sausages

Frozen vegetables/fruits



Tinned vegetables: peas/sweetcorn/potato/tomato

Tinned fruits

Tinned meats

Tinned vegetarian options

Tinned fish: tuna/mackerel/salmon

Soups

Tinned beans/spaghetti

Rice pudding/custard

Pasta sauces

Cooking sauces: curry jars/sweet and sour/chilli/fajita meal kits etc..

Condiments: Ketchup/mayo/brown sauce/salt/pepper/chutneys

Gravy/stock cubes

Chocolate spreads/peanut butter/jam/marmalade

Pasta

Rice: packets or microwavable packs

Noodles

Cous-cous

Instant mash
potato

Long life milk

Tea bags/coffee/hot chocolates

Sugar

Cereals/porridge

Snacks: crisps/chocolates/biscuits/crackers/raisins/breakfast bars

Flour: bread/plain/self-raising

Long life cartons of juice

Diluted juices

Bottled water

Cleaning supplies

Toilet rolls/kitchen roll

Toiletries: shampoo/conditioner/shower gel/feminine products/soap/toothpaste/tooth brushes

Baby supplies: nappies/pull ups/wipes/baby food/baby milk



Message from the Governors

As I get older, I'm always surprised that time seems to go faster and faster. I can't believe that we are already half way through this school year. I guess that's a good sign. From the information that the governors have received at our meetings, we know that the pupils are making good progress. After my visit to some maths lessons last term, it's great to see that the second week back after half term is "Maths Week". As I used to be a maths teacher, I'm really looking forward to seeing all the activities that will be taking place.

I also had the pleasure, earlier in the term, to talk to the assessor for the Leading Parent Partnership Award, Maureen Nash, about the links that the school has with its parents. Maureen was very impressed with the school and her report shows how lucky Bush Hill Park Primary School is to have such involved parents. It is so helpful and important that our parents are involved. It does make so much difference to the progress that the pupils make. So, thank you.

I hope you are all able to enjoy the half term break and that pupils will return feeling enthusiastic about Maths Week.

Roger Kingsnorth (Chair of Governors)

**Chair of Governors
Feb 2022**



HELLO, PARENTS & GUARDIANS! WE ARE BEEZEE BODIES, AND WE WORK WITH ENFIELD COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR FAMILIES.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW GROUPS STARTING NEAR YOU. CLICK BELOW TO SIGN UP FOR YOUR FAMILY'S FREE PLACE!

CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
EDMONTON COUNTY SCHOOL 17:30 - 19:30 Age 5 - 15	MERRYHILLS PRIMARY SCHOOL 17:30 - 19:30 Age 5 - 15	VENUE TBC 17:00 - 19:00 Age 5 - 15	ST PAULS CENTRE 17:00 - 19:00 Age 5 - 15
ONLINE 17:30 - 18:30 Age 9 - 12	ONLINE 16:30 - 17:30 Age 5 - 8	ONLINE 17:30 - 18:30 Age 5 - 8	ONLINE 16:30 - 17:30 Age 9 - 12

*To be eligible for this awesome free service, your family must live/go to school/see registered with a GP in Enfield and include one child who is above their ideal healthy weight.



Veganuary Tacos!

Is your family taking part in Veganuary? Or do you just want to increase veggies in your meals? Try tacos! Quick & easy for busy parents, and loads of fun for the kids to stuff their own!

SERVES 4

What you'll need:

1 tbsp olive oil, 1 onion (diced), 2 garlic cloves (diced), 2 x 400g cans black beans, 2 tsp ground cumin, 1 tsp ground coriander, 2 tsp paprika, 2 tsp chilli powder, 8 taco shells

FOR THE GUACAMOLE:

2 avocados, 1 red chilli, Lime, 1 garlic clove, Coriander

FOR THE SALSA:

3 tomatoes, 1 red chilli, ½ small red onion, Coriander

OPTIONAL ADDITIONAL TOPPINGS:

Charred sweetcorn, vegan cheese, dairy free sour cream

What to do:

Heat oil in a pan over medium heat. Add the garlic and onion and sauté for 3 minutes. Add the drained beans and seasonings. Stir for 5-8 minutes until warmed, crushing some of the beans with the back of a spoon. Remove from heat and set aside.

TO MAKE THE GUACAMOLE:

Crush the garlic and mix with the coriander and chilli in a bowl. Add the avocados and roughly crush with a fork so that it is still a little chunky. Add the Lime juice and stir through. Set aside.

TO MAKE THE SALSA:

Mix all of the salsa ingredients together in a bowl. Set aside.

TO CONSTRUCT YOUR TACOS:

Heat the taco shells according to packet instructions, stuff with your fillings and enjoy!

HEY, FAMILIES OF ENFIELD!

Want to make healthy habits together as a family (and have fun doing it?)

We are BeeZee Bodies, and we're here to help improve your family's health and wellbeing. Our team are experts at engaging kids around healthy eating and healthy habits (*we've even won awards to prove it!*) and now we're offering support to families in Enfield for FREE!

FREE SERVICES AVAILABLE IN ENFIELD



Self guided online learning BeeZee Academy

An online portal full of healthy living resources to help you learn about healthy lifestyles at a time that works for you.



12 week online course BeeZee Families Live

Fun, interactive webinars led by our expert nutritionists to help your family create healthy habits and routines at home.



Community groups BeeZee Families

Join us in your local community to learn about healthy living; including cooking lessons and activity sessions.



One-to-one support BeeZee Lite

A one hour chat with us, to support you with a specific challenge around maintaining healthy habits at home.

WHO IS ELIGIBLE?

Families with at least one child who is 5-15 years old, has a BMI > 91st centile and lives/goes to school/is registered with a GP in Enfield...but the whole family is encouraged to participate together!

SIGN UP TODAY AT
BEEZEEBODIES.COM/FAMILIES



“ I think BeeZee Families is great and totally worth your time! I became a lot healthier and discovered I love playing Basketball! ”

PRABHUV





Our Voice 'Meet the SEND Heads' Question & Answer session

Friday 11th March 2022: 10 – 11.30 am



Zoom session
Friday 11th March
10 am – 11.30 am

Book at:

<https://ov-parentsconfmar22.eventbrite.co.uk>

More info at

<https://www.ourvoiceenfield.org.uk/events/show/140>

Our Voice are proud to present our Q&A Panel session with the Heads of all the areas supporting children and young people (age 0-25) with Special Needs and Disabilities, in the London Borough of Enfield.

This Zoom session gives parents and carers an exceptional opportunity to ask questions directly of the Heads of SEN Services, Social Care/Joint Service for Disabled Children, Education, Educational Psychology Service, Health, S&L, OT, Physio, CAMHS, SCAN, Integrated Learning Disability Service, Transport, Travel Brokers and Early Years.

When you book your place, you will also have the opportunity to request an individual 1:1 session with a professional from any of the Service areas (to discuss questions specific to your child) and will be asked to give your views on which workshops and events Our Voice should run for the rest of the year.

Any questions please contact info@ourvoiceenfield.org.uk or phone 07516 662315





Join us for

Mother's day Afternoon tea

Thursday 24th and Friday 25th March

**Pre-booked event only
Timing: 3.30-4.30**

Tickets available from March 5th

**Includes freshly made cakes, sandwiches, scones
with jam and beverages,**

**Follow our Facebook group FOBHPS for further
details**



Capel Manor are holding a Half-Term Nature Trail activity for children to get out in nature and enjoy the gardens this February. In addition Mother's Day is coming up. Details are below and link to book tickets for both here:

<https://www.ticketsource.co.uk/capel-manor-gardens>

Half-Term Nature Trail

Monday 14th February – Friday 18th February 2022

A day out for all the family, explore the gardens and all that Capel Manor has to offer as you take on our nature trail.

Little explorers can collect their activity bag on arrival and have fun hunting through the grounds as they enjoy Capel's animal collection at our mini zoo, complete the holly maze and wander through the fairy forest.

Set across 30-acres there is plenty to see, including the walled garden, woodland walk, historical gardens, chapel ruins and temple lake. Who knows what you may find along the way!

Book your tickets [here](#)
[Pay on the day tickets also available](#)

Mother's Day at Capel Manor Gardens

Sunday 27th March 2022

Treat your mum this Mother's Day with a wonderful walk in our stunning gardens. Children will be able to take part in a craft activity as well as enjoy the garden highlights.

Work up an appetite by wandering around the extensive 30-acre grounds in bloom and head to the restaurant for a delicious cream tea.

Remember to stop by our Gardens Gift shop to spoil your mum with a beautiful bouquet* or gift.

*Subject to availability

Book your tickets [here](#)



- **PAYMENT PLANS**
- **BUDGETING**
- **SIGNPOSTING**

**Enfield
Debt
Centre** CMA



A year on from our first national lockdown, we understand that many families may be facing financial difficulty, either due to historic debts or that they may be accumulating debts.

Understanding that this is a continued area of concern in our local community, we would like to remind you of the **free debt advice** we offer - supported by Community Money Advice, as well as being authorised and regulated by the Financial Conduct Authority (FCA).

Enfield Debt Centre is run in conjunction with North Enfield Foodbank. The centre is conveniently located at the same premises as our Foodbank, at **Jubilee Central, 2 Lumina Way, Enfield EN1 1FS**.

Open on **Tuesdays, Thursdays** and **Saturdays** from **11am-3pm** (the same times as our Foodbank), the centre offers support and advice, helping people to arrange payment plans with creditors and to manage their personal finances through budgeting. People can also be signposted to relevant organisations.

If you know of anyone who may need these services they can contact Fana, the Debt Centre Manager, by **phone on 07596 735789** or by **email info@enfielddebt.org**.

Face-to-face meetings can also be arranged during open hours either by Zoom or in person, by contacting Enfield Debt Centre in advance.

BUSH HILL PARK FOOD BANK



REMEMBER...if you require any support **AT ANY TIME** or if you know of someone who does, please do not hesitate to contact Sophie Smart on **s.smart@bushhillpark.enfield.sch.uk**

FOR 5-11
YEAR OLDS

Introducing **CHALLENGE YOU** 8 WEEK PROGRAMME

Challenge You is an 8 week programme designed to help children and their parents understand more about the factors that contribute to an unhealthy lifestyle and how to overcome these issues. Sessions are **FREE** and take place at both Southbury and Edmonton Leisure Centres.

What will we learn?

- The reasons why children might become overweight or obese
- How small changes to diet and portion control can make a significant impact
- Suggestions for healthier alternatives to common favourite snacks and meals
- Guidance on suggested activity levels for children aged 5-11 years old
- Ways to incorporate fun physical activities into your child's day
- How to manage screen time and encourage more sleep



Find out more:

enfieldfitness@fusion-lifestyle.com





SALAD BAR AND BREAD
SERVED EVERYDAY!

Our new menu has been developed to celebrate the winter season with hearty meals full of healthy ingredients. Firm favourites, regional dishes and fruit-based desserts will excite young diners as well as deliver high levels of nutrition and flavour.



WEEK 1 MENU FOR SPRING TERM

MONDAY

Veggie Sausage, Mashed Potatoes, Gravy, Green Beans. (V)	Campfire Casserole, Mashed Potatoes, Gravy, Green Beans. (VG)	Pasta Twists with Tomato & Basil Sauce. (VG)
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Yoghurt Pot (V) or Fresh Fruit (VG)

TUESDAY

Chicken and Vegetable Pie, Carrots.	Creamy Garden Vegetable Pie, Carrots. (VG)	Jacket Potato with Cheddar Cheese (V) or Baked Beans. (VG)
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Apple and Cinnamon Cake (V) or Fresh Fruit (VG)

WEDNESDAY

Macaroni Cheese, Broccoli. (V)	Pepper & Red Onion Spanish Omelette Broccoli. (V)	Pasta Bows with Tomato & Basil Sauce. (VG)
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Sticky Banana Cake (V) or Fresh Fruit (VG)

THURSDAY

Chilli Con Carne, Rice, Sweetcorn.	Veggie Chilli, Rice, Sweetcorn. (VG)	Jacket Potato with Cheddar Cheese (V) or Baked Beans. (VG)
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Oaty Apple Crumble (VG) with Custard or Fresh Fruit. (VG) (DF)

FRIDAY

Battered Pollock Fillet, Oven Chips, Garden Peas, Homemade Ketchup.	Vegetable Burger, Oven Chips, Garden Peas, Homemade Ketchup. (V)	Jacket Potato with Cheddar Cheese (V) or Baked Beans. (VG)
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Vegan Chocolate Cake (VG) or Fresh Fruit. (VG)

(V) Vegetarian (VG) Vegan





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WEEK 2

MENU FOR SPRING TERM

MONDAY

Vegetable Pizza Margherita, Herby Potato Cubes, Coleslaw (V)	Veggie Sausage Roll, Herby Potato Cubes Coleslaw (V)	Jacket Potato with Cheddar Cheese (V) or Baked Beans. (VG)
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Yoghurt Pot (V) or Fresh Fruit (VG)

TUESDAY

Roast Chicken, Potatoes, Winter Veg and Gravy	Vegetable Roast, Potatoes, Winter Veg and Gravy. (VG)	Pasta Twists with Tomato & Basil Sauce (VG)
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Zesty Carrot Cake (VG) or Fresh Fruit (VG)

WEDNESDAY

Beef Bolognese, Pasta Shells & Greens Beans	Meatless Bolognese, Pasta Shells & Greens Beans. (VG)	Jacket Potato with Cheddar Cheese (V) or Baked Beans. (VG)
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Coconut & Lime Biscuit (VG) or Fresh Fruit (VG)

THURSDAY

Caribbean Chicken Curry Rice & Sweetcorn	Caribbean Vegetable Curry Rice & Sweetcorn. (VG)	Pasta Twists with Tomato & Basil Sauce (VG)
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Ginger Cake (VG) or Fresh Fruit. (VG) (DF)

FRIDAY

Battered Pollock Fillet, Oven Chips, Garden Peas, Homemade Ketchup.	Vegetable Finger, Oven Chips, Garden Peas, Homemade Ketchup. (VG)	Jacket Potato with Cheddar Cheese (V) or Baked Beans. (VG)
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Chocolate and Banana Cake (VG) or Fresh Fruit (VG)

(V) Vegetarian (VG) Vegan

Term Dates for 2021 - 2022

AUTUMN TERM 2021
INSET DAY
Wednesday 1st September
School starts
Thursday 2 nd September
HALF TERM
25 th – 29 th October
INSET DAY
Monday 1st November
Term ends
Thursday 16 th December

SPRING TERM 2022
INSET DAYS
Tuesday 4th January & Wednesday 5th January
School starts
Thursday 6 th January
Half Term
14 th – 18 th February
Term ends
Friday 1 st April

SUMMER TERM 2022
School starts
Tuesday 19 th April
May Bank Holiday
Monday 2 nd May
Half Term
30 th May – 3 rd June
Whole School Sports Day
Thursday 23 rd June
INSET DAY
Friday 24th June
Term ends
Friday 22 nd July