



Dear Parents, Carers, Families and Friends,

Happy New Year to you all and welcome back to the Spring Term; my hope is that 2022 is full of good health and happiness for you all. For those of you celebrating, I hope that you all had a lovely Christmas and I hope that everyone had a relaxing and fantastic break – thank you to all those people who had to work throughout too.

I love this term – it still feels very dark in the mornings at the moment; but slowly, we start to see the lighter mornings & lighter evenings and I always tell the children to look out for signs of Spring knocking on the door! It is also a term when children seem to experience a real ‘burst’ in their progress in their learning. It is really, really important therefore that children are coming to school every day and on time. The official start time for Haseltine is 8.55am, so your children need to be through the playground and at their classrooms by 8.55am please. Every minute missed is a minute of learning time missed, and trust me, each minute missed really does impact on your child’s learning.

It is also really, really important that children at supporting their in-school learning at home.

Reading with your child every day, even if it’s just for a few minutes, will have a huge impact on their learning – not just in reading but across every subject. Older children will be reading by themselves, but you asking them a couple of questions about what they have read every day will make all the difference. Try these questions for starters:

- If you could give the book another title, what would it be?
- Which characters would you like to meet in real life?
- What do you wish was different about the ending?
 - Would the book make a cool movie? ...
- What is one thing you could ask the author if you could talk to him or her?
 - Did you like this book? Why/why not?
- What was the most exciting part of the book, what made it exciting?
 - What sort of character was...?
 - Why did the character do... (choose a part from the book)?
 - What would you do if this was you?

These are some websites that I Googled that are also very useful as a guide:

<https://www.scholastic.com/parents/books-and-reading/raise-a-reader-blog/5-new-questions-to-ask-kids-about-books.html>

<https://lexile.com/parents-students/tools-to-support-reading-at-home/21-questions-ask-child-book/>

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<https://gyminds.co.uk/questions-to-ask-your-child-during-reading/>

<https://www.abss.k12.nc.us/cms/lib/NC01001905/Centricity/Domain/36/Parent%20Book%20Talk%20flyer.pdf> I think this one is very helpful 😊

Children knowing their times tables fluently also has a fundamental impact on their knowledge & skills in mathematics; I always tell children that learning times tables is a key to opening the door to maths. So many maths objectives are dependent on children knowing their times tables – not just multiplication & division calculations: fractions, percentages, area, perimeter, ratio and so on. The more children know their times tables, the more they will be able to understand & be fluent in maths. It is never too early to start either! KS1 children will start by learning the 2s, 5s, 10s & 3s and KS2 children will then be learning them all. Practise these with your children whenever and wherever you can – on the bus, on a walk, in the car, in the park! Don't forget Mathematics too – the more children do this at home the better they will get at maths. Often, the maths part of our brains get 'foggy' if we aren't using the skills so testing our children on their times tables helps us too (trust me, I have been there! 😊).

Try these websites too if you like:

https://uk.splashlearn.com/multiplication-games?adCampaign=11001994779&adGroup=107605613403&adTag=%2Bmultiplication%20%2Btable&adID=460758172528&ipad_blocker_disabled=1&gclid=EAlaIQobChMlyJGwml-f9QIVV-DtCh2OygSvEAAyAAEgJ L D BwE

<https://www.whizz.com/blog/fun-ways-to-teach-times-tables/>

<https://home.oxfordowl.co.uk/maths/primary-multiplication-division/help-with-times-tables/>

Good luck 😊

Did you borrow one of our laptops in lockdown and do you still have it?

If the answer is 'yes' then please could you return it to us as soon as possible? We have a financial audit coming up soon and we need to make sure that we can account for all of our IT equipment.

If you still require this laptop for your child's home learning and feel that returning it would impact negatively on your child's learning then please could email me headteacher@haseltine.lewisham.sch.uk to let me know. If you provide me with the asset number (it will be on a sticker on the laptop) too then that would be very helpful.

Many thanks,
Sara Anderman



Change of Address:

If you have a change of address, then it is very important that you update the office with this. The office must also be provided with proof of this new address. A council tax bill, utilities bill or rent book are good examples of what to provide.

Please also update the office with any changes to phone numbers or email addresses for you or any of your contacts.

Thank you 😊

And finally...

I was speaking with a parent the other day about the impact of seasonal changes on us all. She has very kindly written this piece for us all...

Living in season

It's no secret that we live in a seasonal climate, but once upon a time, it was vital for our survival for us to know all of the tips of needed to move from season to season well-nourished and well-fed. However, the convenience of modern-day life, seems to mean that we have evolved past the need to rely on the knowing how, or what to eat; but it doesn't take from the fact, that during the different seasons, the types of nourishment that are both needed and naturally available, differs from climate to climate, throughout their changing seasons.

Learning to eat seasonally, is a wonderful way of making sure, that you have more of the tools you need to support yourself during each of the seasonal changes that we encounter.

Why seasonal living is beneficial, not just for your health, but for your pockets too.

It has been found that foods which are grown and eaten during their natural season are more nutritionally dense, as they are given the adequate time to grow and form naturally, making their mineral and vitamin presence greater than would it would be if grown out of their natural season. And this doesn't just count for the foods that are native to the land that we live on. If you are partial to eating fruits and vegetables from a different climate, learning about when they are in season too and eating them during that period, will also be very beneficial.

Especially, because foods that are grown out of season are much less nutritional, being that one – they are not entirely formed.

And two - they also undergo post-harvest treatments to artificially ripen them, which typically include chemicals, gases and heat-processes.

Food that is grown in season, usually tastes a whole lot better, as it is fresher and packed with goodness. And it is also a lot cheaper too, as there is much less labour involved from getting it from the farm to the market (or super market) which in turn, also makes it, a lot better for the environment, as it will make for a reduction in fuel emissions.

Of course, eating seasonally, does come with some pit falls, that being, many of us are used to eating familiar dishes throughout the year that more than likely, use foods that are typically grown out of season, or are perhaps, international foods that require shipments, which are harsher on the environment and usually more expensive, especially when they too are out of season.

Eating fresh, local foods, is not only wonderful for your health, but is also a wonderful way of supporting our local farmers and contributing to a healthy food system. But it will, take a little bit of your imagination or time



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to look into different ways of cooking your seasonal foods, creating new dishes and keeping your plates tasty and exciting.

Foods that are in season here, in the UK, during the coming winter months (January & February)

Fruits – Apples & pears

Vegetables – Beetroot, brussel sprouts, Cabbage, Carrots, Celeriac, Celery, Chicory, Jerusalem Artichokes, kale, leeks, mushrooms, onions, parsnips, purple sprouting broccoli, Radishes, sorrel, spring greens, spring onions, squash, sweeds, turnips & watercress.

A wonderful way of ensuring that you can eat seasonally, is by attending one of ***your local farmers' markets***. This is also a wonderful and fun experience for your little ones, who can help you choose which vegetables and fruits to buy, and you can even let them help you in creating yummy new dishes, soups, stews, which will make them a bit more excited about eating their yummy vegetables.

It can also be very important this time of the year, to make sure that you are getting enough of your daily vitamin D intake, which, can be quite hard to come by during winter here in England. Taking some time to get outside (be sure to wrap up warm) and go for a walk, is a wonderful way to receive some of that much needed sunlight (when there is some) and to also get some wonderful fresh air and exercise.

Have a lovely weekend everyone – see you all on Monday.

Sara Anderman