

# Charing CE Primary School

## Weekly Newsletter



### Friday 22<sup>nd</sup> January 2021

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What a stormy week it's been! The worst of Storm Christoph seems to have missed us but listening to the winds howling around my house in the evenings has made me grateful for warmth and shelter. I hope that despite the lockdown, you have also been able to find positives in each day.

In our school community, it has been fantastic to see so many children using our Teams platform to access their learning and to be able to see and talk to their friends and teachers. If you are having difficulties within the teams platform, there are some fantastic video tutorials on youtube (search for Teams tutorial) or if you need specific support please email me and I will try to help you.

As our children are spending so much time online, it is a good time to remember the 3C's we ask children to consider when on an online platform, including phones and consoles;

Conduct – how we behave on line

Contact – knowing who you are talking to either on a chat or video

Content – only sharing appropriate content and telling an adult if something you see makes you unhappy.

Please remind your children of these regularly during the lockdown as it helps to keep us all safe. Also, even though a lot of the learning is now via a screen of some sort, it's still important to consider and be aware of how much screen time your child is having.

Take care, stay safe, have a restful weekend

Mrs Hammond



**CONTACT** – only talk to people you know away from the screen. Do not accept requests from people you don't know and never share your full name, address or school.

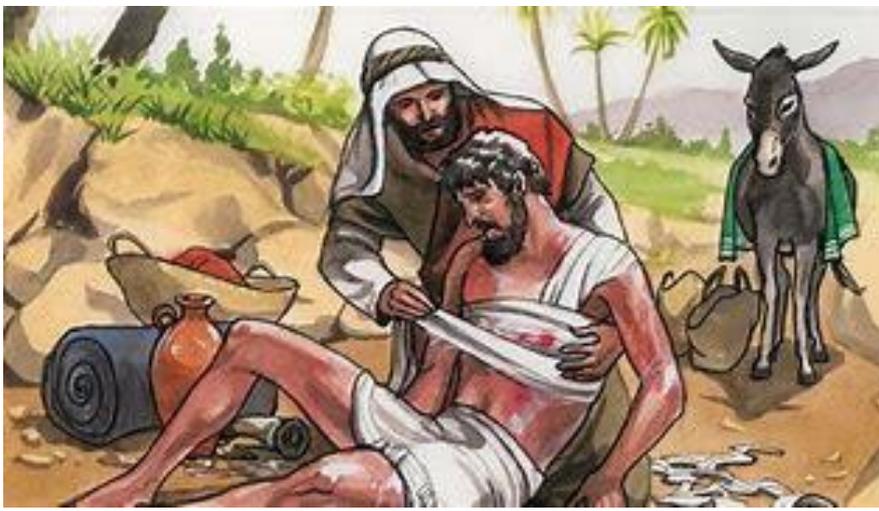
**CONDUCT** – treat people online, and when messaging, as if they were in the same room as you. Only say what you would say face-to-face.



**CONTENT** – If you see something you are worried about, tell an adult straight away.



Living and Learning with Faith, Friendship and Fun



## Prayer

The story of the Good Samaritan reminds us that we all need help sometimes, and we can all help others. Sometimes problems can seem so big we cannot do anything about them but in most situations, we can do something, however small it seems. And those small things can make a big difference! How could you be a good Samaritan this week?



These hands were made for kindness  
(turn hands face up)

My heart was made for love (place hands  
over heart)

My words speak my compassion (touch  
lips with your finger)

My eyes see a chance for me to make a  
difference to someone (shape our fingers  
like glasses around your eyes)

So everyone knows they belong and no  
one feels alone (hug hands together)

AMEN

The Parent Workbooks from White Rose Maths are now available for Kindles for free. [https://www.amazon.co.uk/s?i=digital-text&rh=p\\_27%3AWhite+Rose+Maths&s=date-desc-rank&qid=1593690016&text=White+Rose+Maths&ref=sr\\_st\\_date-desc-rank](https://www.amazon.co.uk/s?i=digital-text&rh=p_27%3AWhite+Rose+Maths&s=date-desc-rank&qid=1593690016&text=White+Rose+Maths&ref=sr_st_date-desc-rank)

Alternatively, they can also be downloaded from the link below:

<https://whiterosemaths.com/parent-workbooks/>



*Living and Learning with Faith, Friendship and Fun*

Charing Primary School is happy to be in contact with The Plough Inn, working alongside families to inspire new meal ideas in these testing times. The Plough would love to hear from anyone in the community who would like some ideas on how to create an exciting dish, using up those basic ingredients in the back of the food cupboard. [info@theploughinnstalisfield.co.uk](mailto:info@theploughinnstalisfield.co.uk)  
 This handy breakfast and lunch planner might also come in handy. Although created by M&S, these are all ingredients that can be purchased from any supermarket.

# 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

### 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.

### 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.

### SNACK: BANANA 'ICE CREAM'

Freeze two bananas, then blitz until creamy for a healthy banana 'ice cream'.

## TUESDAY

### BREAKFAST: BANANA TOAST

Toast two slices of bread and top each with one sliced banana and your little ones' favourite spread from the fridge.

### 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.

## WEDNESDAY

### 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.

### 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!

## THURSDAY

### BREAKFAST: PORRIDGE MUFFINS

Enjoy the porridge muffins you made yesterday with some sliced pear.

### 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.

## FRIDAY

### 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.

### 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.

## SHOPPING LIST

- 500g penne pasta
- 1 jar tomato & basil pasta sauce
- 8 white tortilla wraps
- 1 loaf (750g) Best of Both medium sliced bread
- 1 tin tuna
- 2 peppers
- 250g mature Cheddar slices
- 4 bananas
- 6 pack fromage frais
- 9 chunky breaded cod fish fingers
- 500g carrots
- 6 round tomatoes
- 6 free-range mixed size eggs
- 500g traditional porridge oats
- 6 ripen at home conference pears
- 1 pint M&S Select Farms milk
- 500g raisins
- 300g white mushrooms

5 lunches +  
5 breakfasts  
for 2 for £20



Get your H<sub>2</sub>O!

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



M&S  
- FOOD -

## A few reminders about Teams expectations

Children are asked not to start calls within Teams, but to wait for the teacher to start the call, then click on the join button.

Children are also reminded that the chat function is for either asking and answering questions to the teacher during a lesson or for support out of lessons. Please do not use Teams as a social chat platform.

Behaviour online should reflect the behaviour expected in the classroom



# Instructions for Accessing Microsoft Teams on a Games Console



## Xbox One / Series X / Series S

1. Plug a keyboard into the Xbox USB slot.
2. Go to **My Games and Apps**.
3. Find and select **Microsoft Edge**.
4. Search for *Microsoft Teams*.
5. Follow the first link and sign in with your school email address and password.

## PlayStation 4

1. Identify the PlayStation **Internet Browser** icon (WWW with dots around it). If you cannot find the Internet Browser:
  - i. Press the PlayStation logo on the controller.
  - ii. Go to the **Library** and find options for games and applications.
  - iii. Go to applications and you will find the Internet Browser.
2. Search for *Microsoft Teams*.
3. Follow the first link and sign in with your school email address and password.

**Note:** The PlayStation 5 does not currently have a supported web browser.



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