



Fencing Lessons



Tuesday afternoon saw the start of fencing lessons for our pupils in Year 6. This term, each pupil in KS2 will receive a fencing taster session.

They learnt about the equipment which is worn and the different basic moves of fencing. Pupils were divided into pairs and practised lunges and manoeuvres such as how to defend and block their opponents.

WANTED

Reception are currently on the hunt for some resources to help with our Tales Toolkit sessions. We know it is the time of year for some spring cleaning so we would welcome :

- Scraps of fabric - such as saris or curtains.
- Old toys such as dollies, Lego people.
- Old broken technology objects - such as telephones, mobiles, cameras, broken key boards or laptops.

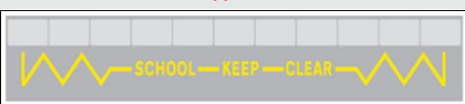
All donations would be gratefully received.

According to NHS choices a balanced lunchbox should contain:



- Starchy foods like bread, rice, potatoes or pasta.
- Protein foods like meat, fish, eggs or beans.
- A dairy item, like cheese or yogurt.
- Vegetables or salad and a portion of fruit.

Reminder



In order to ensure that all our pupils and families remain safe, please refrain from parking on the school markings (yellow zig zag lines). These lines are there to allow children swift and safe access to the school site. Thank you for keeping our community safe.

Free School Meals

All children currently receive a free meal, however if your child is entitled to a free meal, the school will be able to access additional funding. To find out if you are entitled, apply via www.newham.gov.uk. Thank you for your cooperation.

IS YOUR CHILD'S SWEET TOOTH HARMING THEIR HEALTH?
SUGARY DRINKS CAN CAUSE TOOTH DECAY, OBESITY AND EVEN TYPE 2 DIABETES, HEART DISEASE AND SOME CANCERS IN THE FUTURE

Set your child up for a healthier life by making the swap to water, low-fat milk and sugar-free drinks

Drink	Sugar Content (g)
500ml Fanta	15.5
500ml Coca-Cola	13.5
475ml F&R	12.7
330ml Capri	8.25
300ml Frooti	7.5
200ml Rib	7.25
500ml Vol	5.75
WATER	0

Maximum daily allowance: 4-6yrs (5 sugar cubes), 7-10yrs (6 sugar cubes), 11yrs+ (7 sugar cubes). 1 SUGAR CUBE = 4g



Griffin

378

Kraken

409

Phoenix

381

Basilisk

414



In order to help improve our communication channels and allow parents to stay up to date with events and information, Winsor has now relaunched its social media presence. Follow us to stay up to date with the latest information.

Achievement	Star of the Week	Respect
Nickola	David	Omar
Daniela	Maryam	Ryan
Erica	Victoria	Amelia
Ugne	Lewis	Kourtney
Gabriela	Nicholas	Nia
Liza	Raphael	Kristina
Soufyen	Aaron	Cairo
Tamar	Cody	Karolis
Dominik	Drurell	Arsh
Syeda	Josephine	Eldon
Kaiden	Ayomide	Tai Vi
Teddy	Alfie	Aaminah
Prince	Kamile	Fiona
Joshua	Anthony	Amilia
Muhamad	Eashan	Honey
Mosru	Sarah	Ayaan
Ayo	Walentino	Wafa
Sid	Sumayyah	Nathan
Rania	Brian	Ryley
Lily-Poppy	Sebastian	Auguste
Hugo	Rafeeqah	Razvan

Save the Date

We are excited to invite you to a parent session on Tuesday 23rd January at 5:45-7pm, with one of the country's leading experts, Gary Wilson. He has in-depth knowledge and understanding with 'Raising Boys Achievement' (Learning), both in and out of school.

Dates for your diary

Wednesday 17th January 3pm – Reading Café for Parents.



Attendance Winners:

2TE 94.8% and

4ET 94.4%

