



Alexandra Primary School Newsletter

News, information and events
Friday 21st October 2022
Issue 94

YEAR 6 AT PGL

Last week, 30 of our Year 6 children embarked on their week-long residential visit to Surrey.

During the visit, the children got to experience staying away from home with their friends for a week, campfires, a quiz, raft building, abseiling, den building, fire starting and so much more.

Every single child (and the adults who accompanied them) demonstrated a depth of resilience and perseverance, facing their fears and stepping out of their comfort zones to engage with many of the exciting, yet challenging activities.

All those involved had the most amazing experience and would recommend it to all children when they reach Year 6.

Jordan: I enjoyed that we got to do so many new activities and I got to conquer my fears. We experienced things I have never had the opportunity to experience. We had lots of fun.

Isil: I liked that we got to do really fun things like the giant swing.

Marcus: I enjoyed how there were constant activities so the fun would never end.

Zuzanna: I really enjoyed the giant swing and sensory trail because they were great fun.

Dominic: I really enjoyed raft building because everyone got to jump in the freezing cold water, my trousers were really heavy. I also enjoyed the campfire on the first night.

Kyan: My favourite thing was the food! I liked the trapeze and the giant swing because I loved jumping and being high in the air.

We must say a huge thankyou to **Ms Joseph, Ms Sudworth, Ms L. Stocksley and Ms Maguire** who went on the trip to ensure it's huge success.

PGL next year for **children currently in year 5** is booked for **wc 9th October 2023**.

KIDZANIA

The Year 6 pupils who did not attend PGL also had a fun week of learning; this included a visit to KidZania, exploring STEAM activities and career opportunities. They applied their knowledge learnt in the classroom to a practical environment which helped them to develop skills needed for the world of work – from resilience to teamwork and problem solving.

"The setting was hands on and immersive." **Sarah**

"I liked the trip because the jobs were realistic to jobs in real life." **Nabiha**

"What I found interesting is that you get issued a credit card. When you do a job, you get points and that is your salary. With the money you have on your account, you can buy items". **Lili**

"I really enjoyed taking care of the animals. I would love to be a vet one day".
Samira

PHOTOGRAPHS

On **Thursday 3rd November**, the children will have their individual and sibling photographs. Information about how to order the photographs will follow later that week.

BLACK HISTORY MONTH IN RECEPTION

To celebrate Black History Month, reception children have been exploring different types of fruits and vegetables from Africa and the Caribbean. The children tasted plantain chips and learnt how plantain chips are made. The children enjoyed the plantain chips very much, wanting second servings of the delicious snack.



Our value of the month is pride

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Alexandra Primary
Western Road
London
N22 6UH
020 8888 9771
@AlexprimaryN22

CLASS ASSEMBLIES

We have had some wonderful class assemblies this term.

The most recent being **Mexico** class, who presented their work and all they have learnt this term with great confidence.

Well done to all of the children and **Ms Ahmed** for such a good assembly.

After half term we have five more assemblies before the Christmas holiday. Please save the date to come to your child's assembly, **9:00 Friday morning** - main hall. The next class assembly is **El Salvador**.

PACKED LUNCH & HEALTHY EATING

At Alexandra, we know the importance of eating healthily. We encourage and support children to develop good eating habits which we hope continue into adulthood.

When we eat well, we fuel our bodies with the important nutrients to enable us to learn. A good diet and nutrition play an important role in our mental health, as well as physical and social development.

It is important for learning that children have the right food at lunchtime. Lots of our children have a wide variety of healthy packed lunches. Please always remember to include fruit and vegetables each day.

Please **avoid** putting the following in your child's packed lunch: -

- crisps, sweets, biscuits, cakes, juice or sugary drinks and chocolate

We suggest the following as **alternatives** for your child's snack or lunchbox: -

- fruit, raisins, vegetables, rice cakes, cheese and crackers & veggie sticks with hummus

Please find healthy lunchbox and snack ideas on the link below.

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/?msclkid=da3b3abaa5ee11ecbc3ee32705d2a248>

BLACK POUND DAY

Black Pound Day is a monthly event that encourages consumers to switch their usual shopping destinations to local and online Black-owned businesses every **first Saturday of the month**.

The aim is to meaningfully alter the UK's shopping habits to become more inclusive and, in turn, grow the Black economy and Black communities.

The next Black Pound Day is **Saturday 5th November 2022**.

GLOBAL CITIZENS

Year 6 were fortunate to be visited by our **local MP, Catherine West**, to deepen their learning of global citizenship as part of our PSHCE curriculum. Catherine explored the term global citizenship and together they considered how we as a country, being part of the United Nations supports this.

The children then considered how we can be global citizens to support the climate change crisis globally and they presented their proposals to parliament.

They are hoping at some point to be able to visit the Houses of Parliament.

Cherry: I learned about how we have a responsibility as a global citizen to save and protect our planet.

COST OF LIVING SUPPORT AND ADVICE

We know that the current economic climate, including rising costs of food, energy, mortgage & rents is presenting significant challenges to our families.

Haringey have help and support available over the half-term to help with the rising cost of living. Please click the link to take you to a Haringey leaflet outlining support.

<https://www.alexandraprimaryschool.co.uk/cost-of-living-support-guide/>

There are also a number of food banks across the borough that families can access.

HALF TERM

School is closed for half term next week; children return **Tuesday 1st November**.

Date	Class
4.11	El Salvador 6
11.11	Bolivia 3
18.11	Puerto Rico 5
25.11	Nicaragua 4
2.12	Argentina 3



KEY DATES

Autumn Term 2022

Friday 21st October
End of term

Saturday 22nd October
1:00 Black History Month
Poetry Workshop;
Wood Green Library

**Monday 24th October -
Friday 28th October**
School closed

Monday 31st October
Staff INSET
School closed

Monday 31st October
Year 6 Secondary School
Applications close

Tuesday 1st November
Children return to school

**WC Tuesday 1st
November**
The Big Draw

**Wednesday 2nd
November**
Flu vaccination

**Thursday 3rd
November**
Individual & sibling
photographs

Friday 4th November
3:00 International
Evening

**Wednesday 16th
November**
Royal Institution Science
Day

**WC Monday 28th
November**
Last week of clubs
(except Monday/
Thursday clubs)

Friday 9th December
Christmas Jumper Day

**Tuesday 13th
December**
Christmas Dinner Day

**Thursday 15th
December**
Panto in a Day &
Chickenshed

Friday 16th December
End of Term
Children finish at 1:30

