WHITEHALL

Summer 1 Week 6

Message from the Headteacher

Well done to all of our Y6 children who have had a very busy few weeks; SATs and school residential have now been and gone. Both are big milestones in the children's school career and it has been both a time of great celebration, as well as there being a sense of the beginning-of-the-end of time spent at primary school.

Next half term will be filled with many important activities as the children begin to think about secondary school, reflect on long-standing friendships, and develop a secure sense of their identity as they move into this new chapter of their lives.

Feast also explored healthy eating, food choices and nutrition. We give the children at Whitehall the opportunity to make good food choices for themselves and they have autonomy with what they put on their plate and eat. We encourage a healthy relationship with food where children are able to determine portion control themselves and choose a balanced meal that will sustain them throughout the day. As part of the week, we also look at exercise and leading a healthy, well-balanced life which includes good relationships and good self-esteem.

You will know that this year we also added walking and 'rambling' to our PE curriculum to ensure the children had experience of sustained low-impact moderate exercise. We believe we are one of the first schools to introduce this. With ample opportunity with the routes available to us, and with the beautiful forest around us, we are in a very fortune position to offer this experience of exercise within our school curriculum and experience.

Thank you to everyone who contributed to International Food Evening. It's always lovely to see the array of different food we get to eat and share food together.

It has also now been over a month with the new catering manager team on site, Juniper. The children have really enjoyed the meals and having the new menu in place which has worked well. Our team in the kitchen has remained the same, so our service and family dining has continued to run with minimal disruption.

We would also like to introduce our new School Business Manager (SBM) Jenny Scola to the school. Jenny is an experienced SBM and will lead the team in the main school office. A reminder that email communications that are for class teachers and SLT should be sent to the communications@whitehall.waltham.sch.uk address and all others relating to office functions should be addressed to the main school office.

We hope you all have a lovely half term. Eid Mubarak to all our families who are celebrating and we look forward to seeing the children back in school on Monday 1st June.

RSE

As always, Relationship and Sex Education lessons (RSE) will take place over the course of the second half of the summer term. These are a series (4-5) of discreet lessons from Y1-6. Our focus for these lessons are always that love and trust are the fundamentals of any good and healthy relationships and the biology of change and human development. Our resources are from the nationally recognised, and renowned, CORAM SCARF programme. This is also the PHSCE cannon we use which always reflects a values-based approach and is centred on equality and protected characteristics.

We always give advance notice to parents to help you know these are taking place and in case you needed to pick up any conversations at home. We deliberately have the lessons across the school on Thursday afternoons so that you know when these are taking place. All content is always age appropriate and children are asked to not share content with siblings as everything is carefully mapped out and specific to each particular year group.

Please note, there have been no changes to what we offer nor teach in school over the last 6 years and all aspects were offered after consultations with parents. This is also from a national programme and is not dictated by the school and follows national guidance and expectations to ensure all children get the same content delivery. At Whitehall, we always stress the values of home being of utmost importance, and, where there are any potential discrepancies, always refer the children to seek clarification or further information from parents and carers. Please note these lessons will start in the second week back after half term.

EYFS

Reception have loved making flat bread using the cob over for Feast. “I saw the bread rise and cook,” says Amen. “It looks scrummy and delicious,” says Yuna. “It’s brown and crunchy!”

Our children also enjoyed some storytelling and mindfulness as we watched the fire. Zakariya says, “I enjoyed the cooking and watching the fire!” Freddie says, “It tastes warm and yummy!” It was a wonderful morning to experience together in nature.

As part of Feast, the children have thoroughly enjoyed working together to mix ingredients to create their own dough. The children showed great enthusiasm and independence as they stirred, poured, and explored the textures, developing both their fine motor skills and understanding of how ingredients change when mixed together. The children watched with great interest as the flatbreads baked in the cob oven, observing the changes as the dough transformed into warm, cooked bread. This

experience sparked lots of conversation about heat, cooking, and the baking process. The children were very proud of their efforts and thoroughly enjoyed eating the freshly made flatbread together.

Alongside this, we discussed what makes a healthy and well-balanced packed lunch, helping the children to understand how making healthy food choices supports their growth, energy levels, and learning throughout the day.

KS1

To commemorate Feast at Whitehall, Year 1 have been learning all about ethical consumption and sustainability. We have also been learning about nutrition and keeping our bodies healthy as part of our PSHE lessons with the focus being centred around the 5 food groups specifically on what it means to have a balanced diet and what external factors affect our holistic development. We also had fun making mouth-watering nutritious pizza wraps for Feast using nutrient dense ingredients!

Year 1 have also been learning about the different parts of a plant and their properties as well as exploring how plants grow, how a seed germinates and how plants are essential living organisms that contribute to sustaining biodiversity and the environment. We have also learnt about some key scientific terms to use in our science write up to further consolidate our understanding such as ‘photosynthesis’, ‘roots’, ‘absorb’, ‘nutrients' and ‘pollination’. Over the next few weeks we will observe and monitor the growth of our cress seeds that we have planted in class to support our hypothesis which is to see if our seeds grow in direct sunlight or in the dark.

During FEAST, Year 2 had a fantastic time learning about food, nutrition and cooking. The children worked together to make flatbreads in the cob oven, carefully mixing and kneading the dough from scratch before baking them. As part of Feast, the children explored how a balanced diet can be enjoyed across different cultures and discussed the importance of eating healthy foods to help keep our bodies strong, active and full of energy. It has been a wonderful week of hands on learning and creativity.

LKS2

Year 3 marked Feast by creating delicious flat breads, which were baked in our very own cob oven. The children learnt that bread is a staple food in many cultures around the world and is often eaten alongside meals. They also discovered how yeast helps dough rise by creating tiny air bubbles, making bread softer and lighter. Using important cooking skills, the children carefully rolled and flattened their dough to make it even so that it would cook evenly in the oven. They thoroughly enjoyed shaping, baking and tasting their creations while learning about food, science and different cultural traditions.

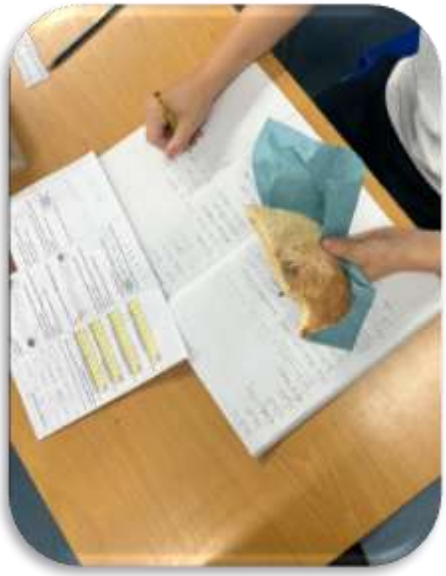
Year 4 have been making their own bread as part of both their Design and Technology learning and our whole-school Feast celebrations. We began with research, exploring different types of bread from around the world and discovering how ingredients and traditions shape the foods communities share. With this knowledge, we moved into the design phase, sketching ideas for their own bread and selecting ingredients that suited their chosen purpose; they thought carefully about shape, flavour and who their bread was intended for. The children measured, mixed, kneaded and shaped their dough and then baked their bread on the school's cob oven. To complete the process, the children carried out evaluations, reflecting on what went well and what they might adapt next time.

As part of Feast, we also explored how food brings people together. Year 4 discussed how sharing meals builds connection, celebrates culture and strengthens community. They recognised that something as simple as a loaf of bread can help create a sense of belonging.

Teddie: I think it's really important to learn about food from around the world because it is good to understand people's culture and I really enjoy learning about all the different types of foods that different families eat.

Ernest: I believe that food really brings out the best in people because eating together helps people to connect and build real connections with each other over time.

UKS2



As part of Feast, Year 5 have been learning all about eating healthily and what makes a balanced diet, exploring the school menu to decide how they could better plate their meals with the right portions from each food group. They showed great enthusiasm as they thought carefully about how to make healthier choices at lunchtime. The highlight of the week was using the cob oven to bake their own bread, which they proudly enjoyed during their Maths lesson, making learning both fun and delicious.

As part of their wider learning and personal development, Year 6 recently took part in an exciting residential trip, giving them the chance to build independence, strengthen friendships and experience learning beyond the classroom. Set in the heart of nature, the trip provided a valuable opportunity for the children to challenge themselves, try new activities and create lasting memories.

This week, Year 6 went on a residential trip to The Hive in Epping Forest. They thoroughly enjoyed taking part in a wide range of activities and spending time together in a new environment. It was a fantastic opportunity for the children to connect with nature and experience the world around them.
The guides were knowledgeable and helped make the whole experience even more enjoyable.
-Sophia, Tara and Phoebe

"I loved how we got to hold all different kinds of reptiles that you wouldn't normally see every day."
-Lura

"The Hive was a great experience. The best part was having hot chocolate and cookies before bed, and also handling creatures like a corn snake and a giant land snail."
-Christian

"Every time I entered my pod, it felt like I was coming home from school."
-Cassius

"The residential was absolutely amazing. My top three favourite things were toasting marshmallows on the firepit, sharing pods with my friends, which made sleeping less boring, and the delicious meals and snacks prepared by Tracy, the cook."
-Amelia

"The teachers made us feel safe and cared for during the trip and sorted out any problems we had."
-Phoebe and Tara

Message from the PSA

The PSA are already planning for the Summer Fete to be held on Friday 3rd July - if you would like a stall, or if you would like volunteer and get involved, please email the PSA on whitehallpsa@outlook.com. Further details for donating teddies for the teddy tombola and the free uniform swap stall will follow.

Thank you for your ongoing support.