

# Talavera Junior School



**Aspiration**

**Integrity**

**Resilience**

Monday 7th November

Dear parent/carer,

I hope you have had a restful half-term and that your children have settled back into the routines of school. We look forward to welcoming you into school this week for Parents Evening where we will share the progress and attainment for your child so far this year.

This is always a busy half-term with the build up to Christmas. Please familiarise yourself with the key dates and celebrations.

Have a lovely week.

Yours faithfully,

Amanda Webb



Talavera Junior School are looking for someone to **join our team!** We are looking for a Learning Support Assistant that can make a difference and **inspire** our children! If you would like to know more then please contact our school office team and please feel free to share this with friends and family.

We can offer plenty of training and development and the hours are flexible for the right candidate.



Teaching Assistant

To download an application form, please visit our school website [www.talaverajunior.co.uk](http://www.talaverajunior.co.uk)

## 2022 NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1 INSET day	2 Year 5 NSPCC workshop	3 Year 6 NSPCC workshop Year 3/4 reading parent workshop	4	5
6 Extra-curricular clubs begin!	7	8 Year 5- Living Rainforest school trip	9	10 Year 4 + 5 Cinema trip Year 3 Fishbourne Palace trip	11 School photos Year 6 Cinema trip	12 Remembrance assembly
13	14	15	16	17	18	19
20	21 Whole school Art day	22	23 House event: Spelling Bee Year 4 parent workshop: x tables	24 Year 3 Cinema trip Year 4 parent workshop: x tables	25	26
27 Healthy Living week	28	29 Year 4 Greek day	30			

Here are some of our key dates for November.

Additional letters for key events highlighted in yellow will also be sent to parents with more information detailing the events.

If you have any questions about any events, please talk to your child's class teacher.

You can also always ask for more information from our Office team by calling us on **01252 322 156** or emailing [office@talaverajunior.co.uk](mailto:office@talaverajunior.co.uk).

### Rosie's Recipe

Recipes for the planet and your purse.



My mum moans when we waste food. It's one of the biggest ecological problems that could be sorted very easily, if we just used the food we have. The average family throws away over £350.00 worth of food every year. As a country that's over 10 million tonnes of food waste.

My mum calls this our use it up sauce and I thought I would share it with you. It's cheap and you can use things in your fridge that you might be getting ready to throw away. It also can be frozen.

Basic tomato sauce.

In a pan put 2 tins of tomatoes, 1 x 500g carton of passata, 2 tbsp tomato puree, 3 tsp dried oregano, 2 cloves of garlic and some salt and pepper. You can soften some chopped onions before you add all this if you like. Simmer the sauce for at least 15 mins, until it thickens a bit. If it is too sharp you can add a little pinch of sugar.

This makes enough for easily 4 people, but we make a big pan using 3 times the ingredients. We then use our leftovers. We add cooked pasta, left over ham or chicken and then cover it in cheese, (mozzarella and cheddar) and bake to make pizza pasta. You can roast left over vegetables or vegetables that are going soft in the fridge, then add to pasta and sauce for a roast vegetable pasta. You can add beans and spices to make a chilli with rice, or my favourite is just pasta and sauce with lots of cheese. Try it with left over roast chicken, some chopped peppers and some fajita seasoning and then wrap in tortillas, cover with cheese and bake for 15 minutes to make enchiladas. You can also add mince or quorn to make a bolognese, with diced carrot, courgette, mushrooms, any vegetables you have leftover or going to waste in the fridge. You can even have a go at your own pizza, yummy.

The basic sauce costs around 35p per person.

Hope you enjoy.



With rising bills, soaring energy prices and the cost-of-living crisis dominating the national conversations, it's inevitable that many children and young people, just like adults, are worried about money.

Individual family circumstance vary widely, and the cost-of-living crisis will impact our wellbeing and finances differently.

Whatever your situation, we can help! Please contact our school office to arrange an appointment with a member of the senior leadership team if you have any concerns at all. As a school, we can offer advice and direct you with where to seek support for you and your family.

Rosie in year 5 has asked to share her money saving recipe with our school—and promises that it tastes delicious!

**"I hope you enjoy my recipe!" Rosie, year 5.**

## How to talk to your child about money and the cost-of-living crisis

Parents often want to shield children, avoiding conversations about difficult situations. This is understandable, but silence can create space for worries to grow. Young people may be left to imagine worst-case scenarios, while feeling they can't share those concerns with you. Even if you don't feel you have answers, or know the full picture on how this developing situation will affect your family, it's still better to say something than nothing.



Young Minds has excellent tips and advice on how to have conversations with your children about the cost-of-living-crisis. Please visit the website link below for more information.

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/money-and-mental-health/>



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ART JOURNAL YOUR COAT OF ARMS  
AT  
ASHCROFT ARTS CENTRE, FAREHAM  
WEDNESDAY 2 NOVEMBER 5pm – 7pm

CREATE YOUR OWN WIRE WORD ART  
AT  
THE ARC, WINCHESTER  
WEDNESDAY 9 NOVEMBER 5pm – 7pm

PAINT A CERAMIC COAT OF ARMS  
AT  
THE WILLIS MUSEUM, BASINGSTOKE  
WEDNESDAY 16 NOVEMBER 5pm – 7pm



The Mental Health Support Teams (MHST) is a Hampshire CAMHS early help service designed to improve access to psychological therapies for young people, while also assisting schools to develop a whole-school approach to positive mental health and wellbeing.

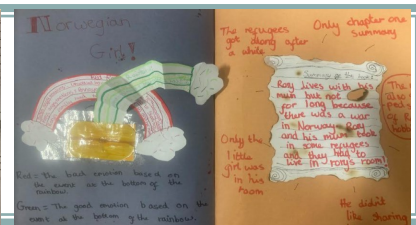
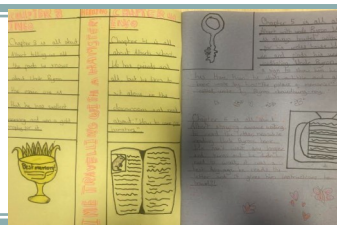
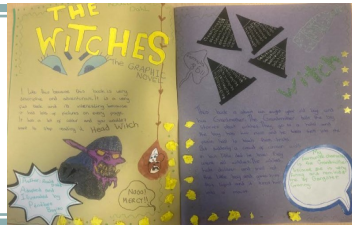
Their practitioners work with young people and parents to manage mild to moderate mental health difficulties using a range of low-intensity and high intensity Cognitive Behavioural Therapies (CBT). These mental health difficulties can include low mood, worry, phobias, PTSD, OCD, sleep difficulties or behavioural difficulties.

MHST are assigned to certain schools across Havant, Gosport, Basingstoke, Aldershot and Rushmoor.

If you would like any more information about the MHST please do not hesitate to contact the school. We can arrange a meeting with a member of the leadership team to discuss the referral process.

## FREE ART WORKSHOPS: COATS OF ARMS PROJECT in partnership with Hampshire CAMHS

Hampshire CAMHS want to encourage young people of all ages to get creative and use their imagination, personality and artistic skills to create their own Coat of Arms. A Coat of Arms is a detailed design that often includes a crest and a motto to identify a family or individual. The most important thing is that it is meaningful to the individual or organisation and includes elements that speak to who they are.



# THANK YOU

Last half term, Talavera Juniors celebrated 'Fijian Day' by coming to school in bright clothes and learning about Fiji's National Independence Day. Our Fijian community, as always, went above and beyond to ensure that every child in Talavera had a brilliant day. They performed traditional Fijian dances, sang the Fijian national anthem and showcased beautiful Fijian artefacts for the children to explore. They also generously prepared and cooked traditional food for every child in the school to taste!

**Thank you to all of our parents, carers and former Talavera pupils who contributed and made the day so memorable!**





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Please take care and **consider** others when parking to drop off and/or collect children, particularly when parking on Middle Hill or the back car park. There have been a few incidents where parents have been blocked in the back car park and unable to move their car. We appreciate the ongoing support in this matter.

## Nativity

Year 3 are very excited to begin their preparations for our Talavera Junior Nativity play. In class, they will be learning the songs for the play. If your child has been given a speaking part in the production, please can they be supported at home to learn their line.

We cannot wait for the performance which will take place in the Royal Garrison Church on Friday 16th December 2022.

### Tug of War House Event

Last half term, we had our first house competition: Tug of War. The children were all fantastic at supporting each other and celebrating with their houses.

#### **Our winners were:**

Year 3: Agincourt  
Year 4: Salamanca  
Year 5: Waterloo  
Year 6: Trafalgar



For any parent or carers who are not aware, please note that Gun Hill has a one way system in place for traffic.

This is to ensure that we have provided a safe drop off and collection point for our children.



This half term, your children will be learning their **times tables** and applying their knowledge of times tables in their maths lessons across a range of concepts. To support them with their learning, please speak to your child's class teacher about different games and activities you can play at home to develop your child's fluency and recall of their times tables. **Watch out for the TT Rockstar battles** coming up in Autumn 2; this is where your child's class will be in competition with another.

### Our November Picture Book Recommended Author:

Our November picture book is a fictional book about the journey of a refugee, 'Wisp: A story of Hope.' The current war in Ukraine has brought the plight of many families seeking refuge and safety to the forefront of our thoughts in recent months, and this has certainly been the case in many of our schools. We want our new pupils to feel safe, happy and welcomed, and in order to do this we need to ensure that other children in the school have an understanding of the challenges they are facing. We need to equip all our children with the tools they need to be empathetic and understanding peers as well as supporting the pupils who have faced these challenges themselves, and we all know the importance of literature in this respect.



For a slightly longer read, why don't you try our **novel** of the month? **'The Little Matchgirl Strikes Back'** by **Emma Carroll** and **Lauren Child** As elegant as it is stark, this is a stunning reimagining of a well-known story steeped in the history around the suffragette movement. she immerses us into another era, captivating the reader with the sheer grit of a fearless protagonist who really doesn't have a very easy life at all.

