

Tuesday 19th October 2021

Dear parents,

As you will be aware, our School Councillors have been elected and have been meeting once a week to discuss feedback they have been gathering from their classes. They have also been considering our wider community and some ways our school can have a positive impact beyond our school walls. The Council have identified homelessness and financial hardship as issues faced by people in our community.

Last week, we also welcomed Dr Natalie into our assembly and she shared the NHS's 5 Steps to Mental Wellbeing with the children. These are the steps:



Following the feedback from our School Council and this assembly, we have been reflecting on the Give step which includes ideas for different acts of kindness. October is harvest time, so we would like to invite you to donate items to our local foodbank in Tottenham. Below is a list of much needed items and items to avoid as they already have a surplus. There will be a collection box in the playground and school office if you would like to donate.

Food items urgently needed	Please DO NOT donate
Tinned meat soup	Pasta
Tinned vegetarian/vegan food	Rice
Halal tinned meat	Tinned vegetables
UHT milk – 1 litre	Vegetable soup
Long life non-dairy, alternative milk – 1litre	Pasta sauce
Instant mash potato	Pet food
Instant coffee – small	Tinned fish
Fruit juice – 1 litre (no mini packs)	Rice
Tinned rice pudding/custard	Hot chocolate
Shaving foam and razors	
Toothpaste	
Shower gel	
Deodorant – female and male	
Shampoo	
Baby wipe	
Laundry washing liquid – small container	
Washing up liquid	

Warmest wishes,
Anna Case