

# St. Helena's Weekly Newsletter

Dear Parents,

What a terrible situation has unfolded in the Ukraine this week and although we have not talked specifically to the children about this, we are hearing them mention it to each other.

If they are raising concerns with you, all the advice states that you must remain honest, keep explanations simple and age appropriate, be led by their questions and assure them of their safety with you and in school.

Between the ages of 3-8 years, children will struggle to understand the concept of war and may blur fantasy with reality. From the age of 8, children will have heard about World War One and Two, historic invasions by the Romans, Vikings and the Ancient Greeks and will also have read about fictional battles and fights. They may ask if there will be another World war and it is important to acknowledge that we are safe, but we don't have all the answers.

We would often encourage the older children to watch the news and start reading children's newspapers, but it might be that at present, you need to control, filter or limit what they are watching so that they do not become over-anxious or worried.

The link below might have some useful tips on how to help your children understand what is going on:

<https://www.savethechildren.org/us/charity-stories/how-to-explain-conflict-ukraine-to-children>

One lovely thing you and the family might want to do is fill a shoebox with toiletries, toys, stationery, feminine hygiene products and first aid products as we have a contact, through Mrs Kirk, who is taking supplies over to the Ukraine next week. (We would need the boxes by Thursday 10th March.)

If, in the meantime, you need my help, please contact me on:

[sue.belton@st-helenascofe.lincs.sch.uk](mailto:sue.belton@st-helenascofe.lincs.sch.uk)

Warmest wishes

Mrs B x



Thank you everyone for your  
amazing costumes for  
World Book Day.



## Diary Dates 2021/2022

### **MARCH**

17th SA Film Night - Peter Rabbit 2  
18th Red Nose Day  
21st Odd Sock Day  
26th SA Breakfast with Bunny.  
31st End of Term 4

### **APRIL**

1st Staff Training Day  
20th School Opens—Term 5

### **MAY**

27th End of Term 5

### **JUNE**

6th School Opens—Term 6

### **JULY**

22nd End of Term 6



## After School Clubs

The following clubs will be running next week :

Monday Fun, Food and Fitness  
NO Choir  
Football with JB Sports

Wednesday SATs club

Thursday Dance  
Girls Football  
Choir

Friday Drama  
All clubs finish at 4:30pm



## Ukraine Shoe Boxes

One lovely thing you and the family might want to do is fill a shoebox as we have a contact, through Mrs Kirk, who is taking supplies over to the Ukraine next week.

Ideas for filling the shoe boxes are:

Toiletries  
Feminine hygiene products  
Gloves  
Hats  
Scarves  
First Aid products  
Pyjamas  
Non perishable snacks  
Torches  
Batteries  
Colouring Books  
Toys  
Pens  
Stationery

Please mark the box - Man,  
Woman, Girl or Boy.

You may wish to enclose a  
letter to the person

Please return to school by  
Thursday 10th March.

# FUN, FOOD & FITNESS

This week in Fun, Food and Fitness we made:

## Lemon & Lime Cheesecakes

Ingredients to make 4 cheesecakes:

- 8 Ginger biscuits
- 40g butter, melted
- 200g tub of cream cheese
- 1 Lemon and 1 Lime
- 4 teaspoons of Icing sugar
- Fruit to decorate



These can be made in any small container, if you don't have ramekin dishes. Try a small tea cup or glass tumbler. Or make one larger one in a small loaf tin or takeaway container.

Method:

1. Crush the biscuits into crumbs.
2. Mix the crushed biscuits into the melted butter.
3. Divide the biscuit mixture into 4 dishes and press it down firmly.
4. Tip the tub of cream cheese into a mixing bowl.
5. Add 4 teaspoons of icing sugar and mix it together.
6. Add a dash of grated zest of lemon and lime.
7. Add a squeeze each of lime and lemon.
8. Taste! And add a dash or a squeeze more if desired.
9. Divide the creamy mixture between the 4 dishes and dollop it on top of the biscuits.
10. Smooth it out using the back of a spoon and decorate with your chosen fruit.
11. If you can't wait, eat them straight away, or chill in the fridge until firm.

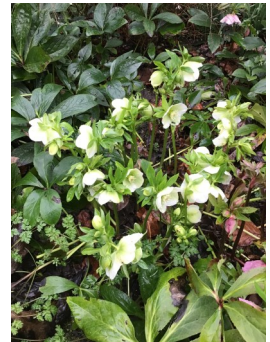
*"Why not have go at making these cheesecakes at home for a simple homemade dessert that all the family can get involved in. They are really easy to make and don't require any oven baking."*

# Sunnyside Garden

Last weekend I sowed the pepper and chilli seeds in small pots of compost. In order to encourage them to germinate I have put the pots in a heated propagator as they will have a nice warm place to start growing. As soon as the little plants appear, I will transfer them to a warm window sill so that they grow steadily and do not get too tall too quickly.

This week has been a busy one in the garden. I have been trimming down some of the shrubs in the front border that have been allowed to grow for the last few years. This needs to be done now before the small birds who sit in these bushes want to start making their new nests. I now have a large pile of trimmings that will be shredded to add extra layers to the paths between the vegetable patches. I try to recycle everything from the garden.

I have one border which just has shrubs and quite a few hellebores. I have cut away all the leaves that had brown markings so that the flowers can be seen easily. These plants will be in flower for ages, so look quite pretty in the border between the shrubs. They have lots of yellow, pink and purple flowers.



**Red Nose Day**

**Friday 18th March**

**Please come to school dressed  
as a Superhero.**

**A suggested donation of £1 for  
Comic Relief would be gratefully  
received.**

