



## Eggstravaganza - Thursday 30<sup>th</sup> March

We are delighted to announce that the Eggstravaganza time has come again! The rules are the same as always. You need to boil one egg (Get a parent to do this for you. You are not allowed to do it yourself). Only use a chicken's egg, as ostrich eggs are very expensive and quail's eggs are too small! Then the fun part starts. You can paint and decorate your egg, or you can put it in a box and create a scene.

There are some of last year's entries on show in the corridor by the main playground.

Bring your entries straight to the Studio on Thursday 30<sup>th</sup> March. Each class will get the opportunity to visit the Studio to see all of the eggs. Adults can see the eggs after school on Thursday or before school on Friday.

The prize winners will be announced at the Eggstravaganza assemblies on Friday 31<sup>st</sup> March and all eggs go home on the last day of term.

Children will take their eggs home on Friday 31<sup>st</sup> March

**Each entry will receive a cadburys cream egg**

## Dates for the Diary

Monday 20<sup>th</sup> – Friday 31<sup>st</sup> March - **Sustrans Big Walk and Wheel**

Tuesday 21<sup>st</sup> March Rec Koala Class Assembly and Open Morning 9:15am – 10:30am

Wednesday 22<sup>nd</sup> March – Hitherfield Choir – Trip to The Southbank Centre for the Lambeth Choir Concert.

Thursday 23<sup>rd</sup> March – Robin and Tadpole Class Assembly 9:45am – In the Main School Hall.

**Thursday 23<sup>rd</sup> March - PTA Quiz Night!**

Thursday 23<sup>rd</sup> March - 6 Wolverine and 6 Puffin – Trip to Junior Citizen Session Lambeth Fire Station – **Children will return to school at 4pm**

Thursday 23<sup>rd</sup> March - 6 Orca – Trip to Junior Citizen Sessions Lambeth Fire Station - **Children will return to school at 4pm**

Friday 24<sup>th</sup> March – PTA Uniform Sale

**Thursday 30<sup>th</sup> March – Eggstravaganza Drop off in the Studio**

**Friday 31<sup>st</sup> March – Last day of Term**

## HITHERFIELD QUIZ NIGHT

**TO SECURE YOUR TICKET(S)  
EMAIL [HITHERFIELDPTA@GMAIL.COM](mailto:HITHERFIELDPTA@GMAIL.COM)**

**THURSDAY 23RD MARCH  
£5 PER TICKET - FORM A TEAM OF 3-6 PEOPLE  
HOT FOOD & BAR AVAILABLE**

**DOORS OPEN 7PM / START 7.30PM  
MAIN SCHOOL HALL (ENTER VIA LEIGHAM VALE GATE)**

**HELP RAISE £5K FOR SCHOOL BOOKS**





## Good News Cards

**Congratulations to these children who have really impressed their Teachers this week.**

<b>1 COBRA</b>	<b>1 DUGONG</b>	<b>1 SUNBIRD</b>
To be annouched next week	To be annouched next week	To be annouched next week
<b>2 MANATEE</b>	<b>2 MONGOOSE</b>	<b>2 HUMMINGBIRD</b>
To be annouched next week	Frankie and Sofia	Lola and Athena
<b>3 JAGUAR</b>	<b>3 MACAW</b>	<b>3 ANACONDA</b>
To be annouched next week	To be annouched next week	Sofia and Idrees
<b>4 HIPPOPOTAMUS</b>	<b>4 FLAMINGO</b>	<b>4 CHEETAH</b>
To be annouched next week	Maceo & Iris	To be annouched next week
<b>5 KINGFISHER</b>	<b>5 HEDGEHOG</b>	<b>5 OTTER</b>
Nourhane and Zya	Husain and Mirabelle	Nelly and Fei
<b>6 ORCA</b>	<b>6 PUFFIN</b>	<b>6 WOLVERINE</b>
To be annouched next week	Diego and Lara	Tianna and Diego

**All-Age Autism Strategy Consultation event at Pop Brixton and future online consultation events scheduled over the next two weeks.**

Date of event	Time of event	Link to register
Tuesday 21 <sup>st</sup> March 2023	12 pm – 1 pm	<a href="#">Click Here to Register</a>
Thursday, 23 <sup>rd</sup> March 2023	12 pm – 1 pm	<a href="#">Click Here to Register</a>
Monday 27 <sup>th</sup> March 2023	7 pm – 8 pm	<a href="#">Click Here to Register</a>
Wednesday, 29 <sup>th</sup> March 2023	7 pm – 8 pm	<a href="#">Click Here to Register</a>

The All-Age Autism Strategy Consultation Event is an opportunity for various stakeholders, including autistic people, their families, and experts in the field, to come together and provide their feedback on the ongoing All-Age Autism Strategy consultation.

During the event, there will be presentations on the latest developments in autism research, information on the National All-Age Autism Strategy and its key themes, and opportunities to engage in group discussions and activities. The event aims to gather valuable insights and suggestions to shape the future of autism services in Lambeth.

In addition to the event, an online survey has been created for those who are unable to attend the consultation. The survey can be accessed at <https://www.lambeth.gov.uk/consultations/have-your-say-all-age-autism-strategy>



Hitherfield Primary  
School Presents:



# EID FAIR

**Chapati's, Hot Dogs, International  
Halal Food, Teas, Coffee, Cakes and  
so much more fun and games!**



**Friday 28th April 2023  
3.15pm - 5.00pm**

**Get involved & let us know how you can help with  
volunteering & cake/food donations. Please email:  
[hitherfieldpta@gmail.com](mailto:hitherfieldpta@gmail.com)**



**EARLY BIRD OFFER  
"EARLY10"  
UNTIL  
MARCH 19TH**

**08:30 - 15:30  
(EXTENDED DAY UNTIL 5PM)**

*OVER 20 INDOOR AND OUTDOOR SPORTS TO TAKE PART IN,  
WITH ARTS & CRAFTS TO BE CREATIVE EVERY DAY*



**MINI MOVERS**



**PLAY CREATE MOVE**



**SOCCER CAMP**

**[WWW.BOOKINGS.MOVING-MATTERS.ORG/LIST](http://WWW.BOOKINGS.MOVING-MATTERS.ORG/LIST)**

**020 8325 4544**  
@ Elmgreen School, West Norwood  
SE27 9BZ



# Ready Steady Go!

Free Healthy Lifestyle Programme

## Taster Session

Hitherfield Primary School

Monday 27th March from 3.00 pm

Please come and meet some of our team, we will be offering:

- *Height and weight measurements for children*
  - *Healthy eating advice*
- *Join us for some fun exercises and games*





parentgym

## Six-week parenting programme



Dear parents,

### Parent Gym is coming to Hitherfield CC

We know from talking with parents that many of you wonder what you can do to give your children the best start in life (and make your life as a parent a bit easier too).

This is why we're delighted to offer Parent Gym, a well-established, six-week programme that shares and explores practical tips and strategies to make family life easier and help your children thrive. Come along to meet other parents, hear their stories and pick up new ideas. Everyone is welcome!

Through our relationship with Parent Gym the programme, normally worth £1000 per parent, is free of charge. All parents are welcome to apply but places are limited so sign up now to secure your place.

Each weekly session lasts two hours. See below for details on how to find out more info.

18 April

Chat (2 hours)

Help your family talk and listen to each other.

25 April

Love (2 hours)

Build self-esteem and independence through secure attachments.

2 May

Behave (2 hours)

Bring calm and order to your home.

9 May

Care (2 hours)

Looking after ourselves and our families.

16 May

Discover (2 hours)

Support your children to learn and explore.

23 May

Together (2 hours)

Look to the future and recapping key techniques.

To find out when and where the sessions are happening and confirm your place, please email [ccadmin@hitherfield.co.uk](mailto:ccadmin@hitherfield.co.uk)

We look forward to hearing from you.

Yours sincerely, [Phyllis Hayden](#), Children's Centre Manager



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parentgym

## Sign up

### for six weeks of free parenting workshops

Have happier  
and more  
confident child

Get your  
children to open  
up and talk  
more

Feel calmer  
and have more  
fun time with  
your family

92%

of parents said the sessions were  
overall very good or excellent

**"It is very interesting and  
helpful in many ways!  
Everyone should try!"**

To sign up speak to:

Jessie - [ccadmin@hitherfield.co.uk](mailto:ccadmin@hitherfield.co.uk)





parentgym

Available here

**Six weeks of free  
parenting workshops**



Have happier  
and more  
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up and talk  
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your family

**"It's always nice to realise  
you're not the only one(s)  
trying to overcome issues.  
It has felt like a lovely way  
to share/receive ideas,  
connect with people, and  
help our family life."**

To sign up speak to:

Jessie - [ccadmin@hitherfield.co.uk](mailto:ccadmin@hitherfield.co.uk)

**to secure your place free of  
charge, worth £1000 per parent.**



# CARIBBEAN CHALLENGE



## FEATURING

## EAT THEM TO DEFEAT THEM



Peas



Peppers



Carrots



Tomatoes

Those crafty vegetables have set up their base in **the Caribbean**.

While the sun beats down on the beautiful beaches they're hiding in the rice and it's time they felt the heat.

Your mission is to help the kids find them, eat them to defeat them and then let out our victory cheer...



# FEEL THE HEAT VEGGIES!



This is the simple Caribbean dish of chicken, or plant-alternative protein such as Quorn Pieces, comprising of Tilda Brown & White Rice and peas, with an option to add red kidney beans and other vegetables. It can be served with a mild jerk chicken in a traditional Jamaican style but any chicken or alternative protein dish will work.

## Method

Yield **12**

Here's our recommended recipe, or you can simply adapt your own recipe – just keep the veg chunky and serve with a reminder to the children to **Eat Them to Defeat Them** and say **"Feel the heat veggies!"**

- 1** Place a suitable pan on the stove to heat and add the oil, diced chicken and onion, continue to cook until the chicken begins to colour. **If using Quorn Pieces add into the pan at point 3.**
- 2** Add the garlic, sweet potato, carrot, and water to the pan and continue to cook until the sweet potato begins to soften.
- 3** Add the vinegar, jerk seasoning, brown sugar, red pepper, tomatoes **(and Quorn Pieces if using)** to the pan, reduce the heat and allow to cook slowly until the sauce begins to thicken.
- 4** Add the vegetable bouillon, tomato puree, lemon juice and black pepper to the pan and continue to cook for 2-3 minutes before adding the sliced spring onion and thoroughly stirring in the thickening granules.
- 5** **Probe and record temperature - must be above 75 °C.**
- 6** For the rice and peas, place a suitable pan on the stove to heat and add the Tilda Brown & White Rice and water to the pan and bring to the boil, continue to cook stirring regularly until the rice is soft and tender and the water is nearly absorbed. At this point add the kidney beans with the juice, coconut milk, peas and vegetable bouillon and continue to cook until core temperature is reached, and the rice is tender, light and fluffy.
- 7** Remove from the heat and serve with the Caribbean Jerk Chicken or Quorn Pieces.

## Ingredients

### Jerk Chicken or Quorn Pieces

- 30ml oil
- 1 onion, diced
- 700g chicken or Quorn Pieces, diced
- 1 tbsp garlic puree
- 400g sweet potato, peeled, diced
- 1 carrot, diced
- 400ml water
- 1 tbsp vinegar
- 3 tbsp jerk seasoning
- 85g brown sugar
- 1 red pepper, diced
- 800g tomatoes, chopped
- 40g vegetable bouillon
- 35g tomato puree
- 2 tbsp lemon juice
- ½ tsp black pepper
- 4 spring onions, sliced
- 15g thickening granules

### Rice and Peas

- 350g Tilda Brown & White Rice
- 900ml water
- 200g kidney beans with juice
- 150ml coconut milk
- 100g peas
- 30g vegetable bouillon

## Serving suggestions

The jerk chicken is optional here, any chicken or alternative protein dish will work. The key is the veg packed rice the children can use to hunt down the veggies.

