Frith Manor School

Nurture - Inspire - Challenge

NEWSLETTER

Issue 10 January 30th 2026

School Lunches

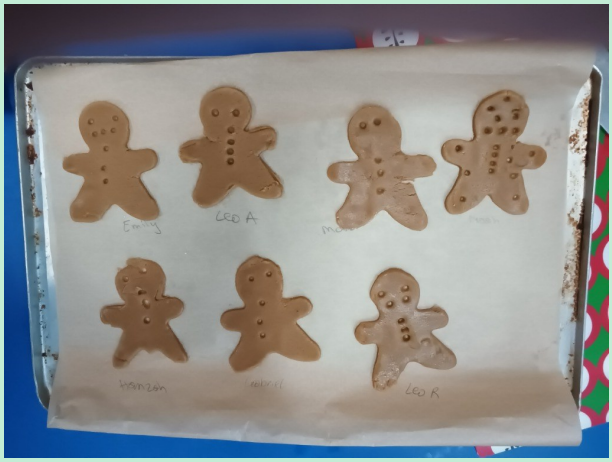
The children have given positive feedback about the food on offer at lunchtimes. Lots of children enjoy a helping of salad vegetables with their meal and the snack station is very popular. Even our youngest children enjoy selecting items from the weekly menu, either from home via the app or in class before lessons start. When we introduced the new system, on some days it took a while to get all the junior children through the dining hall but now the system is much more speedy.

Baking in Little Oaks

We have been reading the story of The Gingerbread Man in Little Oaks. Linked to this story, the children took part in making their own gingerbread men. They used a spatula to mix the ingredients to make the dough, then rolled it out and used a cookie cutter to create the shape.

The children couldn't wait to eat their gingerbread man! We hope everyone managed to catch their gingerbread man before he ran away!

The Little Oaks Team



Music at Frith Manor

Lunchtime violin club. If your child would like to join, please let Ms Wayland know.

Lunchtime cello club with Janet. We want to encourage more children to take up the cello. Email us if you would like your child to have lessons.

Miss Dimond teaching music in Little Oaks. Reception also have their lesson with Miss Dimond every Wednesday morning. Reception also have singing assembly every Thursday.

As well as teaching violin to year 4 classes, Miss Dimond leads the school orchestra. Orchestra practice is every Wednesday morning, before school.

We've had lots of interest in piano lessons. We have another piano teacher joining us soon (along with Naama and Ben) and we will be able to accept more pupils.

If you're interested in music lessons for your child, contact

music@frithmanor.barnet.sch.uk.

- violin and viola
- cello
- guitar
- woodwind
- piano
- 1-1 singing lessons
- choir
- orchestra
- Brass
- Drums—group and individual

Frith Manor School

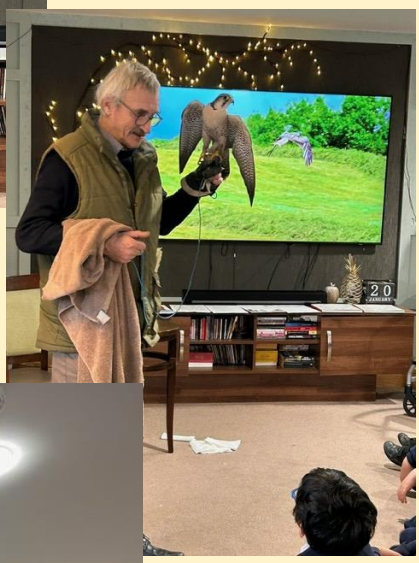
Nurture - Inspire - Challenge

Pupil Leadership Team at Aarandale Care Home

This week, some members of the Pupil Leadership Team visited Aarandale Care Home for an exciting Birds of Prey experience. The show was led by Colin Sutherland from Wings of Freedom, who introduced us to three of his magnificent birds: Larry the Kestrel, Doris the Lanner Falcon and Rocky the Barn Owl.

We learned many fascinating facts, including that barn owls don't actually sleep during the day. They are simply resting, while staying alert for predators. Some of the children even had the amazing opportunity to hold these beautiful birds. It was a wonderful session that the children thoroughly enjoyed.

Miss Pareathamby



Nurtured Horizons

BABY MASSAGE & BABY YOGA

February **Classes**

FRI 6-27

Baby Massage
1pm-2pm
Frith Manor Primary, N12

Benefits Include

Promoting physical & emotional development
Encouraging coordination & movement
Relief from colic & teething
Aiding digestion & sleep
Enhancing bonding & attachment

Contact Kristina to sign up: 07507624177
@nurtured_horizons www.nurturedhorizons.co,uk

Frith Manor School

Nurture - Inspire - Challenge

Pupil Leadership Team

The Pupil Leadership team had a very exciting trip to the Houses of Parliament. As part of their learning for UK Parliament Week, they had a guided tour around the Houses of Parliament and even got to stand in the House of Commons and the House of Lords. The children all asked fantastic questions and showed how much knowledge they had of the UK Parliament. After, the children had a well deserved hot chocolate at the Southbank Christmas Markets. The team behaved impeccably and were real role models for our school!

Miss Pareathamby

Nursery Places Available

A reminder that we have a limited number of spaces in Little Acorns and Acorn Babies. Priority is given to children who already have a place and wish to increase the number of sessions. Please contact Mrs Boussadi if you are interested, before we offer these spaces externally.

We also have nursery wraparound for children aged 2 plus—before and after school. Contact Mrs Boussadi if you wish to book a space for your child.

History in Year 4

Year 4 have been learning about the Anglo-Saxons. We discovered why the Anglo-Saxons invaded Britain and explored the different reasons they chose to settle here. We also compared Anglo-Saxon settlements and homes with our modern-day houses. The children were fascinated to learn that Anglo-Saxon houses were made from wattle (thin sticks) and daub (a mixture of clay and straw). We then had great fun creating our own Anglo-Saxon-style walls using our own version of wattle and daub!

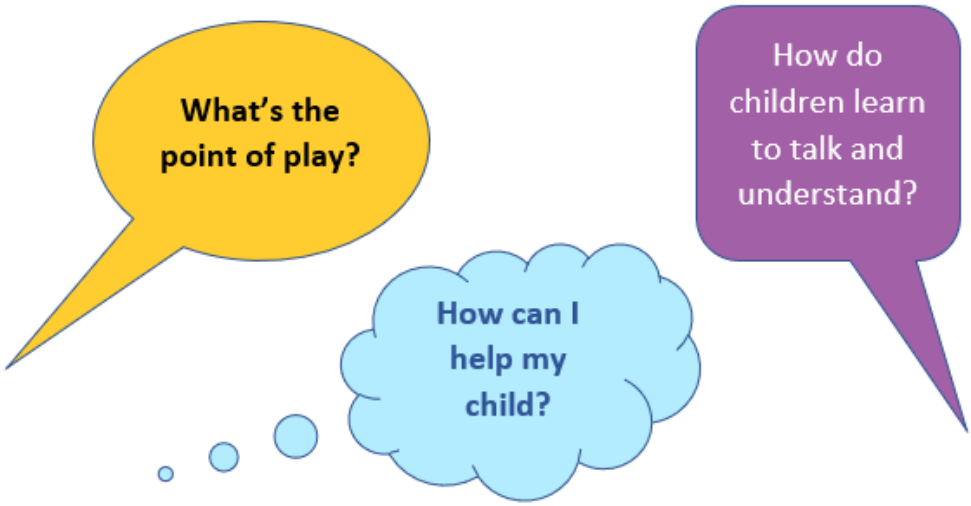
It was a very messy afternoon but full of excitement and learning. Amazingly, the walls are still standing outside the Year 4 classrooms, even after all the heavy rain we have had recently! *Mrs Shaw and Mrs Munnukka*

Speech and Language Therapy Workshop for Parents

A free one-hour Workshop for parents, delivered by Barnet Speech and Language Therapy Team

Support parents to –

- **Understand more about early speech, language and communication skills**
- **Learn how they can help their child**
- **Ask questions and get advice**



DATE: Wednesday 11th February 2026

TIME: 9am

For Early Years and Nursery aged children

PLEASE BOOK YOUR PLACE AS SOON AS POSSIBLE!

BELS
Barnet Education
& Learning Service

BELS Advisory Team
for Autistic Children and Young People

Autistic Speaker Dean Beadle:
Q&A Sessions for Parents/Carers & Professionals

We are delighted to welcome Dean Beadle.

A choice of online talks for **parents/carers & professionals**.

When: Monday 2nd February 2026 at either

10-11am Or **6-7pm**

Wednesday 25th March 2026 at either

10-11am Or **6-7pm**

Online via Zoom

In these sessions Dean will answer pre-submitted questions and will look at practical ways to meet the needs of Autistic children & young people.

Dean Beadle is an Autistic speaker who has spent 20 years delivering talks across the UK and abroad. He is known for his humorous and thought-provoking sessions. He is patron of three autism related charities.

The online sessions are free, but it is essential parents/carers register using the link/s below.

Monday 2nd February **10-11am** session: Dean B Q&A 2nd Feb. 10am.

Monday 2nd February **6-7pm** session: Dean B Q&A 2nd Feb. 6pm.

Wednesday 25th March **10-11am** session: Dean B Q&A 25th March 10am.

Wednesday 25th March **6-7pm** session: Dean B Q&A 25th March 6pm.

Please add any questions you'd like Dean to discuss on the registration form. Due to time constraints, we are unable to take questions during the session.

Any questions please email Autism.Team@Barnet.gov.uk with

'Dean Beadle Feb/March 26 Q&A session' in the header.

BELS
Barnet Education
& Learning Service

NHS
Whittington Health
NHS Trust

Barnet Children's Integrated Therapies

Would you like to increase your child's independence with everyday tasks like dressing, feeding, or playing?

Occupational Therapy helps children develop essential skills for daily life, including self-care, education-based tasks, and play skills.

If you would like to learn more, please join a drop-in session

Occupational Therapy Drop In

No appointment required

Tuesday 20th January 2026 – Saracens Bell Lane
10-11:30am
(Saracens Bell Lane School, Bell Lane, Hendon, NW4 2AS)

Wednesday 21st January 2026 – Coppetts Wood Children's Centre
9:15-10:30am
(Coppetts Wood School, Coppetts Road, Friern Barnet, N10 1JS)

Monday 2nd February 2026 - Fairway Children's Centre
9:30-11am
(Fairway School, The Fairway, Mill Hill, NW7 3HS)

Wednesday 4th March 2026 – Silkstream Children's Centre
1-2:30pm
(Silkstream Road, Edgware, HA8 0DA

Please check with your local children's centre on the morning of these sessions in case of any changes/cancellations.

Please note – sessions are facilitated by Barnet Children's Centres. Once stay and play sessions have reached capacity you will not be able to enter the group. Please aim to arrive 5 minutes prior to the start of the session to avoid disappointment.

For advice and more information about our service:

Dates for the Diary

February

w/b 9th Resilience Week

10th and 12th Parent consultation evenings years 1-6

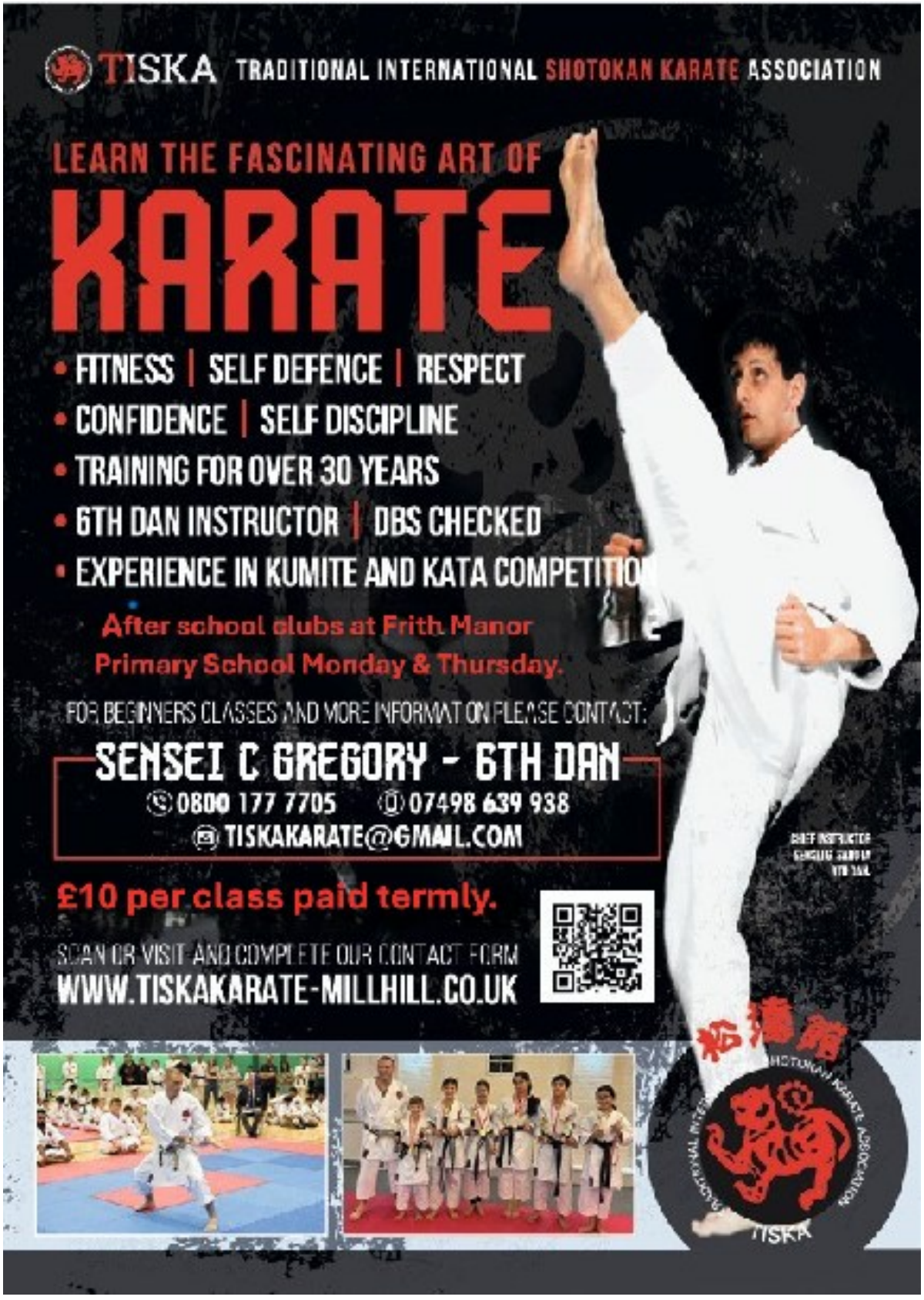
Half Term 16th—20th February

Headteacher Coffee Mornings - All Welcome

9.00-10.00am

February: Monday 2nd, Friday 13th

FREE TRIALS NEXT HALF TERM for Summer term enrolment



APPLICATIONS ARE NOW OPEN FOR

JUNIOR BAKE OFF

Aged between 9-15 and love to bake?
We'd love to hear from you!

WWW.APPLYFORJUNIORBAKEOFF.CO.UK

APPLICATIONS CLOSE 15TH MARCH 2026