

Forest Approach **News**

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Message from the Head teacher:

Hello everyone,

This week we have had Parents Evening and it has been lovely to hear from you all.

Our Teachers and Specialists have been working hard to fit in all of the appointments requested, and the positive feedback has been greatly appreciated.

Just a gentle reminder to Parents/Carers – please remember to keep a 2 meter distance from each other when picking up students.

Stay Safe

Mary Bickmore



Message from the Deputy Head:

Dear All,

What an amazing week we've had!

I have missed being able to see you all at parent's evening this term and look forward to the future when we are able to meet in person once again.

Thank you everyone for joining your class teams virtually. I am very proud of all of our learner's achievements – well done everyone!

Hope that you all have a wonderful weekend.



Willow Class - Remembrance Day

Willow class have been very busy, here are a few pictures of what they were up to on Remembrance Day...



TfL Cycle Skills Course

TfL's **free** online Cycle Skills course will help you and your family to cycle safely and confidently.

So whether your family is new to cycling or you just want to brush up on your skills, it can help you take to the road.

There are four short modules to try. And if you complete all four modules, you'll receive a unique **15% discount code** so you can save on Halfords own-brand cycle lights, locks and helmets.

What you'll learn:

There are four modules to complete and each one takes less than five minutes:

1. *Get ready to ride - gives you tips on getting you and your cycle ready for the road including basic maintenance and road handling skills*
2. *First time on the road - shows you how to cycle safely and responsibly and includes tips on setting off, road positioning and stopping safely*
3. *On the road again - helps to get you cycling again with advice on traffic lights, roundabouts and junctions, and how to share the road safely*
4. *Cycling with children or groups - gives you advice on cycling in a group*

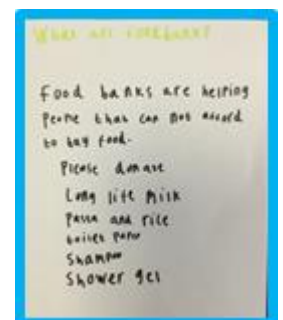
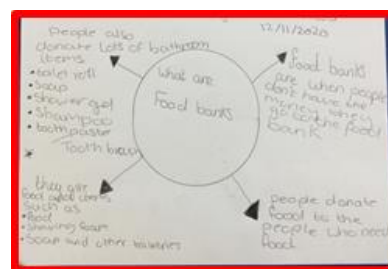
What are you waiting for? [Register now.](https://cycle-skillsonline.tfl.gov.uk/)
<https://cycle-skillsonline.tfl.gov.uk/>

Once you've completed the course, Sustrans' free family guide to cycling, walking and scooting to school is packed with top tips, brilliant ideas and fun activities. [Download it today to plan your first hassle-free, active school run.](#)

For a fun family day out, why not take a ride along the off-road [Ingrebourne Valley cycle route](#), which runs between Upminster and Rainham. There are also lots of play areas along the route - perfect for a fun day out with the whole family.

Harvest – Food Bank

Maple Class produced a fantastic presentation regarding Food Banks and our donations. Please see below some of the slides...



TRANSPORT FOR LONDON

Welcome to TfL's online Cycle Skills course

Whether you're new to cycling or just want to brush up on your skills, this course provides easy to follow tips and advice to get you going.

Get ready to ride
First time on the road
On the road again
Cycling with children

MAJORITY OF LONDON



Odd Sock Day

Thank you for sending your children in with Odd Socks to raise awareness for Anti-Bullying Week.

They look amazing!



Staff Appreciation Day

A big Thank You from Mary & Laura to all our staff at Forest Approach, you are truly appreciated.



Dinner menu w/c 23rd November

	Week 1
Mon	Beef Burger Cheese Onion Puff Potato Dippers, Pasta, Sweet Corn/Carrots, Salad Iced Smoothie
Tues	Pork Sausage Jacket Potato Tuna or cheese V (doesn't come with another carb) Wedges, Pasta Mixed Vegetables, Salad Jam Doughnut
Wed	Salmon Fillet Homemade Cheese Pizza V Oven Chips, Pasta Broccoli/Sweet Corn, Salad Victoria Sponge
Thurs	BBQ Chicken Vegetarian Sausage Roll Herb Diced Potatoes, Rice Peas Green Beans/ Salad Artic Roll
Fri	Battered Fish Fillet Quorn Bolognaise V Oven Chips, Rice Peas/Cauliflower, Salad Ice Cream