



# Dippy the Dino-Star

Last week, as part of their Science topic, Y1 travelled to the Herbert Gallery and Museum to visit Dippy the Dinosaur. Dippy is a life-size replica of a Diplodocus carnegii skeleton – a 26 metre-long dinosaur that lived 155-145 million years ago.



Convention on the Rights of the Child  
Article 29: Goals of Education





Dippy is on loan to the Herbert from the Natural History Museum in London. Diplodocus carnegii were huge, plant-eating dinosaurs, with long whip-like tails that lived in North America.

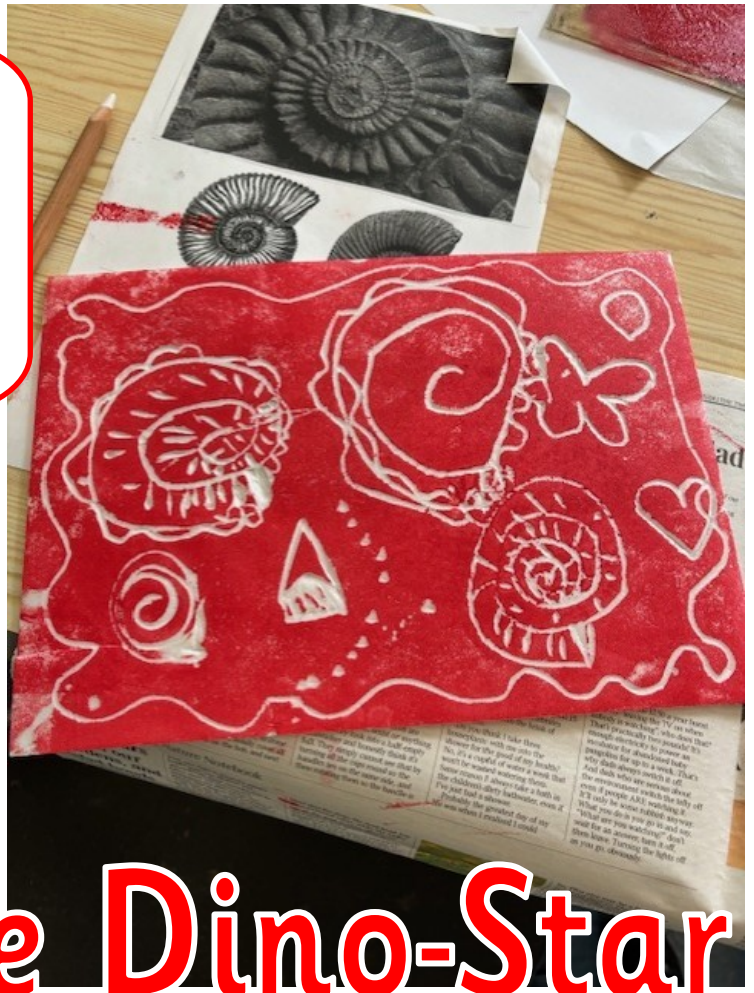


Dippy probably weighed up to around 15 tonnes. For comparison, a London double-decker bus is around 14 metres long and weighs 12 tonnes!



# Dippy the Dino-Star

At the museum, pupils learnt all about different dinosaurs that once roamed the planet. They also had the chance to study a range of fossils and made polystyrene prints of them.



# Dippy the Dino-Star





# Food, Glorious Food

On Tuesday, Reception visited different shops in town to learn about food and where in the world it comes from. Pupils visited Cenu Cacao, a shop full of delicious chocolates, handmade by Rosemary and her team. Rosemary grew up on a cocoa farm and is a chocolate expert!






The children also visited Claire in Rustic Food, Marek in the Regent Street pizza shop and Sam in Core, which is a plastic-free supermarket.



Afterwards, the children visited the glasshouse in Jephson Gardens to track down banana, olive and mango trees.




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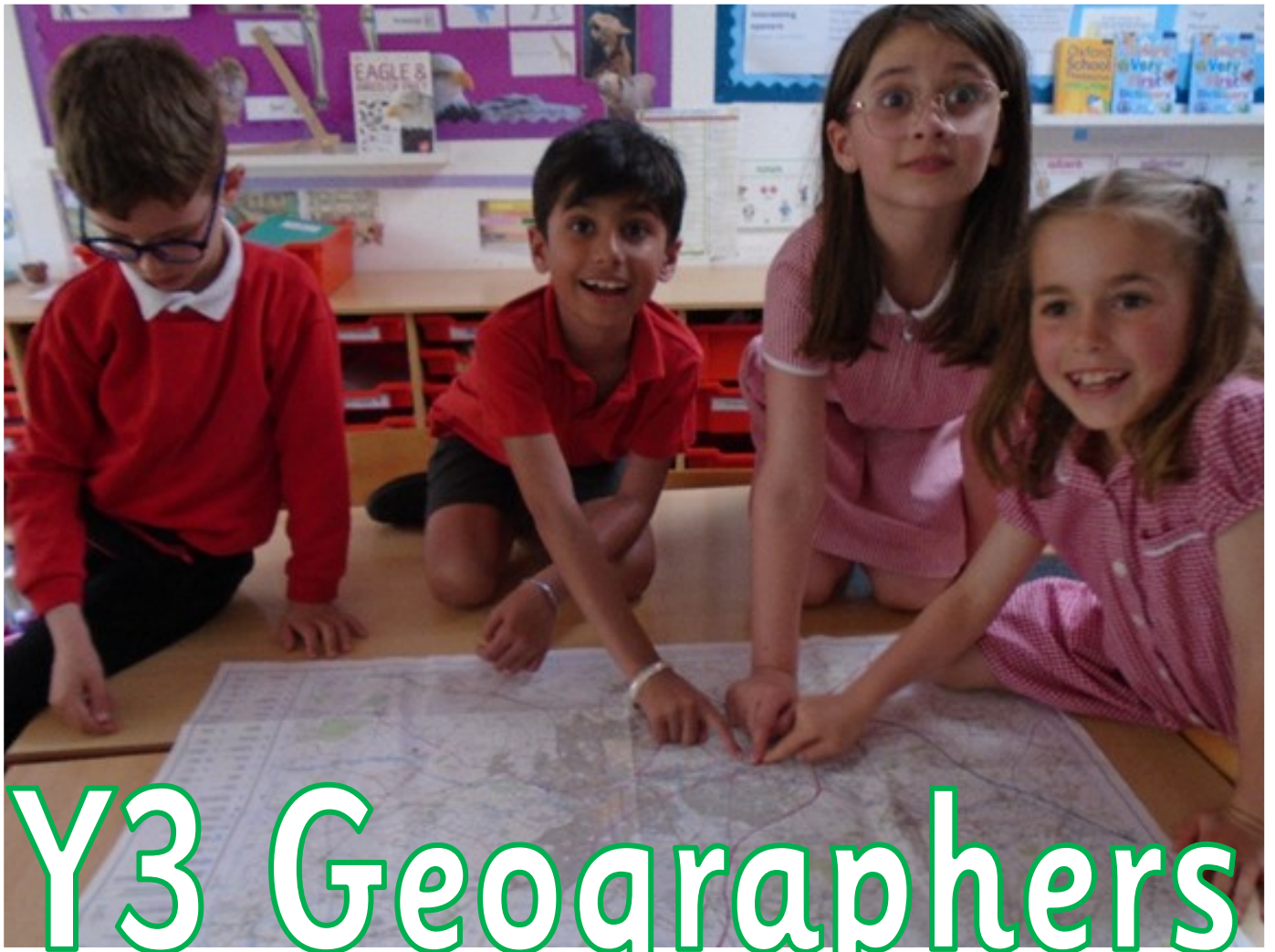


On Tuesday, Jo Harper from “Bee Friendly Schools” worked with Y2 to help them understand the role that bees play in our ecosystem.

# Busy Bees



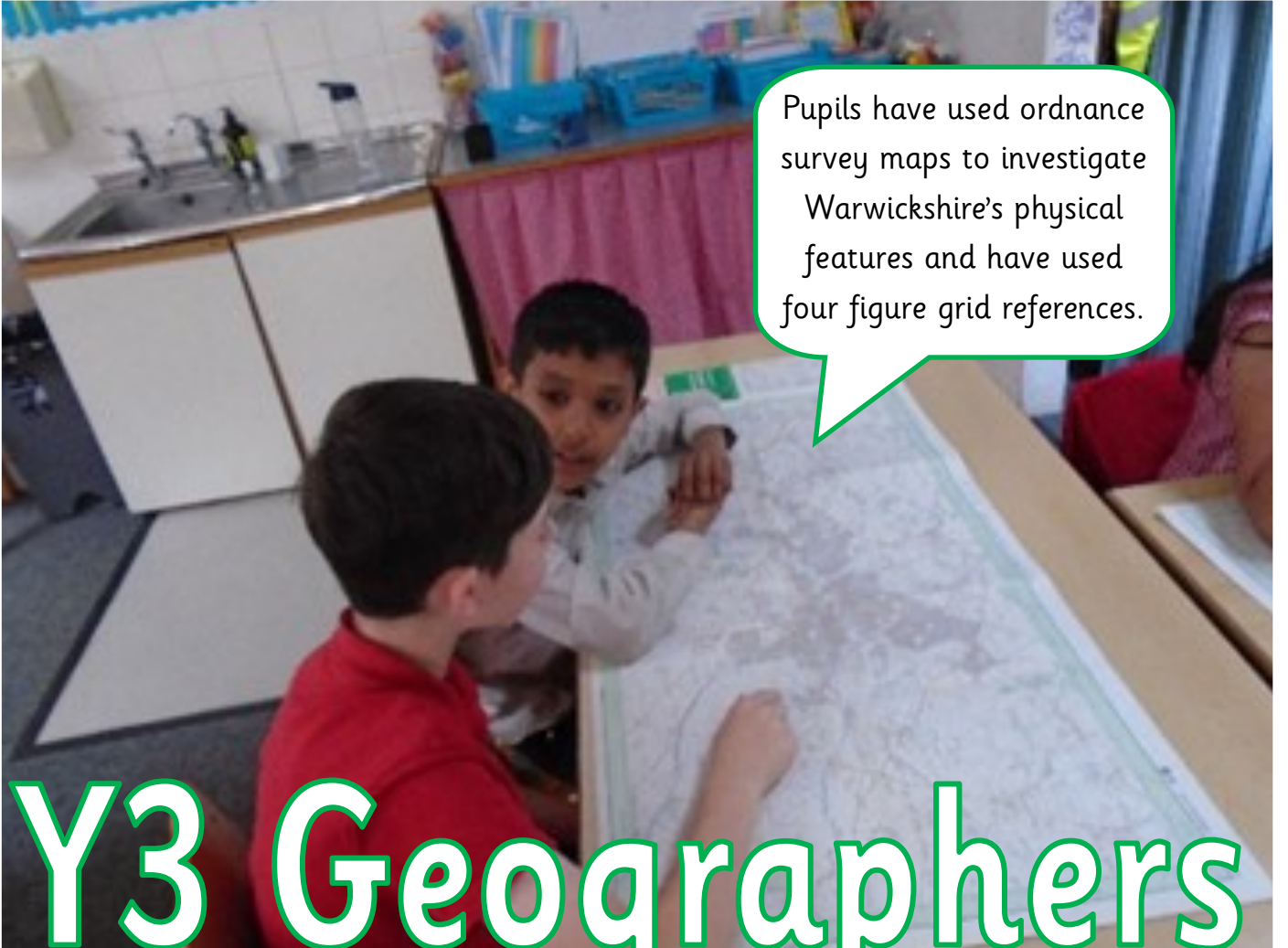
Pupils played a special game to learn about pollination and also participated in an assembly all about the lifecycle of the bee.



# Y3 Geographers




Y3 have been learning about the county of Warwickshire in Geography lessons.



Pupils have used ordnance survey maps to investigate Warwickshire's physical features and have used four figure grid references.

# Y3 Geographers



The children LOVED finding Sydenham Primary School on the map!





Thank you to Tayyaba who has written another of her lovely poems for our newsletter.

# Dreamland

All I needed to do was close my eyes enough for me to drift of into my dreamland,

When I got there, someone opened up my joy of imagination and it bloomed out into chaotic calm,

My feet levitated off the ground and my wings shot out as I flew up and waved a hand in the cotton-candy clouds,

Something I can't do when my feet are on the ground, away from my dreamland in my nightmares,

I was able to take the path of joy, hope and excitement instead of fear, anxiety and melancholy,

Knowing I wasn't going to wake up in a cold sweat but was tucked in my soft, cosy bed, awoken by the gentle chirping of birds, sheltered by the everlasting rainbow.

And when I have to say goodbye to my dreamland I remember that all I had to do was close my eyes,

Enough for me to drift off back to my happy place, Dreamland.

**By Tayyaba (Y6)**

# Wear Blue

and be kind  
for

 mind Coventry and Warwickshire



**Mental Health Awareness Week takes place from 13—19th May and we are fundraising for Coventry and Warwickshire Mind.**

**On Friday 17th May, wear something blue to school in support of Coventry and Warwickshire Mind.**

**If you would like to make a donation, please visit ParentPay to make a contribution of £1.00. The payment item will be live on Monday 13th May 2024.**

## Why **Wear Blue and Be Kind**?

Did you know that 1 in 4 people will experience a mental health problem of some kind each year in England.

The pandemic has spotlighted mental health needs. The tough times we've been through during the pandemic have really hit people hard emotionally, leaving many feeling stressed, anxious, and isolated. But by showing support and being there for each other, we can make a big difference. So, let's keep checking in on each other, offering a listening ear, and spreading some kindness.

**Wear blue** to show you're there for anyone facing mental health challenges and to crush that stigma!

Blue vibes = calm and stability — perfect for mental wellbeing.

**Wear Blue**

**and be kind**

**for**

 **mind** Coventry and Warwickshire



## Mental Health in Schools Team Tips For Wellness



Mental Health Awareness  
Week:  
13<sup>th</sup>-19<sup>th</sup> May

### Positivity

Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any given situation. It can have a big impact on your physical and mental health. That doesn't mean you ignore reality or make light of problems. It simply means you approach the good and the bad in life with the expectation that things will go well.

When we are having a difficult time with our mental health and wellbeing, it can seem quite tricky to keep positive, so we've got some helpful tips and tricks to help you practise positivity...

#### Our Tips for Positivity:

1. **Focus on your strengths.** Each day for a week, think about one of your personal strengths, like kindness, organisation, patience, or creativity. Write down how you plan to use that strength in new ways that day. Then, act on it!
2. **Take time to look for the positives in your life.** Try writing, or drawing, 1 or 2 things that have been good experiences. These may be things you are thankful for, or things that make you feel happy. They could be things that give you positive thoughts, make you feel good in your body, or something you love about the world around you.
3. **Keep a gratitude journal.** Regularly write down the things you're thankful for in your life, you could do this once a day or at the end of the week. Consider completing this with a family member or friend, to help you to share positivity with others, and take inspiration from them.
4. **Share positives with your friends and family.** Talk to people and share things you enjoy, things that make you feel good, and get them to share with you. Encouraging others to think and act positively can help our own mindset too!
5. **Challenge unhelpful thinking.** When we're struggling to be positive, it is helpful to challenge our unhelpful thinking styles to enable us to work through them and develop a positive mindset.

In order to develop a positive mindset, it is also important to look after our physical health, so try to make sure that you're exercising, eating healthily and in a good bedtime routine, as healthy bodies can help lead to healthy minds!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! [thankskids@covwarkpt.nhs.uk](mailto:thankskids@covwarkpt.nhs.uk).

MHST are available to support you and your school throughout the school year including term time and school holidays.

# Diary Dates

Monday 13th May	Y6 SAT's tests all week.
Wednesday 15th May	Y4 Mood Boosting workshop.
Friday 17th May	Litter picking, 2.00pm.
Friday 17th May 2024	Wear Something Blue in support of Coventry and Warwickshire Mind—donate via ParentPay.
Monday 20th May	School photographer visiting—class portraits.
Monday 20th May	Zoolab workshop for Y2.
Monday 20th May	Area athletics at Campion, 3.20pm.
Tuesday 21st May	Y6 workshop on managing the transition to secondary school.
Tuesday 21st May	Reception Goldfinches visit to town.
Tuesday 21st May	Y1 & 2 Sport's Day, 10.00—11.30am.
Wednesday 22nd May	Y3 & 4 Sport's Day, 10.00—11.30am
Thursday 23rd May	Artist, Emma O'Brien, meeting Arts' Ambassadors.
Thursday 23rd May	Y4 Engagement session with Warwickshire Police.
Friday 24th May	Reception Sport's Day, 10.00—11.00am.
Friday 24th May	Y5 & Y6 Sport's Day, 1.30—3.00pm.
Friday 24th May	MUFTI (non-uniform) Day—please bring pay 50p if your child wears their own choice of clothes to school.

**Monday 27th May—Friday 31st May, school closed for  
Whitsun half-term holiday**

**Monday 3rd June, school closed for INSET (report writing.)**

# Diary Dates

Tuesday 4th June	Children return to school.
Tuesday 4th June	Artist, Emma O'Brien, in to work with pupils on our Art in the Park pop-up gallery.
Wednesday 5th June	YR visit Birmingham Botanical Gardens
Thursday 6th June	Y2 trip to Cotswold Country Park beach.
Monday 17th June	Refugee Week.
Wednesday 19th June	Y6 residential (returning 20.06.24.)
Monday 24th June	Y3 trip to Cotswold Wildlife Park.
Wednesday 26th June	Y4 workshop—Creating Calm.
Friday 28th June	MUFTI (non-uniform) Day—please bring pay 50p if your child wears their own choice of clothes to school
Monday 1st July	National Gallery, Take One Picture week.
Thursday 4th July	Y5 Kip in a Ship residential (returning on Friday 5th July.
Monday 8th July	End of year reports sent to parents this week.
Monday 8th July	End of year reports sent out to parents/carers this week.
Tuesday 9th July	Stay and Play sessions for Reception pupils 2024/25
Wednesday 10th July	Changeover Day for Year Six.
Monday 15th July	Y6 silent disco.
Tuesday 16th July	Y6 visit to Leicester Outdoor Pursuits Centre.
Wednesday 17th—Thursday 18th July	Y5 Kip in a Ship residential visit.

**Break up on Friday 19th July for the Summer holiday.**



# Sydenham Superstars



## YR and Key Stage One

See you all on Monday.  
Best wishes from Miss  
Glenny



## Key Stage Two