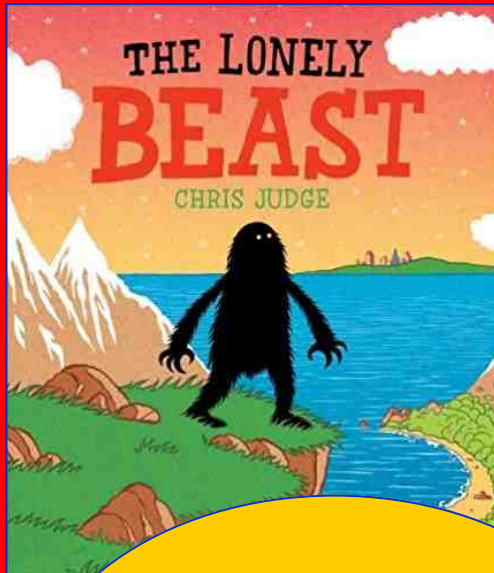


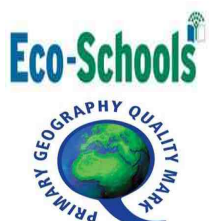
Y1 JL Class Assembly



On Tuesday, Y1 JL shared their learning based on the picture book, "The Lonely Beast." The children acted out the story of Beast's quest, travelling over mountains and across the oceans, to find a friend.



The assembly featured some wonderful acting and fabulous dancing as well as a super interview with The Beast. Well done, children!



FREE COOKERY LESSONS

On Wednesday, Charlotte from The Bayleaf Cookery School visited us to give a free cookery lesson during assembly. With the help of Alf, she created Pain Perdu—a delicious pudding made from bread, vanilla custard, butter and icing sugar.



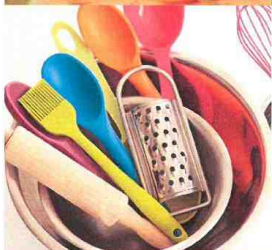
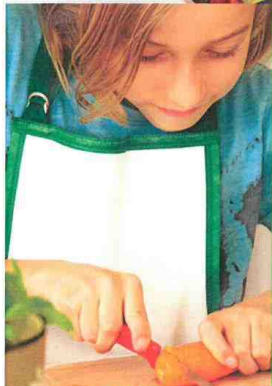
Charlotte will be running FREE, family cookery classes after the Easter holiday. These are being funded by a successful lottery bid. **If you would like to be considered for a place, please complete the slip at the bottom of the flyer which your child brought home on Wednesday.** (You can also find a copy on the next page.)

IN SCHOOL NEXT TERM

FREE COOKERY LESSONS

the  bayleaf
cookery effect cookery school

FREE Family Cookery Course



this summer term at Sydenham Primary

- Parents and children cooking proper, delicious meals together
- *Make it, take it, eat it!*
- Free bundle of cookery equipment for every family taking part!*
- From 3.30 to 5pm every Tuesday for 11 weeks starting on 25th April

* Every family completing the course gets to choose a range of cookery equipment to help them recreate the recipes at home

If you would like to attend the Family Cookery Course this summer term, please complete the slip below and return to the School Office.

Name

Contact number

Contact email

Number of adults

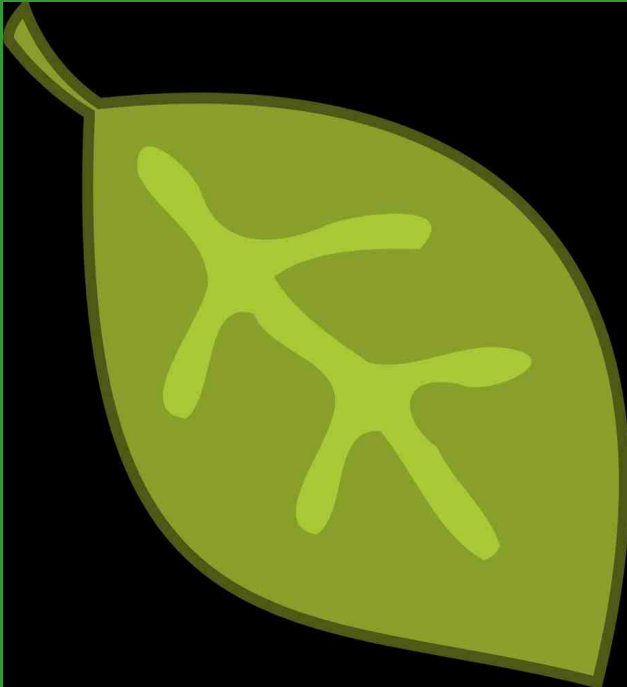
Number of children

Ages of children

Allergies / dietary requirements

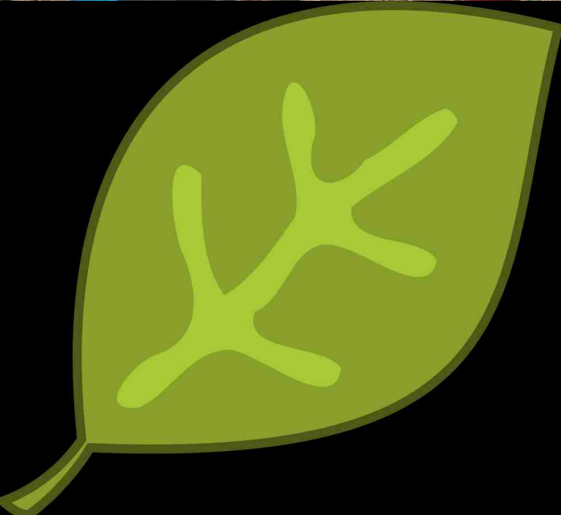
IN SCHOOL NEXT TERM

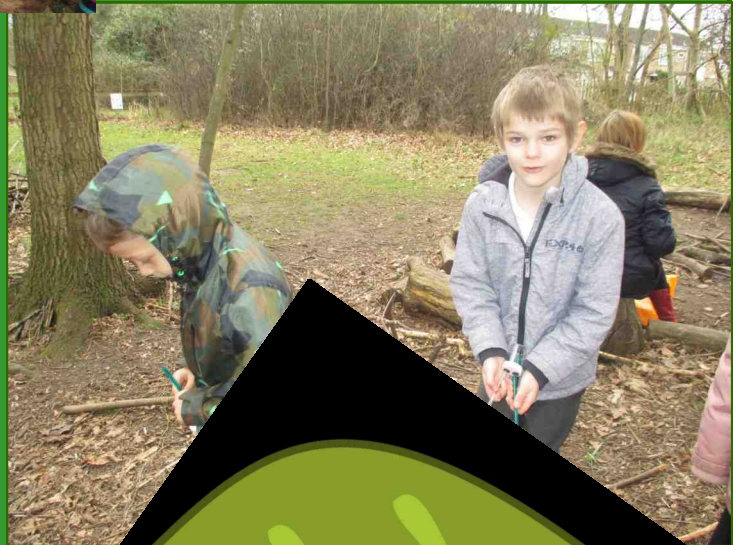
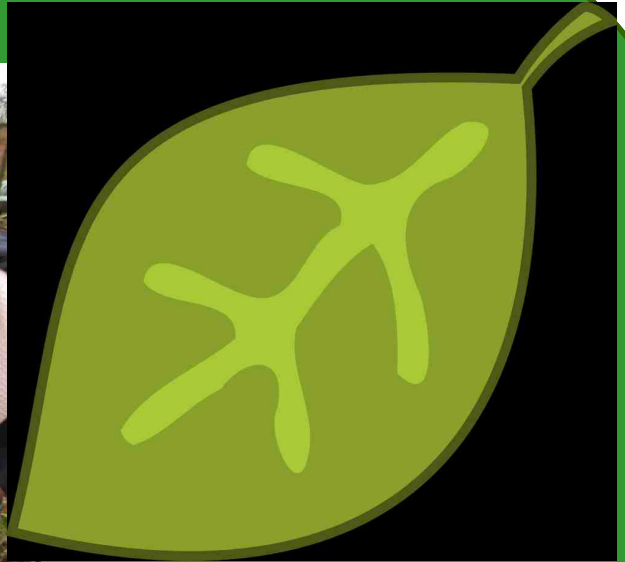
Forest School



Year Two are now enjoying Forest School sessions every Friday, led by trained practitioner, Mrs Ashworth. Forest School teaches skills such as team work, cooperation and problem solving and supports curriculum areas which include science, geography, design technology and art.

Last week, the children had great fun looking for and identifying bugs using a special device which allowed them to safely suck up a range of mini beasts! The children looked under logs and stones for insects and then identified them by looking at their key characteristics. Brilliant learning!



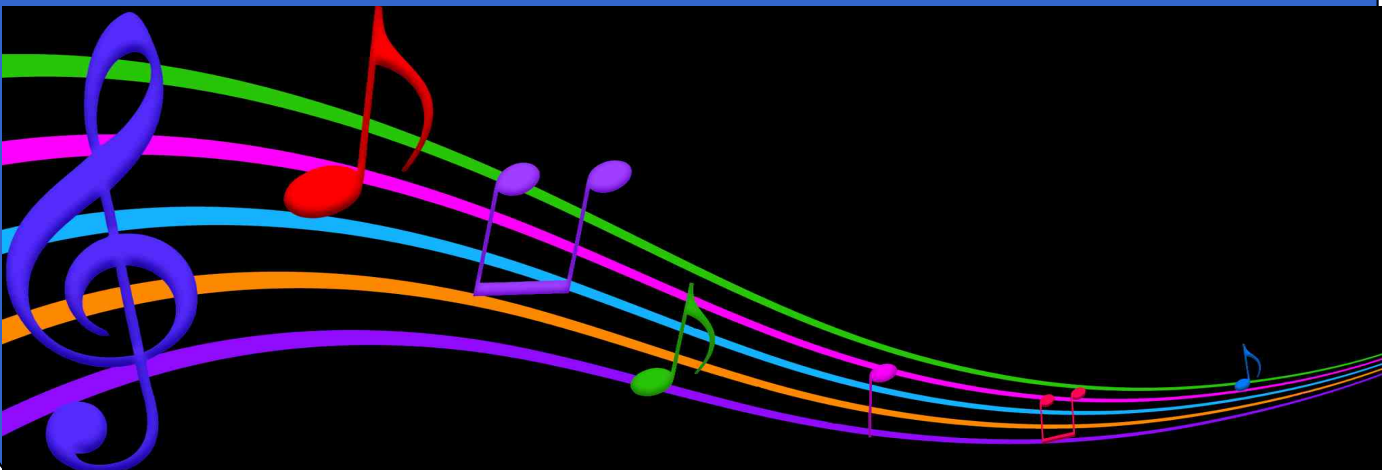


Music at Sydenham



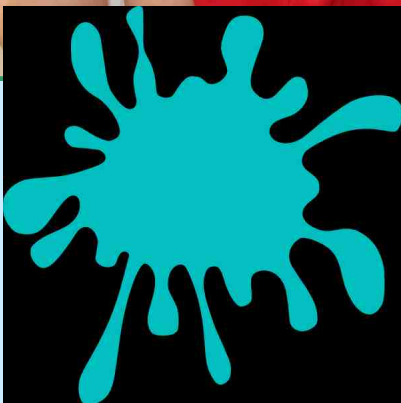
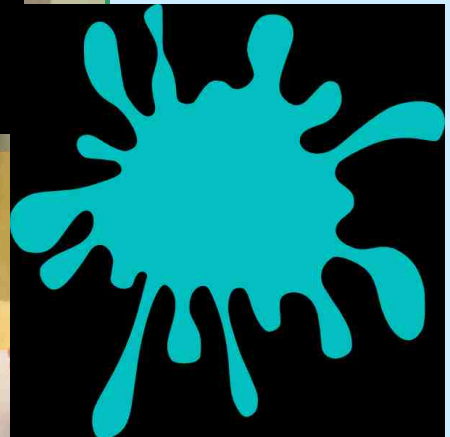
We have recently refurbished our music room and installed an interactive whiteboard and visualiser (a special camera which enlarges and displays documents so that they can be seen by the whole class.) This has allowed our specialist music teachers, Mrs Godwin and Mrs Murphy, to make their lessons even more exciting and has inspired several children to become composers.

The pictures above show Kyle playing his own composition on the recorder. He wrote and practised this piece at home and played it with great confidence at school. Keep it up!



SPLAT! Arts' Festival

This week, we have seen our Y3 pupils creating yet more amazing pieces of visual art, helped by our visiting creative, Ben Sadler. As well as the work you can see below, pupils have also begun creating some amazing light boxes.



Take One Picture



This year, we are once again participating in The National Gallery's Take One Picture project. It has been lovely to welcome Laura Tan and Ros Ingram back in to school to work with groups of children on art work based upon the painting "Penelope and the Suitors" (Pintoricchio, 1509.) Inspired by the painting, pupils have experimented with weaving using a range of materials including willow wool, raffia and string.

Penelope



and the Suitors



Y4 Dance Lesson



Year Four
S-T-R-E-T-C-H
it out in PE.

(Ouch!)



Dental Health

Recent dental checks on children in school aged 4 and 5 have revealed that some children in school may not be regularly seeing a dentist. Regular check-ups are important to maintain healthy teeth. With this in mind, we have uploaded contact information for all local NHS dentists on to our school website. Please use this information to register your child with a dental practice if you have not yet done so.

The Big Dig!

Next Thursday and Friday, from 3.30—4.30pm, you are invited to come along to the school allotment with your spade and wellies for The Big Dig. Everybody is welcome in helping us to prepare the raised beds ready for sowing onions, potatoes and leeks. See you there!



Information from the school nurse

NHS eye tests information for children

Children should have an eye test every two years, as problems can occur at any age. Certain behaviours can be a sign that there is a problem such as:

- sitting too close to the TV or insisting on watching TV in the dark
- rubbing their eyes a lot
- holding objects very close to their face
- blinking a lot
- Showing signs of a squint – the eyes don't look into the same direction. One eye may turn inwards, outwards, upwards or downwards, while the other eye looks forward
- Problems navigating in the dark e.g. entering a tunnel or the cinema

Even if none of the symptoms above are displayed, there could still be an underlying eye condition. If you are worried about your child's sight or there is a history of squint or lazy eye in the family, take your child to an ophthalmic practitioner or optometrist, who will see children of any age.



Don't worry about the costs, as all NHS sight tests are free for children under the age of 16.



Children do not have to be able to read to have their eyes examined. It's possible to see whether the child has a squint or needs glasses without asking them any questions, using age-appropriate tests and equipment.

If your child has not had an eye test in the last 2 years, we would recommend that you contact your local optician and make an appointment.

Diary Dates

Diary dates do sometimes change due to unforeseen circumstances. If any date changes, we will always notify you via text or letter. However, the following dates are correct at the point of going to press!!

Monday 27th March 2017	"Kwik Cricket" session for Y4.
Mon 27th—Fri 31st March 2017	Grandparent Gardening Week
Tuesday 28th March 2017	Y1 MB class assembly at 9.15 am.
Tuesday 28th March 2017	Y5, RSC workshop, 9.30—11.30am.
Tuesday 28th March 2017	School Council meeting at 2.30pm.
Wednesday 29th March 2017	Skip 2B Fit workshops for Y1—6
Thursday 30th March 2017	Big Dig on the allotment from 3.30—4.30pm
Friday 31st March 2017	Big Dig on the allotment from 3.30—4.30pm
Monday 3rd April 2017	Level 2 Bikeability course for Y5/6, 10.00am—12.00pm.
Monday 3rd April 2017	Chinese teachers visiting school.
Tuesday 4th April 2017	Chinese teachers visiting school.
Tuesday 4th April 2017	Level 2 Bikeability course for Y5/6, 9.30am to 12.00pm.
Tuesday 4th April 2017	Level 1 Bikeability Course for Y3/4, 1.00—3.00pm.
Wednesday 5th April 2017	Level 2 Bikeability course for Y5/6, 9.30am—12.00pm.
Wednesday 5th April 2017	PTA Easter bingo, 5.30pm—7.00pm. CANCELLED
Thursday 6th April 2017	International language activities at 3.20pm
Friday 7th April 2017	Break up for Easter holiday.
Monday 24th April 2017	Return to school for the Summer term.

Take care of yourself...

FIVE WAYS TO WELLBEING



CONNECT
TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Give
Your time,
your words,
your presence



**TAKE
NOTICE**
REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



**KEEP
LEARNING**
EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



**BE
ACTIVE**
DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

 **Mental Health Foundation**
mauri tū, mauri ora
www.mentalhealth.org.nz

Picture of the Week



On Friday, (MUFTI Day,) Y3 JM welcomed a smartly dressed, new pupil—although he seemed a little familiar! Logan looked after our new boy and reported that he was very well behaved all day, had lovely manners and tried hard with his learning. We think he should fit in very well with all our other lovely pupils.

Lost Property

Please note that **we have moved the lost property bins to the reception area just outside the office.** We hope that this will be more convenient for parents and carers. We still have LOTS of unclaimed items of clothing, most of which are without a name. Please remember to label all uniform and PE kit and check the lost property bins when things go missing. Thank you!

Enjoy the weekend!



Have a restful weekend and see you all on Monday.

Best wishes

From Miss Glenny (Associate Headteacher)



Sydenham Super Stars!



Sydenham Super Stars!

