



Children's Mental Health Week



The theme of this year's Children's Mental Health Week was **Express Yourself**.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.



Live life as though nobody is watching and express yourself as though everyone is listening.

Nelson Mandela

We hope you enjoy the examples of self-expression featured on next few pages.

To express yourself needs a reason, but expressing yourself **is** the reason.

Ai Weiwei



UN Convention on the Rights of the Child
Article 13: Freedom of Expression



Children's Mental Health Week

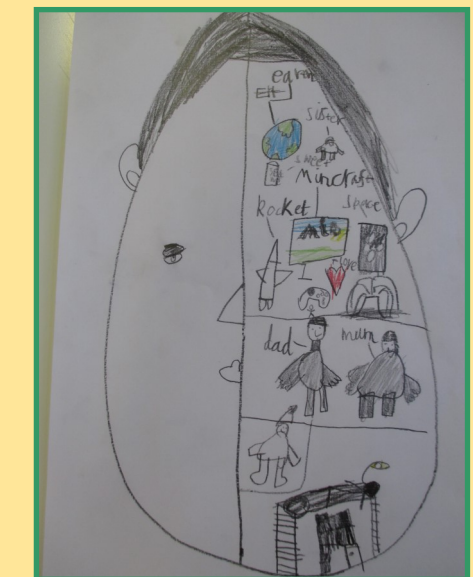
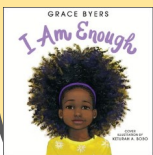
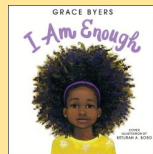
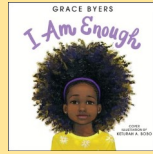
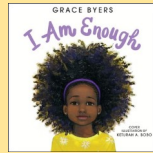
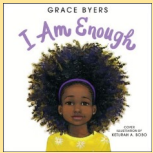
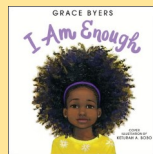
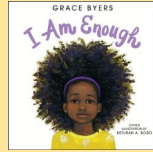


On Wednesday, Year Six took part in the Now and Beyond online, children's mental health festival. One of the activities involved wearing your clothes inside out—a metaphor for not being afraid to talk about your feelings. Here are some of the children wearing their inside-out clothes.

Pupils also made posters to show how they express themselves.



Children's Mental Health Week



Y2 Inside-Outside Portraits

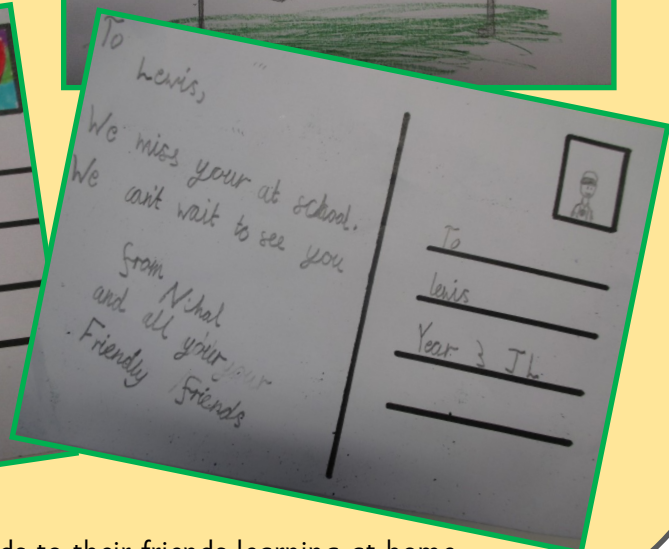
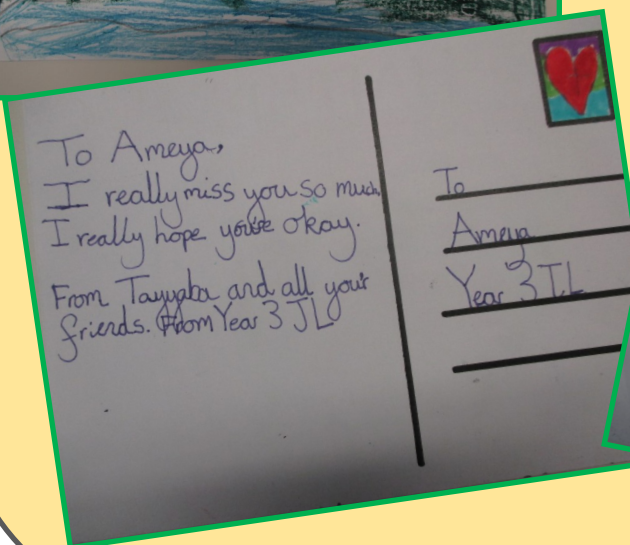
Y2 read “I am Enough”
by Grace Byers and
drew inside-outside
self-portraits.

Children's Mental Health Week



Year Four have been discussing their likes, dislikes and sharing information about ourselves during Circle Time. Children also discussed different feelings and expressed them through drawings, completed a Wellness booklet all about kindness, resilience and good deeds and thought about activities which make us happy and express our likes and dislikes.

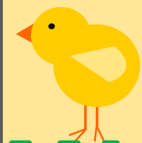
Years Three and Four



Year Three pupils wrote postcards to their friends learning at home.

Children's Mental Health Week

Our chicks are incredibly calming and soothing to sit with and it's been wonderful to see pupils experiencing the therapeutic benefit of handling them. They've certainly brought lots of joy to Sydenham Primary School.



Y1 Observational Drawings

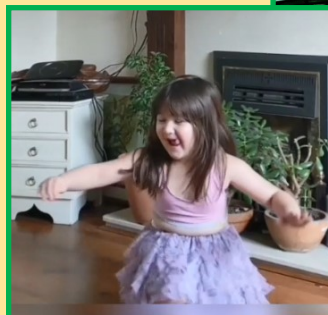
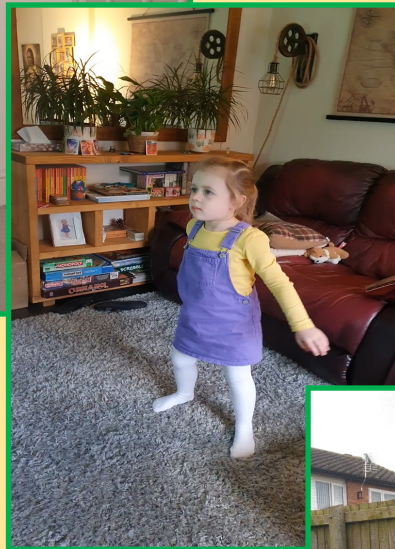


The chicks have been on tour, cheering up children across the school. Big smiles all round!

Children's Mental Health Week



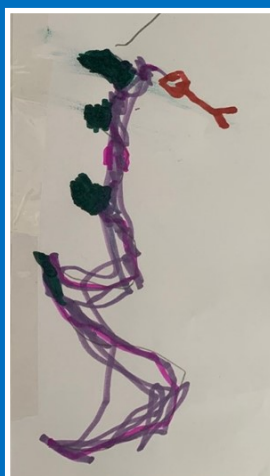
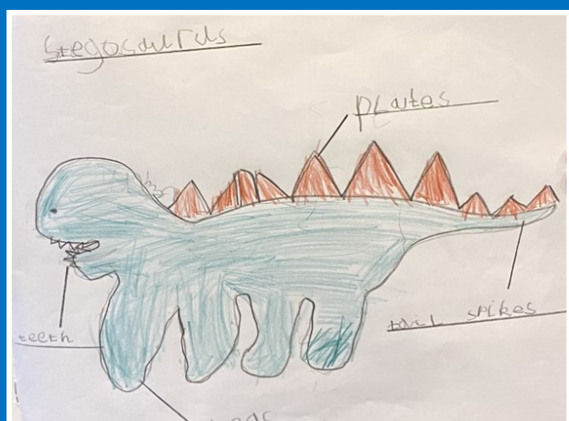
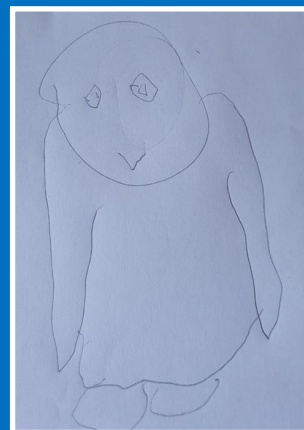
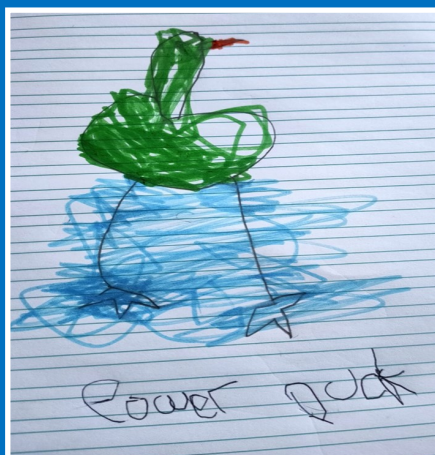
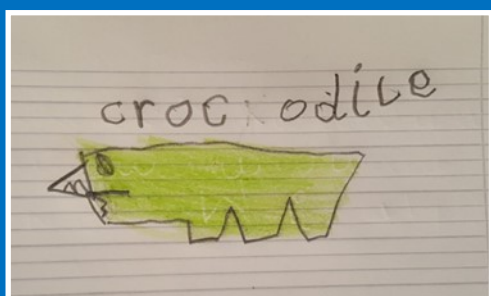
Reception have been
dancing the blues
away!



? Mystery Egg ?



Last week, Reception put their prediction skills to the test by suggesting what might hatch from Mrs Harrad's mysterious egg. Predictions included a duck, chick, crocodile, penguin, snake, unicorn and stegosaurus!



The egg cracked to reveal a dinosaur inside! Not quite as cute as our fluffy chicks. To see some lovely, Year One chick pic's, look at the next page...

We L♥VE our



Chicks

One Snowy Day

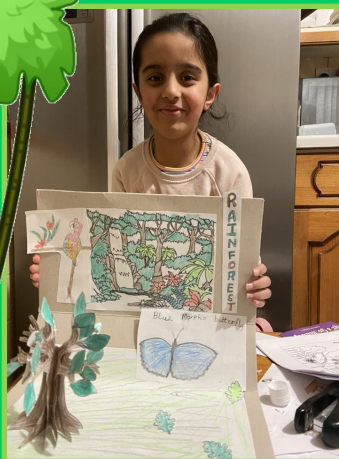
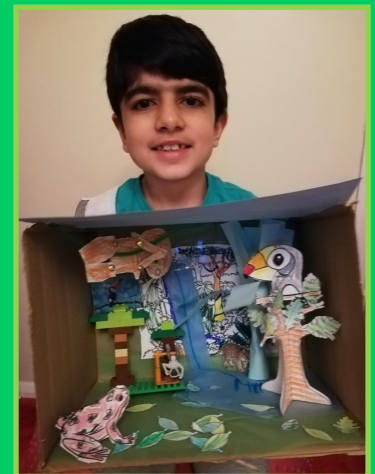


Reception had fun in the snow last week!



Y2 Rainforest Boxes

Year Two have been finding out about a rainforest habitat. They have also read a variety of poems about the rainforest and used their knowledge to create these fabulous dioramas.



UN Convention on the Rights of the Child

Article 29: Goals of Education

Soothing Sacks—Wellbeing for Children

During this period of change many children are experiencing anxiety.

This course is designed to give parent/carers the skills and tools to support their children and boost happiness and wellbeing.

Free 5 week course

Online via Zoom

Starting: Tuesday 2nd March 19:30 - 21:00

Family Learning

Warwickshire Adult and Community Learning

For more information, or to book, email Tanya:

TanyaSpeirs@warwickshire.gov.uk

Making Bread with your Children

Join Jan for wonderful family food fun and exploration!

Learn how to create bread together, and learn how this activity can support your child's development.

Family Learning

Warwickshire Adult and Community Learning

For more information, email Jan:

JanLennon@warwickshire.gov.uk

Join Tanya to learn about how your child develops Literacy skills between the ages 2-5 years old and how you can support them naturally at home! This is an evidenced-based programme.



REAL: Raising Early Achievement in Literacy

Running online, starting: Wednesday 3rd March 13:00-14:00, for 4 weeks

Family Learning
Warwickshire Adult and Community Learning

For more information, email Tanya:
TanyaSpeirs@warwickshire.gov.uk

Helping your Child with Maths: Key Stage One



FREE 5 Week Course – Online via Zoom

Starting: Tuesday 23rd February 2020 12:00–1:00pm

For Parents and Carers of Children in KS1 in Warwickshire Settings

Join us to understand how maths is taught in school and learn ways to support your child at home.

Family Learning
Warwickshire Adult and Community Learning

Email Tanya:
TanyaSpeirse@warwickshire.gov.uk

Adult and Community Learning

Family Learning Invites you to a 3 week **Communication Awareness Course**



Thursday 25th Feb - 11th March 2021

7:30-8.30 pm

Would you like to learn a new skill?

Introduction to Communication Awareness
Supporting Speech and Language
Offering Children/Adults the tools to communicate
Signing the alphabet
Frequently used signs
Making communication inclusive for all

If you would like to book a place on this fun **FREE** course
please email lynnhussain@warwickshire.gov.uk





Sydenham Superstars



YR LS

Eric is the YR LS superstar for his fabulous maths work, writing and dancing. Eric worked really hard exploring the composition of numbers 6,7 and 8 and made his own shop at home. Great learning, Eric!

YR HC

The YR RK superstar this week is **Harsirat**. She has made amazing progress with her reading and has been trying really hard in her sessions with Mrs Summerell. Keep up the hard work, Harsirat.

Y1 EL

This week, Mrs Lee has chosen **Kiranpreet** to be her superstar. Kiranpreet has been very confident during the live lessons and is taking a real pride in her learning. Kiranpreet is always eager to show her work at the end of a lesson and talk to children and the teachers over Teams. Keep up the wonderful work, Kiranpreet.

Y1 CD

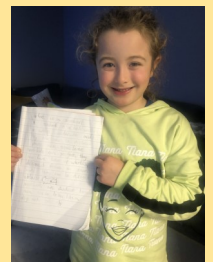
Miss Daly's superstar this week is **Samran**. Samran has had another fantastic week of remote learning. Samran attends his live sessions every day, demonstrating all the Learning Characters. Miss Daly can rely Samran to help her out when needed as he has become an absolute whizz on the computer. Watching Samran dancing around and so confidently sharing his thoughts and ideas with the class is a breath of fresh air.

Y2 RK

Ayva is the Y2 RK superstar this week. Ayva has been like the 'keeping on improving' Learning Character and listened to the ideas of others in order to develop her understanding of how to write her own sub-headings. She also used some lovely handwriting when completing her Roblox information page.

Y2 CP

Isla is Miss Peters' stand out superstar this week. She has not missed a single session and has put 110% into everything including her writing about skateboards and her amazing rainforest box. She has engaged completely in everything, especially the class story 'The Owl who was Afraid of the Dark.' Well done, Isla!



Y3 JL

The Y3 JL superstar this week is **Arion**. He has engaged in this week's home learning really well, contributing to online lessons with a big smile and lots of enthusiasm. Well done Arion for a great week of home learning. Keep it up!

Sydenham Superstars

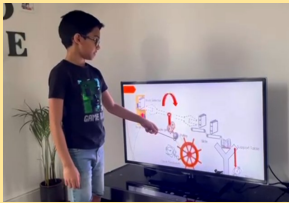
Y3 CR

Mrs Christensen and Mrs Rastall would like to nominate Jeevath this week. Jeevath is such an amazing role model for all of the children in Year 3. She is polite, helpful and tries her hardest in every lesson. Jeevath is also a fantastic talk partner. She is kind and supportive of her peers, always ready to help others with their learning. Everyone at school is so proud of Jeevath!

Y4 SM

Mrs Madahar would like to nominate **Tyler** as the 4SM class Superstar this week because of the kindness he has shown towards other members of the class. Tyler has been a fantastic talk partner and supported his partner to answer challenging questions in class. Well done Tyler!

Y4 AH



Anvay emailed Mr Hawes a wonderful video this week that really made us smile and reminded us what a superstar he is. In the video, called "Anvay's Contraption, he explains his invention—"The Book Feeder." Using all his presentation skills, he talks the viewer through the workings of his invention like a true pro. Brilliant work, Anvay!

Y5 CB

Miss Ball would like **Jayden M** to be superstar this week. Jayden has been sending examples of his learning every day and has made an outstanding effort during maths lessons on angles. Jayden has also been awarded his handwriting pen for writing consistently in neat, joined letters.

Y5 JE

Bryana is the Y5 JE superstar. She has been so enthusiastic since day one of online learning and always asks for help when needed. This week she has been trying really hard with her angles work in maths and has made super progress.

Y6 JvS

Mrs Van der Sterren has chosen **Reet** as superstar. Reet is an incredibly polite, well behaved, reliable and helpful girl who always using her Learning Characters. This week, she wrote a fantastic description of a monster, describing its habitat, diet, appearance and special powers.

Y6 KG

Tara has been incredible in all of the Y6 online lessons and produces such wonderful remote learning that she just has to be superstar this week. Miss Gillespie is so impressed with how she's supported other children to also get into the remote lessons by offering really helpful advice. Well done for your kindness and commitment, Tara.