

Hello Sydenham!

Hello to all our lovely Sydenham families. We hope you are well and coping with the stresses and strains of self-isolation. We miss you all very much and look forward to seeing you, once again, at the school gate each morning.

Children, well done for working hard again this week. It's brilliant that so many of you are remembering our elephant learning character who reminds us to "never give up" with our school work.

It's the Easter holiday now—time to relax! Your teacher will not be sending any learning tasks for the next two weeks but please check your email on Monday 20th April when home learning starts again.

We hope the Easter Bunny comes to your house this weekend with some chocolate treats. Remember to be kind and helpful towards other members of your family. Let them know that you love and appreciate them!



Never give up.

Parents/Carers, thank you for continuing to support your child's education. We know that this is not an easy task, especially if you are working from home or worried about the future. We would like to reassure you that you are all doing a fabulous job! Please keep in touch because we love to receive your messages and photographs.

Home learning will resume on Monday 20th April (the INSET Day which was previously in your diaries has been cancelled.) We hope you manage to have a relaxing break—fingers crossed for some sunshine so that those of us who are lucky enough to have a garden or balcony can spend some time outside.

We hope you enjoy the photographs on the next page which show some of the home learning undertaken this week. Well done everyone!

Best wishes

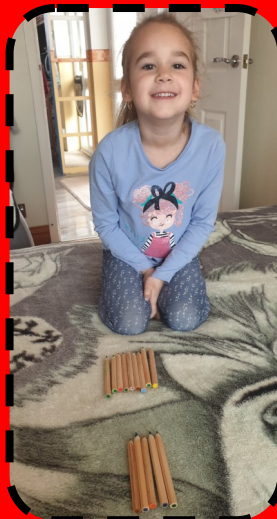
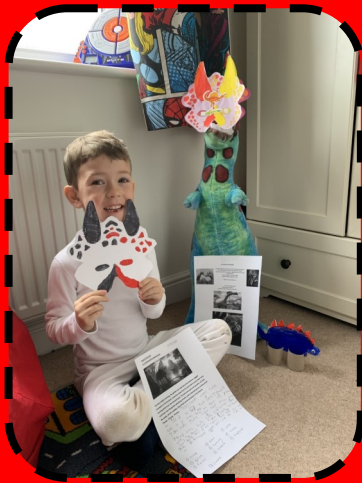
From Miss Glenny



UN Convention on the Rights of the Child

Article 29: Goals of Education





Calling all Budding Artists



Evie-Mai and Frankie's parents have plans to open a new café in Whitnash. They were mid-way through renovation work when Coronavirus hit, putting a halt to their preparations. They have come up with a lovely idea to brighten up the window of their premises—see below. If you think you can help out with decorations, please post your art work through the café letterbox when you are out taking your one daily walk, run or bike/scooter ride.



★Sydenham Superstars★

The choice of weekly superstars is a time honoured Sydenham tradition and one which we want to keep up even though school is closed to most of you. Here are the teachers' nominations for this week:

YR LS

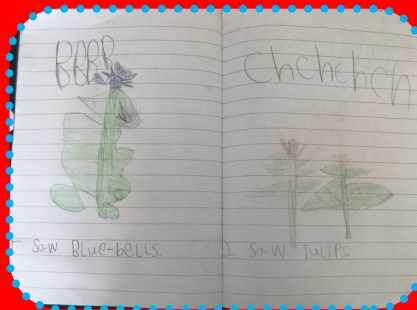
This week, Mrs Scholes would like to nominate **Henry** and **Luca** for their fabulous model making. Check out the amazing robot and pirate ship!



Use your imagination

YR RK

Miss Knight's superstar this week is **Avani**, for all her lovely project work, for working cooperatively with her mum and especially for 'keeping on improving' her observational drawing of nature.



Be cooperative

Y1 CD

Miss Daly's superstar this week is **Mason**. Mason has shown incredible dedication and enthusiasm towards his home learning. He sends an email first thing every morning with an excited message about the learning ahead for the day and demonstrates a great work ethic and constant positive attitude to change. Mason has really concentrated on his story writing this week, using capital letters, finger spaces and full stops correctly as well as extending his sentences to make them more interesting using lots of adjectives and conjunctions. Miss Daly sat on the edge of her seat in suspense as a dinosaur stomped through the forest in Mason's story! Well done, Mason, you are doing a fantastic job! Keep using all those learning characters .

Concentrate

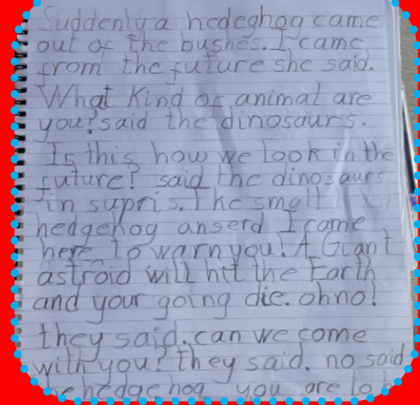


Here is your virtual sticker to
print and wear with pride! ➡



Y1 EL

Mrs Lee's Sydenham Superstar this week is **Robert** because of his fantastic attitude towards his learning since school closed. This week, Year One were given a lovely image of some dinosaurs at a watering hole and were asked to complete the story. Robert sent Mrs Lee an amazing story about a time travelling hedgehog, who saved the dinosaurs from extinction. It really brightened up her day and she could really hear Robert's writer's voice coming through in his writing. Keep up the good work Robert!



Lewis is this week's class superstar. He has been working incredibly hard at home this week completing some fantastic Easter crafts, some spectacular Andy Goldsworthy inspired art and he has also been improving his handwriting and phonics. Well Done Lewis! Keep it up.

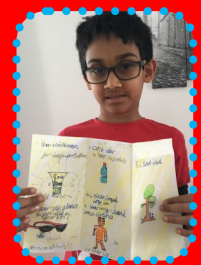
Y2 AP



Miss Parsons would like to choose **Michael** as superstar this week. He has worked very hard on his home learning. It has been lovely to see what he has been up to. He has baked biscuits, practiced his handwriting, discussed stories and lots, lots more! Michael's parents should be very proud of him and it's been lovely being in contact with them. Well done Michael!

Y3 JM-L

Mrs Lloyd has chosen **Anvay** as her class superstar. Anvay has had a wonderful attitude towards his learning this week and has been really enjoying taking part in the Lego Challenge. He also created a fantastic Stay Safe in the Sun leaflet. Well done Anvay!



Y3 JL

Mr Lee has chosen **Lily** as this week's superstar. Every day for the past two weeks, Lily has continued to try her best. She has worked extremely hard, and improved her learning whilst making sure her work is still beautifully presented. Lily embraces every challenge with enthusiasm and vigour. A true 3JL superstar, well done Lily.



Enjoy learning

Y4 SM

Mrs Madahar has chosen **Josh** as class superstar because he has shown commitment and perseverance during his home learning this week—especially, when technology let him down and his work didn't save! He continued to work hard on all aspects of his learning with a positive attitude. Keep up the fantastic work!



Have a go

Y4 AH

Mr Hawes would like to like to nominate Olivia for being a real superstar over the past couple of weeks. He has been receiving evidence of her learning daily, and it has been done to a very good standard. She has also been ensuring that she is staying active with Joe Wickes every morning too. Well done, Olivia!

Y5 CB

Miss Ball would like to make **Chloe** superstar this week for her increased confidence and self-belief. She is trying really hard at home and is proactive in asking questions if there's something she doesn't understand. Chloe made a lovely observational drawing of a watermelon which she was very proud of and rightly so!



Be curious

Y5 RA

Tara is this week's Y5 RA class superstar. She has been sending Miss Arundel lots of the writing and research and has been completing all her learning at home to such a high standard - just like she does when we're in school. Tara has written a beautiful description inspired by the Secret Garden and Miss Arundel learnt a lot from reading Tara's research on where different foods come from and why they grow in those places. Tara's motivation and effort are very impressive. Keep it up, Tara!



Y6 JvS

Mrs Van der Sterren's superstar this week is **Lucas** who has been chosen because of his wonderful story writing. Lucas has written two stories this week, "The Magic Tree" and "The Lost Island." Mrs Van der Sterren is thrilled that Lucas has been so keen to write. Well done, Lucas!

Y6 KG

Miss Gillespie has nominated **Lola** this week because of her amazing 'have a go' attitude. She has worked exceptionally hard completing as many learning tasks as possible and produced an incredible fact file all about Picasso which was very informative indeed! She even wrote out all 23 words of his full name! Well done Lola for all of your hard work at home!



A health and wellbeing update from your school nurse team

During the Coronavirus outbreak, the Warwickshire School Health & Wellbeing Service are still here to provide support - even if this may be given in a different way to usual! As such, our team will now be sending a weekly update to schools, where we'll share resources, helpful tips, any relevant news, and details of the support available for pupils and parents/carers.

Useful links

Coronavirus (COVID-19) guidance:
nhs.uk/conditions/coronavirus-covid-19

Information for Warwickshire families:
warwickshire.gov.uk/fis

Activities during social distancing:
cutt.ly/cheebies-indoor-activities
cutt.ly/kids-nature-activities
cutt.ly/joe-wicks-pe




Resources for home learning:
twinkl.co.uk/home-learning-hub



Top tips for... Practicing mindfulness!

It can be so easy to take notice of our negative thoughts that we miss taking notice of the present and the good things. Mindfulness means giving attention to our environment and ourselves. It helps you focus on the present and see what is beautiful and unusual in the world. It is being aware of your thoughts and feelings as they arise, without ever getting lost in them.

Mindfulness to try at home:

-  While eating, pay attention to your senses: the smell, taste and how it feels.
-  Try a walk or run without a phone or music and take notice of your surroundings.
-  When you brush your teeth, can you taste the toothpaste, is it hot/cold, what does the brush feel like on your teeth?



This week's feature: mental health and wellbeing

Between worries about health, social distancing, and major changes to school life, children and young people (and parent/carers too!) may be finding it harder to take care of their mental health and wellbeing. The good news is there are lots of organisations here to help and provide resources. Here are some links where you can find support with mental and emotional health:

For children and young people

Young Minds coronavirus support:
cutt.ly/young-minds-coronavirus
RISE: cwise.com

For parents/carers

Coping calendar: actionforhappiness.org/coping-calendar
Advice from BACP on coping with anxiety about the outbreak:
cutt.ly/anxiety-about-outbreak

Courses for all ages about Coronavirus, including managing mental and physical health:
recoverycollegeonline.co.uk/your-mental-health/coronavirus

Just a quick question that's been on my mind the past few days

No problem, we're here to help. What's on your mind?

Your school nurse team is here to help!

We know these times can be unsettling for children, young people and families. Whether you/your child is at home or in school, our school nurse team is here to provide support with any concerns or queries relating to health and wellbeing. Please get in touch via the following channels for free, confidential advice.

Parents/carers

 Service mainline: 03300 245 204

 Text Parentline: 07520 619 376

Children/young people 11-19 years

 Text Chathealth: 07507 331 525



www.compass-uk.org/services/warwickshire-school-health-wellbeing-service

Fun Things to Do

Here are some fun Easter activities for you to print off and share with your children during the break.

Easter Word Search



R S P R I N G Y Z L T

O C E G G S J K U E M

C H S C F W E S K A C

Q O U K Y J L C V T H

W C N D G W L I Y U I

J O D U Q Q Y Y D O C

K L A C L Z B K N Y K

E A Y S A B E W A N M

W T R E T S A E C N F

G E K O Q I N K Y U J

H M U H U N T G C B C



- | | | | |
|--------|------------|------------|--------|
| -Egg | -Jellybean | -Hunt | -Candy |
| -Chick | -Easter | -Chocolate | |
| -Bunny | -Spring | -Sunday | |

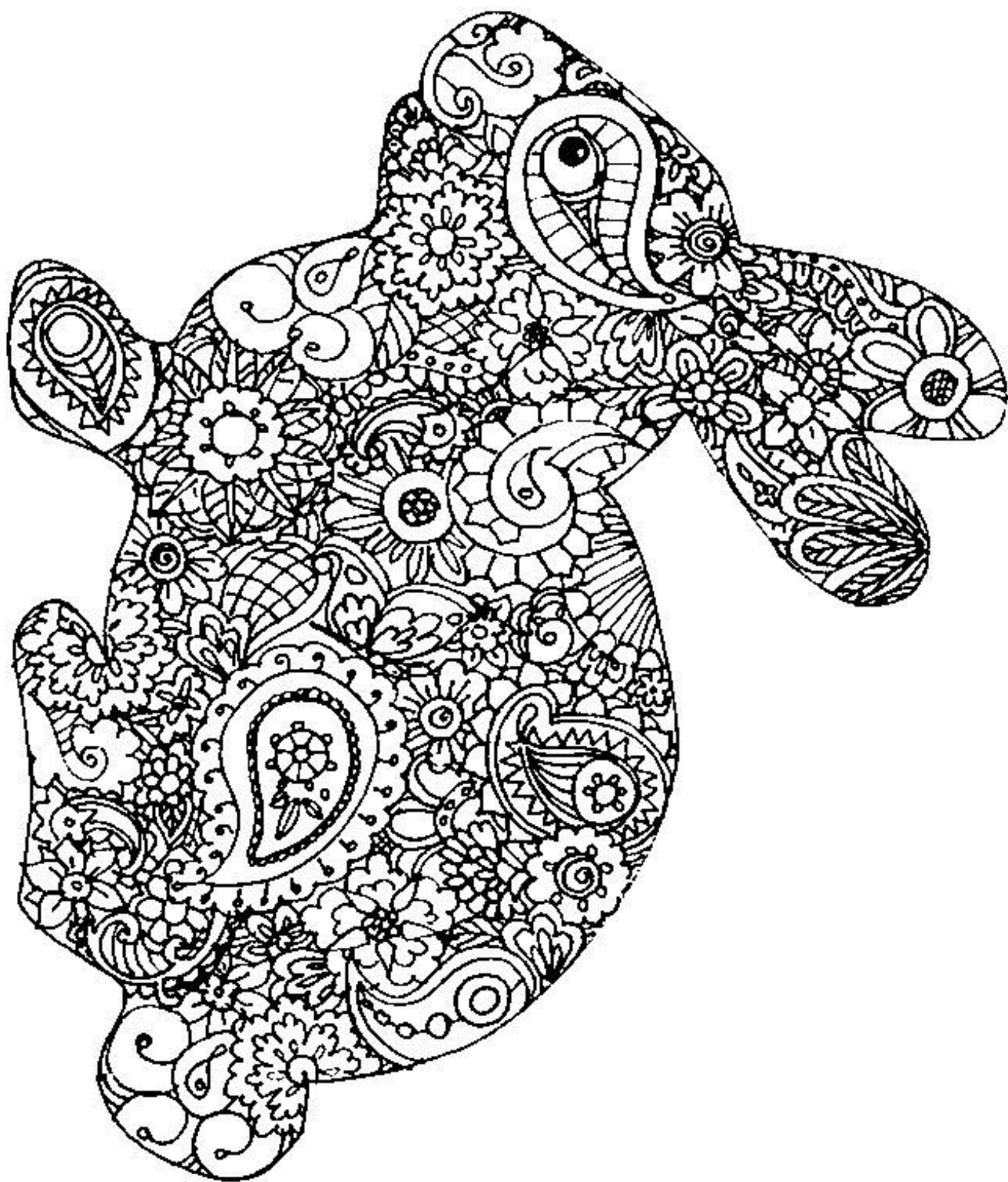
Kim's Game or Pairs

Instructions:

Print out and cut up the cards. Place them face down so you can't see the pictures. Each player takes it in turns to choose two cards. If they are a matching pair, you get to keep them! If not, put the cards back down and let the next player take their turn. The winner is the player with the most pairs.

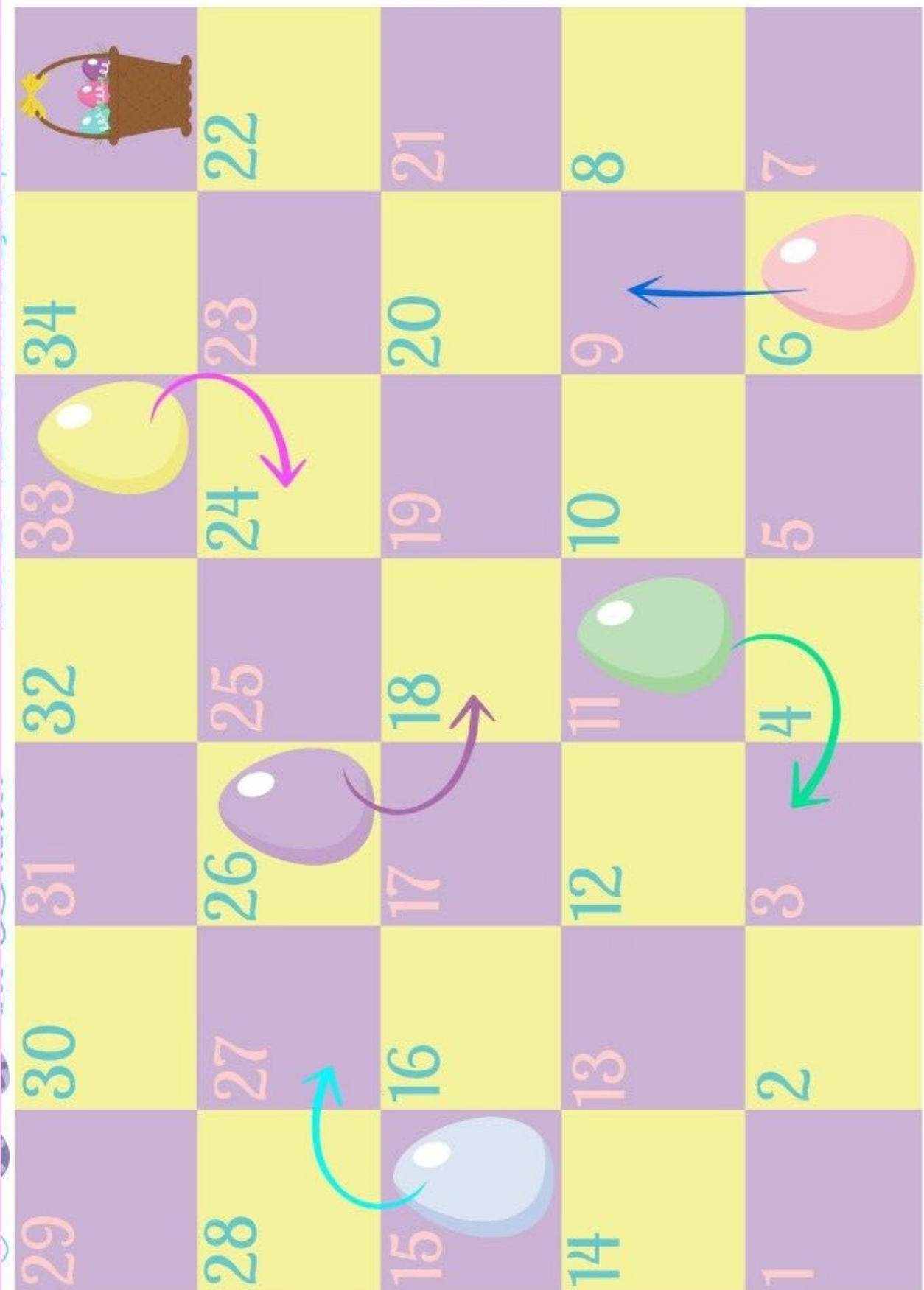


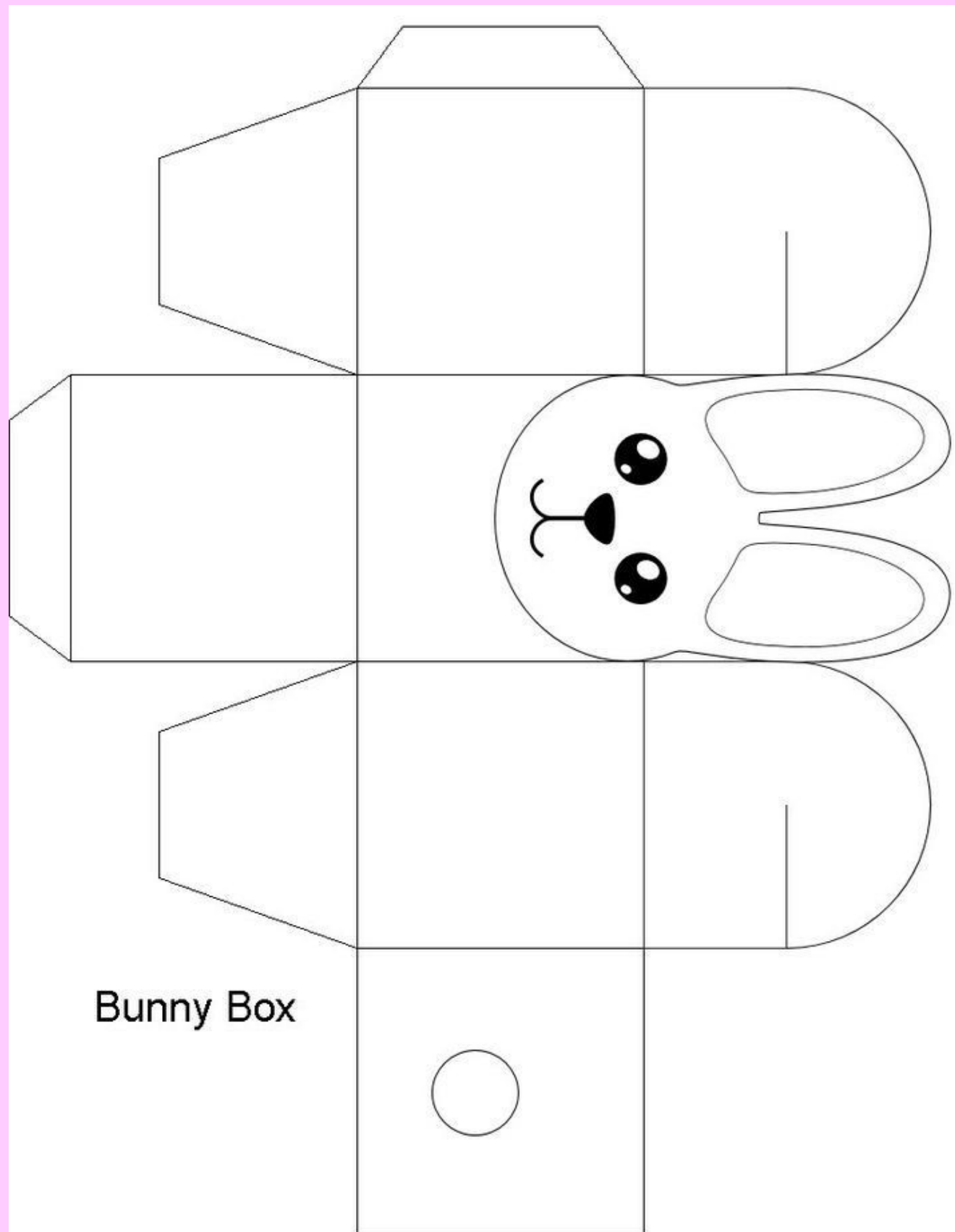
Mindful Colouring



What you need to play:
1 die
1 penny for each player
to use as a game piece

How to play:
Choose who goes 1st, 2nd, etc.
Roll die and move spaces shown.
If you land on an egg, follow arrow to where it points.
Whoever reaches the basket first is the winner!





Bunny Box



Tayyaba was inspired by
the poem Saanvi wrote
last week to compose her
own verse:

Hope is the One

Hope is what we need,

Let's all connect together to
fight Coronavirus.

Hope makes you strong and active, all along,

Let's all be happy through this challenging time.

Hope is the one for all those tricky tasks,

Hope is the one for the whole world.

So stay safe at home.

By Tayyaba Bhatti, Year 2

