

For the Love of



This week's newsletter celebrates the joy of reading.



On the next few pages are pictures of some of the lovely books we have in school and the wonderful places staff have created for a good read.

You can also see a sneak preview of a new book created and published by Sydenham Primary School pupils.



Books

All Kinds of Books



Books to teach us about our feelings.



Books to help our brains grow.



Books linked to our topic.



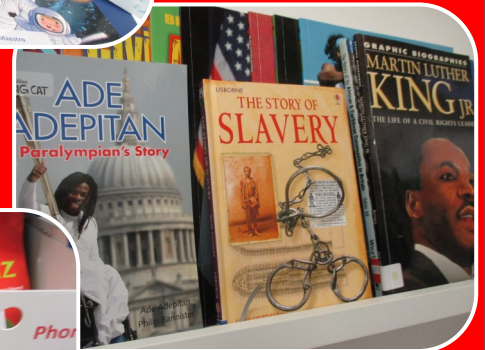
Books we wrote ourselves.



Books to help us learn to read.



Books bursting with poems



Books to make us think about right and wrong.



Books full of fantastic stories.



What do you like to read?

Places to Read



Around School

We are Authors

Last year, a group of very special pupils and their parents began working on a project with Leamington library. Amongst the group, many different languages were spoken including Polish, Punjabi, Hindi, Portugese, Urdu, Tamil and Romanian. Supported by Mrs Summerell and a professional author, they shared story ideas and drew illustrations, eventually creating the illustrated tale, "Lost in Jumping." The story has now been published as a book.

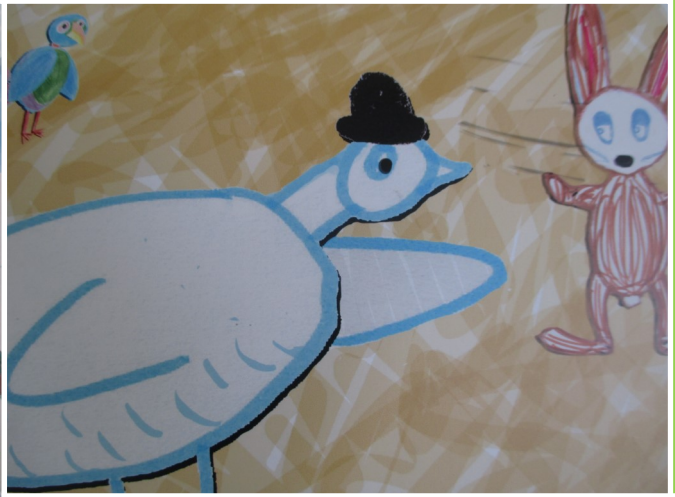


Lost in Jumping



We are Authors

The story includes many words from different languages, explained in a glossary at the back of the book. It tells the tale of Coelho the rabbit who love jumping. One night, however, she jumps too high and gets lost—in translation!



Authors at Work



UN Convention on the Rights of the Child

Article 15: Freedom of Association

Article 13: Freedom of Expression

World Mental Health Day

How to help look after your mental health

It's important to take care of yourself and get the most from life. Below are 10 practical ways to look after your mental health. Making simple changes to how you live doesn't need to cost a fortune or take up loads of time. Anyone can follow this advice from the Mental Health Organisation. Why not start today?

1. Talk about your feelings

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

2. Keep active

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.

3. Eat well

Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.

4. Drink sensibly

Adults often drink alcohol to change their mood. Some people drink to deal with fear or loneliness, but the effect is only temporary. When the drink wears off, you feel worse because of the way the alcohol has affected your brain and the rest of your body. Drinking is not a good way to manage difficult feelings.

5. Keep in touch

There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!

6. Ask for help

None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear.

Local services are there to help you.

7. Take a break

A change of scene or a change of pace is good for your mental health.

It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

8. Do something you're good at

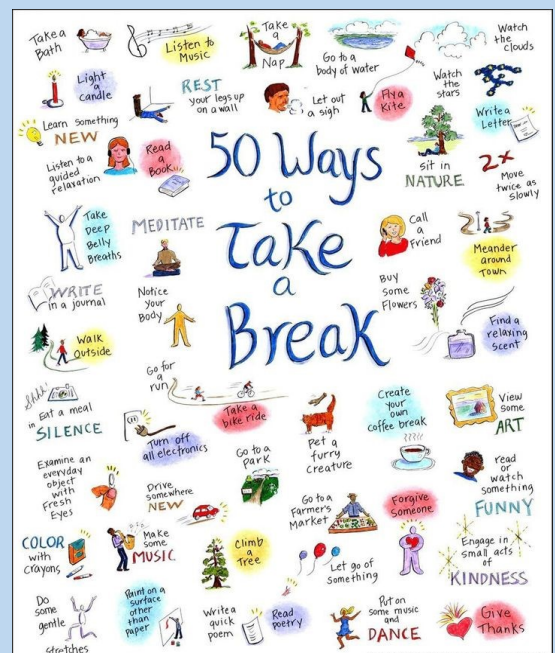
What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem.

9. Accept who you are

We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.

10. Care for others

Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.



World Mental Health Day

Home-learning Activities for Children

Think about a place that makes you happy and then draw it or write about that place.

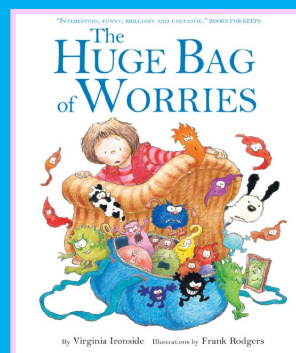
- What makes this place special?
- Who is with you at your happy place?
- What do you have with you at your happy place?

Keep this drawing somewhere safe and look at it next time that you are not feeling happy.

Design a poster or create a PowerPoint presentation to promote **World Mental Health Day** within school community. Don't forget to link it to Article 24.

Take 5 post-it notes and draw a face on each one showing a different emotion. Write the name of the emotion below it. How many different emotions can you generate? Can you group these in any different ways? Discuss how we all have different emotions and that all emotions are valid. Discuss different ways in which our body language can change depending on how we feel.

Have you read *The Huge Bag of Worries*? (this will be sent out to you separately). Draw a picture of a bag then draw or write all of the things that worry you or make you sad inside. Once you have finished, decide what you want to do with your bag. You can talk about it with an adult you trust, you might want to keep it somewhere safe or simply throw it away. Talk about what we can do about things that make us sad or worried.



Create a list or poster detailing all the people who you can talk to if you are worried about something. They are the duty bearers for all your rights. How many people can you think of? Display this in your classroom school to remind the other pupils of who they can talk to if they are feeling worried, sad or anxious.

Try to find somewhere peaceful and spend a few minutes being quiet and still ... then think about these questions...

Why does good mental health matter to us?

Think of one thing you could do to support and strengthen your mental health this week

Is there one thing you could do to help the mental health of one of your friends or family members?

Think about your 'go to' adult who you trust to support your mental health. Have you thanked them lately?



UN Convention on the Rights of the Child

Article 24 Health & Health Services

World Teachers' Day



I would just like to give my thanks to you and all of the staff at school. The programmes you have been able to provide for the children over the summer holidays are incredible... Thank you to you and all the wonderful staff; their hard work and dedication to the children is very much appreciated.

Thank you very much for everything you've done for my child this year; you've made such a difference to her learning.

I just wanted to say a huge thank you for thinking of my child and getting her back into school. She's really excited about school... thank you again so much!

I would like to say a really big thank you to you and all of the staff for being so helpful and proactive during the home schooling time. Thank you very much.

Thank you very much for everything you've done for my child this year; you've made such a difference to her learning.

Thank you for everything you've done for us this past year; for X, for me and our family. I know we will see you in school in September, so I'm sure A will still give you lots of smiles and hugs when he's allowed to! Words aren't enough to express our gratitude for what you've done for us. I wish I could find the best way to say thank you.... Thank you so, so much.

Thank you for sending me home such a happy young man. His end of year gift is very much gratefully received. It's been hard for my child not being able to attend school, but this certainly makes up for it. Thank you again, seeing him come home so happy and confident after such a lovely day has melted my heart.

I can't thank you enough for the work the school has done for the children and parents who needed it through the lockdown. Amazing!

I'd like to thank you all for such a successful wider reopening of school. My children have been having such a wonderful time. They are both feeling safe and happy. Conversations with other parents about their children's experiences are positive too... so I really hope you are hearing this feedback!

Hi! This is D's dad. I am writing to thank my child's teacher for their tremendous work during lockdown. Their enthusiasm and skill has made D's learning so enjoyable. The teacher replies to every email and is full of encouragement, which makes D work even harder. The teacher is great, and inspires D every day. The teacher is a fantastic asset to the school and I would also like to praise all the staff during this difficult time. Thank you all for your amazing dedication and we are really lucky to have our child in your

Thank You!



School Information

Flu Vaccinations

The provisional date for pupils to receive their flu vaccinations is Monday 30th November. A letter will be sent to you electronically approximately two weeks before this date. The letter contains a link to an online consent form.

The immunisation team will vaccinate one “bubble” at a time, decontaminating their working area in between each bubble and at the end of the session.

MUFTI Days

The following dates are MUFTI (non-uniform) days. Please bring 50p if your child chooses to wear their own clothes.

Friday 23rd October

Friday 27th November

Friday 18th December—Christmas jumper day!

In-Service Training (INSET) Days

School will be closed for staff continuing professional development on the following dates:

Monday 23rd November 2020

Monday 4th January 2021

Autumn Term Holidays

Half-Term Holiday

Monday 26th October 2020—Friday 30th October 2020.

Christmas Holiday

Monday 21st December 2020—Friday 1st January 2021

Pupils return to school on Tuesday 5th January (school closed on 4th January for staff training.)

Applying for a School Place in Reception 2021

The closing date to make your child's primary or infant school application is **15 January 2021**. Late applications will not be processed until after National Offer Day (16 April 2021). To apply for a place, please use this link: <https://www.warwickshire.gov.uk/admissions>

Sydenham Superstars

YR LS

Mrs Scholes has chosen **Harley** as her superstar this week for noticing the alphabet frieze in the classroom and being interested in the “s” sound. Well done, Harley! What fantastic learning.

YR HC

Sophia is superstar this week for the brilliant book she made at home featuring a tiger, an owl and a giant. Sophia’s work inspired other children to make books in class. Sophia sat with them and helped them, showing great kindness.



Y1 EL

Lilybelle is the Y1 EL superstar. Mrs Lee has been so impressed with Lilybelle’s English work this week and is really proud of her super sentences that include capital letters, full stops and finger spaces. What brilliant learning!

Y1 CD

Miss Daly has chosen **Millie-Mae** as superstar because of her fabulous writing. This week, Millie-Mae has written a super character description of Granny from the story “little Red.” She concentrated well and remembered to use capital letters, full stops and finger spaces. Well done!



Y2 CP

Miss Peter’s superstar is **Isla**. Isla is always sensible and helpful and a great role model for others. This week she has written about her science investigation using clear, concise and factual sentences.

Y2 RK

This week, **Jayden** has been picked as superstar for being a brilliant bookworm! Jayden is spending lots of time reading and is whizzing through the books in our reading scheme. Keep it up, Jayden!

Y3 JL

Mr Lee’s superstar is **Willow** for being an all-round pleasure to have in the classroom. Willow is passionate about reading and enjoys sharing her love of books with the rest of the class. She is always helpful, well behaved and kind to others. What a star!

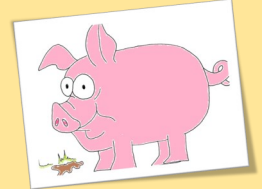
Sydenham Superstars

Y3 CR

The Y3 CR superstar this week is **Adam** for reading nine books at home and school! Adam has made his family and his teachers very proud. Keep up the hard work.

Y4 SM

Mrs Madahar has chosen **Jacob** as superstar because he's settled so well into Year Four. Jacob has been kind and caring to others and has had a go at all the earning tasks set, making him a positive role model in class.



Y4 AH

George is the Y4 AH superstar this week. He has been a great addition to the class and has really impressed during Maths lessons by concentrating hard. George has also made a brilliant clay sea creature as part of his Topic learning.



Y5 CB

Miss Ball has chosen **Plamena** as superstar. Plamena is always patient and kind to others and she makes a wonderful talk partner. Inspired by her Topic learning, this week she brought in space-themed cakes for everybody in the class. Yum!

Y5 JE

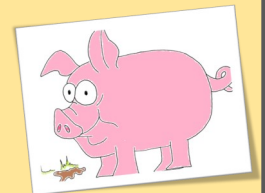
Japjeevan is the Y5 JE superstar this week. Japjeevan always puts the maximum effort in to her learning at home and school. She is such an enthusiastic class member with a wonderful growth mindset. Well done!

Y6 KG

The Y6 KG superstar is **Kushi**. Kushi has worked really well with her talk partner this week and has made a super effort to make mature and sensible choices. Y6 KG is lucky to have such a kind and thoughtful class member.

Y6 JvS

Evie-Mai has been chosen as superstar for her positive attitude to learning and willingness to have a go at different learning tasks. Evie's resilience has grown and it's great to see her happy and successful in class.



Have a lovely weekend!

From Miss Glenny and all the staff at Sydenham