



Newsletter 12

Friday 1st December 2023



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Y1 Use Their Loaf



In Design Technology this week, Year One have been planning and making special sandwiches. As you can see, the children really enjoyed this learning.

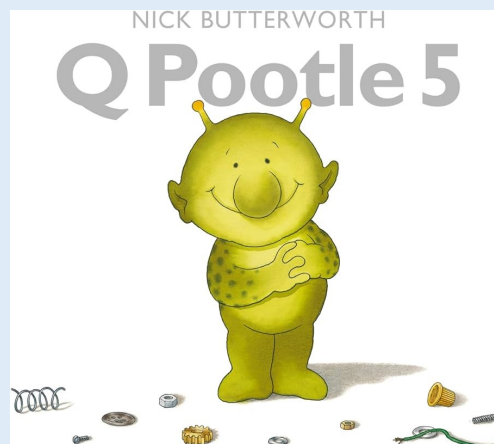


Convention on the Rights of the Child
Article 31: Goals of Education





Pupils have been reading Nick Butterworth's book, "Q Pootle 5" and they were challenged to make their sandwich suitable for an alien tea party. The children had to use a knife and cheese grater safely and it was important to cut using the correct technique.



Design Technology

Deck the Halls

It's beginning to look a lot like Christmas at Sydenham Primary School! In all classes, children have been using their crafting skills to create decorations for our winter hoops and we think the results are lovely.

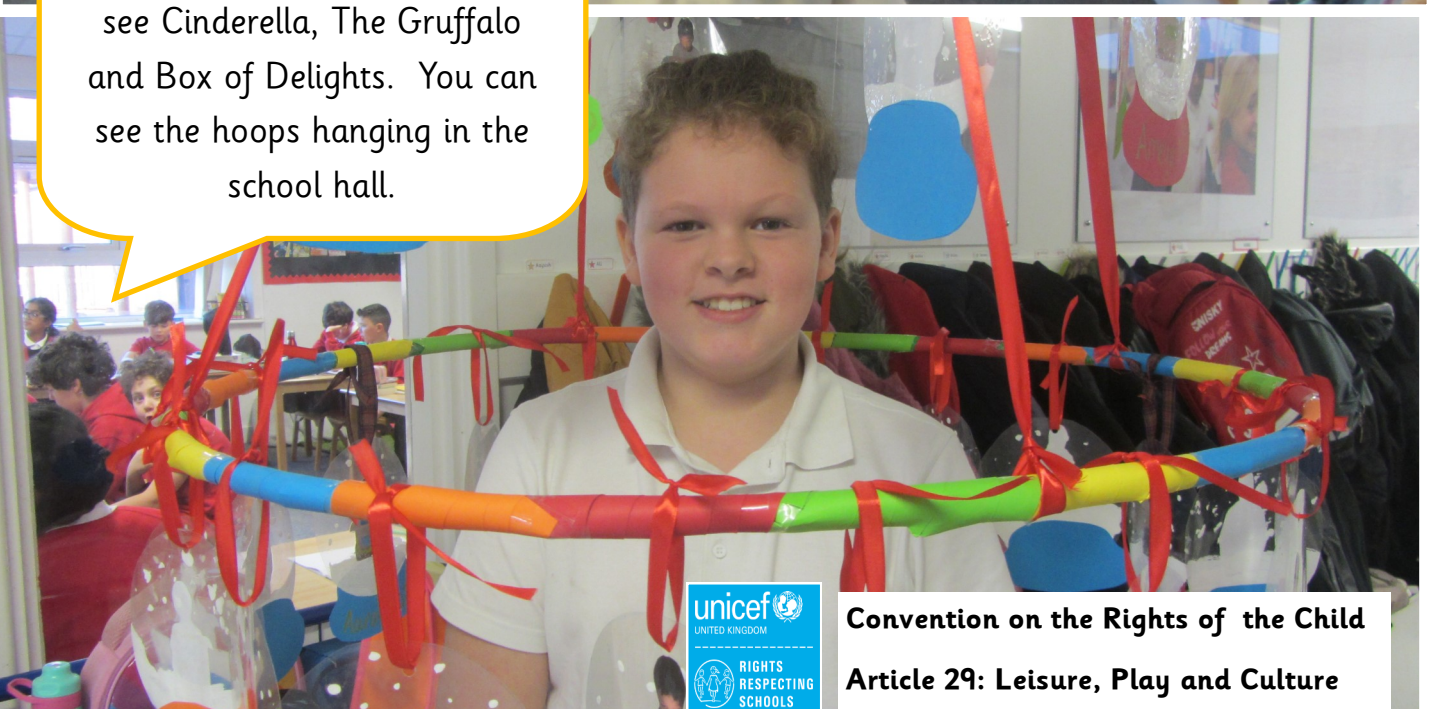




Deck the Halls



The decorations are inspired by our Christmas theatre trips to see Cinderella, The Gruffalo and Box of Delights. You can see the hoops hanging in the school hall.



Convention on the Rights of the Child

Article 29: Leisure, Play and Culture



Convention on the Rights of the Child

Article 31: Goals of Education

Here are children in Years Four and Six using a BBC microbit to learn about coding.

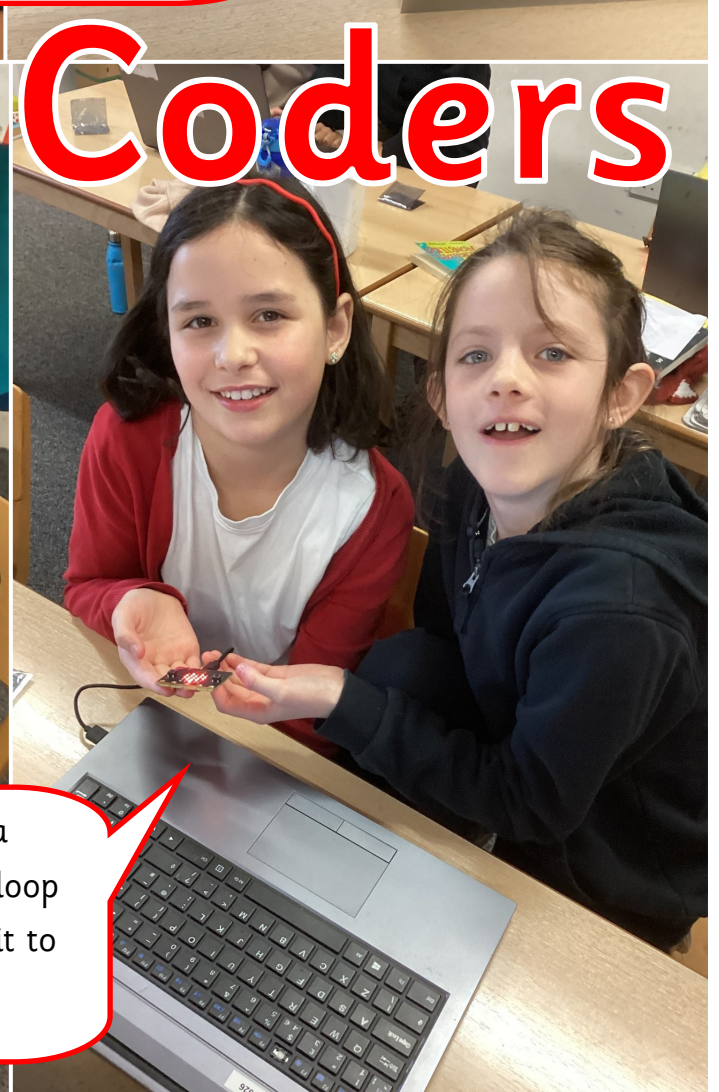
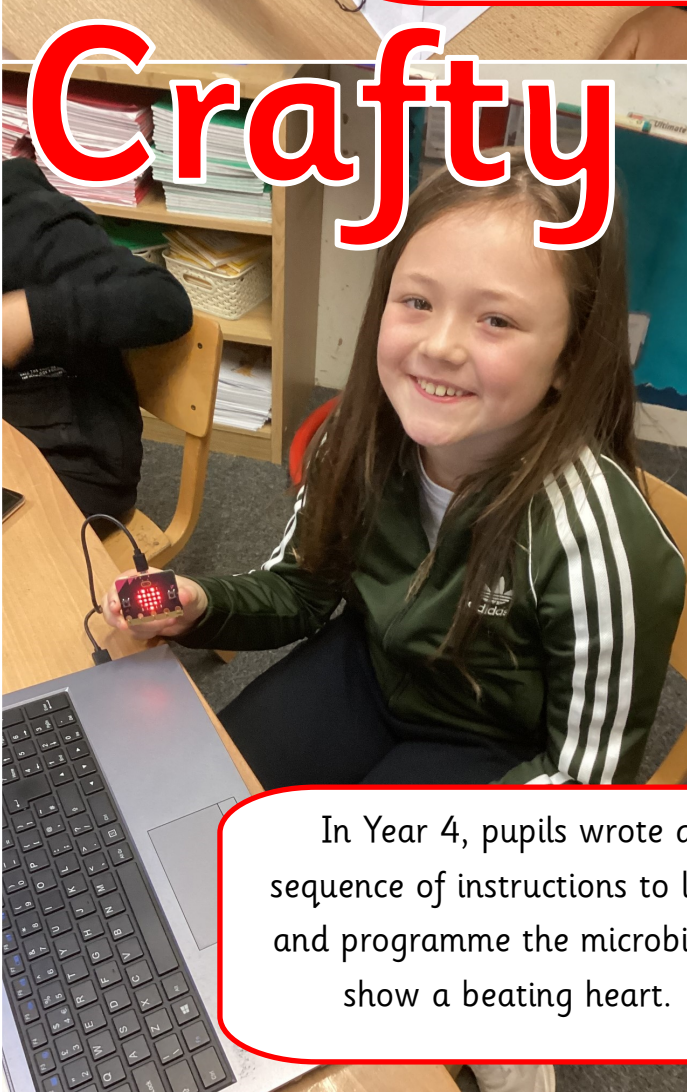
The microbit is an award-winning programmable circuit board that helps children learn to code and create with technology. It has many features including a microphone, LED display, thermometer and motion sensor.

Crafty Coders



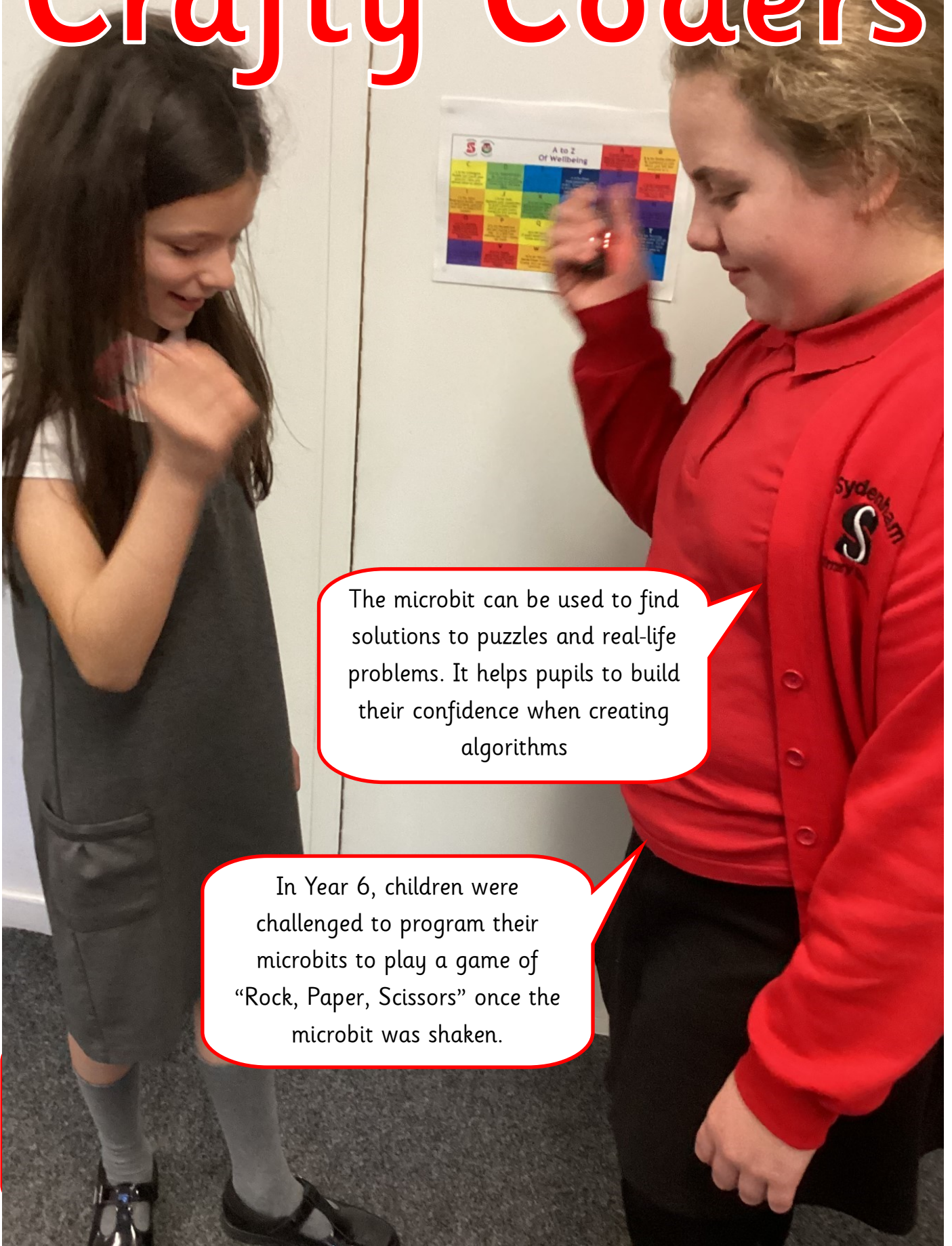
The microbit can sense, measure and log light, temperature, movement and magnetism. The microbit comes to life when it's coded!

Crafty Coders



In Year 4, pupils wrote a sequence of instructions to loop and programme the microbit to show a beating heart.

Crafty Coders



The microbit can be used to find solutions to puzzles and real-life problems. It helps pupils to build their confidence when creating algorithms

In Year 6, children were challenged to program their microbits to play a game of "Rock, Paper, Scissors" once the microbit was shaken.



Congratulations To

Lucas: for being awarded the accolade of Golfer of the Year by his instructor, Adam. Lucas won the award for showing an incredible dedication and fantastic growth mindset to his out-of-school golf lessons. Well done!

Anvikka: for playing the piano so beautifully in Celebration Assembly this week.



Y3 Cheerleading

Here are Y3 enjoying their cheerleading lesson in PE with Miss Whitehead. Keep shaking those poms Year Three!



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Y2 Science

Year Two have been learning about animals and their offspring. They enjoyed naming species and matching up pictures of adult and infant animals.





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Article 29: Leisure, Play and Culture



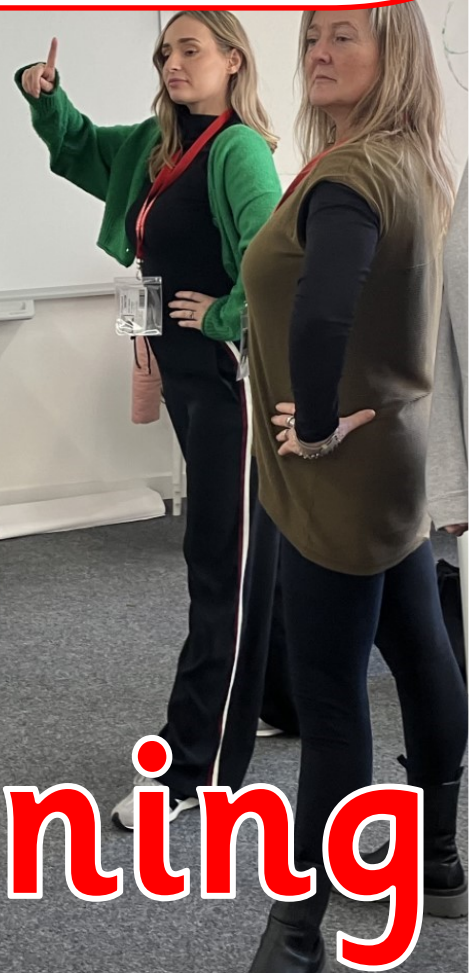
It is not that I'm
 o smart but I stay
 with
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Live as if you were
 to die tomorrow.
 Learn as if you were
 to live forever.
 Mahatma Gandhi



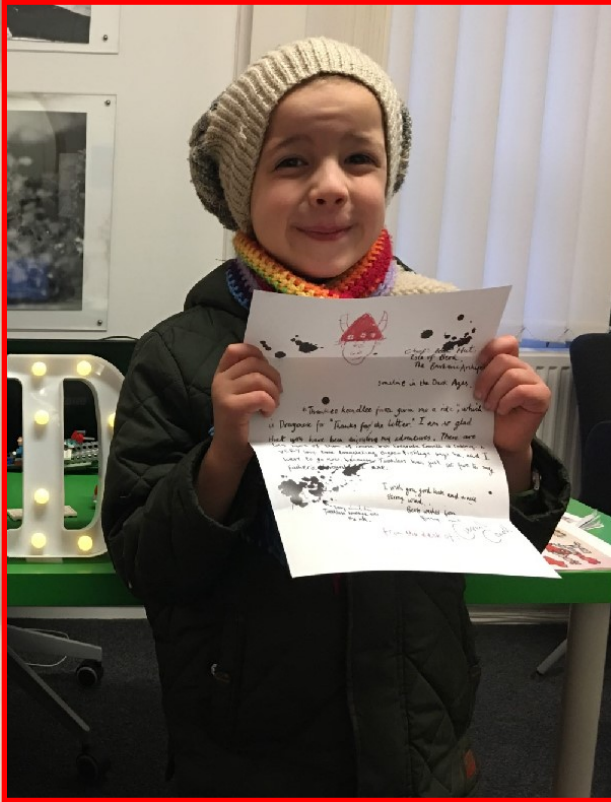
On Thursday, teachers from local schools attended training delivered by the Royal Shakespeare Company at Sydenham. The training was part of our Associate Schools Programme and focussed on "Romeo and Juliet."

This play will be performed to pupils at Sydenham as part of the RSC's First Encounters tour. We can't wait to see the production.



RSC Training

Inspiring Authors



Timothy sent a letter to his favourite author, Cressida Cowell, and was delighted to receive a reply through the post!

Well done, Timothy, for having such a passion for reading; and for finding your favourite author already!

have to go now, because Toothless has just set fire to my father's favourite axe.

I wish you good luck and a nice strong wind.

Berb wishes from Hiccup.

Sorry about this, Toothless knocked over the ink.

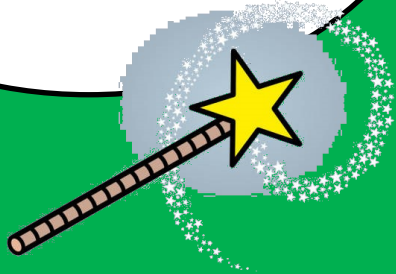
Cressida Cowell

from the desk of:

Cressida Cowell is the author of the brilliant 'How To Train Your Dragon' series; but also many other titles, including the amazing 'The Wizards of Once' series. Have you read any of her books yet? Perhaps she is your favourite author too!

Inspiring Writers

Miss Challand will soon be sharing a very special writing competition with the children to complete in school. Here is a little sneak peek of what the prize is



UN Convention on the Rights of the Child

Article 29: Goals of Education



Thank you very much to all of the families who came to show their support at the book fair. Every book sold at the fair helps to earn free books for our school - I'll share with you what we have chosen in the next few weeks! Miss Challand.

Festive Performances



You are warmly invited to watch your child perform in their Christmas show. Our performances are as follows:

- Wednesday 6th December at 9.30am in the school hall, Reception present their Nativity.
- Wednesday 13th December at 9.30am in the school hall, Years One and Two present a carol concert.
- Thursday 14th December at 2.15pm in the school hall, Years Three and Four present a carol concert.
- Friday 15th December at 2.15pm, Years Five and Six present a carol concert.

Christmas Craft



Workshop for KS1

In collaboration with The Family Learning Service, we are offering a free Christmas craft workshop on **Tuesday December 12th at 2.00pm**. There are thirty spaces for parents/cares of pupils in Years One and Two who would like to get crafty with their children. Enrolment is at 2.00pm and you will be joined by your child in the school hall for some festive fun from 2.15—3.15pm.

Please sign up for the workshop on ParentPay.

We politely request that pre-school siblings do **not** attend.



Attend Today, Achieve Tomorrow



Getting Your Child to School Really Matters



Did You Know... ?

In a School Year, If Your Child is Late Every Day By...	Your Child Would Have Lost Approximately...	or They Would Have Missed Approximately...
5 Minutes	3.5 Days from School	20 Lessons
10 Minutes	7 Days from School	41 Lessons
15 Minutes	10 Days from School	55 Lessons
20 Minutes	14.5 Days from School	82 Lessons
30 Minutes	22 Days from School	123 Lessons

Please Encourage Punctuality to Maintain Attendance

<p>190 DAYS 100%</p> <p>Very best chance of success</p>	<p>183 DAYS 96%</p> <p>Off to a flying start</p>	<p>179 DAYS 94%</p> <p>Less chance of success</p>	<p>175 DAYS 92%</p> <p>Harder to make progress</p>	<p>More than 18 days absence less than 90%</p> <p>Persistent Absentee (Not fair on your child)</p>
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ABSENCE = LOST OPPORTUNITY



Did You Know... ?

If Your Child's Attendance During the School Year...	Your Child Would Have Lost Approximately...	or They Would Have Missed Approximately...
was 95%	9 Days from School	50 Lessons
was 90%	19 Days from School	100 Lessons
was 85%	29 Days from School	150 Lessons
was 80%	38 Days from School	200 Lessons
was 75%	48 Days from School	250 Lessons

Getting Your Child to School Really Matters



RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

DIGITAL DETOX

Technology has become a normal part of our day-to-day lives and is widely beneficial; from being used as an alarm to wake us up in the morning, to helping us stay connected with family, and watching our favourite programme wherever we are in the world! However, prolonged use of technology can increase stress levels and have an unhealthy impact on our mental wellbeing.

A digital detox can help to improve sleep quality, reduce stress and anxiety, enhance productivity, increase creativity, and improve self-awareness.

Our tips for digital detox:

1- Phone free zones. Keeping phones out of certain rooms may help you to stick to your detox plan. This will remove the temptation to reach for your phone/mobile device and it allows you to enjoy your space away from technology!

2- 30 minute rule. Try to swap using your phone before bed for a screen-free activity instead! This should be for at least the last 30 minutes of the day. The blue light from screens tricks our brain into thinking it is daytime, which disrupts the production of melatonin (the hormone we need to feel sleepy!) Activities could be reading, mindful colouring, tidying, journaling, playing a musical instrument, board games, meditation, completing a puzzle, or self-care.

3- Take regular screen breaks. Stepping away from the screen helps us to balance our digital and real-world lives. This will also increase our self-awareness, productivity and overall happiness.



#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

COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.



📞 0300 123 3393
📍 Helpline
🌐 mind.org.uk



📞 Text SHOUT to 85258
📍 24/7 text service
🌐 giveusashout.org



📞 116 123
📍 24/7 helpline
🌐 samaritans.org



📞 Text YM to 85258
📍 24/7 text service
🌐 youngminds.org.uk



📞 0800 58 58 58
📍 Helpline for men
🌐 thecalmzone.net



📞 0800 068 4141
📍 Under 35s Helpline
🌐 papyrus-uk.org

Diary Dates

Monday 4th December	School closed for staff training.
Wednesday 6th December	Reception Nativity at 9.30am.
Monday 11th December	Reception, Y1 and Y2 visit Warwick Arts' Centre to watch "The Gruffalo."
Tuesday 12th December	Christmas crafts for Y1 and Y2 families.
Wednesday 13th December	Y1 and Y2 carol concert at 9.30am.
Thursday 14th December	Y3 and Y4 carol concert at 2.15pm.
Friday 15th December	Y5 and Y6 carol concert at 2.15pm.
Monday 18th December	School Christmas lunch.

Please note that school is closed for in-service training (INSET) on Monday 4th December.

Lateness

Thank you to all the families who arrive on time for school. We understand that sometimes lateness is unavoidable but when this becomes persistent it is a problem. Arriving late is embarrassing for your child and it means they miss out on important Early Bird learning, assembly or the start of the first lesson. If you are late, you **MUST sign your child in so that we know they are safely on site and understand their lunch requirements.**



Sydenham Superstars



YR and Key Stage One

Have a great weekend
from Miss Glenny
Associate Headteacher



Key Stage Two