



# Greek Myths

This term, Year 5 pupils have embarked on an exciting journey through Ancient Greece by following the adventures of Odysseus.

Through stories, discussions and creative activities, they have explored the epic tale of *The Odyssey*, learning about Greek myths, heroic quests and the values of ancient Greek society.



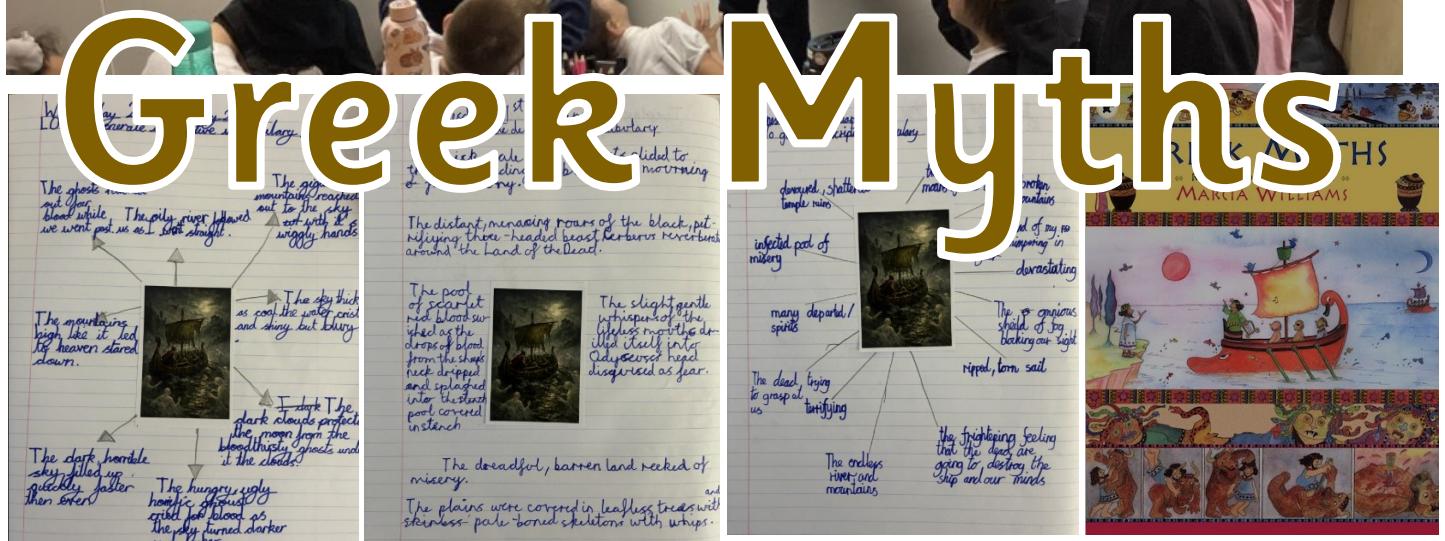
Convention on the Rights of the Child

Article 29: Goals of Education

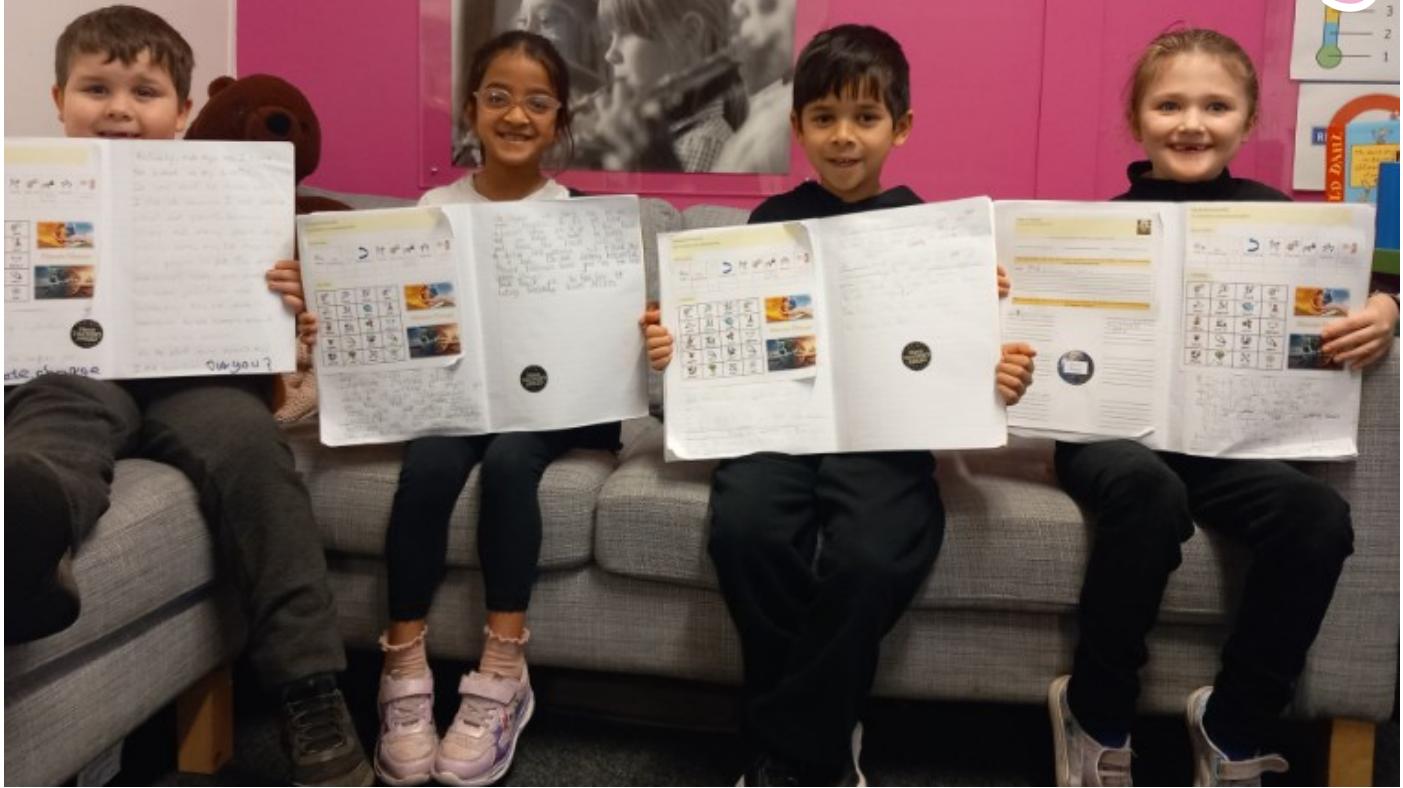




This term, Year Five have been reading the story of Odysseus (inspired by Homer's "Odyssey") to deepen their understanding of The Ancient Greeks and their myths and legends. Through the story, pupils have learned lots of real historical facts such as geographical locations and landscapes as well as information about lifestyle such as food and drink. They have also delved into stories of gods, heroes and monsters. In this week's lessons, they learned about Odysseus' trip to the Land of the Dead. They created mindmaps using their amazing descriptive writing toolkits and work together to build freezeframes of the crew on their terrifying voyage!



# Persuasive Writing



**Pupils in Year Two have been learning about our planet and the importance of caring for the environment. In English, they wrote persuasive letters calling for action to help protect and safeguard our world. Here are some examples of the children's fantastic writing:**

Dear Children of Sydenham Primary School,

I am writing to inform you about climate change. Actually, two days ago I came to school on my scooter. Do you want to know why? I did it because I am worried about our planet.

Not many people are using electric cars because maybe they don't take people far enough. The petrol and diesel cars are making too much pollution and damaging the air which is essential to all human, animals and plants to survive.

We need to start doing something! I did something. Did you?

Yours sincerely, **Dexter.**



**Convention on the Rights of the Child**  
**Article 29: Goals of Education**

Dear Children of Sydenham Primary School,

I am writing to tell you to stop ruining our beautiful, colourful planet.

Did you know that a patch of trees the size of a football pitch is cut down every year? We should stop climate change and air pollution because animals are suffering. All of us and animals need fresh air and oxygen to breathe. We should reduce single use plastic because it is not used again. Everyone should stop cutting down trees because they give us oxygen. We should think about not littering our wonderful planet.

Please listen to my message.

Yours sincerely, **Neel.**

Dear Children of Sydenham Primary School,

I am writing to tell you about climate change.

Please don't litter and stop cutting down trees to keep the planet safe and make us healthy. Please can you recycle so we are safe.

So will you do it?

Yours sincerely, **Grace T**

Dear Children of Sydenham Primary School,

I am writing to inform you about climate change.

Did you know that our fresh trees are getting chopped down?

Now our animal habitats are destroyed and we are losing our oxygen. If we don't have oxygen we cannot breathe!

Don't litter because when you go to the beach and you throw a bottle, the beach will be dirty and an animal will think it is food.

Do not destroy beautiful flowers because bees give us food from the flowers.

Thank you for listening.

Yours sincerely, **Nishta.**



# Persuasive Writing

This week, Year 6 students took part in a carefully structured Forest School session designed to support both wellbeing and curriculum learning.

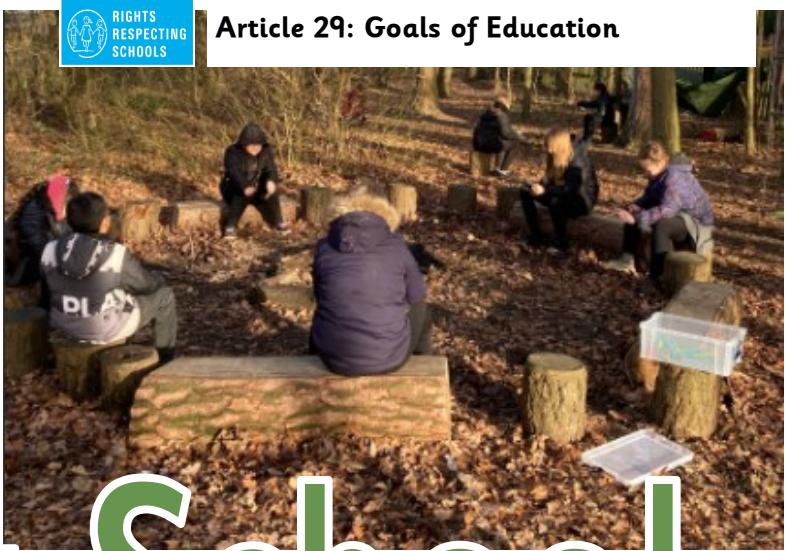
They began with a short mindfulness activity, helping pupils to slow down, regulate emotions and focus their attention. These are skills that underpin learning across the curriculum and support mental health, resilience and self-awareness. Pupils then practised whittling to create wooden dibbers, a traditional gardening tool used to aerate soil and support planting. This activity developed fine motor skills, hand-eye coordination, concentration and safe tool use, while linking directly to Science (plants and soil), Design & Technology (making purposeful tools) and PSHE (managing risk responsibly).

The session ended with free-choice time, a key principle of Forest School pedagogy, allowing pupils to apply skills independently, collaborate with peers and problem-solve through play. Research shows that child-led outdoor learning supports confidence, creativity and decision-making, while promoting physical activity and emotional wellbeing. Together, these experiences reflect Forest School's core aim: developing the whole child through meaningful, hands-on learning in a natural environment.



**Convention on the Rights of the Child**

**Article 29: Goals of Education**



# Forest School



# Forest School

Year 6 pupils also worked collaboratively to design and build woodland dens, developing both practical skills and ecological understanding.

Children were taught how to safely carry and use bow saws and knives, learning to assess risk, follow clear safety routines and take responsibility for tools - all key principles of Forest School practice. As part of the activity, pupils discussed why selective cutting back of trees can promote healthier, more sustainable growth, linking directly to Science objectives around living things, habitats, and human impact on the environment. Pupils used knives to cut rope and learned how to tie a range of effective knots and hitches, applying problem-solving, perseverance, and teamwork to create stable structures.





This week, Year 4 combined guided reading and Design & Technology through the imaginative story, "Oliver and the Seawigs."

During guided reading, pupils explored the characters, setting and rich descriptions in the book, developing their comprehension and inference skills. Using this knowledge, the children then moved on to a DT lesson where they designed and built their own seawigs, inspired by the story.

They selected materials carefully, thought about shape and structure, and worked creatively to bring their ideas to life. This cross-curricular approach helped pupils see how ideas from reading can inspire design, making and problem-solving.

The children showed fantastic imagination, resilience and pride in their finished seawigs — a wonderful example of learning coming together across subjects!



# Guided Reading





Reception recently had an assembly from road safety officer Louise. She taught pupils the road safety code and told them the story of Warwick Bear. The road safety code is: think, walk, stop, look, listen, hold hands. The assembly was part of our work with Warwickshire County Council as a Safe and Active School and it also linked to understanding the world.

### **Supervision of Children on the School Site at Drop-Off and Pick-Up**

To help keep everyone safe on the school site, we kindly ask parents and carers to be mindful of their surroundings at drop-off and pick-up times. Please walk with your child, **hold their hand where appropriate**, and remain alert to vehicles and other pedestrians. Children should stay close to an adult at all times while on the school grounds. For everyone's safety, **children must dismount from bikes and scooters** when entering the school site and place them in the designated shelter.

For the safety of all pupils and families, **parents/carers are not permitted to park on the school site unless they are Blue Badge holders**. By working together and following these safety guidelines, we can help ensure the school site remains a safe and welcoming environment for everyone.



This week, Year 6 stepped into the boots of Shackleton's crew as they wrote diary entries in role during the Endurance expedition. Drawing on their historical knowledge and empathy, pupils wrote convincingly from a first-person perspective, vividly conveying how the crew might have felt while facing the extreme conditions of Antarctica.

The children focused on key diary features, including first-person voice, past tense, emotive and descriptive language, thoughtful reflections and clear cohesion across paragraphs. They also demonstrated strong writing skills by selecting ambitious vocabulary, varying sentence structures for effect and using punctuation accurately.

This lesson linked directly to the English National Curriculum by developing composition, grammar and vocabulary choices, while also supporting History learning through the application of contextual understanding of a significant historical event.

*I never expected I would have to write such sorrowful words. Today, I've witnessed the most tragic, unexpected moment in history. My hands are still trembling—I'm absolutely distraught—watching our beloved Endurance sink into the dark abyss, along with all our hopes and dreams. How will we carry on? How will we survive? Every night I stare down at the endless void underneath the freezing ice. Our precious dreams are fading like the fire on a candle. There are so many thoughts running through my brain. The thought of death; the thought of life; the thought of home. (Ella)*

21st November 1915



Convention on the Rights of the Child

Article 29: Goals of Education

*As I write this, my hands are still shaking from the shock. Watching the Endurance sink in front of my eyes was a painful process. At first, I was strangely numb, as if my mind couldn't accept the spiteful truth, but one realisation stayed with me: survival depends on teamwork, comradeship and determination. The ship has been our home and losing it feels like losing a part of our lives. The Endurance carried our memories and our memories sank with it. (Aarish)*



# Endurance



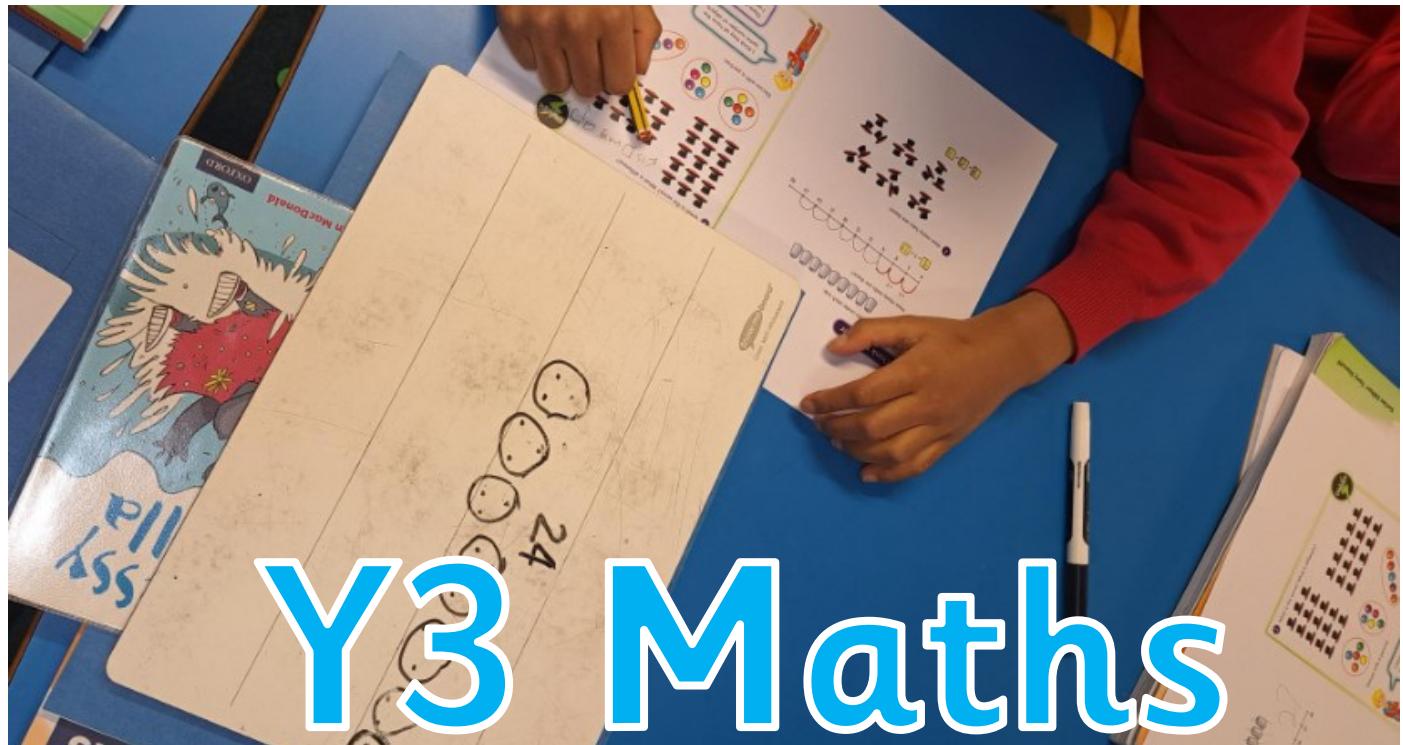
# Special Visitor

This week, Year 1 pupils have been learning all about Paddington Bear. After receiving some marmalade sandwiches last week, the children decided to write thank-you letters — and were delighted when Paddington responded with a visit to the school! Pupils made him feel very welcome and gave him a tour, carefully thinking about how to describe each room they visited. Paddington was also introduced to Ms Glenny during his visit.

Although Paddington was a little disappointed that it wasn't lunchtime, the children reminded him that he always has a marmalade sandwich for emergencies. Year 1 are now excited to write all about his visit for the next school newsletter.



Paddington Bear serves as a beloved champion for children's rights with UNICEF, symbolising kindness and perseverance as a refugee bear who found a new home, making him a perfect ambassador to promote children's well-being, educate children globally, and raise funds for UNICEF's work in areas like safe water, education, and family support



# Y3 Maths

This week, Year 3 pupils have been focusing on number in their maths lessons, with a particular emphasis on learning the 3 times tables. The children explored multiplication by making equal groups of three, using a range of concrete manipulatives to support their understanding. These hands-on resources are an important part of the Year 3 maths curriculum, helping pupils to visualise mathematical concepts, build secure foundations and develop confidence with number.

Alongside practical activities, pupils learned a new song to help them remember their 3 times tables and practised grouping and sharing using whiteboards. By combining practical resources, visual representations and engaging activities, Year 3 are developing a deeper understanding of multiplication and strengthening their fluency with number facts.



# "Wicked" Singalong



On Thursday, pupils who attended "Young Voices" participated in a live, "Wicked" singalong, broadcast from the O2 Arena in London and led by Emma Kingston, currently starring as Elphaba in the West End production of "Wicked". It was really good fun!



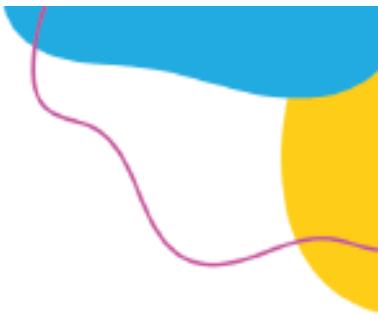
Convention on the Rights of the Child  
Article 31: Leisure, Play and Culture.



# Mental Health in Schools Team

## Tips For Wellness

### Learning



We are always learning new things – often without realising it! Learning can include developing skills as well as developing knowledge. Learning something new can help to improve our mental wellbeing, as it gives us a sense of achievement and purpose. We can challenge ourselves to build new skills or develop skills that we already have. It can help to build motivation, confidence, and self-esteem too.

To help us to learn something new, we can set ourselves a challenge or a goal to work towards. Can you think of a new challenge or goal to try?

Learning can be fun! Studies show that learning can help us to enjoy life more! Can you find a new activity that you enjoy and make it part of your life?

#### Our tips for learning:

1. Learn a new word each day! Can you use the new word in your schoolwork? Can you teach this new word to a friend?
2. Get creative! Try a new craft activity or write a story or song. Have a look at some ideas for craft activities here:
3. Try a new hobby, such as a new sport, learning to paint or join a new after-school club.
4. Try a new food or learn to cook a new recipe. Could you share this experience with someone? For example, could you bake a cake with a friend, or cook a meal for your family?
5. Learn a new language. Try and learn simple words and phrases, such as "hello", "how are you?" and "my name is...". You could use online resources or apps, such as Duolingo, to help you.
6. Try a new sport or class. Could you help others to learn by becoming a coach for a junior team?
7. Start a craft project! You could do this independently, or together with a friend. Remember to ask an adult for help if you need to! Follow the QR code for some project ideas:

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.





FACE

## FEBRUARY 2026 Timetable

All sessions delivered live online via zoom. 90 minutes long

**£24 each or FREE with School Membership**

Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Recordings available for 48 hours (excluding Free Talk)

Autism - Improving Communication	2 Feb 10am
Improving Family Communication	2 Feb 7pm
Supporting A Child with ADHD	3 Feb 10am
Understanding Addictive Behaviour	3 Feb 7pm
Anxiety Based School Avoidance	9 Feb 10am
Anxiety Explained	16 Feb 10am
Cannabis and Ketamine Awareness	16 Feb 7pm
What is ACT?	17 Feb 10am
Introduction to OCD	17 Feb 7pm
<b>FREE - Reducing the Harm from Screens</b>	19 Feb 7-8pm
Understanding the Teenage Brain	23 Feb 10am
Raising Self-Esteem	23 Feb 7pm
Decreasing Depression	24 Feb 10am
Supporting Healthy Sleep	24 Feb 7pm
Understanding Anger	9 Mar 7pm
Facing Defiance	10 Mar 7pm



online talk by Jane Keyworth



## Supporting a Child with ADHD

Challenging the stereotypes, offering practical support and explaining more about this condition

**3rd February 10-11:30am**  
**3rd March 7-8:30pm**



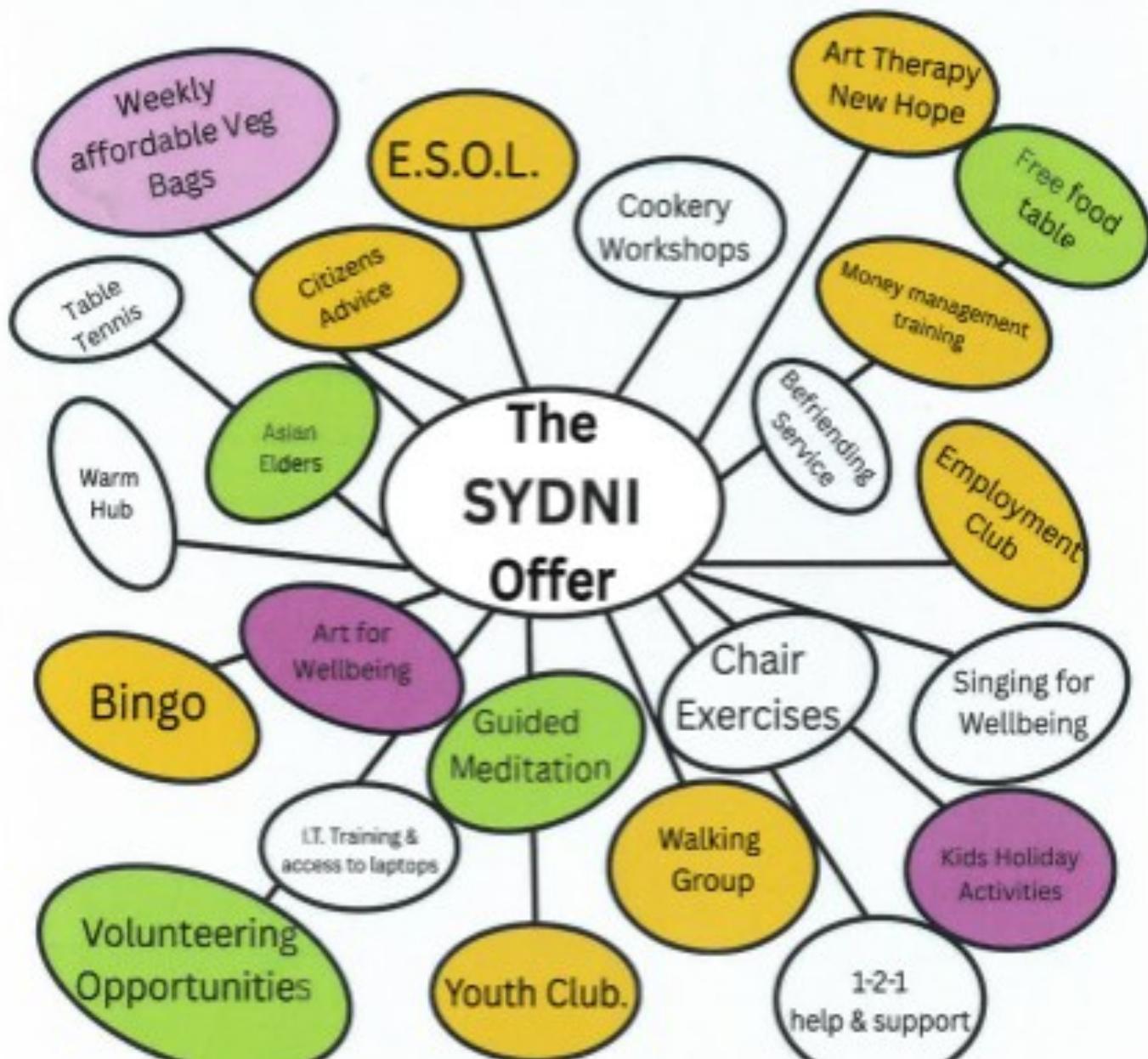
Book online  
**[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)**  
£24 or Free with a school membership code



# The SYDNI Offer

At SYDNI we offer a wide variety of free and affordable activities to engage the community. There is something for everyone at SYDNI, from kids/parents groups and holiday activities to seated exercise or English classes. SYDNI offers 18 groups per week, as well as independent groups that book rooms. At the heart of the Centre is our incredible community café offering a warm and comfortable space for visitors to relax. Our café is where the magic happens as it encourages visitors to stay around before and after activities to chat, develop friendships and to be part of our warm and inclusive community.

Our Centre is a vibrant, lively place where people come to visit and make connections. It's a genuine community of people who get involved, support each other and have a sense of belonging to something special.





# Community Veg Bags at SYDNI

**A big bag of vegetables  
and fruit every week!**

**Only £7**

**or a small  
bag for £5.00**



**OPEN  
TO  
ALL**

- Affordable fresh vegetables & fruit
- Bought in bulk
- Packed by volunteers
- Seasonal selection each week

**Healthy Start vouchers accepted**

For more information or to order a veg bag please  
call 01926 422071 or email [food@sydni.org](mailto:food@sydni.org)



Proudly Serving Sydenham

## SYDNI Warm and Well

### Cost of Living Support

SYDNI Centre would like to help local people in the area who are struggling with the cost of living.

If you'd like a free lunch, surplus supermarket food to take away and advice/support on your wellbeing then we'd love you to join us....

Lunch will be provided every Tuesday at the SYDNI Centre 12 noon to 2pm.

Free surplus supermarket Food is available every Tuesday from 12 noon

If you'd like to know more, or to register your interest in attending, then phone the centre on 01926 422071 or e-mail Helen at [Wellbeing@Sydni.org](mailto:Wellbeing@Sydni.org).



Cottage Square Sydenham Leamington Spa CV31 1PT 01926 422071 [sydni.org](http://sydni.org) [bookings@sydni.org](mailto:bookings@sydni.org)  
Opening hours: Monday - Friday 9.00-5.00

We would like to thank Sainsburys, the Coop and Kind Communities Kind Food at WCC for helping to fund this initiative



# FREE Money Saving Cookery Classes



**BIG TASTE  
SMALL BUDGET**

Come along to our FREE, fun cookery workshops and learn how to cook tasty meals whilst saving money on your weekly grocery bill.

Our Community Chef, Adam will demonstrate a range of tasty, low cost dishes.

You will be given all the ingredients to make at home or you'll get the opportunity to make the dish at the session to take home with you.

Sessions run at The SYDNI Centre, Cottage Square, Sydenham, Leamington Spa CV31 1PT

from 11am - 12 noon on the following dates:

**Wednesday 14th Jan, Tuesday 27th Jan, Tuesday 10th  
Feb, Tuesday 24th Feb, Tuesday 10th Mar 2026**

Please book each session that you wish to attend by calling the centre on 01926 422071 or by e-mail to [wellbeing@sydni.org](mailto:wellbeing@sydni.org)

Funded by WCC Household Support Fund





The SYDNI Centre

# Befriending at SYDNI



supporting our  
SYDNI  
Wellbeing  
Service

We have volunteer befrienders who will spend time with you each week over a 10 week period. Our befrienders will offer a listening ear to help you work through any challenges, you are facing. (big or small!) If you're lonely, isolated or just feel that no one really listens to you then we can help.

Befrienders are reliable, trustworthy support workers who care about helping you and want to see you make positive change.

Call Helen on 07593450442 or e-mail [wellbeing@sydni.org](mailto:wellbeing@sydni.org) for more details



# WINTER WELLNESS

This series of workshops aims to give you the tools to keep you and your family well this winter. Sign up today, to support your family's health.



## Winter Illnesses and Prevention

Monday, 2 February 2026 at 12.45pm

- how to take a temperature and how to manage a fever
- taking a look at winter illnesses
- immunisations
- supporting an unwell child, with confidence



## Getting Your Home Ready For Winter

Monday, 9 February 2026 at 12.45pm

- black mould and how to prevent this in your home
- how to help prevent accidents, injuries or harm in the home
- how to help a person, should they fall, trip or get injured
- what can cause risk, or be a threat, to a child at home



## Empowering Dads and Male Carers

Monday, 23 February 2026 at 12.45pm

- join other male parents and carers to discuss techniques to deal with stress and anxiety
- get the tools you need to protect your own mental health and that of your children.



For other dates online

Lillington Children and Family Centre  
3 Mason Avenue  
Lillington  
Leamington Spa  
CV32 7QE

SIGN UP USING OUR QR CODE OR GO TO:

<http://www.barnardos.org.uk/virtual-family-space-coventry-warwickshire>



Tel: 01926 887597  
Email: [warwickdistrictcfc@barnardos.org.uk](mailto:warwickdistrictcfc@barnardos.org.uk)

NHS  
Coventry and Warwickshire  
Integrated Care Board



Coventry and Warwickshire  
Integrated Care System



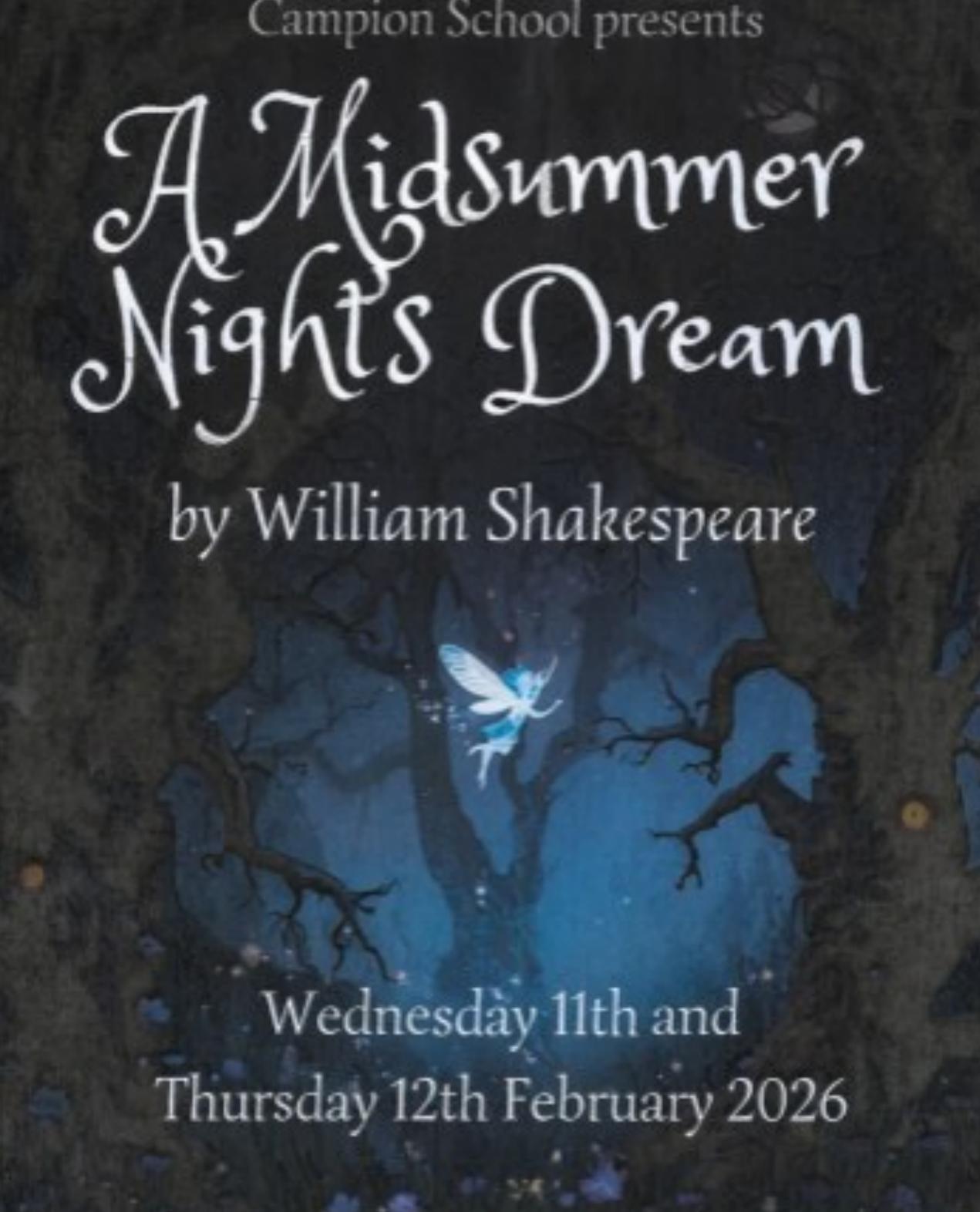
CHILDREN  
& FAMILY  
CENTRE

**BARNARDOS**  
VIRTUAL FAMILY SPACE

Campion School presents

# *A Midsummer Night's Dream*

by William Shakespeare

A dark, atmospheric forest scene with glowing blue light. In the center, a small, glowing blue character resembling a firefly or a winged insect flies towards the viewer. The background is filled with dark, silhouetted tree branches and foliage, with a few small glowing yellow and orange spots representing distant lights or fireflies.

Wednesday 11th and  
Thursday 12th February 2026

**£3.00**

Tickets available on ParentPay and from the School Library

# Diary Dates

Tuesday 27th January	<b>Y4 Starlings class assembly at 9.05am.</b> Parents/carers of pupils in this class are warmly invited to attend.
Friday 30th January	Y5 trip to Ashmolean Museum, Oxford.
Monday 2nd February	Loudmouth Theatre working with Y6.
Tuesday 3rd February	<b>Y4 Wagtails class assembly at 9.05am.</b> Parents/carers of pupils in this class are warmly invited to attend.
Thursday 5th February	Ethel String Quartet performing to KS2.
Monday 9th February	Dragon Dance workshop for YR/1/2.
Tuesday 10th February	<b>Y3 Doves class assembly at 9.05am.</b> Parents/carers of pupils in this class are warmly invited to attend.
Wednesday 11th February	Parent's Evening, 3.30—7.00pm
Thursday 12th February	Parents Evening, 3.30—5.30pm
Friday 13th February	MUFTI (non-uniform) Day. If you're able, please make a donation of £1 to School Fund via Parent Pay.
<b>Monday 16th—Friday 20th February school closed for half-term holiday.</b>	
<b>Pupils return to school on Monday 23rd February.</b>	

# Diary Dates

# Diary Dates

Tuesday 24th February	<b>Y2 Swallows class assembly at 10.15am.</b> Parents/carers of pupils in this class are warmly invited to attend.
Tuesday 3rd March	<b>Y2 Wrens class assembly at 10.15am.</b> Parents/carers of pupils in this class are warmly invited to attend.
Tuesday 10th March	<b>YR Goldfinches class assembly at 10.15am.</b> Parents/
Monday 16th March	St Mary's Church leading whole school assembly.
Tuesday 17th March	<b>YR Robins class assembly at 10.15am.</b> Parents/carers of pupils in this class are warmly invited to attend
Tuesday 24th March	<b>Y3 Herons class assembly at 9.05am.</b> Parents/carers
Friday 27th March	MUFTI (non-uniform) Day. If you're able, please make a

**Monday 30th March—Friday 10th April school closed for Easter holiday.**

**Pupils return to school on Monday 13th April**

## **Parent's Evening Appointments**

Appointments for Parent's Evenings on the 11th and 12th February are available to book on ParentPay. Please click on the link in the email sent to you by the office team.

Please note, YR Goldfinches class will have their Parent's Evenings on the **10th** and 13th of February.

# Diary Dates

# Sydenham Superstars



## YR and Key Stage One



Have a fantastic  
weekend.

From Miss Glenny



## Key Stage Two

