



Find out why Year One were living like kings this week!



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

Royal Tea Party



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





We learnt that this is a special year because of the coronation of King Charles.

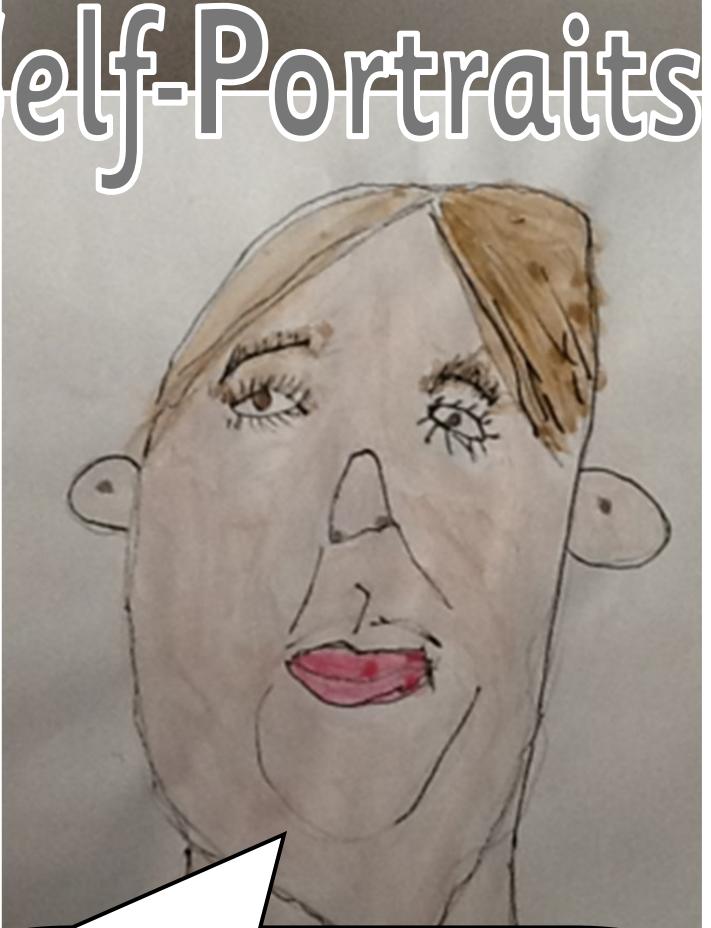
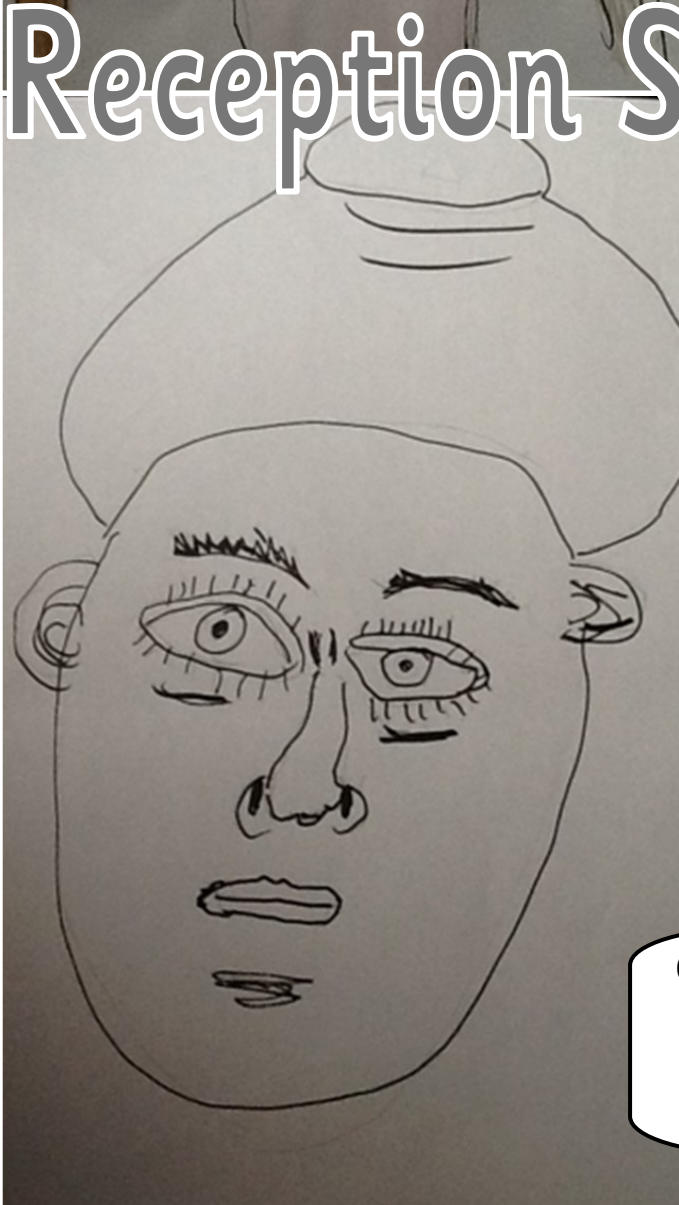


On Monday, Year One held a right royal tea party to celebrate the start of their new topic, "Bright Lights, Big City." Pupils enjoyed a classic scone with jam and cream and went on to learn some of the words to our national anthem. In their next lesson. The children will study the life and reign of Queen Elizabeth II, one of our country's most significant monarchs.

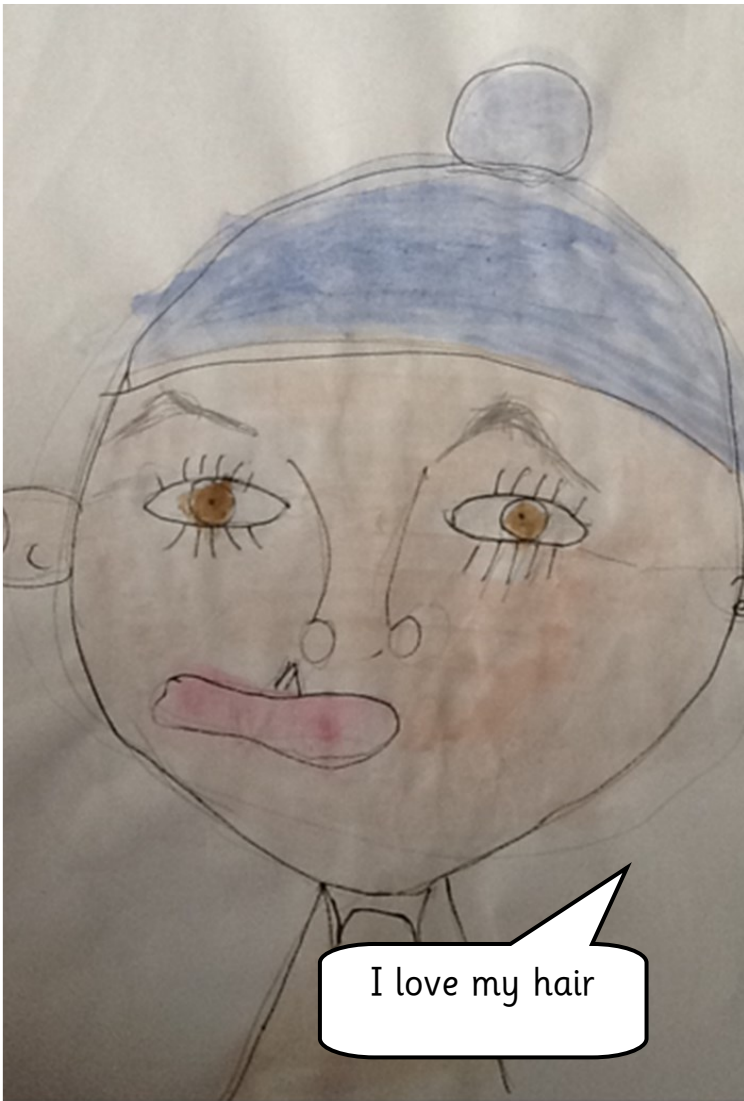




Reception Self-Portraits



Golfinches presented their class assembly on Tuesday and their stunning self-portraits were a special highlight.

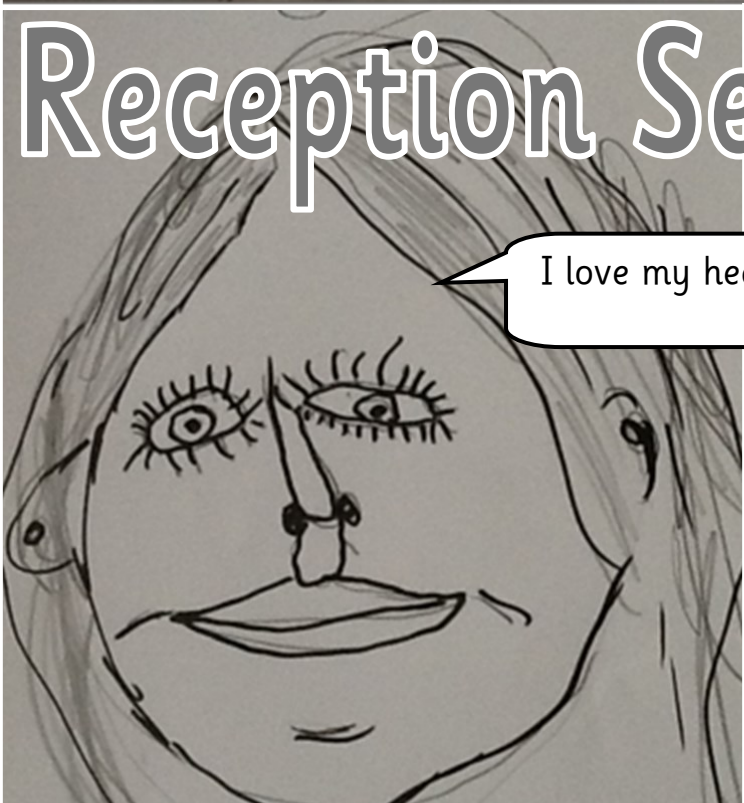


I love my hair

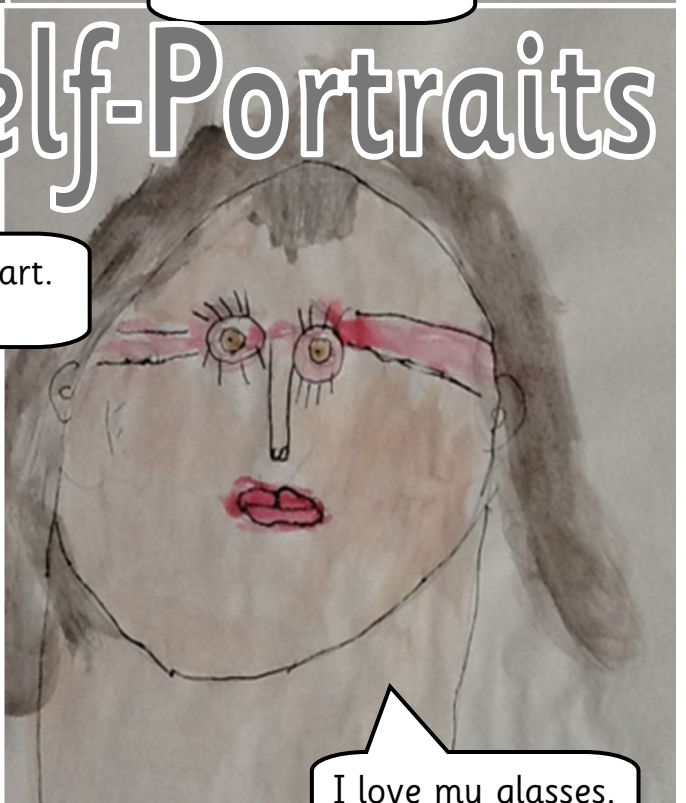


I love my teeth.

Reception Self-Portraits



I love my heart.

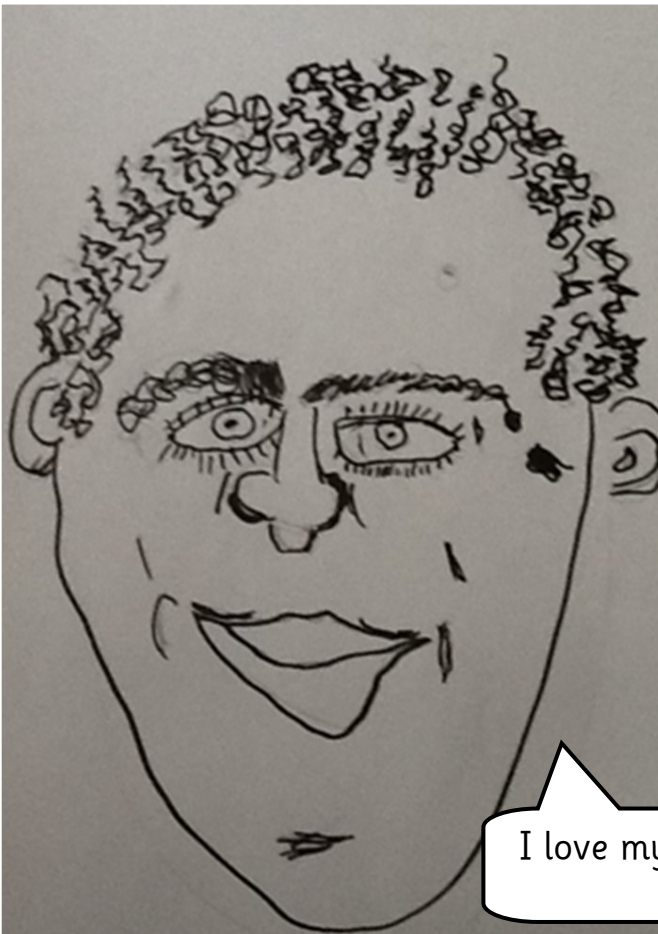


I love my glasses.

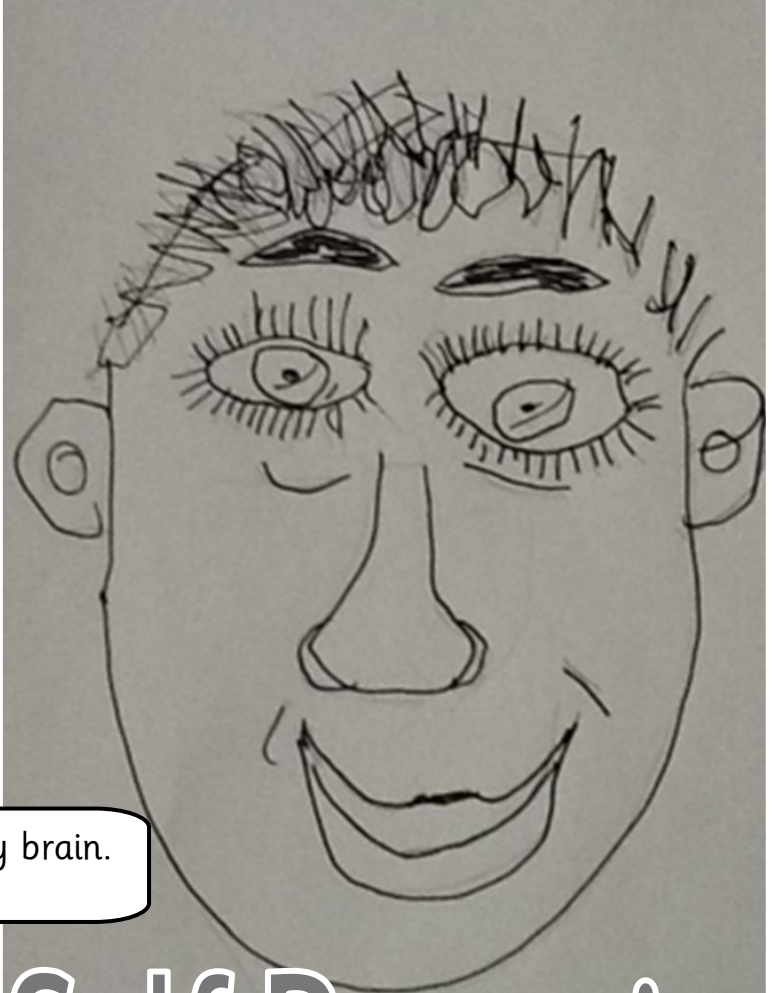


Convention on the Rights of the Child

Article 13: Freedom of Expression

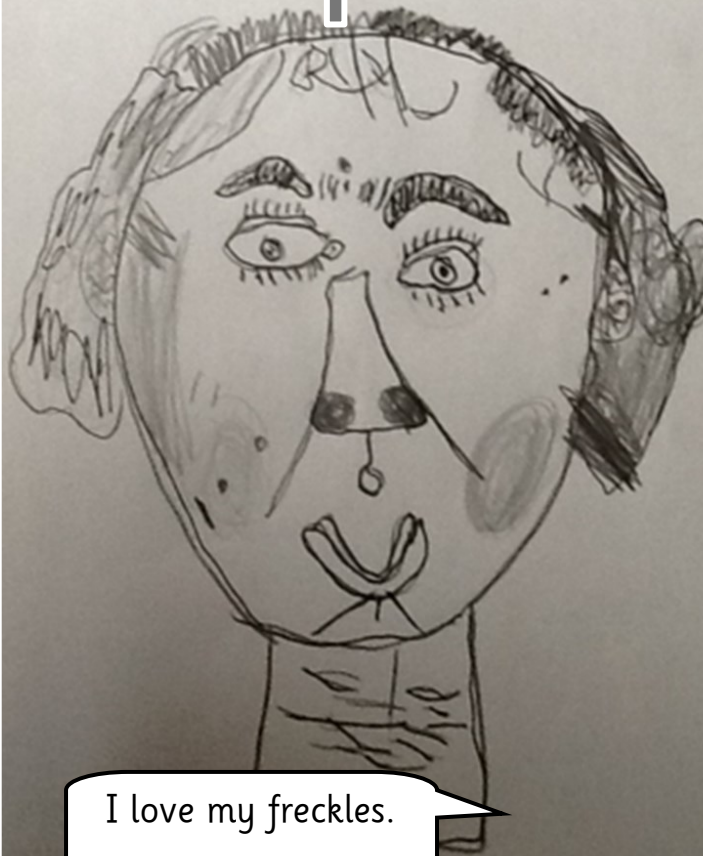


I love my brain.

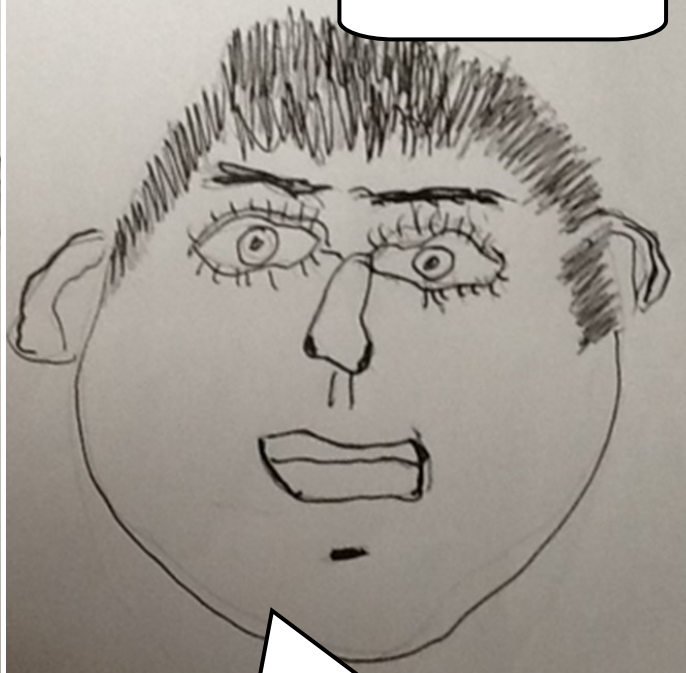


I love my eyes.

Reception Self-Portraits



I love my freckles.

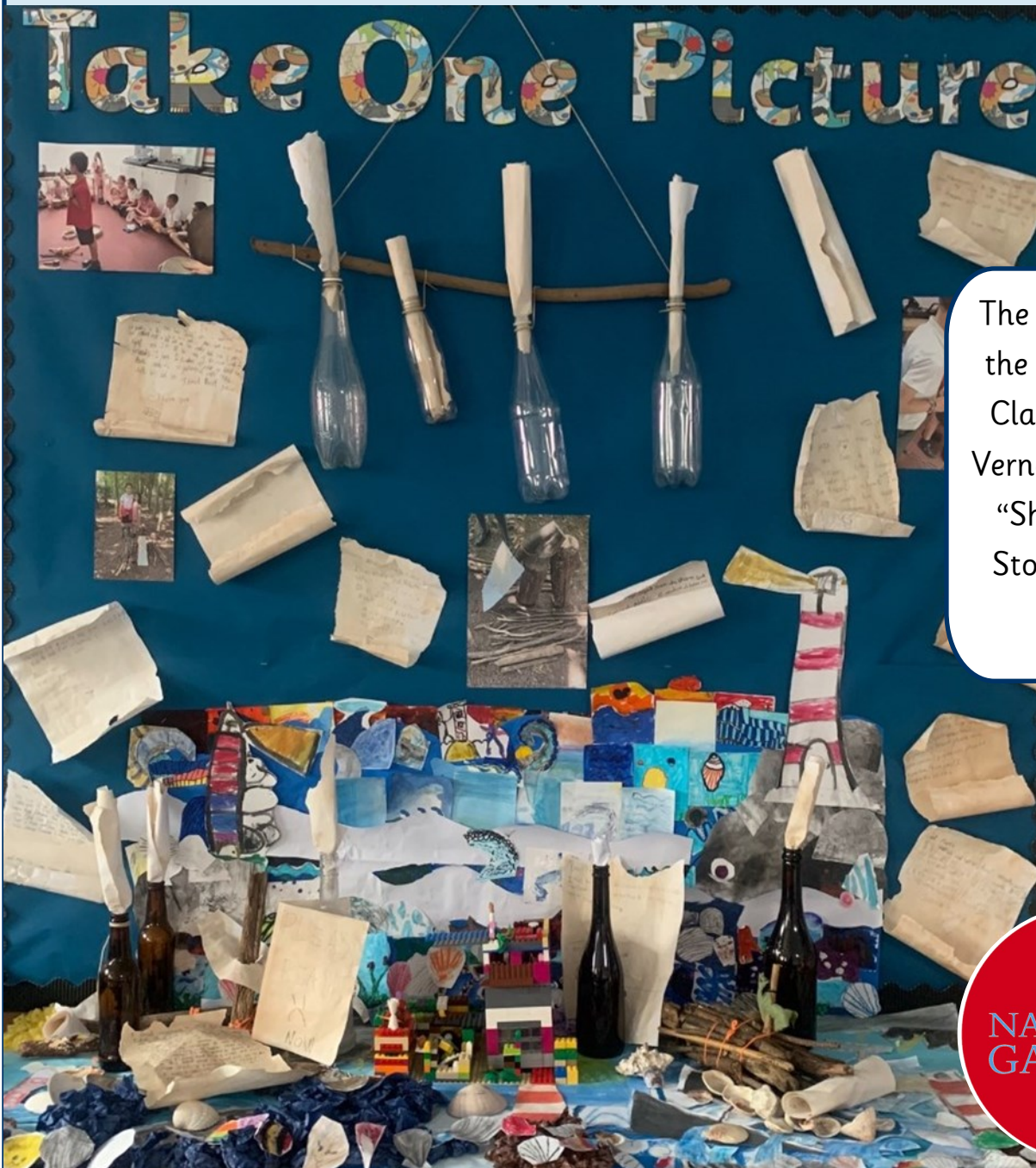


I love my eyelashes.

Sydenham Artwork Displayed at the National Gallery

We're absolutely thrilled that artwork, music and writing created by pupils currently in Year Four as part of the Take One Picture project has been selected to go on display at The National Gallery in London! Schools from across the United Kingdom can submit work to be considered for inclusion in the Take one Picture

exhibition so competition is tough.



The stimulus for the project was Claude Joseph Vernet's painting, "Shipwreck in Stormy Seas."

THE
NATIONAL
GALLERY

Our Take One Picture Journey



The light is trying to break through to help the people off the boat.

The messages in a bottle tells the story of the painting.

Inspired by the painting, the children wrote letters to imaginary characters from the painting and posted them into glass bottles. They decided to build sculptures in the Forest School area for their project - using tea-stained paper to act as sails in the storm. Pupils went on to create a soundscape for the painting and explored the emotions they felt as the storm reached a crescendo.

I wonder if the dog can swim.

I wonder what is in the box. It's so heavy!

I feel the panic in the waves.

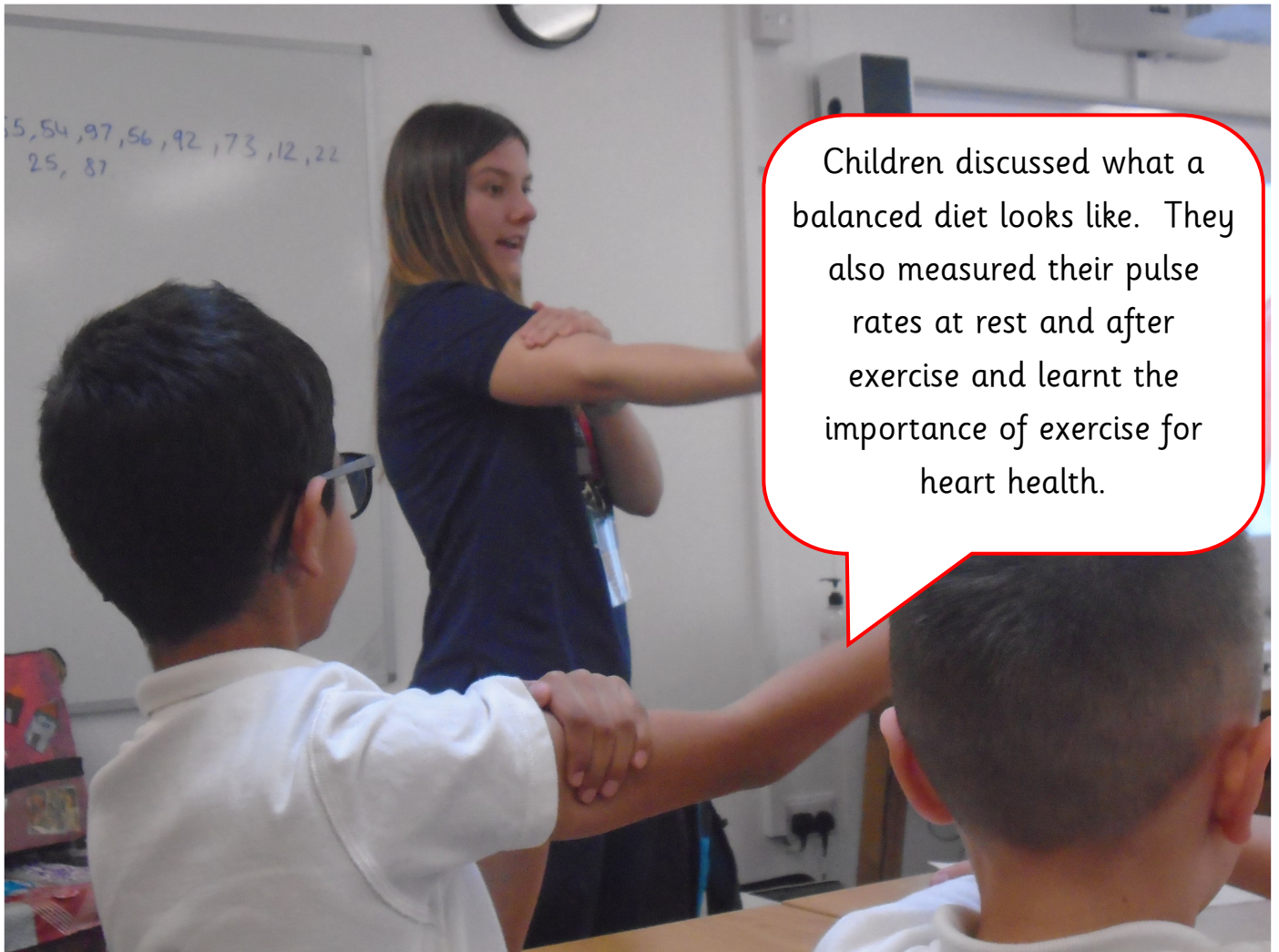




Healthy Lifestyles

This week, pupils took part in workshops to promote the importance of a healthy lifestyle.





Children discussed what a balanced diet looks like. They also measured their pulse rates at rest and after exercise and learnt the importance of exercise for heart health.



Convention on the Rights of the Child
Article 24: Health



Journalism Club

This week, our budding journalists quizzed the lovely Miss Knight. Hot off the press, here is their exclusive interview:

What is your name and how long have you worked at Sydenham? My name is Rosina Knight and this is my eighth year at Sydenham.

What inspired you to do your job? I love being around children because they're so free and they make you see the world in different ways. They also forgive you when you make a marvellous mistake!

What is the hardest thing about your job? I always feel that I'm not doing enough. I want to listen to every child all of the time but that can be hard when you teach a class of thirty children.

If you weren't a teacher, what job would you choose? I'd love to be a contemporary dancer. I'd wear floaty clothes and twirl across the stage! If I was really lucky I would partner my favourite dancer, Carlos Acosta.

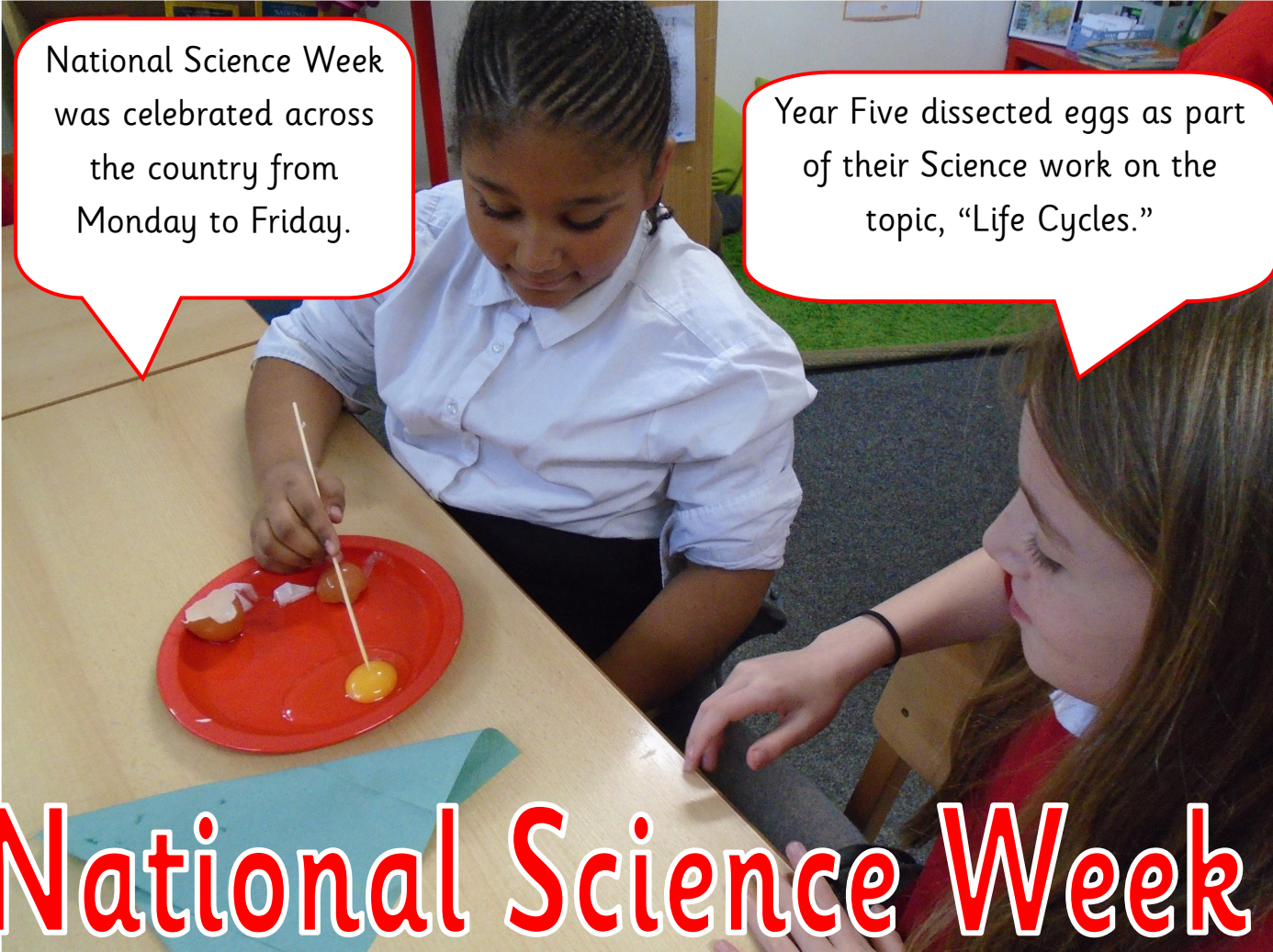
What is your favourite subject? I love all the subjects but my favourite to teach is Art.

Which is your favourite Learning Character? That's a tough one! Probably the cooperative lion because I enjoy seeing children work together and this is something I struggled with as a child.

Do you have any hobbies? I like running, reading, meditating, walking in nature and going to art exhibitions. I also love cooking and my favourite dish to prepare is pilaf.

Tell us your favourite joke: When I taught in Year Two, we used to have a joke book and a special joke time. This is a joke that Simran liked to tell: A man came round asking for donations to the local swimming pool. I gave him a glass of water!

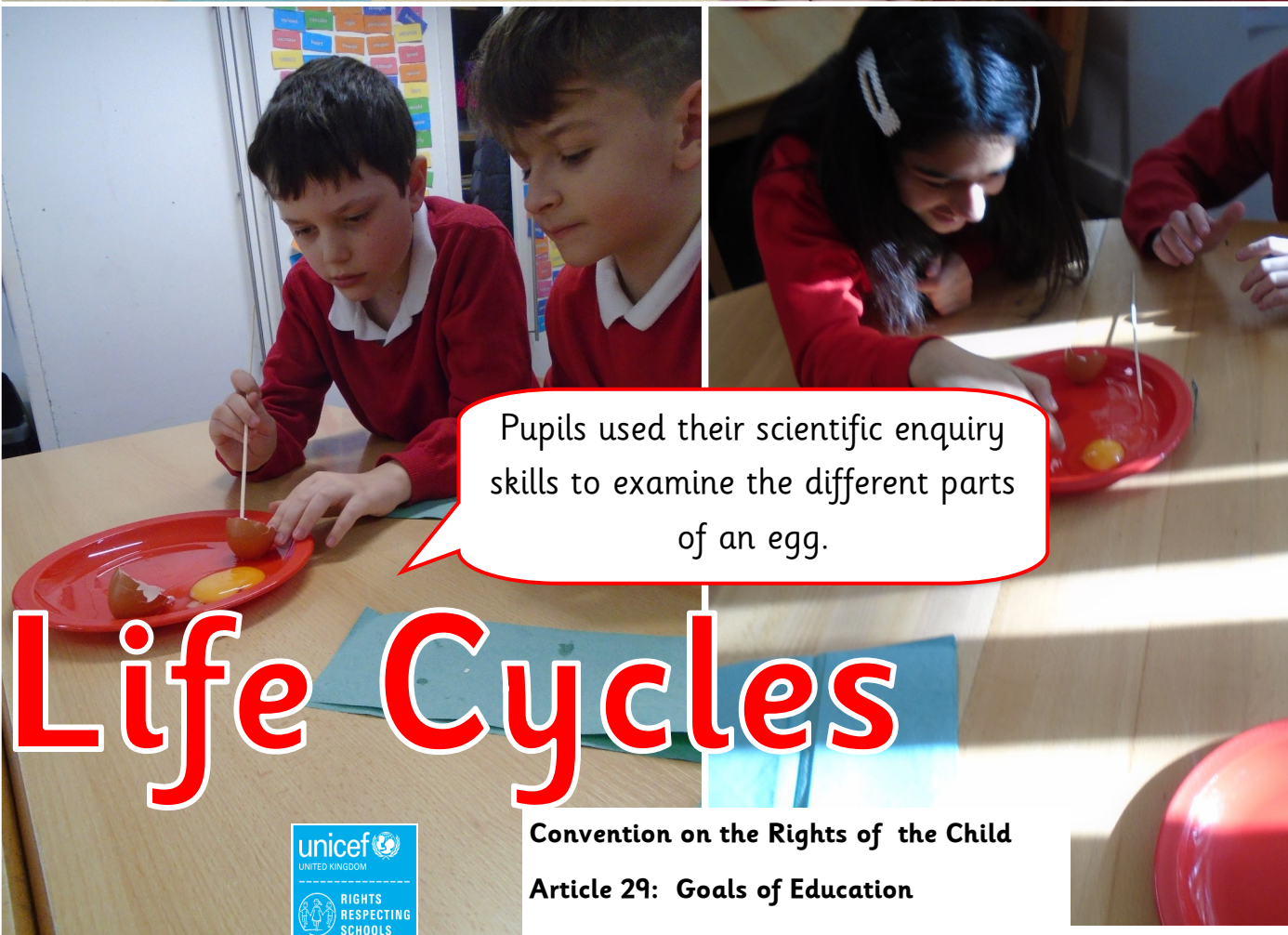
Thank you for sharing, Miss Knight! Look out for our next exclusive interview in the newsletter next week.



National Science Week was celebrated across the country from Monday to Friday.

Year Five dissected eggs as part of their Science work on the topic, "Life Cycles."

National Science Week



Pupils used their scientific enquiry skills to examine the different parts of an egg.

Life Cycles



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Article 29: Goals of Education



Heavier or Lighter?


In Reception, pupils used a balance to decide which piece of fruit is heaviest.

The children drew on their prior knowledge of a seesaw to help make a decision.

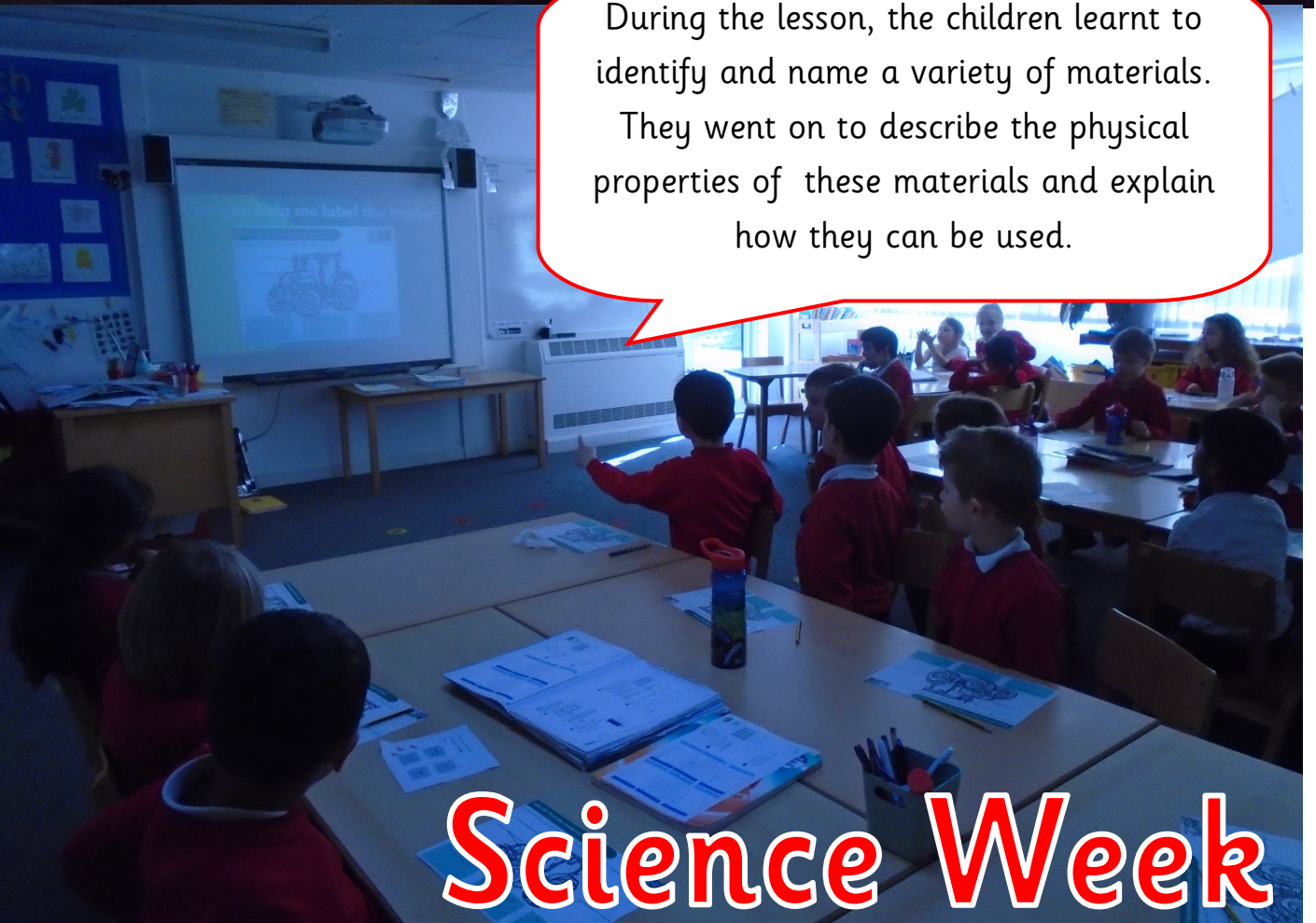
Afterwards, they turned the fruit into a yummy fruit salad!

Science Week

NFU Science Lessons

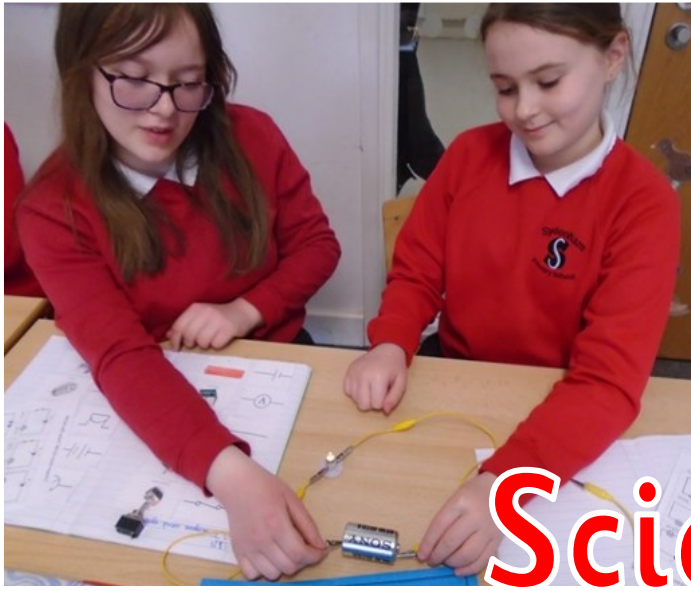
A group of children in a classroom, some wearing red school uniforms and others in white shirts, are standing at their desks with their arms outstretched, participating in a science lesson. The classroom is filled with desks, papers, and educational posters on the walls.

On Tuesday, Y2 participated in a live Science lesson delivered by The National Farmers' Union. The lesson had the intriguing title, "How Are Tractors Connected to Space?"

A classroom scene showing children sitting at desks, facing a whiteboard. The whiteboard displays a diagram of a tractor. The children are engaged in a lesson, with some looking towards the whiteboard and others looking towards the camera. The room is well-lit with natural light from windows.

During the lesson, the children learnt to identify and name a variety of materials. They went on to describe the physical properties of these materials and explain how they can be used.

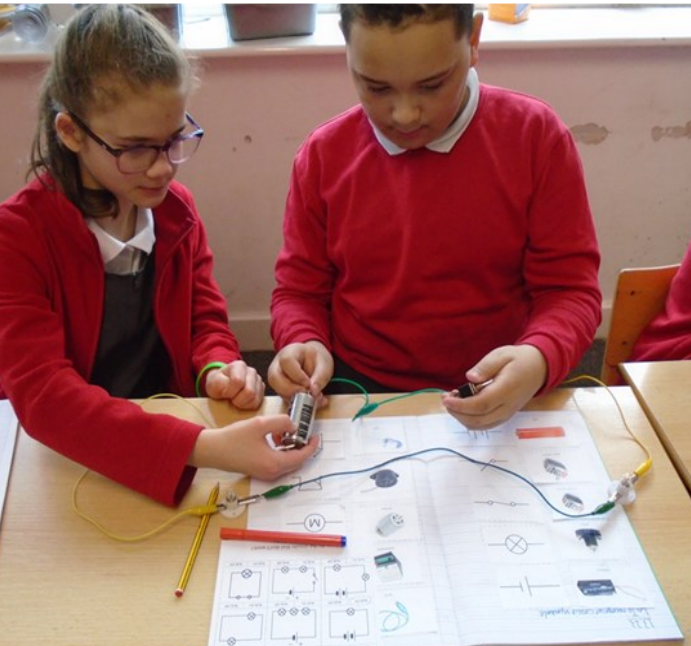
Science Week



Science Week



Y6 See the Light




Y6 pupils learnt about series circuits and how they can be represented as a circuit diagram. They experimented with different components in a circuit including bulbs, buzzers and switches.



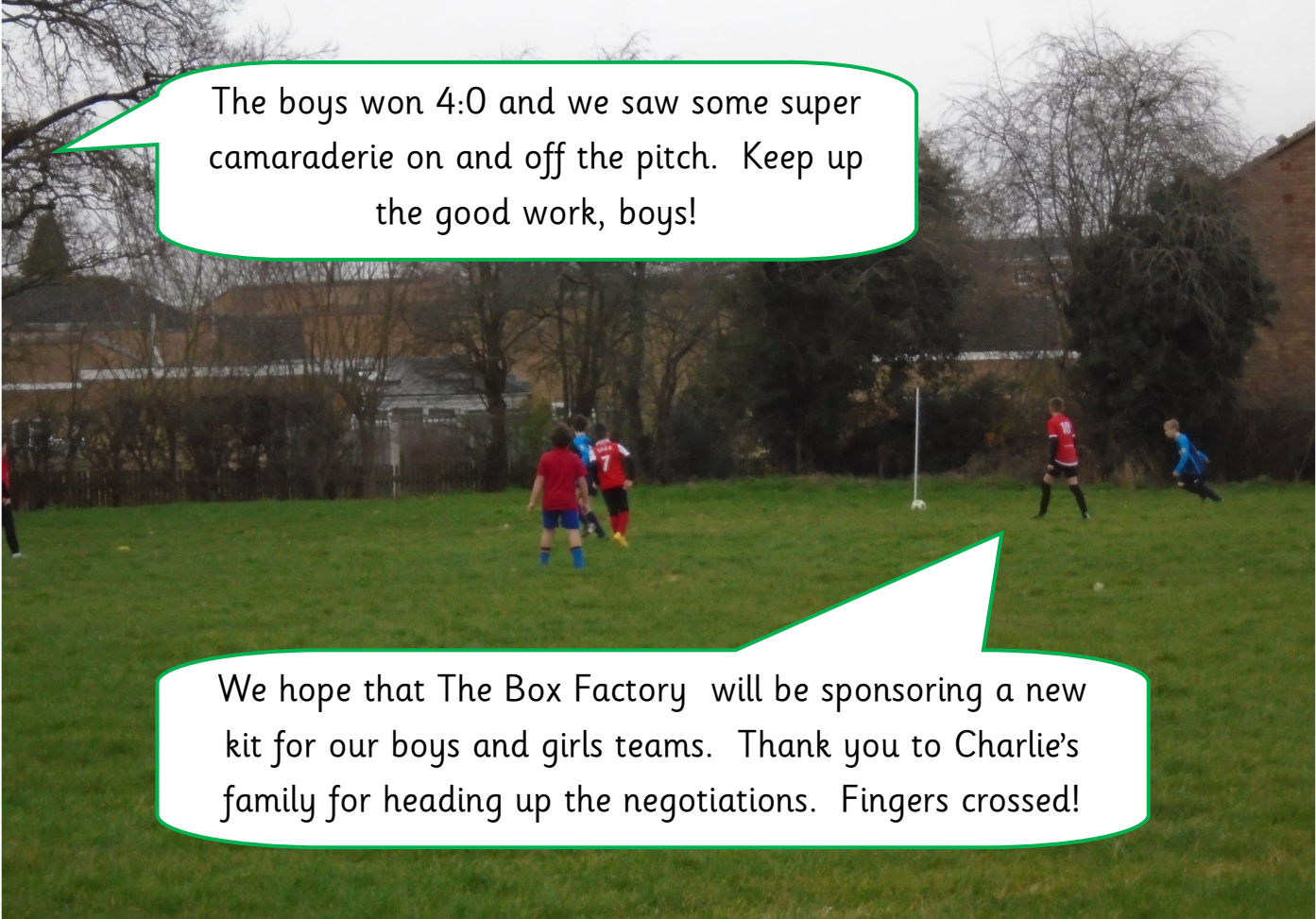
Convention on the Rights of the Child

Article 31: Leisure, Play and Culture



Hot on the heels of our girls' football team, the boys put in a brilliant performance against Coten End Primary School this week.

Football Win



The boys won 4:0 and we saw some super camaraderie on and off the pitch. Keep up the good work, boys!

We hope that The Box Factory will be sponsoring a new kit for our boys and girls teams. Thank you to Charlie's family for heading up the negotiations. Fingers crossed!

Moonlight

It hides in the mist of the sky next to the dazzling sun,
A breathtaking look or glimpse makes you wonder about the world,
You realise how much beauty the Earth can show you,
Mysterious and curious, you have so many queries filling your head,
Like a ball of magic floating above your head, for the whole of your
life, watching you from the sky,
You stand, mesmerised by everything you can see,
The brightness so blinding it makes you tear up,
But seeing the light is all you need,
A reminder of the amazing universe that we are part of.

This is Tayyaba's latest poem and this time
it's a response to the moon.

Simply beautiful!





Guide Dogs Fundraiser

Thank you to everyone who entered our Y6 Guide Dogs for the Blind fundraiser. Destiny, Lily, Gabriella, Amber, Gurshaan, Freya and Olivia visited all but one class today to collect the children's guesses. They just need to see YR Robins on Monday and then they will be ready to discover who the winner is. If more than one child chooses the winning doggy name, their names will be put in a hat and one chosen at random to take home our super-cute puppy.

If you entered our other Y6 fundraiser (for Macmillan Cancer Support) then you should have received your Easter egg template today. If you don't find the template in your child's bag, please call in at the office and we'll happily provide you with copy. The closing date is Wednesday 29th March and the winner will be announced on Thursday 30th March. Happy designing!



Convention on the Rights of the Child

Article 12: Respect for the Views of the Child



Guitar Hero

Our series of Friday assembly concerts continue to go with a swing and today it was the turn of Robert to show off his musical talent. Robert plays acoustic guitar which he learns with his dad. He uses the brilliant, free app “Guitar Tabs” to find different tunes that he can master. During Celebration Assembly, Robert played “The Entertainer” and he did an amazing job. Well done!

Guitar Lessons—Coming Soon

We are excited to be offering lunch time guitar lessons for Key Stage Two after the Easter holidays. There will be a cost of approximately £3.50 per lesson and spaces will be limited. We will let you know when booking is available on Parent Pay.



Convention on the Rights of the Child

Article 31: Leisure, Play and Culture.



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

NUTRITION & HYDRATION

Research shows that drinking water and eating fresh, healthy foods (especially fruit, vegetables, fish, and fibre) are great for our mental health!

Our brain works hard taking care of our thoughts, movements, breathing, heartbeat and senses (even when we're sleeping!) so we must fuel our brain with nutritious foods to help us function. What we eat also affects our mood too!

Our tips for staying hydrated and eating well:

1- Try to drink 6-8 cups of fluid a day. Have a drink with your breakfast and go to school with a full water bottle, remember to drink at break and lunch time too! You could also ask an adult to remind you.

2- Eat food with a high water content as these can increase your fluid intake, e.g., fruit, vegetables, soup and yoghurt.

3- Learn to cook! Consider the 'Healthy Eating Plate' and choose a balance of food groups to create a delicious, healthy meal.

4- Be prepared! Being organised and bringing a healthy snack or lunch to school can help you to avoid feeling hungry and buying an unhealthy choice in the canteen.



Scan for
hydration tips
(13 years+)



Scan for healthy
eating tips!

#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

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.

RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

20th March - International Day of Happiness

SELF-CARE

Self-care is all about the little things we do to help ourselves feel better or to keep ourselves feeling good. This is a great way to look after our mental health and wellbeing. Self-care involves 'checking in' with yourself, thinking "how do I feel?" and understanding "what do I need?".

Self-care looks different for everybody, so it is important to try out different methods to find what works for you!

Our tips for practicing self-care:

1- Ask yourself "how do I feel?" If you feel sad, worried or angry, talk to a trusted adult and choose an activity that you enjoy, e.g., listening to music, drawing, playing a game, reading a book, or going for a walk.



Try out this breathing exercise!

2- Make time for a relaxation activity, why not try out the breathing and meditation exercises by following the QR codes?



Scan to practice meditation.

3- Try to look after yourself by eating and sleeping well!

4- If you notice yourself feeling overwhelmed, take some time out and ask yourself "what do I need?" Is there anything you can do to help yourself to feel better? Or do you need to take a break to recharge?



More self-care tips!

5- To learn more about self-care and how we can look after ourselves better, scan the QR code!

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JUNIOR TOUCH RUGBY

For children aged 7-13

Touch is a great summer sport for boys and girls. It's all about running and dodging so is safe, fun and fast! Come and find out why Touch is everyone's game with us at In2Touch.

REGISTER
TODAY



FIND OUT MORE

bit.ly/in2touchjuniors

EMAIL paul@in2touch.com INSTA [@in2touchjuniors](https://www.instagram.com/in2touchjuniors)



WHO ARE WE?

Head Coach, and qualified teacher, Paul Farrington has nearly 20 years of Touch experience, having played and coached from grassroots to international level. This passion for the sport of Touch has led him to develop a unique Junior Touch programme for 7-13 year olds. All of our coaches are DBS checked and fully insured.

WHAT WE OFFER

The sport of Touch is a fantastic way for boys and girls to get active and have more fun during summer evenings. Join us for Touch skills, games and great fun each week.

We offer sessions at Old Leamingtonians RFC, Bericote Road, Leamington Spa on Monday evenings:

Year 3 and 4 mixed groups: 5:30-6:30pm

Year 5 and 6 mixed groups: 5:30-6:30pm

Year 7 and 8 mixed groups: 6:30-7:30pm

NOT JUST FOR THE KIDS!

Why should the kids have all the fun? In2Touch have teamed up with Warwick Touch to give adults the chance to get fit and play Touch at the same time in fun and friendly social sessions. So why not get your trainers on and join in for just £2 a session?

FIND OUT MORE

bit.ly/in2touchjuniors



SCAN HERE





ARTLAB@MILVERTON PS

EASTER ART CAMP

CRAFTING WORKSHOP

Easter arts and crafts for
children aged 5-11years

This year Easter art camp is going to take some creative risks,
we are going to combine lots of different media.
Collage, painting, clay model making, sewing, dying & baking!
We are going to get messy and love every minute of Easter
crafting fun.

Chocolate and easter egg hunts are on the cards too!!
JOIN US FOR AN EASTER CRAFTING ADVENTURE!!

10AM-2PM

APRIL 3-4-5

APRIL 12-13-14

£35 PER DAY

(HAF APPROVED)

INCLUDES LUNCH AND SNACKS

book @ www.artlabart.com

Diary Dates

Tuesday 21st March	Y5 SD Woodpeckers class assembly at 9.15am —parents and carers warmly invited to attend.
Wednesday 22nd March	Holi celebration for Y1, Y3 and Y4—Bollywood dancing and coloured powder throwing.
Monday 27th March	Rocksteady concert at 2pm.
Tuesday 28th March	Y2 CP Wrens class assembly at 10.15am —parents and carers warmly invited to attend.
Thursday 30th March	Bike marking from 2.30pm—come along and have your bike security marked
Friday 31st March	MUFTI Day—bring 50p if your child comes to school in their own choice of clothes
Friday 31st March	Y3/4 Bikeability sessions
Friday 31st March	Easter Egg competition winners announced.
<p>Monday 3rd—Friday 14th April, school closed for the Easter holidays</p> <p>Pupils return to school on Monday 17th April</p>	

Syria and Turkey Earthquake Appeal

We're thrilled to announce that we raised an incredible £628.94 from our recent MUFTI Day in support of The Disasters Emergencies Committee who are helping the aid effort in Turkey and Syria. Thank you so much for your generosity which we hope will really help families in need.

Clothing Bank

Time for a clear out? We are now hosting an Air Ambulance clothing bank on the car park in front of the green hut. Please save unwanted items of clothing from going to land fill and help to raise vital funds for the Air Ambulance Service by donating clothes, accessories, paired shoed, linen and handbags. Please note that pillows, rugs, duvets, glass and metal are NOT accepted. Thank you,



Sydenham Superstars



YR and Key Stage One

Especially for lovely Anna who works in the office, Happy St Patrick's Day!

Best wishes,
From Miss Glenny



Key Stage Two