

# We Love Spanish!



Children in Key Stage Two are making great progress with their Spanish learning helped by their teachers and our native Spanish Speaker Mrs Garrido-Martin. Pupils are reading books featuring the characters of Luis and Sofia. They are learning through listening speaking, playing games and completing written activities. You can see some of their brilliant lessons on the next page.



Convention on the Rights of the Child

Article 29: Goals of Education







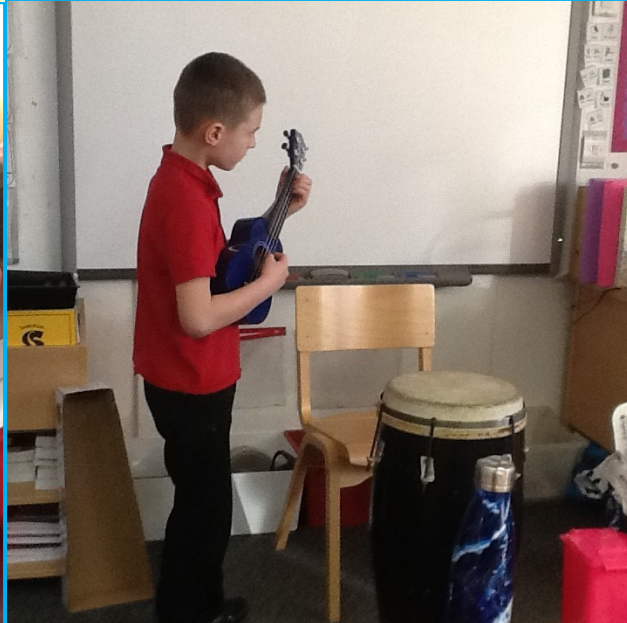
The whole lesson is delivered in Spanish—even the instructions!

Spanish lessons are really good fun! Children use actions, rhythm and music to help them remember vocabulary. They also enjoy playing games and talking to each other in Spanish.





# Playlist

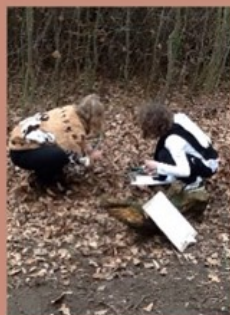
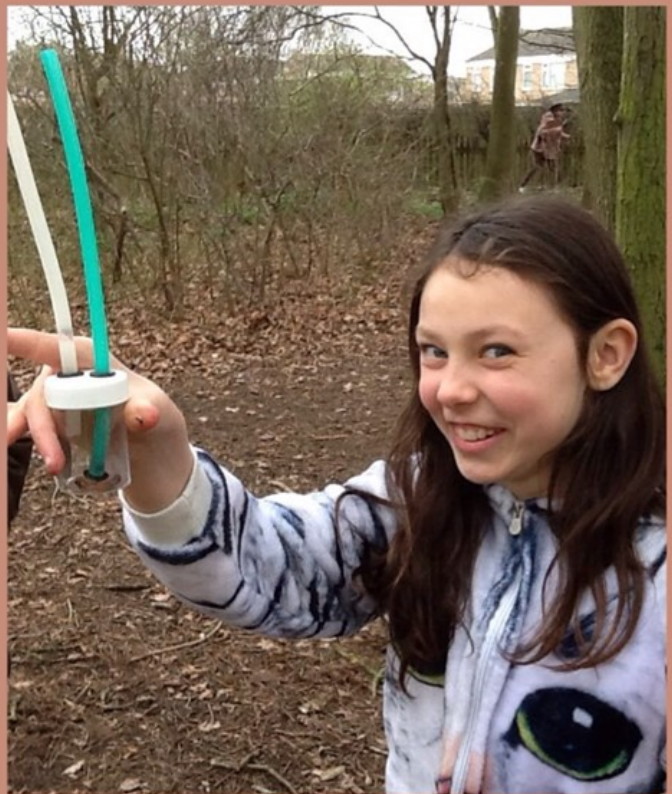
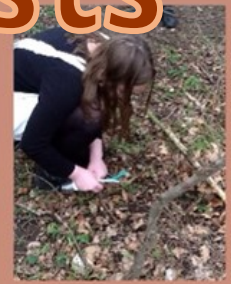
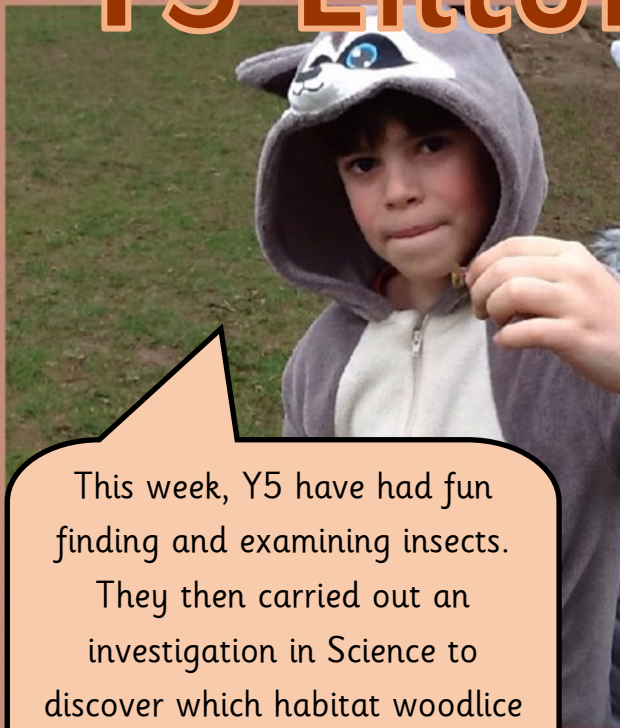


Year Four kicked off their new topic, "Playlist" by playing a range of instruments and considering how they work. Pupils discussed how we can change the sound and compared different sizes, materials and types of instruments as well as different ways we can play them. They discovered that larger instruments make deeper sounds while smaller ones tend to be higher pitched. They also discovered that wood and metal instruments have different 'timbres' (qualities of sound). They were very interested in how hollow instruments make a louder sound when we keep holes uncovered! We mentioned key words such as vibration and 'echo' which we now call 'resonance.'



# Y5 Entomologists

This week, Y5 have had fun finding and examining insects. They then carried out an investigation in Science to discover which habitat woodlice prefer.



PIC•COLLAGE





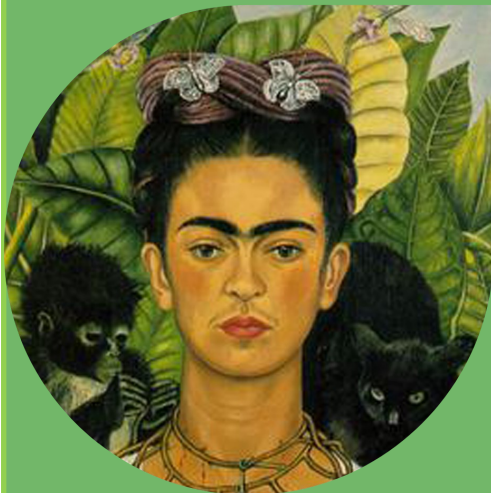


# Inspiring Women



On Tuesday we celebrated International Women's Day. As part of their learning about gender equality, Years Two and Three were treated to a performance by Freshwater Theatre Company which showcased four incredible women from history:

- Civil rights activist, Rosa Parks
- Artist, Frida Kahlo
- Aviation pioneer, Amelia Earhart
- World War One nurse, Edith Cavell.



In the show, Hera (the Greek Goddess of Women) travelled through time to introduce pupils to the achievements of these inspirational women. There was lots of opportunity to join in as you can see from the photo's on the next page.



Imagine a gender equal world.

A world free of bias, stereotypes and discrimination.

A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated.





# International Women's Day





# Inspirational Women

Women are heroes, like Malala and  
Mother Teresa,  
They broke the chains that were put  
on their lives.

Painful days they had; people putting all their trust on them doing this  
and that but they didn't stop.

Agony lay before them but they did not break,  
Tears rolled down their faces as they walked on and on.

But they thought: no, why can't we have our rights and the justice we  
deserve.

All women are heroes and all their hard work has made today different.  
Women in the past suffered dreadful pain but now we have our rights so  
let's thank them.

**By Tayyaba (Y4)**

This week, Tayyaba (our Poet Laureate) has been inspired by her learning about Malala and Mother Teresa—two truly inspirational women. She has written another fabulous poem which shares her respect for these significant women.



Convention on the Rights of the Child

Article 2: Non-discrimination



# Much Ado About Nothing



Year Four have begun studying William Shakespeare's famous play, "Much Ado About Nothing." This week they made freeze frames to show some of the key themes in the play. As you can see, the results were visually striking. Well done!



Convention on the Rights of the Child

Article 31: Leisure, Play and Culture



# Footsteps in the Snow

**Year Five have been responding to the novel, “The Midnight Fox” through “short burst” writing. The children looked at images of animal trails in the snow and discussed what might have happened—probably a meeting between predator and prey. Here are two examples of descriptive writing which are both packed with some wonderful figurative language.**

Snow reveals the night visitors’ spoor. Secret routes punctuate a path and a single track transforms into a hysterical circle. An Arctic fox shimmers in the light; his body turns as he hunts his prey—a frenzied movement. He intersects the trail of another night visitor, dancing to a tune in the calm breeze that only they could hear before turning towards the dark. (By Jevan)

The snow reveals the night visitor’s tracks. Hidden routes punctuate a path like Maltesers falling on to an iced cake. Its tracks transform into a crazy, chaos circle, intersecting the trail of another dark lover. A frantic encounter; a frenzied moment as they dance to the tune of the dark before disappearing into the cold night. (By Mahad.)







Sydenham Primary PTA's



## HALF TERM WORD TRAIL



*Well done and thank you to everyone who took part.*

*Over £100 was raised for a new bench in the playground. The children have already been enjoying it*

**Did you crack the code?**

**“SPRING IS COMING”**

*Congratulations to our winner*

*Aleks Andrejevs in Y5JE*

*enjoy your clip and climb session!*



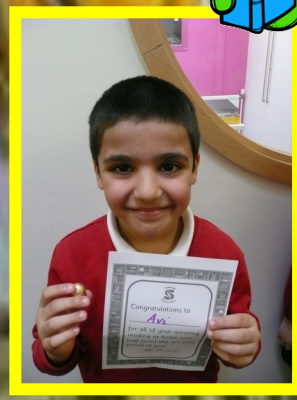
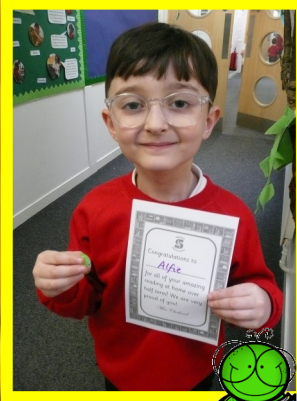
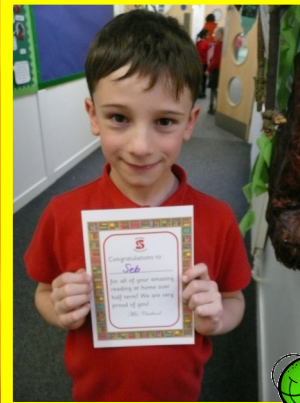
*Thank you to Anant, Y6  
for litter picking!*





# Celebrating Reading

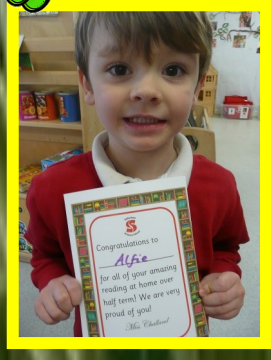
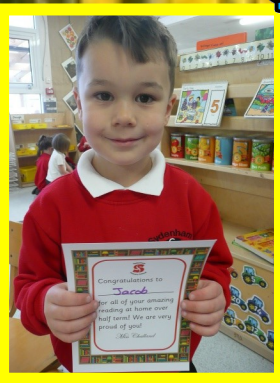
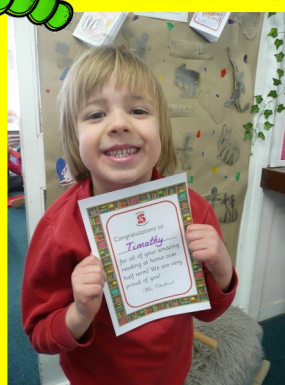
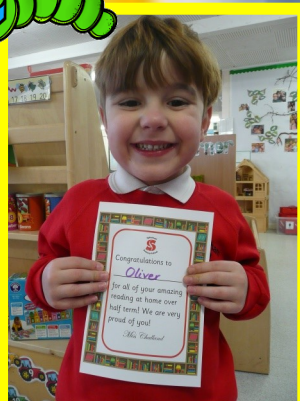
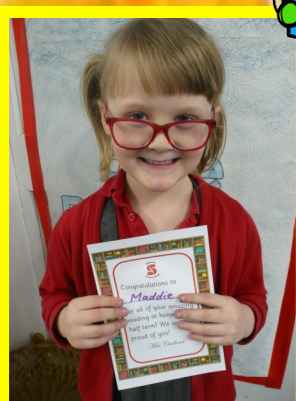
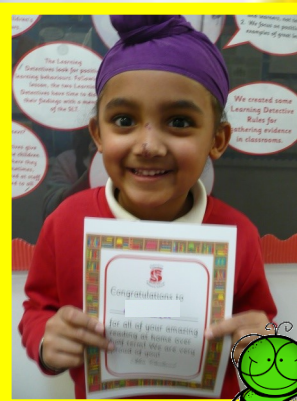
We are so proud of all of the children who completed the half term reading challenge - to read on at least seven occasions over half term. They are Sydenham Super Stars!



What a lot of happy, smiling faces!  
Congratulations to all of our  
amazing half-term readers.

**WELL DONE, EVERYONE!**









# Pupil Voice

Re-running a book club has been on our to do list for some time, raised by a number of children across the school who are keen to spend more time surrounded by books. Last week, Lily and Gurhaan came to see me with an impassioned desire to begin the club; and had really thought through how it would work, where, when and how to get children involved. And so here it begins! Starting on Monday, Book Club will run every week for children in Year 5 (to begin with!). The children will have a chance to sign up with Lily and Gurhaan every week, and the girls will be responsible for ensuring that as many pupils can become involved as possible.

Book Club is a place where you can read books with no interruptions. It is a great club for children who love books!



Book Club is a place where you can get to know about new authors and read books that you haven't read before. We are so excited!



UN Convention on the Rights of the Child

Article 12: Respect For the Views of the Child

Thank  
you  
so  
much!

A huge thank you to the Leicester House care home in Warwick for the very kind donation of books this week, including the whole *Meg & Mog* collection. Some of the books will go into classrooms to supplement reading corners, and some will go onto the Own Books bookshelf for children to take home and keep.





# Thank You!

## Read for Good

**Thank you so much for your enormously generous**

**donations to the Read for Good charity!** I am absolutely thrilled to be able to tell you that by reading last week, your children raised **over £1200!** This money will go directly towards paying for a regular supply of brand new books, mobile bookcases which can go right beside children's hospital beds and storyteller visits to brighten up the days of children in all of the UK's main children's hospitals, as well as raising money for new books for our school.

**WELL DONE EVERYONE!!!**

## The Masked Reader



Mr Lee

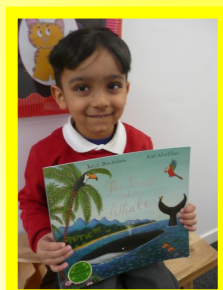


Mrs Cox



Mrs Rastall

After much excitement, hundreds of views on YouTube and over 150 Masked Reader quiz entries, I can finally reveal the true identities of our mysterious readers! Congratulations to the three lucky children who were picked at random to receive a beautiful book to read at home. **Happy reading everyone! Miss Challand**





# Mental Health Champions



Worries, fears, frustration? Help is on the way!

## Introducing the 'Worry Eaters'!

Our pupil Mental Health Champions have met with Mrs Westwood to think about ways to help children if they're feeling worried.

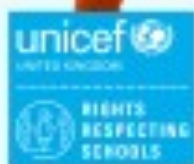
At times, childhood worries can be very BIG, and at others, very small. No matter how big or small the worries, they are all important in the life of a child. Teachers, parents and care-givers can help children learn to manage stress and tackle everyday problems with ease using Worry Eaters as a tool to identify worries, clarify misunderstandings or misconceptions, resolve conflicts and build self esteem, while promoting the development of healthy coping skills. Children who can do this develop a sense of confidence and optimism that will help them manage life's challenges, big and small.

Worry Eaters allow children of all ages a chance to identify worries and separate themselves from that worry or problem, giving the child some time to 'take a break' from carrying the weight of that worry. This separation, giving the worry to the Worry Eater,

allows children the opportunity to look at the worry or problem separate from themselves. The act of then sharing that worry with a teacher, parent, care-giver or trusted friend can help a child problem solve solutions, face that worry, and/or just acknowledge the worry exists.



Our pupil Mental Health Ambassadors have chosen Saggo and some of his friends to help the children at Sydenham.



UN Convention on the Rights of the Child

Article 24: Health and health services

Article 29: Goals of education

**WORRY  
EATERS**



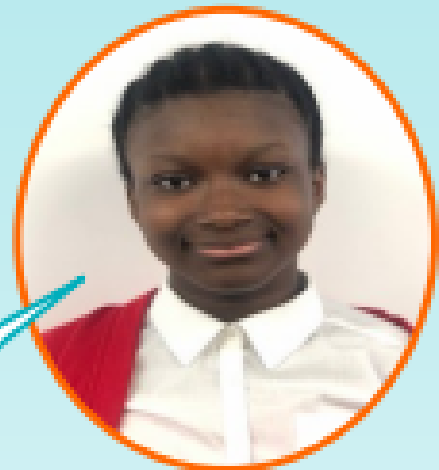
# We are the Worry Eaters!

Worries, fears, frustration? Help is on the way!



Worry Eaters are soft, cuddly, plush friends who eat children's worries. It's as easy as writing or drawing your worries on a piece of paper; feeding them to your class Worry Eater; zipping up its mouth and letting your Worry Eater hold your worries for you so you don't have to. Together, you'll get through whatever is troubling you.

GERD HAWES  
**WORRY  
EATERS**



Write down  
your worries!



Pop your paper  
into the Worry  
Eater's mouth!



Zip it up! Things  
can now only get  
better!



# We are the Worry Eaters!

WORRIES, FEARS, FRUSTRATION? HELP IS ON THE WAY!

MEET ALL  
MY FRIENDS



BETTI & BILL

## APPEARANCE

- Funny Face!
- Cuddly, bicolored and striped body!
- Funky Hairdo!
- Bright eyes that never miss a worry!
- Zipper-mouth that can be tightly shut!
- Big tummies with lots of room for your worries!



ENNO & POMM



FRULA & POLLI

## CHARACTER TRAITS

- Reliable! Always at your service!
- Trustworthy! Your worries are safe!
- Loyal and faithful!



FLINT & SAGGO



SCHNULLI & WANDA



FLAMM & BIFF



UN Convention on the Rights of the Child

Article 24: Health and health services

Article 26: Goals of education







DISASTERS  
EMERGENCY  
COMMITTEE

The Disasters Emergency Committee brings together 15 leading UK aid charities, raising funds to quickly and effectively respond to overseas disasters.

# Ukraine Humanitarian Appeal

To donate £10 text HELP to 70150

More than a million people have fled their homes to escape conflict in Ukraine. Leaving behind jobs, belongings and loved ones, they now face an uncertain future.



Families fleeing the conflict have left their homes with only the items they were able to carry. Help the Disasters Emergency Committee provide food, water, shelter, healthcare and protection.

Heavy fighting, shelling and air strikes across the country have had devastating consequences for ordinary people. Intense conflict in Ukraine is threatening the lives and livelihoods of civilians across the country. Families have been separated. People have been injured. Lives have been lost. Homes have been destroyed or are unsafe to live in. Critical infrastructure such as health facilities, water supplies and schools have also been damaged or destroyed.

At Ukraine's borders with Poland, Romania, Hungary, Slovakia and Moldova, huge numbers of people are arriving with only what they can carry. In many places there are long waits to cross and scant facilities waiting for them on the other side, with temperatures dropping below freezing overnight. There have also been increasing media reports of racism against people of colour who are being refused access to relief, aid and the right to cross the border to safety.

To donate £10 text HELP to 70150

## How donations are helping

Donations to our appeal go to our member charities and their local partners responding in Ukraine and in neighbouring countries. DEC charities are experts in humanitarian relief with decades of responding to crises around the world – from earthquakes to floods as well as conflicts.



UN Convention on the Rights of the Child

Article 9: Separation from parents

Article 22: Refugee children

Article 38: War and armed conflicts







## Mental Health in Schools Team (MHST)

### Tips For Wellness:

#### Relaxation

Relaxation is essential for both mental and physical health. Just like the muscles in our body, our brain is also like a muscle. When we work our muscles hard, they get tired and tense and need a rest. Just like if we've been for a run and our legs need a break, our brain also needs a break after a period of thinking hard or if we've been experiencing a strong emotion such as anxiety or anger.

Relaxation means different things for everyone, and everyone has their own ways of relaxing.

What works for one person, might not work for another. It is about discovering the ways that work for you. The idea is to give your mind a break from whatever it is that you've been focused on. Distracting yourself through a fun or calming, and engaging activity, which isn't too mentally or physically demanding would be ideal.

Examples may include - going for a walk, watching TV, drawing/ colouring, reading, mindfulness/ meditation, listening to a podcast, having a cup of tea with a friend or family member, having a bath

**Try one, or all, of the below activities throughout the week:**

**1.Keep a relaxation journal** - try lots of different relaxation activities and rate how calm you felt (out of 10) both before and after the activity, to discover which ones work best for you

**2.Give Mindfulness a go** - have a look on Google/ Youtube for 'Mindfulness' activities and give them a go!

<https://www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids>

#### Key Dates this week:

National Bed Month, Walk All Over Cancer Month, 7th Eating Disorder Awareness, 7th-13th No More Week (Domestic Abuse Awareness), 8th International Women's Day

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.





# Sustran's Big Walk

Get set... we're taking part in Sustran's Big Walk and Wheel 2022 (the new name for Big Pedal), the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from **21 March to 1 April**. It's free and we would love everyone to be involved.

## What do you need to do?

Encourage your child(ren) to walk, scoot or cycle to school on as many days as possible during the event.

For more information, visit the Sustran's Big Walk website:

<https://www.sustrans.org.uk/our-blog/projects/uk-wide/schools/sustrans-big-walk-and-wheel/>





SPA THEATRE  
JUNIORS



Disney THE LITTLE  
MERMAID

**5 - 7 MAY 2022**

**The Bridge House Theatre, Warwick**

**TICKETS ON SALE NOW, Book via:**

Online: [www.bridgehousetheatre.co.uk](http://www.bridgehousetheatre.co.uk) Tel: 01926 776438



# Disney THE LITTLE MERMAID

Following our smash hit performance of 'The Addams Family' pre lockdown, Spa Theatre Juniors are back with another classic production... Disney's The Little Mermaid.

Ariel lives in an enchanted undersea country, her father is a King, and she has the most beautiful singing voice. But she is a passionate, headstrong teenager, and wants what she cannot have - to live on land. Based on the classic Hans Christian Andersen fairy tale, and the wildly popular Disney film, this musical staging of The Little Mermaid features the rambunctious and persuasive "Under the Sea," the romantic expectation of "Kiss the Girl," and that anthem to longing and belonging, "Part of Your World."

## BOOK TICKETS:

[www.bridgehousetheatre.co.uk](http://www.bridgehousetheatre.co.uk)  
t: 01926 776438  
e: [boxoffice@warwickschool.org](mailto:boxoffice@warwickschool.org)

Adults - £15

Children/OAP - £11

*(Tickets include £1 booking fee per ticket)*

## DATES & TIMES

Thu 5 May: 7.30pm

Fri 6 May: 7.30pm

Sat 7 May: Matinee 2.30pm

Sat 7 May: Evening 7.30pm

**SHOW WARNING:** There are times when strobe lighting is used.

The Spa Theatre Company's Production of  
Disney's

## THE LITTLE MERMAID

Music by ALAN MENKEN Lyrics by HOWARD & GLEN SLATER Book by DOUG WRIGHT

Based on the Hans Christian Andersen story and the Disney film produced by Howard Ashman & John Musker and written & directed by John Musker and Ron Clements.

Originally Produced by Disney Theatrical Productions.

This amateur production is presented by arrangement with Music Theatre International. All authorised performance materials are also supplied by MTI.

[www.mtishows.co.uk](http://www.mtishows.co.uk)



# Diary Dates

Thursday 17th/Friday 18th	Y5 residential trip to Stratford
Monday 21st March	The Gonzaga Band performing Renaissance and Baroque music in school to Y4/5.
Wednesday 23rd March	Y4 participate in "Voice in a Million" at Wembley.
Friday 25th March	MUFTI (non-uniform) day. Bring 50p to wear your own choice of clothes. All proceeds to School Fund.
Wednesday 6th April	Junior silent disco (during the school day and free of charge.)

**Monday 11th April—Friday 22nd April, school closed for the Easter holidays.**

**Children return to school on Monday 25th April**

Thursday 5th May	Y3 visit The Cotswold Wildlife Park
Wednesday 18th –19th May	Y6 residential to Blists Hill Victorian Town, Ironbridge Gorge.
Wednesday 25th May	Queen's Platinum Jubilee celebration in school.

**Monday 30th May—Friday 3rd June, school closed for Whitsun half-term holiday.**





# Sydenham Superstars



Reception, Year One & Year Two



Years Three & Four





# Sydenham Superstars



Well done to Aleks in Y5 JE who was the lucky winner of the PTA Word Trail. We hope you enjoy your prize of an Everyone Active activity voucher.

I hope you have a super weekend.

Best wishes from Miss Glenny

(Associate Headteacher)