



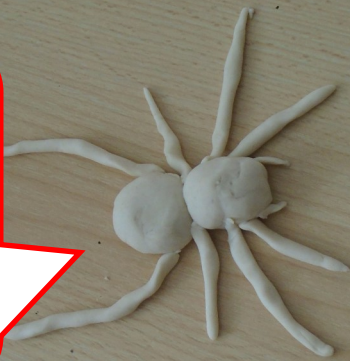
# Watch out! Watch Out!



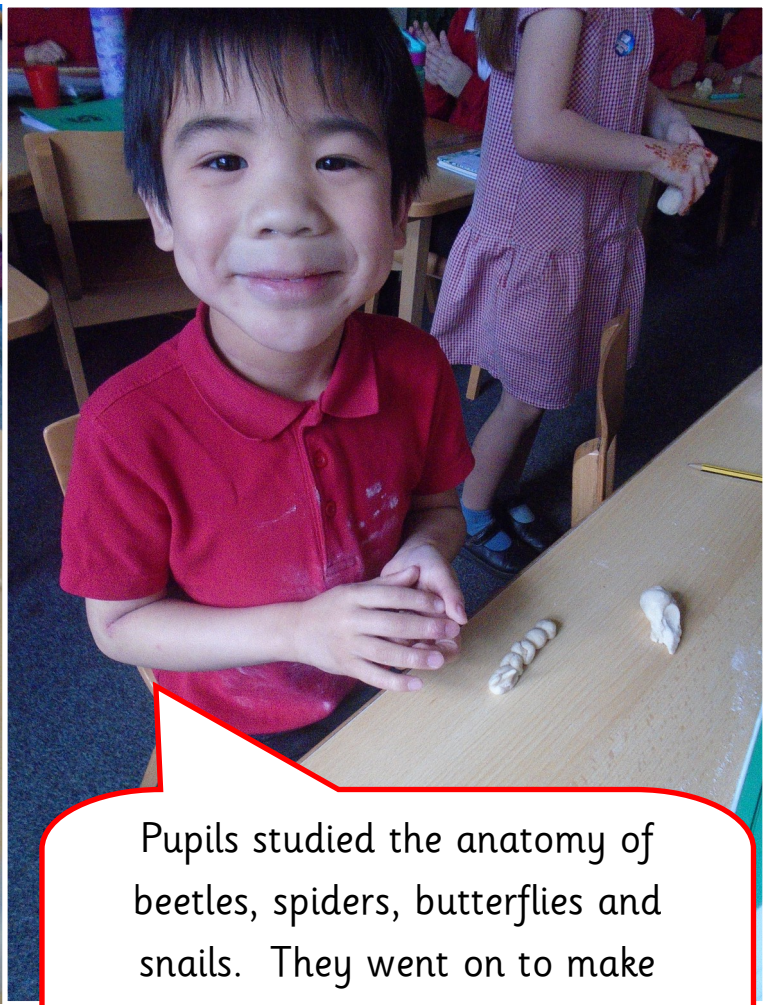
GOLD AWARD



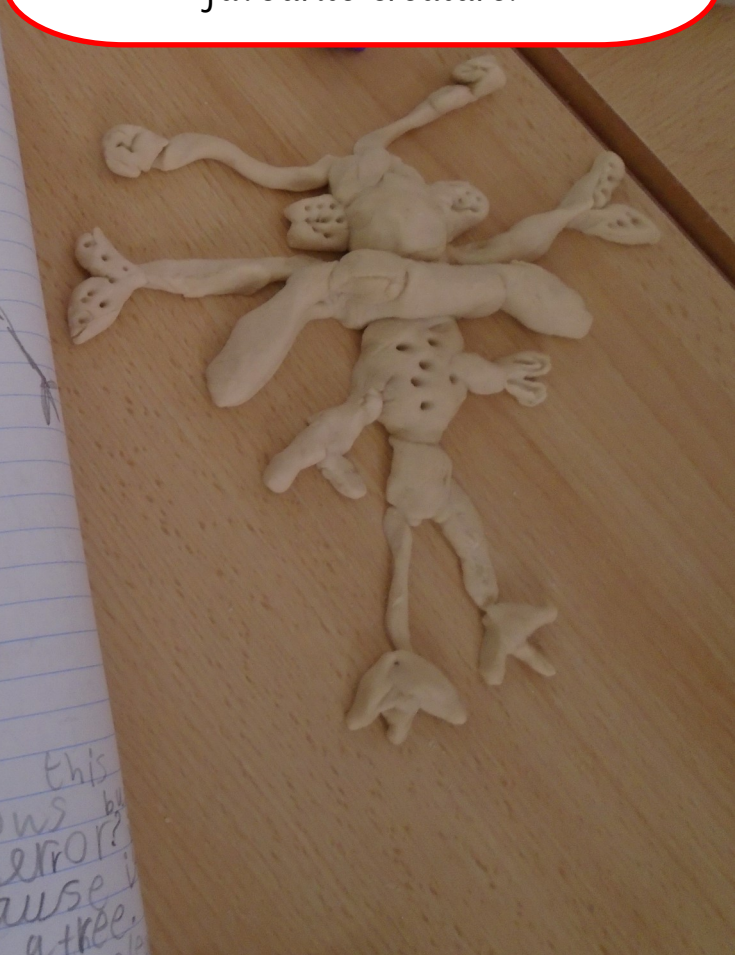
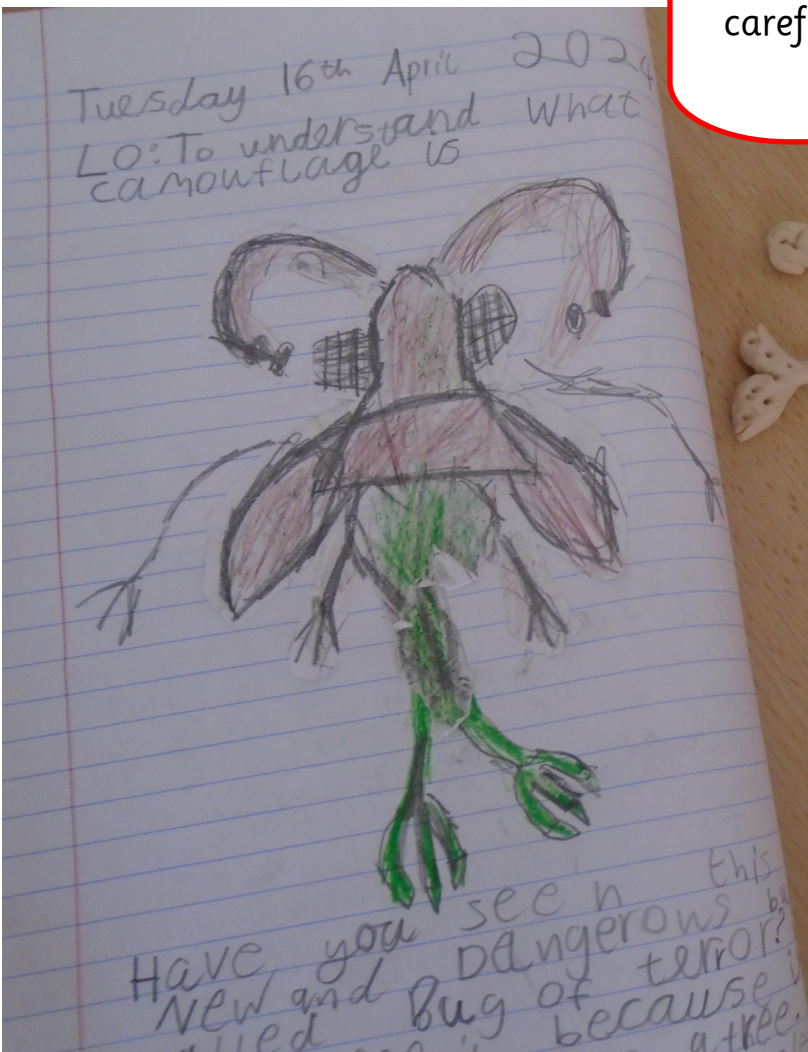
Y2 have been busy this week getting up close and personal with different minibeasts.



# Creepy-Crawlies About



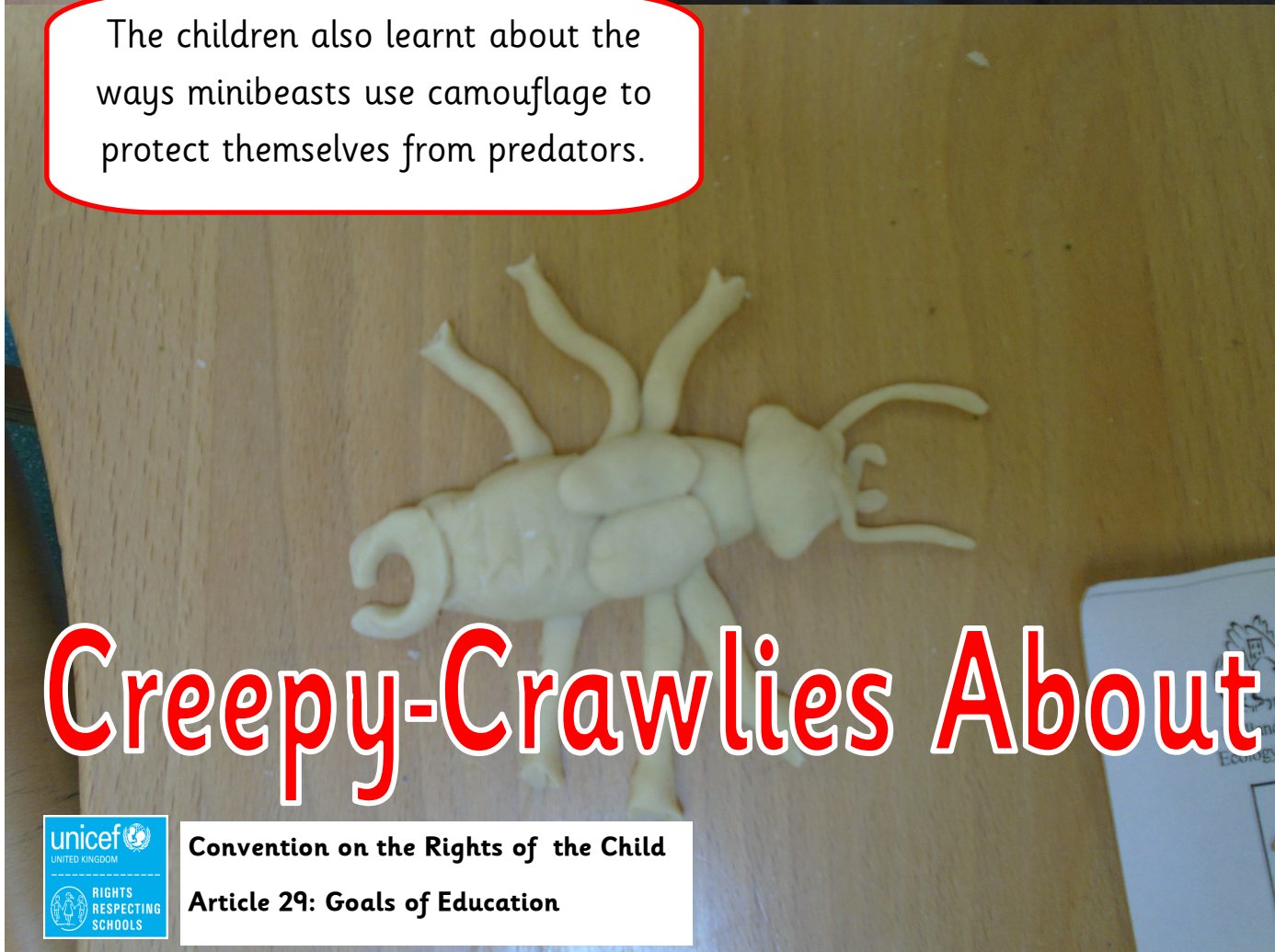
Pupils studied the anatomy of beetles, spiders, butterflies and snails. They went on to make carefully observed clay models of a favourite creature.





# Watch out! Watch Out!

The children also learnt about the ways minibeasts use camouflage to protect themselves from predators.




# Creepy-Crawlies About



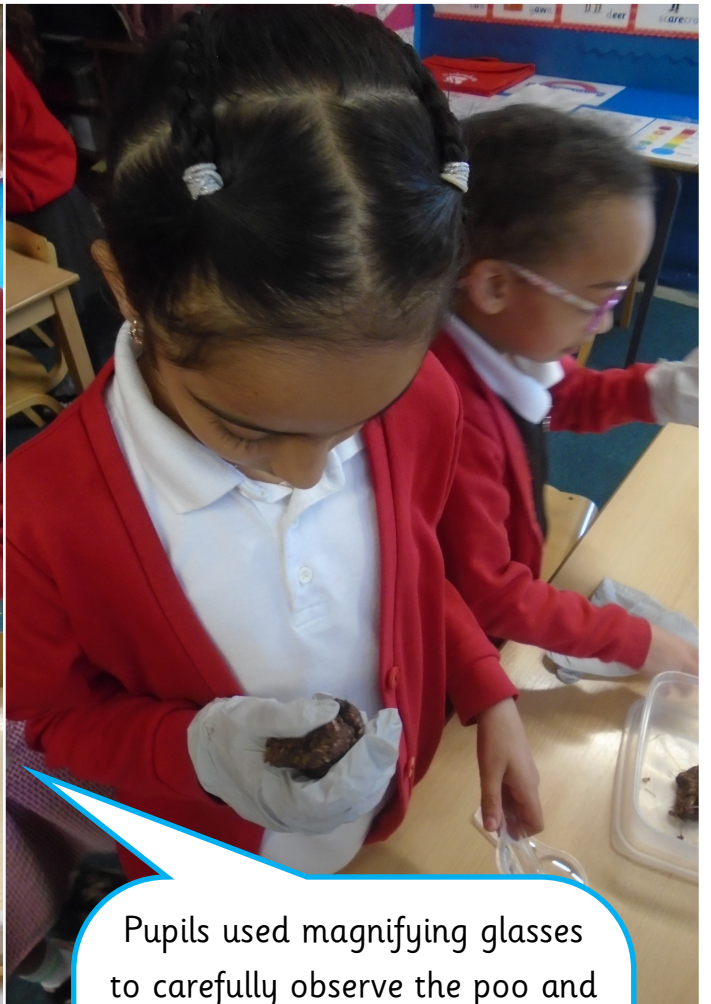
Convention on the Rights of the Child

Article 29: Goals of Education



As part of their topic, Dinosaur Planet, Y1 have been exploring samples of pre-historic dinosaur poo, also known as coprolites. Of course, the poo wasn't real but was a mixture of oats, feathers, seeds and grass.

# What's Under the Microscope?



Pupils used magnifying glasses to carefully observe the poo and were able to identify berries, plants and seeds. The children went on to classify each sample as belonging to either a herbivore, carnivore or omnivore. They then reported their findings using scientific language.

# What's Under the Microscope?



Convention on the Rights of the Child

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# Dinosaur Nests



Y1 continued their learning about dinosaurs outside, on Thursday. Here, they learnt that dinosaurs were like large reptiles whose young grew from eggs.



Pupils went on to design a dinosaur nest. They had to think about which materials they would use and had to come up with a design which would keep the eggs warm and safe from predators.



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



# Rising Stars

Year 5 worked with professional chef, Idris Caldora, this week to make a tasty loaf of bread using water and four key ingredients—flour, yeast, salt and olive oil. Pupils learnt that bread works best when made with a strong flour that contains plenty of gluten to help the bread keep its shape. They also discovered that yeast is a micro-organism which comes to life in warm water and creates carbon dioxide to make the bread rise. Idris showed pupils how to knead the dough to release the gluten. It then needed to be stretched and shaped, ready to be taken home and baked into a delicious loaf.



A photograph of children in a forest. In the foreground, a girl in a colorful floral raincoat is using an iPad. In the background, two other children in blue raincoats are standing on a path made of tree stumps, one holding a tablet. The forest floor is covered in fallen leaves and green plants.

# Signs of Spring

Reception have been using their senses to hunt for signs of Spring in the Forest School area. They spotted beautiful bluebells, tulips and daffodils and also heard birds tweeting. They recorded their findings using an iPad. Well done!





**Convention on the Rights of the Child**  
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Year Five have been learning how flowering plants reproduce by dissecting lilies. Pupils had to carefully remove the petals from a lily flower to reveal the male and female parts—the anther and filament (which make up the stamen) and the stigma, style and ovary (which make up the pistil.) Pupils also identified the sepal and receptacle. Pupils then made careful, labelled sketches of each part in their Science books.

# Y5 Botanists





# Spaghetti Maths Club

Spaghetti Maths will be running an after school club at Sydenham throughout the Summer Term and they visited school this week to talk to children about the club in assembly. For more information and to sign your child up,

<https://www.spaghettimaths.co.uk/events/my-bookings/>

(You will need to select after school club and “Sydenham Primary School.”)

The club will run for six weeks from Friday 26th April, 3.30—4.30pm. The cost per pupil is £45.00.



In RE, children in Year Four are exploring the key question, "What can we learn from religions about deciding what is right and wrong?" In the first lesson, they discussed why rules matter and the rules we see and use every day. Pupils revised their learning about The Golden Rule which is an ancient rule shared by different religions and groups around the world. They also discussed how they can 'Pay it Forward' being showing kindness to others. Finally, the children produced artwork inspired by The Golden Rule .

# The Golden Rule





## Mental Health in Schools Team Tips For Wellness



### Mindfulness

Mindfulness is a powerful activity which aims to bring us back to the present moment. This helps us to become more aware of our surroundings and our own self.

Practising mindfulness allows us to focus, feel connected and take time to notice our thoughts and feelings without judgement.

#### Be the bubble activity (this activity can be done with bubbles)

1. Ask your young person to imagine they are a bubble.
2. Ask them to breath in and focus on their body being full of air
3. Ask them to breath out (blowing out the bubbles) the young person will feel their body relaxing,, letting any worries float away, just like a bubble.
4. Focus on feelings and thoughts in the present moment.
5. As your child continues to blow bubbles, ask them how it makes their body feel and what they notice about each bubble.

#### 5, 4, 3, 2, 1 Ground Technique

- 5 – things you can see
- 4 – things you can touch
- 3 – things you can hear
- 2 – things you can smell
- 1 – things you can taste

#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](mailto:thankskids@covwarkpt.nhs.uk).

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



## Mental Health in Schools Team Tips For Wellness



### Sleep & Rest

Getting enough sleep and making time to rest is so important for our bodies and brains. Sleep helps our bodies in being able to repair and regenerate, gives us energy and supports motivation. It helps our brains with cognitive function, learning and problem solving. It also improves memory and concentration and is vital for our mental wellbeing in regulating our emotions and mood.

It is also important to find time to rest, to take some time out of our busy day to stop, take a break and do something that promotes our wellbeing!

#### Our tips for sleep and rest:

We all have a morning routine that helps us get ready for the day! Let's think about a night-time routine to help us wind-down and get ready for a good night's sleep.

**Routine** - Aim to go to sleep and wake up at the same time each day and try to follow your night-time routine in the same order each evening too. Having a good routine helps to regulate our body clock and supports the production of the sleep hormone melatonin, which helps us to feel sleepy

**Environment** - Dim the lights an hour before bed. Keep the room dark, if possible, try using an eye mask or black out blinds. A cool bedroom and slight drop in body temperature can help us to go to sleep. Think about reducing distractions, the blue light emitted by our TV's, consoles, phones and iPads can trick our brains into thinking it is daytime, turn on night mode and turn off tech at least an hour before bed.

**Calming** - Create a cosy, calm bedroom, snuggle up with a soft blanket or favourite cuddly toy. Avoid caffeine and fizzy drinks, maybe have a warm milky drink or herbal tea. Listen to calming music, read a book or try some mindfulness colouring to help wind-down.

**Relax** - Take a warm bubble bath or shower before bed, this can help our bodies to relax. Meditation, gentle yoga, breathing exercises and progressive muscle relaxation are great ways to relax too. Try the relaxing body scan video below.

**Rest** - Mindfulness breaks help us to rest and recharge within busy schedules. Having a movement break can help if you have been sitting for a long time. Look away from screens for a few moments. Maybe have break/lunch outside or take a walk in nature. Take time to focus on your breathing or try meditation. Taking regular short breaks can support concentration, boost our creativity and reduce stress!



More sleep tips and information!



Body scan video

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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.

# Diary Dates

Thursday 23rd April	Y4 trip to The Think Tank.
Thursday 23rd April	Y5 Woodpeckers trip to Pizza Express.
Friday 3rd May	Arts' Ambassador presentation at Leamington Art Gallery, 1.00pm.
<b>Monday 6th May</b>	<b>School closed for May Day bank holiday.</b>
Monday 13th May	Y6 SAT's tests all week.
Monday 20th May	School photographer visiting—class portraits.
Tuesday 21st May	Y6 workshop on managing the transition to econdary school.
Tuesday 21st May	Y1 & 2 Sport's Day, 10.00—11.30am.
Wednesday 22nd May	Y3 & 4 Sport's Day, 10.00—11.30am
Thursday 23rd May	Artist, Emma O'Brien, meeting Arts' Ambassadors.
Friday 24th May	Reception Sport's Day, 10.00—11.00am.
Friday 24th May	Y5 & Y6 Sport's Day, 1.30—3.00pm.
Friday 24th May	MUFTI (non-uniform) Day—please bring pay 50p if your child wears their own choice of clothes to school.

**Monday 27th May—Friday 31st May, school closed for  
Whitsun half-term holiday**

**Monday 3rd June, school closed for INSET (report writing.)**

# Diary Dates

# Diary Dates

Tuesday 4th June	Children return to school.
Tuesday 4th June	Artist, Emma O'Brien, in to work with pupils on our Art in the Park pop-up gallery.
Wednesday 5th June	YR visit Birmingham Botanical Gardens
Monday 17th June	Refugee Week.
Wednesday 19th June	Y6 residential (returning 20.06.24.)
Monday 24th June	Y1 trip to Cotswold Wildlife Park.
Wednesday 26th June	Y4 workshop—Creating Calm.
Friday 28th June	MUFTI (non-uniform) Day—please bring pay 50p if your child wears their own choice of clothes to school
Monday 1st July	National Gallery, Take One Picture week.
Thursday 4th July	Y5 Kip in a Ship residential (returning on Friday 5th July.
Monday 8th July	End of year reports sent to parents this week.
Monday 8th July	End of year reports sent out to parents/carers this week.
Tuesday 9th July	Stay and Play sessions for Reception pupils 2024/25
Wednesday 10th July	Changeover Day for Year Six.
Monday 15th July	Y6 silent disco.
Tuesday 16th July	Y6 visit to Leicester Outdoor Pursuits Centre.

**Break up on Friday 19th July for the Summer holiday.**



# Sydenham Superstars



## YR and Key Stage One



Have a great weekend.  
Best wishes from Miss  
Glenny

## Key Stage Two