

Year Four put their super science skills to the test on Tuesday when they visited the ThinkTank in Birmingham as part of their topic, "Burps, Bottoms and Bile."



# Super Science



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





# Super Science



At the museum, pupils learnt all about human biology with a focus on digestion and health. They also participated in an exciting workshop and had the opportunity to explore a food wheel and to learn the names of different teeth. The children enjoyed interactive ways of understanding how energy is transported through our bodies to key organs and saw the effect a high fat diet can have on our arteries.

You can read Oakley's recount of the trip later on in the newsletter.

# Super Science





# Super Science



## Our Wonderful Year Four Trip

On Tuesday 24th April 2024, Sydenham Primary School went to the Think Tank for their new topic “Burps, Bottoms and Bile.”

We first went to Floor Three, the top floor, to watch a theatre show called “Under Your Skin” and people from both classes got to be volunteers. Then we got to go everywhere. We all agreed that the science garden was the best place because it had the most amount of fun activities about weight and strength. We also explored the second floor and learnt about bodies by playing games and answering questions about how to improve your physical and mental health. We learnt that you must keep your body clean, healthy and well looked after because then you’ll not only live longer, you’ll smell and look better too. We also played games about what food you should eat and what not to eat and drink.

**By Oakley**





# Super Science



**Energise**

**Water playscape**  
Moving water has energy that can move things like ducks and wheels, and push things out of the way. If there isn't enough energy, water will just flow around or over things.



# Watercolour Workshops



On Thursday, watercolour artist Clare Robinson visited school to work with children in years 3, 4 and 5. Pupils learnt watercolour techniques that helped them create beautiful paintings of fresh flowers.



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

# Watercolour Workshops







Y5 visited Pizza Express this week and cooked up a storm in the kitchen. Pupils learnt how pizza dough is made and had fun shaping and stretching it into shape. They then added a special tomato sauce and cheese. Delicious!



# Perfect Pizza

## Upgrade to the School Kitchen

You should have received an email this week explaining that we are having work done to our school kitchen. The information in the email was as follows:

Dear Parents/Carers,

Our school kitchen is in need of improvement and, unfortunately, the works are due to be quite substantial.

The first stage is an electrical upgrade which is due to start during the May half-term holiday. Refurbishment of the kitchen will follow in June and should end around the 20th September (although the schedule of works is yet to be finalised. )

As the kitchen will be out of use from June, we have begun to work with pupils and Educaterers to plan a replacement to hot dinners. We are currently in the process of creating a deli-bag alternative which is tasty, healthy and varied and will share the menu with you as soon as possible .

We are very disappointed that hot dinners will have to be paused during the refurbishment but are pleased that we will have a new and improved kitchen once the work has been completed.

Thank you in anticipation of your understanding.

Kind regards.



## **Warwickshire Safe and Active Schools**

This year we are once again proud to be working with The Warwickshire Road Safety Education Team.

As a Safe and Active School we believe that good safe and active travel habits begin as soon as children start education. It is an ideal time for learning new skills and influencing behaviour by effective and practical learning.

Warwickshire Safe and Active Schools is an exciting concept that mixes established themes with a new way of presenting ideas to children and young people, combining essential road safety education with practical ideas and resources to support and encourage safe and active travel. As part of this approach; we encourage the whole school, parents and local community to become interested, informed and involved.

As part of our work with the Safe and Active team we have:

- Delivered Bikeability sessions to children in Key Stage Two.
- Helped children in Year Two learn to ride a bike.
- Ran a scooter safety workshop for Year One.
- Taken part in online lessons which promote road safety.
- Taken part in county wide competitions such as 'Be bright and be seen'.
- And had access to a wide range of resources in school.
- Taken part in walk to school week and clean air day
- Set up a park and stride offer with ASDA.

We hope that you can see the benefits of promoting safe and active travel to our children.

**From Mrs Lee, our Safe and Active School Ambassador**

# Sleep Workshop

**A FREE 2-hour face to face workshop for parents  
and carers in Warwickshire**

Issues with sleep are common for children and can have a huge impact on the quality of family life.

This two-hour interactive workshop for parents and carers looks at the importance of sleep, the science of sleep, possible causes of sleep issues and offers strategies to help.

**Kingsway Children and Family Centre, Baker Avenue,  
Leamington Spa CV31 3HB**

**Friday 26<sup>th</sup> April 2024, 10.00am-12.00**

To check availability and book your FREE place, please follow the link below  
<https://www.eventbrite.co.uk/d/online/warwickshire-children-and-families/>



Any queries please contact  
[ehparenttrainers@warwickshire.gov.uk](mailto:ehparenttrainers@warwickshire.gov.uk)





## Mental Health in Schools Team Tips For Wellness



# Being mindful and taking notice

As humans, we experience a range of different emotions daily. Sometimes when we experience emotions that are more difficult, it can be hard to manage.

Taking notice of our emotions and feelings can help us to understand our feelings and manage them in a more helpful way. One way to take notice is not to focus on the future or past, but pay attention to the present moment you are in.

Mindfulness is a way to practice how to take notice of where we are and what we are doing. Mindfulness can help us take notice of our thoughts and feelings whilst staying in the present moment.

### Our tips for being mindful and taking notice:

- Try the **5-4-3-2-1** mindfulness activity by following the QR code:



- **Music and listening** - try listening to your favourite song or relaxing sound and take notice of what is happening in your body and feelings. How do you feel after listening to music or a relaxing sound? Do you feel different to how you felt before?

- Taking notice of the **positives**. Write down 3 things that were positive about your day, no matter how big or small!

- Have a go at rainbow relaxation mindfulness:



- 3-minute body scanning:



#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.

# PLAYERS WANTED FOR BRAND NEW TEAM

SEASON 24/25

OPEN TO CURRENT  
YR 6 OR 5 PUPILS

FREE SUMMER  
TRAINING

WEDNESDAY  
EVENING  
TRAINING

SATURDAY  
MORNING  
GAMES

CONTACT US

07466 169120



**UPPER  
LIGHTHORNE**

FOOTBALL CLUB



# Diary Dates

Monday 29th April	Y1 trip to Coventry museum.
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>
Tuesday May 7th	Reception town visit.
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.
Tuesday 21st May	Reception town visit.
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.
<b>Monday 27th May—Friday 31st May, school closed for Whitsun half-term holiday</b>	
<b>Monday 3rd June, school closed for INSET (report writing.)</b>	

# Diary Dates

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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.
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.
Wednesday 17th July— Thursday 18th July	Y5 Kip in a Ship residential

**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