



Y5 in London

Year Five Kittiwakes spent the day in London this week visiting The National Gallery as part of our Take One Picture project. It was exciting to be travelling by train and Underground to and across London all the way to Trafalgar Square and inspiring to enter the country's most famous art gallery. Pupils were extremely well behaved and engaged during all parts of this trip and received many compliments from members of the general public. You can read more about their adventures on the next few pages.



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





Take One Picture

On Monday, Year 5 Kittiwakes travelled by train and Underground to the National Gallery in London to see the Take One Picture artwork, "A Muse" by Cosimo Tura, at first hand.

On arrival, pupils were delighted to be surrounded by some of the country's most famous paintings. After exploring galleries featuring mythological works linked to their History learning, the class met their guide, Daisy, who led them to *A Muse*.

Here, pupils carefully observed the painting, asked thoughtful questions, and deepened their understanding of the artist's techniques. They also produced their own sketches, provoked by the rich textures and details within the artwork. Afterwards, Daisy showed the children other paintings linked to "A Muse" and they were able to compare and contrast elements of each work.

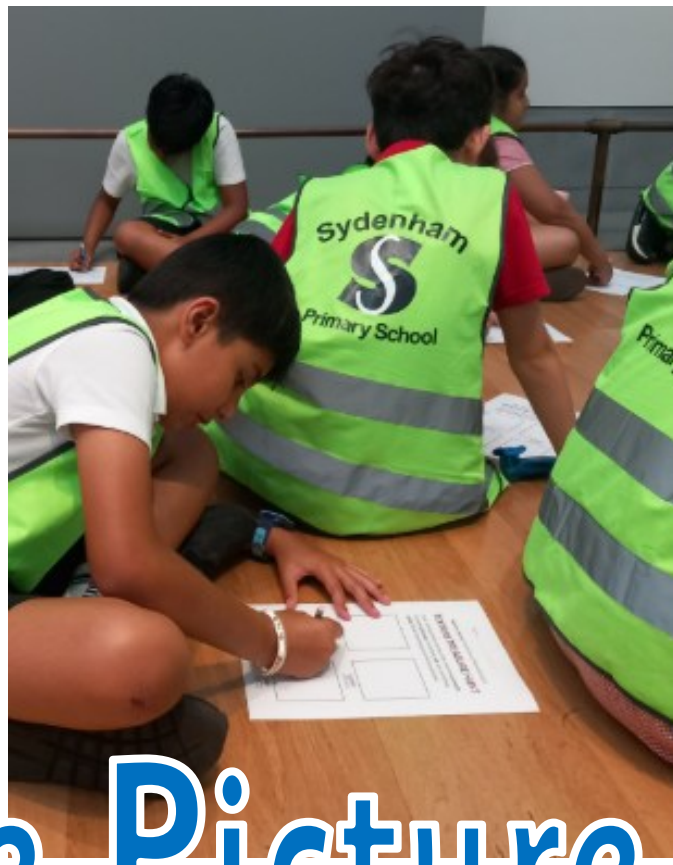
It was inspiring to view this artwork and we can't wait to see how it provokes the children's own responses back in the classroom. Next week, it's the turn of Y5 Woodpeckers to visit London and we're sure they will also have a wonderful experience.





Take One Picture





Take One Picture





Take One Picture

Meanwhile, back at school, Year 1 continued their Take One Picture project. Inspired by the sea dragons featured in the painting “A Muse,” the children decided to create their own dragon. Crafted from wire, papier mâché and paper, their creation was proudly paraded through the school—truly a fearsome sight!



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





This week, Year 4 proudly shared their practice final performance with parents as part of their ongoing work with Motionhouse, ahead of their exciting visit to the Bridge House Theatre .

The children showcased the routines they have been developing over the past few weeks, demonstrating their growing confidence, creativity and teamwork. They performed with excellent energy and expression, incorporating the lifts, pyramids and streamers they have been refining during their sessions .

Performing in front of an audience gave pupils the opportunity to practise stage presence, timing and resilience, while also celebrating the hard work and dedication they have shown throughout the project. It was wonderful to see the children supporting one another and taking pride in how far they have come as performers.

Motionhouse



This week, Reception enjoyed taking their music lesson into the outdoor classroom. The children used a selection of insect cards to help them create their own musical compositions. Each insect represented a different musical instrument, and the cards acted as cues to let them know when it was their turn to play .

Working in small groups, the children listened carefully to one another and took turns playing the instruments to perform their compositions. It was a wonderful opportunity to develop their musical skills, teamwork and listening.

Outdoor Music



Convention on the Rights of the Child

Article 29: Goals of Education



Sport's Days

Despite the very hot weather, we were able to go ahead with Sport's Days for Reception and KS1 this week. Pupils enjoyed a range of team games and races, earning points for their House. It was lovely to see the children cheering each other on and trying their best. Thank you to all the parents and carers who came along to support these events and to Onside for organising and running the activities.



Convention on the Rights of the Child

Article 29: Goals of Education



Years 1/2





Reception



Sport's Days





Convention on the Rights of the Child

Article 29: Goals of Education



Thank you to Herons class for a fabulous assembly all about the Romans in Britain. The children did a great job of explaining Roman life and really brought the topic alive using costumes, props, drama and song. It was evident from the assembly that pupils have learnt a great deal about this period in history—well done!



Herons Assembly



Robins Assembly

It was lovely to see Robins class perform so confidently during their assembly this week. The children sang beautifully and then shared the careers they would like to pursue in the future. Jobs included a captain, footballer, doctor and vet. Niamh touched everybody's hearts by explaining that her dream is to grow up and be someone's mummy—how wonderful!

Well done to all of the children in Robins class. We really enjoyed your performance.



Convention on the Rights of the Child

Article 29: Goals of Education



Year 3 have thoroughly enjoyed exploring the world of clay this term. Through a range of hands-on activities, the children have experimented with techniques such as rolling, pinching, coiling and shaping, bringing their creative ideas to life.

The classroom has been filled with excitement as pupils have discovered how a simple block of clay can be transformed into unique and imaginative pieces of art. Working with clay has not only enhanced the children's artistic abilities but has also supported the development of fine motor skills, patience and confidence. It has been a pleasure to see their enthusiasm and pride as they have shared their finished creations with one another.

Y3 Sculptors



Convention on the Rights of the Child

Article 29: Goals of Education





I learnt that you should always believe in yourself!
- Tharika



I loved doing the teamwork challenges! - Tia



I learnt that you should give change a chance - Yug



Y6 visited St Mary's church to consider their upcoming transition to secondary school and the changes that will occur. They talked about what they were looking forward to and who will support them. Volunteers at the church dressed up as religious characters and shared their stories for children to help guide them to make positive choices.



Y6 Transition

On Thursday, Y6 visited St Mary's church to participate in a session to support change and transition. The session encouraged self-reflection and pupils were asked to consider their achievements and personal growth during their time at primary school. They also thought about personal qualities they would like to develop such as independence, resilience and respect.



Convention on the Rights of the Child
Article 3: Best Interests of the Child



Cool as Cucumbers

As you may have noticed, it's been quite warm this week! The children have shown great resilience in the heat and have continued to learn and have fun at school. Measures have been put in place to keep the children cool and pupils have enjoyed water play, ice lollies, cold drinks and even trays of water under the desk to keep feet fresh!





Cool as Cucumbers



Convention on the Rights of the Child
Article 3: Best Interests of the Child



Cool as Cucumbers

In RE this week, Y1 consolidated their learning about what is important in different religions by reflecting on the values and beliefs that are important to them. After discussing how faiths express their key teachings and principles, the children designed and created their own flags to represent the people, values, interests and ideas that matter most in their lives. It was wonderful to see the thoughtful discussions and creative designs, with each flag providing a unique insight into what makes each child special. The activity encouraged reflection, respect for different perspectives and a deeper understanding of how beliefs and values can shape our identities



Different Beliefs





Mental Health in Schools Team Tips For Wellness



Dimensions tool



Free online personalised self-care information & support for adults and children in Coventry & Warwickshire

Sleep

Our bodies need sleep and rest to help us function every day. When we are sleeping, it gives our brain and body time to repair and regenerate, re-energise and improve our motivation. We also need sleep to be able to process information, problem solve, learn new things and concentrate (you might notice you find it particularly difficult to focus at school after a bad night's sleep!) Sleep also benefits our mental wellbeing, by helping us to regulate our emotions and mood.

It is important to find time for our brain to completely 'switch off' and 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 improving sleep:

1. **Maintain a regular sleep schedule** – this includes going to bed around the same time every night, as well as waking up at a similar time every morning (even on weekends!) Sleeping in later than normal can disrupt the body's circadian rhythm, which can lead to more tiredness.
2. **Create a calming 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.
3. **Reduce electronics** – using electrical devices before bedtime is one of the main reasons we have sleep difficulties. The light exposure on the screens can trick our brain into thinking it is still daytime, which stops our body from being able to wind down and feel tired! Turn devices on night mode or leave outside your bedroom to limit temptation.
4. **Minimise daytime naps** – napping during the day can make it harder to fall asleep at night, they also break up sleep (which means lower quality sleep and fewer benefits).
5. **Complete homework after school** – getting stuck into homework tasks before bed can delay tiredness, as our brains are busy trying to concentrate! Try to do activities that relax you before bed, to help you switch off from schoolwork.
6. **Spend time relaxing** – you may want to have a shower or run a warm bath, listen to calming music, read a book, journal or keep a diary from the day, stretch, meditate, or spend time with a pet.
7. **Scan the QR code for more helpful information and sleep tips!**



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.



SUMMER TERM 2026 VIRTUAL WORKSHOPS & PROGRAMMES WITH THE FAMILY & RELATIONSHIP SUPPORT TEAM

Workshop/Programme	Date and Time	Venue
Routines	Friday 19th June 10am - 12pm	Virtual
Parenting Together	Wednesday 1st July 9:30am - 11:30am	Virtual
Sleep	Monday 6th July 1pm - 3pm	Virtual
Sleep Better 4-week programme	Thursday 9th July 9:30am - 11:30am	Virtual
Understanding Your Teenager	Thursday 9th July 12:30pm - 2:30pm	Virtual
Boundaries & Rules	Tuesday 14th July 9:30am - 11:30am	Virtual
Understanding Your Teenager	Saturday 18th July 9:30am - 11:30am	Virtual
Routines	Monday 20th July 10am - 12pm	Virtual
Understanding Children's Behaviour	Tuesday 21st July 2:30pm - 4:30pm	Virtual
Parenting Together	Wednesday 29th July 9am - 11am	Virtual

For further information about all our workshops and programmes please email the Family & Relationship Support Team at ehparenttrainers@warwickshire.gov.uk



SUMMER Football Camp

 **BEDWORTH**

OUR CAMP COMMITMENT

- ✓ Up to date DBS Checks
- ✓ First Aid and Safeguarding Trained
- ✓ FA Qualified Coaches
- ✓ Tactical Sessions & Skills Development
- ✓ Lots of Matches & Tournaments
- ✓ Competitions & Prizes
- ✓ Themed Sessions

NICHOLAS CHAMBERLAINE, CV12 9EA



Week 1: Tuesday 21st - Thursday 23rd July
Week 2: Tuesday 28th - Thursday 30th July
Week 3: Tuesday 18th - Thursday 20th August



9am - 3pm



5 - 12 year olds

Full Day	*Siblings
£20	£17.50



* Sibling Discount can be applied for additional children when paying full price for the first child.

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Suitable
Clothing



Plenty to
Drink



Lunch &
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Medical
Information



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SUMMER Football Camp

 **BEDWORTH**

TUESDAY



COMPETITIONS

WEDNESDAY



INFLATABLES



**POSITIVE
IMPACT**
Foundation



BOOK YOUR PLACES

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YOU NEED:



Suitable
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Lunch &
Snacks



Medical
Information



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LEARN TO FLOAT

If you get in trouble
in the water, don't
panic – follow
these steps:

1



Keep calm. Don't swim hard.
Hold onto anything that floats.

2



Lean back to keep your mouth
and nose out of the water.

3



Push your belly up and
stretch out your arms and
legs into a star shape.

4



Gently move your hands
and feet to help you float.

5



Do this until you feel
more relaxed.

6



When you're calm, raise your
arm and shout for help.
Swim to safety if you can.



MAKE SUMMER EPIC!

AWARD-WINNING, MULTI-ACTIVITY
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RECEPTION

GO GO CREATORS
ART

GO GO EINSTEINS
STEM

GO GO ACTIVE
SPORTS

GO GO GROOVERS
DANCE

GOGO CREW JNRs

YEARS 1-2

CRAFT CLUB
ART

SCIENCE LAB
STEM

ACTION STATIONS
SPORTS

SHINING STARS
DANCE

TEAM GAMES

GOGO CREW SNRs

YEARS 3-4 & YEARS 5-6

CR8TIVE'S
ART

MAD SCIENCE
STEM

SPORT SKILLZ
SPORTS

DANCE STEP UP

BATTLE SESSIONS
GAMES



★★★★★ RATED 5 STARS ON GOOGLE

★ 21ST JULY UNTIL 21ST AUGUST
DATES VARY AT LOCATIONS

LOCATIONS

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• GO GO AFTER HOURS (3.30PM - 5.30PM) †☾

+£6.00

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Diary Dates

Monday 29th June	Y5 Woodpeckers visit to The National Gallery.
Monday 29th June	St Mary's church leading whole school assembly.
Wednesday 1st July	Glow in the Dark Dodgeball event—a group of Y6 pupils attending.
Thursday 2nd July	Y5 Kittiwakes Sow, Grow & Farm sleepover at school.
Friday 3rd July	Rocksteady concert, 2.15pm.
Monday 6th July	Y5/6 Sport's Day—re-scheduled date.
Monday 6th July	Pop-up pool arrives
Tuesday 7th July	RSC Ambassadors to the Playmaking Festival, Stratford-Upon-Avon
Tuesday 7th July	YR trip to the Play Village.
Wednesday 8th July	Changeover Day—pupils move up to spend the day with their new class teacher.
Thursday 9th July	Y1 trip to West Midland's Safari Park.
Thursday 9th July	Y5 Woodpeckers Sow, Grow & Farm sleepover at school.
Friday 10th July	Y4 Wider World performance at The Bridge House Theatre.
Thursday 16th July	Y3 Doves swimming (to replace the lesson missed due to the trip to Coventry Cathedral.)

Diary Dates

Diary Dates

Wednesday 15th July	Leavers' show and awards ceremony for Y6 Moorhens. Estimated running time 9.30—11.30am
Thursday 16th July	Leavers' show and awards ceremony for Y6 Swans. Estimated running time 9.30—11.30am
School ends on Friday 17th July.	
Academic year 2026/27 begins on Wednesday 2nd September 2026	

**SYDENHAM
PRIMARY PTA
SUMMER FAYRE**

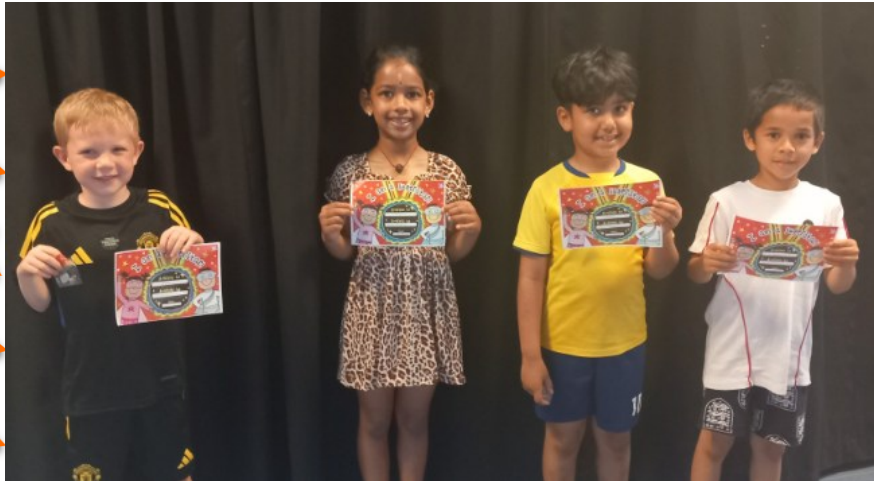
**FRIDAY 10TH JULY
3.20-5.30**

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- SOAK THE TEACHER -
REFRESHMENTS
TOMBOLA - RAFFLE &
MORE**

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AND BENEFIT YOUR PUPILS'
LEARNING EXPERIENCE!**



Sydenham Superstars



YR and Key Stage One



Key Stage Two