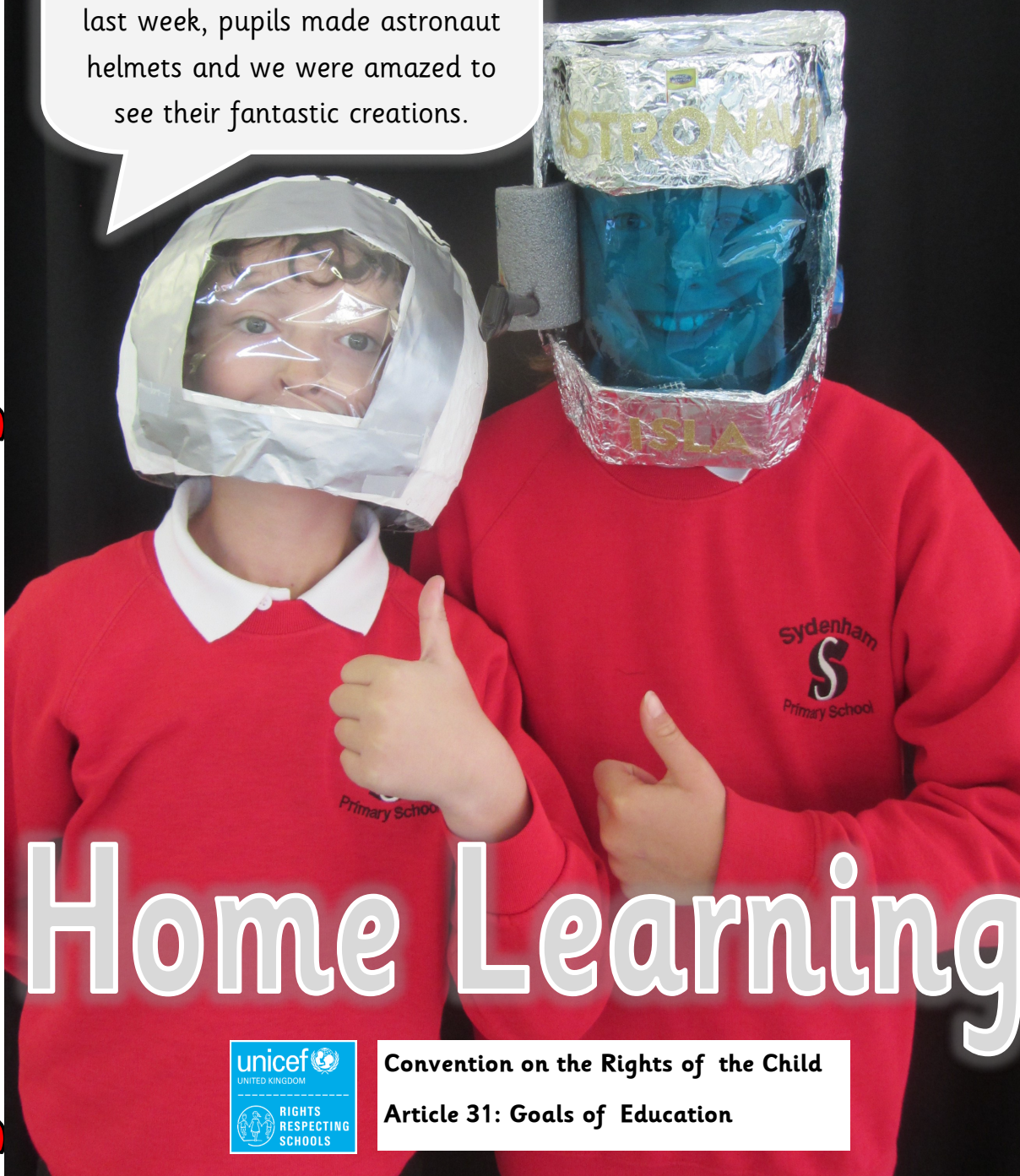


Out of this World

Year Five have been really enjoying their Science topic, "Stargazers." For homelearning last week, pupils made astronaut helmets and we were amazed to see their fantastic creations.



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Article 31: Goals of Education



As well as helmets, pupils also made models of the solar system and some children researched individual planets. Keep up the brilliant work, Everyone!





Sun and Moon



Year Five have been learning about the solar system and interplay of the sun and moon. Pupils went on to write poems and create beautiful artwork in response.

Poetry Week



As part of poetry week, children across the school read, wrote and performed poems. Here are Year Four in action. You can read some of their poems on the next page.



Poetry Week

The Beach

Chatter and banter,
Splashing and wind,
Sounds of water
Lazily lapping the shore,
Returning back,
Lapping up again,
Cries of seagulls,
Soft sand on my feet,
Gazing out to water meeting sky.

Life Doesn't Frighten Me

Shadows on the wall,
Noises down the hall,
Life doesn't frighten me.

Bad dog barking loud,
Big ghosts in a cloud,
Life doesn't frighten me.

Mean old Mother Goose,
Lion on the loose,
They don't frighten me at all.

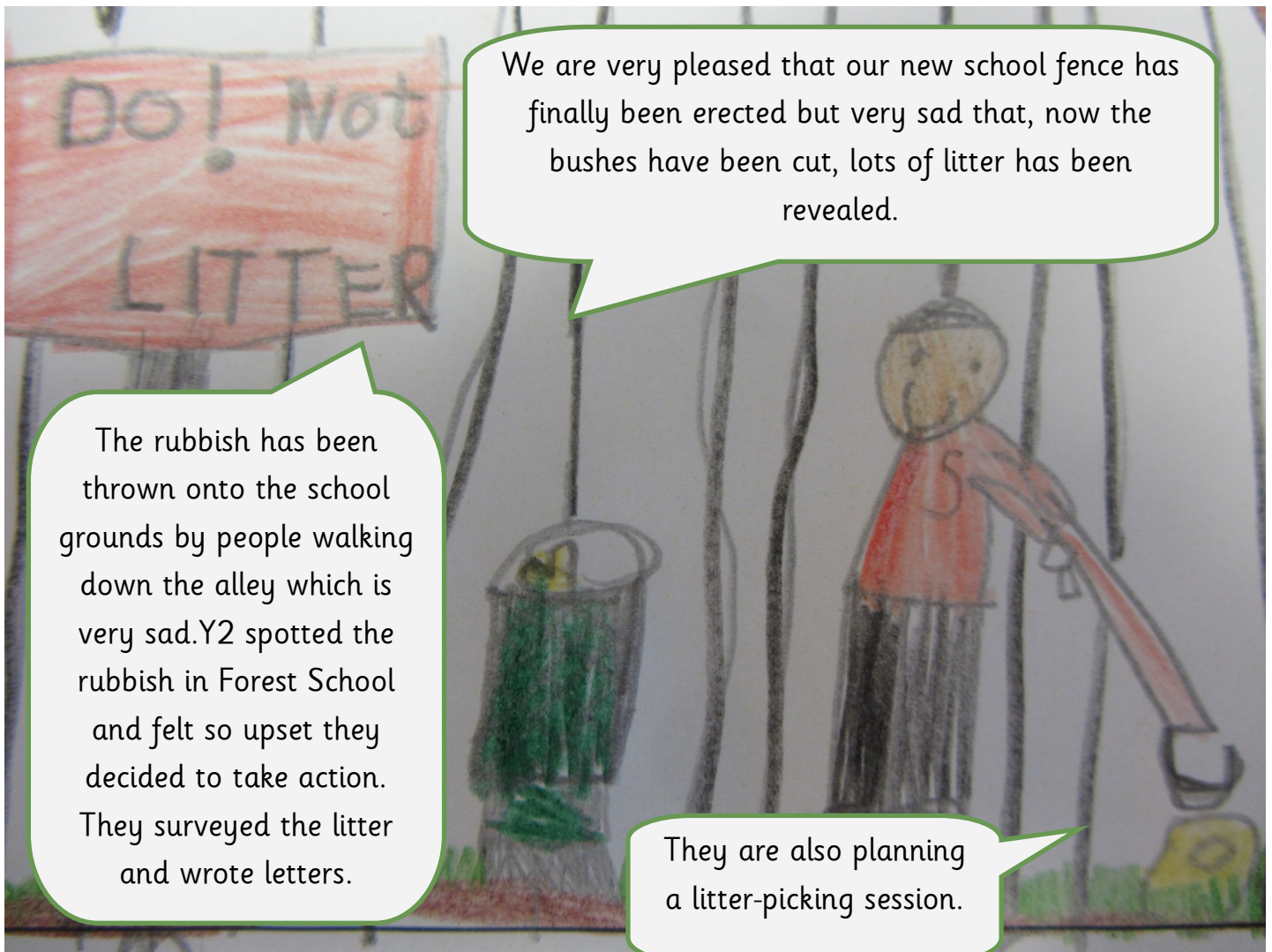
Summer

Cool, soda cans,
Hot summer sun
No special plan.

Poems written by
children in Y4
Starlings.



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We are very pleased that our new school fence has finally been erected but very sad that, now the bushes have been cut, lots of litter has been revealed.

The rubbish has been thrown onto the school grounds by people walking down the alley which is very sad. Y2 spotted the rubbish in Forest School and felt so upset they decided to take action. They surveyed the litter and wrote letters.

They are also planning a litter-picking session.

Y2 Clean-Up Kids

Dear Miss Glenny,

I was surprised when I went to Forest School. There was lots of litter! It's so, so, so bad because the people have been throwing the litter. Why do they not put it in the bin? Animals can get poorly and I feel sad.

We should go litter picking because it's just not fair.

From Faaq.



Y2 Clean-Up Kids

Dear Miss Glenny,

I love Sydenham School but last week our class saw lots of litter and we were not happy. Should we go litter picking? On the field there were 50 pieces of rubbish and in Forest School there was 110! How horrible is that? In the alley we saw 115 bits of rubbish and in the playground it was 50. Please can we go?

From Ridit,



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Article 12: Respect for the Views of the Child.



On Tuesday, Year Five participated in Peer Mediation training led by Peter Timms. The training coached pupils in conflict resolution

Peer Mediation



The children learned how to help each other solve a problem by listening carefully, thinking about everybody's feelings and brainstorming solutions.



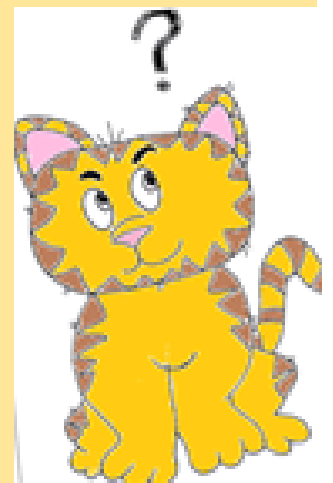
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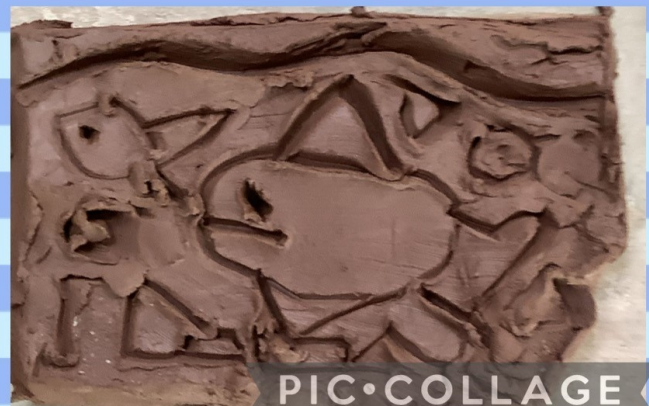
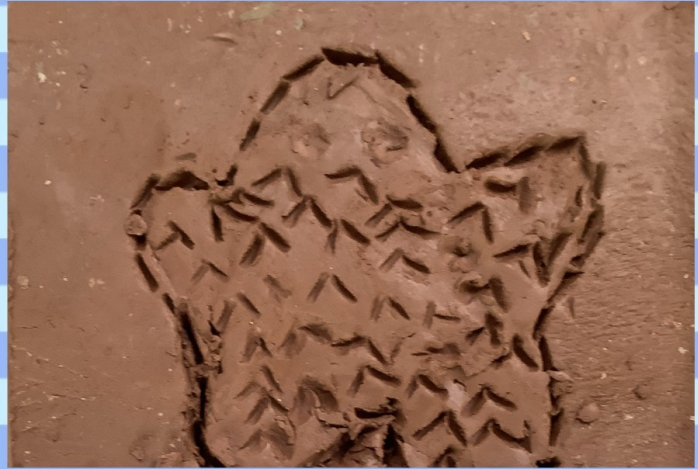
Curious Cats



Reception pupils have continued to build a growth mindset by using their Learning Characters at home. Here are some curious cats at work! Riella-Rae explored the aquarium, Shriya marvelled at a mushroom and Oliver used his microscope to examine Biscuit's fur. Great work!



Ocean Waves



Year Four have been making beautiful clay tiles featuring ocean creatures. They first created observational drawings of different sea creatures then designed their clay tile. They used the tools to create different textures and patterns on their individual clay tile.



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Arts Ambassadors



On Friday, our lovely Arts Ambassadors met Giovanni who works at Leamington Art Gallery. Together they discussed ways that school can collaborate with the gallery in creative ways.

Giovanni invited the Ambassadors to give a presentation about their role to visitors in the gallery. He also talked about other opportunities such as supporting the curators with exhibitions and funding art trolleys for use on the playground.

Gurtarann, Mollie, Kayla and Manvi will be joined by four new Arts Ambassadors Arion, Lucia, Timmy and Zach. It looks like they will all be very busy this year.



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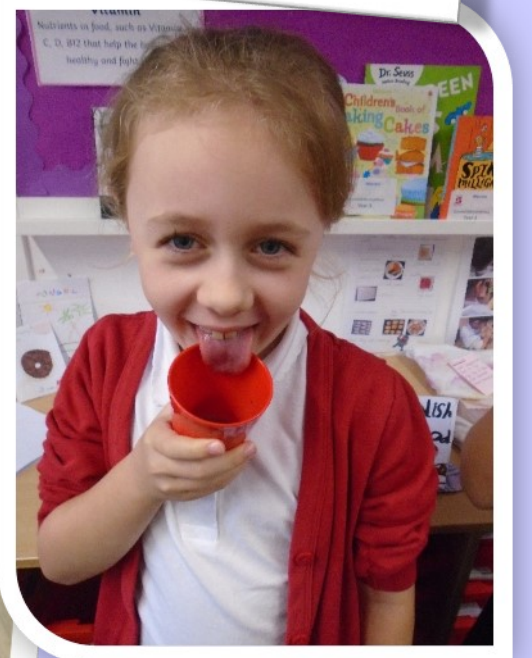
Article 29: Leisure, Play and Arts

Smoothie Making



Y3 have designed and made their own class smoothie this week. The children worked as a team and then tasted the delicious creation before critically evaluating it and deciding if they would recommend it to friends!

Herons decided that the beetroot was great for colour and the dash of lime was perfect!





Create and Sing

Year Five participated in a virtual lesson led by The Royal Opera House on Thursday. Using “The Marriage of Figaro” as their inspiration, pupils created their own dance moves and even had a go at operatic singing. This was a fantastic follow-up to their trip to The Royal Opera House a couple of weeks ago.



Introducing our Play Leaders



Play leaders set up the Friendship Bench at the beginning of play-times.



We help children to think of games to play.



We look out for children who have no-one to play with.

Our super Play Leaders are ready to help children at play and lunch time on the playground. They are fantastic role models who will support positive play, and their role will help to develop their Pupil Voice.



Play Leaders are kind and helpful.



We teach children new playground games.



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Article 12: Respect the Views of the Child

Article 31: Leisure, Play and Culture

FREE BOOKS FOR YOUR SCHOOL WHEN YOU BUY AT THE BOOK FAIR!

COME TO the BOOK FAIR!

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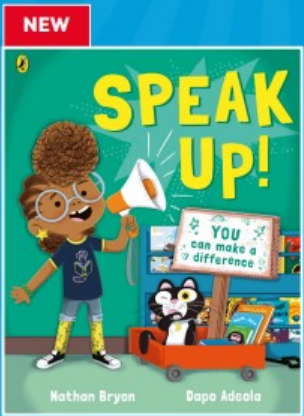
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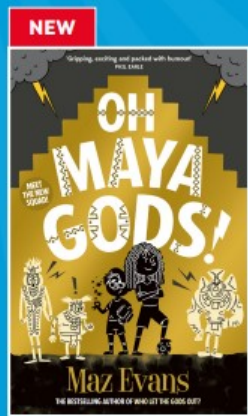
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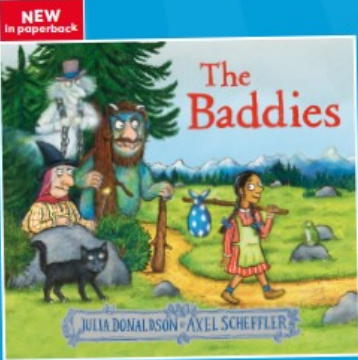
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NEW

Hardback only £7.99

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NEW In paperback

£7.99



NEW

£6.99

Art © Liz Pichon

*Free books are subject to terms and conditions. Please contact your Book Fair Organiser or Scholastic Book Fairs for details.

We will be hosting the Scholastic Book Fair on Monday 27th - Thursday 30th November in the main hall from 3.20-4pm, so please pop in and have a browse.

Look out for an up-coming competition where 5 children will win a £5 voucher to spend at the fair!

Reading is my

SUPER POWER!

October Half Term Reading Challenge

A reminder that we have set the challenge of reading every day of the half-term break, and for children to show their participation by wearing a Reading Superhero cape to school on Monday 6th November! Children will be bringing home a sheet of instructions for how to take part - please look out for it, as it will need returning after half term so that I know who has taken part.

Every child who takes part will have their name entered into a prize draw to take home an especially designed 'Reading Is My Super Power'



UN Convention on the Rights of the Child

Article 29: Goals of Education

RISE

MHST

Mental Health in Schools Team (MHST)

Parent/Carer Tips for Wellness:

STARTING CONVERSATIONS AROUND MENTAL HEALTH

It can be difficult to speak with your young person about their mental health and wellbeing. It is important to try different methods and see what works for you.

Useful conversation starters:

"How are you feeling?"

"What was the best and worst bit of your day?"

"How can I help you?"

"I can see that you are feeling _____. Do you want to talk about it?"

"Today I felt _____. How did you feel today?"

Some young people find it easier to have these conversations when they do not need to make eye contact. Try having these conversations whilst doing a normal activity, such as cooking dinner, washing up or even in the car!

Top Tip: Try to avoid starting these conversations around bedtime.

Discussing and expressing feelings:

- Try using emojis, coloured stickers or pictures to show how you are feeling.
- If your young person finds it hard to have these conversations, they could try sending you text messages to let you know how they feel or using a shared feelings diary.

Statements of encouragement can help a young person share their feelings:

"I love you, nothing can ever change that"

"Even if I don't understand, know that I want to"

"If you need to talk to someone else, that's ok too"

"It is ok to feel this way"



More conversation
starters!



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

SLEEP

Sleeping well gives our bodies time to rest and repair. It can help us to be better learners, support our emotional wellbeing and help our immune system. So what happens when we don't get a good night's sleep? We can feel tired, struggle to focus, experience changes to appetite, and feel generally cranky. We might also feel more anxious or low than normal.

Our tips for sleeping well:

1- Make sure you are in a quiet, dark room and reduce distractions as much as possible.

2- Exercise during the day improves our sleep! Try not to exercise 90 minutes-3 hours before bed, as this can actually make us feel more awake.

3- Do something relaxing before bedtime, e.g., read a book, listen to a podcast, practice self-care, or do some mindfulness.

4- If you want a hot drink in the evening, try drinking something milky or herbal and avoid caffeine (e.g., tea and coffee). Caffeine stays in our body for many hours and can stop us from feeling ready to sleep!

5- Try to switch off electronic devices before bedtime, the blue light from the screen can decrease melatonin in our body which negatively affects our sleep pattern (*melatonin is a hormone that helps us to get to sleep and wake up!*)



More tips for relaxing
before bedtime!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars 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.



Kind Communities Kind Food

Saturday 21 October
12-4pm

The SYDNI Centre Cottage Square,
Sydenham, Leamington Spa, CV31 1PT

A community event about affordable, healthy and sustainable food.

Find out about affordable, healthy, and sustainable food options in our County:

- Watch live cooking demonstrations of exciting recipes to try at home
- Get a free health check and information about healthy living
- Receive expert income and money saving advice
- Limited slow cookers and sustainable cooking aids giveaway
- Register to become a 'Food Champion' volunteer to promote local food sources
- Free refreshments, snacks, and goody bags

Learn more at
www.warwickshire.gov.uk/warwickshirefoodstrategy



<https://bit.ly/kind-communities-kind-food-leamington>

To register as stall holder or to apply to give an event demonstration of how to cook a tasty, affordable, healthy and sustainable (environmentally friendly) meal please contact:

Mike Slemensek
mikeslemensek@warwickshire.gov.uk





Have you checked out the best Holiday Camp in Leamington Spa?

**The Strings Club multi-award winning Holiday Camps for 4-11
year olds offer top quality childcare that you can trust.**

**Venue - Radford Semele School, School Ln, CV31 1TQ
Dates - wc 30th October plus every school holiday in 2024**

Our interactive activities are led by qualified, friendly, fully-DBS checked practitioners and musicians who know how to inspire children from drop-off to pick-up time!

Why Join The Strings Club?

- Over 160 5* reviews in the past year by parents
 - Sessions in guitar, violin or ukulele
- FREE to hire instrument - even to take home
 - Different theme every week
- Afternoon workshops from sport to art to drama
 - One trained adult to 8 children - for all ages
- Daily Diaries and Newsletters - with access to gallery
 - Book 1 day to the whole experience
- Discounts including 10% sibling discount and tax free childcare
 - EYFS Ofsted registered

**Get your child signed up today for this enriching experience that
will improve their wellbeing.**

New to Us? Claim 10% Off.

Come and trial one of our award-winning Holiday Camps near you and receive 10% off by doing so! Simply enter NEWCUS10 at our online checkout.

Visit www.thestringsclub.org or call our Head Office on 0121 296 9204.

Diary Dates

Monday 23rd October	Protective Behaviours (personal safety) lessons in school.
Tuesday 24th October	YR reading workshop for parents/carers at 2.30pm.
Tuesday 24th October	Y6 JvS Swans poetry slam.
Wednesday 25th October	Y6 CB Moorhens poetry slam.
Thursday 26th October	Y4 visit to the Gurdwara Sahib.
Friday 27th October	MUFTI (non-uniform) Day—bring 50p if your child wears their own choice of clothes to school.
Monday 30th October—Friday 3rd November school closed.	
Monday 6th November	Pupils return to school after the half-term holiday.
Tuesday 7th November	Black Hole Planetarium visiting Year One.
Tuesday 7th November	Y6 JvS Swans class assembly at 9.15am— CANCELLED (parents/carers, please attend the poetry slam instead.)
Tuesday 7th November	YR Diwali party from 2.00pm—parents/carers are invited.
Wednesday November 8th	Parents' Evening, 3.30—5.30pm. Please book using the link which has been emailed to you.
Wednesday November 8th	Watercolour artist, Claire Robinson, in school.
Thursday November 9th	Parents' Evening, 3.30—7.00pm. Please book using the link which has been emailed to you.

Diary Dates

Thursday 9th November	Y2 visit Warwick Castle.
Friday 10th November	Second City Brass Ensemble visiting school.
Friday 10th November	Y2 Bikeability session.
Tuesday 14th November	Y2 LM Swallows class assembly at 9.15am.
Thursday 16th November	Y5 and Y6 visit The Royal Shakespeare Theatre to watch "The Box of Delights."
Tuesday 21st November	Y1 EL Kingfishers class assembly at 10.15am.
Wednesday 22nd November	YR Maths workshop for parents/carers at 2.30pm.
Thursday 23rd November	Y3 and Y4 visit The Belgrade theatre to watch "Cinderella."
Friday 24th November	MUFTI (non-uniform) Day—bring 50p if your child wears their own choice of clothes to school.
Monday 27th—Thursday 30th November	Scholastic book fair, 3.30—4.00pm.
Tuesday 28th November	Y5 JE Kittiwakes class assembly at 9.15am.
Monday 4th December	School closed for staff training.
Wednesday 6th December	Reception Nativity at 9.30am.
Monday 11th December	Reception, Y1 and Y2 visit Warwick Arts' Centre to watch "The Gruffalo."
Tuesday 12th December	Christmas crafts for Y1 and Y2 families.
Wednesday 13th December	Y1 and Y2 carol concert at 9.30am.
Thursday 14th December	Y3 and Y4 carol concert at 2.15pm.
Friday 15th December	Y5 and Y6 carol concert at 2.15pm.



Sydenham Superstars



YR and Key Stage One



Key Stage Two

See you on Monday.
Best wishes from Miss
Glenny