

On Your Marks...

The first stage of our celebrations for National Sport's Week kicked off on Monday. Pupils have enjoyed a range of physical activities including skipping and hopscotch challenges. Reception had fun doing star jumps and loved jumping safely on to a large bean bag!

Today, the whole school participated in Cancer Research's "Run for Life." We hope you enjoy the photographs on the next page.



UN Convention on the Rights of the Child

Article 24: Health



Race for Life



Today, children participated in Cancer Research's "Run for Life." Younger children ran 2km with older children managing 3km. It was fantastic to see that so many children were running for friends and family members affected by cancer and we were very moved that the whole of Y4 RK ran for Jake's mum. Jake was very proud, especially when the class chanted his mum's name for inspiration.



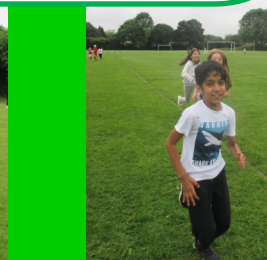
After limbering up, each class hit the starting line and went off like a rocket! We were very impressed by the children's stamina and determination to finish. Each and every child thoroughly deserved their medal for completing the run.



Thank you to everyone
who's already donated to
Cancer Research on our
Just Giving page.



[https://
fund-
raise.cancerresearchuk.org/
page/sydenham-primary-
school](https://fund-raise.cancerresearchuk.org/page/sydenham-primary-school)



A special mention goes to Hannah
and Tayyib who have generously
donated all their pocket money to
Cancer Research!



Reception Learning

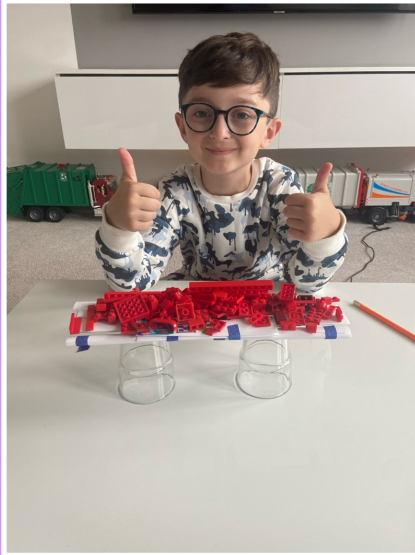


This week, Reception children became interested in the traffic passing school and decided to survey the types of vehicle on the road by looking over the fence. Pupils designed their own surveys and recorded in different ways, for example, by writing numbers or drawing pictures of cars.



The children have also been harvesting another crop from their vegetable patch. They've had a good crop of peas which the children enjoyed eating during snack time. There's also a second crop of radish. Every child sat and opened their pea pod and most tried them. Brian initially said, "I don't like peas" but then then proceeded to eat the peas he was given and go back for more! This was an excellent opportunity to reinforce new words that pupils have been learning.

Y2 Design Technology



Our Year Two engineers have been designing, building and testing paper bridges to understand what makes a solid structure.

Y2 Movers and Shakers

In Topic, Y2 have been locating the birth places of significant people, including Gandhi, Frida Kahlo and Neil Armstrong.



Pupils also learnt about Malala Yousafzai by reading, "Malala's Magic Pencil." They made posters in response, campaigning for an end to prejudice.



UN Convention on the Rights of the Child

Article 14: Freedom of Thought, Belief and Religion

We all have rights
We have equal rights



Online Safety



Please read the following advice from CEOP (Child Exploitation and Online Protection Command):

Steps you can take to help keep your child safer online

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

Supervise their online activity: Keep the devices your child uses in communal areas of the house such as the living room or kitchen, where an adult is able to supervise. Primary-age children should not access the internet in private spaces alone, such as in a bedroom or bathroom.

Explore together and chat little and often: Ask your child to show you their favourite apps, games and sites and encourage them to teach you how to use these. Ask them if anything ever worries them online. Make sure they know they won't be in trouble and can get help by talking to you or another adult they trust if anything happens online that makes them feel worried, sad or scared.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

Take a look at Thinkuknow: Thinkuknow is the national online safety education programme from the National Crime Agency. Thinkuknow offers learning activities, advice and support for children and young people aged 4-18 and their families. The [Jessie & Friends animations](#) for 4 to 7s will help you start a conversation about online safety and for 8-10's, there's the [Play Like Share animations](#) and the [Band Runner game and advice website](#).

Help your child identify trusted adults who can help them if they are worried: This includes you and other adults at home, as well as adults from wider family, school or other support services who they are able to contact at this time. Encourage them to draw a picture or write a list of their trusted adults.

Talk about how their online actions affect others: If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

Use 'SafeSearch': Most web search engines will have a 'SafeSearch' function, which will allow you to limit the content your child can access whilst online. Look out for the 'Settings' button on your web browser homepage, which is often shaped like a small cog.

Visit [Thinkuknow.co.uk/parents](https://www.thinkuknow.co.uk/parents) for more information on keeping your child safer online.

Tik Tok

Please note that the minimum age for Tik Tok is 13 years according to its terms and conditions.

Useful Websites

For more trusted advice about how to keep your child safe online, visit:

<https://www.internetmatters.org/>

<https://www.thinkuknow.co.uk/>

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.childnet.com/>

SCIENCE FUN AT HOME



Have some fun at home with these science activities from Science Sparks and the Primary Science Teaching Trust



BEFORE YOU START! Please read through this with an adult:

- * Make sure you have read the 'IMPORTANT NOTICE' on the back of this page.
- * If you have a space outside that you can use safely, then you can do the 'Try this outdoors' activity outside. Don't worry if not as you could still do it indoors.
- * Talk to your adult about sharing the science you have done and if they want to share on social media, please tag @ScienceSparks and @pstt_whyhow and use #ScienceFromHome

SCIENCE FUN FOR SPORTS DAY

1 TRY THIS INDOORS Speedy reactions

Hold the top of a ruler with your fingers on 30cm and your arm stretched out in front of you so the ruler is hanging down. Ask a friend to put their thumb and index finger around the bottom of the ruler but not touching it (see picture). They should watch carefully, and when you drop the ruler, they need to catch it as quickly as they can. Record the measurement on the ruler where they caught it. The lower the measurement, the faster their reaction time. Now swap over or find other people to have a go. Let each person have three turns and record the average value.

WHAT DO YOU NOTICE?

Things to talk about ...

Who has the quickest reactions in your family and friends? Is there a difference in younger and older people's reaction times? Do you get quicker at catching the ruler the more you try? How else could you test your reactions?

You will need

- * 30cm ruler
- * Pen and paper
- * Timer
- * A space you can exercise in



2 TRY THIS OUTDOORS Investigate your breathing rate

Sit down and rest for a couple of minutes. Count how many times you breathe in 15 seconds (one breath = breathing in and out once). Multiply this by 4 to find out how many times you breathe in a minute: this is your 'resting breathing rate'. Now exercise for one or two minutes. You could run on the spot, do star jumps or any other type of exercise that you like (safety note: do not push yourself more than you usually do when exercising and stop if you feel unwell or that you are over-exerting). Once you have finished, measure your breathing rate again. Re-check it every minute over the next 5 -10 minutes.

WHAT DO YOU NOTICE?

Things to talk about ...

Does your breathing increase after exercise? By how much?
How long does it take for you to return to your resting breathing rate? Do some types of exercise increase your breathing rate more than others?



3

WHAT IS THE SCIENCE?

Our eyes see that the ruler has been dropped and send a signal to the brain, which then sends a signal to the muscles in the arm and hand to tell them to catch the ruler. These signals travel along our nerves, very, very quickly. Your reaction time depends on the time taken for the signals to travel.

Your body needs oxygen in order to release energy from the food you eat. When you breathe, oxygen in your lungs moves into your blood, which is then pumped by your heart around your whole body. When you exercise your muscles are working harder. This requires more oxygen which is why your breathing rate increases. One of the waste products when energy is released from food is carbon dioxide. This travels in your blood back to your lungs and then you breathe it out.

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MORE ACTIVITIES YOU COULD TRY

INVESTIGATE EXERCISE AND PULSE RATE www.science-sparks.com/exercise-affect-heart-rate/

WHY DO WE SWEAT DURING EXERCISE? www.wowscience.co.uk/resource/sock-it-to-me/

EXPLORE HOW MUCH SUGAR IS IN SPORT DRINKS www.science-sparks.com/how-much-sugar/

FIND OUT WHY SPORTS BALLS BOUNCE www.science-sparks.com/why-do-balls-bounce/

IMPORTANT NOTICE: Science Sparks and The Primary Science Teaching Trust are not liable for the actions or activity of any person who uses the information in this resource or in any of the suggested further resources. Science Sparks and The Primary Science Teaching Trust assume no liability with regard to injuries or damage to property that may occur as a result of using the information and carrying out the practical activities contained in this resource or in any of the suggested further resources.

These activities are designed to be carried out by children working with a parent, guardian or other appropriate adult. The adult involved is fully responsible for ensuring that the activities are carried out safely.



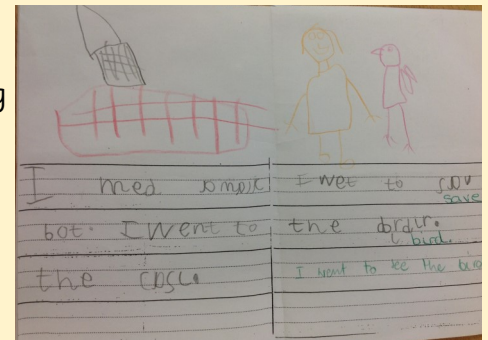
Sydenham Superstars

YR LS

Mrs Scholes' superstar is **Max** for writing an amazing story called "My Journey to the Sky." Max showed good fluency as a writer and wrote some super sentences. Well done!

YR HC

Ananya is the YR HC superstar this week. Ananya is relocating to Rugby and we're so sad that she's leaving us. Ananya has been a wonderful pupil who's kind, friendly and hard working as you can see from the picture of a fantastic story she wrote this week. Good luck Ananya. We'll miss you.



Y1 EL

Mrs Lee would like to choose **Tayyib** as this week's superstar. Tayyib has concentrated really well in English lessons and wrote a fabulous setting description of a windy day using descriptive language and similes. Keep it up!

Y1 CD

Scarlett is Y1 CD superstar for writing a beautiful poem about the weather. Scarlett remembered her capital letters and full stops and wrote really confidently and independently. We're very proud of you Scarlett!

Y2 RK

The Y2 RK superstar is **Mollie** for being a brilliant, supportive talk partner. Mollie always listens to her partner's ideas and encourages others to share their thoughts in such a kind way. Well done for your excellent listening and communication skills.

Y2 CP

Miss Peters has chosen **Avi** as superstar for his enthusiastic participation in online lessons. Avi did some amazing learning on ways to make 100 and was confident and independent in his learning. Well done!

Y3 JL

This week, **Zach** is Y3 JL superstar. Zach settled straight in to life at Sydenham despite relocating from South Africa. He's made friends straight away and proved to be a brilliant listener and hard working student. Zach sets a brilliant example with his good behaviour and really wants to learn. We're very proud of you, Zach!

Sydenham Superstars

Y3 CR

Harvir is the superstar in Y3 CR because of his amazing homelearning. Harvir made a model of the earth, in cross section, to show it's different layers. He completed his model all by himself using a balloon, paper-mache and cardboard. Fabulous!



Y4 RK

Y4 RK star of the week is **Jake**. Mrs Keys has been really impressed by Jake's attitude and enthusiasm for learning. He always listens well and concentrates in every lesson and he has shared lots of stories and ideas with the class in the last few days. It is wonderful to see his confidence grow! Keep up the super work, Jake.

Y4 SM

Mrs Madahar has nominated **Destiny** as superstar for raising the issue of wellbeing. Destiny is such a kind and considerate girl who always thinks of others. This week, she has spoken in front of the class about how important wellbeing is and she's been a real champion for mental health. Well done!

Y5 CB

Miss Ball's superstar is **Shaun** for giving 100% in the class' sporting challenges this week. Shaun has been a skipping sensation and he also ran really well in the class relay. We're very impressed with your effort, Shaun.

Y5 JE

Miss Ellershaw has nominated **Jeevan** as superstar for having a very positive week in the play-ground and showing a growth mindset in Maths. Jeevan has worked really hard at comparing and ordering decimals and has risen to the challenge of problem solving. Well done!

Y6 KG

Miss Gillespie would like to choose **Molly C** as superstar for her fabulous enthusiasm and improvement over the week during our sports challenges. She has been fully immersed in the activities, has cheered people on and been a great team player. Wonderful!

Y6 JvS

Danica has been chosen as superstar for her amazing yoga. During River Bear sessions she has been calm, focussed and very flexible! Danica also really gave it her all when participating in our Run for Life.

Other Information

Run for Life for schools – Friday 25th June – raising money for Cancer Research

Pupils participated in Cancer Research's Run for Life today. If you would like to make a donation to Cancer Research, please visit:

<https://fundraise.cancerresearchuk.org/page/sydenham-primary-school>

The Big Pedal – Monday 21st June to Friday 2 July

We are taking part in The Big Pedal. This is to encourage all children at Sydenham Primary for two weeks to take as many active journeys as they can to school. Please can you encourage your child to take active journeys to school on as many days as possible during the event, and join them on their way. Can you walk, cycle, run, scoot and/or wheel to school every day from 21 June to 2 July. **If you drive to school**, could you park further away from school and walk or scoot some of the way?! Active school runs also help to reduce congestion and air pollution outside the school gate.

Plus there are some great prizes to be won for the class who get the most active journeys over the two-week period.

Sports Day 2021 – Monday 28 June – Friday 2nd July

This year, we will be holding a 'Sports Day' during the Week Commencing 28th June. The Onside Coaches will arrange the activities during the children's usual P.E. lessons, when they will take part in competitive sports in four different 'houses', with the winning house announced at the end of the week. Regrettably, we will not be inviting any family spectators this year due to Covid-19.

Breakfast and Butterflies After School Club

We have contacted parents this week who currently use our breakfast and after school club to ascertain requirements for September 2021. New contracts should be completed and returned to the school office or by email (admin22622@welearn365.com) by Friday 2 July 2021. If you are a family who have not used these services previously or want to resume using the service(s) again in September 2021 please contact admin2622@welearn365.com for information and a contract

Diary Dates

Thursday 15th July 2021	Y6 dragon boat racing.
Friday 16th July 2021	Meet your new teacher day.
Wednesday 21st July 2021	Break up for the summer holiday

Thursday 22nd July—Wednesday 1st September school closed for summer holiday

Thursday 2nd September 2021	School closed for teacher training.
Friday 3rd September 2021	School closed for teacher training.
Monday 6th September 2021	Autumn term begins.

Have a fantastic weekend.

Kind regards from Miss Glenny