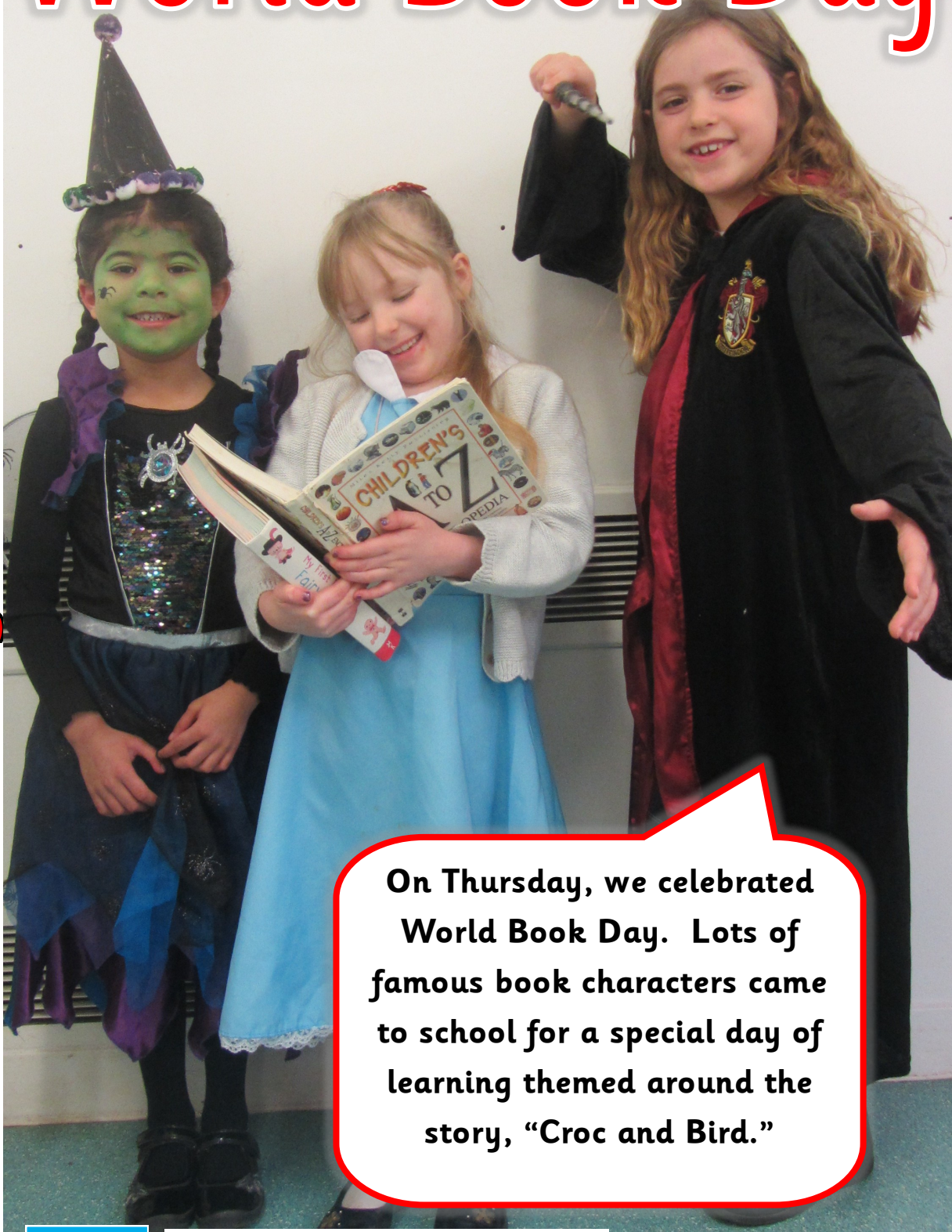


World Book Day



On Thursday, we celebrated World Book Day. Lots of famous book characters came to school for a special day of learning themed around the story, "Croc and Bird."



Convention on the Rights of the Child
Article 13: Freedom of Expression



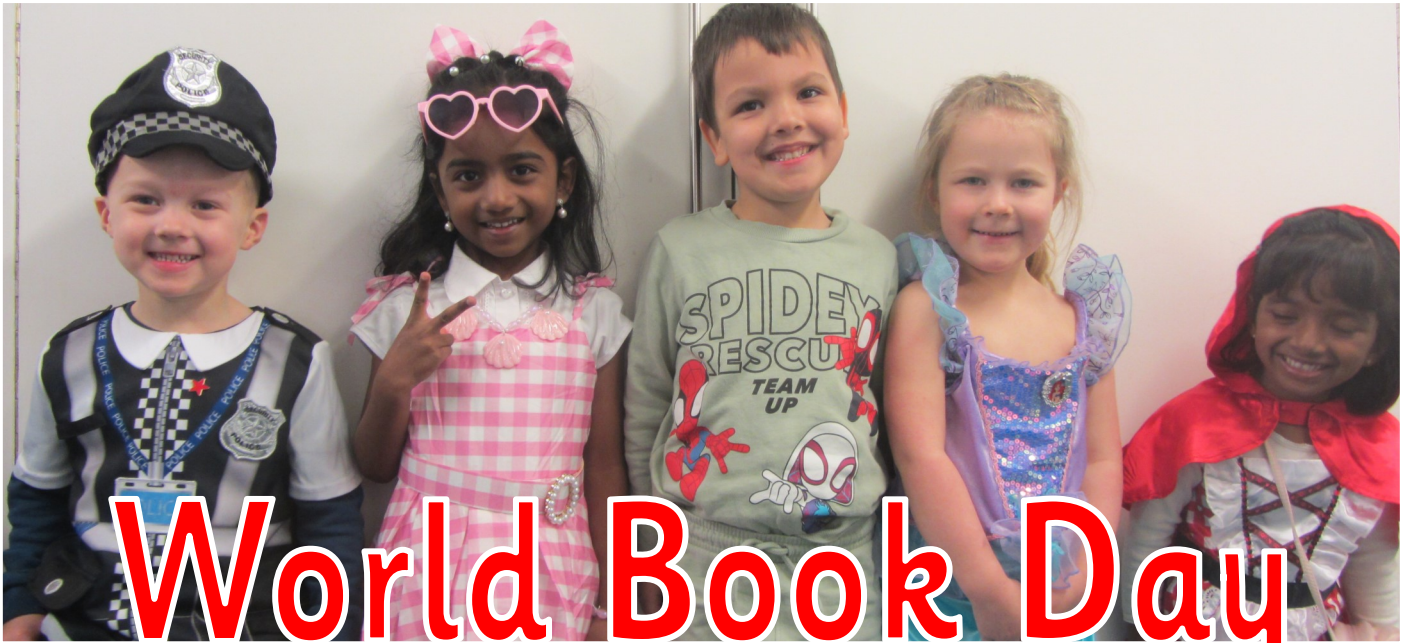
World Book Day





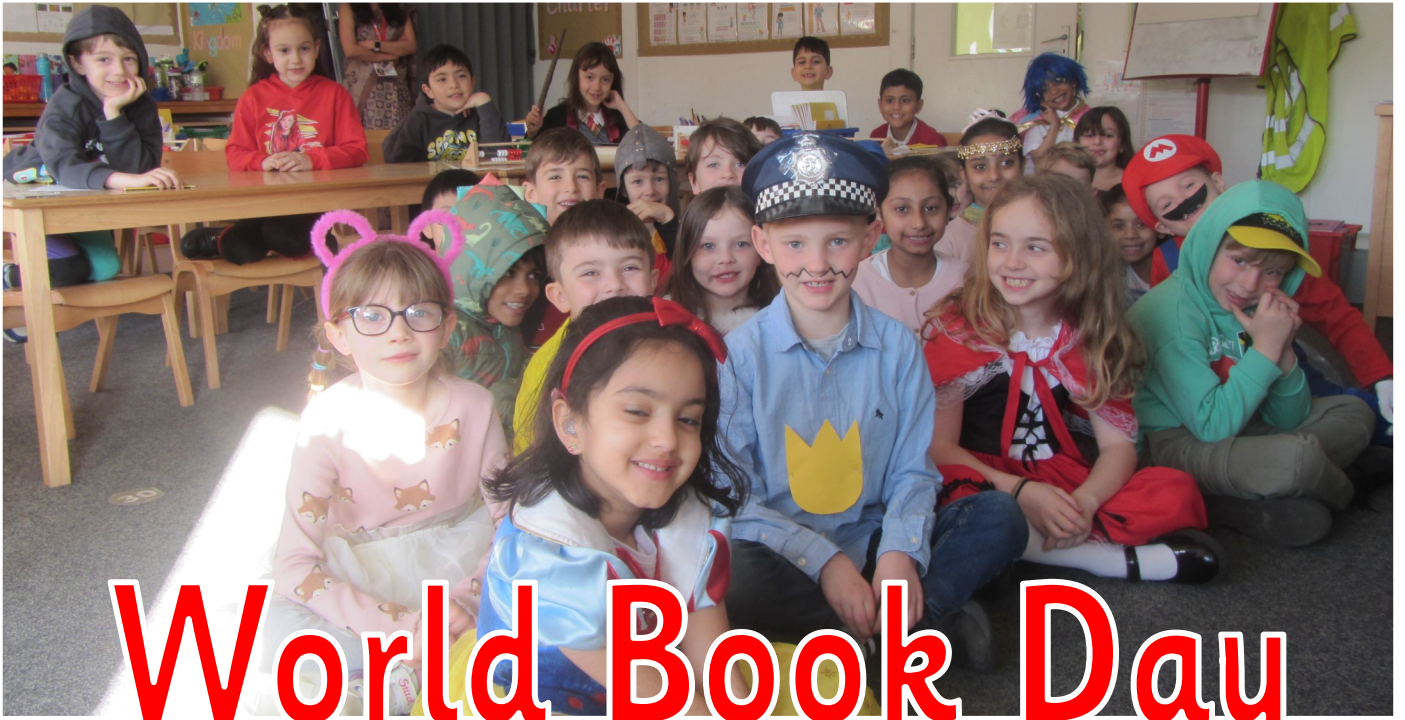
World Book Day





World Book Day





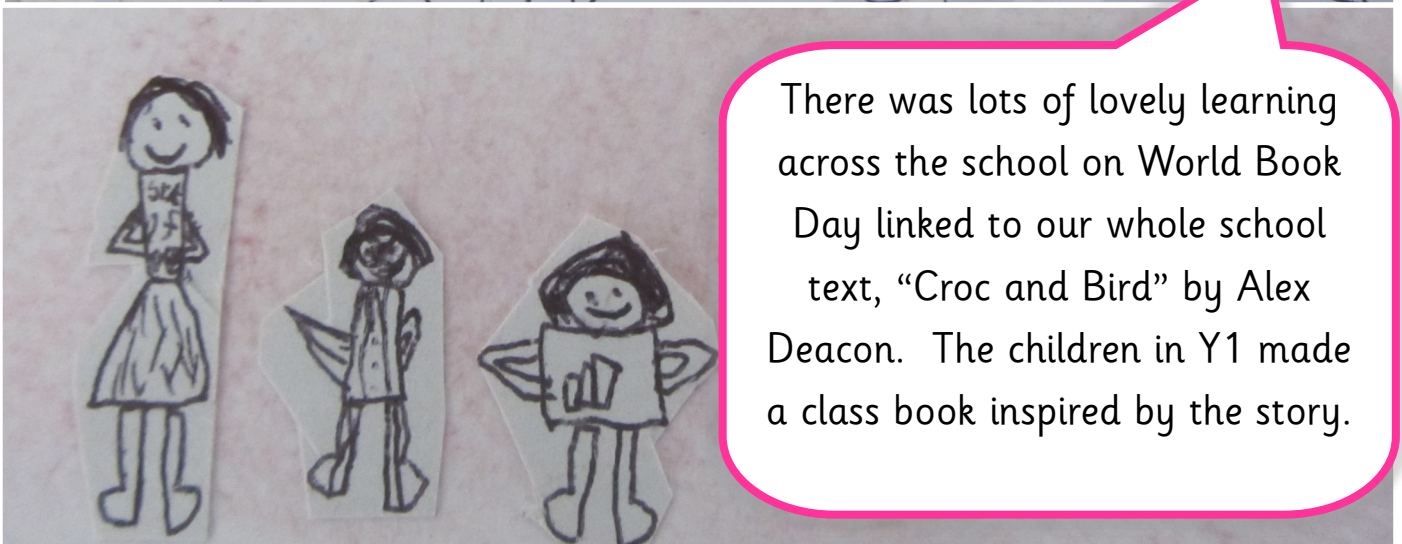
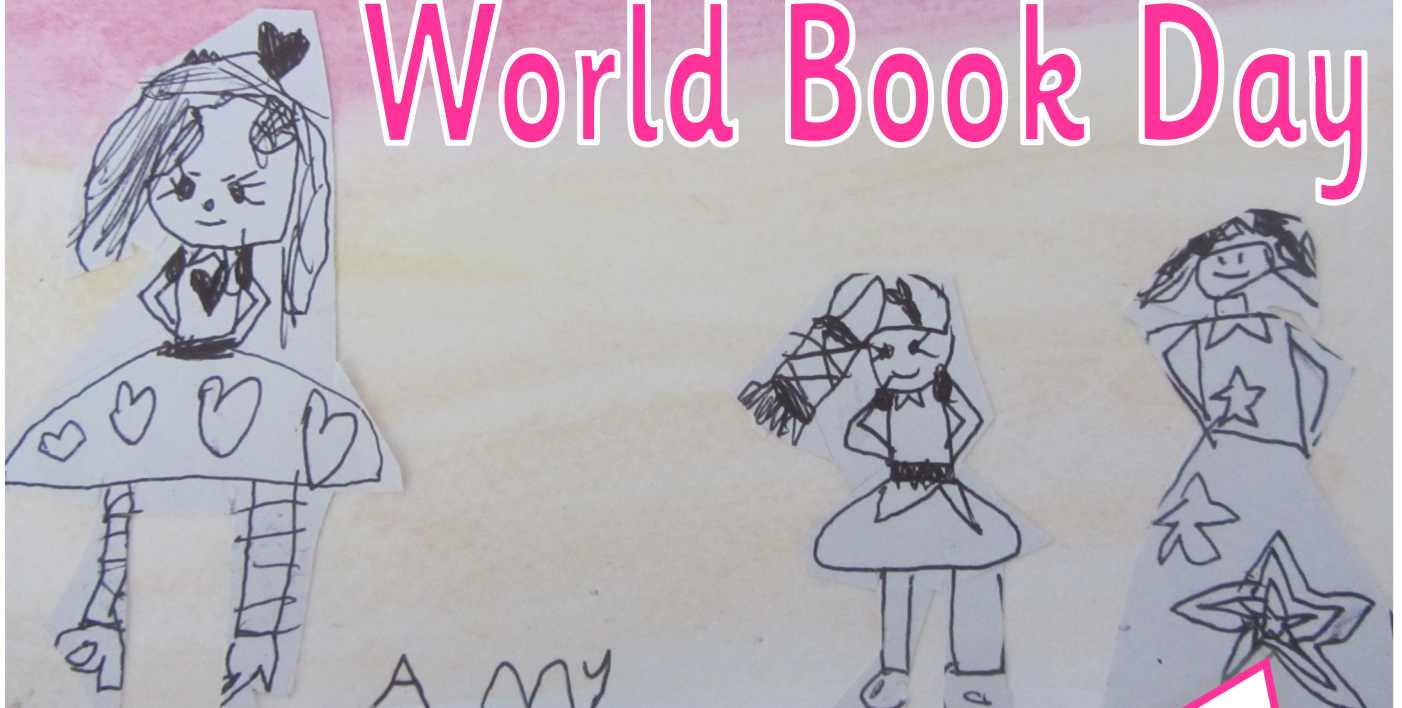


World Book Day





World Book Day



There was lots of lovely learning across the school on World Book Day linked to our whole school text, "Croc and Bird" by Alex Deacon. The children in Y1 made a class book inspired by the story.

World Book Day

Just like in "Croc and Bird", the children's book celebrated the power of difference.



Convention on the Rights of the Child

Article 13: Freedom of Expression



Just like
the sun shines
on everyone,
everyone should
be treated
equally and
fairly.



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

Year Three needed courage, cooperation and trust this week when they worked with Motionhouse on the Wider World dance project.

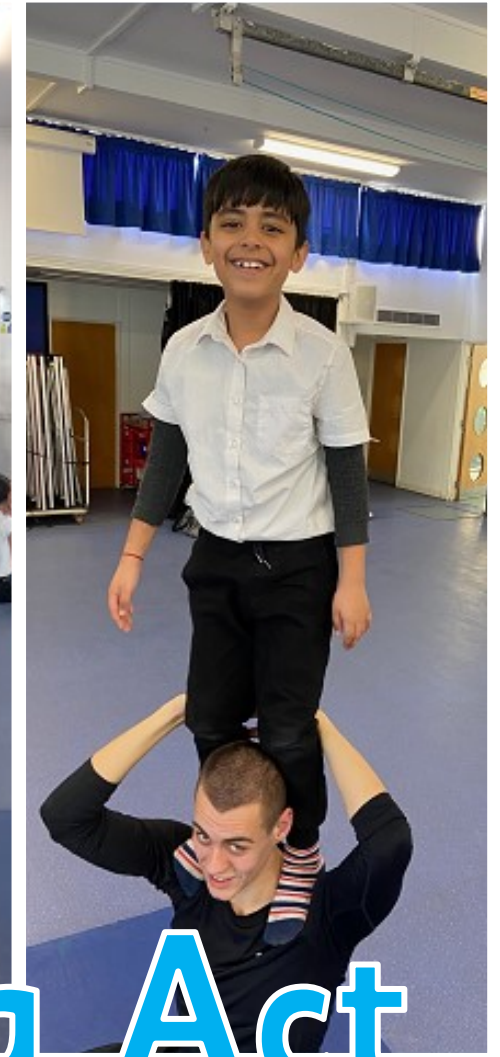
The children continued to practise contact moves with one another.

They created some skilful balances and were really proud of their achievements.

Balancing Act



Balancing Act



Balancing Act



This year, Shrove Tuesday (Pancake Day) fell on Tuesday 4th March and coincided with the beginning of the Islamic festival, Ramadan.

Shrove Tuesday marks the start of the Christian festival of Lent. Both Lent and Ramadan revolve around fasting.



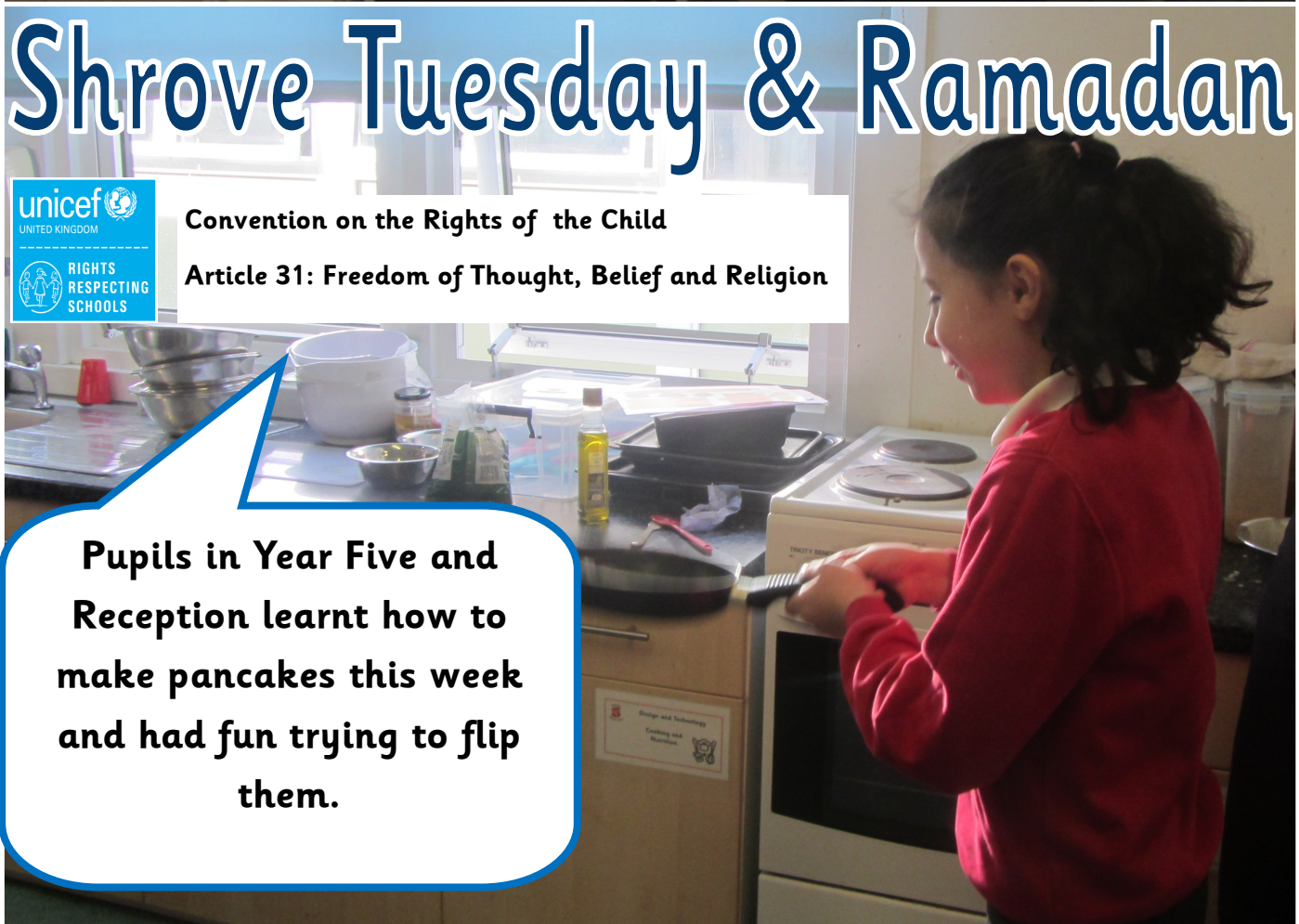
Shrove Tuesday & Ramadan



Convention on the Rights of the Child

Article 31: Freedom of Thought, Belief and Religion

Pupils in Year Five and Reception learnt how to make pancakes this week and had fun trying to flip them.

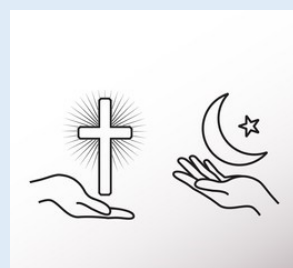




Shrove Tuesday & Ramadan

Shrove Tuesday is an important event in the Easter calendar and is invitation to Christians to prepare for 40 days of spiritual renewal during Lent. At this time of year, Christians reflect on their life and seek peace and forgiveness.

This year, Pancake Day coincides with Ramadan—an important event for Muslims which involves fasting for thirty days, abstaining from food and drink from sunrise to sunset when a evening meal (iftar) is enjoyed.

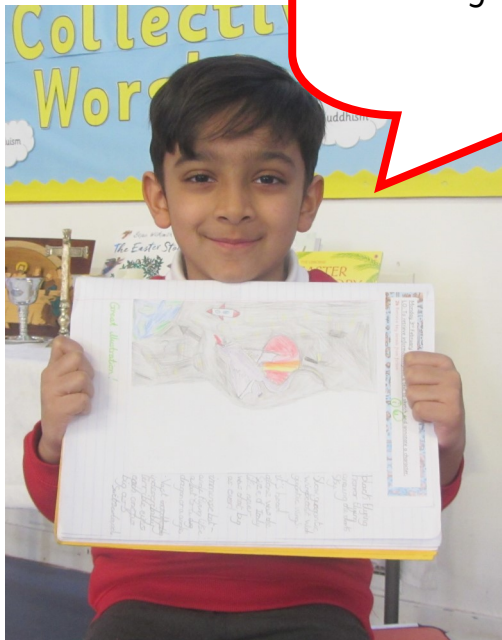




Heron's' Assembly



Heron's presented a lovely assembly this week featuring poetry, dance, artwork and storytelling. Well done, Everyone!



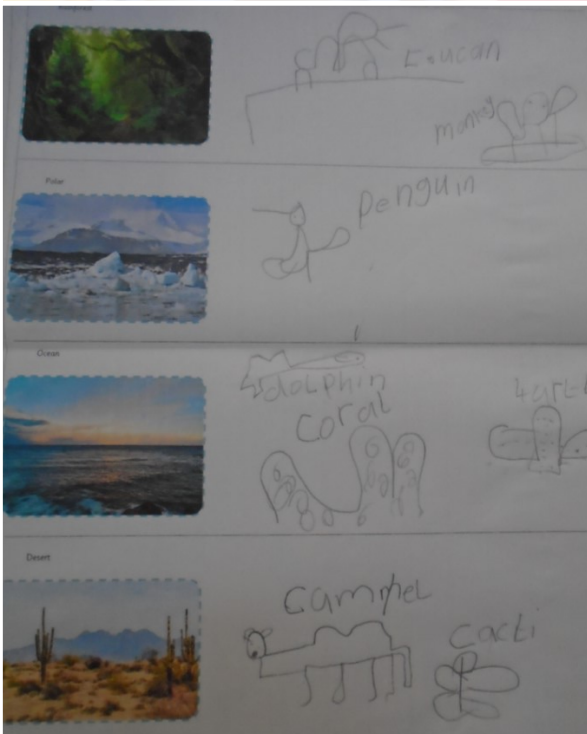
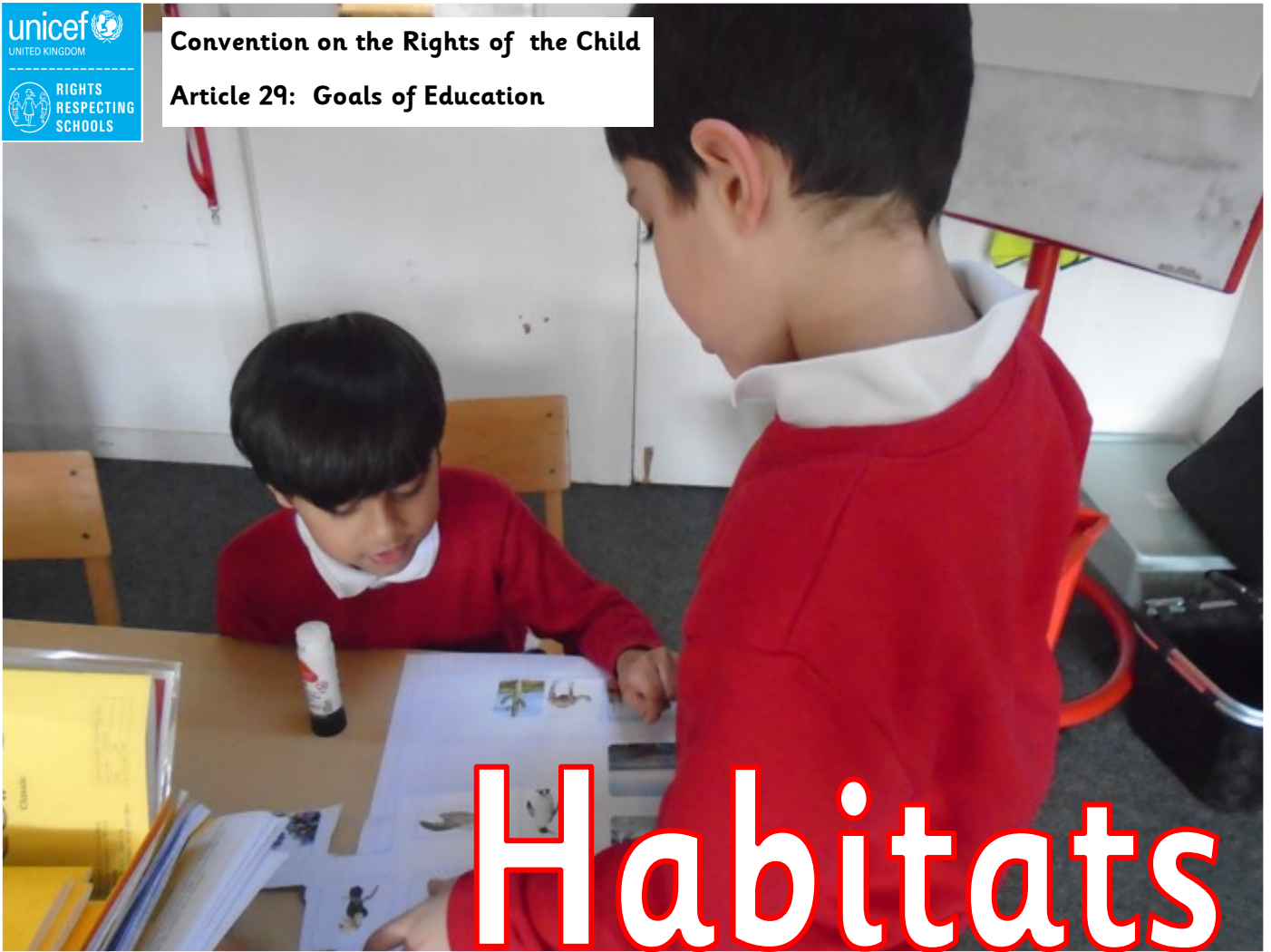


Convention on the Rights of the Child
Article 15: Freedom of Association



House!

Pupils at Butterflies After School Club are enjoying playing bingo. There are prizes available for a line or a full-house. Good luck to everyone who plays!



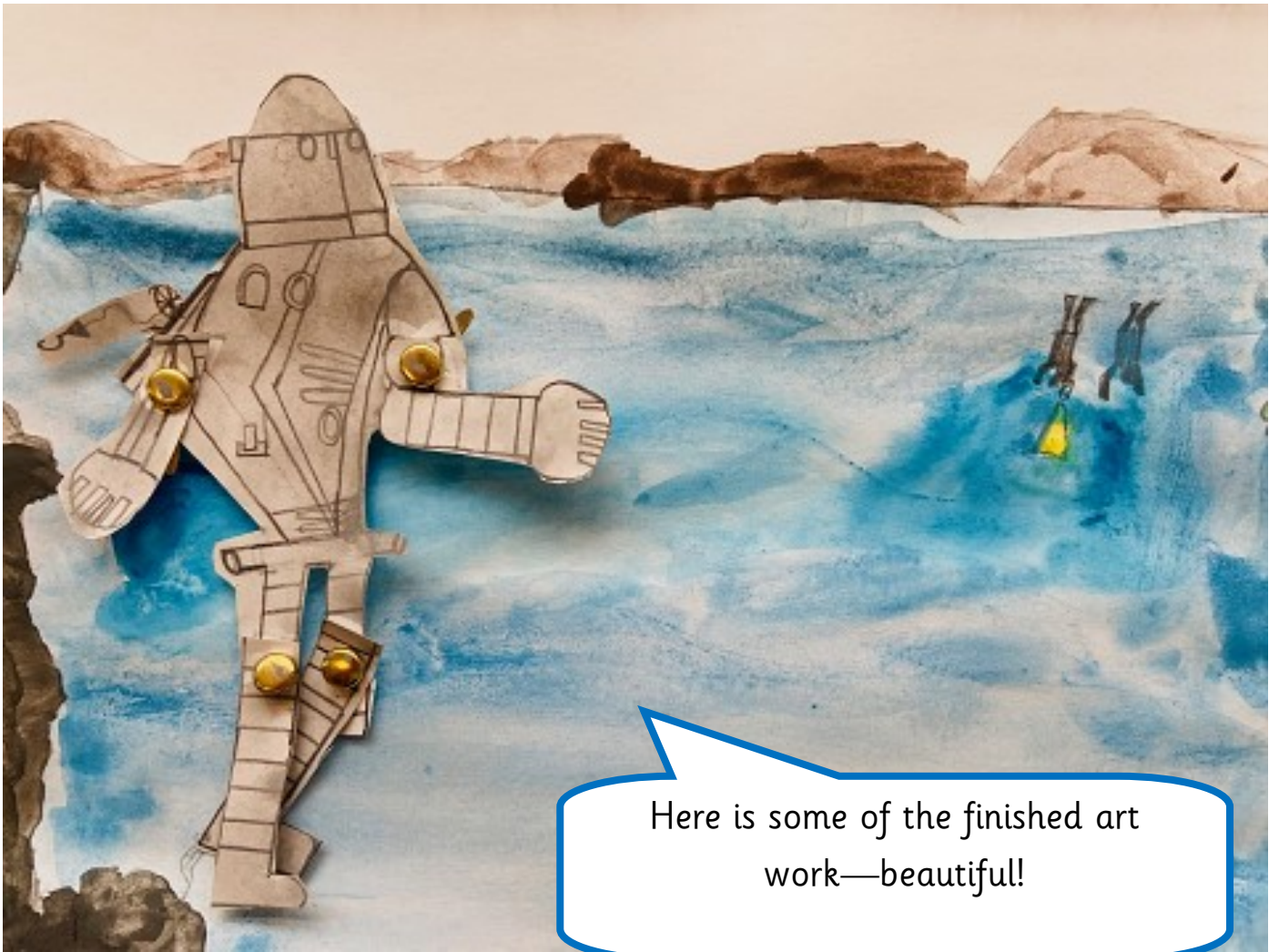
Year Two have been learning about coastal habitats. After studying the flora and fauna that can be found in different coastal areas, they matched animals to their habitats and explained how they are adapted to be successful there.



Iron Man



Y3 have made moving art using watercolour paint to form the background for an articulated figure of Ted Hughes' Iron Man.



Here is some of the finished art work—beautiful!





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



Reception have had some special visitors in class this week— beautiful, multi-coloured finches. The children loved observing the birds and made eye catching chalk sketches of them.





The finches also travelled to Year Two.
Pupils made detailed sketches of the birds
and of egg shells.



Feathered Friends



Y2 Geography

This week, Year Two children went on a walk so that they could identify human and physical features in the local area. They were able to recognise human features such as houses, shops and bus stops as well as identifying physical features like trees, plants and grass.



Y2 Geography





Matilda

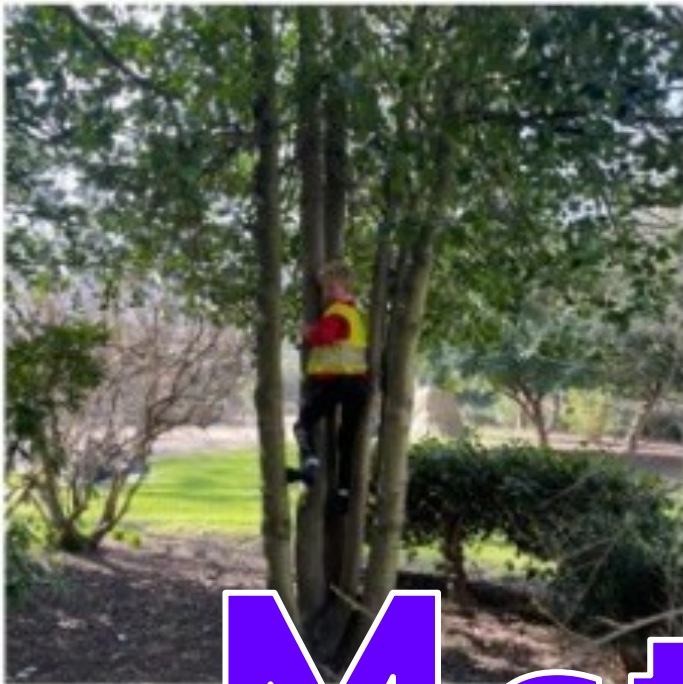
On Thursday, Year Six travelled to London to watch a performance of “Matilda” at The Cambridge Theatre.

The children were very excited because their end of year show is going to be “Matilda.”



Convention on the Rights of the Child

Article 31: Play, Leisure and Culture



Matilda

Pupils loved being in Covent Garden and were impressed by the architecture of the beautiful, Cambridge Theatre. The show was packed with toe-tapping tunes, great dance routines and some stupendous performances. Miss Trunchbull was a favourite character and the girl playing Matilda was inspiring. The children also got the chance to run off some steam in the park which was really good fun.



Y2 Gardeners

In readiness for planting, pupils across the school have been making pots for seedlings out of newspaper. The pots are quite fiddly for little fingers to make but Year Two did a fantastic job.



Allotment News

We were very happy to welcome Rachel (from The Social Gardening Project) and a group of Warwick University students to Sydenham this week. Together they began work on our allotment, giving it a good spruce-up, ready for planting. The long grass has been strimmed and the raised beds are now spick and span and filled with fresh compost. In a few weeks time, the team will return to work with Year Five pupils as part of their “Sow, Grow and Farm” topic. Seeds will be planted that crop early (in July) so that the children can harvest what they have grown before the summer holidays.



Convention on the Rights of the Child
Article 15: Freedom of Association



We welcomed families into school this week to make and play board games.



Family Learning



**Convention on the Rights of the Child
Article 15: Freedom of Association**



Family Learning



Children made track, clock and barrier games and enjoyed time together playing them. Thank you to The Family Learning Service for running this event.



Mental Health in Schools Team Tips For Wellness



Nutrition

Nutrition refers to the nutrients in food and how our body uses them to stay strong and healthy. There are lots of positive benefits for our **physical health**, nutrition is also really important for our **mental health!**

Our brain works hard taking care of our thoughts, movements, breathing, heartbeat and senses (even when we are sleeping!), so we must fuel our brain with nutritious foods to help us function. This can help us to think clearly, increase our energy levels and support concentration. What we eat also affects our mood too!

Our tips:

- 1. Get involved in the cooking**– Can you help your parent/carer to prepare dinner? This can be a fun way to spend time with others and learn a new skill.
- 2. Make it fun**- There are lots of different ways different foods can be prepared. You could try experimenting putting different food together to see what you like and don't like.
- 3. Try something new**- When was the last time you tried a new food? It can be exciting to find out what food we like and don't like. Also, our tastes can change as we grow and develop. See if you can set yourself a challenge to try a new food this week.
- 4. Keep Hydrated**- Dehydration could lead to headaches, difficulty focusing and may impact sleep. Try to ensure you are regularly drinking water, it can be useful to bring a bottle of water to school every day to remind you to stay hydrated!

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.

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



UK Health
Security
Agency

Stop norovirus spreading

Norovirus, also known as the 'winter vomiting bug', is the most common stomach bug in the UK. It can spread easily through close contact, or by contaminated surfaces, food or water.

The main symptoms of norovirus include a sudden onset of nausea, followed by projectile vomiting and diarrhoea, usually 1 to 2 days after becoming infected. Other common symptoms include a high fever, a headache and aching arms and legs.

Good hand hygiene is important to stop norovirus spreading.

To stop norovirus spreading, you should:

- wash your hands thoroughly using soap and warm water after using the toilet or contact with a sick individual and before preparing and eating food.
- stay off school or work until you have not been sick or had diarrhoea for at least two days
- not rely on alcohol gels instead of washing your hands, as these do not kill the virus
- wash any contaminated clothing or bedding using detergent at 60°C using disposable gloves to handle any items
- use bleach-based cleaners to disinfect surfaces

If you catch it, stay home for 48 hours after your symptoms clear

DO



Wash clothes and bedding at 60°C



Wash hands with soap, clean surfaces with bleach-based disinfectants



DON'T



Go to work or school, visit care homes or hospitals



Prepare food for others



Most people will make a full recovery in 2-3 days without needing any medicine. It is important to keep hydrated – especially children and the elderly.

Try not to visit A&E or GP surgeries if you have symptoms of norovirus unless advised to do so by a healthcare professional, as this may spread the bug to others. Call ahead to a GP or ring NHS 111 if you are worried about your symptoms.

Further information is available at NHS 111 or NHS.uk (<https://www.nhs.uk/conditions/norovirus/>)



UK Health
Security
Agency



Should I keep my child off school?



Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

Diary Dates

Monday 10th March	Science Week.
Tuesday 11th March	Online, live Science lesson
Monday 10th March	YR vision screening.
Tuesday 11th March	Safer Internet Day.
Tuesday 11th March	Family Learning—KS2 maths board games, 1.50—3.20pm.
Thursday 13th March	YR Maths workshop for parents/carers, 2.30pm.
Monday 17th March	NSPCC assemblies delivered this week.
Wednesday 19th March	Y3 Doves class assembly, 9.15am.
Tuesday 25th March	Y6 Easter visit to St Mary's church.
Wednesday 26th March	Y6 netball tournament at Kingsley School (10 pupils.)
Friday 28th March	MUFTI (non-uniform) Day. If you wear your own choice of clothes, please donate via ParentPay.
Wednesday 2nd April	Y2 Wrens class assembly 9.15am.
Thursday 3rd April	YR Writing workshop for parents/carers at 2.30pm.
Thursday 3rd April	Y2 visit to The Sealife Centre.
Thursday 3rd April	Writing workshop for YR parents/carers.
Monday 7th April	Rock Steady concert, 2.15pm.

School closed for Easter holiday

Monday 14th April—Friday 25th April

Pupils return to school on Monday 28th April

Please note that Monday 21st July is an INSET day and school will be closed.

Diary Dates



Sydenham Superstars



YR and Key Stage One



Key Stage Two