

Year Three went to Coventry Cathedral this week and it was a fascinating visit.



Cathedral Trip



Convention on the Rights of the Child
Article 31: Freedom of Thought, Belief and Religion





Pupils learnt about the destruction of the original cathedral during the Coventry Blitz and its re-birth.



Cathedral Trip

They toured the new cathedral and heard about the values of peace and reconciliation which it embodies.

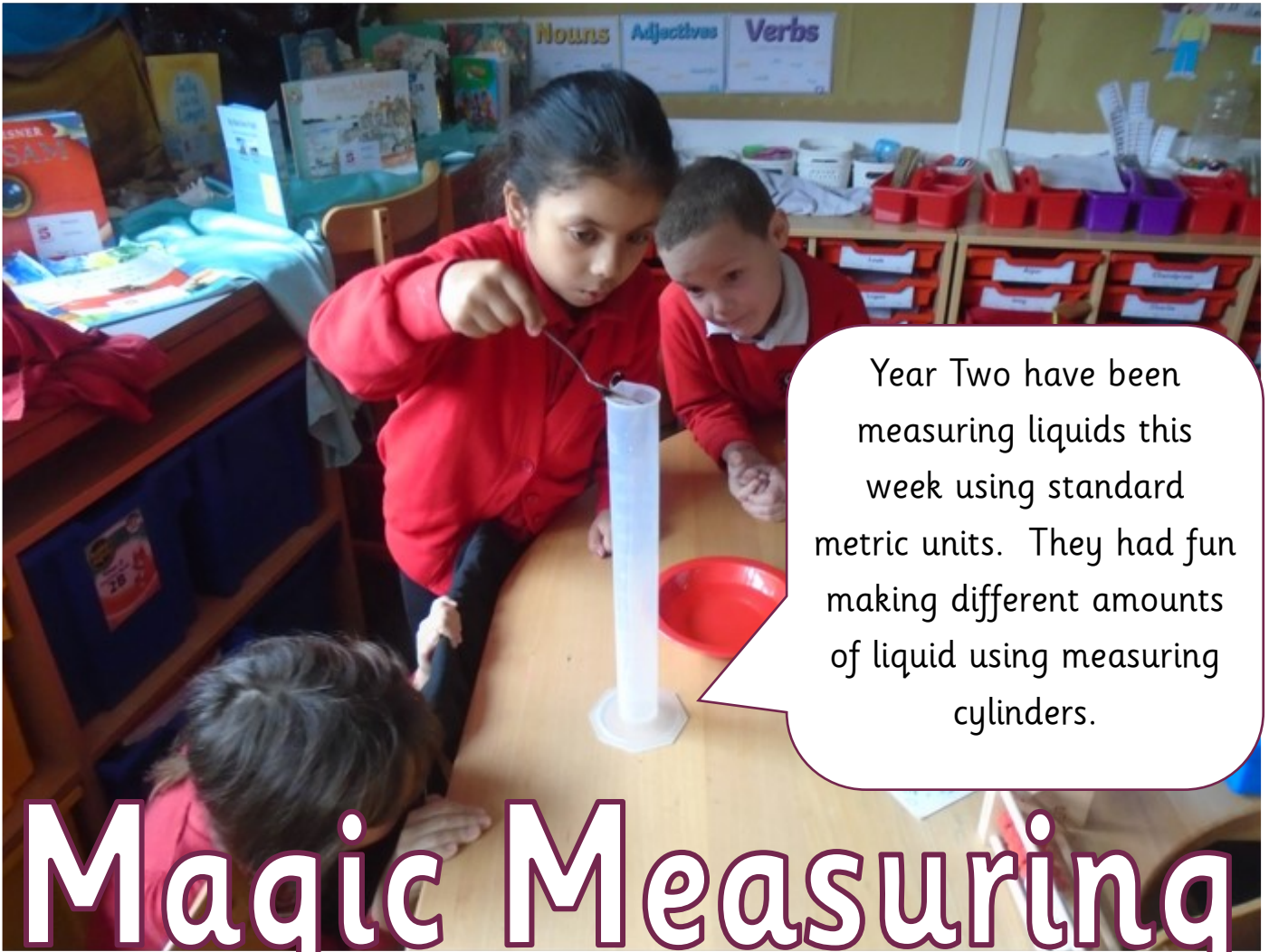


Spring Time Spuds



This week Reception have planted potatoes in special bags with panels on the side. When you lift the panel up you can see what is happening underground!





Year Two have been measuring liquids this week using standard metric units. They had fun making different amounts of liquid using measuring cylinders.

Magic Measuring



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



Magic Measuring





Spring has sprung in Year Four! Wagtails and Starlings have been planting broad beans in hand-made newspaper pots. We hope they grow well.



Green Fingers



Congratulations to our netball team who attended a special event at Kingsley School this week. The girls competed in a number of games, representing our school beautifully by showing team spirit, excellent behaviour and wonderful manners. Setayesh received an award for the most improved player. Well done to you all.

Netball Stars



Forest School



This week Goldfinches enjoyed exploring some of the new equipment in Forest School. They especially enjoyed trying to climb the ladder.



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



Year Two have been learning about the Pagan world view. The children made symbols to represent a guardian angel or spiritual being. They also joined hands in a circle around their symbols to connect with nature.



Pagan Symbols



Year Six visited St Mary's church this week to learn about the Christian story of Easter. Pupils were tasked with solving a murder mystery – the victim was Jesus. There were several pieces of evidence to explore and some suspects to question. The children held a trial and voted for who they thought was the guilty party. Overall, the judge was most likely to be guilty, but then pupils learnt that actually, all the suspects played a part!

Easter Story



Best wishes to all our families who are celebrating Eid on Monday 31st March.

May your hearts be filled with hope, your prayers be answered, and your celebrations be blessed. Enjoy this beautiful time with family and friends, and cherish every moment!

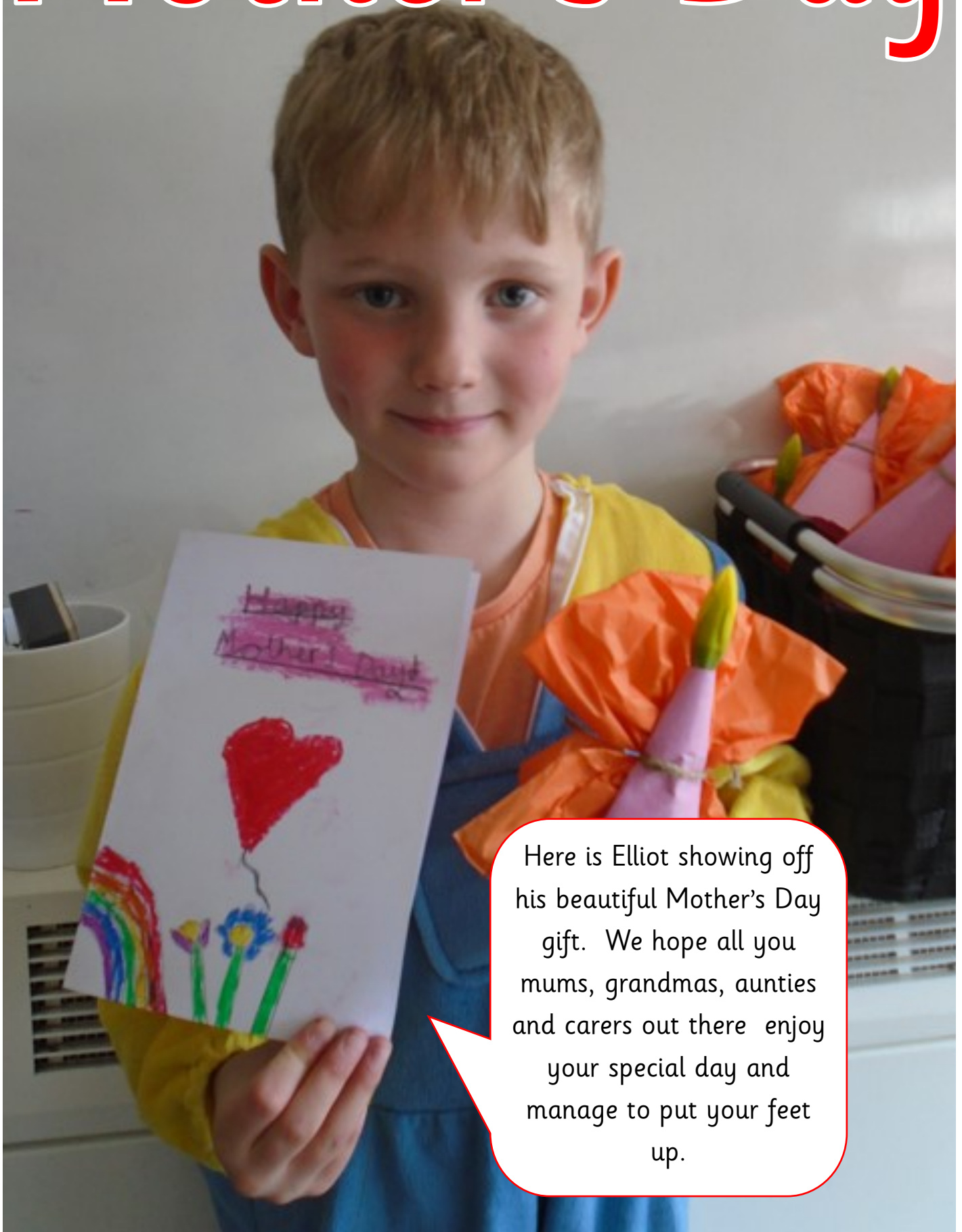


Well Done Millie-Mae



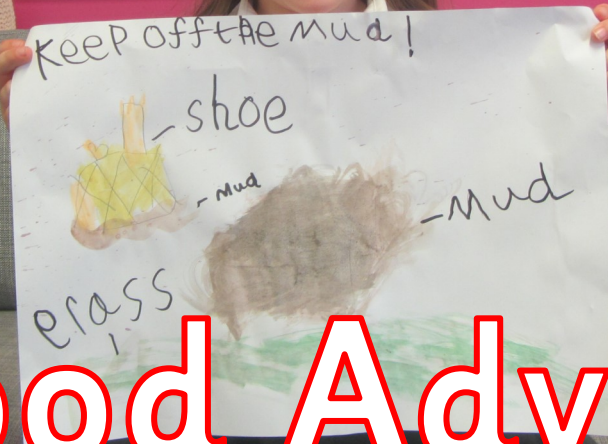
Millie-Mae has been fundraising for Myton Hospice. She recently held a charity cake sale and raised an amazing £108. What a star!

Mother's Day



Here is Elliot showing off his beautiful Mother's Day gift. We hope all you mums, grandmas, aunts and carers out there enjoy your special day and manage to put your feet up.

Here's Layla with her lovely poster reminding us all to stay off the mud!



Good Advice!



Rainbows 1st Brunswick

**Girls play, learn
and have tons of
fun**

**for ages 4 to 7
Thursdays 5:30-6:30
Brunswick Hub
Starting 8th May**

**Register online at
Girlguiding.org.uk**



Have you checked if you are eligible for free school meals?



Benefits-related free school meals are available to families who meet eligibility criteria. There is also a universal entitlement to free school meals where all children in Reception, Year 1 and Year 2 will automatically receive a free school meal. However, if you do meet the benefits-related free school meals eligibility criteria, then it **is advised you apply**

as there are benefits beyond the plate!

Free school meals not only provide your child with a free meal, it also means your child's school can access funding to support their education. Children in Reception to Year 11 can also access the holiday activities and food (HAF) programme.

<https://searchout.warwickshire.gov.uk/holidays-activities-food-haf>

Families who receive the following are eligible for free school meals:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit - your household income must be less than £7,400 a year after tax and not including any benefits you get (this is the equivalent to your work-related take home pay being less than £616.67 per month at the time of application).



SYDENHAM PRIMARY PTA

SUNFLOWER COMPETITION

£2
ENTRY

🌻 Sunflower Growing Competition! 🌻

Sign up now to receive your sunflower seeds, pot, and compost. Grow your sunflower, take a photo, and measure its height. Submit your photo and height by 4th July for a chance to win a prize! The tallest sunflower wins! 🌱😊
Happy planting!

SIGN UP ON PARENTPAY
BETWEEN 25TH MARCH AND
2ND APRIL. SUNFLOWER
GROWING KITS WILL BE
SENT HOME DURING THE
LAST WEEK OF TERM
BEFORE THE EASTER BREAK.

*Any profit made from the
competition will be fed directly
back into the school by the PTA
through the purchase of
equipment and resources.*





Mental Health in Schools Team Tips For Wellness



Be active

Moving our body every day can boost self-esteem, improve quality of sleep, contribute to better social skills and reduce feelings of anxiety. When we feel anxious, our bodies can experience the 'fight, flight, freeze' response. Our hearts beat faster, we sweat more, and our muscles tense; physical activity can help release these feelings!

Our brain also releases chemicals when we exercise, called endorphins, that make us feel good. Even just 10 minutes of fast walking can contribute to mental alertness, increased energy and positive mood.

Being active may be new to you, or you may already exercise regularly. Try to find an activity that you want to do, and you find enjoyable. It's okay if you aren't sure what this is yet, have a go at experimenting and why not start by checking out our ideas for being active below?

Our tips for being active:

1. **Add extra movement to your regular routine** – Can you change the way you travel to school? Could you walk or cycle to your friend's house, instead of travelling by car? If you need to use the car, think about parking further away to get some extra steps in!
2. You could engage in the 'Daily Mile' as a class or whole school! This involves heading outside to run, wheel or walk around the school grounds for 15-minutes every day, at whatever pace suits you.
3. **Try a new sport or activity** – This is a great way to improve your sporting ability, but also an opportunity to make new friends and feel part of a team.
4. **Dance to music** - Whilst it can be a good idea to join a sports club if you enjoy this type of activity, we can still be active whilst listening to music and having fun! You could dance to your favourite playlist whilst you are tidying your bedroom or helping your parents/carers around the house...you might even forget you are doing chores too!
5. **Get outdoors** and move your body in the fresh air. If the weather is cold or rainy, why not try Zumba, hula hooping, skipping, or yoga.

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.

Please contact your school's Mental Health Lead for information and advice.

The 10-week Nurturing Programme

Kingsway Children and Families Centre.

12.45pm-2.45pm

Tuesday 6th May to Tuesday 15th July.

**A FREE programme for parents and carers in
Warwickshire**

How to get the best out of family life.

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

To book use the QR code or go to

<https://www.eventbrite.co.uk/e/10-week-nurture-programme-for-parents-and-carers-learnington-spa-tickets-1269071650469?aff=oddtcreator>



If you have any queries, please contact:

ehparenttrainers@warwickshire.gov.uk





Book on Eventbrite

Easter Holiday

Family FUN

at SYDNI

TUES 15 – THURS 24 APRIL

Event Highlights

All activities are £2 per child per session plus booking fee and parental supervision is required.

EASTER EGG HUNT
LITTLE KICKERS
TABLE TENNIS
CRAFTING
BIKE ABILITY
SYDNI CHILL & PLAY
STORYTELLER
BAKING WITH ADAM

Join Us for a range of Family Fun Activities!

FREE KIDS MEAL WITH ADULT MEAL AT SYDNI CAFE

FOR MORE INFORMATION:

01926 422071

The SYDNI Centre, Cottage Square, Sydenham, Leamington Spa CV31 1PT
01926 422071 bookings@sydni.org sydni.org

SAFELINE'S PARENT WORKSHOP

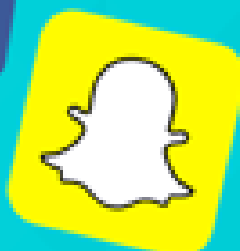
HOW TO KEEP YOUR CHILD SAFE ONLINE!

Online Safety Workshop
Wednesday 9th of April 2025
5-6pm

This workshop provides key knowledge around how social media/apps can be used safely and the risks/dangers of the online world.

If you would like to attend please confirm by emailing ramandeepd@safeline.org.uk please include your child's school name

Please join by going into Zoom and putting in Meeting ID: 765 294 7590



Diary Dates

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	Y4 Starlings class assembly at 9.15am.
Thursday 3rd April	Writing workshop for YR parents/carers.
Monday 7th April	Rock Steady concert, 2.15pm.
Monday 7th April	Y5 Ancient Greek Day
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.	
Tuesday 6th May	Y4 Think Tank
Monday 12th May	Y6 SAT's week.
Monday 19th May	School photographer—class portraits.
Tuesday 20th May	Firefighter visit, Year Five.
Wednesday 21st May	Firefighter visit, Year One.
School closed for the Whitsun holiday Monday 26th—Friday 30th May	

Diary Dates



Sydenham Superstars



YR and Key Stage One



Key Stage Two