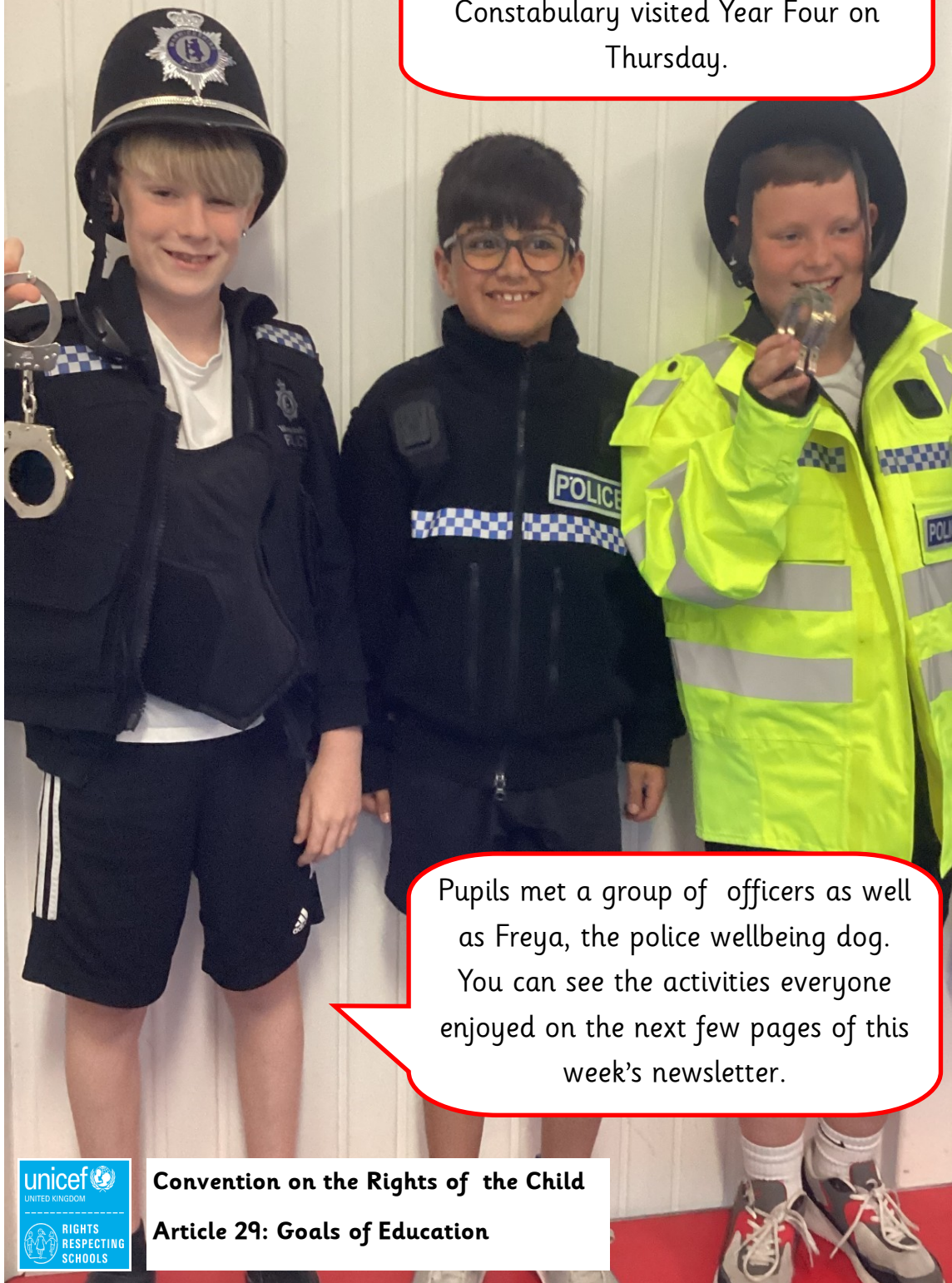


New Recruits

The Force picked up some new recruits this week when Warwickshire Constabulary visited Year Four on Thursday.



Pupils met a group of officers as well as Freya, the police wellbeing dog. You can see the activities everyone enjoyed on the next few pages of this week's newsletter.



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





Year Four pupils spent the whole morning with Warwickshire Constabulary, learning all about what the police do and who is who in the police service .



New Recruits



Meeting Freya, the wellbeing dog.

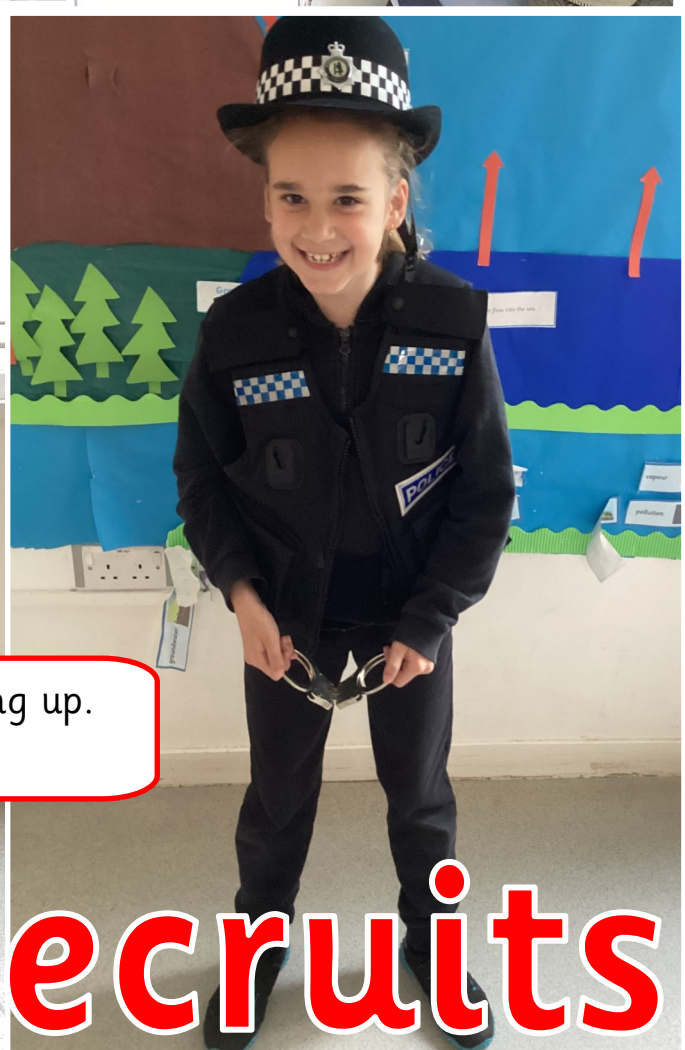
Highlights included the opportunity to meet Freya, the wellbeing dog, trying on uniform and equipment and visiting police vehicles. The children also had their finger prints taken and investigated a crime scene.

Thank you to Warwickshire Police for spending time with us. It was great fun and very educational.

New Recruits



Investigating a police van.



Dressing up.

New Recruits



Riding in a patrol car.



New Recruits



Taking finger prints.





Sport's Days



Reception and years 1,2 5 and 6 enjoyed their annual sport's days this week. Pupils participated in a range of games and races in order to win points for their House.





Sporting activities included dodge ball, tug of war, howler throwing and races with bean bags and hoops.



Sport's Days





Sport's Days





ZOOLAB



When Zoolab visited this week, Year 2 made friends with some special wrigglers and crawlers as part of their Science learning about animals and their habitats.

Pupils handled a giant African land snake, a millipede, a tree frog and a corn snake. They learnt that an African land snail's shell can grow as big as a football and were amazed to learn that tree frogs eat through their eyes. The children were surprised by the feel of the 200-legged millipede (who was not slimy at all) and were very brave when holding a corn snake.

Pupils also discussed how each of these amazing creatures is adapted to survive in their habitat.



Convention on the Rights of the Child

Article 29: Goals of Education

Wriggle & Crawl





Wriggle & Crawl





Dinosaur Parade

Year One ended their half-termly topic this week by having a dinosaur parade. Each child showed off a hand-made “sockosaurus” and some children wore dinosaur masks that they’d made. Each class paraded for the other, using their best dinosaur moves! Well done, dino fans.



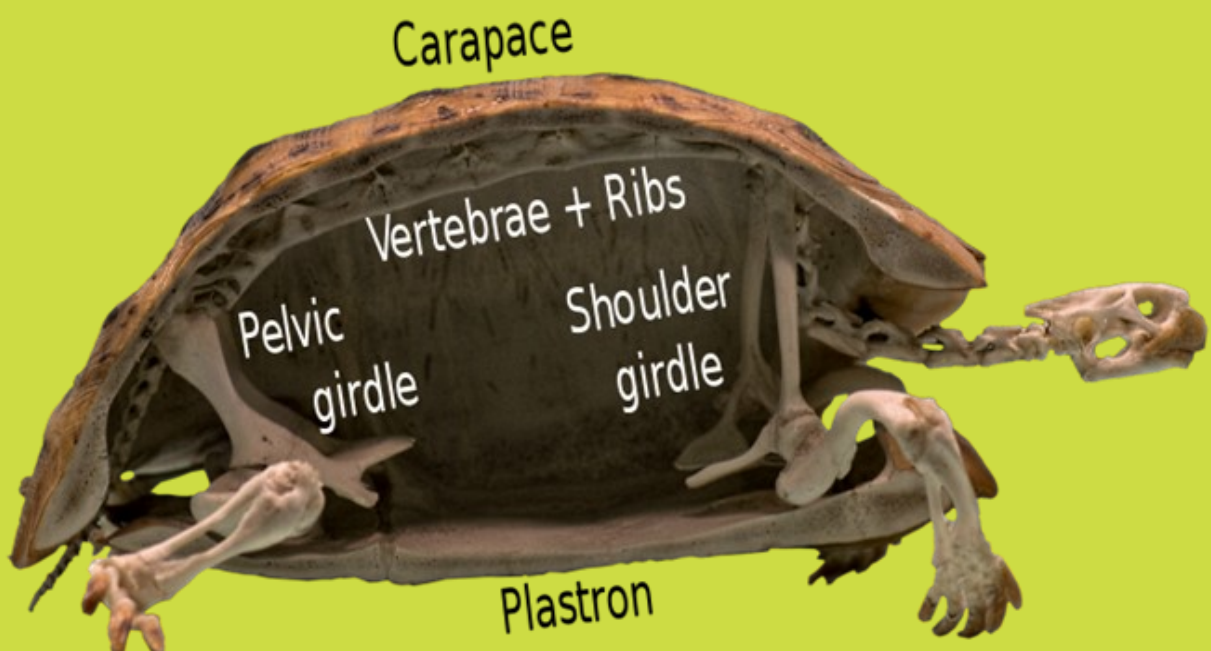


Y3 Herons had a very special visitor this week—Bertie the Tortoise, who belongs to Nicolle and her family.

Pupils were so excited to look at Bertie's exoskeleton and even more surprised to find out he has an endoskeleton as well!

They all spent a lot of time observing how he moves and sketching the different parts of his shell, claws and eyes!

Tortoise Time





To recognise Mental Health Awareness Week, we held a special MUFTI Day to raise money for Coventry and Warwickshire MIND last Friday. Pupils came to school wearing something blue to show support for the work the charity does supporting the mental health of local people and we raised an amazing £250! Thank you to all parents and carers for your generosity.



Convention on the Rights of the Child
Article "4 Health and Health Services



Arts' Ambassadors

On Thursday, our Arts Ambassadors met textile artist, Emma O'Brien. They will be working with Emma next term to create a large piece of art work to be displayed in our pop-up gallery at Art in the Park. Also meeting Emma were children from St Patrick's Primary School, who are our Art in the Park partners. Together, the children started to map out ideas for the art work.

Miss Glenny has raised money to pay for this piece of work by applying for a charitable grant and the Ambassadors' plans already look exciting.



Convention on the Rights of the Child

Article 31: Leisure, Play and Culture

This week Y1 started their work for Refugee Week by thinking about the importance of sharing food. Pupils have been cooking different foods and will be creating a class cookbook. So far they have made falafel and pasta

Share A Meal



Convention on the Rights of the Child
Article 22: Refugee Children

Reception Goldfinches took a trip to town this week to learn where food comes from. They visited two small, local businesses on Regent Street—the chocolate shop and Core, the environmental supermarket.

Where in the World?




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

Classification



Y3 have been looking at all different types of **skeletons**, sorting **exoskeletons**, **endoskeleton** and **hydrostatic** skeletons. They are also learning which animals are **vertebrates** and **invertebrates**. This was tricky learning—well done Y3.



Thank you to all of the families who turned up last week to participate in Leon's Big Litter Pick. We're so grateful for your help cleaning up the school site.

Litter Pickers



Farewell to SAT's



Year Six worked incredibly hard last week, sitting their statutory tests (SAT's) in Reading Writing, Maths, Spelling, Punctuation and Grammar. We were all very proud of their positive attitude, resilience and determination. Here they are enjoying a well earned break!



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



Mental Health in Schools Team Tips For Wellness



Stress awareness

Stress is a normal feeling that most of us experience from time to time when we feel overwhelmed, out of control, or under pressure. Stress is mostly triggered by environmental factors and once the issue is resolved, the stress usually reduces. When we feel stressed, we may also feel anxious and frustrated, as well as experience changes in our body (e.g., tiredness, muscle aches and chest pains). Different situations can make us feel stressed, such as having lots of homework to do, friendship problems, or difficulties at home with family members...it could even be a combination of things!

Some stress can be good, but too much can cause us to feel anxious or depressed, which might affect our sleeping, eating habits and general wellbeing. If stress is going on for a long time, we may also experience 'burnout', which is when our body is exhausted and has not had a chance to rest. There are things we can do to help our body recharge and reduce stress...

Our tips for managing stress:

1. **Stress bucket activity** – follow the QR codes to complete your own stress bucket. This may help you to see what is contributing to your stress, as well as what helps you to feel calmer.
2. **Create a calming toolbox** - draw a box, jar, bag or any kind of container on a piece of paper and draw all your self-soothing objects in this box. Look at this when you are feeling stressed to help remind you of what you can do to feel calmer. You could even make a real toolbox at home!
3. **Practise problem-solving** - with a friend, imagine a stressful situation that might come up and discuss how you would solve this. You could use a real problem that you are stressed about too! Remember to break the problem down into smaller steps, to help you think about what you would need to do, when you will do it, how you will do it and if you need anyone to help you. Follow the QR code for support.



Stress bucket activity



Stress bucket video



Problem-solving activity

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



What do you know about youth violence and knife crime?

Is this a matter that concerns you? Do you want to know more about it? Have you had personal experience or do you want to know how knife crime can be prevented and young people live without fear?

Please come along to this event.

The SYDNI Centre is proud to welcome a high profile youth campaigner providing safety awareness and talking about knife crime. This is a unique opportunity to spend an evening listening to and discussing the effects of knife crime on young people and their families.

6.30pm

Thursday 6th June 2024

This opportunity is completely free and open to all ages, just come along or call the SYDNI Centre on 01926 422071 to register your interest.

Cottage Square Sydenham Leamington Spa CV31 1PT 01926 422071

sydni.org bookings@sydni.org

Opening hours: Monday - Friday 9.00-5.00





PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING MAY HALF TERM 2024

moneysavingcentral.co.uk/kids-eat-free



LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

YO! SUSHI

From Monday 27th May to Friday 31st May 2024, kids eat free all day at YO! Sushi (minimum adult spend £10).

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

BILLS

Two kids can eat free ALL DAY (Weekdays) from Monday 27th May to Friday 31st May 2024, with one adult main dish.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.



VOLUNTEERS NEEDED



We are looking for Volunteers to help
in various roles, including:

- **Volunteer Café Assistants**
- **Meet and Greet Coordinators**
- **Event Stewards**



VOLUNTEERS

If you are interested or would like to know more
about each role, please email volunteer@sydni.org
or drop in and let us know!

The SYDNI Centre, Cottage Square, Leamington Spa, CV31 1PT
Phone: 01926 422071



Swimming Lessons with Leamington Swimming Club

This is a unique opportunity for children in Years 2 and 3 to improve their swimming and learn the skills used by our competitive swimmers.

Dates:

16, 23 ,30 June and 7 July

3 to 3.50pm

at Newbold Comyn

Cost £20

Year 2 Children should be able to swim 25m front crawl and backstroke.

Year 3 Children should be able to swim 25m front crawl, backstroke and breaststroke.

Please e-mail treasurer@swimleamington.org to reserve your place

News

Goodbye to Mrs Van der Sterren

As Y6 Swans parents and carers will already know, sadly Mrs Van der Sterren is leaving us today in order to re-locate to Cornwall where she will be married. Mrs Van der Sterren postponed her relocation in order to see Y6 through their SAT's tests but, unfortunately, she is unable to stay any longer.

I would like to take this opportunity to thank Mrs Van der Sterren for her many years of hard work here at Sydenham and our federated school, Lighthorne Heath Primary. Pupils have benefitted enormously from her fantastic teaching as well as her kindness and compassion.

Mrs Van der Sterren will be replaced by Ms Anna Rushall who has been working in Y6 for several weeks, supporting children with preparation for SAT's.

Mrs Van der Sterren will continue to work in education in Cornwall. We will all miss her very much and wish her the best of luck for her marriage and future plans.

Wedding Day

We send lots of love and happiness to Beth Whitehead, our long standing Onside Coach, who is marrying her partner over the half-term holiday. Miss Whitehead will return to school as Mrs Nelson.

Temporary Menu

As you will know, we are having our kitchen refurbished so need to implement a temporary menu from June 10th. Educaterers have provided the following menu which will operate on a three week rolling programme (see next page.)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Tortilla chips available every day. Fruit available every day.	Vegetable bolognese pasta pot with salad	Cheese and bean pasty with vegetable sticks.	Chicken and sweetcorn OR cheese baguette with salad.	Mascarpone pasta pot with vegetable sticks.	Cheese and tomato pizza with salad.
	Shortbread	Strawberry swirl mousse	Iced sponge cake.	Chocolate cracknel.	Malt loaf.
Week 2 Tortilla chips available every day. Fruit available every day.	Tomato and basil pasta pot with salad.	Vegetable pasty with vegetable sticks.	Ham OR cheese baguette with salad.	Sweet chilli chicken OR tomato and basil pasta pot with vegetable sticks.	Cheese and tomato pizza, mixed peppers and salad.
	Flapjack.	Chocolate sponge cake.	Chocolate swirl mousse	Cookie.	Malt loaf.
Week 3 Tortilla chips available every day. Fruit available every day.	Mediterranean pasta pot with salad.	Cheese and bean pasty with vegetable sticks.	Chicken and sweetcorn OR cheese baguette with salad.	BBQ Quorn pasta pot with vegetable sticks.	Ham OR cheese and tomato pizza with salad.
	Cookie.	Shortbread.	Malt loaf.	Strawberry swirl mousse.	Iced sponge cake with sprinkles.

Diary Dates

**Monday 27th May—Friday 31st May, school closed for
Whitsun half-term holiday**

Monday 3rd June, school closed for INSET (report writing.)

Tuesday 4th June	Children return to school.
Tuesday 4th June	Artist, Emma O'Brien, in to work with pupils on our Art in the Park pop-up gallery.
Thursdsday 6th June	YR visit Birmingham Botanical Gardens
Thursday 6th June	Y2 trip to Cotswold Country Park beach.
Monday 17th June	Refugee Week.
Tuesday 18th June	Y5 JE Kittiwakes to see Fabularium present "The Hare and the Moon."
Wednesday 19th June	Y6 residential visit to Blist Hill (returning 20.06.24.)
Wednesday 26th June	Y4 workshop—Creating Calm.
Friday 28th June	Y3 trip to Cotswolds Wildlife Park
Friday 28th June	MUFTI (non-uniform) Day—please bring pay 50p if your child wears their own choice of clothes to school
Monday 1st July	National Gallery, Take One Picture week.
Monday 8th July	End of year reports sent to parents this week.
Monday 8th July	End of year reports sent out to parents/carers this week.
Tuesday 9th July	Stay and Play sessions for Reception pupils 2024/25
Wednesday 10th July	Changeover Day for Year Six.

Diary Dates

Friday 12th July	Y6 performances and celebration assemblies: Y6 JvS Swans, 9.30—11.30am Y6 CB Moorhens, 1.30—3.20pm
Monday 15th July	Y6 silent disco.
Tuesday 16th July	Y6 visit to Leicester Outdoor Pursuits Centre.
Monday 17th July	Refugee Week
Tuesday 18th July	Y5 Kittiwakes visit to watch Fabularium perform “The Hare and the Moon.”
Wednesday 17th—Thursday 18th July	Y5 Kip in a Ship residential visit.
Break up on Friday 19th July for the Summer holiday.	



Sydenham Superstars



YR and Key Stage One



Key Stage Two



Sydenham Superstars



YR and Key Stage One



Happy half-term!
Best wishes from Miss Glenny
(Associate Headteacher.)

Key Stage Two