

# THE EARLSMEAD NEWSLETTER

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## Art Lab Trip to Tate

### Britain

As part of the ArtLab experience, our children and some of their families went on a Saturday morning trip to Tate Britain. We went on a journey around the gallery and explored lots of exciting pieces of art. Everyone really enjoyed the whole experience.



## Thank you!

Thank you to Mr Alex Fraser, a parent from the school, for donating trees and arranging for them to be planted where there was a gap in the planting around the junior playground. As well as looking lovely, we hope that they help to reduce the air pollution children are exposed to.



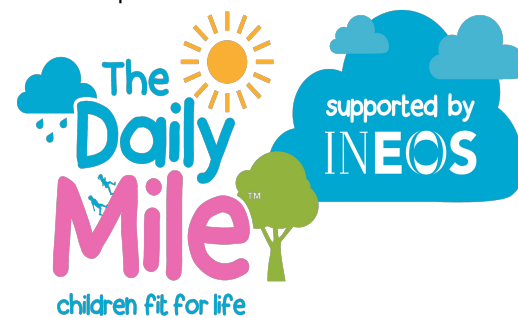
## Time to Get Fit....

We thought and spoke a great deal last month about our mental health and how to look after this in the same way we do our physical health.

Children and staff shared lots of good ideas that they will be using in class and encouraging children to use at home. One of the things we have all come to understand is the relationship between the two.

Lot of people who exercise regularly have said that keeping physically active helps them to feel emotionally well. This month, we are introducing a National idea called, 'The Daily Mile' to each class.

It will involve children and staff spending fifteen minutes a day, walking vigorously or running so that we all improve our physical fitness at our own pace and burn up lots of excess energy. Everyone has fun taking part - it is not P.E. and it is not competitive.



In schools where they have been doing this for some time, they have reported that this daily burst of exercise improves

concentration levels, mood, behaviour and general wellbeing!

As well as the big playground equipment we have in our playgrounds, we encourage children to take skipping ropes, hoops and balls out to play and to make use of table tennis tables. We are also planning to buy and install other exciting outdoor equipment in the near future so we have the fittest children in the whole of Haringey!

We have a Gold Award for being a Healthy School and take great care in providing nutritionally balanced meals and encouraging families to do the same if they provide packed lunches.



### HOW TO IMPLEMENT THE DAILY MILE SUCCESSFULLY: THE 10 CORE PRINCIPLES

#### FUN

The children have the freedom to run in the fresh air with their friends. They should know that it's not a competition - many will mix running and walking, particularly at the start.

#### 100%

It's fully inclusive - all the children are out together and children with SEN or ASN benefit greatly.

#### WEATHER

Treat the weather as a benefit not a barrier - children respond to the seasons. Jackets on in the cold and damp; ditch the sweatshirt if it's warm.

#### TRACK

Most schools will use their playground and a track or path with a minimum of 5-10 laps works well. It's okay to have more laps depending on your setting.

We try to take a balanced approach to nutrition and understand that everyone likes an occasional treat and ask that you support us in this. I will be writing to you shortly about thinking carefully about the items you send in on your children's birthdays.

I hope you managed to keep it a, 'Fizz Free February' or to at least reduce the amount of sugary, fizzy drinks your household drank. The next challenge will be around Easter and the amount of chocolate consumed!

## WHAT'S HAPPENING THIS MONTH?

4th - World Book Week

7th - World Book Day (children dress up and donate £1)

7th - 8:15am: Book Sharing Breakfast (Parents Welcome)

7th - 3:15am: Book Swap in KS2 Playground

7th - Year 5 Hockey team tournament

8th - International Women's Day

12th & 13th - Dogs Trust visit

15th - Comic Relief Fundraiser (pyjama day)

18th-22nd - Year 6 trip to Pendarren

18th - 22nd - Earlsmead Science Week

19th - Guest Physicist speaking to Year 5

20th - Dr Sziglo's Science workshop

20th - 1 Lavender class visit to Bruce Castle Museum

21st - 4 Yellow class visit to the Science Museum

22nd - 4 Pink class visit to the Science Museum

22nd - 4 Yellow class assembly (9.10 am)

26th - 1 Jade class visit to Bruce Castle Museum

27th - Parents and Carers Day for Nursery and Rec

27th - Parents & Carers Evening for Yr 1-6

28th - KS1 Easter Disco (2-3 pm)

29th - Reception Red Class Assembly

4th April - KS2 Easter Disco (3.30-5.00)

5th April - Easter Egg Hunt for EYFS

5th April - Easter Egg Decorating Awards

## World Book Day



We are looking forward to World Book Day next Thursday 7th March. The children always wear such fabulous costumes. Please join us at 8.15 for our, 'Booky Breakfast' where we can share some of favourite stories. After school we will hold our book swap. This will be in the KS2 playground. We will be having a focus on our favourite books so please remember to bring your favourite book in to share.

## Year 2 Class Trip to St. Paul's

### Cathedral

Year 2s visited St.Paul's Cathedral to support their learning about The Great Fire of London in History and Christianity in RE. Both classes took part in a workshop, learning about the history of St.Paul's Cathedral over time and during The Great Fire of London in 1666. They learnt about a famous architect Christopher Wren, who designed the new St. Paul's Cathedral

after the old one had burnt down in the fire.The children also dressed up as characters and learnt about firefighting.The children as well as the adults enjoyed the trip.Thank you to all the parent volunteers for coming along!



## Chinese New Year

We celebrated Chinese New Year by having assemblies retelling the story of how each year was named. We also celebrated the Year of the Pig by having a Chinese themed lunch. We even tried using chopsticks!



## Year 3 Class Trip to the Natural

### History Museum

Both Year 3 classes visited the Natural History Museum, where they explored the inside of volcanoes, saw precious stones and experienced an earthquake simulation.



## TerraCycle Crisp Packet

### Recycling Scheme

Well done and thank you to everyone who has donated their empty crisp packets to our recycling scheme. We have collected 1048 crisp packets so far. Every packet is worth 1p so all your collecting has so far raised £10! Not bad for a load of rubbish!! Please make sure that only the small, individual and empty packets of crisps are put into the collection box - not the outside packaging from the large multi-packs of crisps.

Please make sure that the school has your most up to date contact details AND two emergency contact numbers for your child. It is essential that you provide the office with this information and that you let them know of any changes when they occur.

### P.E. Kits

Please make sure that you know the day your child has P.E. Children must bring their kits in to change into for their lesson. Please make sure that each item is labelled.



Our school policy is that children are only allowed to wear small studs and watches to school. On P.E. days, children should not wear any jewellery.

### March's School Value

This month we will be thinking and learning about, 'Resilience'. It really links well with our focus on Ambition last month. Resilience is defined as the ability to cope when things go wrong. It is what helps you to cope and get through hard times. Sometimes it makes you even stronger than you were before. There is a useful YouTube clip you might want to watch with your children:

[www.youtube.com/watch?v=HYsRGe0tfZc](https://www.youtube.com/watch?v=HYsRGe0tfZc)

### Swimming at Tottenham

#### Green Leisure Centre

Year 5 children have now successfully completed their term and a half of swimming lessons.

This half term, until May half term, both Year 4 classes will be having their swimming lessons.

Swimming and PE are compulsory. Please ensure children are taking part in both. If your child is unable to do PE or take part in swimming you must contact the class teacher by Class Dojo or a letter.



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