

# Colindale Primary School Newsletter

## April 2022



### Messages from the school office

**ParentPay** – we are a cashless school, and we do not accept cash. If you have not activated your ParentPay account, you need to do so ASAP. If you need assistance to activate your account, please contact the school office.

**School Uniform** – lost property that is labelled will be sent back to the child's class. All unlabelled items will be put in the lost property box in the reception area. This box is emptied every Friday afternoon. All unclaimed items will be recycled.

**School Street restrictions** - the school street restrictions in Clovelly Avenue, Poolsford Road and Woodfield Road came into force on Monday 25<sup>th</sup> April. Please be aware that if you drive along these roads between 8.15 am and 9.15 am and again between 2.45 pm and 3.30 pm, you are likely to get a fixed penalty. This scheme is run by Barnet and NOT the school, so if you have any questions you need to contact the Parking Department at Barnet at [parking.clientteam@barnet.gov.uk](mailto:parking.clientteam@barnet.gov.uk) or 020 8359 7446.

**Little Rainbows** – there are still places in our 2-year-old provision for September 2022. If you want to apply, please collect an application form from the school office.

### Important upcoming dates

**06/05/2022 - 4G Class Assembly**

**13/05/2022 - 3K Class Assembly**

**27/05/2022 - 3CH Class Assembly**

**30/5/2022 - 03/06/2022 - Half term school closed**

**06/06/2022 - Staff Training Day – school closed**

**24/6/2022 – Summer Fayre**

**01/07/2022 – School closed for the Queen's Jubilee**

## Years 3 and 4 RAF Museum Trip

As part of our celebration of the 100 years of Colindale Primary School, Years 3 and 4 are working with the RAF Museum to design a futuristic aircraft.

To kick start this project, the children attended a flight and fight workshop to see the changes in aviation over time. From the first aeroplane invented by the Wright Brothers in 1903, to the Sonic plane that was invented 4 years ago. The children were amazed when they heard the Sonic plane travels faster than the speed of sound.

The children learnt about the different materials used to make an aircraft and how the choice of materials has changed over time. They then learnt the key features of a plane and what the role of the plane is. For example, initially planes were designed just for fun, but now they are used more so for travel, war, rescue and fun. The children are looking forward to carrying out further research on aeroplanes, inventing our futuristic plane and presenting it during an RAF air show!

Malalai 4P *"I enjoyed learning about how modern jets have cameras to help pilots see all around the outside of the plane. They just need to wear a special helmet and they can see everything."*

Raam 4J *"I enjoyed listening to Mike when he was explaining how planes have changed over time. My favourite plane was the Spitfire because it is a war plane and it looks good!"*

Zoha 4G *"I learnt that modern jets cannot be seen by radar."*

Diego 3D *"I enjoyed the workshop and learning about how different planes have different roles"*



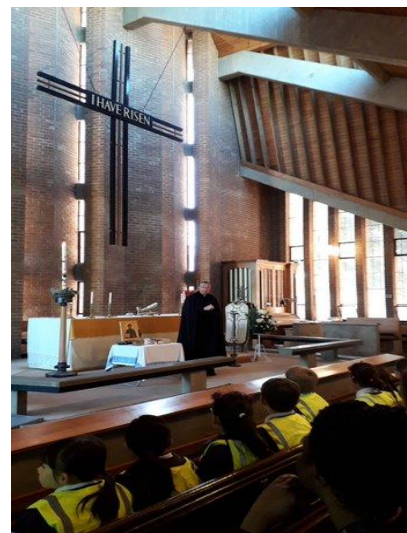
## Year 2 Trip to Matthias Church

For their R.E. lesson last week, Year 2 visited St Matthias Church in Rushgrove. Father Matthew Duckett welcomed our children and they had lots of questions for him.

He spoke to them about the importance of respect when entering a place of worship and why the church is a special place for Christian people. He showed the children the different features of the church and explained why they are important and how they are used.

He also discussed symbols in the church, explaining that Jesus is remembered through bread and wine, and showed the Easter Candle.

Father Duckett encouraged the pupils to reflect on similarities between Christianity and other religions whilst discussing these topics.





## Year 5 Nutrition Workshop

Year 5 enjoyed taking part in a Nutrition Education Workshop. They were surprised to learn how much sugar is in some snacks and foods, and learnt how to look up the nutritional information of various foods by looking at their labels. The children learnt about the adverse health effects of excess sugar in the diet, including hyperactivity, poor concentration, tooth decay, increased blood sugar levels and weight gain that can lead to diabetes. They also learnt about different food groups and healthy eating by looking at the Eatwell Guide. They discussed healthier snacks and healthy snack swaps.

The children went on to learn about the importance of a healthy breakfast and how this can help concentration in school. Year 5 enjoyed designing a poster stating the benefits of reducing sugar in diets and making responsible food choices. Their favourite part of the day was making a healthy dish that they could later bake at home and making a fruit salad in the design of a rainbow!

Musa *"I have learnt that we should check how much sugar is in food by looking at the nutritional labels."*

Daria *"It is important to eat a healthy breakfast to improve our concentration in school."*

Abilesh *"We can be healthier by eating a rainbow of fruits and vegetables because different fruits and vegetables have different vitamins and minerals."*



## Year 3 Eco Workshop- Moments not to be wasted

It has been an exciting time in Year 3 since we returned from the Easter Holidays. Not only have the children been on a trip, but they were also very lucky to have attended an in-school workshop as part of a national educational programme called Moments not to be Wasted.

The workshop was all about food and energy and how to make sure we do not waste excess food/energy. The children learnt all about how produce is grown, packed and sold. How to check the use by and sell by date of fresh produce and, most importantly, storing our food in efficient ways to avoid wastage. The children invented home appliances that would be energy efficient and presented it to the Year 3 and 4 children.





## Year 2 Teddy Bears Picnic Sports trip

On Tuesday 26<sup>th</sup> April, 10 children from Year 2 attended Teddy Bears picnic. This was a mini sports festival where the children participated in different physical activities at the Stone X stadium. The activities included volleyball, bowling and target throwing.

Noha 2C said *"I liked the balloon game where we couldn't let it touch the floor. I liked it because I like balloons"*.

All the children conducted themselves very well and represented Colindale school brilliantly, Coach Michael was very proud. They had a wonderful time and thoroughly enjoyed themselves!

*"It was so much fun!"* Summaya 2T.



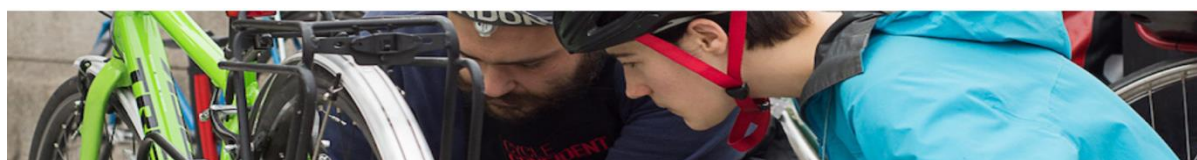
## Eco News



From 21<sup>st</sup> of March to 1<sup>st</sup> of April our school took part in Sustrans annual **"Big Walk and Wheel"** challenge. The children were encouraged to travel to school sustainably; walk, cycle, wheel or scoot.

We are proud to announce that our overall position was **49** out of **813** large primary schools in the UK and our regional position is **20** out of **174** schools in London. We made **5553** active journeys! **Well Done, Colindale!**

## Dr BIKE SESSIONS



**Dr Bikes** are back in Barnet thanks to funding from Public Health. At the Dr Bike sessions, experienced mechanics check everything on an individual's bicycle from wheels, brakes, gears and tyre pressure to lights, racks, pedals, saddles and more. Any minor adjustments can be made there and then, all for free. Anything the mechanics can't fix on site they will let the bike owner know exactly what needs doing and a rough guide to what it should cost at a bike shop. All the mechanics are friendly and approachable and have a wealth of cycling knowledge so individuals can pick their brains about cycle training or other cycling activities.

The first 2 Dr bikes are as follows:

1. **Tuesday 3 May 2022, 4pm to 7pm in East Finchley - Opposite East Finchley tube station, High Rd, East Finchley, N2 0NW**

2. Saturday 7 May 2022, Midday to 3pm in Burnt Oak - Outside Burnt Oak library, Watling Ave, Burnt Oak, Edgware HA8 0UB

A full list of the 24 Dr Bikes taking place up to March 2023 at Barnet's tube/train stations and Town Centres can be found at <https://www.barnet.gov.uk/roads-and-pavements/cycling/free-dr-bike-sessions-barnet>

## Keeping safe online

When children use the internet to play games or keep in touch with friends, remember that **YOU** are responsible for their **safe keeping**. **YOU** are the adult. **YOU** make decisions to ensure your children stay safe and happy.

Take time to find out what they are doing online. Be prepared to say 'NO' when websites / games / conversations are not suitable for your child. Always remember to explain your decisions and talk through issues.

**REMINDER:** All adult activities are available through the internet. Most conversations (whether audio or text) are NOT monitored – even on child friendly games. Bullying and manipulation can be very subtle, but still very devastating for young children.

See the poster below, for ways into having important discussions with your children.

[7 Conversation Topics November 2018 \(colindale.barnet.sch.uk\)](https://www.colindale.barnet.sch.uk/7-conversation-topics-november-2018)

**National Online Safety** #WakeUpWednesday

**7 questions to help you start a conversation with your child about online safety**

- 1 Which apps/games are you using at the moment?**  
THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.
- 2 Which websites do you enjoy using and why?**  
AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY. ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.
- 3 How does this game/app work? Can I play?**  
SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.
- 4 Do you have any online friends?**  
CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD. FOR EXAMPLE, "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.
- 5 Do you know where to go for help?**  
ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.
- 6 Do you know what your personal information is?**  
YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.
- 7 Do you know your limits?**  
CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION, TALK TO THEM ABOUT REALITY CHECKS AND ASK WHETHER OR NOT THEIR SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL, OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @nationalonlinesafety Facebook - /nationalonlinesafety Phone - 0800 368 8061