

Colindale Primary School Newsletter

June 2022



Messages from the school office

Hot weather - Please ensure your child(ren) come to school in summer uniform, sun cream, sun hats and bring a water bottle. Children who do not have sun hats will have to stay in the shade during playtime and lunchtime.

ParentPay – Please clear all outstanding monies on ParentPay before the last day of the term. If you are having trouble logging into your account someone in the office will help you.

Reminder – school is closed on Friday 1st July.

Uniform – All school uniform needs to be clearly labelled with your child's first name and surname. Unlabelled uniform will be put in the lost property box. The lost property box is emptied on Fridays and all unclaimed items will be recycled.

Important upcoming dates

04/07/2022 - Sports Day for Y1 & Y2 9:00 – 11:15

Nursery PM at 13:45 – 15:00

05/07/2022 - Sports day for Y5 and Y6 at 9:00 – 11:15

06/07/2022 - Sports day Nursery AM at 9:00 – 11:15

07/07/2022 - Sports day for Y3 and Y4 at 9:00 – 11:15

08/07/2022 - Sports day for Y5 Reception 9:00 – 11:15

12/07/2022 - Secondary Transfer Meeting for Y5 Parents at 9:00

13/07/2022 - Parents Consultations

15/07/2022 - Year 6 Sleepover

18/07/2022- Year 4 Fun Evening

20/07/2022 - Y6 performance for Parents 13:00 – 15:00

21/07/2022 - Y6 performance for Parents 13:00 – 15:00

22/07/2022 - Y6 Graduation at 10:00 – 11:30

22/07/2022 - Last day of school. School closes at 2:00 PM

Performing Arts Week

Performing Arts week took place on the week beginning 23rd May and was a real success. Every child had the opportunity to either sing, dance, act, or play music in front of an audience. **Nursery** and Year 2 started off the performances, with the Nursery children confidently singing some familiar Nursery Rhymes. **Year 2** sang and signed the 'Friendship Song' along with a fantastic glockenspiel accompaniment. Their performance was a musical masterpiece!



Nursery

The following day, we were treated to more performances. The **KS2 choir** sang some of the songs they had been rehearsing for the Barnet Schools Music Festival with beautiful, tuneful voices. **Year 6** put on a poetry performance with some great rapping skills. This was followed by a butterfly dance, where the children danced to the tune Comptine d'Un Autre Été, expertly played by our staff members, Mrs Sokhi on piano and Mrs Marshall on violin. The butterflies displayed were part of the Year 6 art project.



Year 6

In the afternoon, the whole school came to the hall to watch performances by **parents and the staff**. The children were extremely excited when the staff choir sang a medley of Disney songs.

The next day, there were even more performances from **Reception and Year 3**. Reception performed a number of songs and dances, and a lovely bell ringing performance to the tune of Twinkle Twinkle Little Star. The whole of **Year 3** performed a fantastic medley of musical theatre songs, including Mamma Mia, We Will Rock You and It's a Hard Knock Life (Annie). It sounded amazing!



Reception

On the final day, it was the turn of **Year 1, Year 4 and Year 5** to perform. Year 1 showed excellent drama skills, acting out familiar stories about bears. Year 4 impressed us with their dance moves as they performed a variety of superhero dances.



Year 1



Year 4

The final performance of the week was **Year 5** 100 years celebration dance. This was a real highlight, as the children danced to tunes from the 1920s Charleston to the 2010s Gangnam Style, finishing off with one of our school's favourite songs from the 2020s, Give it All You've Got.



Year 5

It was an absolute joy to see children and staff having so much fun, especially after the restrictions put in place during Covid times. The governors who came to watch were very complimentary of the children's performances, *"It was fabulous. Showcasing the amazing work that the students had been preparing. It was lovely to see the younger students so engaged and supportive. Clearly a talented staff - the individual pieces and the choir were brilliant, the students loved it. I have been singing Disney songs all afternoon - great for the wellbeing!"*

"..it was such a breath of fresh air! I truly enjoyed every part of it! The kids looked like they had so much fun and honestly at certain parts I think I was having more fun than they were."

Overall, it was an unforgettable event. It was amazing to see how many talented children we have in our school!

Barnet Schools Music Festival

On Wednesday 15th of June, the KS2 choir was invited to attend the Artsdepot to perform at the Barnet Schools Music Festival. At approximately 11 am, the choir left the school to go on the bus that took us to the Artsdepot. It took us at least 40 minutes to get there. When we arrived, we had a snack and some of our lunch. Then we went into the theatre and were astonished at how big the theatre was! While we were talking, a few other schools arrived that were going to sing to the audience with us.

As everyone arrived, the music conductor told the schools to come on the stage. We all rehearsed a few songs with the other schools and had a break. Moments later, it was our turn to sing our school's song. Our song was 'One and a Million' which I really enjoyed singing and rehearsing.



At 7pm, our school sang seven songs which were: Let's Go Fly a Kite, From a Railway Carriage, It Don't Mean a Thing, Circle March, Thula Klizeo, Mister Blue Sky, and our own song One and a Million.

This experience was amazing! I will always remember this. I am so glad that I got to be part of the choir and participate in this experience. Even though my voice was hurting from singing, I still loved it! **Aleeza, 5J**

History week

As part of our 100 years of Colindale celebrations, we held history week on the first week of this half-term. During this week, all topic lessons were dedicated to history. The children learnt about what schools were like in the 1920's, and they even experienced what lessons were like by taking part in a 1920's style lesson.

We were pleased to welcome former pupil, Yvonne Taylor to the school to talk about her experiences of being a Colindale pupil during the 1960s. She shared some of her stories and the children asked her many questions about what lessons were like and what the teachers were like. They especially enjoyed learning about how the children were forced to drink warm milk and take a 20 minute nap!

The children also reflected on their time here as pupils and each class wrote a letter to future children of Colindale. In these letters, the children thought carefully to include the information that they think children in the future would find interesting.

Each class then reflected on all the history that they have learnt during their time at school and created a class timeline to help them to remember important eras, events and people. History week was an enjoyable week for all.



Careers Week

We were lucky enough to have Dilini Samaranayake, the aunt of Jerome in **Year 6**, to talk to us about her role as a paediatric respiratory physician who is also training to be a heart surgeon. She explained how she checks children's lungs and their blood pressure when they are sick. She also spoke about how the lungs work and the important job of the heart. We discovered how she qualified for her job, with the children being amazed at the amount of time and dedication this takes. They asked many questions about the equipment that she uses to do her job. I think there were a few who were inspired to follow her career path, Jessica in 4P said, 'I want to help people with kidney problems, when I'm older.'



Year 6

During careers week, a lawyer, who was also a student's mother, visited our school and talked about what it is like to be a lawyer. During her speech she told us that you had to attend university to obtain a degree as a lawyer. You could either be an attorney, solicitor or lawyer. Not all lawyers can perform the work of attorneys. Trademark attorneys will not represent clients in courts, unlike solicitors. A solicitor is a lawyer that provides legal advice to clients in one or more areas of law. Lawyers can specialise in medicine, criminality, or industry. In the case of family law, this includes divorce cases, marriage agreements, and child custody. She also explained that when you are on someone's side, you must defend them and provide evidence to support them. We found the talk very interesting, and we never realised that various types of lawyers exist. This talk has inspired us and even persuaded us to research it in greater detail. ***Humza and Mirela***

Little Rainbows

This month in Little Rainbows we have been reading 'Whatever next' -a story by Jill Murphy. The children have been learning about space and planets and that we live on planet Earth. They have been painting and decorating planets and rockets and have been 'zooming' to the moon to have a picnic as the teddy bear in the story. To go with the story, we have been singing songs related to the subject of space such as 'Zoom, Zoom, Zoom', '5 Little Men in a Flying Saucer' and 'In a Rocket'.



Following children's interest in learning about volcanos, they made a volcano experiment. They were very excited to see 'lava' coming out of the volcano and we had great feedback about this activity: 'It's so fun!' 'It's fire in the volcano!', some of them exclaimed.

To develop their upper muscles required for writing, the children waved ribbons round and round and up and down to music and made marks in salt using their fingers and brushes. They also learned about shapes by creating simple structures out of them, such as houses using a square and a triangle or a diamond using two triangles.

They enjoyed the hot weather with lots of water activities, including washing cars in a carwash small world tray, using their hand muscles to scrub the cars and spraying water on themselves (and on each other). They also explored different kind of shells, using descriptive language such as 'big/small', 'spiky/smooth', 'shiny' or 'pointy'.



Nursery

As usual, everyone has had an extremely busy term in nursery, taking part in new experiences and learning lots of new skills. One of our topics focused on 'People who help us in our community'.



We began by looking at people who help to keep our school running smoothly: the office staff, cleaning staff, site managers and support staff. It would be very difficult if these people were not here to help the children and staff. We then moved on to learning about different people who help us in other ways. As you can see in the photographs, the children enjoyed being shop workers, scientists and gardeners - they are looking after our potato plants! The children particularly liked dressing up as people from the emergency services, especially police and firefighters. The children took on several different roles and many 'baddies' were put into 'jail'!

It was wonderful to see how all the experiences helped the children to develop their imagination, improve their language skills and learn new vocabulary.

Year 4-Healthy Eating Lifestyle Programme

On 13th June, all year 4 classes had the opportunity to have a whole day workshop on Healthy eating.

The Healthy Lifestyle Eating programme is a wholistic lifestyle approach that teaches children not only what food is healthy but introduces the three main elements of a healthy lifestyle, which is what we eat, being active and sleep.

The course leaders introduced simple ways of how to be active, even when we are at home, how sleep is important, how to decrease screentime and what routine to follow before we go to bed so that we are calm and have a good night sleep. They told us what sugar does to our bodies, how much sugar is in drinks that we consume such as a milkshake or juice and what we can have instead of sugar. Then the children prepared a healthy meal of stir fry vegetable noodles. They chopped a variety of vegetables such as mushrooms, carrots, and cabbage, added herbs and spices, mixed them altogether and cook them. Finally, they enjoyed a healthy meal.



In the afternoon, they discussed about healthy snacks and how we can support our emotional wellbeing. Mindfulness, meditation, focusing on the little things and practising gratitude are some ideas that can help us feel better and improve our resilience so that we are ready to learn and enjoy life. At the end of the day each child got a bag with a healthy recipe and the ingredients to prepare a meal and share it with their families. What a treat!



RRSA

During our recent Rights Champions meeting, we discussed ways of finding out what parents and pupils know about Rights Respecting at Colindale. We decided to set up an information stall at the Summer Fair. We asked people to complete a slip and post it in our information box. Hopefully, when we sort and count the slips, we will learn that lots of people know a lot about Rights Respecting at Colindale.



Healthy Schools

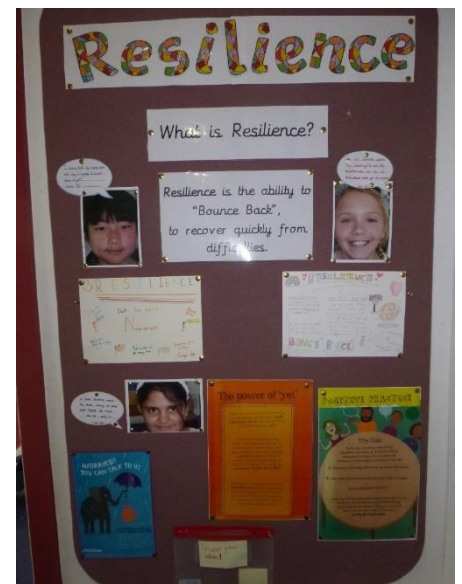
Our school has a **Resilience board** where children and adults can find and share ideas on how to build resilience.

Resilience, the ability to quickly bounce back from difficulties, can support our mental health and emotional wellbeing. You can try the following idea from the book: *Build Resilience by Alice Harman*

“Every day, at a time when you’re together with some or all your family, each person takes turn to share the following positive experience from their day:

1. One thing I did today that made someone else happy.
2. One thing that someone else did that made me happy.
3. One thing that I learnt.

Later try writing down the examples that stick in your brain and that make you believe things can change for the better. When you next feel down, have a look at this list for some **positivity inspiration**.



Online Safety



**Whether we like it or not,
we are now all connected.**

This is our chance to make the internet a better place.
Make **good judgements**, be **kind** to others and ensure
that you and your loved ones are always **safe**.

And lastly, when you are online –

**Be
Kind**

— it doesn't cost anything, and it is
how you will be remembered.

*Sometimes 'no comment' or a
private comment can be more
humane.*

Safe



Be safe online by being
careful about sharing your
personal information when
you are chatting or posting
online.
Personal information includes
your address, email address,
phone number, passwords,
date of birth etc.

Meet

Meeting someone you have
met online can be very
dangerous.
You should only meet
someone if you have
permission from your parent
or carer, and even then, only
if a trusted adult can go with
you.

Remember, people online are
strangers, even if you have
been talking to them for a
long time.

Accepting

People can send viruses or
nasty messages online. Never
accept emails, messages, files,
images, or texts from people
you don't know.



Reliable



People can say whatever they
want on the internet – and it
isn't always true.
People can say they are
someone they aren't, and can
post incorrect information.
You should always check
information by looking at
different websites, in books or
by talking to someone.

Tell



If you feel uncomfortable,
upset, or worried, by
something you see online you
should tell a parent, carer or
other trusted adult.
You should also tell if you or
someone you know is being
bullied online.

Summer fair

Last Friday Colindale's Annual summer fair returned after two years and as always was a great success. Most of our wonderful community came to the fair and had a great time.

We had two

bouncy castles, a penalty shootout, a Marvel Villains target game, Guess how many sweets in a jar, Tattoos, Popcorn, Guess the name of the teddy, Fishing game, Henna, Tombola bottles/toys, Ice pops, a Cake stall, a Food stall, Pizzas slices, refreshments, a raffle, hoopla and the ever popular talent show.



Thank you to Grunberg@Co, MoeRecycledWood - Etsy UK, Bang Bang Oriental and Five Guys for their kind raffle prize donations.

Thank you to the staff and parents who helped make the fair a success and a special thank you to Mrs Hurn and Michelle Grossi (PSA Chair) who organised it so skilfully.

