

11th June 2021



Mail on Friday

Redhill Primary Academy and Nursery Weekly Newsletter

Email us at: parentcontact@redhillprimary.co.uk

Trips

Please note that the Year 1 Trip to Preston Montford is now going ahead on Wednesday 7th July.

Year 5 will be going to Think Tank on 21st June and Year 4 will be going to Wroxeter Roman City on 29th June.

Please head to ParentPay to contribute to the trips.

In the Book of Kindness This Week:

Isaac Jackson

Well done!

TikTok Update

TikTok has introduced two new features to help tackle cyberbullying and promote more positive interactions amongst users. The updates will give creators more control over what comments can appear on their videos and prompt users to review comments for upsetting language before they post them.

You can read more: <https://www.net-aware.org.uk/news/tiktok-launch-new-tools-to-promote-kindness/>

Young Voices – Biggest Sing KS2

We are taking part in the Young Voices Biggest Sing on Tuesday 15th June and we are aiming to smash the Guinness World Records for the Largest Simultaneous Sing-Along streamed LIVE from The O2 arena.

Young Voices Biggest Sing will be the flagship event of Children's Mental Health Week. Hundreds of thousands of children, their teachers and families will come together all over the UK, the US and the rest of the world in the safety of their schools and/or home to sing the iconic song 'Lovely Day' by Bill Withers with special guest artists to raise vital funds in support of Place2Be, Young Voices chosen charity for 2021.

We are really excited to be a part of this.

School Drop Off and Collections

Please can we remind you to be mindful of road safety and parking your cars when dropping off and collecting your child. Please can you be careful not to block resident's driveways or park on dropped curbs. Please can you also refrain from completing u-turns along Gatcombe Way and avoid dropping off at the school gates. Thank you for your cooperation.

Healthy Lifestyles Week

Children and staff at Redhill have had a fantastic few days taking part in Healthy Lifestyles Week. It has been a busy week full of activities: lots of different exercise sessions; tasks focussed on strategies for keeping calm and relaxed; and the opportunity to cook a range of healthy meals! This week couldn't have happened without the wealth of expertise from our visitors who have kindly given up their time to work with the children - thank you to Fit4Kids and Brightstar Boxing for your contributions. You will find lots of photos below of all the children enjoying their week.

Nursery

As part of our Healthy Lifestyle week we took part in a meditation session where we took time to reflect on our own bodies, thinking carefully about breathing. We discussed how this is a good relaxation technique and can also help us if we are worried at anytime.



Reception

We talked about the importance of keeping fit . We took part in Zumbini and had great fun dancing and moving to the music.



We baked a healthy carrot muffin following the instructions and measuring out the ingredients carefully.



Year 1

As part of Healthy Lifestyles week, Year 1 have enjoyed taking part in different activities where we thought about how we could live healthily.

Fit4Kids

We started our week by taking part in an session on the playground led by Fit4Kids. We looked at the sugar content in different foods and explored what happened to our bodies when we exercised. We had lots of fun!



Healthy Breakfast

We also talked about our favourite breakfast to eat in the morning. We thought about how we could make them healthier and looked at an alternative breakfast we could have. We made a breakfast yoghurt with greek yoghurt, raisins and honey. We really enjoyed tasting our healthy breakfast!



Year 2

As part of Healthy Lifestyles week we looked at eating healthy and keeping fit.

We started our week by taking part in an session on the playground led by Fit4Kids. We looked at the sugar content in different foods and explored what happened to our bodies when we exercised. We had lots of fun!



Healthy Breakfast

We discussed what we enjoyed having for breakfast. We looked at different types of breads and cooked scrambled eggs on wholemeal toast. It was delicious!

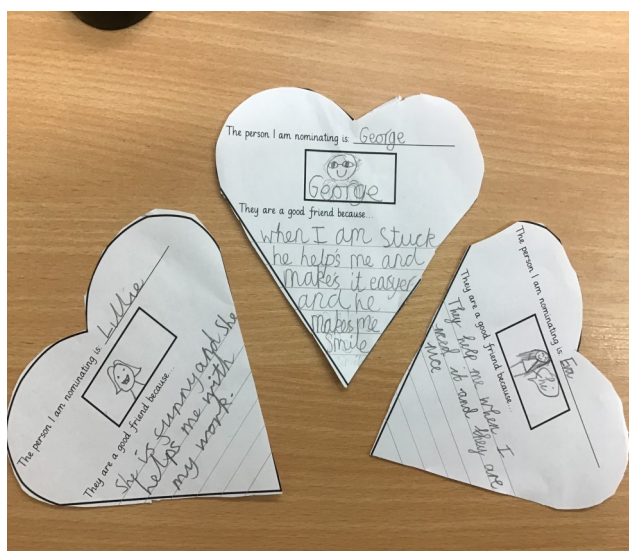


Year 3

We have done lots of super activities in year 3 this week to promote a healthy lifestyle.

On Wednesday, we enjoyed cooking pizza pitta faces, a recipe we found on the healthy living website. The children loved creating their own faces using some of the healthy ingredients provided. We had some very creative designs!

In class we have also been focussing on promoting a healthy mindset and have produced origami dogs, friendship hearts and other things to boost our mental wellbeing.



Friendship hearts detailing why one of our classmates is a good friend!

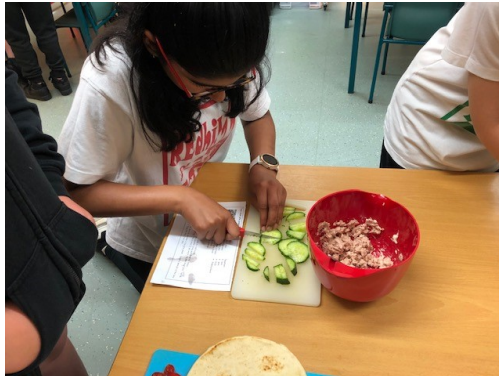


On Monday, we took part in a workshop provided by Fit4Kids. We looked at different foods and identified the levels of sugar and salt in them and then took part in some exercise to some very lively music!

Finally on Friday, we took part in a brilliant boxing workshop provided by Brightstar Boxing! We loved learning about the different stances and how to jab and cross. Brightstar are also offering the children a free session for attending today.

Year 4

On Monday, Year 4 we enjoyed cooking salad wraps, tuna pitta pockets and frittatas. We had a great time using the recipes and tasting the final product! It was great to see so many children enjoying these healthy recipes!



We were also fortunate to have a visit from Fit4Kids. During the visit, we explored the Eat well plan and looked at the different foods that were healthy for us. We then were given the opportunity to explore the different types of food and were amazed by how much sugar and salt were in products. We then carried out an exercise workout which was brilliant, smiles all round!



Year 5

Anyone can say this


4 THE OFFICIAL ROBLOX PAGE

The best way to play Roblox is finally here

Roblox, one of the best games out there is now available on Xbox One. Create and explore your very own game where the only limit is what you can imagine - Find Strategy, Platformer, Role Playing, Tycoon, Shooter, Survival games and more!

5

you do get to see the real thing! Still get opinions



Roblox Xbox - Stompy's review
StompyShortNose - Check out my latest review
20,000 follows 9,640 likes

Rank the five sources of information from most trustworthy to least trustworthy.
Can you explain how you made your decision?

Most trustworthy Least trustworthy

--	--	--	--	--

Created by In partnership with Available from Available from By Childnet Co-financed by the European Union Connecting Europe Future

My Checklist

Clues that something might not be trustworthy or reliable online:

- Is the web address actually correct?
- Quality graphics
- Are the prices of things too good to be true
- Can you find the same information on other websites
- Is what's being said a fact or an opinion

To help combat some of the risks associated with life online, we did an activity based around judging what can be trusted on the internet.



We did a boxing taster-session which was great fun.



We had a visitor from Fit4Kids with whom we learnt about the value of exercise and the need to limit the amount of sugar in our diet.



We learnt to cook two healthy dishes: vegetable pasta and mini quiches.

... and, yes, we've kept up our daily run!

Year 6

This week has been full of fantastic activities to help us reflect on how we can live healthy lifestyles.

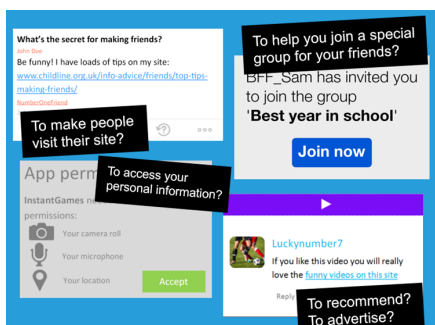
As a continuation of our current design and technology project, the children in Miss Williams' class got their creative juices flowing when they designed and baked a variety of different breads. In Mrs Coughlan's class, the children baked Greek pitta bread and topped their creations with authentic Greek ingredients such as olives, Feta cheese, tzatziki and houmous, as well as lots of healthy salad of course!



Heart rates were on the rise all round during our Fit4Kids session and boxing masterclasses!



During our computing session this week, we considered what steps we could take to stay healthy online. The children looked at some online messages and discussed the motives behind them. They then sorted some further messages according to whether they were public and private. When it comes to private messages, we were reminded that if anybody that we don't know asks to meet up online, we must tell an adult. We also shared CEOP's website - www.thinkuknow.co.uk - where reports can be made to the Police.



- 1 Happy birthday!! xxxx
- 2 Do you want to come to the park on Saturday?
- 3 Thanks for letting me join! What's your name?
- 4 Check out this [link](#)
- 5 Who will be on Roblox later?
- 6 I've lost my diary!! What was the maths homework again?

