



The West Green Bi-Weekly

West Green Primary School's Bi-Weekly Newsletter

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"Children Come First"

15th January 2021

Dear West Green Family,

At West Green we are very good at showing appreciation to those that help us. We've done many well deserved thank yous to staff, to parents and to people outside our school – like essential workers who have been amazing this whole time!



What we haven't done yet is **a big thank you to the children**. Although we celebrate their successes regularly I think it's safe to say they also deserve some praise. For nearly a year now the children have adapted to being in and out of school, adjusting to new school safety rules when in school and adapting to online learning at a moment's notice – and all this with an unwavering resilience. They've stayed at home to keep themselves and the adults safe and have worked SO hard.

So this newsletter is dedicated to all of our children who are at home doing their very best in an extremely difficult situation. I think we can learn a lot from how they've steadily taken on all the challenges this last year has sent their way. Thank you!

Parents and Carers – please share this newsletter with your children. If there are any school learning resources you see that you would like a copy of please just email the school and we can send a copy electronically, or in the post.

Learning at Home

Learning at home is just not the same as in school. You don't have your teachers and your friends, you might not have the right space for working at home and you might not have all the things you need. All of these things make it tricky! What **is** important to know is that **we are ALL finding it tricky – not just you!** It is important that you try your best at home, but it is also important to take breaks when it gets too hard. Remember tomorrow is another day and you can try again!

My Learning Day at Home				
 get dressed	 maths			

Routines at Home

At school we love routines. They help us to know what's coming next and help us plan our day. We find it makes all the things we need to do more manageable. It is important to add everything that you need to do to your routine – even the fun things! Have you got a home learning routine? What lessons do you like to start with? If you've made a timetable would you share it with us – we'd love to see it!



Take a Brain Break!

We all need to take breaks sometimes. Actually... science says that taking a brain break can be good for us! A brain break is exactly what it sounds like – some time away from whatever you've been focusing on. Short brain breaks help us to feel refreshed, they help us to feel less frustrated AND when we go back to our work, we're often able to do a better job. At school we take breaks to go outside and run around, and to eat lunch. What do you do during your brain breaks at home? Here are some ideas that you might try! If you have an idea to add to our list please share ☺

Brain Gym – These are trickier than they look!

<https://www.youtube.com/watch?v=DJt6ORwxKmE>

Go Noodle – This one is great for a lunch time break

<https://www.youtube.com/watch?v=SY1VL-Jhn90>

Meditation – This one is good if you prefer something a bit calmer

<https://www.youtube.com/watch?v=9A0S54yAgEg>

Listen to a Story – Some of you might prefer a story break

<https://www.getepic.com/>

How Are You Feeling?

We've never experienced anything quite like what we are going through now. It is certainly a big change from what we are used to. When big things, like being in lockdown, are happening we can feel all sorts of things. We can even feel all sorts of things in the same day! Our emotions can sometimes be like a rollercoaster going up and down and all around. It is really great if you can identify your feelings and talk about why they are changing. Sometimes the best way to do this is to keep a Feelings Diary where you can write down one or two of the things you were feeling each day. If you have difficult feelings like feeling anxious or frustrated – these are completely normal. Sometimes it helps to talk to an adult about why we're feeling this way and see what can be done to help. What is important to remember is that no matter how you are feeling we are ALL in this together!

Three identical 'Staying Connected' worksheet templates arranged side-by-side. Each template has a blue header with a heart icon and the text 'Staying connected'. Below the header is a large empty box for a drawing. Underneath the box is a section with a heart icon and a speech bubble icon, followed by the text 'Name:'. Below that is a section with a heart icon and a speech bubble icon, followed by the text 'I will stay in touch by:'. At the bottom is a section with a heart icon and a speech bubble icon, followed by the text 'When we meet again, we will:'. Each template also has three small empty boxes for additional notes.

Staying Connected

The thing many people are missing most is seeing people! Our family, our friends, our classmates and our teachers. We are so used to being together and seeing people regularly that now it can feel quite strange. It is important to try to stay in touch with people.

Who do you miss the most?

How could you get in touch with them and stay connected?

When you meet again, what will you do?



Home Learning Stars!

Well done to all of our stars this week. There was a theme with the stars this week – staff were noticing children who not only submit their work but who really give it 100%. Keep up the great work! ☺ Stars are popped in the post after Celebration Assembly so please keep an eye out!

Class	Star of the Week
Red Class	Arthur
Orange Class	Trayan
Yellow Class	Michael
Green Class	Ilkin
Blue Class	Heshina
Indigo Class	Gulsu
Violet Class	Davmie

Library/ Resources

We have been working hard to find a way for you to come and get some books from the library. The books miss you! We are trialling a system with the Year 2 class next week. Year 2 we will hopefully see you Monday at your chosen appointment time.

If this is successful we will roll it out across the whole school. When we invite you in to collect books we might also send you home with some extra things to help at home. Also if there is anything you need (paper, pencils etc.) this is a great time to ask! So keep your eyes peeled for your library invite.

Until then here are some links that might help you to get reading. Remember you can also do a quiz on the books you have at home, and any stories that staff read to you.

<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page>

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/>

<https://www.getepic.com> – this links with AR!

<https://www.raz-kids.com> – this one requires a free trial

https://fe.bolindigital.com/wldcs_bol_fo/b2i/productOverview.html?b2bSite=6489&browseItemId=500221&fromPage=1 – this is BorrowBox – it is run through the local library.

More info can be found here:

<https://www.haringey.gov.uk/libraries-sport-and-leisure/libraries/ebooks-and-audiobooks>

Wellbeing at Home

Of course school work is important – but what is also important is looking after our mental health. With this in mind we are going to introduce our well-being afternoons! For the next two weeks, each class will have an afternoon a week to do what will help them feel good! This might be having a go at some of the wellbeing activities posted on your Google Classroom, this might be catching up on some work you haven't finished. It could even mean you just take the afternoon off. Yep that's right – a whole afternoon dedicated to what will make YOU feel better.



Check the schedule below to see which day your class will have!

Class	Wellbeing Afternoon
Reception Class	Feel Good Fridays
Orange Class	Wellbeing Wednesdays
Yellow Class	Wellbeing Wednesdays
Green Class	Therapeutic Thursdays
Blue Class	Mindful Mondays
Indigo Class	Take a Break Tuesdays
Violet Class	Feel Good Fridays

Relaxation Activities


Being in lockdown can be stressful, and lots of us are feeling anxious and on edge right now. These activities can help you and your child to relax – try doing them together.

Stress toys

This exercise releases muscle tension and massages your hands.

Make your own stress balls by filling balloons with dry rice or pulses. Take the balls in one or both hands and squeeze and release.

Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.




Bubble breaths

Imagine you are blowing the biggest bubble ever! Take in a breath and imagine you have a pot of bubble liquid.

Slowly and gently blow bubbles into the room.

Do you feel better? (Remember to encourage the children not to get excited by popping the bubbles!)




Push against a wall

This is perfect for getting rid of stress without having to go outside or even leave the room.

Push against the wall for 10 seconds. Imagine you can push the wall over if you try hard enough! Repeat three times.

When you do this your muscles contract and then relax, releasing feel-good hormones into the body.




Distraction Activities

If your child is feeling bored, lonely, sad or scared in lockdown, doing a fun activity to distract them from their difficult feelings can really help. Here are a few to try. There are many more ideas online, such as craft activities and games. Make sure all the activities follow our Golden Rules: What I choose doesn't hurt me or anyone else.

After they've finished, you can ask them: Did that help you to feel better?


Family portrait

Draw a picture of everyone in your home with you.




Build a den

Make your own private place using a couple of chairs and an old sheet or towel.




My favourite song

Make up a dance to your favourite song. If you want you can perform it to the rest of the family!




Same colour or letter

Make a list or draw a picture of all the things in your home which start with the same letter or are the same colour.




Beat your own record

Run up and down your stairs or living room. Start with 10 times, and then do more each day so you beat your record each time.




Three things

Stop and keep very still. Listen – what are three things you can hear? Look – what are three things you can see? Feel – what are three things you can touch?




Pebble art

On your next walk, look for a nice smooth pebble. Decorate it when you get home using paints, paper, glue and felt tips.



Drive-in movie

Take a big cardboard box and decorate it to look like a car. Put a cushion inside, sit in front of your screen and enjoy your favourite film. TV show or game.



Children's Mental Health Week

Please join us in celebrating from 1 – 7th February. This year's theme is – Express yourself. You can find loads of resources online here:

<https://www.childrensmentalhealthweek.org.uk/>

You might also find some great resources here:

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

Countdown

Did you see our very own Mr. Morgan on Countdown?! He did West Green very proud dethroning a 5 time champion on Thursday 28th January. If you haven't seen the episode go check it out on Channel 4.

Mr. Morgan had to do two tasks – the first one was make the biggest word he could out of a random group of letters. Can you do that?

P T N U I K S E D

After that there was a Maths challenge. Mr. Morgan had to get as close to a number as he could using maths and the numbers they gave him. Try this one!

565

25 50 10 9 6 1

Competition Time

At West Green we are lifelong learners- this means we are always learning! The cool thing about learning is that it can happen anywhere, anytime. Sometimes it happens in the kitchen while we cook, sometimes it happens while we're out on a walk.

Sometimes...we don't even know it's happening! Below are four competitions for you to have a go at – they all involve learning in some way and hopefully they are all FUN!

Please have a go at one or all of them. Whatever you fancy. Send us a picture of your completed competition to your class email OR to our admin email address. Winners will be given a special prize! Entries must be submitted before half term! *Except for the Mouldy slice which should be submitted by 05.02.21

Den Building
Build a den in your house using anything you can find! Take a picture of you in your den and send it to us! Our expert Den Builders will judge whose den is the best! An extra point will be awarded if you send us a little description about your den. Remember a den can be built inside OR outside



Mr. Morgan's Mouldy Bread Slice

Mr. Morgan would like to see which child can make the mouldiest slice of bread! To take part you will need a sandwich bag (to store your bread in) and a slice of any bread. What will make it mould the quickest? Can you put something in the bag with the bread? Can you leave it in a cool place? Experiment to see what works best. Mr. Morgan will use his scientific eye to decide which slice is the best (or worst maybe?)



West Green Bake/Cook Off

Many of us have been doing extra cooking in lockdown. Mrs. S has mastered the art of bread making – what have you and your family been cooking? Submit a photo and the recipe of your best dish or baked treat! Mrs. S will have a go at some and choose a winning dish! We will share the winning recipe in the next Newsletter



The Most Magnificent Thing

<https://www.youtube.com/watch?v=Sj6MAmeDh7k>

This competition is all about making! Your challenge is to make The Most Magnificent Thing! What is The Most Magnificent Thing you ask? Well...you tell me! Create a thing – tell us what it is and why it's The Most Magnificent Thing. Use any materials you can find around the house, it can be big or it can be small.

Here are some examples of some great work this week!

Once upon a time there was a boy named Oscar .His parents were not very nice to him because they treated him cruelly . He longed to explore. He was sad four 8 years, his puppy and his turtle tried to cheer him up. He had blue eyes , brown, spiky Hair, a cut on his arm, and 6 layers .

The african savanna has lots of living speeches and termites ,elephants, Giraffes , worms and crocs. In Africa the leaves rustle a lot. The animals he met are a worm, a pet turtle, and a horse. The pet turtle was strong, and fierce. Oscar steals a flute and goes to Africa and looks at some animals and finds money then goes home.

Oscar set off to Africa, he found a flute and played it "la la la la la". He appeared in Africa then a lion appeared he had a big beard, 'fangish' teeth, and a horrible face. Oscar felt tired and sad. He was trapped with the lion.

Then suddenly his puppy started fighting the lion. Then they jumped quickly onto his pet turtle bang. Oscar blew the magic flute noisily and they appeared home. Oscar said "I am very shocked we met a lion"

By: Zeke – Year 2

MY ADVENTURE STORY



Mr. Marshal Mc'can is a very brave and smart man. He is a tall person with blue eyes and blonde hair. One day Mr. Mc Can decides to go to Africa . He booked flight tickets and he left his home. He was so excited about his adventure and that he is going to explore the lions. On the next day Mr.Mc Can arrived in Africa. He felt so happy to see so many new people and places. He booked a jeep for a few days and his adventure started.

Mr. Mc'can saw the huge and massive Savana. He was so impressed by that beautiful place and he can't wait to start his work. He picks up a few people with him to help if something unexpected happens. He was walking and talking with his new friends but when the day started falling down he decided to build a tent for the night. He went to bed and he felt so comfortable.



The next day Mr Marshal Mc'can and his friend's driving a jeep around and they saw a big tree. There was a nice place to park and get ready for walking to discover his journey.

After a few minutes they saw a big lion sitting next to the tree. The lion was very angry and depressed because he heard the noise of the jeep engine.



Mr Mc'can said " guys this is a very angry lion,don't move please!"Everyone was looking at this enraged lion and trying to make a plan on how to escape from this situation.

Mr Marshal Mc'can tells his friends to don't panic and stop talking,because the lion will be very angry and will go nowhere. Then one of the guys say's "what do we do?"

Mr Mc'can saw the lion was a little far away and he said"let's go run fast to the jeep everybody!"They opened the doors on the jeep,started the engine and then ran away back home nice and safe.

The next day mr Mc'can decided to start writing a story book for his adventure in massive Savana and the angry lion too,but also he wants to go in few more places to discover some move objectives to complete his journey.

He booked a jeep again and started looking for some beautiful places to discover.He drove a few miles away from the village and he saw a small river.He was very excited because he liked to explore new places to finish off his story book.

After a long day of walking around the river he added so many stories of his journey and his book was completely done.

Mr Marshal Mc'can went back to the village he booked a flying ticket to go back home. His story book was really nice and interesting for his adventure in Africa. By: Michael Year 2



Frances builds a house out of bricks. She uses 16 bricks. $\frac{1}{4}$ of the bricks are red. How many red bricks does she use?

1



4 red bricks

16 Bricks

4 equal Parts

She uses 4 red bricks.

Lisa lost $\frac{1}{2}$ his marbles in a game. This is what he has left. How many did he start with?

2



$\frac{1}{2}$ of marbles

He started with 12 marbles.

A farmer has 12 animals. $\frac{1}{4}$ of them are goats. How many goats does he have?

3



12 total of animals

3

He has 3 goats

$\frac{1}{4}$ of the animals

By: Evanny Year 4

The Legend of Troy

There was once a city called Troy, located on the coast of Asia, opposite of Sparta. The Greeks and the Trojan people have been fighting for a very long time, years after years, neither side won. The Greeks tried so hard climbing the soaring elevated wall, however they couldn't reach it. The Trojans tried as hard as they could to take the Greeks away from their stunning country.

One sunny day, a bright, knowledgeable, intelligent man called Odysseus came up with an extraordinary optimistic plan. The Greeks were outstanding with their arts so they went and hurried to work. All the vigorous Greeks went to work to build a wooden, flawless, admirable horse. It was a gargantuan wooden horse. After a long while they got the wooden horse done, they went to give it to the Trojans as a traditional, sorry gift - they knew that their plan would work as this isn't a gift of victory. The next day, the Trojan people couldn't believe their eyes, they were so jovial about how they thought they won the war. Some wanted to keep the sublime, charming horse and some scarcely wanted to burn it. They all finally abruptly agreed to keep they horse and and celebrate their advantageous victory.

Banners everywhere, party music was heard, party food and drinks were all over the tables and the Trojans partying. They were celebrating their victory, everyone in a jovial mood, until it was late at night. The black sky covered. It was so dark and only snoring was heard. The Trojans were asleep from all the partying. The 30 men finally went out of the wooden large horse, and rapidly opened the gates of the Trojans. The large swords killed people and the Trojans were surprised about what's happening. Screaming was heard, killing was seen. The soldiers or the Trojans couldn't defeat the Greeks as they aren't prepared. The whole city was ruined and now, the one and only Greeks took over. The victory was now in their hands. Troy is their city, and they are ready to rule.

By: Basmah Year 6

Need Help?

If you're in need of some assistance please reach out and we can help! We can be contacted on the school phone or you can email us at admin@westgreen.haringey.sch.uk If we can't offer a solution ourselves we may know of a service that can help!

Digital Parents Evening

A Parent Zone Membership event.
[Find out more here.](#)

Tuesday 9 February 2021
Live: 4.30pm-5pm


CLICK HERE TO JOIN
Or past this link into your browser:
<https://youtu.be/ThyAt5HQRKE>

How much screen time is enough? How can I help my child be resilient to online risks? And what is the big deal about Among Us!?

Join a live online event just for parents of primary age pupils - with advice and tips for digital parenting in 2021.


Stream it on YouTube and join the chat to get involved. Want a question answered?
Email members@parentzone.org.uk

Member Resource
parentzone
The experts in digital parenting




KMEWO
Kurdish and Middle Eastern Women's Organisation


KMEWO is providing ESOL - English Conversation Classes, Zumba and ICT Basic Classes
Starting from January 2021



Zumba Class
Mondays
11:00AM - 12:00PM





ICT Class
Starting February



English Conversation Classes
Tuesdays 10:00AM - 12:00PM
Fridays 10:00AM - 12:00PM

To register please contact

 **07412364046**

 **volunteers@kmewo.com**