



## Cypress News

Friday 27th January 2012

Well done to the following children who were awarded certificates:

### KEY STAGE 1:

<b>VIOLET</b>	TRAVIS, TAHSIN &  ISABELLA
<b>JADE</b>	<b>MILLY, MAX &amp; DZIFA</b>
<b>RUBY</b>	<b>ABVIDA, ROWLAND &amp; BLISS</b>
<b>GREEN</b>	<b>JACQUELINE, JOSEPH &amp; BEN</b>
<b>BLUE</b>	FRANK,  BEATRICE & MANUEL
<b>INDIGO</b>	IRIS, MASON & BEBE

### KEY STAGE 2:

<b>CEDAR</b>	KHEFAI, RILEY & SAID
<b>HOLLY</b>	CHRISTIAN, JO & ARIYARN
<b>BIRCH</b>	GERANDA, TUGCE & PAIGE
<b>ROWAN</b>	RUBY, LOUIS & TASIA-JADE
<b>HAW- THORN</b>	GEORGE, MILLY & LUCAS
<b>POPLAR</b>	MICHAEL, PHIL- LIP & ORNELLA
<b>WILLOW</b>	LOUIS W., SYRUS & JACOB
<b>SYCAMORE</b>	ASAHEL, JO- ANNA & GUDRUN
<b>HORSE CHEST- NUT</b>	MOHANAD, LOUIS D & SOPHIE
<b>OAK</b>	SHEWANA, FRANKIE & LIBERTEE
<b>LARCH</b>	JOSEPH, ZOL- TAN & ELLA
<b>BEECH</b>	FARAH, LAUREN & REUBEN V

### Going for goals

As you know, we have been working on "Going for goals" this half term in our personal and social work; in assemblies and class times.

We are now looking at concentrating skills. We need to know our targets and then be able to concentrate to achieve them. The children are really good at doing this. What can we do at home to further help concentration?

Television and consoles have their place, but children need to practise concentrating on things they have to work hard to develop too. The "screen things" can do loads of work for the children as they are some are so stimulating that the children are "drawn in".

Other good activities are:  
Mathletics live  
Brain training activities (memory games etc)  
Jig saw puzzles  
Drawing  
Model making (Meccano, Lego, Airfix etc)  
Painting  
Craft activities  
Reading alone or together  
Cooking  
Bird watching  
Practising your musical instrument  
Prayer/ reflection/ meditation

I am sure you do lots of these already. These are good for adults too! Have you tried mathletics live? Are you a human calculator? Give it a go!

Ms Godetz  
Head Teacher

### SOCIAL AND EMOTIONAL ASPECTS OF LEARNING

The personal and social learning focus for the whole school in assembly and in the classrooms for the week ending Friday 20th January was:

*"I can break a goal down in to smaller, achievable steps."*

### School Uniform

Please can I remind parents and carers that girls are allowed to wear stud earrings only.

These should be small in size to minimise the risk of accidents.

Hairbands should be plain ( red or grey preferably) and without adornment. We do not allow items such as multi - coloured bobbles, clips with flowers etc in school.

Thank you for your cooperation.

Mrs. Hart

Head of School

### Parents' Forum

Please remember our parents forum on **February 10th at 2pm** in the **star room**

We will be discussing:

- School meal
- Results and league tables
- Bringing the schools formally together as one (more information will be sent out about this from governors)

Please come and let us hear your views.

Many thanks

Ms Godetz

### P.T.F.A. News

The P.T.F.A. are holding their next meeting on Friday 3 February at 1:30pm.

The meeting will take place in the hut classroom on the Infant site. Items on the agenda include re-establishing the P.T.F.A. class representative system, the Queen's Diamond Jubilee, preparations for the 2012 London Olympics and our summer fair.

All are very welcome to attend.

Mrs. Hart

Head of School

### Preparations for the forthcoming Olympic Games

We have begun to think about how we would like to celebrate the forthcoming Olympics in school.

Our Olympic strategy group met this week.

We are planning to kick-start a whole programme of events on 25 June, which has been designated as **London 2012 World Sport Day**.

We will be sending out a separate flyer shortly.

In the meantime, if you would like to be more involved, please have a think about how you could help.

Many thanks.

Mrs. Hart

Headship lead on physical development, health and wellbeing



## Coffee Mornings

On Wednesday, we held our first coffee morning for parents and carers of children with additional needs.

Although a small group of parents attended this time, we would really like to hold coffee mornings on a regular basis.

These sessions are run by a parent who herself has a child with additional needs.

We hope that our coffee mornings will be an opportunity to relax and share experiences.

**Mrs Hart**

**Headship Lead on physical development, health and wellbeing**



## Key Dates for the Year

27th January	Reception Horniman Museum Trip
30th January	Year 2 Victorian Day
31st January	Year 4 Museum of London Trip
3rd February	Violet Class (Year 2) to Clocktower Trip
10th February	Parent's Forum , Star room, 2pm
13th to 17th February	Half Term Holiday
20th February	Children return to school
22nd February	Oak Class Britain at War Museum visit
23rd February	Larch Class Britain at War Museum visit
24th February	Beech Class Britain at War Museum visit
24th February	Ruby Class (Year 2) to Clocktower Trip
2nd March	Jade Class (Year 2) to Clocktower Trip
5th-9th March	Parents sharing work during the day
12th-16th March	Science Week
20th March	Parents Evening
22nd March	Parents Evening
27th March	Reception Easter Performance, 2pm
28th March	KS1 Easter Performance, 2pm
29th March	Year 3 Easter Performance, 2pm
2-13th April	Easter Holidays
16th April	Staff INSET day-school closed to children
17th April	Children return to school
17-20th April	Kindness Week
7th May	Public Holiday-School Closed
14-18th May	Year 6 SATS
30th May	Infant Group Photos
4-8th June	Half Term
11th June	INSET day-School closed to children
12th June	Children return to school
12-15th June	Environment Week
15th June	Re-Cycled Fancy Dress
18th-22nd June	Parents sharing work during the day
20th June	Year 2 Trip Horniman Museum Trip
25th June	Start of Olympic Month
28th June	Yr 3 and 4 Sports Day (am)
	Yr 5&6 Sports Day (pm)
29th June	Reports out to parents
4th July	Parents Evening
9th July	Yr 6 Leavers Performance 2.15pm and
11th July	Yr 2 Leavers Performance 2pm
11th July	New yr 3 to juniors parents evening, 6.30pm
13th July	Yr 6 Leavers Assembly

## Books, toys and games!

Dear Parents/Carers,

We were wondering if you could have a post-Christmas clear out and see if you have any good quality books, toys or games that you could donate to our schools. We are always grateful for such donations to help us to replenish and top-up our class stocks. All classes across the school, from Nursery to Year 6 would welcome your items that are no longer needed at home. Please bring in any such items and give to the class teacher.

Thank you so much in your support in enriching the learning experiences of your children.

**Miss A Chapman**

**Assistant Headteacher**

## RSPB Big Garden Birdwatch-this weekend

Take part in the RSPB Big Garden Birdwatch. All you need is a pen, some scrap paper (or, a printout of the RSPB handy bird ID sheet), and an hour to spend watching the birds in your garden, or local park, on either Saturday 28, or Sunday 29 January 2012.

Simply make a note of the highest number of each bird species seen on the ground (not flying over) at any one time, and submit your results online.

For more information visit

[www.rspb.org.uk/birdwatch/](http://www.rspb.org.uk/birdwatch/)



(PS It's not too late to start feeding the birds now!)

## Mathletics Updates

### Infant School

Congratulations to Lola E-M (Jade class) who last week earned a GOLD Mathletics certificate.

Well done to all 3 year 2 classes who are trying hard to amass the highest total of certificates. Last week, it was Jade class who came out on top with 14 certificates. Ruby class and Violet class were both close behind with 13 certificates and 11 certificates respectively.

Altogether, the 6 classes in key stage 1 earned a total of 51 certificates last week.

**Mrs. Hart**

**Head of School**

### Junior School

Last week Horse Chestnut class were obviously working incredibly hard in both Mathletics and Spelloidrome. They were our Mathletics champions with an awesome 16 certificates.

They also topped the charts with 6 Spelloidrome certificates as well. Not to be outdone, Birch class also earned 6 certificates ensuring that they kept their amazing run as best (or joint best) Spelloidrome class going. Well done Horse Chestnut and Birch!

Congratulations too to Jayden (Horse Chestnut), Mehar-un-Nisa (Willow) and Libby (Oak) whose hard work over a long period of time saw them all earn GOLD Mathletics certificates last week. Amazing effort!

**Mr Roebuck**

**Head of School**

## Walk on Wednesdays

As healthy schools, we are committed to encouraging sustainable travel amongst our school community.

For a number of years, we have participated in the national "Walk on Wednesday" (WOW) scheme.

Children who walk, or part walk, to school on at least 3 Wednesdays per month receive a badge.

During the month of January, Gold class (morning nursery) had the highest number of children walking to school (22)

Holly class and Willow class were close behind, with 21 and 20 children respectively, walking to school.

Thank you to all those families who do try to walk to school, for doing their bit for the environment.

**Mrs. Hart**

**Head of School**

### Miss Chapman's Craft Corner

We are delighted to bring you a new feature in The Cypress News – low cost, high fun activities that you can do with your children.

In this miserable, cold weather, try this activity to get outside and mix with nature, as well as observing scientific concepts such as freezing and melting, first-hand!



#### Ice Sculptures

- Search the local park or your garden for some interesting leaves
- At home, find some moulds to use, such as cookie cutters in different shapes
- Line some plates with cling film and place your moulds on them (the cling film helps to get the ice out later). You could place these plates and moulds in a large roasting tin to make putting in the freezer or outside easier later
- Lay a piece of string through each mould (secure them down with a little piece of blu-tack)
- Put some of your leaves in the base of each mould
- If you have some, sprinkle the leaves with glitter
- Pour water in to each mould
- Place the whole roasting tin with your moulds in, either in the freezer or outdoors overnight if the weather is forecast to be freezing or below
- When frozen solid, remove your ice sculptures carefully from their moulds
- You could hang these up on tree branches and enjoy the sparkling sculptures!

### Mrs Hart's Recipe Corner

Have you tried baking **carrot cake**?

Carrots make an excellent sweetening agent and obviate the need for added sugar.

Sultanas are used instead of walnuts and make a safe alternative to bring to school.



#### Ingredients

350ml vegetable oil	Icing
450g caster sugar	225g cream cheese
450g carrots, peeled and grated	25g butter
300g plain flour	1tsp vanilla extract
100g sultanas	500g icing sugar
4 large eggs	1tsp baking soda
2tsp cinnamon	1 tsp baking powder
1 tsp salt	

#### Method

Preheat the oven to 180 C / fan 160 C / gas mark 4. Grease and line a 20cm round tin.

Mix the oil and sugar and add the eggs one at a time. Sift the flour and mix it in with the cinnamon, baking soda, baking powder and salt.

Lastly, add the grated carrot and sultanas.

Put mixture in the tin and bake for 1 - 1.5 hours until a skewer comes out clean from the centre of the cake.

Beat together the cream cheese, butter and vanilla extract. Add the icing sugar and beat until smooth.

Spread over the top of the cake when cool.

Delicious!

### Free ICT Sessions

**Simon Education** is offering FREE short, two-hour Online Internet ICT sessions designed to improve your skills.

Elements include:

- Keyboard & Mouse Basics
- Setting parental controls
- Using Email effectively
- Using Online Searches effectively
- Using the Internet Safely
- Public Services

At St Joseph's College on Saturday 28<sup>th</sup> January from 11.00 – 1.00

**Places limited to a maximum of 8 (Over 16s only)**

For further information, or to register contact:

Hilary Spong: 0208 655 9976 or 07527431811

### Join the Friends of Beaulieu Heights

Join the Friends of Beaulieu Heights in your local wood for one of our volunteer taster events.

Meet at the South Norwood Hill entrance for all events, tools will be provided

Sat 28<sup>th</sup> January – **Big Bird Count** 10.30 – 12.00 – Join the Big Garden Bird Watch in the park and learn to tell the difference between a tweet and a chirp

Sat 4<sup>th</sup> Feb – **Love tree plant a tree** - joint event with Upper Norwood Churches Together -we have 200 hazel saplings to be planted in an area where evergreen have been cleared – 60 will be planted with UNCT to commemorate the Queen's Diamond Jubilee, - lunch time food will be provided

Sat 3<sup>rd</sup> March – **Give a Stag Home** - cut a tree using hand tools and **create a log hotel for a stag beetle – Britain's largest beetle**, lunch time food will be provided

Sat 17<sup>th</sup> March – **Spring is in the air** - join us at 2.00 to 3.30 for a family stroll in search of the signs of spring and make a nest to take home.

**Kathy Bee**  
**Chair of Governors**

Keep your children Active and Healthy this Feb half term with a Fit For Sport Healthy Lifestyle Activity Camp running 13th - 17th February ...spaces filling up fast!



“the UK’s leading healthy lifestyle activities provider”

# Healthy Lifestyle Activity Camps



**KEEPING ACTIVE HAS NEVER BEEN SO MUCH FUN!**

For more information or to book our OFSTED registered Healthy Lifestyle Activity Camps

Call **0845 456 3233** \* or visit **www.fitforsport.co.uk**

**10% Early Bird Discounts Available**

**Held every School Holiday at a location near you!**

\*Reduced Rate Number

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## What Are Healthy Lifestyle Activity Camps?

Fit For Sport have been delivering OFSTED registered Healthy Lifestyle Activity Kids Camps for over 20 years to children aged between 3 – 12 years old. Kids Camps are a great way for your child to keep active, have fun, make friends and take part in a wide range of sports and activities, in a safe environment, while promoting the benefits of leading a healthy lifestyle. Keeping Active Has Never Been So Much Fun!

## Who Can Come To Healthy Lifestyle Activity Camps?

**Bouncing Bananas**  
3 - 4 Years

**Strawberry Sprinters**  
5 - 7 Years

**Apple Athletes**  
9 - 12 Years

## When Are Healthy Lifestyle Activity Camps?

**Dates for your diary** Fit For Sport run Kids camps during every school holiday and operate both full and extended days at competitive prices.  
(Please note Fit For Sport accept Chibchara Vouchers and Tax Credits)

<b>Spring</b> Mon 13 <sup>th</sup> - Fri 17 <sup>th</sup> Feb	<b>Easter</b> Mon 2 <sup>nd</sup> - Fri 13 <sup>th</sup> April	<b>Summer</b> Wed 6 <sup>th</sup> - Fri 8 <sup>th</sup> June	<b>Summer</b> Mon 29 <sup>th</sup> July - Fri 31 <sup>st</sup> Aug	<b>Autumn</b> Mon 28 <sup>th</sup> Oct - Fri 2 <sup>nd</sup> Nov	<b>Winter</b> Mon 17 <sup>th</sup> - Fri 21 <sup>st</sup> Dec
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Data are venue dependent

**Standard Day**  
9.30am - 4.30pm

**Extended Day**  
8.30am - 5.30pm

**Half Day**  
9.30am - 1.00pm

Please check out [www.fitforsport.co.uk](http://www.fitforsport.co.uk) to find out more about the wide range of Fun activities and Special events planned for 2012.

## How Do I Book?

Keep your children entertained and active during the holidays at a Healthy Lifestyle Activity Camp near you!

For more information, to find your closest venue or to book our Healthy Lifestyle Activity Camps

Call **0845 456 3233** \* or visit **www.fitforsport.co.uk**

\*Reduced Rate Number



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