



South Grove Primary School

NEWSLETTER 28 2023-2024

29th April 2024

Dear parents and carers

STARS OF THE WEEK W/C 29.4.24

N- AM	MARKEN	3B	MINAHIL
N - PM	UKARIA	3H	ALAA
RR	NISHI	4P	ZOYA
RS	ZACARRI	4SH	LADAN
1A	OTIS	5G	UMAIMAH
1L	ZARA	5Y	AHMED
2DM	HANSAA	6F	ABDUS SAMAD
2F	EMA	6M	MARYAM NOOR

PLM - ISMAEEL

SPORTS STARS - DAVID & HERA Y3, TAHAR Y4



ATTENDANCE AND PUNCTUALITY W/C 22.4.24

Best Attendance ☺ **2F & 4SH 99.3%**

Best Punctuality ☺ **4P**

Class that needs to improve their attendance **6F 91.4%**

Class that needs to improve their punctuality **RR**

Overall School Attendance this year = 94.3%

EID ASSEMBLY

As Eid-UI-Fitr fell over the holidays we were unable to celebrate with our Muslim community so we did on Friday! Well done to everyone who contributed and took part in our Eid celebrations in Friday's assembly.

The focus was on the children across the school sharing their various ways of celebrating Eid, what they did and where they went. What was clear was that it was very much a celebration, wearing their very best clothes to celebrate in and meet up with extended members of the family, either going out for a meal, going to the mosque or celebrating with family at home. Year 2 and 3 gave us a really good insight into their celebrations. Year 4 created a play about why they fasted.

The children made comparisons for the audience being like Christmas celebrations, with presents, spending time with family and eating traditional foods. Year 5 told the story and explained Eid Al-Adha 'The feast of the sacrifice' and the next celebration for our Muslim community known as The Greater Eid.

Year 1 finished the assembly with a lovely fashion show sharing with us their outfits to celebrate Eid. Thank you to Ms Spain for putting it all together and for all the contributions and thank you to for the very appreciative audience! The children really do appreciate it that you come to watch them and celebrate with the school community.

Here's what the parents had to say:

Thank you very much for celebrating our occasion with us. Really loved the fashion show – was very good

Brilliant assembly. Loved hearing about people's EID celebrations

Nice to see celebrating different communities celebrations

Super duper amazing Eid assembly. Well done to all the children and teachers. Very proud of you all.





New Feel Good Ambassadors

I met with the Feel Good Ambassadors on Tuesday 16th to discuss our playground marking. The children took part in an in-depth discussion, alongside the School Council members and Ms Maltwood. We looked through countless images of designs we could have and Ms Maltwood took them along to her meeting with Kier.

LKS2 Tennis-23rd April

On Tuesday 23rd April, two teams from Year 4 participated in a tennis competition at Ridgeway Park. We played lots of games and practised our tennis skills. Amazingly, Team A made it to the quarter finals where they played Greenleaf. The score was 2-2. This meant that we progressed to the semi-finals where we played Ainslie Wood. Unfortunately, we lost 4-0.

We all had a great time and learnt the rules.



KS1 Tennis Festival -26th April

Ms Edmonds and Miss McFarlane had the great privilege to take fifteen KS1 children to a Tennis Skills Festival at Ridgeway Park Tennis Centre.

The children had the opportunity to take part in several different carousel activities which helped to build up their confidence and hand eye coordination skills. The children thoroughly enjoyed themselves:

Inigo – “It was enjoyable, nice and happy!”

Amelia – “It was incredible and amazing, lovey and exciting!”

Khadeeja – “It was fantastic!”

Stephanie – “It was wonderful and so exciting!”

Logan – “It was super!”

Zayaan – “It was fantastic and very fun!”

Josiah – “It was so fun!”

They all agreed other children should be given an opportunity to take part in this festival. No points were awarded, it was all about taking part. Each child received a Tennis certificate.



Whole school outdoor learning experience- 18th & 19th April

The experience started with an immersive assembly where the children were sorted into their explorer teams.

Children in Reception- Year 6 took part in outdoor learning sessions and Ms Maltwood could hear and see the enjoyment outside her office window.

On Friday afternoon, the South Grove Outdoor Learning Cup was announced and the winning team was awarded to Red Team with 3000 points. Congratulations to all the children for a wonderful few days!

Here is the list of children who shone in each class:

Year group	Most kind	Most modest	Most fearless	Most determined
RS	Zacarri	Hasfah	Maryam	Charlotte
RR	Jaya	Gabriel	Sadie	Elliot
1A	Hafsah	Khadijah B	Rowan	Callum
1L	Lila	Emaan	Leo	William
2DM	Amelia	Hansaa	Rhys	Yusaf
2F	Nathaniel	Ira	Amelia	Yigit
3B	Sarah V	Imraan	David	Emelia
3H	Maria	Simon	Zuhain	Olivia
4P	Janae	Zaina	Zahra	David
4SH	Natasha	Zidane	Stanley	Abigail
5G	Ameera	Abhishek	Bitania	Isaac
5Y	Khiara	Safwan	Rayyan	Leyla
6F	Amalia	Adam	Liam	Emma
6M	Nina	Daisy	Bogdan	Isaac
PLM	Daisy	Timmy	Jack	Thea

Children highlighted are the overall team players for the whole school.

Upcoming competitions: (invites to competitions will be emailed using a Google Form beforehand)

PLM Horse-riding – 30th April and 7th May

UKS2 girls cricket- 21st May

UKS2 boys cricket- 24th May

KS2 Quadkids – 6th June

UKS2 Mini Tour de Waltham Forest (cycling) – 12th June

KS1 Quadkids- 14th June

Year 2 Value Games- 21st June

UKS2 Feel Good Ambassadors Leadership @ the Value Games – 21st June

Quidditch – 25th and 26th June

LKS2 Rapid Fire Cricket – 9th July

KS1 3 TEES Cricket Festival- 9th July

Photos of all the events will be loaded to the sporting area of the website ASAP. Any questions, please email:

sport@southgrove.waltham.sch.uk

Aspire to be the very best that you can be! Miss Young

Going for GOLD!!!

South Grove has explicitly adopted a child rights approach based on the United Nations Convention on the Rights of the Child and has embedded it in school policy, practice and culture. We now want to get the Gold Accreditation ☺



If you have been on the working party we will be meeting again to discuss our plan of action. If you have an Ambassadors role in the school this is when you will get to shine.

The Accreditation visit will take place on July 9th

RIGHTS RESPECTING SCHOOLS

Rights Respecting Schools – Earth Day associated articles

Article 6 (life survival and development)

Every child has the right to life. Governments must do all they can to ensure that children survive and develop to their full potential.

Article 24 (health and health services)

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.

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LIFE, SURVIVAL AND DEVELOPMENT

24

HEALTH, WATER, FOOD, ENVIRONMENT

RIGHTS RESPECTING SCHOOLS

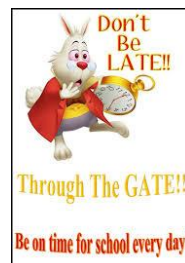
Closing of the School Gates



Thank you to all parents and carers for their co-operation with the shutting of the school gates promptly at 8:45am.

The children's learning starts at 8:45am and therefore they should be in their classes ready to read at this time.

We do open the gates promptly at 8:30am giving plenty of time for the children to come and line up ready for the start of the day. The children do feel more comfortable being on time.



MAKATON BUDDIES

word of the week:

BICYCLE



May

**A child's right ...
to have these rights no
matter what! (2)**



Respect

**FUNDS RAISED FOR POPPY DAY -
THE RESULTS ARE IN.... THANK YOU FOR
YOUR GENEROSITY!**



Thank you for your support

Your support has made a real difference to those in the Armed Forces community.

To find out more about how your donation helps, please visit rbl.org.uk/poppyappeal

To **South Grove Primary School staff and pupils**

Thank you for supporting the Royal British Legion Poppy

Appeal.2023

You Raised a massive £ **517.76**



Where to find food

(Up to date as of 11th April 2024, please let volunteering@hornbeam.org.uk know of any errors & changes)

MONDAYS	
PL84U Food Bank 41 West Street, Leytonstone, E11 4LJ	12 - 2pm Need proof of address, and referrals for large families
Priory Court Food Share 11 Priory Court, Walthamstow, E17 5NB	12pm Every other Monday No referral needed
TUESDAYS	
Peabody Pantry The Paradox Centre, 3 Ching Way, E4 8YD	8:30am - 2pm Need to register. Pay £4.50 for £15+ worth of food
People's Kitchen Community Meal The Hornbeam Centre, 458 Hoe Street, E17 9AH	10am - 3pm Cook a meal together, eat together
Holy Trinity Church Food Share 4 Holloway Road, Leytonstone, E11 4LD	11am - 12pm No referral needed
Highams Park Food Aid All Saints Church, Church Avenue, E4 9QZ	11am - 1pm E4 area only, referral needed
Friday Hill Food Rescue 19 Chingdale Road, Chingford, E4 6H	1 - 2:30pm Local area only, proof of address needed
Seddon Centre Food Stall Beaumont Road, Leyton, E10 5AS	5pm No referral needed
WEDNESDAYS	
Elim Pentecostal Church Food Share Hainault Road, Leytonstone, E11 1EL	10am - 12pm Need proof of address or referral
PL84U Food Bank 41 West Street, Leytonstone, E11 4LJ	12 - 2pm Need proof of address and referrals for large families
Highams Park Food Aid Cafe All Saints Church, Church Avenue, E4 9QZ	11:30am - 4pm. Free community cafe, no referral needed
The Skills Within Community Living Room The Hornbeam Centre, 458 Hoe Street, E17 9AH	3:00 - 9:00 Warm space, free hot food, community activities
THURSDAYS	
Greenleaf Centre Food Bank The Greenleaf Centre, 67-69 Greenleaf Rd, E17 6QP	10am - 12pm Self referrals with proof of benefits
Elim Pentecostal Church Food Share Hainault Road, Leytonstone, E11 1EL	10am - 12pm Need proof of address or referral
Highams Park Food Aid All Saints Church, Church Avenue, E4 9QZ	11am - 1pm E4 area only, referral needed

With my very best wishes

J. Maltwood
Julie Maltwood
Headteacher

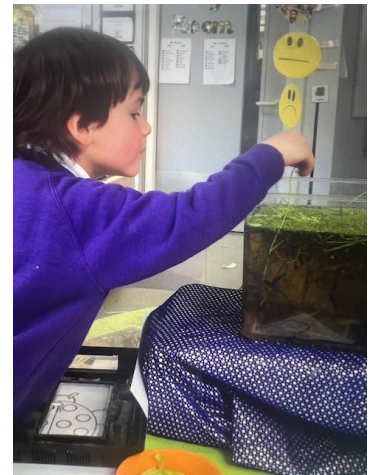
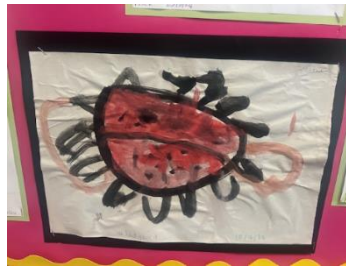


Miss Maltwood says you've all been so good so you can have next Monday off!! ☺
**6th May is Bank Holiday Monday
SCHOOL WILL BE CLOSED**

SOUTH GROVE LEARNING GALLERY

Nursery

Nursery have enjoyed another busy week welcoming new starters to Nursery and continuing to learn about frogs. This week we topped up the water in the tank and learned about what kinds of foods frogs like to eat. We compared this to the sorts of food we liked to eat. While we wait for the tadpoles to grow and change, we got some special food for them: iceberg lettuce. We tore the lettuce into little pieces and put it carefully in the tank. The Tadpoles came to investigate the food straight away and have been eating lots of the lettuce. We can't wait until next week to see what happens next!



Reception

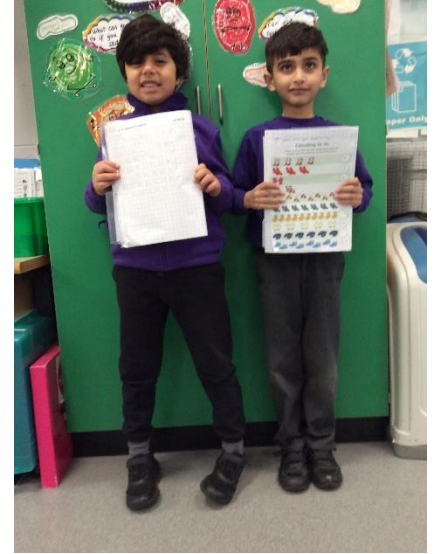
Our topic in Reception is Flowers, Plants and Growing. Last week we learnt that the study of plants is called Botany and scientists that study plants are called Botanists. Many years ago before cameras could take photographs of plants, botanists had to draw the plants and flowers that they discovered. We became botanists to learn about the different parts of flowering plants. We drew and labelled them.

Furthermore, we have been gardeners, planting bean seeds and learning how to take care of plants and flowers. We listened to the story of Jack and the Beanstalk and were surprised to receive a letter from the giant in the story asking us if we could help him replace the beanstalk that Jack had cut down. So we used our phonic knowledge to write out a list of items he would need to buy to complete the planting process, including pots, beans, soil etc. Then we learnt how to write step-by-step instructions. Now we are waiting for the seeds to germinate, we are learning lots of new words!



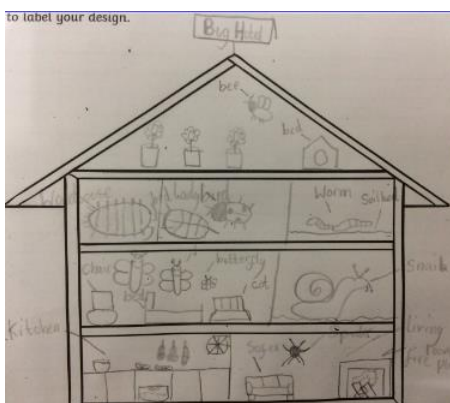
Year 1

Last week Year 1 continued to learn their counting in 2s, 5s, and 10s. Alongside their math's they heard the story of George and the Dragon and developed their listening and comprehension skills through acting and discussing parts of the story in small groups. We also had lots of lovely projects to display in the classroom too!



Year 2

In Year 2 last Monday, it was Earth Day and Rachel and Megan came in to teach us small changes we could make to our environment to make the earth a better place. In D & T we started planning our Bug Hotel designs. Finally, in Science we planted some cress seeds and investigated the changes which happened over the week.



Year 3

In our RE learning this term, we are focusing on 'What different people believe about God'. Within this unit, we looked at why some religious people pray. We discussed the different ways that people communicate with each other and the reasons why. We then linked this to the idea of prayer and that some religious people may choose to talk to their God. Finally, in groups, we were able to look at different artefacts from various religions, learning what they are used for and how they might help people.



Year 4

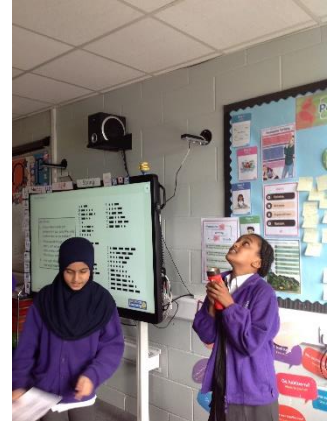
Last week, a few sporty sorts represented Year 4 in the Ridgeway Park LKS2 Tennis Competition. They all did incredibly well, playing against multiple schools, and had a ball (even if they did make a racket).

Additionally, Year 4 began painting their Mondrian pieces. They're not ready yet, but keep an eye out!



Year 5

This term in computing, we have gone from the computing suite to the classroom. Our topic for the term is 'We are Cryptographers'. In this topic we are learning about how there are different forms of communication and how messages are transmitted across distances. We were blown away attempting Semaphore out on the field, using red and yellow flags to form letters of the alphabet. Last week it was a little bit dark as we were trying Morse-code using torches. We came up with messages to send each other and used the torches to help us.



Year 6

Last week in Year 6 we debated the question "Which was the greatest caliphate of the early Islamic civilisation?" using our own research that we had conducted in class. The themes of our debate were: the size of the population, longevity / time span, religion and culture and people / governance.

We considered how all of these factors contributed to the creation of the Empire and ranked them in terms of their significance. We also linked this to our knowledge of the United Kingdom and how, for many centuries, countries have used banks and taxation systems to help build their nations.





Horse riding

**P
L
M**

The children went horse riding. They all had a fantastic time. It has been amazing how much they have learnt so far in just 2 lessons. Their confidence has grown and I'm very excited to see how they improve over the next 2 lessons.

Rights Respecting Schools Earth Day Reflection



REFLECTION

Take a few minutes and find some space to be quiet and to think... If you can, go outside, look out of a window or put some images of earth and the environment on a screen...

- Why is our planet special to you? What do you value most about the environment?
- How can upholding everyone's rights help protect the planet?
- How will you celebrate Earth Day this year?
- How can you encourage positive environmental action with friends, neighbours and family members?

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at nationalcollege.com/guides/energy-drinks