



# Southwick Star



Why did the boy eat  
his homework?

Because his teacher  
said it was a piece of  
cake!

*"It might seem stormy now, but rain doesn't last forever."*

Hello boys and girls,

We hope you enjoy reading the latest edition of our schools newsletter. Inside this newsletter, you will find a message from your teachers, a showcase of some of the wonderful work and activities you have been doing at home, an interview with Mr Robson as well as some fun quizzes, activities, recipes and challenges you can complete.

All of the staff in school are all missing you so much. We cannot wait to see you all again soon. Remember to take care, stay home and stay safe!

## Ways to look after yourself while staying at home

Although we might not be able to do our usual daily activities at the moment, there are some simple things we can all do every day to help look after our physical and mental health.

### The 5 ways to wellbeing

**Stay connected** - At times of stress we cope better with support. Use the telephone, text, email and social media to stay in touch with friends and family (**with permission from an adult at home**) and stay connected with the people around you at home.

**Be Active** - Move every day. Do something that raises your heart rate. It could be running around the garden, dancing in the kitchen, cycling, playing a game or completing a home workout like a Joe Wicks activity.

**Take Notice** - Get some fresh air every day. Whether that's sitting on your doorstep or going out in to the garden. Look at the nature around you. Notice the changing seasons.

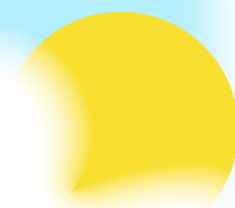
**Keep Learning**—Make sure you are completing your homework activities. You could also read a new book, learn how to ride a bike, how to tie your shoelaces, cook a meal.

**Give** - Do something nice for someone, say thank you, smile! Lots of you have made some lovely rainbows and messages to go in your windows to thank key workers and to remind people to stay home and stay safe.





# Southwick Star



Here is a message from the staff at Southwick Community Primary School. We miss you all so much!

Challenge - How many rainbows can you spot? Let us know how many you have found and email your answer to [school.council@southwickprimary.co.uk](mailto:school.council@southwickprimary.co.uk). There will be a prize for the winner!







## **In the spotlight**

Some of our wonderful School Council members (Olivia, Vincent and Henry) came up with some questions they wanted to ask Mr Robson about what he is up to during lockdown.

### **1) How are you coping during lockdown?**

I'm coping fine thank you. I'm still in school so I'm still busy and haven't been bored yet!!!

### **2) We are missing seeing our friends, what are you missing about school?**

I miss everything about school, but especially all of our wonderful children. I have been lucky enough to see a few of our children when they've passed school and it's made me miss you all even more!!!

### **3) I know you are active, what have you been doing to keep active?**

I've been cycling a lot. We're lucky it has been nice weather so I've been able to go out with Maddie and Thomas. My legs have been aching.

### **4) Have you been keeping a record of how many steps you have been doing each day?**

No I haven't. I haven't been doing as many steps as usually I walk up and down school. I've done over 50 miles a week on my bike though.

### **5) I have been baking brownies, have you baked or cooked anything exciting?**

I have made a seafood risotto, baked cakes and made a skittles and ice cream smoothie! Thomas loved it!!

### **6) How have you been keeping busy during lockdown?**

I've been in school, been cycling and I've done a lot of reading.

### **7) We are missing going to play on the beach, where are you missing being able to go?**

Me too! My favourite place is the beach and I'm really missing going for a walk on the sand and splashing in the sea. I could stay at the beach all day.

### **8) What is happening at school? Are the teachers still at school?**

We still have a few children in school who are children of key workers. They have been brilliant and lots of fun (I soaked them all with a hose pipe today!!!). There are 4 or 5 teachers in everyday and they take turns to look after our children. We are only using the computer room, the dinner hall and outside. It feels really odd having an empty school and I can't wait until it is full again! When the teachers aren't in school they are checking your work that you have been sending in- lots of it is absolutely fantastic!

**I know all of the teachers are really missing you and can't wait to have you back. Stay safe everyone.**

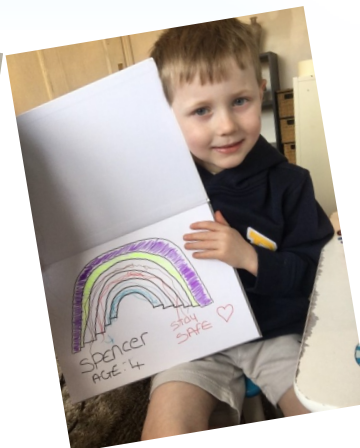


# Southwick Star

Take a look at some of the wonderful work and activities our children have been busy doing at home!

Don't worry if your work or a picture of you working hard isn't here, there are a lot more examples of all of your amazing work on the school website!

## Nursery



## Reception





[illegible]

Miss Brooks Maths 20/4/20

challenge

1. $13 + 24 = 37$	4. $22 + 15 = 37$
2. $35 + 32 = 67$	5. $41 + 11 = 52$
3. $26 + 10 = 36$	
1. $28 - 13 = 15$	4. $29 - 8 = 21$
2. $19 - 6 = 13$	5. $34 - 16 = 18$
3. $27 - 13 = 14$	
1. $8 - 2 = 6$	4. $15 - 3 = 12$
2. $20 - 5 = 15$	5. $12 - 2 = 10$
3. $70 - 10 = 60$	

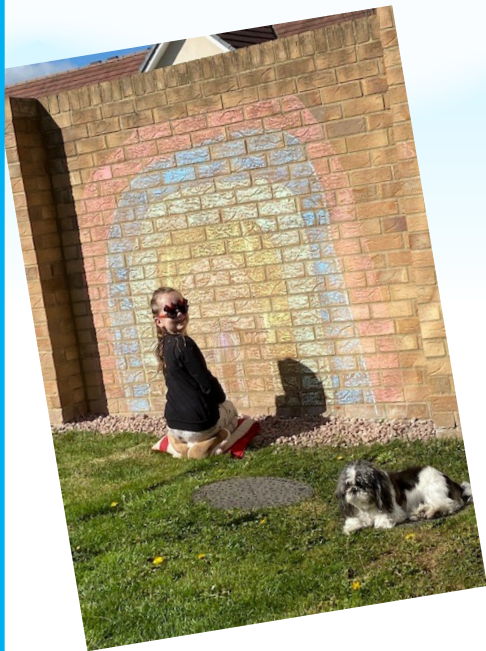
Jack Robinson year 2





# Southwick Star

## Year 3



## Year 4



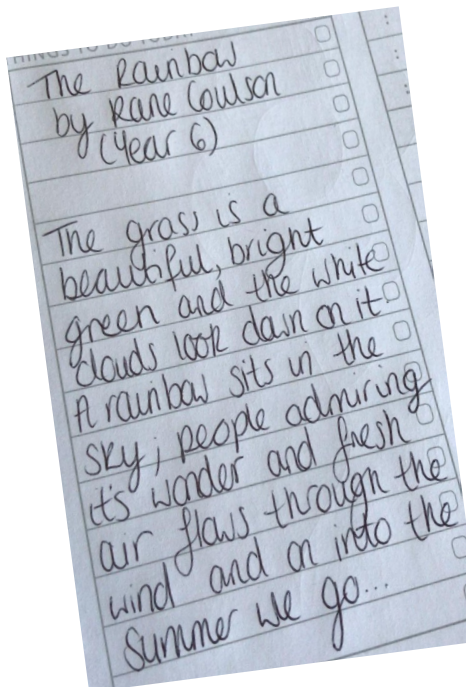


# Southwick Star

## Year 5



## Year 6



**SPRING**

Trees and flowers on the ground,  
Keep on growing until they expand.  
All trees grow high to the sky,  
But when autumn comes leaves fall down  
alive.

Colorful flowers grow in the grass,  
The sun helps them grow until they clap.  
Spring is here, spring is here!  
Goodbye snow, flowers grow.  
Birds and bees, leaves on trees,  
Hello Spring, hello Spring!  
The sky is blue, the clouds are white,  
The wind is gone for the sun to rise.

Borsut  
And Samanta Borsut

By Nadia



## Keep up the amazing work!

Your teachers are loving seeing what you have been up to at home. Don't forget to email over your brilliant work to your year group email address.



# Southwick Star

## Mr Scott the difference!

Below are two pictures of Mr Scott. Can you spot the differences between the two pictures? **Clue: There are 6 differences to spot!** Email over your answers to [school.council@southwickprimary.co.uk](mailto:school.council@southwickprimary.co.uk). There is a prize up for grabs!



## Butterfly Life Cycle

Over the past few weeks, Mrs Smith has been vlogging the life cycle of butterflies. She bought some caterpillars and she has been videoing their journey and observing how they are growing and changing daily. The caterpillars have now started to pupate and 4 out of the 5 are in cocoons! The videos are in the homework files, in the Year 4 folder under butterfly life cycle videos if anyone would like to watch the videos and track their progress.





# Southwick Star

## Guess the Southwick staff

You may have seen on the school website a few weeks ago a 'guess the staff' game where you had to guess who each member of staff was by their baby photos. Well, here are the answers. Did you get any correct? Were you shocked by any?



Mrs Wake



Miss Jardine



Miss Slater



Mrs Pattison



Mrs Moran



Mr Scott



Mrs Mahone



Miss Dickinson



Miss Stoker



Mrs Seaman



Mrs Dryden



Mrs Foxton



Mrs Waddell



Miss Cadden



Mrs Beresford



Mrs Stephenson



Miss Turner



Mrs Banks



Miss Hetherington



Mrs Hutchinson



Miss Higgins



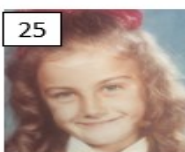
Mr Percy



Mrs Gosbee



Mrs Skipp



Mrs Purvis



Miss Brook



Mrs Smith



Mrs Forster



Miss Bilton

## How did you do?

29



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Can you name the film from the picture?



Can you name the book from the picture?





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Can you name the chocolate bars that are pictured below?



## Local Area Fact Finding Mission

Mrs Purvis has come up with a challenge for you all!

Can you find out information about where you live?

You could focus on a particular building/structure e.g. your house or school. Can you find out when the structures were built, who designed them, how tall or long they are, if there's a reason behind them being built, what are they built from?

You could draw your chosen structure and label it, write a paragraph about what you have found out or you could even write your own questions for others to have a go at answering.



## Family Quiz Time

Have a go at answering the questions below. You could ask an adult to help you or use the internet to research.

Email your answers to [school.council@southwickprimary.co.uk](mailto:school.council@southwickprimary.co.uk). A winner will be picked out and Mr Robson has arranged a wonderful prize.

- 1 In which country are the world famous pyramid-shaped structures?
- 2 Which planet in the Solar System is famous for having its rings?
- 3 Can you name the tallest structure in the French capital city, Paris?
- 4 Oompa Loompas are a group of workers in which children's book?
- 5 How many days are there in a fortnight?
- 6 When does a nocturnal animal sleep, at night or in the day?
- 7 Who wrote the children's book Gangsta Granny?
- 8 How many legs does a spider have?
- 9 In which season do trees shed their leaves?
- 10 What type of mythical animal did St George, the patron saint of England slay?
- 11 How many years are in a decade?
- 12 The Tower Bridge is a suspension bridge over which river?





## Sweet Treat Recipes

### Flapjacks



120g porridge oats  
60g softened butter  
60g light brown sugar  
1-2 tbsp golden syrup

heat oven to 200c  
mix everything really well in a bowl.  
grease baking tin and pour mixture in  
pushing everything down with the back  
of a spoon

cook for 10 mins till golden brown

mixture will be soft when its removed from the oven.  
this is normal and will harden as it cools

### Mars Bar cake



100g softened Butter  
4 Mars Bars (Chopped)  
1½ tbsp Golden Syrup  
150g Rice Krispies  
350g Milk Chocolate

melt 3x mars bars, golden syrup and  
butter in a large bowl

add rice krispies

pour into a lined baking tray and  
press down firmly

melt the chocolate in a separate bowl  
and pour over the krispie mixture

let it set in fridge

### cake in a mug



35g plain flour  
2 tbsp cocoa powder  
1/4 tsp baking powder  
2 tbsp granulated sugar  
pinch salt  
60ml milk  
2 tbsp vegetable oil  
1 tbsp nutella or mini chocolate chips

mix dry ingredients in the biggest mug you have  
(sports direct ones are great)

mix in wet ingredients till theres no lumps

drop the nutella/chocolate drops on top in the middle

put in microwave on high for 70sec

### cookies



115g butter, softened  
55g caster sugar  
140g plain flour  
40g chocolate chips

heat oven 180c

beat the butter and sugar till fluffy

mix in the flour and chocolate chips with your  
hand until you have a dough

roll the dough into walnut sized ball and  
flatten with your palm

put them onto a baking tray slightly apart  
and cook for 10-12min

Do you have any recipes you can share with us? If so, feel free to send them over to your year group email address or to [school.council@southwickprimary.co.uk](mailto:school.council@southwickprimary.co.uk)

Remember, it can be difficult to get some ingredients so can you make a recipe for the items you have in your house? **Check with an adult first and always be supervised!**



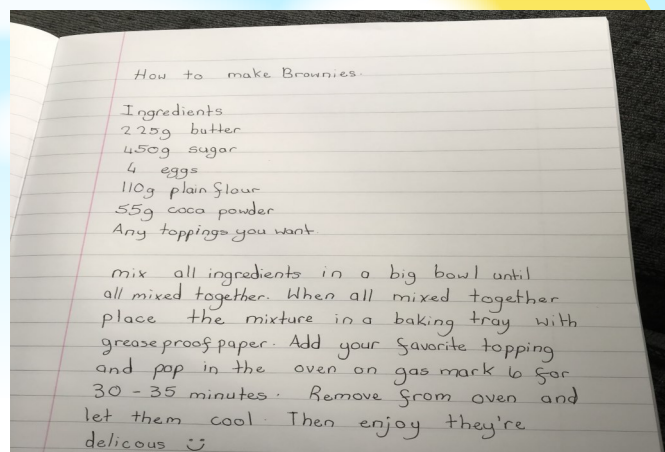
# Southwick Star

Here is an amazing recipe on how to make Brownies that Olivia Duke in Year 5 sent over.

Don't forget to check the school website for Mr Bradwell's recipe of the week. There are also some delicious recipes you could try on the links below:

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

<https://www.bbcgoodfood.com/recipes/collection/kids-baking>



Below is a mindful walking activity you could have a go at from Mrs Watson

## MINDFUL WALKING

Be kind to yourself during this stressful time

A mindful walk is an excellent way to clear your mind of clutter and restore your sense of focus. It is also a great excuse to get out into nature. Several studies have shown that taking a break to look at or be in nature can have a rejuvenating effect on the brain, helping to free up your mind when you feel stuck and boosting levels of attention.

Incorporate mindful walking into your daily life in as little as 5-10 minutes a day by using all of your senses — sight, hearing, smell, taste and touch — to bring awareness to your body and surroundings.

Here's how to do it:

- As you walk, notice how your body feels.
- Pay attention to how your legs, feet and arms feel with each step you take.
- Feel the contact of your foot as it touches the ground, and the movement of your body as you move into your next step.
- If you become lost in thought as you continue to walk, use the next step as an opportunity to start over.
- Now using your sense of sight, look around and try to notice every detail.
- Using your sense of smell, notice any aromas or scents.
- Are you able to notice any tastes as you walk? Can you taste the air?
- Now using your sense of touch, notice the solidity of the earth beneath your feet.
- With openness and curiosity, notice any sensations, thoughts or feelings that arise, without lingering on anything in particular.

You can mindfully walk anywhere — outside while doing your daily exercise, when doing your gardening, or inside while walking around a shop (still paying attention to social distancing — what can you see, hear, smell? Etc.)



## 'A day in Lockdown' by Emily White

The evening before the following day I plan out my timetable on my whiteboard. In the mornings, I do my work. Once I have done some work, I do my daily exercise. This could be a walk, a bike ride or cricket training. Next would be my creative time, where I can draw, read, colour and much more. For lunch I would have a healthy meal. Sometimes after lunch, me and my dad play Uno. Later on in the evening, I socialise with friends using the Xbox or video call. When we have our tea, we watch the TV together. Every Thursday I do my Nana and Grandad's shopping and then in the evening clap for key workers. Me and my dad love doing jigsaws and me and my mam love doing art together and baking. We even make our own homemade takeaway pizzas on Friday nights. Every night I video call my Nana and Grandad.





## Ways to keep busy and how not to get bored!

Keeping occupied at home all day can be tough so here are some ideas of things you can do whilst we are in lockdown. Do you have any other ideas and activities you are doing at home? Send in any pictures and videos to show us what you've been up to!

- Read a book. Can you write a review about it?
- Create drawings and patterns outside using chalk.
- Find out how to earn a blue peter badge:  
<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>
- Use leaves, sticks, flowers (whatever you can find in your garden) to make dens or fairy houses.
- Leaf rubbings - Collect leaves of various shapes and sizes. Position a leaf (place it with its bottom side facing up). Place paper over the leaf. Rub a crayon over the paper and leaf - the leaf images will magically appear on the paper! Finally, remove the leaf.
- Get cooking and baking! Can you make something you've never tried before?
- Create an obstacle course indoors or outdoors.
- Make up and go on a treasure hunt using items in your house. Can you get everyone in your house involved?
- Write a daily diary entry about your time in lockdown.
- Put on a play or fashion show for people in your house to watch.
- Learn a new language—this could be a foreign language or even sign language.
- Conduct a science experiment. Here is an example:  
Mentos mayhem: Take a 1.5l cola bottle, remove the lid and drop in a Mentos mint – then run!  
(Hint: do this outside or somewhere you can wipe down afterwards).
- Cloud gazing - spend some times gazing at the clouds. What shapes can you see?
- Star gazing - spend some time at night time gazing at the sky. How many stars can you spot? Do they all look the same?
- Plant a seed to grow your own flower, tree or fruit!

