

# NEWSLINE

**North Primary School and Nursery**

A Town Centre School with a Strong Community Ethos

**February 2018  
Issue 1**



## **Mental Health Awareness**

This half term the Monday assemblies have been on the subject of mental health. The children have considered how the brain works and compared looking after our brain like they know how to look after their bodies. A charity called Anna Freud has done some very good work looking at how to advise children if they have worries. Teachers read a great book, *Bag of Worries* to their classes too. The children watched the start of the film *Inside Out* which has a very clever way of showing children how memory works. The final assembly looked at how we can make our brains healthier. The Year 6 councillors (pictured left) came up with a list of do's and don'ts.

1. Find time to relax – especially before sleeping – and reading is good for this.
2. Keep the brain hydrated by drinking lots of water.
3. Being curious and solving problems and puzzles helps the brain to grow – ask your children about neurones.
4. Exercise.
5. Sleep helps the brain to recharge.
6. Put down/turn off electrical devices a good time before going to bed so that your brain is ready to have the best possible sleep.

## **Home Coming History Open Day**

The school was open to visitors on Saturday 3<sup>rd</sup> February and many local people took the opportunity to find out about the Year 5 history project. Local historians and members of local history societies spent a few hours looking at documents and talking to Claire Driver the project historian, Laura Davison project co-ordinator, governor Mrs. Walker and teachers Mrs. Skinner and Miss Brooker.

Sir Bob and Lady Audrey Russell are thrilled at the work the children are doing. "I don't think there is another primary school in the country that has done so much to remember the first world war," they said. Jackie Bowis, member of Lexden History Group was very impressed. She said it is, "Highlighting what individual people did for their town and their country. The fact it is being commemorated by the current generation makes the project even more special."

Former pupils also returned to the school. George interviewed David John Polikett. David came to the school in September 1951 and left in 1953. He remembers you could buy a bun for a penny and if you wanted icing on the bun it was two pennies! He also remembers coming to school and forgetting where his peg was. Even though he was only 5 he walked to school by himself. Different times!

Claire Driver was thrilled with the turn out. She was able to network with Paul Rusiecki, author of *The Impact of Catastrophe*, who is very interested in our roll of honour. Liz White, who is writing a book about the Avenue of Remembrance, shared her research with Claire which will help us tell the story of what happened after 1918. The Daily Gazette are very excited about the project too - there was a whole page of photos on the 6th.

*George Davison (pictured with Mr. Polikett) additional reporting.*







## Guitarists making the most of their opportunity to enjoy learning to play an instrument

Miss Stevens and her class entertained their families and the other Year 4 class on the 5th. Guitar teacher Mr. Wright was very impressed with the children's commitment - especially those who had volunteered for additional practice sessions one lunchtime a week with Miss Stevens. The audience were also able to hear Joe Addley play the bass guitar. Joe is one of our music scholars this year and he is making great progress on his instrument of choice.



### Something to Celebrate

The choir and Y6 dance group excelled themselves on Sunday 4<sup>th</sup>. They had been invited to perform in The Rotary Club of Colchester charity concert in aid of Colchester Cancer Centre Campaign. This was due to be a Christmas Carol Concert but the weather forced its postponement. Re-scheduling in February meant the Christmas theme had to be dropped and new songs learnt. The great majority of performers were adults. North were one of three school groups to perform.



### Maths Workshop a Great Hit

On the 1st a group of year 4 students attended a Maths Workshop run by Julia Smith at Lexden Primary School. The pupils all really enjoyed the day and learnt some fun ways to solve mathematical problems. One of the challenges the pupils had to complete involved creating a tablecloth (see below) with a mathematical word for every letter of the alphabet. They did a great job and created a very colourful and informative tablecloth. The children also made maths clocks using mathematical problems for the numbers. They all came up with some great ideas and supported each other to create their clocks. The children also did a challenge to make all numbers from 0 to 20 using four 4's which was a real challenge.\* The children all enjoyed the day and were great representatives of the school. The day gave them all some new ideas to help solve mathematical problems and to make maths fun. Jordan said, "I found out new things like square roots and factorials." The children were told that success in maths in school can lead to earning more money when you are an adult. Nasi said maths is useful in all sorts of jobs. "If you are a nurse you need to measure medicine accurately because if you got it wrong it could be critical."

Mrs. Nowels reporting.

**\*Julia Smith says: Can North find every number from 1-100 using only 4,4,4, 4?**



Friday 9th February	Last day of Half Term
Monday 19th February	Return to School
Friday 9th March	NSA Craft Fair
Sunday 25th March	Colchester Half Marathon
Tuesday 27th March	Y1-6 Open Afternoon
Thursday 29th March	Easter Parade and last day of term
Tuesday 17th April	First day of Summer Term
Friday 11th May	NSA Bingo Night
Friday 25th May	Penny Race and last day of Half Term
Tuesday 5th June	Return to school
Friday 29th June	NSA Summer Fete
Friday 20th July	End of Term
Monday 3rd September	Year 6 Weymouth Residential