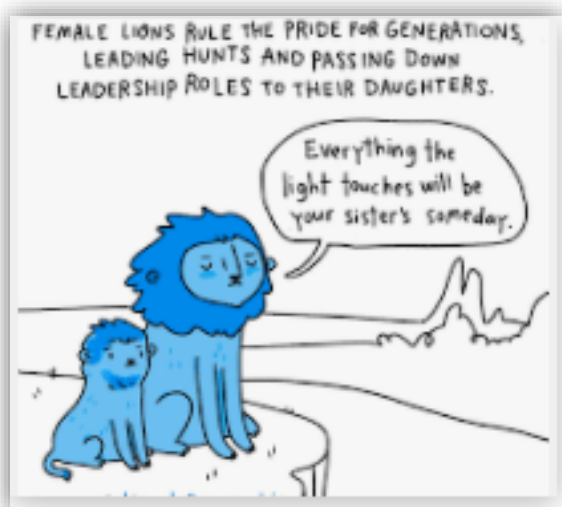
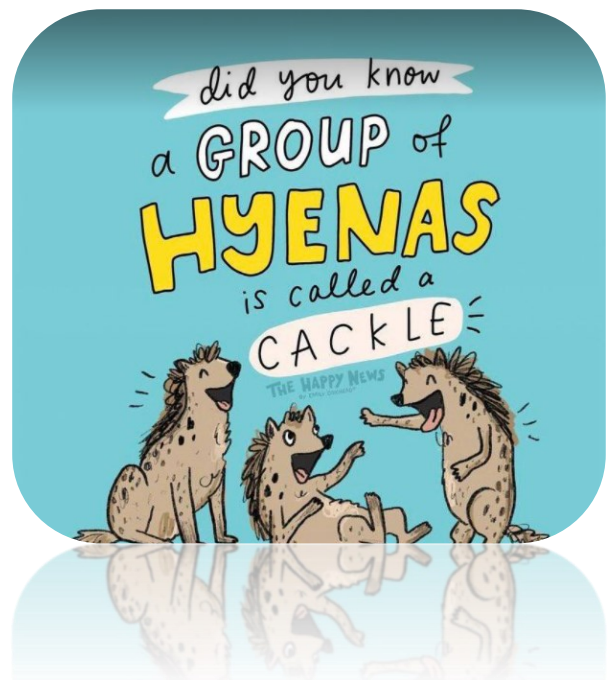
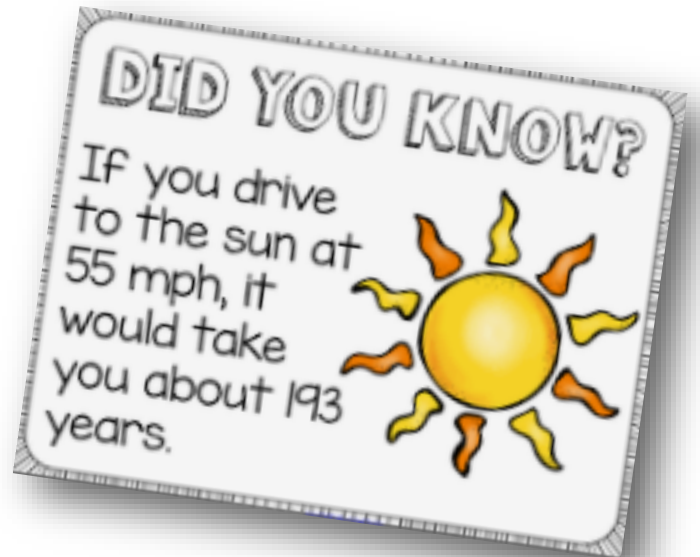
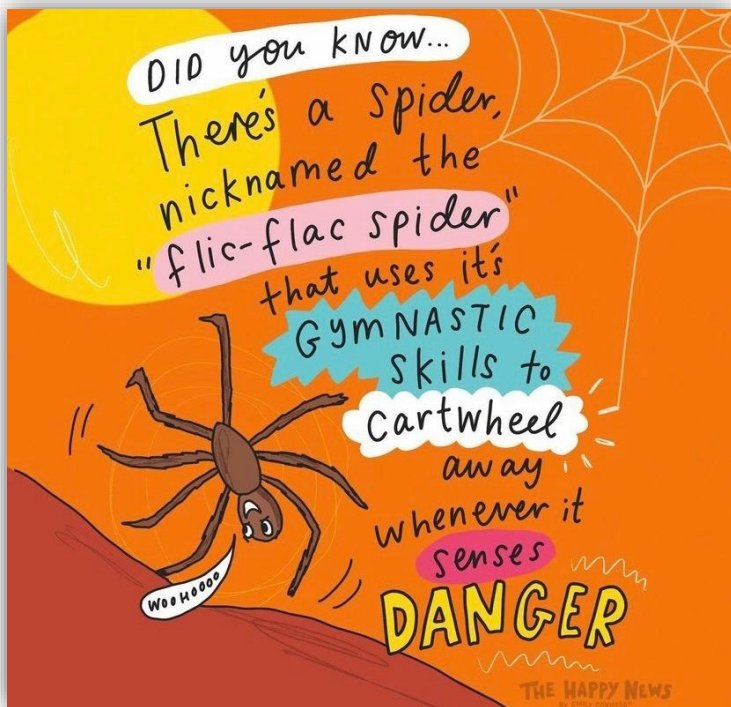


# Fun Facts!



# SAFETY SQUAD



Year 1 Larissa DiBlasio

Year 2 Jessica Skilton

Year 3 Hayden Yilmaz

Year 4 Imogen Hilton

Year 5 Elsie Perrin

Year 6 Harry Fitchett

# What have we been doing?

- We posted a letter to TREAT, asking them if we could visit to ask questions about their safety procedures.
- We carried out a safety check on the playground—we filled in holes and have organised somebody to mend the pebble garden.
- We have added information to our school website.
- We hosted 3 assemblies to tell all of the other children what we have been doing.
- Safety Squad checked out the safety at Kingswood! Thank you to Imogen (Y4 safety squad and Sophie—guest member!)

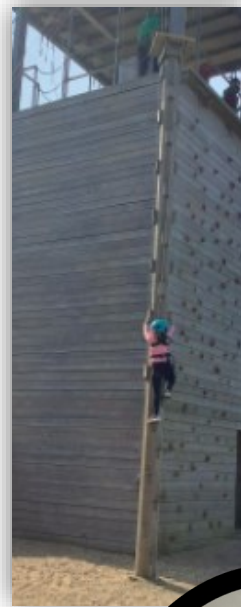


# What's next?

- To get other children to help us. We have ordered extra gilets for guest members!
- To inform parents about online safety.



# Kingswood- Year 4 residential



The fun was endless! SO many rainbow values were shown. Year 4 have made us proud!





# Recipes to do with a loved one...

## Crumpet pizzas

### Method

#### STEP 1

Heat the grill to high. Lightly toast the crumpets in a [toaster](#) or under the grill. Meanwhile, mix the passata, ketchup and oregano together in a bowl. Season. Chop your chosen toppings into small pieces – young children can tear basil, or chop soft veg in a cup using safety scissors.

#### STEP 2

Line a [baking tray](#) with foil. Spread the sauce over the crumpets, then top with the veg and cheese. Arrange on the tray and grill for 3-4 mins, until the cheese is golden and bubbling. Leave to cool slightly before eating.

### Ingredients

---

6 crumpets

---

4 tbsp passata

---

4 tbsp ketchup

---

½ tsp dried oregano

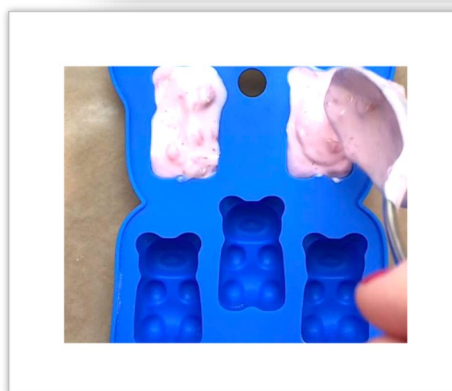
---

toppings of your choice (peppers, cherry tomatoes, red onion, sweetcorn, olives, ham and basil all work well)

---

75g cheddar cheese , grated

---



### Yoghurt bites

#### Preparation

1. Place yogurt and raspberries in a bowl and mash with a fork. If you want chunks of raspberries don't overly mash.
2. Using a small spoon or spatula, place the mixture into silicone molds.
3. Tap once or twice to remove any air bubbles.
4. Place the mold on a small baking sheet or directly into your freezer and freeze for 4-6 hours or until bites are solid.
5. Pops bites from molds and enjoy!





## No bake cookie bites

### Ingredients

- 1 cup old fashioned oats
- 1/2 cup unsweetened coconut flakes
- 1/2 cup peanut butter or sun butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips (semi sweet or vegan)
- 1/3 cup honey or agave nectar
- 1 tablespoon chia or hemp seeds
- 1 teaspoon vanilla extract
- dye-free sprinkles



### Preparation

1. Place all of the ingredients except the sprinkles in a food processor and pulse until thoroughly combined.
2. Use your hands to roll the mixture into 1-inch balls, then roll in the sprinkles.
3. Store in an airtight container in the refrigerator.

## Colour your qualities

I am



# British Science Week



We are scientists



# Year 4



Year 4 won the champions league, the first time the school has ever won this. Fantastic news!



## Wriggly Worms





Last Thursday, staff went on a 'Walk and talk' in aid of Ukraine. They showed resilience by battling the winds.

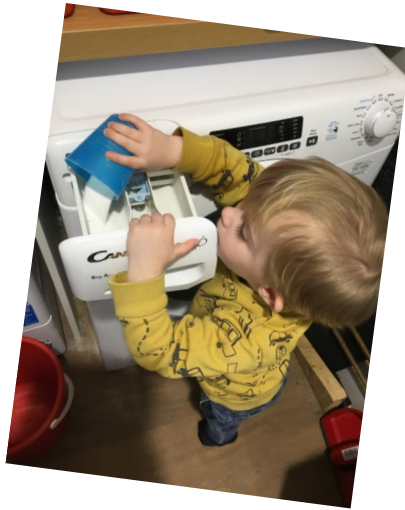
Year 1 have been busy being Beebots in their computing lessons. The children had great fun in directing their Beebots around the playground. They have also been learning about capacity and volume in their maths lessons. They had a great time measuring the capacity of water outside.



Year 6 have been displaying their cooking skills whilst being a great team. Looks tasty!

# Maple Room

This term, one of our parents told Maple Room staff that their child mimics their teacher when they talk to their new puppy. They say things like "I like how you're sitting, you make good choices, and, come on little pickle, in you come!" This has made everyone smile.



# Active April 2022



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

- |   |   |  |  |   |   |  |
|---|---|--|--|---|---|--|
| <p>4 Eat healthy and natural food today and drink lots of water</p>         | <p>5 Turn a regular activity into a playful game today</p>                | <p>6 Do a body-scan meditation and really notice how your body feels</p> | <p>7 Get natural light early in the day. Dim the lights in the evening</p> | <p>1 Commit to being more active this month, starting today</p>           | <p>2 Spend as much time as possible outdoors today</p>              | <p>3 Listen to your body and be grateful for what it can do</p>        |
| <p>11 Set yourself an exercise goal or sign up to an activity challenge</p> | <p>12 Move as much as possible, even if you're stuck inside</p>           | <p>13 Make sleep a priority and go to bed in good time</p>               | <p>14 Relax your body &amp; mind with yoga, tai chi or meditation</p>      | <p>8 Give your body a boost by laughing or making someone laugh</p>       | <p>9 Turn your housework or chores into a fun form of exercise</p>  | <p>10 Have a day free from TV or screens and get moving instead</p>    |
| <p>18 Try a new online exercise, activity or dance class</p>                | <p>19 Spend less time sitting today. Get up and move more often</p>       | <p>20 Focus on 'eating a rainbow' of multi-coloured vegetables today</p> | <p>21 Regularly pause to stretch and breathe during the day</p>            | <p>15 Get active by singing today (even if you think you can't sing!)</p> | <p>16 Go exploring around your local area and notice new things</p> | <p>17 Be active outside. Dig up weeds or plant some seeds</p>          |
| <p>25 Have a 'no screens' night and take time to recharge yourself</p>      | <p>26 Take an extra break in your day and walk outside for 15 minutes</p> | <p>27 Find a fun exercise to do while waiting for the kettle to boil</p> | <p>28 Meet a friend outside for a walk and a chat</p>                      | <p>22 Enjoy moving to your favourite music. Really go for it</p>          | <p>23 Go out and do an errand for a loved one or neighbour</p>      | <p>24 Get active in nature. Feed the birds or go wildlife-spotting</p> |

**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**



# Easter Parade



# Fantastic News!

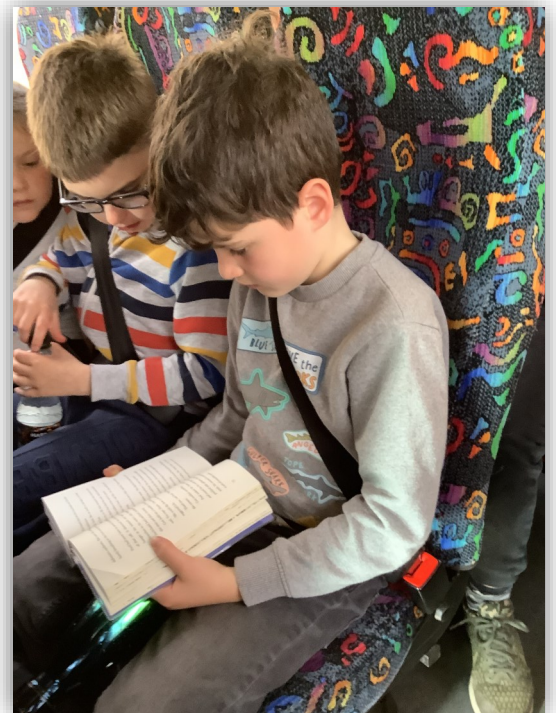


Trolley collections, reaching out to Ukraine during a time of uncertainty and crisis. These children really have demonstrated nurturing values.

Sun Set club have been creating some rainbow magic by planting rainbow seeds. Their creativity is admirable.



## Reading wherever we go...



## Year 5 & 6 representing us at Bury St Edmunds Cathedral.



Next issue is out in June

## ROLL A POSITIVE QUESTION

 1	2	3	4	5	6
1 A time when you felt happy	Something you are grateful for	The funniest memory you have	A place where you feel happy	5 things you like about you!	What is your favourite smell?
2 Your closest friend's name is...	Your proudest moment	Something difficult you managed to do	What would your perfect day look like?	A favourite holiday or day out	The best book you have ever read!
3 Who makes you feel safe?	A superpower you wish you had	The kindest thing you have done	The kindest thing done for you	A time when you helped someone	A time when someone helped you
4 A time when you felt excited	Your biggest wish	The best dream you ever had	One thing you are really good at	The best game you have played	A time when you felt brave
5 Something that relaxes you	A time when you were thoughtful	A time when you were friendly	One word that describes you best	A time when you were confident	Something new you want to try to do
6 A goal you have for today	The best meal you have ever had	Who can you compliment today?	The best compliment you have received	Who is your hero?	An adventure you would like to go on