



Seven Fields Primary School-Newsletter

Dear Parents

As we get to the end of the first week of February is there a spring in your step? I know this week staff and children have been focussing on the mindfulness aspects of Children's mental health week. There have been lots of interesting responses to the activities and the assembly on Monday really did kick start the week enabling children to be open and honest about their mental health.

In assembly this afternoon, I spoke about our current value of determination. The second book by Niels Van Hove My strong mind 2 talks about the power of positive thinking. My favourite quote from the book is from Katie (Who we met in last week's assembly) that says

"You can **train** your mind to decide what to **think** about yourself, about others, or about any **situation**"

So often we are hard on ourselves and each other because our emotions get the better of us. This top tip means that we can make ourselves aware of how we feel and not let those emotions dictate our actions. We can learn a lot from this simple message.

I hope this weekend you take the time to be kind to yourselves and to nurture your own well being.

Mr Booth

In the Autumn term Miss Jessop met with myself and Mrs Luker to identify how we could support and improve PE on site at Seven Fields. We have some very exciting plans ahead but one of the first deliveries arrived at school this week. Children on site have managed to have a go on our two active walls which encourage cardio vascular training. I can tell you from personal experience that they really get your heart going. When children return full time to school, which I hope will be sooner rather than later, it is going to be great to see them using these great facilities.





Dojos gained this week

Class	Class	Total Dojos	Class Winner
Miss Mitchell	Bumblebees	983	Lucas 115
Mrs Still	Fireflies	1601	Macie 89
Miss Goss	Robins	1348	Oliver 72
Miss Bickle	Sparrows	981	Crystal 112
Mrs Crane & Mr Hanks	Wrens	621	Lola 77
Miss Smith & Miss Roberts	Puffins	1038	Nikita 71
Miss Jessop	Kingfishers	1017	Amirah 85
Mrs Keye	Hummingbirds	473	Jenna 56
Miss Peapell	Falcons	608	Courney 46
Mr Donnelly	Eagles	582	Phoebe and Chelsea 26

Fireflies	Bear W—Excellent reading with Mrs Barnikel	Miya P—Fantastic reading and comprehension with Mrs Barnikel
Bumblebees	Seth D—Fantastic progress in phonics!	Luiza C—For constantly going above and beyond expectations
Robins	Maria M—For being independent and always working really hard	Cory G—For working really hard all week and being a fantastic home learner
Sparrows	Crystal M—For producing a wonderful picture and for expressing herself	Oscar—For working hard and producing some fantastic English writing
Wrens	Ellie W—For always working hard and producing a beautiful poster in English this week	Joshua C—For being amazing in all his lessons!
Puffins	Charlie S—For engaging so well in the live lessons and working hard	Matthew W—For always trying his best with his work
Kingfishers	Freya H - For engaging extremely well in lessons and handing in excellent work!	Liam J—For showing a really good attitude towards the online learning this week and asking lots of excellent questions!
Hummingbirds	Catherine J—For showing determination this week	Logan W—For a great attitude towards his learning recently
Falcons	Preston V—For his great efforts in the live lessons this week	Ana C—For her persistent engagement in online learning
Eagles	Chelsea H—For working hard to become more independent in her learning	Aleigha R—For engaging with her learning really well and showing determination to try hard when she found things difficult
Other	Issac S—Making and handing out food hampers	

Certificates

Congratulations to anyone who has been nominated by your teacher this week

Well done to you all on your achievements
Don't forget to send us your hot chocolate photo's



Follow us on twitter @sevenfieldsprim



Let's get them flying!

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We received a donation from Jane Atkin the Community Champion from Asda, they have been supporting our school over the past few months with various grants and donations, and more recently kindly nominated us to receive snacks for children in school during lockdown, which was collected by our Miss Holly. We would like to thank them for their continued support.

Thank you very much Asda



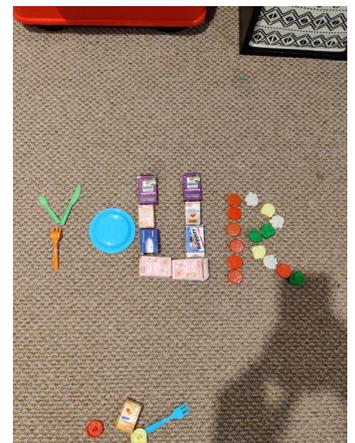
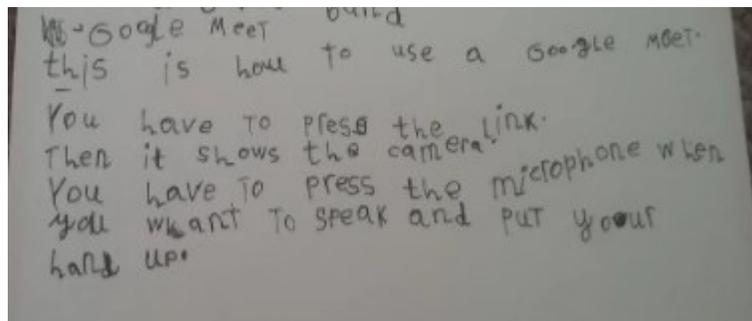
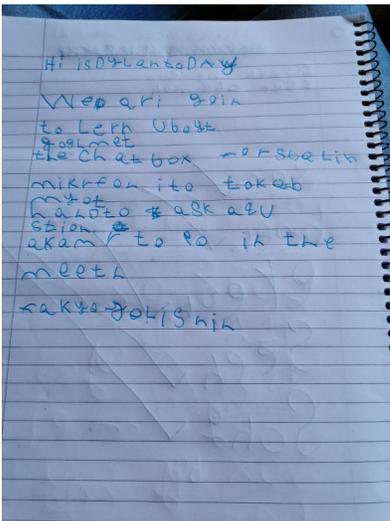
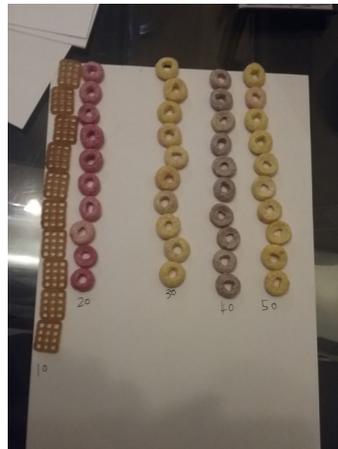
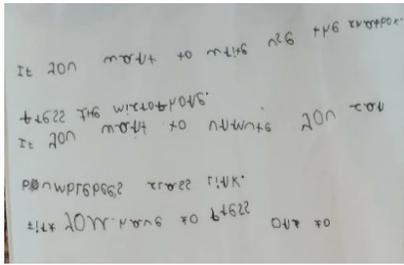
Wonderful work gallery

I have been sent some wonderful work that your teachers would like to particularly celebrate.

Can you spot your work?

Well done if you were nominated this week and if you weren't, don't worry. Have a go next week!

Bumblebee Class



Bumblebee Class



This is how we use
a go... you click on the link
then you turn camera
off and m... you want to
talk...
if you want to use
use the chat box
press the pub to
make a speech



1. Sun is hot. yellow
2. Rain is cold. translucent
3. clouds have water. white or grey
4. Wind is cold. not have color

Today is cold and black.

When I hit softly makes a quiet sound.
when I hit hard it makes a loud sound.
The sound is a tiny bit loud.
The paper makes a louder sound.

His brother is sur
she has a big car
you are a good girl
School is over so I can go
By the way how are you?
my dear teacher I love
you



Dear Mr Booth thank you to be in
Dress up every week I like to be the
I like Miss Mitchell thank you to be ever
day help me on the lines.
By Miss Helena Corbett
Korai

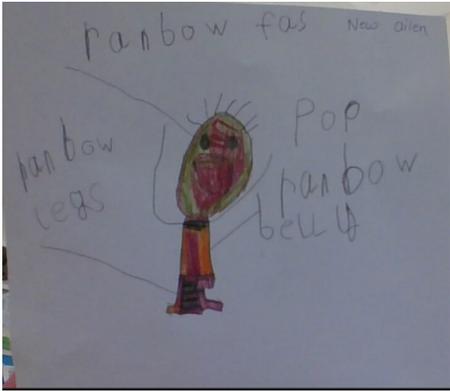
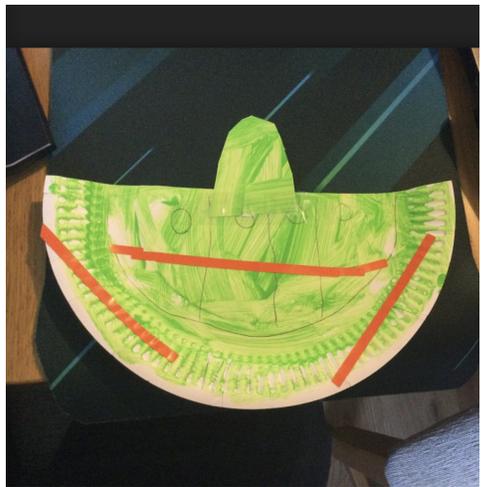
This is how to use
a google meet that you
click on the link.
Then you mute yourself.
we use the chat box to write
I turn off the camera and
finish the call.



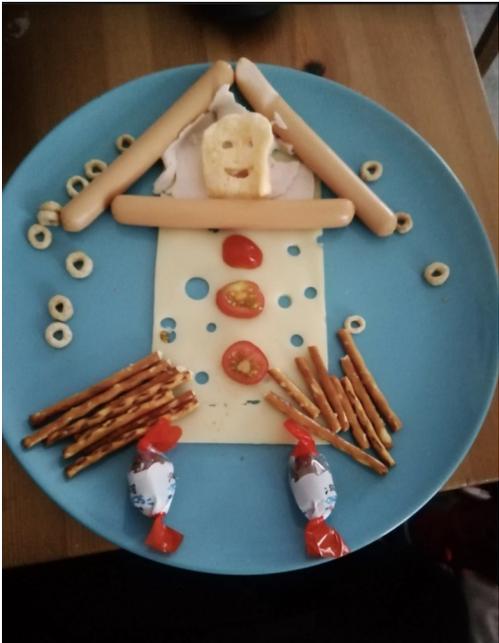
Robin Class

avo's Space fact.

- IS COMPLETELY STEEL
- NOBODY KNOWS HOW MANY STARS ?
- THERE MAY BE LIFE ON MARS ?
- HEU FROM STARS CAN SPIN 600 TIMES PER SECOND ?



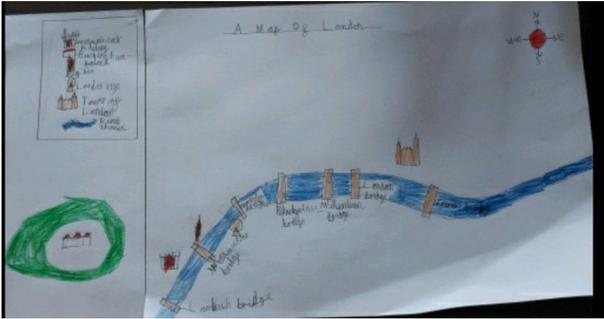
10
20
twenty
22
30 31 32 33
34 35 36 37 38
39 40 41 42 43
44 45 46 47 48
49 50



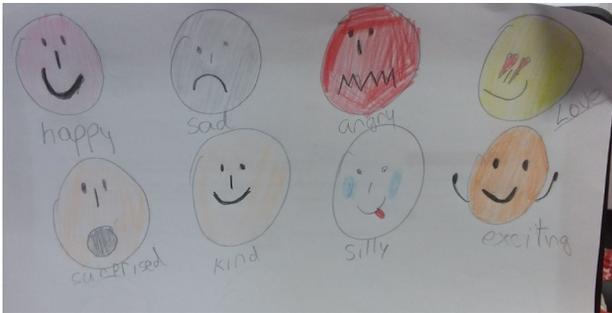
Sparrow Class



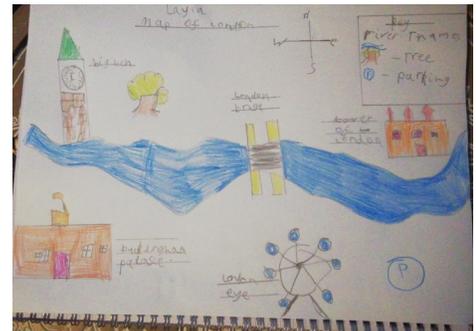
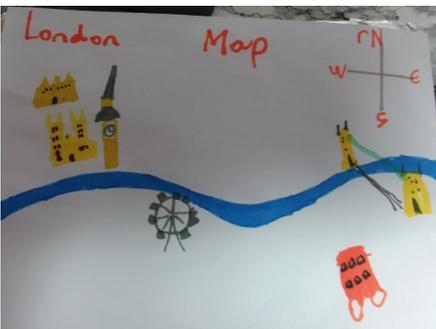
beginning
 Lincoln Look like
 space
 Problem
 stuck on van
 jon
 Ending
 happy ending
 of os Home
 jonard



Eni english
 one spring time there was a boy
 called Albi and Albi liked
 playing with his space toys but
 Albi and his mum took him to
 school in his talkshow car but it
 was up instead of mooring at the
 stay ground Albi went to space
 school. Albi said this not my
 school but then Albi tell opey but
 A Albi helped him out and
 his name was Noel he came in
 for money he had space fuel
 but he didn't like it. Next he
 done more but the assistant was
 not but Noel helped
 but then he went home.
 they washed his The
 end



...the first time...
 ...the second time...
 ...the third time...
 ...the fourth time...
 ...the fifth time...
 ...the sixth time...
 ...the seventh time...
 ...the eighth time...
 ...the ninth time...
 ...the tenth time...



Albie is smaller than
 mr Krark.
 Nogel is the
 fluffiest, kindest
 alien and he loves
 to eat green slim.
 Albie drew the
 scariest T-rex in
 space with the messy
 paint.

The little boy was carefully painting a picture of a teerex. The teerex came to life and ducked under the dinosaur.



Hummingbird Class



Nursery Class
Making pizza and
chocolate krispie



Blue spotted butterfly

Food

Blue spotted butterflies nest at night and at daylight they set up to the sky to find food. They eat grass and sugar. The female gets just what she needs and she puts the same blue spotted babies on the grass so she can see them. They have very large wings and are blue.

Did you know?

Male blue spotted butterflies do a dance when they are flying. The butterflies have a blue spot.

Fun facts

About half of the world's blue spotted butterflies live in the tropics. They make their nest out of mud and sticks and grass. A blue spotted butterfly's life cycle is approximately 4 weeks. There are some species from the Spanish and other parts of the world. Blue spotted butterflies are recorded in 1870.



Kingfisher Class

Monk Seal

They have a broad, flat snout with nostrils on the top.



They are seal-less seals!

Monk seals have a slender body and are agile.

They feed mainly on bony fish and cephalopods.

Monk seals are found in the Hawaiian archipelago.

Emma Fisher-Sly

Variable that I will change about my parachute each time:



Size of parachute

Height of drop

Shape of parachute

Object attached to parachute

Length of string to attach object to parachute

Variable that I will measure: the time it takes to fall

Why is it important to keep the other variables the same?

I need to have every thing the same because I need to make a fair test.

I think that the parachute that will fall the slowest will be the 30cm one.

I think this parachute will have the most air resistance because it has more air on it.

Complete your results in the table below:

Description of parachute (e.g. size/ shape/material)	Variable to measure (taken for parachute the ground)
Parachute 1: Round egg basket	5.7
Parachute 2: Same thing and bin sk	4.92
Parachute 3: Same thing of all.	4.25

Now take repeat readings:

Description of parachute (e.g. size/ shape/material)	Variable to measure (taken for parachute the ground)
Parachute 1: Bin sack	30cm
Parachute 2: Egg basket	20cm
Parachute 3: A paper ball	10cm

Falcon Class

You have been asked to redesign a parachute for the Super Skydiving Company. You will make three parachutes and see which type of parachute falls the slowest. Which variable will you change about your parachute each time? Which variable will you measure?

Variable that I will change about my parachute each time:

I will need to change the size of my parachutes.

Variable that I will measure: _____

Why is it important to keep the other variables the same?

To make a fair test and to see which one is the best parachute 1, 2 or 3

Write a prediction of what you think will happen and which parachute will fall the slowest. Make reference to air resistance in your prediction.

I think that the 30cm by 30cm will be the best because it will hold more air.

Complete your results in the table below:

Which one do you think will fall the quickest or the slowest?	Which one you think will be easier to make?
Parachute 1: I think parachute 1 will go down the quickest.	I suggest this one
Parachute 2: I think this one will be better because it holds more air.	This one will be tri
Parachute 3: My opinion is that this one will go slowest.	And this is tricky like tricky.

Now take repeat readings:

Which one you think will fall the quickest or slowest?	Which one you think will be es
Parachute 1: this will be quick	I suggest this. This
Parachute 2: I think it will be	This one tricky
Parachute 3: This one will slowly	Most tricky.

You have been asked to redesign a parachute for the Super Skydiving Company. You will make three parachutes and see which type of parachute falls the slowest. Which variable will you change about your parachute each time? Which variable will you measure?

Variable that I will change about my parachute each time:



Size of parachute

Height of drop

Shape of parachute

Object attached to parachute

Length of string to attach object to parachute

Variable that I will measure: I will measure the height

Why is it important to keep the other variables the same?

To make sure you have a fair test.

My prediction: (explain what you think will happen, which parachute will have most air resistance and which will fall the slowest)

I think the 30cm parachute will go slow

Complete your results in the table below:

What happened with each one?	What did you most like about each experience?
Parachute 1: It fell down a little quickly.	I really liked the experience because I liked the way it fell.
Parachute 2: The second fell okay.	I loved the way it fell quickly and small down it was fun to see.
Parachute 3: The 3d was the best.	I really liked the way that the parachute fell.

Now take repeat readings:

What happened with each one?	What did you most like about each experience?
Parachute 1: It fell down a little bit quickly.	I really liked the experience because I liked the way it fell.
Parachute 2: The second fell okay.	I loved the way it fell quickly and small down it was fun to see.
Parachute 3: The 3d was the best.	I really liked the way that the parachute fell.

Falcon Class

Variable that I will change about my parachute each time

Size of parachute

Height of drop

Shape of parachute

Object attached to parachute

Length of string to attach object to parachute

Variable that I will measure Time

Why is it important to keep the other variables the same?
OR SAME TEST WILL NOT ACCURATE

I think that the parachute that will fall the slowest will be the LARGEST

I think this parachute will have the most air resistance because LARGEST

Complete your results in the table below

	Description of parachute (e.g. size/ shape/material)	Variable to measure (e.g. time taken for parachute to hit the ground)
Parachute 1	<u>SQUARE 30cm</u>	<u>5.25 sec</u>
Parachute 2	<u>SQUARE 20cm</u>	<u>3.02 sec</u>
Parachute 3	<u>SQUARE 10cm</u>	<u>3.75 sec</u>

Now take repeat readings:

	Description of parachute (e.g. size/ shape/material)	Variable to measure (e.g. time taken for parachute to hit the ground)
Parachute 1	<u>30cm</u>	<u>3.88 sec</u>
Parachute 2	<u>20cm</u>	<u>3.74 sec</u>
Parachute 3	<u>10cm</u>	<u>1.87 sec</u>

Hi, it's me again Michael. I've just washed up on an island and I don't know what to do. All I can see is sea, sea and sea!! I'm so scared and worried like I already said I don't know what to do. All I can do is wait and try to keep myself calm so I'm going to put my feet in the water and watch the colourful fishes and sharks if I'm lucky enough to spot one. I look up at the coconut tree behind me. Shaking the tree trying to catch a coconut so I can crack it open and drink the water from it like what you would do on a calm holiday. Loads of wood and plastic keep on washing up on the sand. Then I got a good idea to make a little den so I put the wooden slabs in the sand to keep them stable then I put my square piece of wood stably on the top in case it rains. After I fell asleep and had a dream about meeting my family. :)

Yours sincerely Michael

Dear diary,

Today I fell off of the boat, trying to save my dog. I got stranded on an island with my dog. At least I wasn't alone. The island was very hot, so I had to sit under some trees for a while. Afterwards, I gathered a few fruits. I don't know what they were, but if they were poisonous, I'd die either way. There was no way to make a fire, so I had to sit next to my dog for warmth. It was absolutely terrible. The only other living things on the island were gibbons, weird monkey type things. And there was no way of escape, either.

1945
July 18

Dear Diary,

My name is Micheal, I have been washed out to the sea with my friend (my dog) I would say it was all my fault. I heard a voice at midnight and Stella distracted me by barking, when the boat tilted sideways and I had nothing to hold on to but Stella, this is why I am all the way over here, (long short story) I have nothing to eat and I don't know how I will ever get back home. I had a dream of me seeing a boat, I felt the ground and when I suddenly woke up, NOTHING!! Just here me and Stella in the middle of nowhere, is this going to be the lost place I will be? Is this the last day I am going to see their Stella? Or is this going to be THE LAST DAY OF MY LIFE!! I had no energy but to throw a stick. As I fell asleep I dreamed again, of my parents shouting Micheal, Micheal, hanging in there, as I realized it was Stella snoring on my shoulder.

In Eagles this week, we have done a lot of work on our focus of Children's Mental Health week. This has produced some excellent discussions and I have been proud of the maturity that the children have shown when talking about this important issue. One of our activities was to create posters to go up around the school promoting having a positive mental attitude and advice on what to do if you were struggling. There were so many amazing posters and there are some on the newsletter to give you an idea. It has been great to work on this topic this week and the class have been brilliant in their attitudes towards it, so well done!

Stay mentally healthy

"I will get up and relax on weekends"

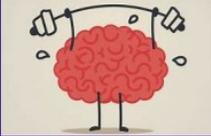
"I will talk to someone if I feel lonely"

"I can talk to some of my friends if I feel sad"

"I will write what I am feeling"

Some advice:

If you are feeling upset or anxious, talk to a trusted adult or someone you know for comfort. Another thing is that if you are feeling alone, write down your thoughts, and then you can put them in a bowl and pick one out, then talk about them to me or a friend. One other thing is that you can bullet journal everyday and add loads of art work but also it prioritises your life. Some extra little advice could be that if you feel scared, you can say to yourself, "Everything's ok, remember that every night and day". At the end of the day, remember that you have great people in your life and they like you for you. But the thing they like most about you is your attitude and positivity for life. Never feel alone. If you need to talk, come talk to me and if you feel down, try all of these methods. Another way is to write a letter on how you feel.



Ways to express yourself: You could wear what you feel, E.x red- being mad blue-sad ect ect. You could do art that day and draw or paint with whatever medium of your choice and do what you feel. Make a poster and send it to someone to make their day. Call anyone and show and say how you feel.

-Keeping Mentally Healthy-

-Staying Positive-

To stay positive, you can
 Take deep breaths
 Keep active
 Take a walk
 Speak to someone



-How I express myself-

I express myself by doing things I like! For example, I like playing football
 Some people might like cooking or drawing ect.



-My advice-

My advice would be to not change for anyone and just be yourself. If you feel upset try to think positive. Don't only think positive, try and do something positive.



-What to do if your feeling sad-

If your feeling upset about something that has happened, look back at memories. Just think about the positive things that you had fun doing if it's a person or animal. If you are upset about something different talk to someone you trust, like a friend parent or teacher.



-Things to remember-

Hope is the only thing stronger than fear. If you dream it, you can do it. Think positive, the rest will follow.

Keeping mentally healthy



How to keep mentally healthy, If you want to keep mentally healthy keep reading this poster and you will find out about what you can do to stay mentally healthy. As well being mentally healthy is a good thing because you will feel better about yourself. And always be yourself; I hope this poster encourages you to keep being mental health on the inside as well as on the outside.

If you go on a walk

When you go on a walk it can become more chill and you do more when you are not stressed. As well going on a walk can take your mind off anything that is going on in your life for a few hours or days and when the day comes you will feel more ready and chillies out for it to happen.



If you do a dance

When you dance you can share all your emotions in your dance and you can express your emotions by dancing your heart out. As well in dance you can do many different types of dance. If you do dance you will feel happy.

If you be yourself

It is always best just to be yourself and if you are yourself you always feel more comfortable. If you are not being yourself you will not feel happy and when you are sad just do something that makes you feel like you are having fun.

be yourself.

Ways to keep mentally healthy!

Here are some tips if you feel down:

Always think of the **positive** things because there is **always** a bright side!

Don't keep it to yourself because telling an adult makes your **worries fly away!**



Walk away from who or what's upsetting you!

Spending time with friends can make you forget about your **worries** and what's upsetting you!

Make sure you **don't take your anger out on someone else!**

Go for a walk by yourself or with friends and family!



Year 1 Letters

To Mr Booth
Thank-you for
PROTECTING US
FROM COVID
FROM-Aiden

To Mr Booth,
Thank you for
being grate. you
make me smile
FROM Aya

To Miss Mitchell,
Thank you for playing
with us. It is very
fun and makes us laugh
a lot.
From Amira

To Mr Booth.
Thank you
from a kid.
Ava
Goon
hat on
you make
us ha

To Mr Booth
Figh for Kodkodw
Kale.
Figh for woosh
From
Nathan

English
To Mr Booth
I like you
I like the songs you
play at the bottom.
from Casey

English 21.2021
To Mr Booth
Thank you for
keeping everywon safe
in the school.
From EVE

Year 1 Letters

Thank you to miss Mitchell for
teaching me how to read and
write, this make me bekom smart.

FROM EVA.

To Mr Booth
thank you for
letting me borrow a
maple.

from
Jack

zap zap
glad glad
pan pan

Dear Mr Booth thank you to be in
assembly every week. I like clap fire work
I like Miss Mitchell thank you to be every
day help me on the lives.

By Luiza Helena Campos
Rossi

to miss Mitchell
thank you for be the
the best teacher
FROM LUCAS

TO MR BOOTH
THANK YOU
FOR
WORKING
TO HELP
ME
TO LEARN

TO MISS MITCHELL
THANK YOU FOR MAKE ME
SMILE EVERYDAY. I LIKE WHEN
YOU STAY WITH ME.
FROM: MARIO.

To Mr booth
thank you for
the assembly.
From maria
I like your
music Mr booth.

To Mr Booth. Thank you
for letting us watch
enjoying at school.
FROM Marissa