



**NEW VALLEY
NEWS TEAM**

HEALTH AWARENESS WEEK at NEW VALLEY

Edition One
14th June 2019

Health week is around the corner so we're here to tell you what each and every class is doing for health week and what you can

do to stay fit and healthy.

Electronic Edition
Free to Friends
and Families.



A Writing Challenge for NVNT

This newspaper project is a writing challenge set for a group in Y5 by Mrs Dubben and Miss Beckman. This is a trial idea to ignite writing and generate excitement for reporting, journalism and presenting information in what we hope will be an informative newsletter for parents.

Our initial meeting developed two ideas: to generate (in record time!) a newsletter to inform parents of the upcoming Health Week and our second project, to work as a team of journalists and report throughout health week to make a newspaper about each and every event happening in every class (to be presented on the 28th of June).

Each member of the team has their own responsibilities: Jaela will be writing about Reception and the choir; Dione will be writing about Y1; Dominic will be writing about Y2 and our healthy school dinners; Tiffany will be writing about Y3 and the importance of PE kit; Dionne will be writing about Y4 and writing an advert; Jeramiah will be writing about Y5 and writing jokes for our healthy minds; Naomi will be writing about Y6 and the family challenge and Elle-Savanah will be reporting the PTA fundraising. My name is Maya. I am the editor. If you have any questions for our project please send them to me via the school office.

Teachers have been planning for health week for two weeks now with three focuses: the first is healthy eating, where we talk about the effects of both healthy and unhealthy foods and what we should eat in order to have a healthy body. We will be talking about healthy lunches and healthy snacks! We will be eating a lot of healthy food too-it will be very tasty! The second focus is healthy exercise, where we will be discussing the importance of exercise. We will be doing quite a lot of exercise as well, as Sports Day falls into health week. Finally, healthy minds. We will be talking about how to develop a healthy mind by having a joke once in a while and how it's important to have a good think about something too to exercise our brains. This jam-packed week will take place from the 17th of June until the 21st of June. Classes will be pairing up to complete science investigations, set each other P.E challenges and many other exciting activities. Each subject will be related to healthy ideas and collaborative work. Every class will be learning about design technology and cooking. We're 100% sure that the week is to be full of smiles and laughter for being mentally healthy.

Our head teacher, Mr Steward ,has told us, "My goal is by the end of Health Week, everyone would be thinking 'What can I do to be a little bit healthier?'"

Maya

Hydrate!

Focus on drinking plenty of water this week and see if you feel better! Don't waste your money on flavoured drinks— just add a slice of lemon , cucumber or even mint leaves to a bottle of water and enjoy the fresh taste. For a lovely, refreshing change, freeze your drink the night before.

The Importance of PE kit

It's always important that children have healthy bodies and are able to exercise properly but, without correct PE kit, that's not possible .

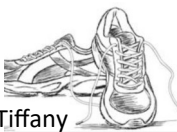
- Injuries can happen if you don't wear the right shoes you can slip
- It is unhygienic to wear school uniform for PE and your movement is restricted

This is why we should all wear:

- ◇ Short sleeved stretchy tops (with the New Valley logo)
- ◇ Shorts , leggings or jogging bottoms
- ◇ Comfortable trainers

Put these together and I guarantee you the children will be able to safely enjoy an excellent PE session.

Article by Tiffany



Jeremiah's Joke...

An apple day keeps the doctor away... unless its ROTTEN!

Re-use your plastics or invest in a proper water bottle!



Dionne

Health Week Across the School...

Health Week in Y2

Year 2 are going to do a daily voluntary run for fitness and yoga or mindfulness for mind health. They will also be doing daily circuits on the playground.

Yr 2's science will be investigating the amount of sugar in their favourite drinks. They believe we should all join health week and all the fun to get better health, mind health and overall **happiness**.

Article by Dom

Health Week in Year 3

This year for health week Year 3 decided to be active with other classes and are joining up with Y2 and Y6. They will be doing:

A voluntary daily run every morning to get them warmed up for classes

Mindful yoga for healthy minds.

A science investigation about the amount of sugar in favourite fizzy drinks.

They are also in for a real treat because they will be doing their very own Zumba classes!

Article by Tiffany

Health Week in Reception

Reception are getting active-they are doing a fun dance for half an hour and yoga for twenty minutes every day during health week. They will also be doing circus skills for 45 minutes. They are making fruit smoothies and are doing a science investigation on sugary drinks. They are going for a walk up to the park and will be playing games. To keep a healthy body, their teacher, Ms Kennard will also be holding a running club for them at 8:15.

Article by Jaela.

Family challenge

During health week we will be sending out a fun family challenge for everyone. The challenge is to try design a healthy packed lunch using only £1.50. It has to be as healthy as you can make it. Have you got what it takes?

You could use: fruit; water to keep you hydrated, make healthy sandwiches (but make sure you include healthy bread) and find a healthy snack. There is a twist-you have to use a little bit of mathematics as well. For example, if a loaf of bread costs one pound and there're 10 slices and you are only using one, you'd have to divide £1.00 by ten etc.

Don't hesitate! Be creative! I'm sure you can figure out a way! Homework will be launched during the early part of the week to coincide with our learning.

Naomi

Year 1 Health Week

All classes, including Year 1 are going to be competing in the Snack Competition to design a healthy snack-the ideas for which are very secret! Year 1 and Reception are also going to be undergoing a health walk up to Grange Park, in Coulsdon, to have a lively run-about with their friends, but also having a healthy picnic that will include plenty of healthy options. On Sports Day (Thursday 20th), Year 1

are still going for their daily swimming lesson as swimming is also healthy for us. The class are also going to be doing some experiments with their seniors, Year 5 (Tuesday 18th). It will be a very busy week in Year 1! Article by: Dione

Year 5 Health Week Plans

Year 5 are excited to be working with Year 1, looking at teeth and how different things affect them. They will also do circuit training with Year 1, teaching and coaching them, then Year 1 will teach Year 5.

The class will be designing a healthy snack in groups, presenting to each other and voting for the best one to make as part of a school competition.

On Friday, the class is going to walk to the sports festival, held at Oasis Academy. They are going to do different activities for the whole day, working with a number of other schools in our local cluster, and then walking back.

On top of all this, the class will be doing daily running, circuits, yoga and active singing. I know I'm going to be exhausted at the end of the week!

Jeremiah

P4C (Philosophy for Children)

"The best things in life are free!"

What do YOU think?

Exercise Your Brain...

How
important
is sleep?



Health Week and Other Healthy News....



School plans for increasing long term health benefits

We are trying to raise money for play-ground improvements. We would like a gazebo that would be used for shelter, playtimes, and outdoor learning. We want to make our school the healthiest it can be so we are trying to get a running track with a fitness circuit installed onto our play-ground. This is planned as a series of permanent markings that can include our existing trim trail. To make playtime even better we want a crinkle crags climber- it is made for older and younger children, with lots of accessible points. Hannah Davies, PTA Chair, said:

“Over the past 18 months, the PTA have been fundraising to improve the outdoor learning area. This is currently awaiting final quotes. The school has been through the design phase. Now we just need to help them get the right money!

If you join in with the bag2school collection on the 26th June, all of the money will proceed to the outdoor learning. Come along to sports day where you can help us raise money by buying refreshments. We are having a family fun afternoon on the 5th July and all the money we raise will go towards a defibrillator for the community.”

All of these things will improve our health and it would be great if you could support us with it. Mr. Steward our head teacher quoted “As someone that loves the great outdoors myself, I want children to develop that passion.” We all agree that we should be more active and get outside a bit more.

Article by: Elle-Savannah

Year 4 Health Week

The Yr 4s are designing their own healthy snacks and then demonstrating what happens in the digestive system to see what happens to the body inside and what snacks you should bring to school. They are also investigating sugar and the right amount for adults and children.

On the subject of sugar, they are measuring too! Using graphs and scales to see the right amount and will be data handling sugar. Yoga is a thing they will be doing daily and they will be doing a thing called “walking and talking” which they will also be doing daily.

They will be skipping too.

The Yr 4s will be collaborating with reception to do a science experiment and will be creating mental health leaflets. They will also be doing distance, time and speed challenges. They will be prepping for sports day and will be talking about the qualities of a good sports man/woman.

“Children are inspired to be what they see: be a role model”

REPORTED BY DIONNE YR5

Developments for the playground forge ahead

Promoting School Dinners

Health Week is a good time to consider the benefits of choosing the school dinner menu. I investigated the menu for this week and was assured by Connie, our cook, that the menu provides the correct balance of food groups. There is always a bread and salad cart to choose from as well.

If you are in KS1 or Reception class, these nutritional meals are free!

Reported by Dom

Singing is good for you!

Three days a week the choir sing their hearts out. They go out for an hour or more and let their voices shine.

This week they warmed up for 2 hours before they did their big performance with 7 other schools at Oasis Academy. It was a huge success! Jaella.

Year 6 Health Week is planned alongside Years 2 and 3

