

Newsletter

Friday 2nd December 2016
No.6

Anti Disability Bullying Week

Enabled NOT Disabled!

During Anti Bullying week, each class chose an inspirational person with disabilities to learn more about. The topic of disabilities is particularly important as Saturday the 3rd of December is the 'United Nations' International Day of Persons with Disabilities'. Throughout Anti Bullying Week, we played Boccia which is a sport designed for athletes with severe impairments.

The highlight of our week was a visit from Paralympian Ryan Raghoo!



Ryan is a long Jumper with Cerebral Palsy who broke the British record at the Queensland Open Championships. Ryan delivered a motivational assembly for the children where he told us his story. Ryan was born under difficult conditions which left him with permanent brain damage and a condition called cerebral palsy. He spent most of his early years in hospital, in a buggy or a wheelchair. Doctors and medical specialists were certain he would never walk. Growing up, Ryan hated sport as he used a wheelchair up until the age of eight. At secondary school Ryan was banned from participating in sport after it was deemed too dangerous for him and he was forced to watch his friends from the side-lines.

When Ryan began studying at our local Brunel University, he persuaded a coach to train him so he could reach his dreams of going to the Olympics. In his first race, he broke the British World Record for the 60m. Ryan went onto achieving a British record for the long jump and is now aiming to win a medal at the 2020 Tokyo Olympics.

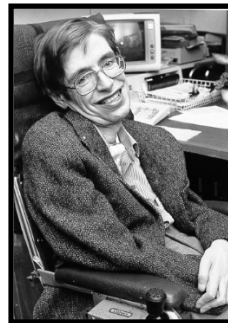
Throughout his visit, Ryan delivered P.E sessions to the children and taught them the message that people are not Disabled but can make themselves Enabled with positive thought and perseverance.



Below is a picture of year 6 playing Boccia. It is a target ball sport similar to bowls but is played indoors with soft leather balls. It is a sport of intriguing tactics, incredible skill and nail biting tension. Once you see it, you will be hooked!



Throughout Anti Bullying Week, classes learnt about Tannia Grey-Thompson, Steven Hawkins, Ryan Raghoo, Harriet Tubman, Melissa Stockwell, Michael Phelps, Beethoven and Stevie Wonder to name a few!



Some of the inspirational people with disabilities that classes studied throughout Anti Bullying week.

Science Club



Last week was our second science meeting. It was very exciting during which we had to learn to ask scientific questions in order to do an investigation. Our scientific question was: What is the difference between a duck egg and a chicken egg? We were given a duck egg that was very different. We were given a knife, fork and spoon and asked to open and then dissect the egg using the correct apparatus. It was very messy!

The egg was black and had concentric rings inside. It smelled VERY bad. At this point, we had to change our investigation and the new question was; "Why is the duck egg black?"

We split into groups and each group tried to find the answer. Eventually, we discovered that the duck eggs were black because they had been preserved in salt for many months. These were in fact a Chinese delicacy!

We really enjoyed it and we can't wait for this week's science club!

Yusuf (Churchill) and Rehaan (Mandela)

Class Assemblies

The following class assemblies are taking place this half term:

Date	Theme	Class
Friday 2 nd December	St Andrew's Day	Year 5 Mandela
Tuesday 15 th December	Christmas Concert	Reception
Friday 16 th December	Christmas Assembly	Year 1 and Year 2
Tuesday 20 th December	Christmas Sing a long	11.15am Nursery am 3.15pm Nursery pm

We encourage all parents/carers and additional family members to come and watch the class assemblies, as it provides support for the children involved and helps to raise their self-confidence and self-esteem. You don't have to have a child in that class to enjoy one of our assemblies, anyone is welcome.

Girl's Football at Spikes Bridge



A massive congratulations to the Year 5 and 6 girls who participated at the Southall and Ealing Girl's Football Competition last week. We beat Dairy Meadow 2-0, Featherstone 1-0 and drew with Drayton Green 0-0. All 3 goals came from Khadija Shah. Well done to everyone in the team!



Christmas Lunch



Don't forget this year's Christmas Lunch is on Wednesday 14th December. We will be serving both halal and non halal meat, along with a vegetarian option and four different desserts!

If you would like your child to have a Christmas Lunch, please return the form to the office by Monday 5th December.

Have a Wonderful Weekend
David Robinson