

FULWELL JUNIOR SCHOOL



Respect Aspire Achieve—Be the best that you can be

Edition 05 : Spring Term March 2018

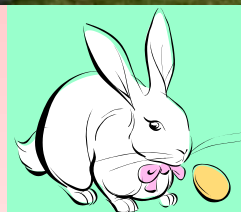


OUR SILVER SUCCESS STORY.....!

On 30th January we were visited by UNICEF's Rights Respecting Assessor, Alwyn Bathan. The visit began with a guided tour from some of the members of the Rights Respecting team. Alwyn was extremely impressed with the strong rights respecting ethos at our school.

'Staff and pupils use the language of rights freely and frequently. Pupils are respectful and polite.'

The children were particularly keen to show the Assessor our playground charter which is having a positive impact in allowing pupils to consider the consequences of their actions. Our aim is to continue our journey towards the Gold award and this outcome suggests we stand every chance of success! Well done to everyone involved!



- * Easter holidays from Thursday 29th March returning on Monday 16th April.
- * Lunch Money for summer half term is £58.00
- * Have a very happy Easter break everyone!



Year 3 Hit the History Trail.....

Year 3 became historians this term, exploring and investigating life in Roman Britain. We discovered some fascinating (and often gruesome!) facts about the Roman Army and their battle with the Celtic tribe leader, Boudicca. The children had a great time practising army formations. The 'Pig's Head' was a particular favourite!



Our investigation into Roman life took us a little further afield to the Roman fort, Segedunum. We had a fantastic time,

exploring the ruins of the fort and Hadrian's wall. The children discovered more about everyday life in Roman Britain and even used face paints to create some Boudicca-style Celtic 'tattoos'! All of this information really inspired us to write and back at school we produced some excellent non-chronological reports about Boudicca, her life and her fight for freedom. Well done children!



Article 29 : Your education should help you use and develop your talents & abilities. It should also help you learn to live peacefully, protect the environment & respect other people.

The Originals of the Species.....

As part of the RE curriculum, the children have looked at creationism; they have viewed many different perspectives from around the globe. This has led to many conversations about Evolution and Darwinism, too. Subsequently, this has supported the children's work in Science about Rainforests.

They have used the school iPads to research their favourite aspects and creatures (following a line of enquiry). Looking at the different layers of the rainforests, and where they are located around the globe, has supported their Geography work.

As part of Outdoor Learning, the children have investigated how Darwin would collect samples of



seeds and soils when he was in a new environment. The children followed the same investigation in the School Garden, predicting what they would find and collected evidence on Sellotape.....not sure Darwin had this resource! :-)

YEAR 4 GET GOOEY!!!

Year 4 have been focussing on Science (Teeth & Digestion as well as States of Matter). We have carried out many practical investigations to discover how and why things happen. We left eggs in different liquids to see what effect the drinks would have on the egg shell - similar to the effect on teeth! We also

made a model of the Digestive System using tights, bread, water, biscuits and sandwich bags!

BEFORE.....



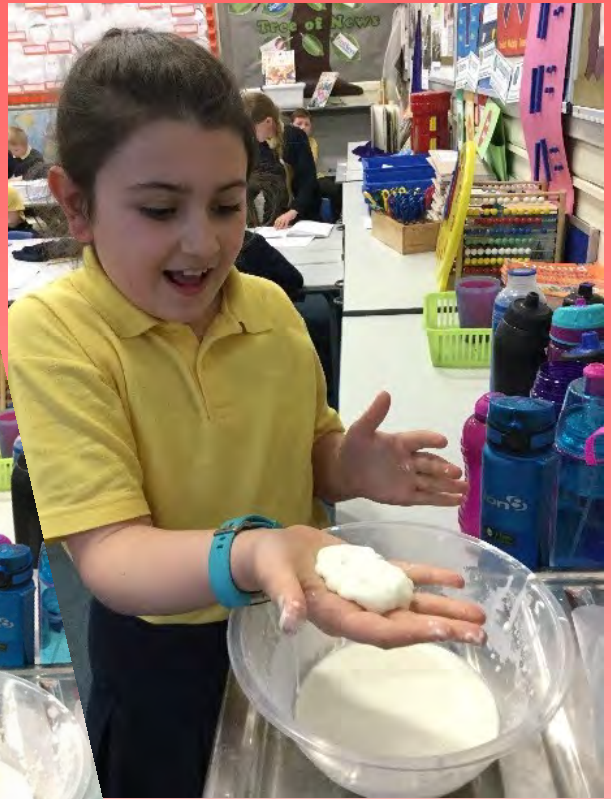
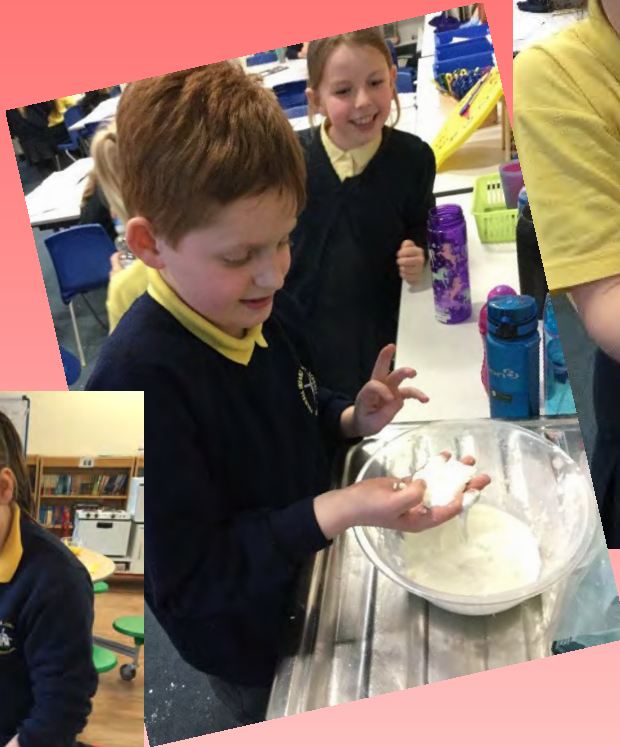
DURING.....



AND AFTER.....!!



As part of our 'States of Matter' studies, we looked at how things dissolve; we melted chocolate at different temperatures, and investigated evaporation and condensation by making a mini greenhouse.



Our DT studies were complete by designing and making healthy snacks for FJS children to eat at break time! This included fruit kebabs and smoothies..

We had great fun making our non-Newtonian fluid Ooblek, inspired by reading the book by Dr. Seuss!

ARTICLE 24 : You have the right to the best health care possible, safe water to drink, nutritious food, a clean & safe environment, and information to help you stay well.



MARVELLOUS ME! —WHOLE SCHOOL PROJECT 2017~2018

‘He who knows others is wise—he who knows himself is enlightened.’

Lao Tzu



The focus of our Whole School Project this year has been around mental health and emotional wellbeing. This term, following our trial in the Autumn Term, we have continued with our Relax Kids programme which has been very well received by pupils who have accessed this.

Relax Kids is a 6 week programme that focuses on relaxation and mindfulness.

The programme incorporates some movement and dance, self-esteem games, stretches, breathing exercises, peer and self massage, affirmations and visualisations. The aim is to help develop pupil’s concentration, self esteem and confidence.

The programme is limited to 12 pupils per session—Teachers invite/identify pupils for the programme where they feel they would be of benefit. To date the programme has been accessed by Year 4 and 5 pupils. We are hoping to widen this to Year 6 pupils after SATS next term.

Our Year 6 children will also receive well-being and personal hygiene sessions from our School Nurse in the Summer Term as part of our transition programme preparing them for the next phase of their lives.

Hayley Ramm (who runs the Relax Kids sessions) was invited to deliver a session to staff as part of our Mental Health /‘Feel Good Friday’ week in March. Our ‘Feel Good Friday’ was a great success and very well received by both staff and pupils who were able to experience some mindfulness and relaxation techniques for themselves.

As part of our ongoing ‘Marvellous Me’ project, staff also attended a training session delivered by Simon Marshall (Director of Education) who spoke about mental health and well being, making links with ‘The Chimp Paradox’ (Steve Peters). Our ‘Marvellous Me’ project will continue into next term.



‘CONTROL THE INNER CHIMP!’

Mindfulness

- Mindfulness means paying attention, with **kindness** and **patience**, to what’s going on inside and outside of you right now.



Article 13:

You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

JOIN THE DEBATE WITH THE SCHOOL COUNCIL....!

The School Council really make the most of using their 'Pupil Voice' and have been working hard lately to create a questionnaire for the whole school to gather pupil opinion on what sort of equipment we need to improve indoor and outdoor break-times.

They have also recently taken part in a workshop with Gillian Bell, Outreach Officer (North East) from Parliament's Education Service. They learned about positive debating skills and the 'Campaign for Change' agenda. The whole school also received a whistle-stop tour of how Parliament works in assembly! Who knows.....we may have a few future MP's in our midst!



ARTICLE 12:

You have the right to give your opinion, and for adults to listen and take it seriously.

Year 5 Get Their Dancing Shoes On!

Miss Birch and Miss Cook are currently working with 20 Year 5 children in a Friday Dance Club. The culmination of their work will see them perform at the Sunderland Empire Dance Festival on June 13th. The theme of the dance routine is 'Games' so we have titled our dance 'A Game of Time' - it focusses around the King and Queen of the chess board travelling through a journey of different games through time including Labyrinth, football and Sonic the Hedgehog! Although it is still early days, all the children have shown great dedication and passion for our dance and we are really looking forward to seeing the performance come together.



Swimming Stars do it again.....!

How fantastic are our swimming team? Wow! We must have a school full of fish because not only did we win our cluster tournament in December against 4 other schools, but we successfully competed in the Sunderland School Games Swimming Gala in January. This time it was against over 20 schools from around our city and the results were just as amazing! We came back to school with silver, and bronze medals for everyone! Fantastic!



Year 5 Get Extreme!

As part of British Science Week 2018, Year 5 carried out some awesome experiments! Because our Geography topic this term is 'Extreme Earth', we looked at the effects of drought and thought about the work that Water Aid does to support countries affected by them.

We considered the children who have to travel for miles every day to collect dirty water for their families, which inspired us to carry out our own muddy water challenge! We started with some clean tap water, and then went to the School Garden to make the water muddy! We then thought about ways in which we could make our dirty water clean again. Although not all of us were successful in making our water clean, we had lots of fun trying and that's what science is all about!

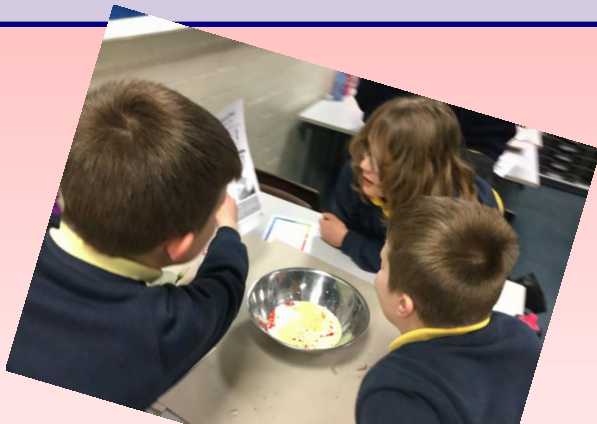
Other experiments included making slime and rainbow colour mixing—it was a very messy afternoon but definitely one to remember!



In our History studies this term, we have been looking at the Anglo-Saxons and Vikings. We were set an optional homework task of designing and making our own Viking shields and everyone was blown away by how much effort we put into our finished products!



We researched the different kingdoms and re-enacted battles between them! We also formed alliances with each other in order to defeat our opposition and our teachers were very impressed with our strategic thinking!



ARTICLE 15 :

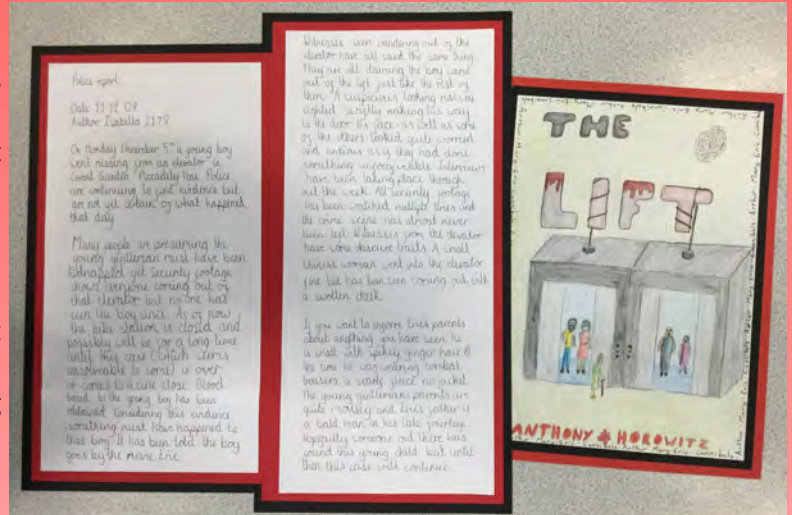
You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.

As well as Science Week, studying our Viking topic and learning about natural disasters.....(wow, haven't Year 5 had a full-on term!), in science we have also been looking at materials. Again, this involved scientific experiments including 'Which material is best for a food preparation surface?' and how to separate materials. Year 5 loved the practical aspect of this topic.....although they were disappointed when they couldn't eat the tomatoes!



What Have Our Dedicated Year 6's Been Up To...?

Year 6 have been working **SO** hard this term! Their main focus has been their SATs preparation and it is definitely paying off! In English, children have produced some excellent writing from debates about the existence of the mysterious 'Beast of Bodmin Moor', to recounts of mysterious lift disappearances and most recently adverts persuading people to buy a very unusual, haunted property: Twist Cottage! In Maths we've been working hard on our reasoning and the children are showing fantastic progress in understanding some rather complicated problems.



In History we have been learning all about Britain since 1947. The children were all given a decade and became 'experts' on it. They learnt all about life in their decade including music, fashion, technology, sport, home life and much more. They had great fun presenting their findings back to the rest of the class. Some children even brought some interesting props to add to their presentation!



We would like to say a huge well done to all Year 6 children on their effort and determination during the Spring Term. Thank you also to all parents for your continued support! The Year 6 teachers could not be more proud of how hard all the children have worked in preparation for the SATs. You deserve a well earned rest over Easter (*although don't forget the homework!*) to come back ready for the final big push before SATs week on the 14th May.

ARTICLE 28:
 You have the right to a good quality education.
 You should be encouraged to go to school to the highest level you can.



FEEL GOOD FRIDAY!

Recently, we took part in a fantastic day as part of Mental Health Awareness Week to promote mental wellbeing and mindfulness. During the day we designed and decorated our very own photo frames showing all the things that were important to us. We also shared many things that we like and admire about one another as well as taking part in many other 'mindful' activities over the course of the day. It was a great, fun filled day where we really were able to focus and reflect on all of the positive things about ourselves.

This year's theme for Science Week was 'Exploration and Discovery'. We researched and learnt about some interesting discoveries that have happened over the years



and found out about some great explorers such as Christopher Columbus, Captain James Cook and Neil Armstrong. We used this information to create our science week posters for our entries to the British Science Association's competition. Most excitingly, we created our very own slime stress balls. We all had great fun making the slime

and playing with it before putting it inside a balloon to create a stress ball. Hopefully, the children are finding them a useful relaxation tool in the run up to SATs!



All of the Year 6 children participated in a carousel of activities to celebrate Sport Relief Friday. 'The Floor is Lava' was very popular in the hall whilst there were a variety of team activities on the yard. Collaboration and observation were key to ensuring that nobody was burnt to a crisp by the lava!



HOLD THE BACK PAGE.....!

A big well done to both of our year 6 netball teams. Fulwell 1 have played all of their games and came out top in the finals held the week of 19th March. They are now through to the Tyne & Wear finals which are to be played next Thursday 29th at Blue Flames Sporting Club, Benton. Fulwell 2 still have some games left to play which we have no doubt they will be very successful in. Well done to everyone for all of their hard work & dedication and a big thank you to parents for all of their support.



SNOW MUCH FUN.....!

Although the recent bad weather caused a lot of disruption, not least for us with the two day closure, we did manage to have a little bit of fun with the snow too! We decided to have a snow man building contest and Mr Speck judged the winner.....a stiff contest but Class 5 were the victors! Everyone involved had lots of fun....and VERY cold hands!



ARTICLE 31:
You have the right to play and rest.

Don't forget.....

You can continue to make donations to the schools chosen charities (Water Aid and the RNLI) at any time, just contact the office. Don't forget to keep filling your RNLI 'Betty pots' with any small change.



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