



The Wandle Weekly

TOGETHER EVERYONE ACHIEVES MORE



Lisa's Inspirational Quote

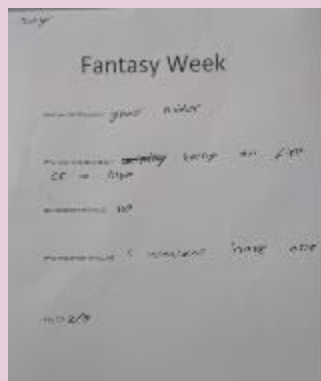
"The beautiful thing about learning is that nobody can take it away from you."

- BB King



Fantasy Week

Last week we wrote our reviews on Ghost Rider:



Next week will be our end of term Cinema event, where we will recreate a cinema experience with pop corn!

TOP 3 THIS TERM:

Mathletics

1st—Nicholas —8000

2nd—Justin—5520

3rd—Logan S — 2028

Primary Athlete: Oliver C



REMEMBER: Wear the colours of your flag/traditional wear. Bring in a food/drink contribution

Week of exams across the whole school.

Key Stage 2 STATS

Key Stage 3 Functional Skill

Key Stage 4 GCSE equivalent exams

Amazing effort from you all.

Well done





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Walton Firs Trip



Blue Class and Group U attended Walton Firs trip this week. They took part in caving, crate stacking and nightline (an obstacle course-blindfolded!!)

The pupils showed determination and resilience. There was positive encouragement for their peers and the adults engaged.

The children contributed to peer conversations and were all respectful of each others concerns and abilities. It was fantastic to see children working together and listening with respect and courtesy to the instructors onsite and the adults that attended the session with them.



The sun shone as bright as the children's smiles and behaviour! The lead instructor commented on his enjoyment of teaching the session with the children being so positive and respectful and he wanted to ensure that everyone that 'they were his best sessions in a very long time.'



Well done the Year 6 and 7 pupils that attended- you did the school proud but, most importantly, yourselves!!





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Primary PE

This week,
some primary pupils
have been practicing



various skills on the
trampoline including:

- Seat-drop
- Straddle
- Pike, and
- Twists!





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KS3 Activities

Year 9's:

Great Independent work on their Prince's Trust coursework booklets, learning about Career Planning.



Year 8's:

Pupils (and staff) enjoying Just Dance as part of their Music lesson.

Minecraft:

The secondary's and Primary's, working together!





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Pupil Voice Trip

I recently took our Pupil Voice representatives to their very first SEND Pupil Voice meeting, where schools from our local community came together to talk about the issues in their schools, and how they would like to deal with it.

The pupils all agreed that next Term's focus will be around Anti-Bullying, which many of them took a special interest in.

Well done to our KS3 and KS4 representatives for a brilliant day.



Home Cooking



One of our Yr10 pupils put his new-found Cooking Skills to work at home and made chicken stir fry for the whole family.

Mum was so impressed she sent in a photo.

Well done Damien!



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Title

Wear It Green Day

MOVEMENT CALENDAR MAY 2024



Being active is so important for our mental health and this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going

for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!

This movement calendar is an amazing way to keep track of all your daily movements and plan out your movements for each week!

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|---|--|---|--|
| | | | 1 Do some yoga, pilates or core exercises | 2 Walk, run, swim or cycle 20 mins | 3 Meditation / Breathwork | 4 Keep going! Rest day or movement of your choice |
| 5 Believe in yourself! Rest day or movement of your choice | 6 Walk, run, swim or cycle 20 mins | 7 Clean the house! | 8 Walk, run, swim or cycle 20 mins | 9 Meditation / Breathwork | 10 Do some yoga, pilates or core exercises | 11 Rest days are important too! Rest day or movement of your choice |
| 12 You're doing great! Rest day or movement of your choice | 13* Walk, run, swim or cycle 30 mins | 14* Bake a tasty cake! | 15* Meditation / Breathwork | 16* Do some yoga, pilates or core exercises | 17* Walk, run, swim or cycle 30 mins | 18* Be kind to yourself! Rest day or movement of your choice |
| 19* You can do it! Rest day or movement of your choice | 20 Dance around the house to your favourite music | 21 Walk, run, swim or cycle 30 mins | 22 Do some yoga, pilates or core exercises | 23 Meditation / Breathwork | 24 Walk, run, swim or cycle 30 mins | 25 Wow! You've moved for 25 days in a row! Rest day or movement of your choice |
| 26 Almost there! Rest day or movement of your choice | 27 Walk, run, swim or cycle 40 mins | 28 Do some yoga, pilates or core exercises | 29 Do an activity around the house | 30 Walk, run, swim or cycle 40 mins | 31 Meditation / Breathwork | |

***13-19 of May is Mental Health Awareness Week**

