ONE LIFE

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2023-24 - Issue 6

SPARKLE One Life

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MAGICA

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What follows

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OUR MENTAL FITNESS CHALLENGES

YOUR MIND

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OUR PHYSICAL FITNESS CHALLENGES

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Mindful Minute

OUR SOCIAL FITNESS CHALLENGES Daily Affirmations

4

AMAZINE

Wise Words

nvisible

Film

Our children have been loving learning how to build their physical, social and mental fitness so that they know how to live their 'One Life' really well and show up as their best selves.

Twitter @SouthdaleSchool

`ONE LIFE`*

Our Junior Leadership Team have been busy finding out what we have been learning through school. Here are some of the responses they got:

'It is really important to be in the now – having a mindful minute helps me focus.'



'I have learnt that friendships can have their ups and downs and that these can usually be worked out.'

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visible

'I am in charge of my mental, physical and social health.' 'The words of wisdom inspire me to be a better person.'

'I can choose how I show up and how I respond to situations.'

TOUR MIND

a little light

Self - Aware

Books this terr

'I know that I am more than my mind and my body - I am a bright light shining strongly.'

'I like the I am statements because they make me feel positive about myself.'

If you would like to find out more, Mrs Wood will be sharing an overview of what we teach and when, so you can support your child at home and use the same shared language if helpful. This will take place at Southdale on **Thursday 19th October at 5:45pm**.



In music, we had another ukulele lesson with Mr Hill. We practised moving between cords whilst keeping in time.

Physical & Mental Fitness!

Our week started with a fantastic PE lesson where we had the chance to show off all our sprinting, hurdling, balancing and jumping skills. We worked well as a team and encouraged each other throughout.

In our 'One Life' connections lesson, we reflected on our own strengths and weaknesses as being self-aware is a very important part of our mental fitness. We also read a beautiful book called 'Invisible String' and thought carefully about who we are connected to and the importance of our friends and family.

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Melting!

Our science has been super exciting this week! We have been observing the changing of states through melting and freezing. To do this, we melted chocolate and saw the change from a solid to a liquid. We froze a smoothie and saw the opposite process of a liquid to a solid.

In art, we have started our final piece and sketched out our landscape and added the background watercolour. We are so excited to start to add our detail next week.





Living like a Saxon!

We spent a day at Danelaw this week, fully immersing ourselves into Anglo-Saxon life. We learnt the craft of candle making, trained to be warriors and we scribed pages for an Anglo-Saxon book using illuminating skills. To top off our day, we even managed to scare of an impending invasion from a Viking warrior. Back in school, we channelled our inner story-teller (with inspiration from Widsith in our class text, Winter of the Wolves), by gathering around the fire, in role as a true Anglo-Saxon 'scop', to share of our amazing English descriptions!



Volcanos!

This week, we have started to look closely at volcanoes. We used atlases to locate some famous volcanoes, and then discussed what type of plate boundary they were near. We then dug deeper into why this was the case, using our knowledge of earthquakes! We can't wait to look at how volcanoes erupt next lesson.

In art, we have used our designs to begin making our foundations of our sculptures. We used various techniques such as coiling, pinching and the score and slip method, to mould our clay into different forms. Let's see what they look like once they've dried!

> In science, we have been looking at the theory of refraction, and understanding that when light hits water, it can bend due to the change of speed. Tricky concepts!

THIS WEEK'S HOMEWORK

Year 3

Reading: Please support your child by listening to them read for 20 minutes every day and record their progress in their school planner.

Maths: Please support your child by encouraging them to practise their times tables using the app TT Rock Stars and complete their weekly My Maths homework.

Year 4

Reading: This is so important! Please continue to read with your child at home and ensure that they are reading for at least 20 minutes a day. We can really see the difference this is making for our children who are reading daily! We have plenty of fiction and non-fiction books linked to our narrative.

Maths: Please support your child by encouraging them to practise their times tables using the app TT Rock Stars and complete their weekly My Maths homework.

Year 5

Reading: This is so important! Please continue to read with your child at home and ensure that they are reading for at least 20 minutes a day. We can really see the difference this is making for our children who are reading daily!

Maths: Please complete the questions. Due back 17.10.23

Spelling pattern this week: 'ible'

Terrible, Edible, Sensible, Reversible

Year 6

Reading: : This is so important! Please continue to read with your child at home and ensure that they are reading for at least 20 minutes a day and make a note of how many pages in the planner. We can really see the difference this is making for our children who are reading daily.

Maths: Please complete the multiplication questions on the sheet. Remember to do your working out! Due back 17.10.2023.

Spelling pattern this week:

We are still looking closely at suffixes, but focusing on the pattern -ful, -ment, -ness and -ly. Please practise these at home! beautiful, thoughtless, powerful, definitely, laziness, achievement, speedily

Knowledge organiser: This week, we have started to focus on volcanoes. Ask your child about what they have learnt.

Head teachers Award

	Harry S (5AM)	Harry, you show the Southdale sparkle each and every day. You embrace school life with a positive attitude, and you always show kindness to those around you.
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Special Mentions				
3EB	Gabriel W	For being a brilliant magpier. You took the ideas and changed it to your own. Keep it up!		
3FD	Holly M	For being a polite, hard-working and thoughtful member of our class. I can always rely on you for a helping hand Holly. Keep on shining!		
3LS	Orla	For showing such support and kindness to another pupil during your ukulele lesson. You are a wonderful learning partner.		
4BR	Clark T	For showing a mature attitude to your learning. Your enthusiasm this week to your learning has been great. Keep this up Clark!		
4LD	Ronnie R	For putting 100 percent into everything that you do. You are a ray of sunshine and set a great example for others.		
4LH	Jacob B	For being a kind and considerate talk partner. I know your partner has appreciated your support this week. Well done!		
5AM	Ella L	For settling in so quickly into the Southdale family. You've fitted in so well, and it's like we've always had you. Keep smiling, and keep working hard. You are a 'Southdale Sparkler' already.		
5CW	Emily C	For carefully selecting vocabulary and sentences to ensure your description is thrilling and exciting. Your strategic planning and thought has ensured your writing has the biggest impact on the reader.		
5EZ	George	For being a fantastic role model on our Anglo-Saxon trip. You are so kind and polite. Keep shining!		
6KW	Jenson F	For always going above and beyond in all aspects of your learning. You work so incredibly hard in and outside of school. You really do make me proud!		
6TH	Sophie B	For truly embodying our Christian values and being a shining example to everyone around you. You are such a dedicated learner who always shows enthusiasm and is truly committed to doing your best.		
6ZR	Alfie D	For not giving up during our challenging maths lessons this week. You showed determination, perseverance, and made sure to ask for extra input. You really do make the most of every second.		

UPCOMING EVENTS

EVENTS/TRIPS/RESIDENTIALS				
Thursday 19th October		One LIfe Parent information Session		
Tuesday 24th October 3.00-6:30pm Wednesday 25th October 3.00-5:00pm		Parents evenings		
Monday 13th, Tuesday 14th & Wednesday 15th November	Y3	Murton Park - Stone Age day		
Thursday 30th November		Christmas Fair: 3.00 to 6.00pm		
Thursday 14th December		Christmas Dinner and Christmas Jumper Day		
Thursday 14th December		Christmas Disco Y3 and Y4: 4.15 to 5.30pm Y5 and Y6: 5.30 to 7.00pm		

KEY DATES 2023-24

Autumn Term 2023					
Monday 4 September	INSET DAY				
Tuesday 5 September	School opens				
Thursday 26 October	School closes for half term				
Friday 27 October	INSET DAY				
Monday 6 November	School opens				
Thursday 21 December	School closes for the Christmas Holidays				
Friday 22 December	INSET DAY				
Spring Term 2024					
Monday 8 January	School opens				
Thursday 8 February	School closes for half term				
Friday 9 February	INSET DAY				
Monday 19 February	School opens				
Friday 22 March	School closes for Easter Holidays				
Summer Term 2024					
Monday 8 April	School opens				
Monday 6 May	BANK HOLIDAY				
Friday 24 May	School closes for half term				
Monday 3 June	School opens				
Friday 19 July	School closes for Summer Holidays				
Monday 22 July	INSET DAY				

SAFEGUARDING TEAM



Mrs K Partington Designated Safeguarding Lead



Mrs R Mohebi Deputy Designated Safeguarding Lead



Mrs J Woolnough Designated Safeguarding Lead



Mrs L Helliwell
Deputy Designated Safeguarding Lead



Mr V Foster Safeguarding Governor

