

MANDEVILLE NEWS

**Friday 1st
February 2019**

SCHOOL DINNERS

Spring Term 2019
1st half of term
07/01/19 – 15/02/19 = £45
2nd half of term
25/02/19 – 05/04/19 = £45
Whole term = £90

GREEN POINTS

	Class	Points
EYFS	Kandinsky	86
Key Stage 1	Catlett	267
Lower KS2	Picasso	289
Upper KS2	Rivera	32

SPANISH PHRASE of the week:

Estoy perdido ... I am lost.....

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JACKSON CLASS ASSEMBLY

Jackson Class had their assembly on Wednesday and chose to look at **Victorian life in Britain** - more specifically what life was like for children in the late 19th century. We learned that children went to school between the ages of 5 and 10, and had to pay for the pleasure! If they did not bring their school fees they would be severely punished. The Victorian school teacher (Miss Perkins) was played by Skye and she did a great job of showing how strict they were back then by putting in a truly scary performance! If children did not have the money to go to school they would scrape by, being street urchins. These jobs paid only pennies and included chimney sweeps, shoe shiners, road sweepers and flower sellers. By the end of the assembly, we all agreed how lucky we were to have the opportunity to come to school everyday and learn for free!

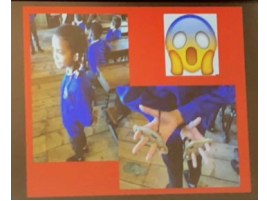


JACKSON CLASS ASSEMBLY CONTINUED.....

Elijah - "I really enjoyed the assembly and it was weird to see children being punished that badly!"

Jayden - "I couldn't believe that children had to work from as young as 5 to survive..."

Cagdas - "I enjoyed learning about life in the workhouse and going to the Ragged House School to see what life was like for Victorian children."



PARENTS & CARERS COFFEE MORNING

Internet safety and Cyber bullying
Come and join us on **Wednesday 6th February**
8:30-9:10am. Free coffee and cake!

HWBteam@hackney.gov.uk

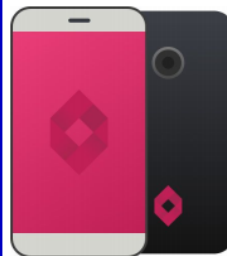
Online Safety



February 6, 2019

Parents Coffee Morning

This session will give a brief overview into the online world young people are increasingly connected to on a daily, or often hourly, basis. We will explore the health and social impacts of electronic device usage, and how families can limit internet isolation by incorporating interpersonal skills in their children's device usage.



Social Media

Almost 25% of 8 to 11-year-olds and 75% of 12 to 15-year-olds has a social media profile. Two-thirds of the whole UK population are active users of social media and 11% of the world (800 million people) use Instagram every month. It is important that parents understand the risks presented by social media presence to children's emotional wellbeing.

Cyberbullying

NSPCC reports that 1 in 4 children have experienced something upsetting on a social media site. The prevalence of online abuse has a damaging impact on the ways children communicate through the internet. We will explore reporting systems and discuss how we teach our children to spot, and stop, digital hate crime.

Privacy and Monitoring

How we monitor our children's internet activity and preventing access to inappropriate online content is crucial to protecting them from abuse, and limiting security risks. We will talk about how to maintain privacy and encourage our children to stay safe online.

Whether your child is in the Nursery or Year 6, please sign up and come along. Sign up sheet in Reception!



**WEEKLY
CLASS AWARDS**

Ofili Jayden D & Kazel
Knight Samuel & Festina
Wiltshire Adam & Aanya
Catlett Jayda & Dareen

Himid Kelsey & Janet
Picasso Rayan & Gultuana
Matisse Awwal & Cherryl
Rivera Cayon & Kadir
Jackson Maxwell & Maya
Kahlo Kairee & Abdul-Aziz
Hockney Priscilla & Anthony

KEY DATES THIS TERM

Wednesday 6th Feb Internet Safety & Cyber Bullying Coffee Morning 8.30– 9.10am + **Wiltshire** class assembly
w/c 18th Feb Half term break
Thursday 8th March World Book Day
Wednesday 13th March **Matisse** class assembly
Thursday 14th March Parent/carer consultations
 - **School closes early at 2pm**
Wednesday 20th March **Catlett** class assembly
Wednesday 27th March **Ofili** class assembly
Friday 5th April Last day of Spring term
 - **School closes early at 2pm**

HEALTHY EATING ARTICLE

This week rove reporters **Deziah, Estherline** and **Zara** (Rivera Class) have been investigating the eating habits of some of the adults around the school.

The first person that we found was Mr Ironman himself, **Mr Colomb**. We know Mr Colomb likes to eat, but does he eat healthily?

Q – Mr Colomb, when did you start eating healthily?

A – My mum always gave me healthy food so I was always really healthy as a kid. I got into unhealthy food at university but now I try to be really healthy with what I eat.

Q – How many calories do you eat a day?

A – I eat at least 2,500 calories a day but that's because I do lots of exercise, I cycle, run or swim for 2 hours every day so sometimes I need to eat more calories.

Q – Do you snack? You are always in our classroom trying to steal Ms Gough's food!

A – I do snack! But I try really hard to eat healthy snacks like bananas, nuts and healthy breakfast bars, not the sugary ones!

The next person we interviewed was **Ms Slot**. We found out Ms Slot has recently become a vegan and we really wanted to find out more about it!

Q – What made you want to be a vegan?

A – I was interested in making sure I ate really healthily, I was also concerned about animal welfare and the affect that meat production has on our environment. So lots of reasons really.

Q - What is it like being a vegan?

A – It's great for me because it makes me think more about what I am cooking and eating, I've had to try lots of new things and new recipes.

Q – When did you start healthy eating?

A – I have always tried to eat healthily, it's important to have a balanced diet for your mental and physical health.

HEALTHY EATING ARTICLE CONTINUED.....

Q – What did you find the hardest to give up?

A – Definitely cheese!

Q – What are your daily healthy snacks?

A – I eat fruit, wholemeal toast with peanut butter and bananas.

Q – How much sugar do you have a day?

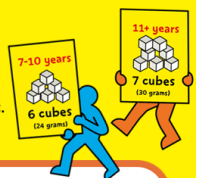
A – I try to only eat natural sugars like the ones that we find in fruit, I do my best to avoid sugary snacks and I don't add extra sugar to things.

Thank you for all the teachers that we interviewed.

Here are some key facts to help you to eat healthily too:

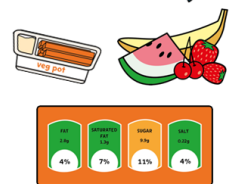
Key facts

- We should not eat too much sugar because it can cause fat to build up in our bodies. Too much sugar can also cause tooth decay.
- Kids today are eating around three times more sugar than they should!
- 50% of the sugar we eat comes from unhealthy snacks and sugary drinks.



Top tips!

- Healthier snacks and drinks contain less sugar.
- If you are eating packaged snacks, you should eat no more than two snacks per day.
- Look for snacks with **greens** and **ambers** on the label.
- You can download the Food Scanner app to help you find out which snacks are healthier



King's Park
**MOVING
 TOGETHER**
 AN ACTIVE COMMUNITY



FREE HALF TERM SPORTS CAMP AT MANDEVILLE

A free sports camp will be running at Mandeville school in the mornings of February half term for children in years 3, 4, 5 & 6. The sessions will run from 9am - 12noon daily from Monday 18th to Friday 22nd Feb. The sports camp will be run by Sanchez and Team Get Involved. Participants will take part in a range of physical activities, with a different sport focus everyday, including basketball, Tag rugby, netball and athletics. Places are limited and will be offered on a first come first served basis. Application letters will be given to children in years 3 – 6 next week. If more applications are received than there are places, a reserve waiting list will operate. Applications from children who don't usually take part in out-of-school sports activities are encouraged and all levels of ability are welcome.

Please remember to inform the main office of **any changes to your contact details** i.e: home number, mobile phone number, address, or if your child has a medical condition.

If you would like the newsletter emailed to you please email: mdvoffice@mandeville.hackney.sch.uk