



11.3.2022

Sunnyside Newsletter

What a fabulous week we have had at Sunnyside. We started the week thinking about what 'Mental Health' means and that we all have mental health and this is on a continuum. We discussed what we may feel and show if we had positive mental health and how this can change if we face more challenging circumstances and situations. Sometimes we may feel worried or sad and these feelings are normal too. We talked about how we can look after our own mental health too by talking to friends and family, exercising, taking on a new hobby and getting outside into the fresh air.

We have also learnt about 'International Women's Day' during our Tuesday assembly. International Women's Day is an annual event that celebrates all the amazing things women have achieved. It is a way to show how women have and continue to influence the world. As well as celebrating brilliant women, it's also used as a day to highlight and raise awareness about issues that women still face.

We shared with the children how historically, women have been denied the right to vote, to work, and lots of other things, too. Because of brilliant women who fought against these things, women have a lot more say in the world around us now. But there are still many issues that women continue to face and fight for today.

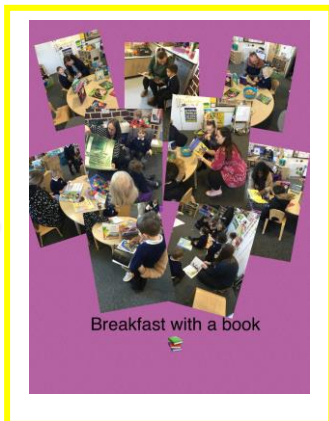


Lunchtime Club

Year 5 Art



EYFS



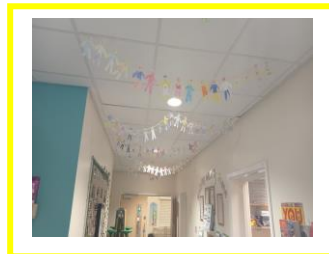
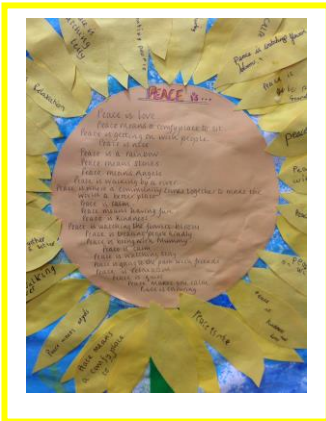
Code Club



Day of Peace

Our children have been incredibly supportive and excited about our Day of Peace today to show our support for those in the Ukraine.

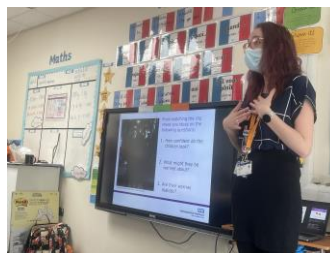
We would also like to thank you for all your support, the children looked fantastic in their "yellow and blue" and we have raised a fantastic £279.95 which will be donated to "Operation Orphan" in Attenborough a local charity taking humanitarian aid to the Ukraine.



Mental Health Team

The Mental Health Support team delivered a fantastic parent workshop in school yesterday focusing on how as parents we can help our children that struggle with anxiety.

They also delivered a great workshop to the Year 6 children looking at anxiety and different strategies the children could use to help them.





Questions of the Week

Each week we will be sharing some questions from your child's class teacher to help them share their learning with you.

EYFS – 1. What's your favourite food?
2. Can you name a food from another country?

Year 1 – 1. -What are the countries of the UK?
2. Can you recall the 2 times table?

Year 2 – 1. Can you name name the countries in the UK?
2. How do I make a pizza?

Year 3 – 1. If you could live anywhere in India, where would you live? A rural or an urban area?
2. What should we share about ourselves online? Why don't we share everything?

Year 4 – 1. Where would you prefer to live in India? A rural or an urban area? and why?
2. Can a plant grow in the dark?

Year 5 – 1. Art: Who was Katsushika Hokusai and what did he do?
2. Science: How do animals adapt to suit their environments?

Year 6 - 1. How does adaption lead to evolution?
2. What is DNA and why is it important to us?

Pride Pound Winners

Our Pride Pound winners for w/c 7th March are Willow .

This is a fantastic achievement and the children will receive a class reward next week in school.

Well done!

Dates For Your Diary.

- 15/03 Maths Parents Meeting
- 16/03 Science Awe and Wonder Day
- 17/03 Boccia at GSA
- 18/03 Science Dress up day
- 30/03 Wollaton Hall Litter Pick
- 31/03 Movie Reward Night



Weekly Menu

Monday	Mince Beef Bolognese or Super Veg Pasta Garden Peas, Sweetcorn Garlic Slice	Chocolate & Orange Muffin Yogurt & Fruit Cheese & Biscuits
Tuesday	Roast Chicken or Roast Quorn Broccoli & Carrots Creamed Potatoes, Yorkshire Pudding, Gravy	Berry Crumble Bars Yogurt & Fruit Cheese & Biscuits
Wednesday	Sweet & Sour Chicken or BBQ Quorn Mixed Vegetables, Steamed Rice Naan Bread	Gingerbread & Apple Muffins Yogurt & Fruit Cheese & Biscuits
Thursday	Roast Turkey or Vegetarian Sausage Creamed Potatoes, Stuffing Cauliflower & Carrots, Gravy	Apple Pie & Custard Yogurt & Fruit Cheese & Biscuits
Friday	Chicken Burger or Vegan Nuggets Chips Baked Beans or Garden Peas	Chocolate Mousse Yogurt & Fruit Cheese & Biscuits

Weekly Activities

Monday	PE – Year 3 & 4 Forest School – Year 3 & 4 Boccia Club – Year 5 & 6 (3:45pm-4:45pm)
Tuesday	PE – Year 1 & 2 Forest School – Year 1 & 2 Dodgeball – Year 1 & 2 (3:45pm-4:45pm)
Wednesday	Drumba – Year 3, 4, 5 & 6 Forest School – Acorns
Thursday	Forest School – Little Acorns Hockey Club – Year 3 & 4 (3:45pm-4:45pm)
Friday	PE – EYFS, Year 5 & 6 Forest School – Year 5 & 6 Handball – Year 5 & 6 (3:45pm-4:45pm)

Full PE Kit -- shorts, joggers for outdoor PE, T-shirt & trainers/plimsolls are worn on the day of PE

Forest School – Wellies/Old Trainers, Long Trousers, Warm Hat, Gloves, Scarf and Waterproof Jacket

Dinners are £2.20 per meal or £11.00 for the week
Wake and Shake/Learning Zone are £2.00 per session.