



The Old School Henstead

Newsletter 2 October 2020

MESSAGE FROM THE HEADMASTER

The Secret of Joy

The Bible tells us 'a merry heart does good, like medicine, but a broken spirit dries the bones.' Did you know that laughter is such good medicine that it can relieve stress, cure headaches, fight infections and alleviate tension? Doctors tell us laughing produces benefits similar to the benefits we get from vigorous physical exercise - when you throw your head back and laugh out loud the muscles in your abdomen chest, shoulders and elsewhere in your body contract, while your heart rate and blood pressure increase. Once you stop laughing, your heartbeat and blood pressure dip below normal, signalling reduced stress. God created laughter because he knows it's good for our health. We must not however confuse happiness with merriment. Merriment comes from joy, not happiness and understanding this is crucial to our emotional well-being. There are times when we cannot and should not be happy - some of them may be with us in these current circumstances, such as when people are hurting, going through tragedy or losing loved ones. In the face of injustice happiness is inappropriate, if not impossible. Yet the joy that comes from knowing that we are unconditionally loved and accepted by God enables us to remain joyful. Happiness is circumstantial - joy is a choice. Choose joy!
W J McKinney MA Hons PgDip MA Ed





**DATES FOR YOUR
DIARY.**

Dates for your Diary

Saturday 17 October - Sunday 1 November Half Term

Wednesday 11 November - Remembrance Day (commemorations and roll of honour at school, but without guests this year.)

Tuesday 17 November - Nasal 'Flu Immunisations (for pupils in Reception to Year 6, whose parents signed up).



Take a Deep Breath.



This week Year 6 pupils were tasked with dissecting a pig's lung as part of their science lessons about the human body. This is typically a senior school activity, but the boys and girls are very interested in anatomy and mature enough to cope with this kind of investigation. Dissecting organs is a great way of finding out how they work, and pig lungs have much in common with human lungs which makes them ideal organs to study.

The boys and girls observed that the trachea is full of hard cartilage which keeps it permanently open so that we can breathe. They then cut down until it bifurcated (split into two) and could clearly see the bronchii, the tubes which feed into the left and right lung. Each bronchus is rather like the trunk of a tree because it has branches growing from it, called bronchioles. At the end

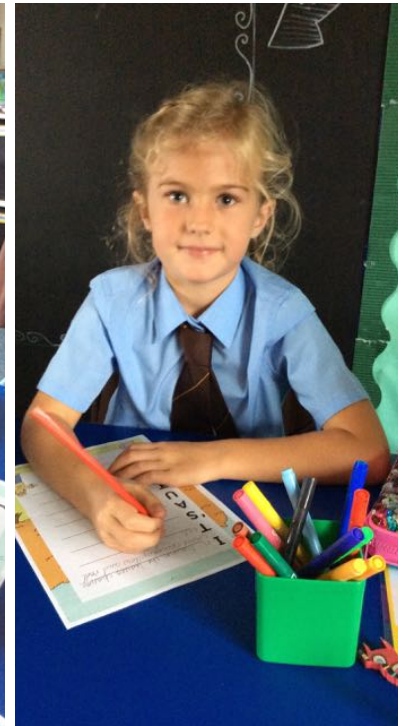
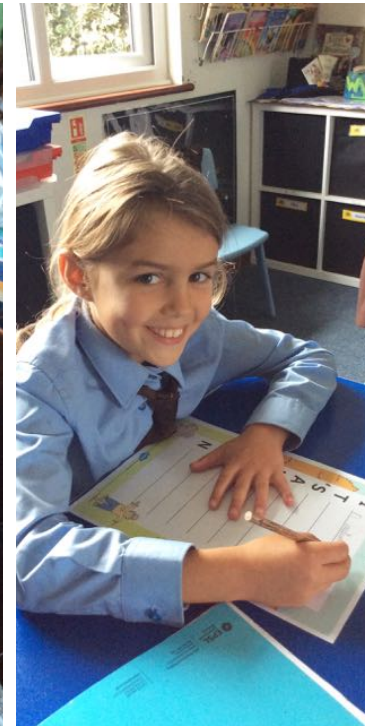
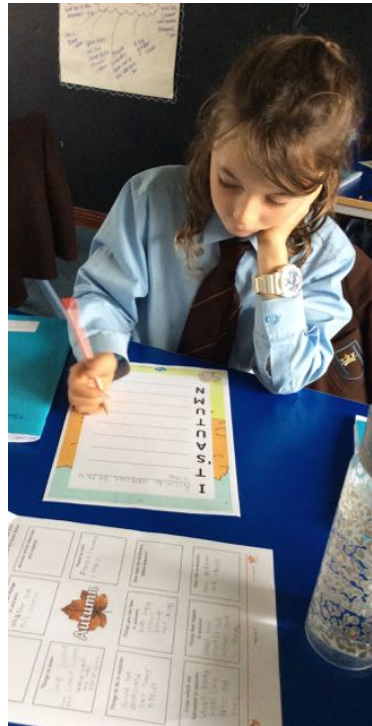
of the bronchioles there are little bunches of alveoli, tiny sacs which contain the air that we breathe in. The pupils were fascinated to find out that there are about 600 million alveoli in our lungs!

Throughout the dissection they recorded their observations and we discussed what a marvellous machine the lungs are: they ensure that an exchange of gases takes place which enables humans to breathe in oxygen and breathe out carbon dioxide.

They thoroughly enjoyed the dissection and felt that they'd learnt a great deal. I was reliably informed that the highlight was being able to use a foot pump connected to a tube to inflate and deflate the lungs, the perfect way to see them in action. I was very impressed by the way the pupils handled themselves during the task. Well done, Year 6. Mrs Sonn



National Poetry Day.



Pupils in Year 4 created their own autumn poem for National Poetry Day. They enjoyed cross-curricular, autumnal learning all day, finding out why leaves change colour in science, brainstorming autumnal adjectives in English and even solving some autumn-themed maths problems. Miss Doughty



Sports Gallery.





Sports Gallery.





Brass



On Monday, Years 4-6 were treated to a demonstration of the brass family of instruments by Mr Beer, assisted by James, who played solos and duets on his trumpet. Mr Beer teaches trumpet, tenor horn and trombone. He showed us how to make the basic sound (by blowing a raspberry!) before showing the range of these instruments by playing well-known tunes including "James Bond" and "Postman Pat". We currently have spaces available for pupils interested in taking up a brass instrument, and can offer a trial lesson free of charge. Please contact Mr Spencer at v.spencer@theoldschoolhens.tead.co.uk if you are interested.





Space Project in Art.



Year 5 pupils painting planets in space using oil pastels and water based paint.



Outdoor Education.



Year 3's Outdoor Ed lesson included making a tortoise enclosure.

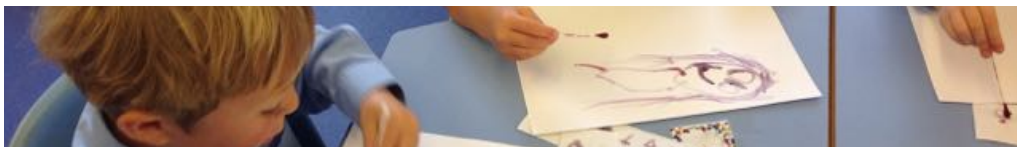


Reception News.



The time of year that Keats called the 'Season of mists and mellow fruitfulness', Autumn is a season famous for its harvest times, turning leaves, cooling temperatures and darkening nights. In Reception we have been exploring our senses and the different sounds, sights, smells and touch Autumn brings. We observe and discuss how the trees prepare for winter and look at all the beautiful colours in their leaves. In music, we enjoy singing and dancing to songs about our bodies, seeds, growing and colours. As we dip into the world of photosynthesis, we explore the chemistry of colour from green to vibrant ambers, reds and yellows of Autumn. In languages, we have studied the word equinox which comes from the Latin equi (meaning equal) and nox (meaning night) which has inspired talk about the darker and shorter days.

Mrs Scriven





Creative Writing.



During the past two weeks, Year Two read and studied Esio Trot by Roald Dahl. The last of his books, Esio Trot was published in 1990. While most of his books focus on heroic, magical characters, this particular book is about connection and relationships, giving it a uniquely real feel.

During the story, Mrs Silver declares that she would like Alfie, her pet tortoise, to grow more. Mr Hoppy, our main character, suggests reading a spell to her written in ‘tortoise language,’ which he explains is saying words backwards.

The spell Mrs Silver reads is the following – I wonder if any of our younger readers might decipher the real message...

ESIO TROT, ESIO TROT,
 TEG REGGIB REGGIB,
 EMOC NO, ESIO TROT,
 WORG PU, FFUP PU, TOOHS PU,
 GNIRPS PU, WOLB PU, LLEWS PU!
 EGROG! ELZZUG! FFUTS! PLUG,
 TUP NO TAF, ESIO TROT, TUP NO TAF,
 TEG NO, TEG NO, ELBBOG DOOF.

Throughout the reading of the story, the children wrote character descriptions, held class discussions and wrote a book review. They even got an opportunity to test out the spell on our very own tortoise, Victor, who currently inhabits our school polytunnel. Mr Hunt



Nursery Gallery.





OTHER NEWS.

Mascots

Mascots were awarded this week to the pupils best demonstrating our school values for this half term - Confidence and Creativity.

Reception: Louiza for showing great improvement in her confidence when coming into school.

Year One: Eddie for confidently using his manners.

Year Two: William for confidently writing with independence.

Year Three: Robin for confidently accepting the challenge of the Hot Seat - demonstration his knowledge of doubles and the speed of his recall.

Year Four: Ted, for improved confidence and creativity in all lessons.

Year Five: Tom, for his creative artwork with using oil pastels and pain to create an asteroid travelling through the night sky.

Year Six: Zak, for confidence analysis of our current book, Pax.

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PTFA News

Following last week's online PTFA AGM, we are delighted to announce the new PTFA committee:

Chair - Kelly Evans

Secretaries - Sarah and David Hancock

Treasurer - Dave Jarney

We thank everyone involved in the PTFA for their outstanding commitment and creativity. Parents interested in getting involved should email ptfa2@theoldschoolhenstead.co.uk

