



# THE WEEKLY FLIGHT

We started the week with our annual Harvest Festival Service at All Saint's Church.

A huge thank you to all for your donations which have been taken to Epping Forest Foodbank.

October sees the start of Black History Month and as a school we will be integrating ways to celebrate family's heritage in our curriculum. Watch out for Instagram posts and Weekly News bulletins containing work from the pupils.

Could I also remind all parents that double parking and parking on double yellow lines is an offence and parking in the surrounding streets is a much safer option.

- Mrs Campbell

## FABULOUS POETRY

Year 3 have been exploring the fabulous poetry of Grace Nichols in English lessons this week to kickstart the celebration of diversity and culture for Black History Month.

At the start of the week, the children went on a fact-finding mission to find out more about the Guyanese wordsmith. Then we had the opportunity to listen to Grace reading her poems through the BBC website and we reflected on which of her pieces we liked the most.

The children completed some wonderful poetry reviews which are now up on display in the classrooms.

We then did some collaborative work across the year group, where the children got to choose others to work with to prepare a poetry performance, which they dazzled us with on Thursday of this week, being National Poetry Day!



## WONDERWALL

This week's Wonderwall question was:

*If you were a language, which language would you be and why?*

Jasper, Y2 Pelicans: English because it is the easiest language.

Aria, Y2 Herons: Chinese because Elizabeth can speak it.

Sofia, Y2 Flamingos: Italian because it is so cool!

Benicio, 4PH: Spanish because I am from Argentina.

Lots of varied responses from 5JB:

Luiza: I would like to speak Portuguese because my mum speaks it.

Anaya: Arabic because it's the language of the Qur'an.

Rebecca: I would be Lithuanian since my family speaks it and I want to join in.

Lucas, 6JM: Chinese/Mandarin because it's the hardest language!

And Zak in 6HG would make up his own language to be unique!

## STATES OF MATTER

In Year 4 Science, we have been learning about states of matter. We sorted everyday items into liquids and solids, then we took our learning outside to demonstrate how the particles in solids don't move, in liquids can flow over each other and in gases are free to move around to fill the entire space they are in:



## A BIG SPLASH

The week started off with a big splash in Year 5! As part of our Science topic, 'Forces,' pupils learnt about water resistance. To answer our enquiry question: 'Does the shape of an object affect the time it takes to fall through water?' they needed to plan, prepare, conduct and evaluate their investigation all in one action packed afternoon.

Each child played a different role in the set up and conducting of our investigation and are now well-versed in scientific vocabulary such as streamline, surface area and variables.

Additionally, in History, Year 5 have begun working collaboratively on a group task, whereby each group will produce a presentation which highlights what life was like in the Tudor Times. They have begun their research and will aim to complete their group project next week; we are very much looking forward to their presentations. Here are the children busy researching!



## SUSTAINABILITY COUNCIL INITIATIVE

Are you tired of those old reading glasses sitting on your dresser, unused and gathering dust?!

Sustainability Council is reaching out to you because we believe your unwanted spectacles could make a world of difference to someone in need.

We would like to collect any unwanted reading glasses. We will take them to a local optician's who will then distribute them to people in developing countries who lack access to affordable eye care. Your donation can help improve their vision and quality of life.

It's easy to donate! All you need to do is pass on any unwanted glasses to your child's class teacher. You can send these in any time throughout the year. Every pair of glasses, no matter their condition, is valuable.

## PTA VOLUNTEERS

If you are interested in joining the school's PTA or helping out at PTA events, please can you email Holly and Debbie on the PTA email address:

[pta@ahsprep.co.uk](mailto:pta@ahsprep.co.uk)

## WEEKLY AWARD - KINDNESS

Foundation 1: Aiden  
Foundation 2: Kiran & Darcey  
Year 1: Erik & Melissa  
Year 2: Anika P & Raphael  
Year 3: Deren & Emily  
Year 4: Alanna & Adam  
Year 5: Gabriel & Amaanah  
Year 6: Jia & Lavinia

*Next Award - Helpfulness*



## STILL YEAR 6

There was lots of excitement in the Prep this week. Those with positions of responsibility and those who had shown an interest started to help out as play leaders in the Puffins and Pre-Prep playground at lunch, a trial for the Hockey Squad took place during games, and some pupils even got to have flu vaccinations!

This all paled into insignificance when we looked at a poem by Maya Angelou for World Poetry Day entitled, "Still I Rise." Along with learning about the American writer, civil rights activist, performer and professor. Pupils got the chance to hear her perform the poem and then, having been inspired, performed their own version of the poem.

We were so proud of what they did, that we wish to share some of this poems with you.

[https://drive.google.com/drive/folders/1BLLnm9jeslHIs6uyAx6-rh6\\_CgB0Vn5i?usp=sharing](https://drive.google.com/drive/folders/1BLLnm9jeslHIs6uyAx6-rh6_CgB0Vn5i?usp=sharing)

## SEQUENCING STORIES

Foundations 2's week started with The Harvest Festival assembly. They continued to learn about the festival in Understanding of the World and created their own portraits inspired by the artist Giuseppe Arcimboldo using different vegetable for their features.

This week in Maths, we have been learning about measures. First we learnt about size and compared different lengths of ribbon and built tall and short towers. Next, we learnt about weight and demonstrated with objects were heavy or light by being a human scale. Then we learnt about capacity and explored containers in the sand and water using the language, empty, half full and full.

In Literacy we have continued to read the story 'We're Going On a Bear Hunt.' This week, we made our own zig zag books by sequencing the story and wrote a sentence about how the bear was feeling.



## HEART BEATS

This week in Science, Year 2 began our new topic about humans.

We had some great discussions about the food we eat and what can give us the most energy. The children also had fun drawing a healthy lunch box, finding balance between healthy foods and treats. Mr Thornley and Mrs Gleadell then used the Year 2 Games lesson to teach the children about the impact exercise has on the body. They learned all about their heart rate, counting how many times it beats in a minute and ran between cones to see what impact it had on their heart rate.

Raymond said, "When you jog or walk quickly your heart pumps the blood faster around your body." They had a great time learning through activity!



## £715 RAISED FOR MACMILLAN

On Friday last week, our PTA ran a Macmillan Coffee Morning at The Wells. A big thank you to all of the parents that came to the event and to those that donated cakes. Thank you to the school's choir as well for braving the rain so that they could serenade the attendees.

An amazing £715 was raised from the morning and after school cake sales! Well done everyone, a fantastic amount for a worthy cause.



# Optimistic October 2024

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

## KEY AUTUMN TERM DATES

Friday 11th October	Pankhurst Charity Day - Book Sale
Thursday 17th October	4.30pm BHM Celebration Night (All Parents Welcome)
21st Oct - 1st November	HALF TERM
Thursday 7th November	5.00pm Year 5 Prep for Secondary School Meeting (Year 5 Parents Welcome)
Monday 11th November	8.40am Remembrance Assembly (5JB) @ All Saint's (All Parents Welcome)
Friday 22nd November	8.40am Performance Assembly (Parents of Performers Welcome)
Wednesday 27th November	3.40pm Parent Consultations (F1-Year 6 Parents, pre-booking required) No Clubs
Thursday 28th November	3.40pm Parent Consultations (F1-Year 6 Parents, pre-booking required) No Clubs
Tuesday 3rd December	9.00am F2 Nativity (F2 Parents Welcome)
Thursday 5th December	5.30pm Carols by Candlelight @ All Saints Church (Prep Parents Welcome) No Clubs
Friday 6th December	3.30pm EYFS Take a Look At My Celebration Book (F1&F2 Parents Welcome)
Tuesday 10th December	2.00pm EYFS and Pre-Prep Christingle @ All Saint's Church (F1-Y2 Parents)
Friday 13th December	1.30pm Term Ends NO TEA TIMERS



## FRUIT BASKETS AND CONKERS

This week, F1 have read a 'Handa's Surprise' story by Eileen Browne. We practised sequencing the story and explored the texture and taste of 7 fruit Handa prepared for her friend Akeyo. Puffins did observational paintings of a pineapple, avocado, mango, orange, passion fruit and banana. Then they collaged their own fruit baskets. They have also practised their cutting skills whilst making a fruit salad during our cookery sessions.

We have been focusing on the continent of Africa as children have shown keen interest into African animals over the past few weeks. We have been learning a Ghanaian song 'Che Che Kule.' It is a "call and response song" where the leader chants a line and then everyone repeats it.

In Maths, we have been learning about number 3 and its composition. We have enjoyed making triangles using wooden sticks and body parts.

Yesterday, our weekly walk was a great success as due to dry weather, we were able to go all the way to the pond where we saw 2 Egyptian and many Canadian geese. We also collected nice and smooth conkers for our classroom.



## ODE TO JOY

Well done to Sophie from 6HG for her amazing performance of 'Ode To Joy' at the Harvest Festival Service on Monday.

<https://drive.google.com/file/d/1eOEubPImQdP6Xhw5Yc-L2Lk1Lm3T5sBm/view?>



## EVERY SPORT IN THE WORLD!

Sports Council are in the midst of trying out "every sport in the world!" during their lunchbreak, and the vote this week was for racquetball.

Donning the all important safety glasses and learning the rules of play, our younger councillors compared it to tennis before they started and were surprised at how fast the ball moves!

Thank you to The Woodford Wells Club for letting us borrow their courts today.

Our Prep racquetball club is a very popular after-school club this year, that takes part in weekly play and training onsite.



## PARKING REMINDER

A reminder to all parents to please park sensibly when dropping off and collecting children. We appreciate that it is busy however double parking, blocking driveways and roads puts everyone's safety at risk.

## STEM AWARD

Foundation 1: Abhiram

Foundation 2: Laith & Carter

Year 1: Risheek & Arjun

Year 2: Elliot & Anna

Year 3: Aksel & Lottie

Year 4: Rohan & Ezra

Year 5: Neel & Liana

Year 6: Sophie & Kai

## NO PARTY BAGS

A reminder that if it is your child's birthday, they are allowed to bring a fun-sized, small gift or snack in for their class.

Any food items must be sealed and have the dietary and allergen ingredients outlined.



## HARVEST SERVICE AT ALL SAINT'S CHURCH

This morning was our Harvest Festival service at All Saints Church and we were thrilled to see so many parents in attendance! We hope everyone enjoyed Year 5KI leading the service with an informative and thought-provoking assembly and the duo violin- piano performance of 'Ode To Joy.'

Harvest is not only the time of year we reflect on the important work of farmers, but we must also think of the planet and how we can look after it for our children and future generations. Year 5KI spoke of the significance of sowing new seeds ourselves, the seeds of kindness and friendship are as important in the world now as ever.

Our School Council carefully arranged the display this morning, thank you for the generous donations. The collection has been sent to The Trussell Trust Foodbank in Loughton, where it will help others in our community.

Thank you to Margot from The Trussell Trust for sharing how our donations will help and giving an insight into how the food bank is run. The message Margot gave about being kind to everyone reflected Year 5KI's assembly message.



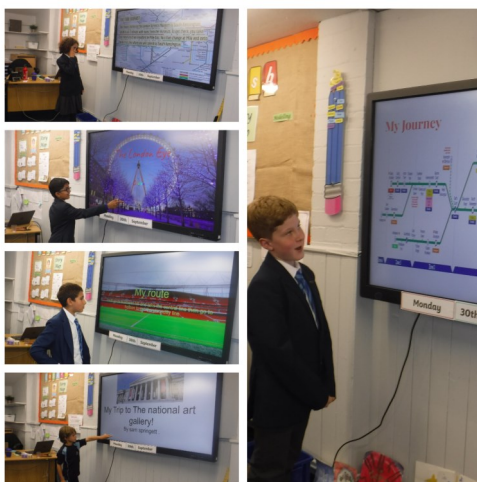
## ROUTE PLANNING

In our Prep Route Planner Club held on a Monday, children from the club were delighted to finally present their work on journeys into London.

They began by choosing a place of interest to visit. From this, they successfully planned a tube journey from their nearest station and mapped out the route to their destination. Some managed to map out a second route just in case of travel difficulties, which often occur on the London Underground. The children worked out the cost of travel and cost of the tourist attractions they were visiting.

Some used google maps to show directions on how to get to their chosen destination, once in London.

This was a great task for the children and a task which meets objectives set from the plume of feathers.



## LITERACY SUPERSTARS

Year 1 Pelicans and Cranes have been literally literacy superstars this week! Working in partners, Year 1 considered what they knew about the main character 'Dave' from 'Dogger.' They labelled the character with suitable adjectives, with much debate over if he was big or small and if he was brave in asking to swap the toys back.

Excitedly they created their own charming characters with distinctive features and later, added their character to the story map, innovating the story to a new tale.

We've had Pokémon, princes, Sonic, dinosaurs and more appear!

Letong said, "This is a frog called 'Frog'. She lives in a castle and jumps high. She is scared of being sad."

Games this week focused on ball skills, Year 1 discussed as a group how applying the right amount of force was needed to keep the ball bouncing.

As they worked, they looked at being able to bounce and catch repeatedly with fast bounces and slower ones, later adding clapping and movement.

Alex was very keen to share his skills with a ball with Mr Thornley and Mrs Gleadell, "I can bounce it really hard! I'm good at bouncing with one hand and two hands. I like bouncing fast and I like doing the tricks in the lesson!"





## MILER OF THE WEEK

This week's Daily Miler of the Week is Bobbi (5JB) for "always trying her best every morning and never stopping!"

## SECOND HAND UNIFORM

There is a parent Whatsapp Group devote to Swapping / Selling second hand uniform.

Please find the link to join below: <https://chat.whatsapp.com/FNfcHoKaiIJgzKBCCd2RG>

**A reminder that parents must arrange to meet directly. No uniform is to be brought into the School Office.**



## OCTOBER HALF TERM TECH CAMP

We are so excited to be running our October STEM tech camps at Avon House from 28th October - 1<sup>st</sup> November this half term.

Our STEM camps are a fun and engaging environment to access impressive technology and learn the foundations of coding and engineering for 5-11 year olds.

Our spooky October tech camps will see a host of new activities that you won't want to miss out on:

### - Revolting Robotics & Creepy Coding

Learn how to program a robot with crazy functions like dancing or answering questions!

### - Crazy Circuits & Animation

Enter the world of circuitry and animation and utilize our tech and your creativity to create wonders of animation.

### - Enchanting Engineering & 3D Animation

Learn even more impressive real-world skills like the foundations of engineering with our advanced tech and teaching, and let your imagination run wild with 3D animation!

### - Monstrous Media

Become a media whizz this half term and use our equipment to capture the perfect picture and film.

### - Thrilling Inventions & Virtual Reality

Explore a virtual reality with our VR headsets and dive into the world of Ocean Rift, the first VR underwater world, or choose Rush, to experience the feeling of jumping out of a plane!

Our October Tech Camps are the perfect opportunity for childcare that does more; enjoy a week of Halloween fun and outstanding education!

Spaces are **LIMITED** so book now to avoid disappointment. This camp is £45 per day, and we have a special offer of £175 for 5 days, which works out as only £35 per day!

Book here:

<https://www.nextthing.education/product/avon-house-preparatory-school-october-camp/>

We look forward to seeing you at camp!

Next Thing Education Camps Ltd.



## PANKHURST CHARITY BOOK SALE

Pankhurst House will be holding a Book Sale on Friday 11<sup>th</sup> October 2024 in support of Cancer Research UK. We will be collecting fiction and non-fiction books for the sale, we just ask for the books to be in a good condition and not defaced or damaged. Books can be dropped at the School Main Gate where Pankhurst staff will be ready to collect the books from 8th - 10th October. Books will then be resold outside on the school forecourt on Friday 11th October between 3.30pm and 4.30pm for a suggested donation of £2 each.

## STAR OF THE WEEK

Foundation 1: **Dinibe**  
Foundation 2: **Arjun & Lukas**  
Year 1: **Huxley & Raef**  
Year 2: **Beyant & Zaidan**  
Year 3: **Ariyana & Margot**  
Year 4: **Theo & Isaac**  
Year 5: **Duae & Sebastian**  
Year 6: **Ibby & Mahem**

## SCHOOL CALENDAR DATES

### Week 6

Monday 7th Oct	Year 2 Freshwater Workshop - Computing with Ada Lovelace
Tuesday 8th Oct	7.45am All Council Meetings RRS Visit to House of Parliament F1 Freshwater Workshop - Story Hunt
Wednesday 9th Oct	Christmas Cards Collection Departmental Lead Meeting
Thursday 10th Oct	ISA London North Arts Competition @ The Marriott Year 3 and Year 4 Swimming
Friday 11th Oct	Pankhurst Charity Day - Book Sale School Council Update in Assembly

School Calendar - [Calendar](#) | [Avon House School](#)

## SPORTS FIXTURES

*Please note that Sports Fixtures will be communicated via email directly to parents for those children that have been selected to take part. If a fixture/tournament is postponed or cancelled, you will be informed by the school at the earliest opportunity.*

Monday 7th Oct	10.40am Year 5 and Year 6 Swimming Gala @ Chigwell 2.00pm Year 4 Swimming
Tuesday 8th Oct	9.00am ISA London North Cross Country @ Abbot's Hill 12.30pm U11 Football @ St Aubyn's
Friday 11th Oct	1.00pm U11 Netball Tournament @ St Aubyn's
AHS Sports Twitter - <a href="https://twitter.com/avonhousesport">https://twitter.com/avonhousesport</a>	

*Please do not contact the School Office to check if a fixture/tournament is postponed or cancelled. Also, please check the fixture/tournament details you receive from the School Office as they will state whether support or no support is able to attend.*