



THE WEEKLY FLIGHT

The countdown is on to the launch of the Paddington 3 movie “Paddington in Peru.”

As you are all hopefully now aware, we will be having a themed day on the day the film is launched nationally. This morning in assembly, we watched the trailer for the new film which had the school in fits of laughter.



Keep your eyes peeled for our Instagram Paddington countdown as our school plans unfold.

Why does Paddington keep his marmalade sandwich under his hat?

It's there for emergency use only!!

- Mrs Campbell

RRS COUNCIL VISIT TO THE HOUSES OF PARLIAMENT

On Tuesday 8th October, the RRS Council went on a trip to The Houses of Parliament. It was a wonderful experience; we loved seeing how the country was run and being around those who must protect our rights.

The trip started with an early morning drop off at the Woodford station, before a less than pleasant rush hour train journey to Westminster! Once we finally arrived, it was incredible! The Houses of Parliament towered over us the minute we stepped out of the station and the inside was just as glamorous. We soon met our guide, who was really kind, and put on our tour headsets. These were so that the tour guide did not have to shout, and could instead talk to us through a mouthpiece.

We then looked inside the House of Commons. Our guide told us how the arguments worked, and I was surprised to hear how rushed it was there. You would have to reserve a seat, the speaker would call out your number when you wanted to have a say, and there would be men running around in fancy suits with neck ruffles, making sure you weren't late for an argument!

Finally, we saw The House of Lords. It was a lot fancier (the King's throne sat at the end of the room) and it was a lot easier to speak in debates. Our tour guide explained that Lords were chosen, rather than democratically voted, and didn't get paid.

I really enjoyed our trip to parliament and hope that future RRS council representatives will get the chance to go too!

By Josephine 6JM, Chair of RRS Council



BLACK HISTORY MONTH WORKSHOPS

On Friday we had a fantastic start to our Black History Month activities and celebrations. We were delighted to welcome the dynamic and interactive Drama Geezers to Avon House for a day of immersive storytelling, enthusiastic performance and an all-round educational fun experience for all.

With performance workshops for Foundation 2 to Year 6 taking place over the day, children and adults were transported on a memorable journey with Alex, a boy who lives on a planet whose inhabitants have no individual identities.

In his travelling time machine (click click, make sure your seat belt is on!), Alex makes his way to Earth and passes by Kenya (Habari!), and Japan (Konnichiwa!) and stops at Scotland, but in 1882. Alex and Avon House meets pioneer sportsmanship Andrew Watson, who challenged racial prejudice and stereotypes and paved the way for future generations of black footballers. The hall erupted as he scored a goal!

Back in the rocket, we powered towards the year 2000 and crash landed in the lab of Dr Maggie Aderin-Pocock. A brilliant and award-winning space scientist, broadcaster and author whose work is inspiring new generations of astronauts, engineers, and scientists. Fixing Alex's rocket with her science knowledge, she sent us all back to the stars.

Using physical theatre and exciting running dialogue throughout the 50-minute sessions, the Drama Geezers pulled us all into and made us part of the story.

Returning to his home planet, Alex shared the wonderful things he had seen and how being the same is, well, a bit boring.

At the end of Alex's travels, he reflected on how diverse Planet Earth is. To embrace and celebrate the richness that these differences, skills and talents bring to our communities brings a better world.

We ended our Avon House journey with Alex by thinking of the extraordinary in each of us, how we can make a difference and how everyone should be proud of who they are.

As the message Alex gave us sank in, a long roll of paper was laid out where everyone, from youngest to eldest, were encouraged to leave a handprint, draw a self-portrait and leave a message. As the day went on, we saw some very emotional and poignant words being written by our pupils.

Thank you Simon and Paul for such a fabulous day that encouraged imaginative thinking and a celebration of us. We hope you enjoyed your day at Avon House and we certainly enjoyed having you visit here!

Head Boy Amha and Head Girl Josephine certainly enjoyed their session, Amha said "It was fun, entertaining and interesting. The actors were very amusing and I learnt alot about different people and their achievements."

Josephine added, "It was really funny and really included all of us. I learnt the fact that Andrew Watson was the first black footballer. I really liked doing our designs as a whole school on the giant piece of paper."

https://drive.google.com/file/d/1bKGgCizr1StcmRCLFJqSFbPezPY9Cjvt/view?usp=drive_link

ISA CROSS COUNTRY WINNER!

Our Year 5 / 6 Cross Country team performed very well on a challenging course at Hemel Hempstead on Wednesday at the ISA Championships. A hilly course at Abbots Hill Prep School proved a stern test for our team who were all handpicked from our Inter-house results. Evie and Bobbi both put in good performances to finish in the top half of their field while Miles, Sebastian, and Jason fought their way around in an even larger boys field.

Performance of the day was William C's who finished first in the U-11s race and is off to represent London North at the National Finals. Congratulations William!



SPORTS TOPS

The Prep Sports Tops should have Avon House written on the back. If your child's does not, please take the top into Forest Casuals to have the wording put on.



NON-CHRONOLOGICAL REPORTS

In Year 3 this week, we have begun our new English topic of non-chronological reports. We have enjoyed looking at examples of this type of writing and created our own story maps to help us learn the example text. On Wednesday we worked in groups to identify the features of a non-chronological texts including subheadings, photographs and the glossary.

The children also enjoyed sharing the reports they have been writing for homework.

It has been wonderful to see the children's enthusiasm to use their computing skills to create colourful and informative PowerPoints.



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

THERE IS NOTHING I CANT BE

This week in Puffins class, we have learnt about a great author Maya Angelou who once has said 'There's nothing I can't be'. She worked really hard so that everybody would be treated well. During circle time, Puffins have shared their big dreams for the future. We have children with big aspirations who would like to be doctors, pilots, vets and fire fighters. We have also learnt about Garrett Morgan who was an inventor. Thanks to him, our streets are safer now as he came up with an idea of traffic lights.

This week, our Puffins continued singing a song about 7 continents and we have explored natural geographical features of Africa such savannahs, Sahara Desert, Mountain Kilimanjaro and the Nile river. In Art, we have collaged savannahs by painting African sunsets and sticking black silhouettes of animals and trees. Children also enjoyed making their own shakers out of lentils whilst we continued singing Che Che Kule song.

Children also enjoyed planting daffodil bulbs with Mrs Lord. They cannot wait to see them grow!



WEEKLY AWARD - HELPFULNESS

Foundation 1: Nathaniel
Foundation 2: Ismah & Aryan
Year 1: Joshua & Leela
Year 2: Ryder & Raymond
Year 3: Xavier & Anaya
Year 4: Kaelan & Isaac
Year 5: Devina & Goldie
Year 6: Ibbly & Anoushka

Next Award - Presentation

ADA LOVELACE WORKSHOP FOR YEAR 2

Monday was Ada Lovelace Day, a global event to raise the profile of women in STEM (Science, Technology, Engineering, and Mathematics). The day aims to encourage more girls into STEM careers and support women already working in the STEM field.

Year 2 Flamingos and Herons enjoyed meeting 'Ada' and learning more about her incredible life yesterday in a practical workshop hosted by Freshwater Theatre.

Taking our pupils on a journey of the history of computing, coding and how the computing devices we use today have changed through time. They enjoyed interactive algorithm activities and being able to ask their questions about this historical figure to a knowledgeable actress.



INSPIRATIONAL FIGURES AND PAPER RUCKSACKS

This week Year 6 have been looking at inspirational figures in History and Science. In Science, we have been investigating the influence that Carl Linnaeus had on categorising animals and plant. His system for grouping animals in 1758 is still being used to this day. For our weekend homework, pupils were asked to create a collage of inspirational figures for Black History Month - we have included some of the pupils work below.

For our DT project - designing and creating rucksacks, we had an enjoyable time in transferring our design onto paper in

order to create a mock up of our final design. Some pupils found that although their designs had complex sections, these proved hard to create when putting them onto a larger template.



MONSTERS AND BREAD ROLLS

To celebrate Black History Month, Foundation 2 have been reading the book *We're Going to Find the Monster* by Malorie Blackman. At the beginning of the week we enthusiastically set off on our own monster hunt. We found lots of monster footprints and discussed how each monster looked.

Throughout the week we have been looking at the story map to practise retelling and sequencing the events. In Maths, we have been continuing and creating patterns with fruit and natural objects.

We continued to look for repeated patterns on our Weekly Walk.

Mallards and Kingfishers have also been learning how to make bread just like the Little Red Hen in our Understanding the World lesson.

We all agreed that our bread roll was delicious.



MUSIC AWARDS

Congratulations go to Beyant and Ariana for achieving a Music Award for practice and progress.

Also don't forget the auditions for the Performance Assembly will take place next week during playtimes and lunch breaks. A well-rehearsed audition will always stand a better chance of being included!

WELL DONE REBECCA

Well done to Rebecca in Year 5 who performed two pieces on the piano in assembly this morning, 'Halloween March' and 'Shepherds Hey.'

https://drive.google.com/file/d/105JU91piKLULaD1EaXk-u6ALTS_vEjds/view?usp=drivesdk



Optimistic October 2024

MONDAY



TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

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

SUNDAY

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

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 Saints' (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 Saints' Church (F1-Y2 Parents)
Friday 13th December	1.30pm Term Ends NO TEA TIMERS

RACE TO THE FROZEN NORTH

Black History Month began with a whole school focus on looking at Poetry, which coincided with celebrating National Poetry Day. The children in Year 5 studied 'Faceless' by Benjamin Zephaniah.

The children used their analytical skills to unpick what the poem was about. The message in the poem gave the children the opportunity to discuss key concepts such as identity and inclusion.

It was great seeing the children working well in small groups and performing his poem as a whole class. Sit back and enjoy their performances of 'Faceless.'



5JB

Seren, Jason and Jumana 5KI

We have also studied another significant person called Matthew Henson from Black British History, who should not go unrecognised for his achievements. The children have begun to listen to the events and the journey he took based on a book entitled: Race To The Frozen North. The Matthew Henson story.

The children carried out some research and then were asked to imagine interviewing Matthew Henson.



WELL DONE SORAYA!

Well done to Soraya (Year 2 Herons) for her piano performance of 'What Shall We Do...' in last Friday's assembly! Watch her performance via the link below:

<https://drive.google.com/file/d/1fbPdm7IETkjrOdNN13eKsytruh0nCF4t/view?usp=sharing>

ARTS AND CRAFTS CLUB

This half term, the Friday after school Arts and Crafts Club have enjoyed using different media and techniques to create some eye-catching artwork, from toadstool stencils, splatter painting to oil pastel ostriches. This week we are creating some Autumn inspired fun!



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: **Jaia**

Foundation 2: **Logan & Alina**

Year 1: **Dhiya & Max**

Year 2: **Omer & Elizabeth**

Year 3: **Hamza & Margot**

Year 4: **Harpreet & Aiden**

Year 5: **Gabriel & Isla**

Year 6: **Zak & Lucas**

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.

ISA LONDON NORTH REGIONAL ARTS COMPETITION

Avon House hosted the ISA London North Regional Art Finals at The Marriott in Waltham Abbey this week. With genres for multiple age groups to enter, including 2D and 3D art, textiles, drawing, fashion and photography, we didn't envy the independent judges with their decisions. Thank you to independent judges Darren Evans (The Suburban Artist) and Hilary Douse for judging the art work. The standard from every year group was remarkable. Mrs Mistry hosted a workshop for Art Teachers from across the London North regional where they discussed art enrichment in schools and how to encourage and incorporate art across the whole curriculum.



We are thrilled to announce that Avon House placed 1st in the Key Stage 1, 2D Group Art category, 1st in the Key Stag 2, 3D Individual Art category, 1st in the EYFS, Key Stage 1&2 Photography category and we received the Highly Commended award in Key Stage 2 Individual Textiles category. Amazing results - well done to our prize winners!

All winning pieces will be sent to the National Finals, the second stage of the competition which will take place at the ISA Autumn Study Conference on 14-15 November.

The winning artwork by category can be viewed @isalnorth24

Wonderwall – 11.10.2024

What does joy look like?

This week's question generated lots of answers from across the entire school and I had a hard time deciding which ones to include!

Ayize, Y2 Herons: Big hugs and kisses.

Omer, Y2 Flamingos: Joy is when you play with someone.

Manjot, 3KY: Joy is very, very like a rainbow and a sun smiling.

Amaya, 4PH: A time where you have fun with friends and family.

Harpreet, 4FW: Being happy and making other people happy.

Jumana, 5KI: Joy is the bright heart inside you, me and everyone.

Jia, 6HG: Joy is the sun shining light.

Now for the teachers' views:

Miss Youngman: Being stuck out in the rain and then seeing a rainbow.

Ms Heath: A hot cup of coffee, a new book and a cuddle with my cats.

And from Ms Grant, our Head of English:

Joy is

It's the crinkle of eyes when laughter takes flight,

It's the smile that glows like a lantern at night,

It's the way children run through the grass,

Bare feet on soft earth moving so fast.

It lives in the laughter, the sparkle, the song

in moments so fleeting but endlessly strong.

It hums in the breeze, in the sway of the trees

Filling your sail like the softest of seas

No darkness can smother

Joy, once you've found it, looks like no other.

CLEAN CLEAN CLEAN

Year 2 have been budding scientists this week whilst learning about hygiene. They enjoyed participating in an investigation to explore the importance of using soap when washing hands.

For our investigation, the children used water, soap and pepper. The surface of the water represented hands and the pepper represented the harmful dirt and germs which need to be washed away. The children dipped their fingers in the water with just the pepper and found it stuck to their fingers and then when they dipped their finger in the water with soap and observed the pepper (germs) moving immediately away from their finger!

Their astonishment was wonderful to see with Eesha saying, "Wow, it looks like the germs are running away from the soap!"

They also learnt about the importance of looking after their teeth and the foods that are healthy and unhealthy for their teeth.

They were fascinated to view a tooth decaying in coke and also enjoyed practising how to brush their teeth properly!



LISTENING SKILLS

Year 1 have been focusing on their listening skills in Music this week and went on a listening walk around the school grounds, closing their eyes and listening carefully for individual sounds in different areas.

Theia enjoyed this a lot and said, "In the garden we could only hear the big wind, but in front of school we could hear cars, birds and an aeroplane!"

Thinking carefully about picture composition, Cranes and Pelicans used a view finder to select a small part of a toy to sketch and colour in with oil pastels in Art. Everyone concentrated hard for this challenge and many children really pushed themselves to choose tricky parts to draw.

In Maths, the children have been focusing on number bonds. The children explored how they can break each bond down into smaller parts and worked to discover how many ways as possible the whole can be partitioned.

Max demonstrated how he could use cubes to help work out his number bonds task, "I use cubes to see how many on one side and how many on the other. I can move them over to check I have the right sum and write it down."



OOOOOOOOOOOBBLECK

This week, Year 4 made oobleck (a mixture of cornflour and water) to support their learning on the different states of matter. The children soon had their hands covered with it!

Oobleck acts like a liquid when being poured, but like a solid when a force is acting on it. You can grab it and then it will ooze out of your hands. Interestingly, oobleck got its name from the Dr. Seuss book *Bartholomew and the Oobleck* where a gooey green substance, Oobleck, fell from the sky and wreaked havoc in the kingdom. If you haven't seen oobleck in action, it's fascinating stuff! If you're still not convinced, here's what some of the children have to say:

"My favourite science lesson so far. The oobleck was poured as a liquid and was solid when you touched. I thought it would be impossible to make something like this!" - Aiden, 4PH

"Oobleck is super cool! It's a liquid and solid depending on the pressure you put on it! It felt really weird like an alien material!" - Ehsaan, 4FW

"When you put pressure on it, you feel lumps." - Alena, 4FW



SWIMMING GALA AT CHIGWELL SCHOOL

On Monday pupils from Years 4,5 & 6 participated in a fun Swimming Gala against pupils from Chigwell School.

Races included Backstroke, Freestyle, Breaststroke, fly and several relay events. It was a great event and although we narrowly lost out on points all the children enjoyed taking part!



MILER OF THE WEEK

This week's Miler of the Week is Lottie (3NH).
"Lottie is new to the Daily Mile this week but has already made a great impact with her determination and effort."

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/FNfcHoKaiILJgzKBCCd2RG>

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 - 1st 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.



CREATIVE CLUB

Creative Club, our after-school KS1 art club, looked carefully at carnival outfits, adorned with feathers, sequins and bright colours on Tuesday. They were inspired to create their own headdresses - Check out some of the finished pieces!



STAR OF THE WEEK

Foundation 1: Theo
Foundation 2: Mia & Olivia
Year 1: Theia & Rayhaan
Year 2: Erin & Violet
Year 3: Ariyana & Arhaan
Year 4: Ehsaan & Yorkshire
Year 5: Bobbi & Amaanah
Year 6: Eva & Haris

SCHOOL CALENDAR DATES

Week 7

Tuesday 15th Oct 7.45am All Council Meetings

Wednesday 16th Oct F1 and Year 1 Outta Space Workshop

Thursday 17th Oct Year 5 and Year 6 Swimming
4.30pm - 6.30pm BHM Celebration Night

Friday 18th Oct Launch of Inter House Reading and Poetry Competition
RRS Council Update in Assembly
Year 6 Portals to the Past Workshop - World War II
9.00am New F1 Starters Swan Stay and Play
Sandwich lunch for all classes
Attendance Reporting
Spring Term Club Options sent to parents

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.

Tuesday 15th Oct 10.30am Fairlop Water Fun Run

Thursday 17th Oct 3.00pm U11 Netball @ WGPS

AHS Sports Twitter - <https://twitter.com/avonhousesport>

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.