



Red Squirrell appreciation day!



Your Designated Safeguarding Lead is Mrs Fennelly

If you have a worry you can talk to your teacher or an adult you trust.
We also have other important people in school who know what to do if you have a serious worry – their pictures are below:



Mrs Fennelly
Headteacher

Deputy Designated Safeguarding Leads



Mrs De Board
Assistant Headteacher



Mrs Richards
Gruffalo Class Teacher



Mrs Holland
Inclusion Leader



Miss Garrard
Nurture Lead

NSPCC
HELPLINE
0808 800 5000
help@nspcc.org.uk



Dates for your Diary

Date	Year group	Event
27th January	All Parents and Carers	9:00am-9:30am RSC Open Morning - come and see your child's showcase piece from the Romeo and Juliet unit.
2nd February	All Parents and Carers	Short Reports Out to Parents
3rd February	Year 6	Year 6 Trip to Parliament, London
7th February 9th February	All Parents and Carers	3:30pm -6:30pm Termly Learning Conference (Parent's Evening) Sign up for your slot from Monday Jan 9th at 6pm
10th February	Whole School	School closes for half term
Tuesday 21st February	Whole School	School open for the new term



Dear Parents and Carers,

We have come to the end of a truly amazing three week Shakespeare unit, where children across the school have learned about the play, Romeo and Juliet. Throughout the three weeks, children have developed their drama, dance and musical skills to express their knowledge of the characters and the plot further, along with their reading and writing skills. As a result of this learning and these experiences, every child has produced a final piece of writing and art work which are all outstanding!

I do hope you can come to our whole school showcase event next Friday morning at 9am-9:30am to celebrate your child's outstanding work!

I hope you have a lovely weekend and I look forward to seeing you next week.

Best wishes

Mrs Fennelly

Poster of the Week



At the end of our RSC, Romeo and Juliet unit, we are so proud of every child in school. Their focus and dedication to the unit has been superb and the writing and art outcomes are outstanding!!

The message that was shared today was how amazing every child is!



Parents Evening / TLCs

Termly Learning Conferences (TLCs) on:

Tuesday February 7th and Thursday

February 9th from 3:30pm - 6:30pm.

**To book your appointment please contact
the school office or visit:**

<https://simondesenlisorg.schoolcloud.co.uk/>

School Mental Health Leads

Ms Holland and Miss Garrard are the Mental Health Leads at Simon de Senlis

If you have any worries or concerns about any aspect of your child's mental wellbeing please speak to your child's class teacher or contact us in school.



Laura Holland

Inclusion Leader
Deputy Designated Safeguarding Lead
Mental Health First Aider



Hannah Garrard

Family Support Worker
Deputy Designated Safeguarding Lead
Mental Health First Aider



Mental Health and Wellbeing at SDS A Message from Mrs Fennelly

Being aware of children's mental health and well-being and being skilled to support this in school is extremely important to me and all the staff at school.

We know that children and adults will have times in their life when they need help and support with their mental health. Because of this there are many things that are in place at SDS if your child needs support-

- **Mrs Holland and Miss Garrad are trained Mental Health Leads.**
- **We have a team of staff who are also trained to support children.**
- **We have a dedicated room, the pod, which is calm and peaceful and where support can be delivered in a comfortable setting.**
- **All classes take part in a weekly PSHE lesson, where children develop knowledge of relationships, feelings and emotions.**
- **Children have lessons where they create their 'hand of support'- those adults who they know they can go to if they are feeling unhappy or worried.**
- **Teachers and support staff are skilled to support children on a day to day basis and know when to refer to Mrs Holland or Miss Garrad.**
- **We work closely with many external professionals to support children when needed.**
- **Each classroom has a worry box where children can report any concerns.**
- **A new addition to the newsletter will be a Mental Health and Wellbeing page to offer support and guidance.**

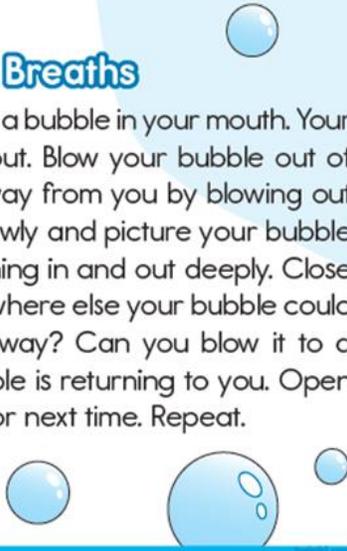
Miss Garrard says...

Take a look at some of these mindful breathing techniques which may help if your child is feeling worried or overwhelmed. This may also be a good tool to use before bedtime if required. Please contact me via the school office or info@simondesenlis.org if you feel you need some support and guidance regarding your child's well-being or mental health.

Brain Break Breathing

Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



Brain Break Breathing

Bumble Bee Breaths

Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5. Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



Brain Break Breathing

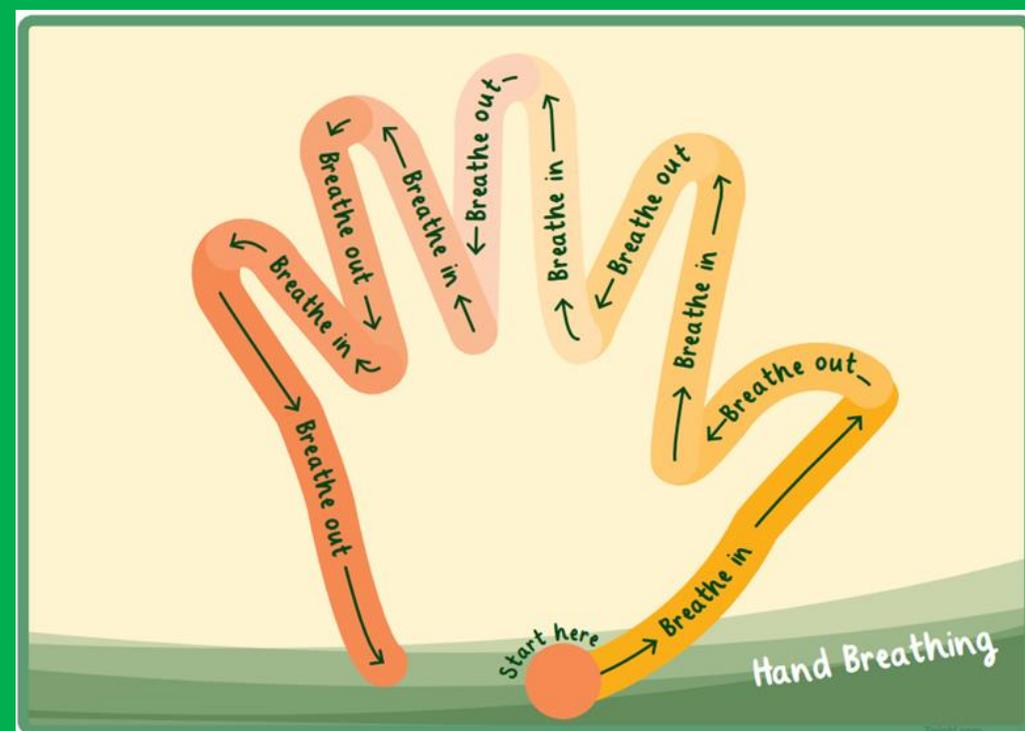
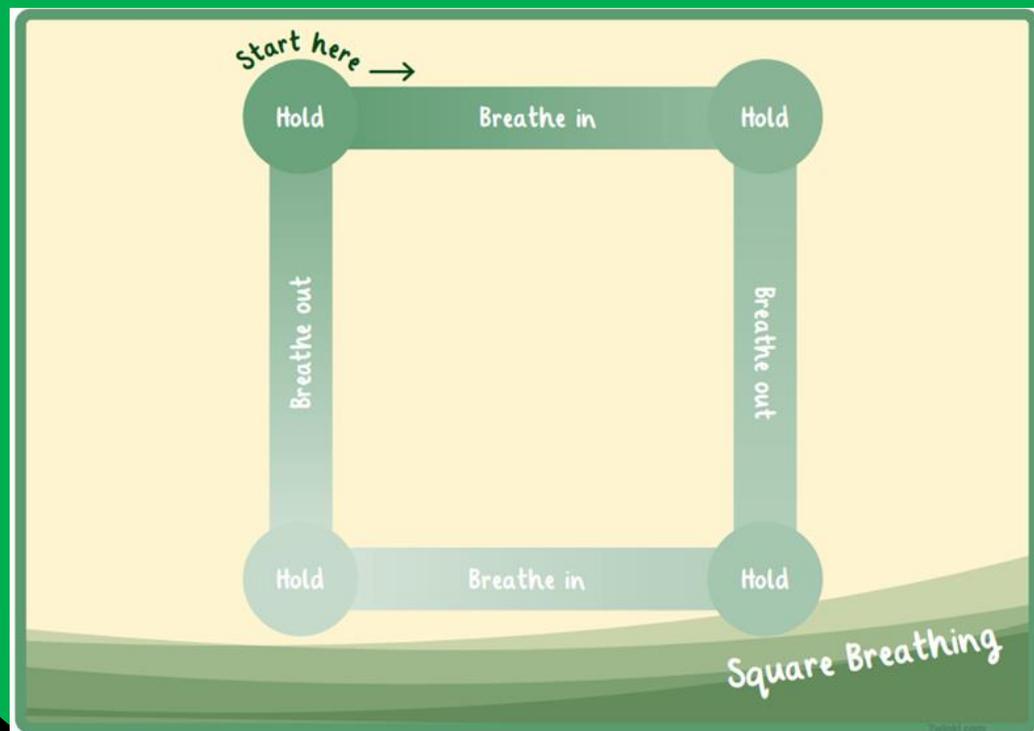
Balloon Breaths

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight, and make your belly puff out as if it was a balloon filling with air. Then slowly exhale like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



Miss Garrard says...

Take a look at some of these mindful breathing techniques which may help if your child is feeling worried or overwhelmed. This may also be a good tool to use before bedtime if required. Please contact me via the school office or info@simondesenis.org if you feel you need some support and guidance regarding your child's well-being or mental health.



It is important that we look after our mental health in the same way we look after our physical health.

Here are 9 positive behaviours that we can all do to promote good mental health for ourselves and others.

Finding time for ourselves to enjoy the things we love to do is very important.

It is important also that we engage with children in discussions about ways to promote positive mental health and allow them time to talk through any worries or concerns they have in a open environment.

If you have any worries or concerns about any aspect of your child's mental wellbeing please speak to your child's teacher or the school's Mental Health Leads, Ms Holland and Miss Garrard.

9 POSITIVE BEHAVIOURS THAT CAN HELP TO BOOST YOUR MENTAL HEALTH

@BELIEVEPHQ

- TALKING OPENLY**
Talking openly and honestly to friends and family members can help you to problem solve and vent emotions
- EXERCISING REGULARLY**
Being active and engaging in regular exercise is a great way to boost mood and also reduce anxiety and stress
- HELPING OTHERS**
Helping others can provide you with a sense of pride, achievement and accomplishment.
- MEANINGFUL ACTIVITIES**
Engaging in activities that are important to you can help provide you with a sense of meaning. Stay connected to your values when you can
- JOURNALING**
Writing down thoughts and worries in a journal is a great way to understand what is going in your mind and a useful technique for understanding triggers
- BEING MINDFUL**
Applying mindfulness when engaging in activities is a useful way to calm your mind and stay focused on the present moment
- SELF CARE**
Scheduling time into your week where you can engage in activities that provide you with a sense of calm for your mind and body is important for physical/mental health
- CONNECTING WITH PEOPLE**
Whether it is going for a coffee with a friend, or spending quality time with family, connecting with others regularly can boost confidence and reduce anxiety



Far Cotton Community Safety Day Event, 4th February 2023

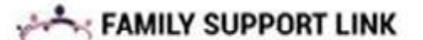
Community Safety Day



Saturday, 4 February 2023
11am-2pm
at **Far Cotton Rec Centre**

Come and meet organisations offering advice on all aspects of your home and personal safety. An opportunity to raise concerns, share ideas and hear from those officers working in the area.

Cllr Emma Roberts





Reading

PhonicsPlay

Website: [PhonicsPlay](https://www.phonicsplay.com/)

Username: simonde

Password: simonde

Developing phonic knowledge is the first stage of reading and reading fluency. These skills develop from Reception into Year 3. Did you know that the school has a membership to PhonicsPlay that you and your child can use at home for free? Log into Phonics Play using the username and password below and go to resources to play phonics games with your child:

Home	Resources	Teachers	Parents	FAQs	Subscribe
Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6

S Stay **safe** online by not sharing your personal information. 

M Do not **meet** anyone who you have only become friends with online. 

A Do not **accept** messages and friend requests from people you do not know. 

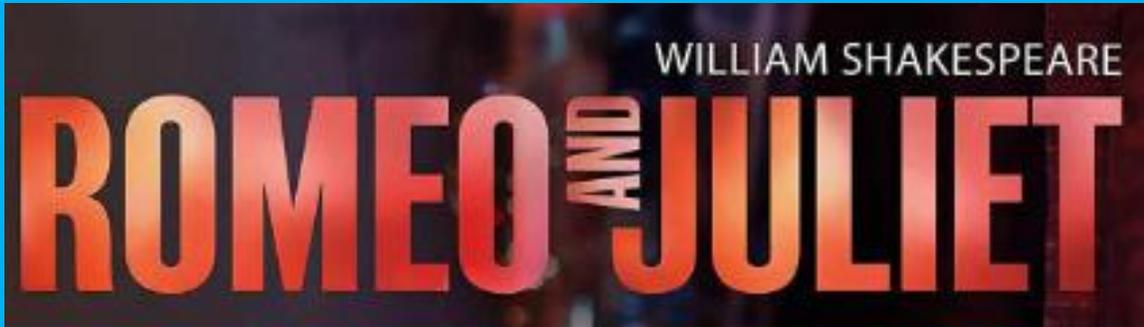
R Not everything online is **reliable**. People online are strangers and you can't always trust everything they say. 

T **Tell** an adult you trust if anything happens online that you do not like. 

Keeping Safe Online



To find out more about keeping your child safe online, take a look at the **Childnet website: [Parents & Carers | Childnet](#)**



Whole School RSC Showcase

Please come and see your child's writing and art outcomes at the end of our whole school unit on Shakespeare's Rome and Juliet.
Date: Friday January 27th
Time: 9:00am-9:30am

Musician of the Week

Wolfgang Amadeus Mozart (January 27, 1756 – December 5, 1791) was an Austrian composer, instrumentalist, and music teacher.

Mozart wrote more than 600 musical works, all of the very highest quality. His works include the operas *The Marriage of Figaro*, *Don Giovanni*, *Così fan tutte* and *The Magic Flute*.

Along with Bach and Beethoven, Mozart is regarded as one of the greatest composers who has ever lived.

Young Mozart showed evidence of great musical talent at a very early age. He was playing the harpsichord and the violin at the age of five, and writing little pieces of music.

Mozart's sister Marianna was a talented youngster. The two children received their musical and academic education from their father. The family toured Europe for a few years, performing before royals and aristocrats.

If you want to find out about Mozart and hear his music, take a look at this short video:

[Mozart for Children: Biography for kids - FreeSchool - Bing video](#)



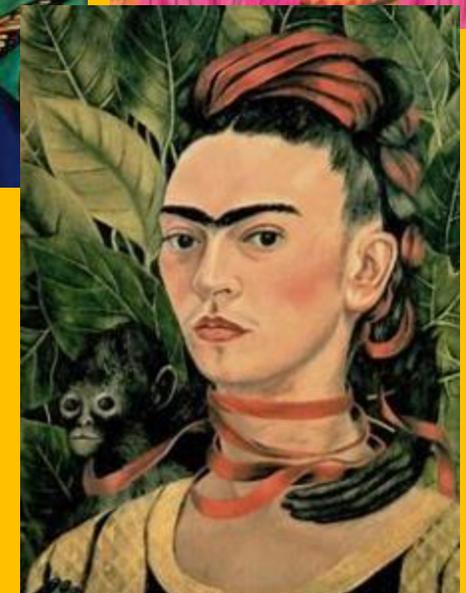
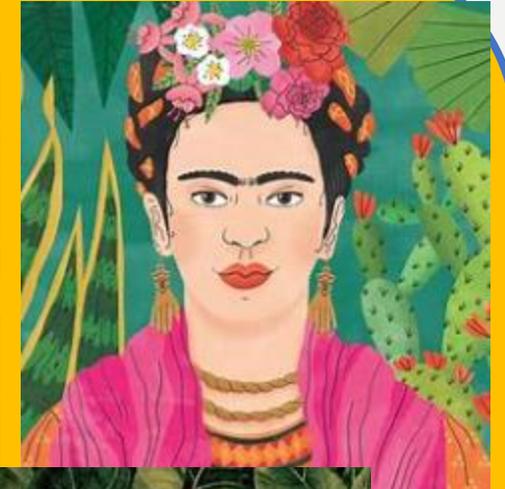
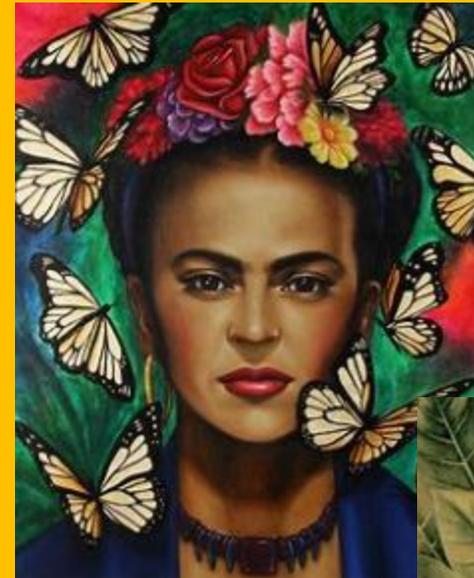
Artist of the Week- Frida Kahlo

Frida Kahlo (1907-1954) was a Mexican painter. Fifty-five of her 143 paintings are of herself. She was also influenced by native Mexican culture, shown in bright colours, with a mixture of realism and symbolism.

Her self portraits often have many interesting objects in the background. These added images were things that were important to Frida and tell us lots about her.

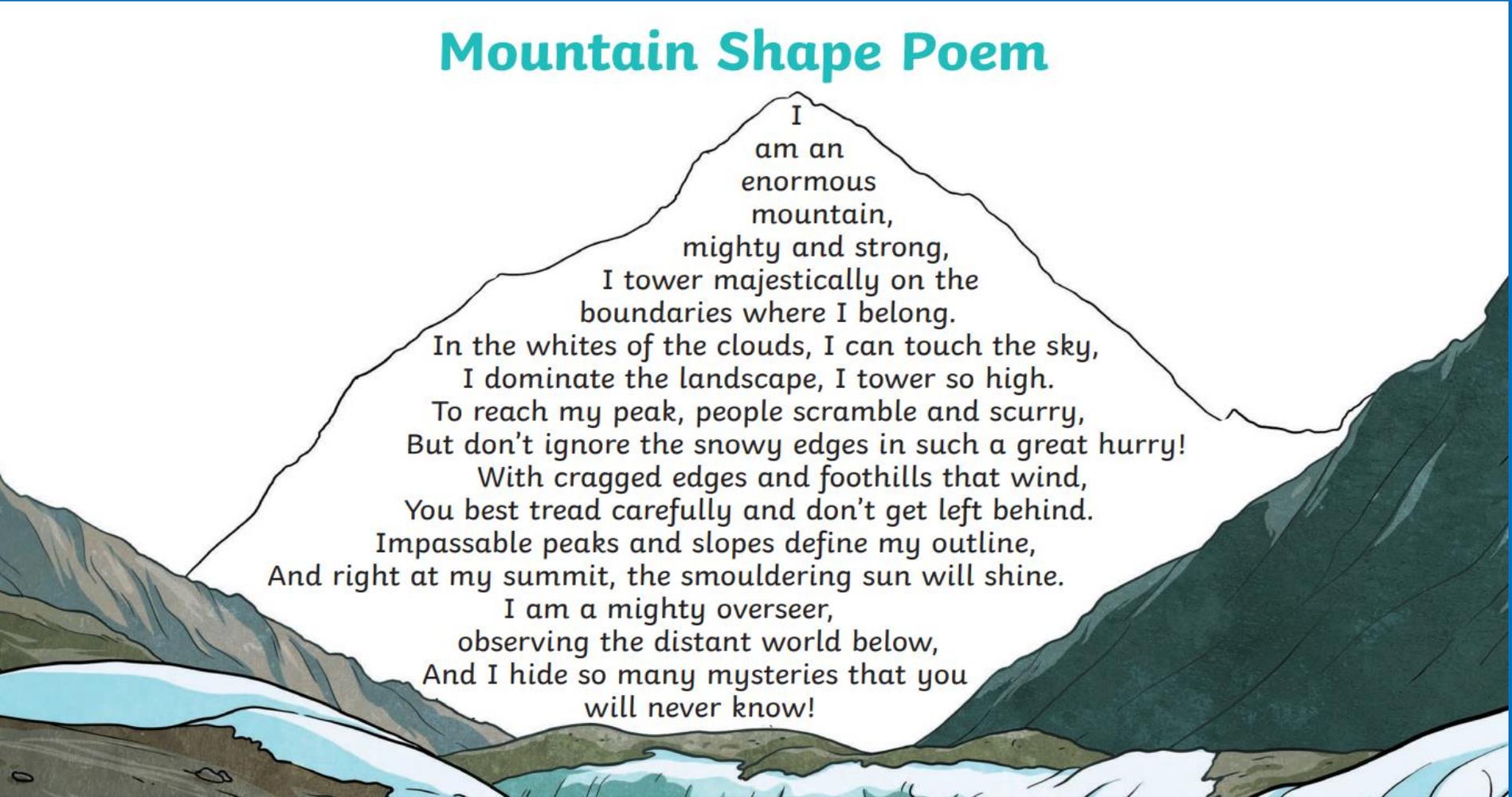
If you want to find out more about Frida Kahlo, take a look at the video below-

[FRIDA KAHLO FOR KIDS | LOU BEE ABC SELF PORTRAIT ARTIST - Bing video](#)



Poem of the Week

Mountain Shape Poem



I
am an
enormous
mountain,
mighty and strong,
I tower majestically on the
boundaries where I belong.
In the whites of the clouds, I can touch the sky,
I dominate the landscape, I tower so high.
To reach my peak, people scramble and scurry,
But don't ignore the snowy edges in such a great hurry!
With cragged edges and foothills that wind,
You best tread carefully and don't get left behind.
Impassable peaks and slopes define my outline,
And right at my summit, the smouldering sun will shine.
I am a mighty overseer,
observing the distant world below,
And I hide so many mysteries that you
will never know!

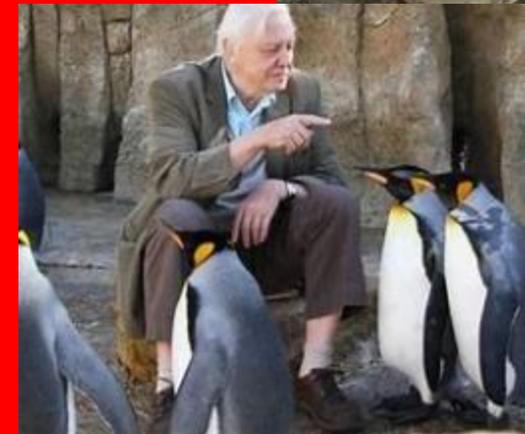
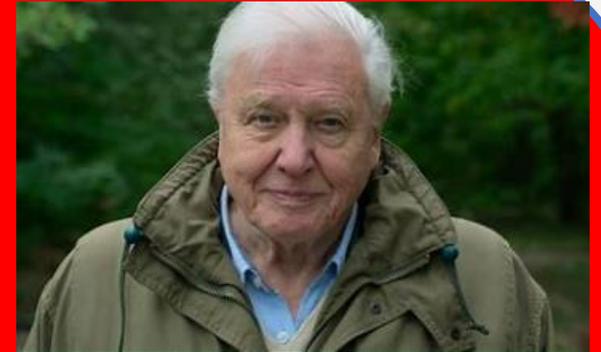
Inspirational Person of the Week- David Attenborough

Sir David Attenborough was born on May 8th 1926 and is an English broadcaster, biologist, natural historian and author. He is most famous for his television programmes where he has travelled around the world, the continents and oceans. He has spent his life finding out about the natural world and teaching people about the environment.

Did you know that he loves frogs?

If you want to see David telling us about camouflage, take a look at this video-

[Animal Mimicry + Camouflage | Life in Color with David Attenborough | Netflix After School - Bing video](#)





Contact Details

Please remember to email the school office if, over the holidays, there have been changes to your:

- **Circumstances**
- **Phone number**
 - **Address**
 - **Email**

info@simondesenlis.org

Think of the week

A **think** is an **unusual question** that makes you **think**. A beguiling question about everyday things that stops you in your tracks and helps you start to look at the world in a whole new light.



**How do you think
people would
behave if there
were no rules or
laws?**



In assembly this week

- In our ks1 assembly this week, we have been learning more about the rule of law by thinking about the rules we have in our homes and our school. we have thought about why rules are important to us and for the whole community.
- The ks2 assembly focussed on the work of some school age film makers who have created films to persuade parliament to consider new or updated laws. We considered the things that make a good law and why changing and updating laws is important.

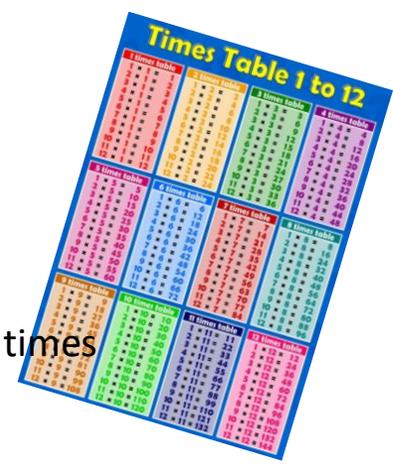


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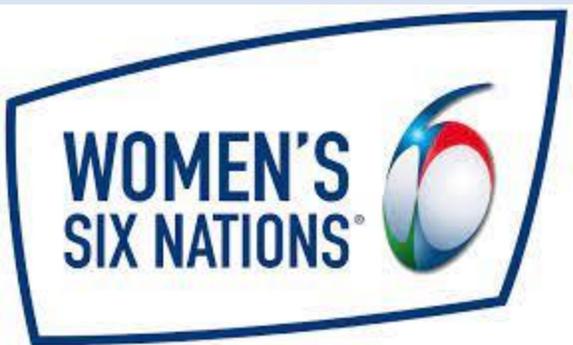


gg128202868 GoGraph

Why is learning times tables important?



1. Learning basic times tables will make it easier to learn more challenging ones – for example if children know their 3 times tables, they will be able to work out their 6 times tables by doubling the answer.
2. When children frequently, successfully recall their times tables they will grow in confidence, which will not only help them tackle more challenging maths problems, but will help to keep them motivated and engaged across other subjects too.
3. Multiplication underpins many other aspects of mathematics such as algebra, division and fractions – an early understanding of multiplication will help children right up to GCSE level and beyond.
4. Recalling times tables improves memory skills, which is a transferrable skill that will help children throughout school and into adult life.
5. Children will find it easier to solve maths problems and to do mental arithmetic if they have already memorised their times tables.
6. Children will find maths exams less daunting as they will be assured in their ability to recall times tables. This means that when tackling more challenging maths problems they can easily recall and apply their existing knowledge whilst focusing on the question.
7. Multiplication is used day to day throughout adulthood, whether it's working out price reductions, doubling recipes or splitting bills!



Sports

Date for your diary-

4 February-18 March: Rugby Union - Men's Six Nations
25 March-29 April: Rugby Union - Women's Six Nations



If you are interested in joining a Rugby club to develop your skills, why not click on this link for more details:

[Rugby Camp Finder | Northampton Saints Rugby Camps](#)

ABOUT SIX NATIONS RUGBY

Six Nations Rugby is the official organising body of the annual Six Nations Championships and Autumn International Series.

Working in partnership with its member unions and federations in England (RFU), France (FFR), Ireland (IRFU), Italy (FIR), Scotland (SRU) and Wales (WRU), Six Nations Rugby has responsibility for the promotion and operation of the renowned Six Nations Championships and Autumn International Series, as well as the negotiation and management of their centralised commercial rights.

The Six Nations Championship is the oldest international rugby tournament in the world, dating back to its original incarnation in 1883 and expanding to its current format of six teams in 2000. It consists of three highly competitive annual tournaments across men's, women's and U20s rugby.

In its day-to-day operations, Six Nations Rugby is guided by the core values of courage, solidarity, inclusion, integrity, and creativity. Together with its unions and federations, Six Nations Rugby is committed to the development of rugby at all levels, as well as working with other governing and representative bodies around the world to ensure the best possible future for the game, its players and its fans.

Information for Year 5 Parents of children with SEND IASS Northants information events

Dear Parents and Carers, IASS Northants will be holding their secondary school transfer seminars for parents of children with SEND (with or without EHC Plans). These are open to families in both North and West Northamptonshire. Please see below for more information. The first sessions are held in January. To book please visit: <https://tinyurl.com/4vb728rb>

For more information please contact Ms Holland or Mrs Haigh via the school.

Northamptonshire Information, Advice, and Support Service for SEND (IASS) Year 5 Seminars 2022-23

Supporting the positive transfer from primary school to secondary school for children with special educational needs and/or disabilities (SEND). This seminar is for you if you're a parent or carer of a child in Year 5 who either has an EHC Plan or receives SEN Support at school.

Dates & Locations:

- Corn Market Hall, Kettering - Thu, 19 Jan 2023 (6pm-8pm)
- Castle Theatre, Wellingborough - Tue, 14 Mar 2023 (10am-12noon)
- NMPAT, Northampton - Thu, 26 Jan 2023 (12:30pm-2.30pm)
 - Daventry Town FC - Wed, 15 Mar 2023 (6pm-8pm)

To book, visit <https://tinyurl.com/4vb728rb>





Abington Museum

Vegan market



Saturday 28 January

11am - 4pm

Free entry

Veggie delights will be in abundance at this vegan market. Whether you are vegan, vegetarian or just v-curious, you will find a wide choice of stalls selling delicious plant-based food and drink produced in the region, along with vegan beauty products and other ethically produced items, including clothing.

Abington Museum

Vintage and craft fair



Saturday 11 March

11am - 4pm

Free

A selection of vintage, reworked and handmade stalls selling fashion, accessories, jewellery, collectibles, homeware and more. Enjoy the delicious hot food and drinks in the courtyard from local food and drink producers.



Delapré wellbeing

Wellbeing Festival

Wellbeing Festival January 2023 – Delapré Wellbeing (delaprewellbeing.co.uk)

Wellbeing Festival

Friday 20th – Sunday 22nd January
Spaces limited, pre-booking advised

Relax and unwind at Delapré Abbey with three days of informal talks, classes and activities designed to increase your health and wellbeing. Help banish those January blues and move your body as you soak in the beautiful surroundings of the historic Abbey and its green spaces.

With a varied programme, you can choose which events you'd like to attend to create your own tailored experience.

Introductory classes include pilates, nordic walking, seated yoga, Zumba and more (all levels and abilities welcome).

The programme of talks include tips on managing chronic pain, ways to boost your mood during winter, using creativity and crafting to support your mental health and wellbeing, and tips for improved sleep.

This festival is programmed by Northamptonshire Sport and Delapré Abbey.

FREE
event

could you help a
child feel safe, loved
and supported?

YOU can make a difference

Join us on Saturday 21st January 10am - 12pm at 7 Doolittle Mill, Frogghall Road, Ampthill, MK45 2ND. It's the perfect opportunity to find more about becoming a foster carer and how you can help a child in your area. Enjoy some refreshments while having an informal chat with our carers and team.



special guest safari stu



to reserve your space call

0800 389 0143

or email Rebecca on
rebeccar@nexusfostering.co.uk

can't join us?

enquire at nexusfostering.co.uk/oneday




nexus
fostering



We are
Ofsted Outstanding
and provide sector-leading
support and training, empowering
you to create brighter futures
for children and young people.
Here's what makes nexus
fostering your professional
partner of choice.



Social worker
owned and led
since 2002



Careful and considered
matching process led by our
dedicated placements team,
leading to successful outcomes



Our teams will support
you 365 days a year,
24 hours a day



Regular carer support
groups, day trips and
activities for all the family



Bespoke support packages for our
therapeutic led services and tailor
made outreach support for children



Consistently rated
'Outstanding' by Ofsted



To find out more, speak to our friendly team on

0800 389 0143

or visit us online at
nexusfostering.co.uk/oneday




nexus
fostering



FREE and subsidised school milk

Register your child today!

Is your child entitled to FREE milk?



Register your child for school milk today.

Sign them up in a few clicks...



Go online and quickly register your child for school milk at www.coolmilk.com



Need help? Contact our Customer Service team on 0800 321 3248 or via email at registrations@coolmilk.com

Cool Milk
www.coolmilk.com

The UK government continues to support school milk. Milk for under-5s is fully funded by DHSC via the Nursery Milk Scheme. Milk for over-5s is subsidised by Defra via the School Milk Scheme.

Company registration no. 3603430 England

Cool Milk
www.coolmilk.com

The Community Fridge is located at the Abbey Centre. This is open Tuesday and Friday 10.30-12 pm and Friday 4-5:30pm. They require a £1 donation.





ELITE FOOTBALL COACHING



GIRLS PLAYER DEVELOPMENT



DEVELOPMENT

For players to enhance their skills outside of team coaching.

Open to all players, the emphasis is on our female players improving their fundamental techniques in a competitive environment.



OPPORTUNITIES

Every Friday
Ages U10 - U12
6:30 - 7:30PM

£35 Per Month



SKILLS

Players learn close control, dribbling, 1st touch and other footballing techniques.

Players will be challenged in pressured scenarios to improve the ability to execute in games.

FOR MORE INFORMATION
visit info@elitefootballcoaching.org



SESSION LOCATION
Moulton 3G, Brunting Road

EFC Player Development

Elite Football Coaching brings ELITE level coaching to grassroots players.

At Elite Football Coaching we want to bridge the gap and give players access to quality coaching with experienced coaches.

EFC Player Development program is designed to improve the players overall technical and tactical ability with the ball.

Each player will have a ball at their feet for the majority of the session.



EFC PLAYER DEVELOPMENT

EVERY MONDAY

Age U7-U10 | 5-6pm
Age U11-U14 | 6-7pm

EVERY FRIDAY

Age U7-U10 | 5:30-6:30pm

£35 PER MONTH

LOCATION | MOULTON 3G, BRUNTING ROAD, NN3 7QF

BOOK | [INFO@ELITEFOOTBALLCOACHING.ORG](mailto:info@elitefootballcoaching.org)



LIMITED SPACES PER DEVELOPMENT PROGRAM

Email info@elitefootballcoaching.org to SIGN UP



For more information please visit | WWW.ELITEFOOTBALLCOACHING.ORG | 07592299384

Girls Player Development

Girls Player Development returns this February

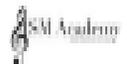
This program will focus on our female players improving their fundamental techniques in a competitive environment.

In these fast paced sessions, players will be encouraged to be creative and take risks. This program is perfect for all players.

Holiday Fun



February Half Term 2023

Games /Sports 	Atomic Science 
Arts & Crafts 	YOGA and Mindfulness 
Circus Skills 	Music 

Is it for me?

Open to Primary age children from Reception to Age 11

How much?

£15 per day, 9am – 3.30pm each day

How do I book?

To book spaces please visit: www.northamptonesco.co.uk, you can book as many days as you require. Full details can be seen on our website/facebook page.

What do I need?

Packed Lunch and plenty of drinks.

Wear clothes suitable for moving freely and trainers/plimsolls.

Parents/Carers must drop off and pick up children.

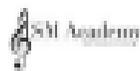
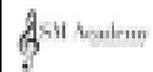
Please ensure your child's lunch does not contain any nuts.

Queries?

Email- msmith@northamptonesco.co.uk or 07917 535762

February Half Term 2023

Monday 13th February to Friday 17th February

Monday 13 th February	Tuesday 14 th February	Wednesday 15 th February	Thursday 16 th February	Friday 17 th February	Venue
Sports 	Yoga 	Yoga 	Yoga 	Circus skills 	Cedar Road Primary School, Broadway East, NN3 2PP (access through pedestrian gate to main hall)
Games 	Science 	POP CHOIR (NEW) 	Arts and Crafts 	POP CHOIR 	
Science 	Arts and Crafts 	Games 	Science 	Music 	

This may be of interest to you-
Take a look at this course- English for Speakers of Other Languages

ESOL

English for Speaker of Other Languages

Improve your English skills and become more confident in communicating with others.

We have groups at all levels, with a choice of days and times. To find the best group for you, we will ask you to complete an Initial Assessment to find out your level.

You may be eligible for **FREE** classes if your income is below £17, 374.50 per year.

To find out more, contact Emilia Ratcliffe on:

- Email: AdultLearningEssentialSkills@northnorthants.gov.uk or Emilia_ratcliffe@northnorthants.gov.uk
- Mobile: 07912 186944
- Website: [Adult Learning \(northamptonshire.gov.uk\)](http://AdultLearning.northamptonshire.gov.uk) and enter course code XOA8XR02

Pupil Days

Bank Holidays

School Holidays

Teacher Training Days

NPAT Academic Calendar 23/24

Teacher Training Days
Monday 4 September 2023
Tuesday 5 September 2023
Monday 30 October 2023
Monday 26th February 2024
Monday 3rd June 2024

September 2023					
Mon		4	11	18	25
Tues		5	12	19	26
Wed		6	13	20	27
Thu		7	14	21	28
Fri	1	8	15	22	29

October 2023					
Mon		2	9	16	23
Tues		3	10	17	24
Wed		4	11	18	25
Thu		5	12	19	26
Fri		6	13	20	27

November 2023					
Mon			6	13	20
Tues			7	14	21
Wed		1	8	15	22
Thu		2	9	16	23
Fri		3	10	17	24

December 2023					
Mon		4	11	18	25
Tues		5	12	19	26
Wed		6	13	20	27
Thu		7	14	21	28
Fri	1	8	15	22	29

January 2024					
Mon	1	8	15	22	29
Tues	2	9	16	23	30
Wed	3	10	17	24	31
Thu	4	11	18	25	
Fri	5	12	19	26	

February 2024					
Mon		5	12	19	26
Tues		6	13	20	27
Wed		7	14	21	28
Thu	1	8	15	22	29
Fri	2	9	16	23	

March 2024					
Mon		4	11	18	25
Tues		5	12	19	26
Wed		6	13	20	27
Thu		7	14	21	28
Fri	1	8	15	22	29

April 2024					
Mon	1	8	15	22	29
Tues	2	9	16	23	30
Wed	3	10	17	24	
Thu	4	11	18	25	
Fri	5	12	19	26	

May 2024					
Mon		6	13	20	27
Tues		7	14	21	28
Wed	1	8	15	22	29
Thu	2	9	16	23	30
Fri	3	10	17	24	31

June 2024					
Mon		3	10	17	24
Tues		4	11	18	25
Wed		5	12	19	26
Thu		6	13	20	27
Fri		7	14	21	28

July 2024					
Mon	1	8	15	22	29
Tues	2	9	16	23	30
Wed	3	10	17	24	31
Thu	4	11	18	25	
Fri	5	12	19	26	

August 2024					
Mon			5	12	19
Tues			6	13	20
Wed			7	14	21
Thu		1	8	15	22
Fri		2	9	16	23



**SOME NEWS
FOR OUR
CHILDREN**

**20TH JANUARY
2023**

What's happening in the news this week?



Let's have a look at this week's poster!

16th - 22nd January 2023



Do we throw things away too easily?

Let's look at this week's story



Many of us are increasingly reusing, repairing, and upcycling items, instead of throwing them away and replacing with new ones, according to experts. Upcycling shop, the Repair Café in Wales believes, that because of the cost of living crisis, people are making the most of what they already have. Throwaway culture has been the norm since the 1950s but now appears to be declining.

Reflection



Many of the items we have can be fixed, changed, and even improved! Rather than throwing old things away, they can be given a new lease of life for us or others!





Wandering Walrus

An Arctic Walrus, called Thor, has become famous after making an incredible 3,000-mile (4828km) journey from his home in the Arctic Circle, that saw him swim past France and the Netherlands before visiting some English coastal towns. The celebrity walrus, thought to be the first ever spotted in Yorkshire, has now left to return to his Arctic home following an eventful few months. Thor is believed to be a healthy male aged between 3 and 5 years old. He was spotted in the Netherlands at the beginning of November and swimming off the coast of Belgium later that month. Sightings were also reported on the 18th November in Brittany, France. In December, he rested on the beach in Southampton, before swimming another 290 miles (467Km) to arrive in Scarborough. Here, he took a rest in the harbour, and was visited by thousands of well-wishers. In the New Year he continued his journey, stopping off overnight in Blyth. Experts believe he will now continue to travel north to his home in the Arctic waters. Whilst in the UK, the marine mammal has been watched over by the British Divers Marine Life Rescue (BDLMR) who have ensured that everything possible has been done to keep him and the public safe; Scarborough Council even cancelled their New Year's firework display so that he didn't become distressed whilst resting in the harbour there!



Pictured: Thor the Walrus in Scarborough
Source: British Divers Marine Life Rescue
@BdmlrYorksLincs Twitter page.



Pictured: Learning online. Source: Canva

Learning Welsh on TikTok

After recent census data showed that there had been a decline in Welsh speakers, lovers of the ancient language have been taking to social media to promote and teach it to others! Bethany Davies from Llanelli, Carmarthenshire, is a history graduate who grew up speaking Welsh after moving to the country at a young age, she says, 'I never knew anything different. I went to a Welsh *cylch*, like a creche, a Welsh primary school, a Welsh secondary school.' She started to use Welsh on her TikTok after missing the language whilst in lockdown at university and is now sharing the joy of speaking Welsh with her 44,000 TikTok followers. Bethany has made a career out of sharing the Welsh language

and culture. It has been reported that TikTok videos are particularly good for this purpose as they are short and sweet, and creators are therefore able to engage with people more easily. Bethany's advice for anyone wanting to learn Welsh is, 'For any language the best way is to immerse yourself in it as much as you can. Just start listening to some Welsh music, watch some Welsh TV or Welsh films. Engage with Welsh media. It's meant to be fun, so don't put too much stress on yourself.' Bethany's favourite word is 'hiraeth' which she translates as being a descriptive word for 'a longing and feeling for Wales'.

**Do you have a favourite word?
Which language is it in?**

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



18 Michelin-starred restaurants in a day

Eric Finkelstein, from New York, USA, has just set a new Guinness World Record for eating at the most Michelin-starred restaurants during a 24-hour period. The Michelin-star marathon involved eating a course at 18 different restaurants and took about 11 hours. Eric visited four two-star spots (Aquavit, Jungsik, Momofuku Ko, and The Modern) and 14 one-star locations, starting his journey at Le Pavillon, where he ate a grilled avocado salad and completing his mission with a caviar-dressed chawanmushi at Noda. He said his food cost over £400 (without any tips) and he estimates that he consumed a total of 5,000 calories! The world record was harder to beat than you might think as it's often very difficult to book a table in any of these very sought after restaurants and a rule of completing the record is that he could only move between Michelin-starred establishments using public transport or walking, meaning a lot of planning was involved before the day! When asked why he wanted to break this particular record Eric said, 'I loved the idea. It combined my loves of eating interesting food, working towards a checklist, and working towards something silly.' Eric completed the challenge on 26th October, 2022 and the Guinness World Records team have now verified and presented his new world record. This isn't Mr Finkelstein's first world record, he was previously a competitive table tennis player and holds two records: longest table tennis serve - 15.57 m and largest table tennis ball mosaic - 29.12 m².

I wonder which record he may try to break next! Do you have any ideas?



Pictured: Eric Finkelstein eating in Michelin-starred restaurants **Source:** Guinness World Records @GWR Twitter page.

Last week's topic:

Should all the energy we use be renewable?

I think we should try to be as energy efficient as possible but it isn't realistic to get all of our energy from renewable sources at this time.

Emily



It should be something that we always strive for and we all have a part to play in making that happen.

John

No I don't think it all should as not everyone can afford or have access to renewable energy.

Bryony

Let us know what you think about this week's news?



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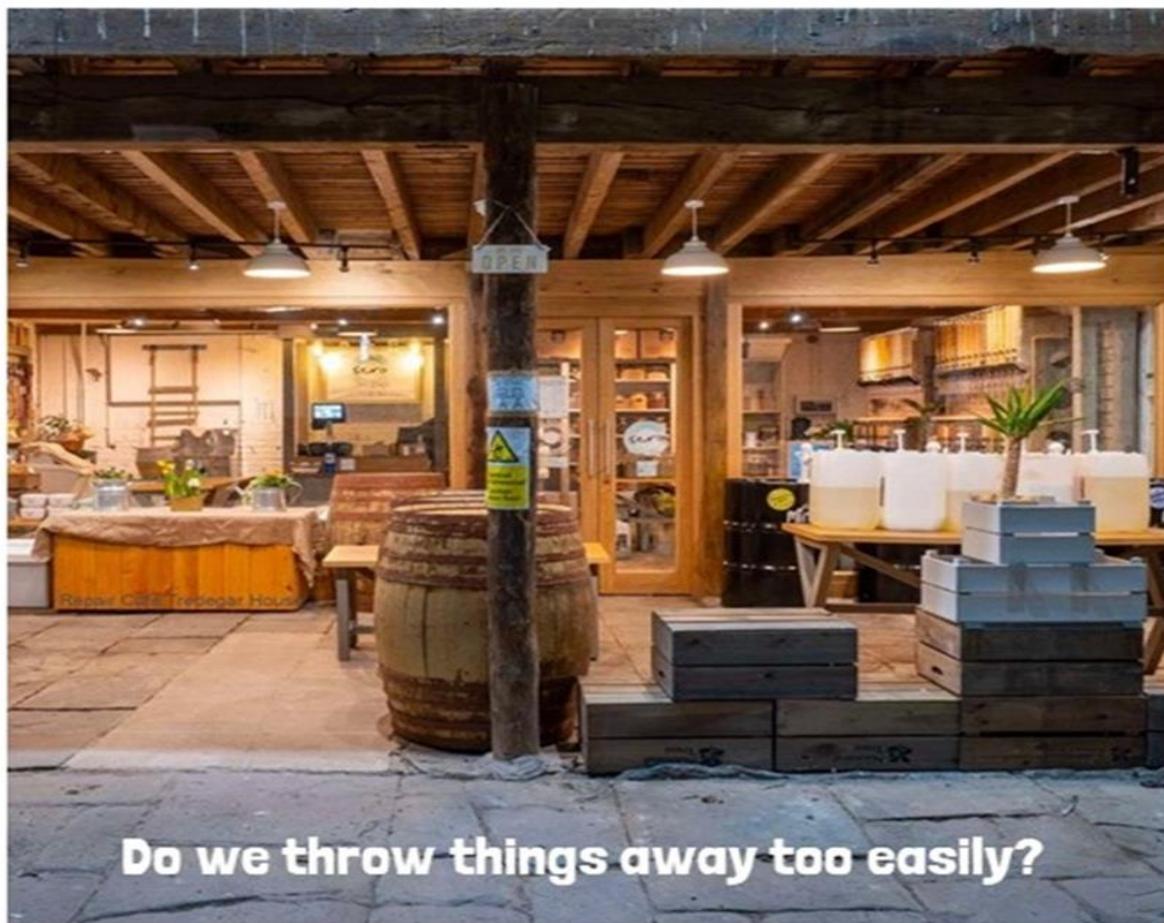
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TAKEHOME

16 - 22
January



Do we throw things away too easily?

In the news this week

Many of us are increasingly reusing, repairing, and upcycling items, instead of throwing them away and replacing with new ones, according to experts. Upcycling shop, the Repair Café in Wales believes, that because of the cost of living crisis, people are making the most of what they already have. Throwaway culture has been the norm since the 1950s but now appears to be declining.

Things to talk about at home ...

- > Do you think repair cafés are a good idea?
- > If there were a repair café near you, would you use it? What types of things might you take?
- > Do you have any repairing skills? Is it something you would like to learn?

Please note any interesting thoughts or comments

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