



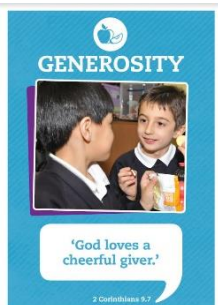
St Augustine's Academy Newsletter

8th October 2021



Headteacher's Message - Harvest

Dear Parents, Carers and Children,

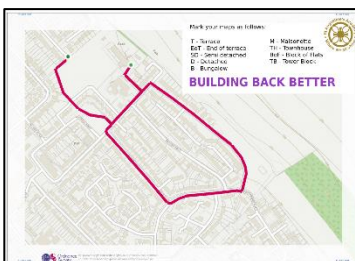


Thank you for the food donations that you made as part of this year's harvest celebrations. The Foodbank were delighted with the school's donations and would like to pass on their thanks too.

Our Harvest Wild Worship was a very special time. Following listening to the story of The Creation in Genesis, each class created a piece of natural art work based on the days of creation and contributed to praying for our world.

Thank you and Best wishes
Amanda Howes - Headteacher

Vocabulary Velociraptors



'D' has been our focus letter for the week. The children have learnt the names of a variety of different types of dwelling and went on a walk, along a selected route, to identify the different types of dwellings that can be found in our local area.

The specific dwellings that children learnt this week were: Terraced House, End of Terrace House, Semi-detached House, Detached House, Bungalow, Maisonette, Town House, Block of Flats, Tower Block, Trailer, Cottage and Mansion.



It has been brilliant to see the children so excited about words. Our data shows that children are remembering many of the words they are learning and we hope that, as the weeks progress, we will see many of these words appear in children's Speaking and Writing too.

Vocabulary Tip of the Week

When talking to your child, remember to refer to objects by their correct name. For example, instead of 'doggie' say 'dog'. It is important to teach children the correct names for body parts too.



'Let your light shine before others that they may see your good deeds and glorify your Father in heaven.' Matthew 5:16

Coat of Hope



Coat of Hopes is a fascinating project, initiated by Lewes artist and designer Barbara Keal. Different walkers will wear the coat during its 500-mile journey from Newhaven's East Beach to the COP 26 United Nations Climate Change Conference in Glasgow. The coat will grow ever more colourful as more and more hand-stitched patches are added to it from contributors along the way. Our school, as well as St Augustine's Church have created beautiful patches to be sewn onto the Coat of Hope.

Loving Creator,
at this moment in earth's history
when humanity must take account of earth's destiny,
give to those leaders who gather in Glasgow
a sense of urgency,
a perception of necessity
and the wisdom and will
to secure the health and well-being of the world
at whatever the cost to wealth,
political advantage or prestige.



And give to us all a vision
of a world restored to full health
that is worthy of all those yet to be
born and worth all the work, sacrifice
and commitment
which is ours to offer.
Amen.



Black History Month and World Space Week

BLACK HISTORY MONTH 2021

SEE US!
HEAR US!
FEEL US!



During our Celebration Worship at school, we celebrate the achievements of children at our school and the achievements of others.

"There before me was a great multitude
that no one could count, from every
nation, tribe, people and language..."
Revelation 7:9



This week, as part of Black History Month, we celebrated the achievements of Mae C. Jemison who is the first African American female astronaut. In 1992, she flew into space aboard the Endeavour and conducted experiments about weightlessness and motion sickness. Chances stated, "I have been inspired by Black History Month. I would like to be our first black prime minister."

JazzyMedia



JazzyMedia have sent the school some free Nano Bytes and SuperThings to distribute to our pupils. As such, Years 1 – 4 will each be bringing home a SuperThing today and Years 5 and 6 will each be given a packet of Nano Bytes. We would like to thank JazzyMedia for the free supply of these products and hope that the children enjoy them.

Celebrations

CONGRATULATIONS to the following children.

Our Stars of the Week are...



Year 1 – Eldon
Year 2 – Miryam
Year 3 – Izabella
Year 4 – Taya
Year 5 – Mateen
Year 6 – Summer-May

Our 'SELF' Pupils of the Week for,
"What are my strengths and weaknesses?"
are...

Year 1 – Eliezer
Year 2 – Dollie-May
Year 3 – Bliss
Year 4 – Sophia
Year 5 – Aaron
Year 6 – Jacob



Our Vocabulary Velociraptors of the Week
are...

Year 1 – Scarlett-Marie
Year 2 – Ronnie
Year 3 – Terri
Year 4 – Santiago
Year 5 – McKenzie
Year 6 - Yasmin



Our Attendance Bear Winner this week is...



The House Point totals this week are...



Mars
215



Venus
215



Neptune
177



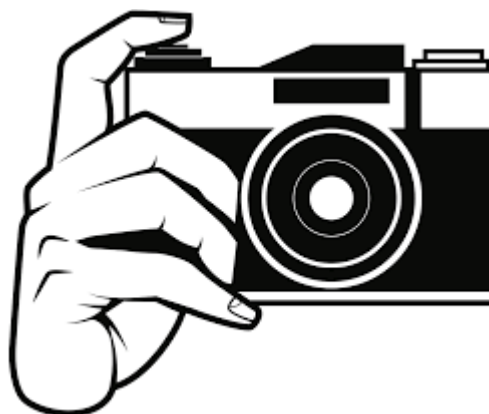
Earth
193

Parent Governor Elections



You should now have received a letter about being a parent governor. We hope that 2 of you would like to join our Governing Board and Chef Gary is available to talk to anyone, who is interested, about the role. Parent voice is incredibly important and we need you!

Individual School Photographs



A letter will be coming home with children today about individual school photographs which will take place on Thursday 14th October. Please ensure that children wear full school uniform, instead of PE kit on this day.

Please ensure that the consent letter is signed and returned to school swiftly. Thank you.

Diary Dates

October	Black History Month
10 th Oct.	World Mental Health Day
WB 11 th Oct.	Letter 'E' Week
14 th Oct.	Individual Photographs
22 nd Oct.	End of Half Term
2 nd Nov.	Children Return to School
17 th Dec.	Last Day of Term

Sometimes we have to change diary dates due to circumstances beyond our control. Please keep checking the school diary regularly for updates.

World Mental Health Day



World Mental Health Day is on Sunday 10th October.

We know that mental wellbeing is a normal part of daily life, in the same way as physical health. At St Augustine's Academy we teach children about the benefits of physical exercise, of spending time outdoors and of community participation on mental wellbeing and happiness. They are also taught simple self-care techniques, including the importance of rest, spending time with friends and family and how having hobbies and interests can support mental wellbeing.

Over the following week, how many of these will you be able to tick off?

<p>Sung in the shower</p>	<p>Played with a furry friend</p>	<p>Had a good sleep</p>	<p>Spent some time with my family/friends</p>
<p>Listened to my favourite tune</p>	<p>Read a good book</p>	<p>Watched a great movie/TV show</p>	<p>Eaten something delicious</p>
<p>Done some exercise</p>	<p>Stayed hydrated</p>	<p>Drawn a picture</p>	<p>Laughed until my cheeks hurt</p>
<p>Spent some time in a park</p>	<p>Danced</p>	<p>Treated myself</p>	<p>Visited somewhere new</p>

Physical Activity and Sedentary Behaviour

Welcome back to the MoreLife Schools programme. You can find out what we covered in our healthy lifestyle lesson in our Week 4 pack.

Today your child learned about why moving more can make us feel happier and healthier, and why physical activity is important for the whole family.



Things you might not know about physical activity:

1. Studies show if children and young people increase their heart rate for more than 60 minutes per day, it can be great for their health.
2. We can tell if our heart rates are raised if we feel warm. For example if you are walking at a quick pace and feel the need to take your jumper or coat off.
3. Moving more doesn't always mean doing sports and activities like cycling or running. Anytime you and your family are standing and moving instead of sitting or lying down is a good choice for your health.



BINGO

For each box, you must try and complete the activity to tick it off. Once you have ticked off all of the boxes, you have Bingo!



10 star jumps	Watched the sugary drinks video	Completed healthy food word search	Tried a new vegetable	Climbed the stairs 10 times
Eaten 3 different vegetables	Went for a walk	High knees for 1 minute	Can name 3 examples of protein	5 minute morning stretch
Completed the 'late for school' routine	Helped prepare a meal	Danced to my favourite song	Used my hands for portion sizes	Eaten 2 different types of fruit
Went on a bike ride	Completed the 'fill in the gaps' activity	Had their 5 a day	Completed the 'bean exercise' video	10 sit ups
Can name 3 examples of carbohydrates	Tried a new fruit	10 squats	Has had 6-8 cups of water in a day	Did 60 minutes of physical activity in a day

Physical Activity Health Benefits

Often help
children make
friends and have
a good time



A habit that
promotes a lasting
healthy lifestyle

Keeps us away
from our phones
and watching TV



Releases
chemicals which
help us feel happy



Helps your
heart be strong
and healthy



Can help build
self-confidence



Check out the NHS website to find out more about what counts towards your 5-a-day. Click on the image below to be taken to a PDF that you can download.



Check out our fun MoreLife Pack for Families, it has lots of fun games and activities for children to do at home. Click on the image below to be taken to a PDF that you can download.



Signature: