

Stepney Park Voice

Healthy Me Day

By Rayann, Habiba and Raidah

Healthy Me Day is a day when you take part in doing healthy things. It can be about food, hygiene, exercise, etc.

Why are we healthy?

We have to be healthy to live and have a great experience. If we are not healthy, we could get really sick overtime. Even animals have to be healthy to live and grow like us!

Vegetables and fruit

Vegetables and fruit are the primary food or snacks that keep us healthy. Most people eat pears, apples, or bananas at school to stay healthy during break time!

What's your favourite vegetable and fruit?

Brushing our teeth

Brushing our teeth is very healthy for us as humans but why? It keeps our teeth clean and the toothpaste has some type of ingredient called fluoride which will protect your teeth from nasty bacteria.

Exercise

Exercise is also mentioned for being healthy, doing exercise is super important for your body to stay fit! 60 minutes is the exercise your body needs. It can also help your brain more and have a better chance of staying healthy. Even in PE and Yoga!



Keeping a journal

A mood chart is a chart in which you describe your feeling every day. For example: on Monday you feel sad so you put a design or a colour on your mood chart and Tuesday you feel happy you do the same again.

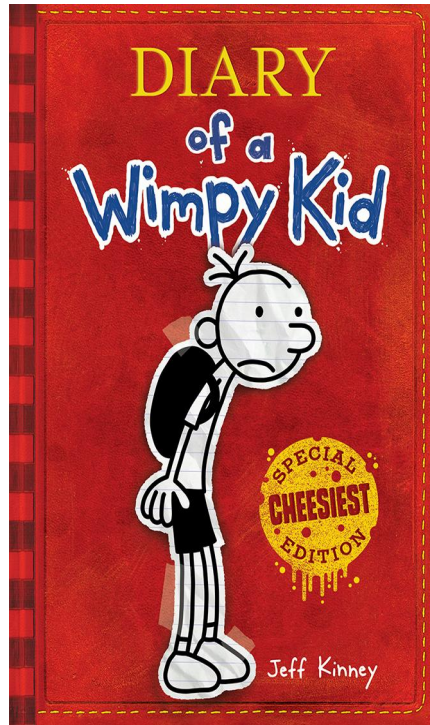
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World Book Day

By Faiza and Taha

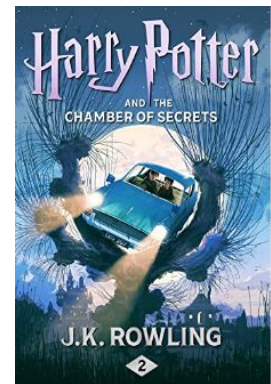
This month we had World Book Day, but all week we had lots of fun activities. We have World Book Day to encourage young people to discover the pleasure of reading.

Because of World book day we are getting book tokens for £1 off for a book. We will also be getting new books for us to read. We also had an assembly with Richard about World book day. Also on the day of World Book Day, every class read a book called On the Way Home and wrote about it.



There are lots of characters you can be for World Book Day. Do you know what you're going to be?

Hopefully everyone had fun on World Book Day and did lots of activities.



Competition Time!

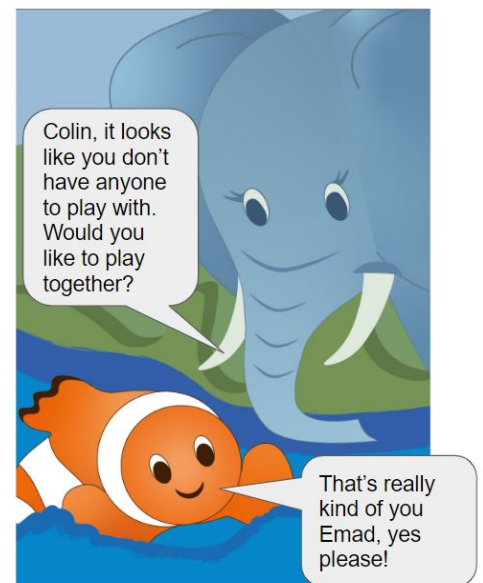
Prize: the winner(s) will get their poster painted onto a wall in the playground!

How to enter:

- Create a poster with examples of how children should behave, play, be responsible in the playground
- Use the Learning Behaviour characters (Emad, Colin, Ruby, Corey, Abby, Taibah)
- Submit your finished posters to your class teacher

Deadline: Monday 27th March.

Here are examples of what your entries may look like.



Year 5 Favourite Subjects

By Zara

DT

In D.T we made plated bread and bread rolls that we could eat and enjoy. And if we took it home we could add anything we want. We looked at a survey people took about bread. We found out that the most loved bread in the UK is warburtons. Before we made our bread we had a sheet where we had to write what we thought the consumer would want, our design and the celebration it was for. When we finished our plated bread we put on an egg wash and after we cooked the bread we added cinnamon on top (however much we wanted).

Art

In art we have been learning about biome pottery and we have been looking at different artists. One of the artists we have been learning about is called Tasica Dean. She draws many things with chalk. One thing she is very interested in is clouds. In art we have been very busy making pots, choosing what theme we should do for the pot and the lid and also painting it. After we did all of these things we had to do an assessment. We had to write what our intention was, what we were pleased with and what we wanted to improve.

Science

In science we have learnt about soluble and insoluble things, insulation, filtering and sieving. Currently we are learning about the planets of the solar system and beyond. We have conducted exciting experiments based on what we have been learning about. During one of the experiments we had to predict which substances would be better for sieving and which would be better for filtering. When we are learning about the solar system we use cool books such as, Professor Astro Cat's Frontiers of Space. We gathered information from the books and made a little fact file about planets in groups. During the insulation lesson we conducted an experiment where the teachers poured boiling water into paper cups with different materials around them. We then had to make predictions about which cup would keep the water warm for the longest period of time and record the temperature every 10 minutes.

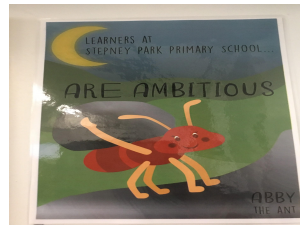


Our Learning Behaviours

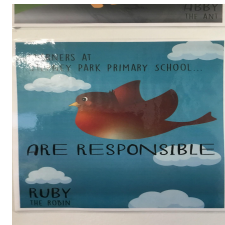
By Zara and Amila

At Stepney Park, our learning ambitions are very important. We take them very seriously. Our learning ambitions are:

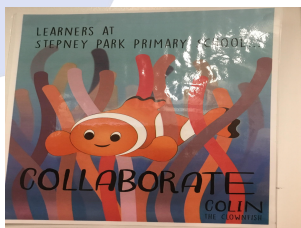
Ambitious:



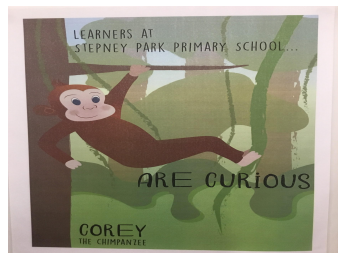
Responsible:



Collaborate:



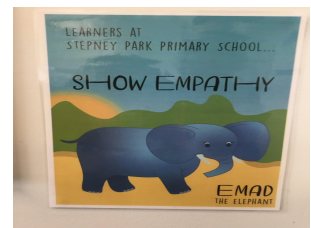
Curious:



Try new things:



Empathy:



School Lunches

On Monday for our school lunches we have macaroni and cheese. Meanwhile on Tuesday we have chicken and Yorkshire pudding and on Wednesday we have pizza or a flattened scrambled egg.



Therefore on Thursday we have chicken and rice and we have jollof rice and on the last day of the week, Friday it is fishy Friday so we either have fish and chips or sausage roll with chips and for our dessert we have crackers and cheese.



And sometimes on the weekdays of school we have different kinds of food.

Ramadan

By Simrah, Maryam and Hidaayah

Ramadan is a holy month in Islam. For Muslims, they must fast for 30 days. They must start their fast at sunrise and break their fast at sunset. Also, year 5 and year 6 are allowed to fast if they have guardian's permission.

Ramadan traditions

In Ramadan, Muslims fast and when they break their fast at the end of the month, they will celebrate Eid, a special occasion to celebrate with family and friends. A traditional food that most Muslims do, is at the end of their fast (when they break it at sunset) they have dates and water before they pray. After that, they have food and enjoy it with their family.



Ramadan decorations

As a way to celebrate, Muslims sometimes put up decorations to celebrate the time of year. Some of the decorations most Muslims use are lanterns, balloons and banners. Different cultures celebrate in different ways, but are all celebrating the same thing.

Abacus

By Simrah and Hidaayah

In year 5, a company called The Switch came to our year group to teach us about money. For example:

- Money in the future
- Tax, bills & insurance
- Money in the past / bartering
- Debit card vs credit card (the differences between them)
- Wants and needs

We will show you a scenario that either a debit card or credit card has to be used. Make the right choice! The answer will be shown at the end.

Milo wants to buy a PS5 that costs £480 but he only has £32 in his bank account. Should Milo use his credit card or his debit card?



Milo should wait for his monthly pay, until he has enough money to pay for his bills and the PS5. Otherwise, he will go into debt.

Animals

By Tasnim



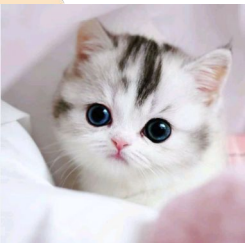
5 facts about puppies:

- The first sense a puppy develops is touch
- Puppies coat colour can change as they get older
- It is estimated that 1.2 million puppies are born
- at a year old a puppy is considered a adult
- When a puppy is first born they spend 90 percent of their time sleeping



5 facts about dolphins:

- Dolphins sleep with half of their brain
- Some whales can be dolphins
- An orca dolphin can live up to 50 to 90 years
- Dolphins have two stomachs. One is for food and the other is for storage
- A dolphin can swim more than 20MPH



5 facts about cats:

- It's sense of night vision and smell are very strong
- Cats can only see two colours
- A cat comes in 8 colours
- A cat lives up to 12-18 years
- A cat weighs up to 4-5kg



4 facts about foxes:

- A fox lives up to 3-4 years
- A fox also sees two colours
- A fox has 4 colours
- Foxes are omnivores

