



Autumn 1 2020



Follow us on Instagram
@woodlandsschoolealing

LEARNING Newsletter

Dear Parents / Carers,

We have had an interesting start to the new school year with lots of changes to our usual routines. Thank you for following our school social distancing rules around the school site and being patient during morning drop-offs and end of day pick-ups. This has been very successful with everyone working together.

We appreciate how hard everyone has worked to make sure that Woodlands has been a safe and happy place for our community.



Remote Learning

Google Classroom

Children have been working extremely hard to complete their learning online. Teachers have been spending lots of time helping children develop their digital skills and become confident using technology.

At school, teachers have been busy making sure the children are ready to learn by teaching the Ealing Recovery Curriculum and talking lots about well-being!

There has been lots to celebrate during this half-term. Please read on to find out more about what has been going on in school. You can also head to our school Instagram, & Twitter to stay up-to-date.

We would like to wish you all a safe and happy half-term and look forward to seeing you all on Monday 2nd November 2020!

Mrs Magan & Miss Hasker
Acting Co-Headteachers



Same Sea Different Boats project



As part of our transition back to school we did an art project called Same Sea different boats. We discussed the different emotions we felt during our time away from school. We were all in the same sea of Lockdown but the boats we were in were very different.

We have lots to celebrate this half term...

Home Learning success!

We have been doing so well using Google Classroom for weekly home learning tasks. Make sure you look at our Class Websites where we have information for each class.
<https://www.woodlands.ealing.sch.uk/learning-zone/>



Google Classroom

Class Website Pages

Click on your class name to get started...





DOJO WINNERS BEHAVIOUR SHOP

Reception

Abubakar
Riyan

Year 1

Abilash
Shalen

Year 2

Alfie
Lexi-Rose

Year 3

Anisa
Sayliah

Year 4

Isabella
Destini

Year 5

Fatima
Iqra

Year 6

Sasha
Liveen

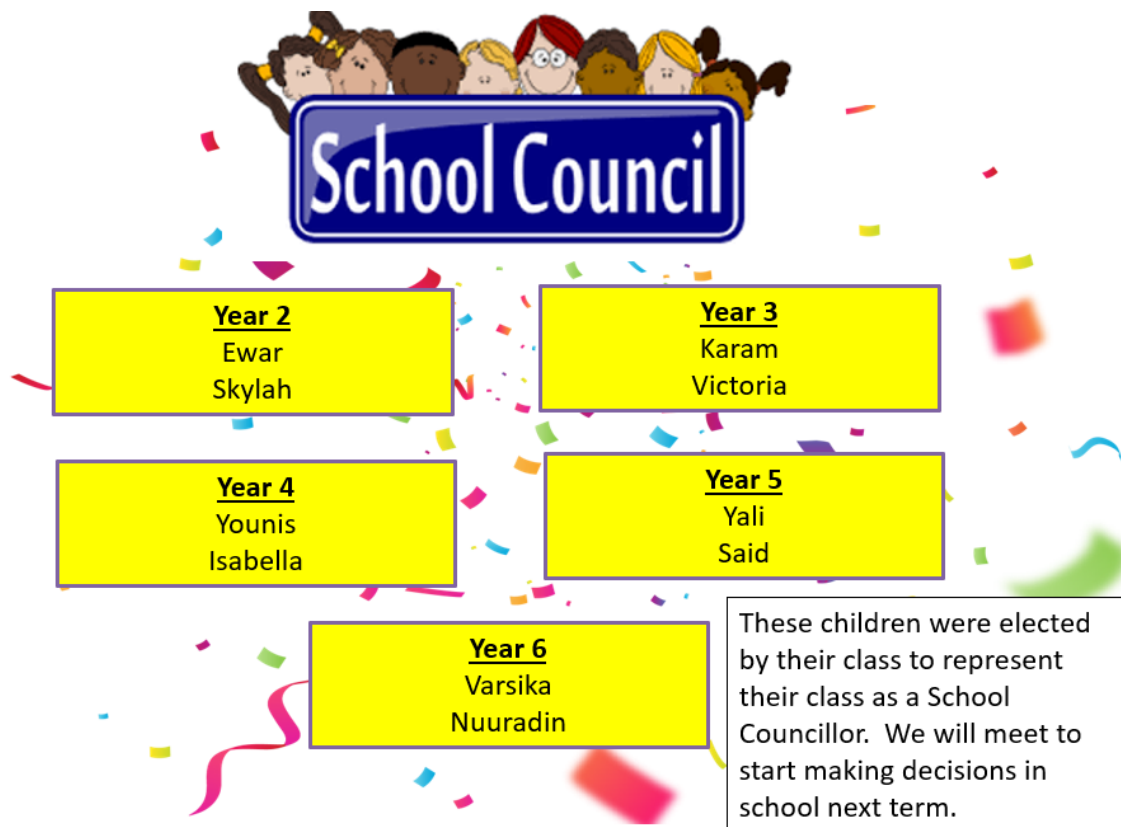


These children earned the most dojos for this half term. They visited the behaviour shop this afternoon with Ms. Hasker to choose their prizes! Well done for all your hard work! 😊



Some of the prizes...





This year we focused on:

Year 1- Researching the discrimination faced by Harriett Tubman and why she was important.

Year 2- Research the discrimination faced by Rosa Parks and Mary Seacole and the impact of their actions.

Year 3- Exploring what Black Caribbean culture is like.

Year 4- Exploring how the Notting Hill carnival began.

Year 5- Exploring why the Windrush Generation is important in British History

Year 6- Discussing and debating why we think Black British History is less well known than the History of White Britons.



Take a look at our Instagram for some examples of our work.

<https://www.instagram.com/woodlandsschoolealing/?hl=en>

	OVERALL LEADERBOARD	Studio Speed
1	Yusuf Year 5	0.99
2	Oskar Year 4	0.99
3	Nasreen Year 3	1.19
4	Amir Year 4	1.28
5	Aiden Year 5	1.29
6	Nuuradin Year 6	1.34
7	Muhammed Year 6	1.41
8	Abdirahman Year 5	1.45
9	Ayman Year 5	1.56
10	Justin Year 5	1.62



BEST GIRL PERFORMANCE AUTUMN 1 TERM (most coins earned)	
1	Anisa Year 3
2	Baileigh May, Year 5
3	Najma, Year 6
4	Angelika, Year 6
5	Rahma, Year 5
6	Fatima, Year 5

BEST BOY PERFORMANCE AUTUMN 1 TERM (most coins earned)	
1	Muhammed, Year 6
2	Ayman, Year 5
3	Anes, Year 2
4	Adrian, Year 3
5	Aiden, Year 5
6	Albi, Year 2



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Class Website Pages

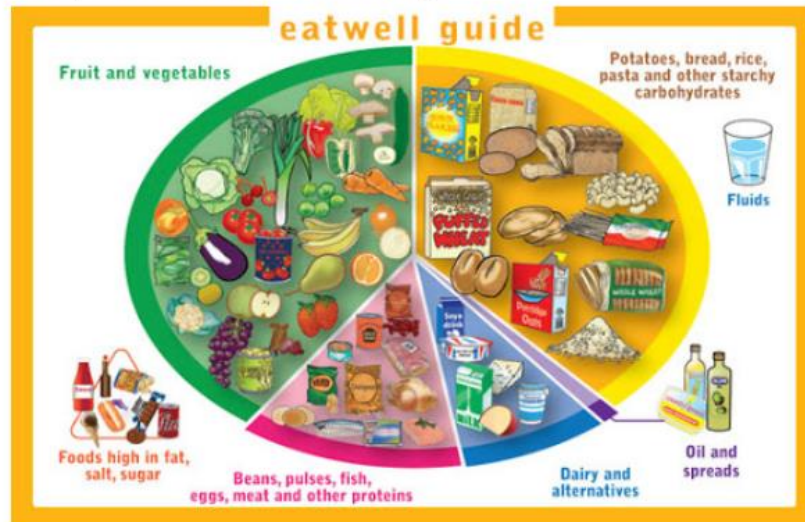
Click on your class name to get started...



Healthy Eating in our curriculum

In our school we know:

- what healthy food and drink choices are.
- what a balanced diet looks like (the 5 food groups)
- eating well can help the way we feel. We learn about this as part of our PSHE topic- Health and Wellbeing.



Breakfast matters!

Here are some of the benefits of eating breakfast.



Benefits of having a healthy lunch

Here are eight benefits of eating a healthy lunch:



Rewards for having a healthy lunch

- Last year we introduced the 'Healthy lunch tokens' at lunchtime.
- This year we will do the paperless version of this linked to Dojos. If you have a healthy lunch you will get 3 dojos. So that could be 15 dojos per week if you eat healthy every day in school! As we are eating lunch in class the adult in the class will monitor this.
- Our school dinners are healthy and balanced. If you eat your school dinner including your fruit and vegetables you will get the reward too.

I had a healthy lunch today.



+3 dojos



A healthy lunchbox in 5 steps

1. Fill up on starchy foods by making a sandwich with bread, pitta or a roll, or make a salad with pasta, potato, couscous, lentils, rice or chickpeas.



2. Add a piece of fruit and add salad to a sandwich or eat vegetable sticks as a snack.



3. Add a little protein to sandwiches or salad.



4. Include yoghurt or cheese as a snack.








5. Pack water.



<https://www.nhs.uk/change4life> this website gives you lots of top tips, meal ideas and recipes.

What to include in a healthy packed lunchbox

 Things I am allowed...	 Things I am NOT allowed...
  <p>Sandwich or wrap, yoghurt, fruit, vegetable sticks, salad, water, milk.</p>	 <p>Chocolate, biscuits, cakes, pastry, fried food, burger, crisps, juice, sweetened/flavoured popcorn, flavoured drinks, fizzy drinks and anything that contains nuts.</p>

Quick swaps



Food labels

Red, amber and green colour coding

Each burger contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
924KJ 220kcal 11%	13g MED 19%	5.9g HIGH 30%	0.8g LOW <1%	0.7g MED 12%

% of an adults reference intake.
Typical values per 100g: Energy 966kJ/230kcal

Some front-of-pack nutrition labels use red, amber and green colour coding.

Colour-coded nutritional information tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt:

- red means high
- amber means medium
- green means low

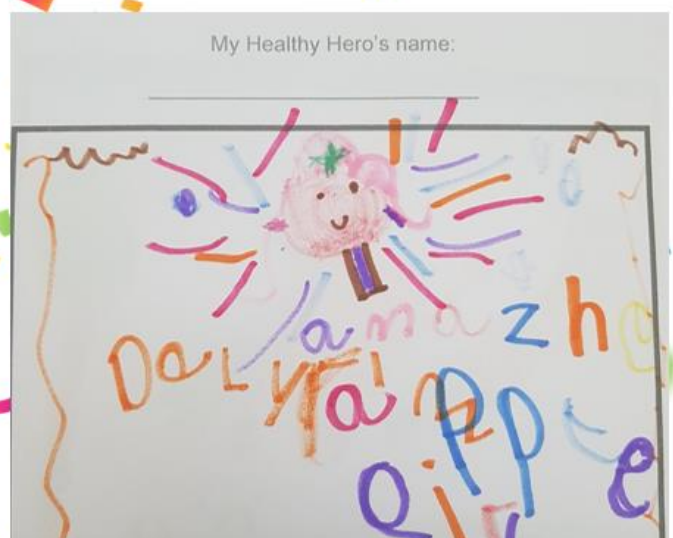
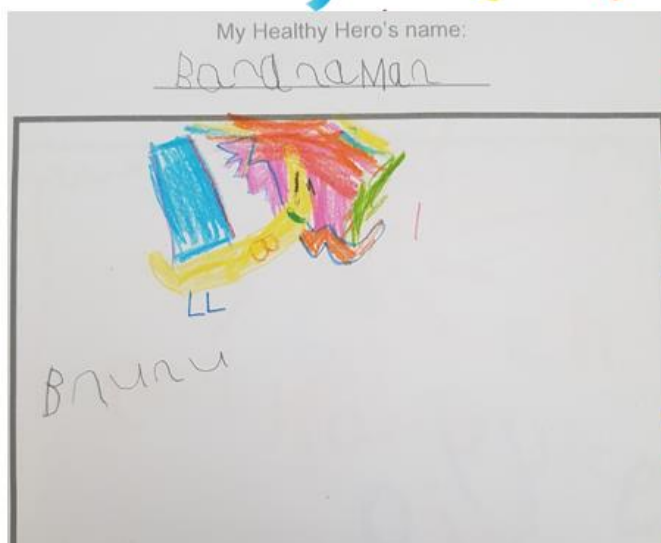
Food labels can help us to see what foods are healthy and unhealthy.

Healthy Heroes Art competition

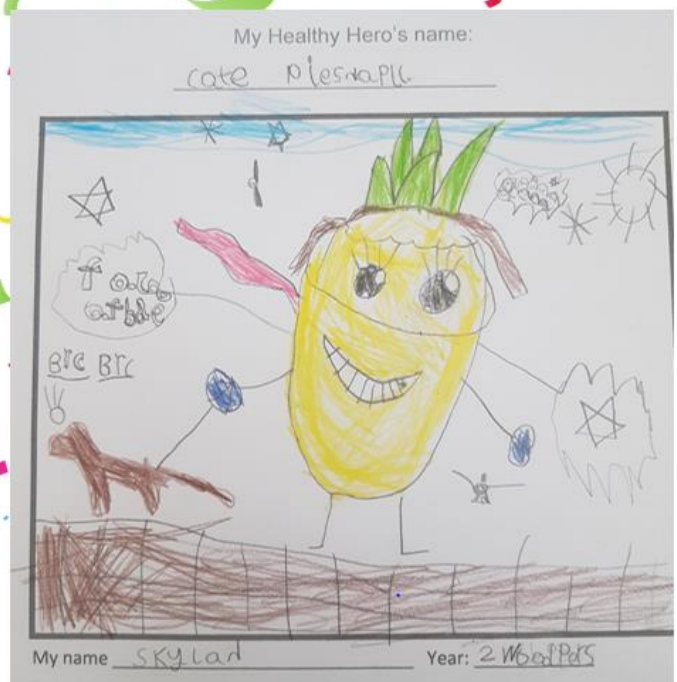
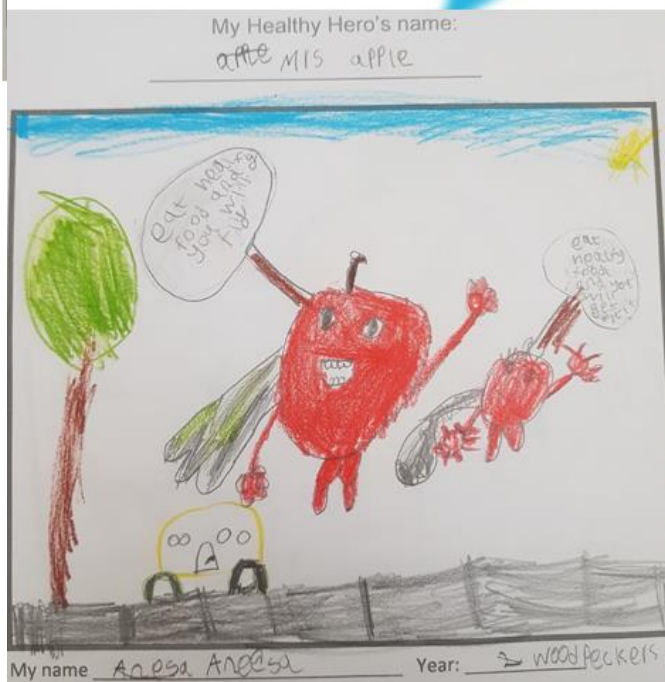
As part of our promoting of healthy eating we organised a Healthy Heroes competition to design a new Healthy Hero. Here are the winners. They each got 10 dojos!

Year 1- Melody, Daly, Year 2- Aneesa, Skylah, Year 3- Cece, Jayson, Year 4- Dalal, Isabella Rose, Year 5- Justin, Adam, Year 6- Nuuradin, Liveen

Year 1



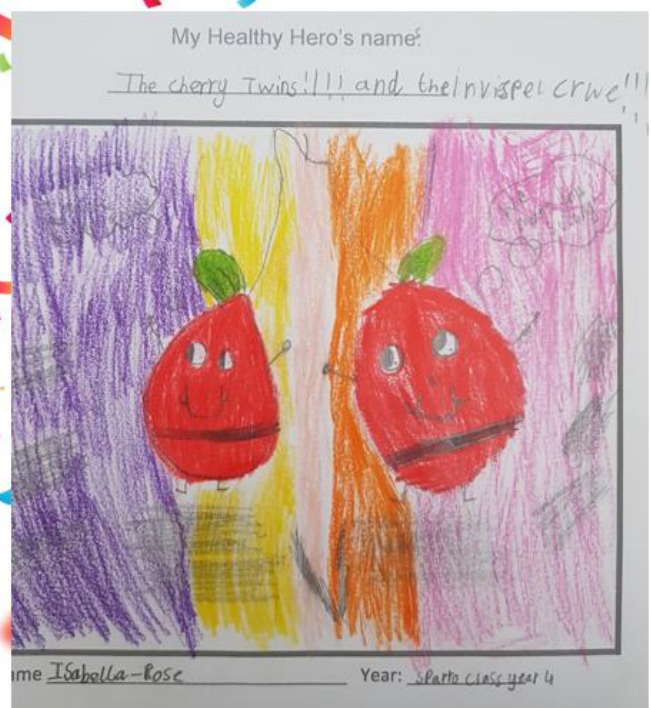
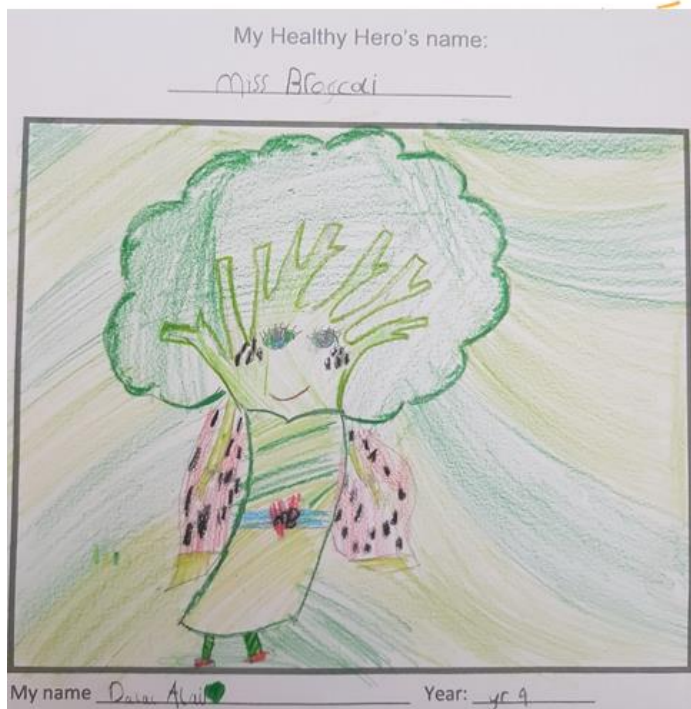
Year 2



Year 3

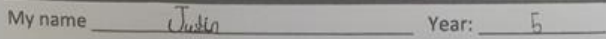


Year 4

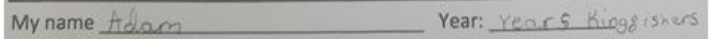


Year 5

Carbours Rice

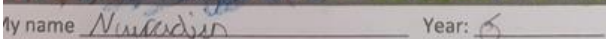


Carrot man



Year 6

Helping Healthy 5



Mr Milbrocc

