

## 11TH NOVEMBER 22

### A Message From Miss Reed and Mr Lillo

Dear Parents and Carers,

This week has seen trips to London and South Norwood Country Park, the Friends of Ryelands (FoR) AGM as well as lots of exciting learning in school. I would like to thank those parents who came to the FoR meeting and of course the committee members for running it. If you have any ideas for what you think FoR could raise money to support, please email them to Sarah at [smiley.smith@hotmail.co.uk](mailto:smiley.smith@hotmail.co.uk)

Today the children enjoyed a special assembly led by Nabhi, from the Hindu (ISKCON) temple on Enmore Road, learning all about the festival of Diwali that was celebrated over half term. We also marked Remembrance Day at 11:00 today, observing the 2-minute silence to remember the service and sacrifice of all those that have defended our freedoms.

We hope that you all have a good weekend and thank you for your ongoing support.

Kate, Glenn and the Ryelands Team

### World Kindness Day

Sunday 13<sup>th</sup> November marks World Kindness Day. We would love you to encourage your children to perform small acts of kindness over the weekend that they can share with their friends and teachers next week at school. On Monday, the children will be taking part in a virtual World Kindness Day assembly organised by the School of Kindness, part of the charity 52Lives. This assembly will look at how we can show kindness towards others through small and simple acts as well as exploring the science of kindness. You can find out more on the charity's website: <https://schoolofkindness.org/world-kindness-day-2022>



### World Diabetes Day Wear Blue and Cake Sale



To support World Diabetes Day next week, we are inviting the children to come to school on **Monday 14<sup>th</sup> November**

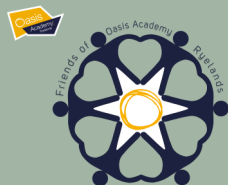
**dressed head to toe in blue!** We are asking the children to donate £1 which will go to Diabetes UK to help fund further research into diabetes. We have a number of members of our school community who have been diagnosed with diabetes and would love for you to join us in supporting them and their families.

In addition to this, we will be holding a cake sale after school on the Monday 14<sup>th</sup> November in the Key Stage 1 playground. We would really appreciate contributions to the cake sale (bought or homemade – no nuts please!). If you are able to contribute, please bring your cakes into school on the morning of Monday 14<sup>th</sup> November (they will be collected by a member of staff from each class).



### Friends of Ryelands - Class Reps

Thank you to those who came to the Friends of Ryelands AGM meeting on Monday evening, it was great to have new parents' input and to share fundraising ideas. To have your input, please email [friendsofryelands@gmail.com](mailto:friendsofryelands@gmail.com)



We really need to have a class rep for each of the classes in the school to help share ideas with FoR and feed back information. If you would like to volunteer to be the class rep for your child's class, please email the FoR Chair Sarah [smiley.smith@hotmail.co.uk](mailto:smiley.smith@hotmail.co.uk)

Thank you in advance for your support.

### Wear Spots For Children In Need

**On Friday, 18<sup>th</sup> November**, the children and staff are invited to wear spots and donate £1 for Children In Need. **On Wednesday and Thursday**, a stall with lots of SPOTacular goodies from The Pudsey Shop will run at the main school entrance. Please come and visit us at collection time. The sales will help make a difference in the lives of children across the UK.



## 11TH NOVEMBER 22

### This Week's Adventures

**Nursery:** This week in Nursery we have been learning all about owls in preparation for an owl falconry visit. We were so sad that the Owls weren't able to get here this week, but we can't wait to see them next week. We set about finding out lots of facts about owls and other nocturnal animals. We now know why some animals only come out at night. We read lots of Owl stories and had great fun using owl puppets to re-enact them. We also made lovely owl collages.

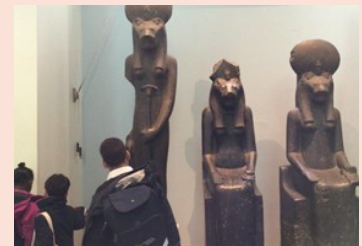
**Reception:** In Reception, the topic was Autumn. The children enjoyed their first trip to South Norwood Country Park, observing signs of Autumn. They had great fun trying to find and collect different items on their check lists. Throughout the week the children shared stories about the trip, looked at the pictures taken and spoke in the past tense. In Maths, they have learnt number five through interactive games and practical activities. On Friday, the children participated in the special Diwali Assembly alongside their older peers.

**Year 1:** This week in Year 1 we have continued writing about our book "The Way Back Home". We have focused on characters this week and have described the alien that the boy meets on the moon. In Maths, the children have really impressed us with their subtraction skills. We have been practising different ways of subtracting like crossing out and using objects to help us. In Art, we have started to learn about the French artist George Seurat. We looked at some of his paintings and started to practise Pointillism. We are looking forward to practising more of this next week!

**Year 2:** In Year 2, we have continued studying the text The Lighthouse Keeper's Lunch and have started coming up with our own ideas for how Mr and Mrs Grinling might stop the pesky seagulls from eating the delicious lunch! In Maths, we have been reviewing counting forwards and backwards in tens, using hundred squares and dienes to help us. In Science, we have been making posters all about climate change and the effects it is having on planet Earth, and in Geography we have been learning about landmarks from across the UK. We had a fun lesson in Art where we were mixing paint to make different shades and tones of a colour.

**Year 3:** It's been great to see another super week of writing inspired by our book 'George's Marvellous Medicine'. Well done to everyone for being so joyful, creative, and inspiring with their ideas and sentences! In Maths, we continue to embed our use of methods for adding and subtracting and more pupils are moving towards being able to work more independently.

On Tuesday, Year 3 visited 'The British Museum' and explored the ancient sculptures, hieroglyphics, and mummies from Ancient Egypt – Thank you to all our wonderful parent helpers. Thank you, also for the resilience and wonder of our pupils in regard the journey and walking around such a large museum plus reading about all the artifacts on display.



**Year 4:** This week, Year 4 have put their persuasive skills to task by writing their own brochures enticing readers to venture to London inspired by our focus text 'A Lion in Paris'. We have written beautiful plans detailing the many attractions and famous landmarks found in London; we can't wait to publish our amazing ideas. In Maths, we have explored measure by converting between centimetres, metres and kilometres. We have identified some patterns between the conversions and used our multiplication knowledge to assist us.

We were treated to a beautiful display of knowledge when Owl class presented a phenomenal assembly, which gave us an opportunity to sing our hearts out to ABBA's 'Mamma Mia'. Magpie class are looking forward to presenting their learning next week! Finally, we have started our investigations into states of matter for our science learning this week. We've enjoyed discussing solids, liquids and gasses. In addition to this, we have found examples of each state of matter and compared their properties.

Continued on next page...

## 11TH NOVEMBER 22

### This Week's Adventures continued...

**Year 5:** This week, we have been very busy and doing lots of hard work. We have been learning even more about the Solar System than we already knew and have started to divide the planets into rock and gas planets. We finished our learning about statistics by learning how to read timetables. We have been learning about our British Values and reflecting upon what we would change about the world if we could. In Geography we have created some vlogs about London.

**Year 6:** Year 6 have completed their own versions of the poem 'Beautiful Ambition' this week and spent time editing and refining them. In maths, we finished looking at multiples and moved on to the rules of divisibility and prime numbers. We started our new unit of learning on the British Values in PSHE and, in geography, we looked at what natural resources the UK has and where they can be found. In science, we began our topic on living things by discussing classification. Finally, we took part in a Diwali assembly on Friday and learnt about Remembrance Day including holding a 2 minute silence.

### Attendance

Over a school year, we are due to be open for 190 days which equates to 380 sessions with registration in the morning at 09:00 and after lunch in the afternoon. Attendance is affected if a pupil is not present at school for any whole session including registration.

Attendance Target: 96.4%    Attendance This Week: 93.9%    Attendance This Year: 95.1%

Registers are taken at 09:00. It is important that the children are at school on time and in the line at 8:50 every day to prevent disruption and upset to their day and for the rest of their class.

Pupils Late This Week: 58 pupils

### Parent Workshop - Dyslexia

If you have concerns that your child may be dyslexic, please come to our parent workshop Tuesday 15<sup>th</sup> November at 2.30.

The workshop will cover :

- What is Dyslexia and what does it mean?
- Reading and Writing: How to help my child
- Homework Tips
- Key Top Tips
- Websites and resources

I look forward to seeing you there.  
Miss Champion Inclusion Manager.

### Makaton Words Of The Week

Next week's words will be:

**Today and Yesterday**

All the children are enjoying learning the new Makaton signs and joining in with the signing of our songs in Sing & Sign assembly. Please encourage your children to show you the signs they are learning, they are doing so well!



### New Reception Open Days

We are holding the below Open Days for parents / carers of children who are applying for Reception places for September 2023. Please pass this information on to anyone who may be interested.

Friday 18th November  
09:30-10:30

Monday 12th December  
13:30-14:30

To book a place on one of our Open Days, please email [office@oasisryelands.org](mailto:office@oasisryelands.org) or call 020 8656 4165.

# Dates for your Diary

Date	Event
Mon 14th Nov	World Diabetes Day - wear blue, donate £1 Cake Sale in KS1 Playground after school World Kindness Day Assembly
Tues 15th Nov	Parents Meeting: SEND - Dyslexia Focus - 14:30
Weds 16th Nov	Owl Display - Reception (new date)
Thurs 17th Nov	Magpie Class Assembly 9:00
Fri 18th Nov	Wear Spots for Children in Need, donate £1
Mon 21st Nov	Individual photos
Thurs 24th Nov	Maths Morning for parents - 9:00
Thurs 1st Dec	Kingfisher Class Assembly 9:00
Fri 2nd Dec	Parents Meeting: Staying Safe Online - 14:45
Mon 5th - Fri 9th Dec	Human Rights Week - School of Sanctuary
Tues 6th Dec	EYFS & Y1 Christmas Production
Weds 7th Dec	EYFS & Y1 Christmas Production
Thurs 8th Dec	Christmas Carol Concert rehearsal AM Woodpecker Class Assembly 9:00
Fri 9th Dec	Christmas Carol Concert PM Christmas Jumper Day
Weds 14th Dec	Carol singing at Whitgift Centre
Fri 16th Dec	Last Day of term



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\*SUBJECT TO AVAILABILITY



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# Free for children eligible Free School Meals

## Free 4 hours Holiday, Food and Fun!!

### Opening Hours:

Tuesday 20th to Friday 23rd & Wed , 26th Dec, 2022

(Croydon Council Free Holiday & Food)

Morning Session: 9.00am to 1pm FREE

Afternoon Session: 1pm to 5pm FREE

*WITH FRESHLY-MADE HOT MEALS DAILY*



### Activities available:

- Trampolining
- Football coach
- Basketball
- Skipping
- Riding bikes / scooters
- Table tennis
- Badminton
- Arts and Crafts
- Face painting
- Cooking and baking
- Wii Sports and Dance
- Ps3 games
- Indoor Movies
- Hola hoops

### Outings include:

- Cinema
- Parks
- Library
- Bowling

### Located at :

192A Selhurst Road  
South Norwood  
SE25 6XX

1 minute walk from Bus  
Routes 75, 130, 157, 410

5 minute walk from Norwood  
Junction Station

5 minute walk from Bus  
Routes 196, 197, 468

Available for all children aged  
between 3 and 11 years.

Contact us for more details call Yetty at 07397212892 /  
07930512058 / [playzonegreatkids@gmail.com](mailto:playzonegreatkids@gmail.com)

Visit our website : [playzonecentres.co.uk](http://playzonecentres.co.uk)

for more information and the application  
form, or come and visit us!



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COUNCIL**

**Felix** | THE  
FELIX  
PROJECT  
GOOD FOOD FOR GOOD CAUSES

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RYELANDS SURPLUS FOOD ECO SHOP



# Welcome to our Eco Shop!

## Every Wednesday after school

### Find us at the main gates

Wednesday 3rd November, come and see what surplus food we have to offer.

So far, we have had:

Potatoes—10p	Broccoli—10p	Bread—10p	Apples—10p
Mangoes—20p	Ready meals 50p	Cheese—50p	Yogurts—50p

And much, much more!

We never know what we will be getting and how much supplies we will have

We do know that it is all good food that would otherwise go to waste

## Shop opens at 3.00pm

See you there!



# PEOPLE'S PARLIAMENT

## Young people and racism: tackling prejudice in our local communities and wider society

Monday 14 NOVEMBER 2022 7:00 - 8:30pm

The Oasis Centre, 1 Kennington Road  
London SE1 7QP (opposite Lambeth North Tube)

Join **John Barnes** at the Oasis People's Parliament for your chance to discuss, debate and form action around the way in which our society and communities can tackle prejudice and become actively anti-racist.

John and an expert panel including **Florence Eshalomi, MP for Vauxhall, Lib Peck, Director of London's Violence Reduction Unit**, and a group of youth workers and students, will challenge us through their vivid, thought-provoking and sometimes painful personal experiences. As they do so, they will help us to explore a wide range of issues, including discrimination, honest and open communication, taking the knee, unconscious bias, the place of stop and search in community policing, using our voice to challenge injustice, and the need to take tangible action now.



John Barnes spent the first dozen years of his life in Jamaica before moving to the UK with his family in 1975. Six years later he was a professional footballer, playing for Watford, Liverpool and England, and in the process becoming the country's most prominent black player.

Through our evening together, we will have the opportunity to ask questions of John, Florence, Lib and the panel as they debate with one another, and be inspired about the ways in which we can commit to making the world genuinely open, inclusive and anti-racist: a better place for young people and us all.

In 2021 John published '*The Uncomfortable Truth about Racism*'. In this important book, John tackles head-on the issues surrounding prejudice by vividly evoking his personal experiences, and holding a mirror to this country's past, present and future.

Get tickets at: <https://bit.ly/youngpeopleandr racism>  
Or scan the QR code:



Oasis PEOPLE'S PARLIAMENT

**Young people and racism:**  
tackling prejudice in our local communities and wider society

with John Barnes and Florence Eshalomi MP

Mon 14<sup>th</sup> Nov 2022

**BOOK YOUR FREE PLACE**



## WORLD DIABETES DAY is on 14<sup>th</sup> November

It is celebrated on the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922

# Learn the warning signs of TYPE 1 DIABETES

## Know the 4T early signs



Toilet



Thirsty



Tired



Thinner

If your child has one or more of these symptoms, they may have type 1 diabetes. A delay in diagnosing type 1 diabetes can lead to a severe and potentially fatal complication called diabetes ketoacidosis, or DKA. An easy, fast and free blood glucose check from your GP is all that it takes to diagnose type 1 diabetes.

## TWO TYPES - WHAT'S THE DIFFERENCE?

TYPE 1	TYPE 2
<ul style="list-style-type: none"><li>• Autoimmune disease</li><li>• Develops rapidly</li><li>• Can be diagnosed at any age, but is often diagnosed in young children or teenagers</li><li>• Insulin-dependent</li><li>• Deadly if not caught in time</li></ul>	<ul style="list-style-type: none"><li>• Not an autoimmune disease</li><li>• Develops slowly</li><li>• Can be diagnosed at any age, but often diagnosed in adults</li><li>• Can utilize other medication instead of/ or in addition to insulin</li></ul>

## DIABETES MYTHS

MYTH	FACT
<b>Diabetes is caused by eating too much sugar</b>	<b>Type 1</b> diabetes isn't caused by diet or lifestyle choices. It is an autoimmune disease, which happens when the cells that produce insulin in the pancreas are destroyed by the immune system. It's also not true to say that <b>type 2</b> diabetes is caused by sugar. However, the chances of developing this type of diabetes are greater if you are overweight or obese.
<b>People with diabetes cannot eat sweets</b>	Having diabetes does not mean you have to have a sugar-free diet. People with diabetes should follow a healthy balanced diet, like everyone else. <b>Type 1</b> diabetics need to carbohydrate-count their food and inject insulin accordingly. As long as they do that, they can eat anything they like.
<b>People with diabetes should eat 'diabetic' foods</b>	'Diabetic' labelling tends to be used on sweets, biscuits and similar foods that are generally high in fat, especially saturated fat and calories. Diabetes UK does not recommend eating 'diabetic' foods.
<b>Type 2 diabetes is 'mild' diabetes</b>	Even if you don't have to take medication to control it, <b>Type 2</b> diabetes is not a mild form of diabetes. It's important to control your condition well to avoid developing complications, which can include sight loss and even amputation as well as an increased risk of heart attack and stroke.

### Sources:

<https://www.diabetes.org.uk/>

<https://diid.org.uk/>

<https://www.nhs.uk/healthcareprofessionals/type-1-type-2-diabetes-diagnosis-treatment-and-symptoms/>

<https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/myths-about-diet-and-diabetes>