

# NEWSLETTER

Spring 1

Khalsa Primary School



**Mrs. P Kaur Dhaliwal**  
Headteacher



**Khalsa Primary School**  
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## HEADTEACHER MESSAGE

Dear Parents/Carers,

It is with Waheguru Ji's blessing that as the new Headteacher I write my first Khalsa Primary newsletter following a very successful half term. As you read this newsletter, I am sure, like me, you will be proud of the wonderful work the pupils have been producing.

We further developed this wonderful work by successfully managing to plan in some whole school assemblies. Be sure to ask your children about the key themes which have been covered this half term such as:

- Online Safety
- Showing Gratitude
- The Holocaust
- Chinese New Year
- Guru Gobind Singh Ji's Gurpurab

Coverage of key themes has enabled us to support our pupils to widen their knowledge and understanding of the world. We will continue to run key themed assemblies every Monday and then in the new academic year, plan in to invite you to come and watch your children perform.

Following your feedback, we have started our work to develop our breakfast and after-school provision. We have used the feedback from your survey to secure the launch of some really exciting clubs for the Summer Term and New Academic Year. I will share more information with regarding these closer to the time.

In the meantime, please feel free to make the most of our Breakfast Club. This club will begin on the first Monday back after the half term break. This will be run by Mrs. Panesar and Mrs. Kaur and will offer a space for pupils to enjoy a healthy breakfast and take part in a variety of activities.

I would like to take this opportunity to thank you for all your support and wish you a restful half-term holiday.

Kind regards,  
P. Dhaliwal  
Headteacher

# NURSERY



## COUNTING TO TEN

In nursery we have been learning to count up to 10 and also recognise the number forms of numbers up to 10. We have been learning to match amounts of numbers such as numicons and colourful pom-pom balls to the correct number form. We have been also learning to check if the correct number of objects match the correct number form by moving objects one at a time and counting.

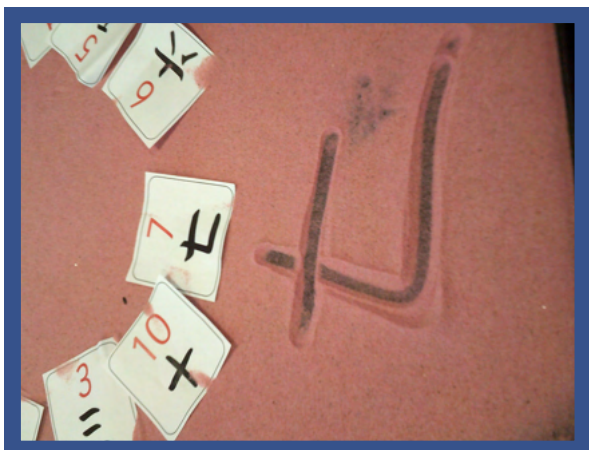
## EXPLORING DIFFERENT MATERIALS

In nursery we have been looking at a variety of different materials. We looked at the materials the pigs used to build their houses, children used those materials to create their own pigs houses. We read 'The Three Little Pigs' story and compared each material and spoke about how the eldest pig worked really hard and was better off compared to his other brothers who didn't work hard. During circle time we spoke about Guru Nanak Dev Ji's third golden rule 'Kirat Karna = Working Hard' and related it to the three little pigs story about working hard.



## FINE MOTOR SKILLS

Children in nursery have been celebrating Chinese New Year and as part of this celebration they have been looking at certain traditions that take place during this celebration such as The Dragon dance and using chop sticks. In Nursery, our children have been learning to use tweezers to pick up noodles, use one-handed writing tools such as paint brushes to write letters in Chinese. Our children loved to use paint brushes to form letters in red sand!





# RECEPTION

## TRADITIONAL TALES

We kicked off the new year by learning Traditional tales namely, 'Little red riding hood' and 'The three billy goats gruff'. We were hooked by amazing props that extended our learning. The most popular ones were the roleplay area, gran's cottage where we had a real bed. It was interesting to see some of us changing the story by getting the doctor's kit and visiting gran taking healthy snacks to her. Engaging in book talks helped us to express our feelings about the characters in our stories. In Music, we used instruments to beat the rhythm of the songs we sang about the goats and the troll.



## MAKING A SANDWICH

The children had the opportunity to use the Food Tech room for the first time to make a sandwich. This helped us link back to our traditional tale 'Little red riding hood', as she was taking a basket full of food for her poorly grandmother. They were excited to use all their favourite ingredients to make their sandwiches to pack away in their containers and take home. For example, they used either cheese, cucumbers, lettuce, tomatoes and butter. This helped us to promote healthy eating for the children as they were using different types of salad.

"I can't wait to show my mum and dad."



## ELSA

The ELSA will plan for each individual child carefully. The sessions are delivered on a one to one basis or within a small group of children. Working within a small group will help the child with social skills and friendships. In the sessions it will give the child an opportunity to talk about their emotions, their thoughts and feelings. We are also able to provide individual support with loss and bereavement and understand the impact it may have on the child and family. It is important that each child feels happy in school and reach their full potential and it is paramount to have a happy child in school and at home.



## EMOTIONAL LITERACY SUPPORT ASSISTANT





# YEAR 1



## FUN FRUIT TASTING!

We have been focusing on using fruit this term in food technology. The children had a great time tasting the eight delicious fruits featured in our key story of 'Handa's Surprise'. Have you ever tried an avocado before? Lots of children hadn't tasted avocados, guavas or passion fruits, so it was a great experience to try these new flavours! We generated adjectives as we tasted the fruits and then displayed these words in our classroom. We then used these to improve our sentences when writing about the fruits the animals took. We are so impressed with the writing the children have produced independently this term!

## TELLING THE TIME!

We have learnt a new life skill this term – telling the time. Within our learning we haven't just learnt about how to tell the actual time to o'clock and to half past, but we have also been understanding language of time, such as before and after. We estimated the length of time different activities would take and then compared the actual time they took. How many star jumps do you think we could fit in 1 minute? Did you know that some of us can count up to 80 in only 20 seconds! We have loved learning about time and we continue to use this skill throughout the school day.



## TAKE A BOW

We were very impressed with the children's efforts working in teams to each create a performance of 'Handa's Surprise'. Each team spent time making masks for each character using paper and lollipop sticks and then used this as a prop when they performed. The children also practised acting out as different animals from the story and learnt how to hold themselves differently for different characters. They were most confident acting as the monkey! Each group took turns to retell the story in front of the audience and communicated well with each other to check everyone was acting their agreed part. We will definitely be doing lots more drama in our future topics!





## PUNJABI

In Year 1 we have been learning 2 sets of the Panjabi alphabet and their corresponding sounds. To keep us on our toes we have been using a variety of resources such as magnetic letters and flash cards. Children are learning Mukta words. For our new topic we have flash cards and magnetic letters. Some children are writing on the white boards and recording in their books. Another thing we have been looking at in Panjabi is the weather. We also shared our prior knowledge about the weather in Panjabi and shared it with the whole class. In every lesson we talk about the weather and learn new word to explain more.



## YEAR 2

### TEXTILES – MAKING PUPPETS!

In Year 2 this term for Design Technology children have been focusing on textiles and are learning how to sew. Children have enjoyed learning the basic skills needed to complete our sewing projects, in particular they have learnt how to complete the running stitch. Pupils have learnt how to thread a needle and do some simple stitching, before moving on to learn more complicated stitches such as a blanket stitch. We cannot wait to produce our final pieces and use our puppets to role play with each other!



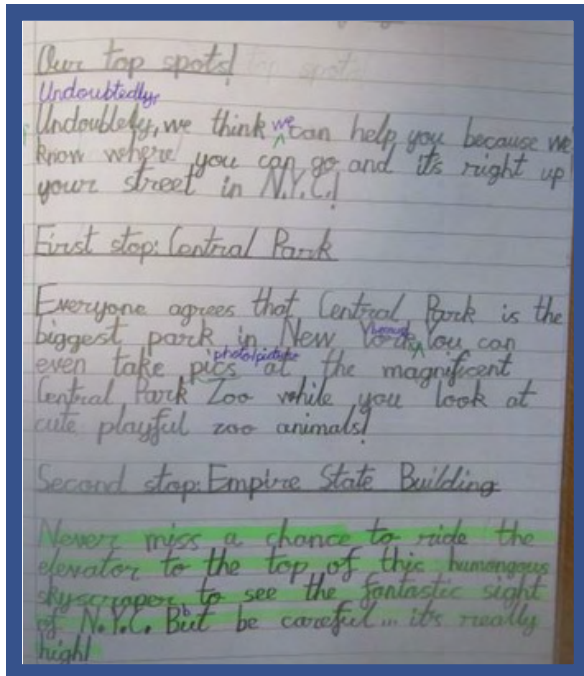


## SCIENCE – EXPLORING OUTDOORS.

This term children in Year 2 have been travelling with Florence to Scutari hospital and role-playing scenes from her life, they have had a chance to explore her childhood memories as well as her nursing legacy in this exciting drama workshop that took place at school this term. This workshop was very interactive, one of the main activities in this workshop involved re-enacting the Scutari hospital, with the children taking on roles such as patients, nurses and even rats!



## YEAR 3



### TOPIC

We have been working hard to write a travel guide as a travel agent for tourists traveling to New York City. In our writing, we have included the best food to try when in New York, top places to visit and where to stay.

While writing we have informed and persuaded the reader by using persuasive writing including sentence openers, a range of punctuation and Alan Peat sentences. We have also included pictures and photos to invite the reader to carry on reading our informative travel guide.

### SCIENCE

In Science, we have been investigating Force and Magnets. We explored different types of forces and how we use forces in our daily life. In this topic, we also investigated what friction is and how it works by using toy cars to see how far it would move on different surfaces. We are beginning to understand what 'fair test' means. We then used our knowledge from forces and friction to investigate magnetism where we learnt that magnets also use force. Finally, we created our own parachutes to find out about air and water resistance which was really fun! Now we know how air resistance helps sky divers and how water resistance is barrier for professional swimmers during competition.





## YEAR 4



### BRONZE AGE WORKSHOP

We were lucky to have a fantastic workshop about the bronze age and iron age this month. We had such a great time, we had the chance to look at real life artefacts from the bronze age, learn about the way people dressed in the bronze age and the food they ate. We even dressed up in our very own bronze age clothing for the day!

We heard stories from the bronze age and played lots of games. It was such a fantastic day and we had a really enjoyable time.

### SCIENCE EXPERIMENT

We conducted a science experiment in our food technology room to monitor the amount of carbon dioxide in fizzy drinks. We began by measuring three different fizzy drinks – Coca Cola, Fanta and Dr Pepper. We first using weighing scales to measure these drinks before they were opened. We then opened the drinks and waited 10 minutes and weighed the drinks again. We found the weight had decreased as the carbon dioxide escaped from the drinks. This showed us the amount of carbon dioxide in each drink. We had a great time investigating this and found out some interesting information. We had a popping time!



## BIKEABILITY

We had Bikeability come to our school to teach us how to ride a bike and all about road safety. We had a superb time learning the skills used to safely ride a bike and spent hours outside putting these skills into practice! We learnt how to ride a bike slowly and how to then pick up the pace and change gears. We also learnt important skills as to how to ride carefully and avoid skidding. We then learnt how to stop riding our bikes as safely as possible and how to keep our feet on the ground when stopping. What a fantastic experience we all had.



## PUNJABI

In Year 4 this term we have been learning the 5 sets of Panjabi letters and revising our previous learning by reading mukta and Kanna words. For speaking and listening our main focus has been on different types of fruits and vegetables. To make our learning interesting we used various interactive resources such as flash cards and pictures. Children are making posters for their favourite fruits and to extend their learning children are doing colours in Panjabi. Children are also learning how to give instructions in Panjabi. We are also learning about Chali Mukte (Forty Liberators) in Panjabi.



# YEAR 5

## SPECIAL CLASS NEWS

Ekam Singh took part in the British National Punjabi Boxing Show on Saturday, 28 th January at Derby.

He did really well and has won his fight!

His parents are saying:

"We are so proud of our son Ekam Singh who took part in the first national Punjab boxing show in

the UK. He was the youngest fighter and a true winner and showed tremendous performance and determination. Thank you for everyone's support."



## CHINESE NEW YEAR!

In Year 5 we spent time looking at and learning about Chinese New Year. We absolutely loved getting to know the traditions and the culture. It was fascinating! We discussed how the Chinese prepare for and celebrate the New Year, the stories surrounding the origin of Chinese New Year and also looked some of their interesting traditions around this time of year. We know it is important to encourage our children to embrace other cultures and continue to educate them about significant events in all cultures. The children found this really interesting. We were then lucky enough to do a small performance to the whole school. We acted out the story of the 'Great Race', and we went on to inform our audience of the celebrations. We finished with an amazing song we had learned in Music which celebrates spring coming in.



## FOOD TECH

In Year 5, we have been wanting to bake some gingerbread man biscuits for a long time and finally, we got our time in the food-tech room to bake it! The children loved working in groups and supporting each other. In some groups, the dough was too sticky however, some super team members were quick to know that more flour would fix the problem.

Mrs V was quite surprised to see how everyone worked as a team in keeping their spaces tidy and to wash everything up in no time! Our biscuits came out deliciously and comments from parents were: "It's so nice and soft, where's the recipe, why didn't you bring the recipe home!?"

## ART

In English, we have been focusing on descriptive writing. We linked it to rivers in

Geography. We had to describe a river scene. In Art, we have been thinking about our river scene we described in English and tried to paint that river scene! Firstly, we practised our blending skills by painting some cartoon birds, which everybody loved. With our final piece of work, we had to think carefully about how much water to have on the paint brush and how that would affect our painting. We all have been learning that it's best to have some water on your special watercolour paper before you start painting as this makes it easier for the paint to flow and to blend. Everybody loved our paintings that has gone on display and we all felt like real artists!





## YEAR 6



### BOAT MAKING IN DT

In year 6 we were set the challenge of designing a boat for a younger child. Certain criteria had to be addressed eg. It had to appeal to the child, it had to float, it had to have specific dimensions too.

First of all, we researched our product, shapes, types, purposes and labelled parts of a boat. Next, we looked at different ways to make the boat move without electrical components. Designing was really enjoyable as we carried out market research and Year 1 helped us to refine our boats.

We used a variety of tools and materials to make our toy boats and Year 1 came to judge them.



### HOLOCAUST MEMORIAL DAY

We discussed the importance and significance of Kindertransport.

We looked at how diary of Anne Frank became a critical part of how History is shaped today.

We created posters to show our understanding of the Holocaust and also applied our knowledge to understand that persecution still happens in this day and age, for e.g. Rohingya Muslims and their plight for survival from persecution.

Using modern day technology which we have available, we discussed how to raise awareness of refugee issues and how social platform can be used to highlight the disparity in human rights around the world.

27 th January is observed as a Holocaust Memorial Day each year.



# SID ASSEMBLY

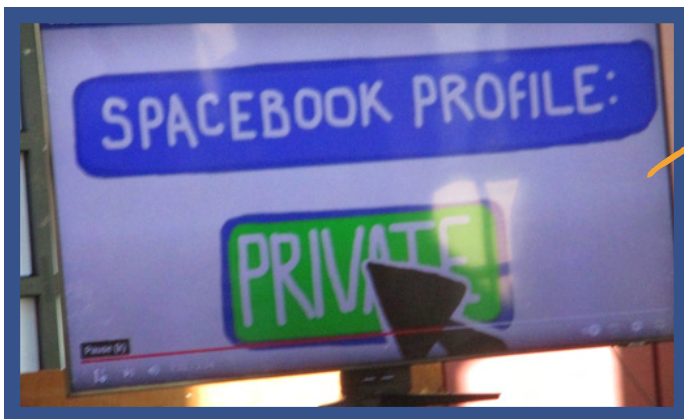
## SAFER INTERNET DAY ASSEMBLY

KS1 and KS2 had their Safer Internet Day assembly today. They learnt how to stay safe online by not sharing any personal details by keeping details private, to know to block friends online if they feel uncomfortable and to tell a trusted adult e.g. their parents, if they are getting bullied or if there's anything 'strange' that they don't know how to deal with. They also got reminded about 'stranger danger' online and that the person online is not necessarily the person who they think it is.



### KS2

KS2 children watched a video about online safety and how to keep personal and private details private and not to share any details that they shouldn't, not to meet with strangers, etc. At the end of the assembly, they all sang a song together with a video that's about online safety.



### KS1

KS1 children are listening to the story of Smartie the penguin and learnt how to avoid certain things online and how to tell their parents about things they don't know about that might pose a danger.

### Y5 RAVEN

Y5 Raven was rapping about online safety - they performed the rap to both key stages.





## INTERNET SAFETY

At Khalsa Primary school, we take full responsibility in educating our children about how to keep themselves in their everyday lives. This includes being safe online.

We explicitly teach them about subjects such as online bullying, how to stay safe online, personal and private information and how to look for reliable information online.

Mrs Van delivered a fantastic assembly on online safety for 'Safer internet day' where she spoke to them about speaking to a trusted adult if they feel uncomfortable about what they have seen online.



It is vital that we work together to monitor what our children are exposed to online and who they are speaking to.

Please feel free to come and speak to us if you require any support.

### Worried about something online?

It's hard to navigate online risks as a parent or carer. You're not alone. We're here to help.

Need to talk to someone?

Call us on [0808 800 5000](tel:08088005000), email [help@nspcc.org.uk](mailto:help@nspcc.org.uk) or fill in our [online form](#) to get advice and support from safeguarding experts.

# MENTAL HEALTH WEEK

Human beings thrive in communities, and this connection is vital for our wellbeing, and our survival. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

For Children's Mental Health Week 2023 week (beginning from Monday 6th February till Friday 10th February 2023) we encouraged pupils to connect with others in healthy, rewarding, and meaningful ways. Below are some suggested Mindful Moments you can use to settle your busy mind and help look after your mental health.

### My Daily Mindful Moments

Mindfulness can help us to feel calm, relaxed and content. It is all about paying attention to the present moment. It can help to settle our busy minds and racing thoughts, especially when we are feeling stressed, worried or anxious. Mindfulness can also help us to appreciate ourselves and the world around us. Making time each day to have a mindful moment can help our minds to feel and stay well.

Use this calendar to take a mindful moment each day of the month to help you look after your mental health.

1 Breathe in for three seconds and out for five seconds. Repeat this three times. Really notice your breath.	2 Look up at the sky. Take time to really notice what it is like.	3 Take a pencil for a walk on a piece of paper. Let it go wherever it likes. Notice how it feels.	4 Think of three things that make you special. Notice how it feels.	5 Blow up an imaginary balloon — deep breath in and slow breath out. Really feel your breath.	6 Look around the space you are in. Slowly, name each thing you see.	7 Focus on the sounds you can hear — describe them in your mind.
8 Think of three things that make you feel happy. Notice how it feels.	9 Smell your snack. Describe what you smell.	10 Starting at your toes, notice how each part of your body feels until you reach your head.	11 Make a creation of your choice. Really notice and appreciate it.	12 Think of three things you are grateful for. Notice how it feels.	13 Listen to a piece of music which relaxes you and notice how you feel.	14 Think of three things you love about yourself. Notice how it feels.
15 Eat your lunch and notice how it feels in your mouth.	16 Go on a mindful walk, really noticing what you see, hear and feel.	17 Create a colour pattern to show how you are feeling.	18 Tense all the muscles in your body, hold the squeeze for three seconds. Then, flop and relax your muscles for five seconds. Repeat.	19 When you have a drink, really notice how it feels.	20 Look closely at your snack. Describe what you see.	21 Think of three things you are looking forward to today. Notice how it feels.
22 Feel the breeze on your face. Really notice how it feels.	23 Touch something soft and really notice how it feels.	24 Colour in a picture mindfully — really noticing the colours and shapes.	25 Learn something new about an animal of your choice. How does it feel?	26 Share kindness with someone else. Notice how it feels.	27 As you walk, run or play, really notice how your body feels.	28 Chat with a friend — really notice what they are saying with their words and body.
29 Trace your finger in a pattern on a flat surface. Notice how it feels.	30 Sit quietly for one minute. Focus on your breath and let your mind and body settle.	31 Take a mindful moment in any way you choose.	<div>  <p>Well done for making time to be mindful each day this month! How do you feel?</p> </div>			



# SAFEGUARDING TEAM

## Safeguarding Information

Khalsa Primary School is committed to safeguarding and promoting the welfare of children and young people.



Mrs Pavin Dhaliwal  
Designated Safeguarding  
Lead



**School Office: 01753 823501**  
**[safeguarding@kpsslough.com](mailto:safeguarding@kpsslough.com)**



Mrs Gursharan Dosanjh  
Deputy Safeguarding Lead

### **Safeguarding is EVERYONE's responsibility.**

Any concerns relating to safeguarding children must be reported to the Designated Safeguarding Lead (DSL) at the earliest possible opportunity.



Mrs Jatinder Matharu  
Director of Safeguarding  
and Wellbeing



Mr John Jones  
Safeguarding Trustee

**Lado: Tel: 01753 690906/ 07927 681858**

# TERM DATES

## Term Dates for your diary

Half Term: Monday 13<sup>th</sup> February till Friday 17<sup>th</sup> February

Start of Spring 2 term: Monday 20<sup>th</sup> February

Book fair coming to school: Tues 21<sup>st</sup> February – Mon 27<sup>th</sup> February

Parents' Well-Being morning: Thursday 23<sup>rd</sup> February

Super Citizen assembly: Friday 24<sup>th</sup> February

World Book day: Friday 3<sup>rd</sup> March

Science Day: 10<sup>th</sup> March

Rock Steady Concert: Monday 13<sup>th</sup> March & Wednesday 15<sup>th</sup> March

Parent meetings': 21<sup>st</sup> March, Wed 22<sup>nd</sup> March & Thurs 24<sup>th</sup> March

Super Citizen assembly: 31<sup>st</sup> March

Half term: Monday 3<sup>rd</sup> April till 14<sup>th</sup> April

## Upcoming Inset Days

Monday 5<sup>th</sup> June 2023

Thursday 20<sup>th</sup> July 2023

Friday 21<sup>st</sup> July 2023