

The Thomas' Times

APRIL/MAY 2018

EDITION 6

We are pleased to welcome the new members of The School Council, our new mentors. We have 28 new mentors in total and we have been meeting this week to discuss the importance of eating healthily and how we can make some great changes to improve our health. We are mostly looking at how to keep our snacks healthy, also we are trying to give our packed lunches a healthy kick!

On Friday 27th selected members of the School Council braved the rain on a fabulous tour of Parliament Square, led by Mr Lewin himself. We enjoyed seeing the changing of the guards, it was an excellent sight. After that, we enjoyed a speedy lunch followed by an interesting video filled with fabulous facts. Did you know that until 1928 women did not have the equal right to vote? That is less than 100 years ago! We were lucky enough to see debates in both The House of Commons and The House of Lords. Overall, we had a brilliant trip and learnt loads of new facts.





Staying Healthy



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APPLE

CALORIES

FOOD

HYDRATED

MUSCLES

SPORT

VEGETABLE

BALANCED

DIET

FRUIT

HYGIENE

OBESE

STAYINGHEALTHY

VITAMINS

CALCIUM

EXERCISE

GRAPES

MILK

SNACK

UNHEALTHY

WATER



Surrey Youth

Games

During the summer holidays, your sports club might stop for a break. You might start to get unfit and bored. There are lots of sports that you can take up. From boxing, to lacrosse. Everyone will have a sport for them, with six weeks of professional coaching. I got to meet an England Rugby Player who also plays for Harlequins. I now really enjoy rugby and I have made great friends. The Surrey Youth Games is a great experience for anyone between the from Year 3 upwards for free! Because of my Surrey Youth Games experience, I have been on the radio, I now have loads of medals and trophies, I have made lots of new friends, I am on quite good terms with a pro and I am a young sports ambassador along with Orliath. The sports you can participate in includes: Badminton, Boxing (contact and non-contact), cricket, girls football, hockey, judo, lacrosse, tennis, netball, rugby, swimming, squash and table tennis. If you are disabled, you can try Boccia.

By Sophie Watson, 6G



Welcome to the wonderful

world of jokes!

1. What is the best season to jump on a trampoline?

Spring time

2. Doctor: you need glasses.

Man: but I am already wearing glasses.

Doctor: In that case, I need glasses.

3. What do hedgehogs have for lunch?

Prickled onions.

4. Paulie, wake up you have to go to school .

But I do not want to. The children annoy me and the teachers are a complete pain.

Give me 2 good reasons I have to go to school.

Paulie first of all you're 45 and second ,you're the headmaster!

5. Why did the teacher have to visit the eye specialist ?

She couldn't control her pupils!

*By Isabelle, Eve,
Annabel and Emily
(3B)*



Anti-bullying

Having bullying problems at school can be the most difficult things to go through in life. It can affect your self-esteem/confidence and education.

Always remember if you or if someone you know is getting bullied you must tell a trusted adult and always know that it is not your fault.

The different types of bullying are:

Physical bullying-when someone physically does something to hurt you

Verbal bullying- when someone says something to hurt your feelings

Cyber bullying- when someone says something hurtful to you or about you through a device

Social bullying-when someone is trying to control you or turn your friends against you

Not everyone is a bully. The definition of a bully is when someone does something to hurt you several times on purpose.

Top 10 tips

Tell a trusted adult

Do not retaliate to the bully

Know that it is not your fault

Know that nothing they say to you is true

Know that they are doing this because they have their own problems

Know that you are never alone

Do not be scared to stand up for yourself

Do not be afraid of the bully

Do not let the bully make you feel sad

Do not be scared of telling the teacher

By Rebecca and Lucie



STAND UP
SPEAK UP

STOP
BULLYING



Speaking out against bullying

B... Bullying- verbal, mental or physical abuse. Or, so it says in the dictionary. I am going to talk about what bullying is, why people bully, why it is so bad, and what we can do about it.

So, what is Bullying?

Bullying is when someone, or groups of people, pick on, or are mean to someone else. It is repetitive, and on purpose. There are three main types of Bullying: Mental Bullying is dirty looks, ignoring, basically anything that doesn't involve speaking. Physical Bullying is hitting, kicking, punching, and fighting. And finally, Verbal bullying is horrible, mean, sometimes very offensive, words.

Why is Bullying so Bad?

Bullying is extremely bad as it can lead to: going to hospital, sleepless nights, bad grades, missing clothes, skipping school, and many more things. Words alone can affect how people think about themselves, e.g. From being a kind, respected person, to a mean, horrible-looking, human-being. Did you know, that out of all the children that don't go to school regularly, 160,000 of them are victims of Bullying?

Why do people Bully?

People Bully because they find it makes them popular, cool, and funny. Either that, or they Bully because they have been bullied and find it a way to get back to that person. But the worst reason is because they are having problems at home with family, or someone else.

The word "Bully" was first used in 1530, and meant sweetheart. Over time, this horrible word has developed to mean: "Harasser of the Weak". Apparently, girls bully in groups more than boys do, and they are more spiteful and bully verbally and mentally.

What can we do about it?

Well, first of all, if we all stood up to bullies, dealing with them would be so much easier. We can tell an adult, or just help whoever is being bullied. Over 3.2 million students are victims of bullying, so if you know someone, help them to stand up for themselves and not let the bullies get to them.

A Precept for All the Bullies out there...

Trying to be cool is uncool...

So now that you have all about it, let us all say:

NO BULLYING!!! By Emma Sherratt, 5P

Big Reminder

Everyone! Origami club is still on, please come with 50p and enjoy. So far we have made lots of different pieces of origami such as cats, dogs, pigs, bears, and lots more.

We have sweet weeks for the people who participate. We raise all the money you donate for Busenya Primary School. As well as raising money for Busenya you also have a chance to learn a whole lot of Origami.

Anyone who would like to come can, bring along your friends and come on a Friday at 12:40. The lesson starts at 12:50 if you are a tiny bit late, don't worry we will catch you up.

Book Club

Every Wednesday, Thursday and Friday, Mrs Eckhardt and Mrs Desanjes run a book club. This is a great opportunity for Year 2s to improve their reading. It is also a good opportunity for Year 4s and 5s to help smaller children develop their knowledge and just the way they read in general. The club starts at 8:30, but don't worry if you do not arrive at this time; It is not a We-will-give-you-detention-if-you-do-not-arrive-on-time club. This is a great club for any Year 2 age bookworms. By Emma (5P)



Guinea pigs

We are going to tell you a bit about guinea pigs. To start with we are going to tell you about how to tame your guinea pig!

If you have just bought your guinea pig it is always best to leave a couple of days to let them settle into their new environment. Our guinea pigs like lettuce the best but it is always great to give them a variety of fruit and veg! After they have settled in it is great to give them some attention by cuddling them (10 - 15 minutes)

Next we will tell you about how to make sure your guinea pig is getting the best life they can... You will need to clean your guinea pigs out twice a week with newspaper for a base and sawdust. Don't forget to put lots of snuggling hay in for warmth! You also have to monitor your guinea pigs toe nails! Make sure you get a proper nail clipper and learn to do it yourself. Your guinea pig needs a bath to make sure they don't get too dirty! We hope you have learnt a lot about guinea pigs and are inspired to get your own! By Erin and Charlotte(5a)



Book Donations

As librarians we are looking for ways to improve our school library .

Please could you look at home for any books in good conditional that you no longer use or have grown out of that you could donate. We will then put stickers into the book that you donated to the library.

Please leave with a label in the orange box provided in the library.

Thank you

Librarians



Riddles by Katarina and Edie (2C)

I have two hands but no fingers what am I?

A clock

I can fly but I have no wings I cry but I have no eyes what am I?

A cloud

I live inside your body but you can eat me what am I ?

Kidney bean

What gets sharper when you use it?

Your brain

Q: Can you name three consecutive days without using the words Wednesday, Friday, and Sunday?

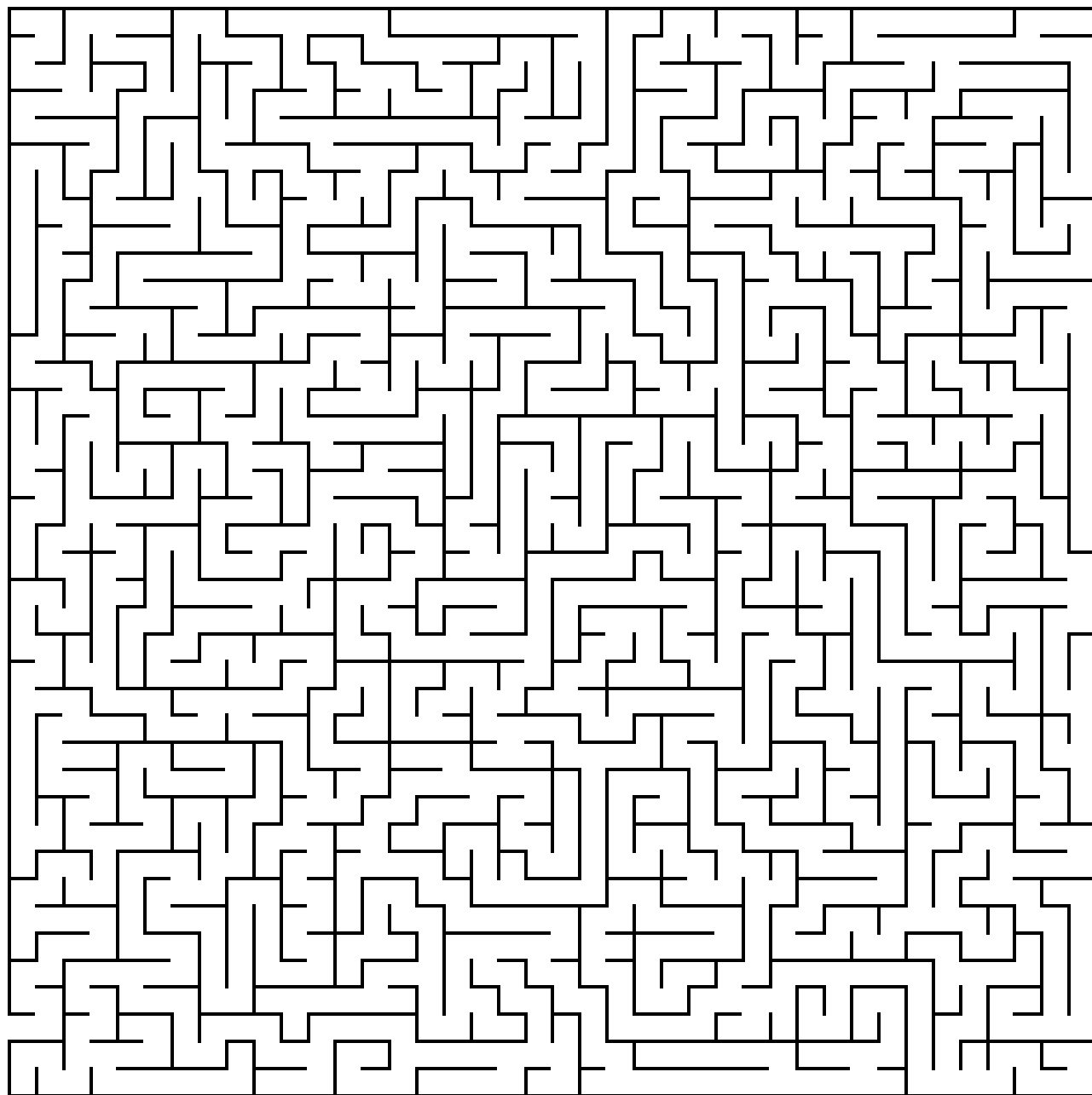
Yesterday, today and tomorrow

Q: Timmy's mother had three children. The first was named April, the next was named May. What was the name of the third child?

Timmy of course!



Mind games



If you know my surname you might know my sister's name which is Anasztazia she has now gone to a school called Tormead. I think the Tormead uniform is really pretty . If you want me to write another article come and tell me.

Athletics

You can do Athletics at Spectrum and you do a variety of different sports. The sports you do are: Races, long jump, shotput, disc and javelin.

By Eleanor (1C)

Jokes!

1. What do dogs do when watching a DVD?
2. Why did dog go to the flea circus?

By Phoebe, Poppy and Thomas

3. What do you get when you mix a snowman and a vampire ? a frostbite!

The Circus Came to School!

By Martyna Nikolas 2D

The Circus Came to St. Thomas of Canterbury on the 11th May 2018! It was a Very acrobatic day!



CirCuses are amaZing beCause you will not see better aCrobaTicS anywhere! The aCrobaTic moves made us Cheer with delight!

Sports

By Annabel

Sports is very important because you can get fit and there are lots of sports and these are examples of sports: Football, Cricket, Basketball, Swimming, Golf, Netball, Tennis,



THINK POSITIVE

By Camilla

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HAPPY GREAT GO COOL

Thank you to all our fabulous writers! Remember to get writing for June's edition- all articles welcome!