



# CALTON TIMES

Welcome to a new academic year at Calton!

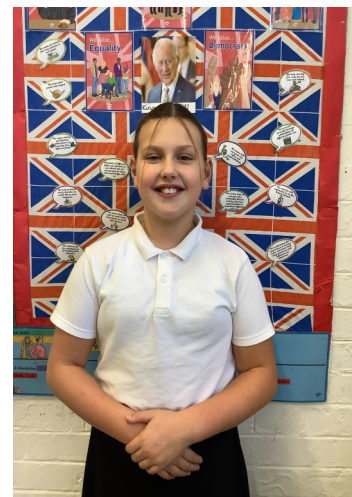
We have loads of hot-off-the press stuff to share with you, including : Y6 residential, school parliament, OPAL play and more! Read on to find out more.

Meet our Calton Times journalists:

## In this issue:

- Meet our new parliament
- The amazing Year 6 residential!
- Healthy eating
- A day of science at Denmark High School
- PSHE: World Mental Health Day

If you want to write articles about events happening in your year groups, share healthy snack recipes, submit poems, photos, quizzes or games that you would like to feature in the Calton Times then please submit them to your teachers!



## **Meet our new parliament!**

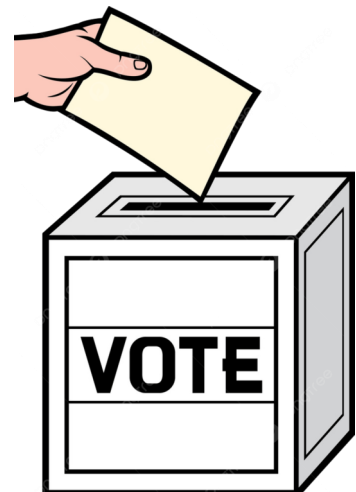
At the start of this term, we voted for our brand new School Parliament and we had various contestants to choose from.

Every candidate had an individual box with their names and pictures for our votes. There were lots of contestants for each role, and this made the competition tough! Everyone hoped to win their role.

They all delivered personalised speeches and campaign promises in assembly which helped us to decide who we wanted to vote for. That assembly was buzzing with chatter and excitement!

When it was finally time to vote, each child was given three counters, one to vote for Prime Minister, one for Chancellor, and one for Eco-minister.

The long-awaited results concluded that the role of Prime Minister went to Aisha. The new Chancellor is Mikey, and the Eco-minister is Praise! Congratulations!



## **Meet our new parliament!**

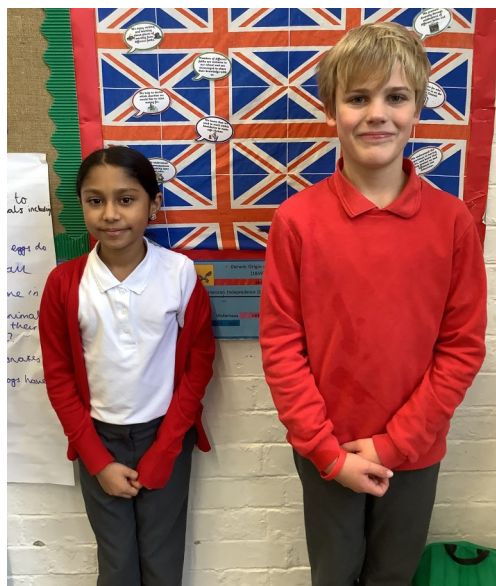
The new Parliament were asked what they would like to see in school.

When interviewed, Aisha explained that she had some additions to the school in mind, including getting more children's voices heard, a mobile library, and more lunch options such as Sushi Friday!

Mikey was also asked for his responsibilities and he had plenty to say. "I was thinking to organise more non-uniform days such as History Dress-up Days, and donating money to Cancer research organisations." Sounds brilliant, Mikey! We can't wait to see what is coming our way.

Praise's campaign promise was to create a compost area and litter-picking sessions.

In conclusion, the School Parliament has been chosen, and they have begun their work, and here they are!





# **Year 6 residential**

Our Year 6 residential was fun and very active! The games were entertaining and creative. The instructors were super helpful and understanding and we learnt a lot from them!

## **Activities**

Here are some of the activities we did: wide games, circus, kayaking, climbing, multi vines, Cluedo and raft-making!

## **Funny stories!**

Here are some of the funny stories!

When we went to the campfire and got told a funny story about escaping a pink gorilla and travelling on different vehicles and when we learnt about billy banana!

## **Questions**

### **What was your favourite part?**

Damian- egg protector was the best out of all activities!

Miya -tunnelling was my favourite activity that I loved!

### **What was your least favourite activity?**

Rayan - birthday bench which was when you had to order yourself in your birthday month order.

### **What was the most challenging activity?**

Andrew - climbing was the hardest challenge for me.





# Healthy Eating

## Healthy Eating:

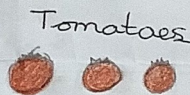
You should always have atleast 1 fruit in your bag so you can have it for snack or at lunch. For a snack you could have a nice healthy ~~snack~~ apple, banana, Pear, Strawberry, orange and so much more. Did you know that if you have 5 fruits per a day you will be super strong, big and healthy? The reason why we must eat healthy foods is so that we can be strong and great - some people don't like healthy foods but it's important that we eat them because we need to stay healthy!



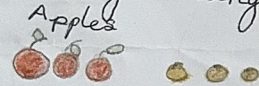
Carrots



Broccoli

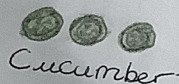


Tomatoes

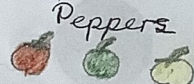


Apples

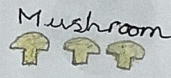
Oranges



Cucumbers



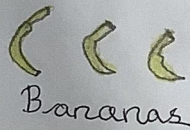
Peppers



Mushrooms



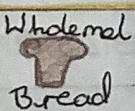
Pears



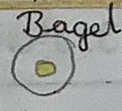
Bananas

Shirred Maryam A & Emily C

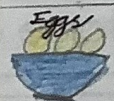
**CREATE A MAIN**  
Using a portion from each of the four groups below.



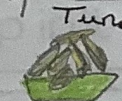
Wholemeal Bread



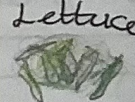
Bagel



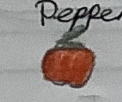
Eggs



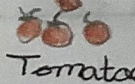
Tuna



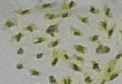
Lettuce



Pepper



Tomatoes

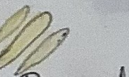


Sweetcorn

**SNACK**  
Now choose one or two yummy snacks.



Mini Pretzels



Bread Sticks



Dips

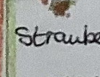
**FRUIT & VEG**  
Finally add two from your five portions a day.



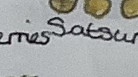
Grapes



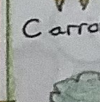
Apples



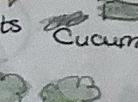
Strawberries



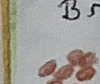
Satsumas



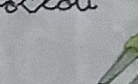
Carrots



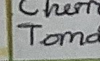
Cucumber



Broccoli



Celery



Cherry Tomatoes





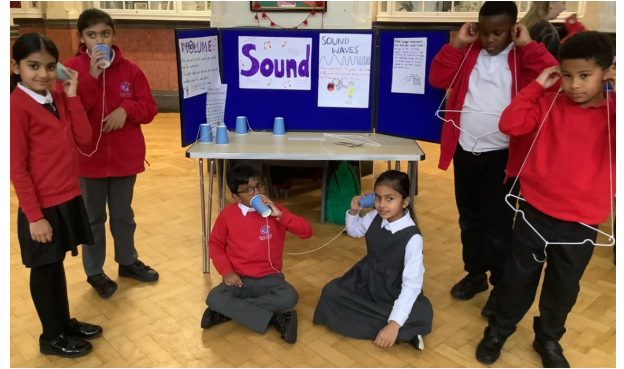
# A whole day of exciting science!

The science fair at Denmark Road High School was a really delightful and enjoyable! We presented our learning about sound and created telephone cups! There were lots of other cool stations that focused on another area of science and we all found them really fun, especially making our own catapults with wooden spoons! Our favourite station was the bacteria station where we learnt how germs spread!

Here's what a couple of us thought about it:

Joseph: I enjoyed it so much and I spent time with my friends. My favourite part was making catapults and using microscopes to look at bugs living in moss water!

Aditi: I loved it too, especially when other children helped us when we weren't sure what to do.



## PSHE—World Mental Health Day

Mental Health Day!  
Mental Health is very important, everyone should take care of their mental health! Did you know, as a school we raised £202.60 and all of the money went to a charity called Young Minds?! We need to try and stay happy by doing things we like! When we were yellow, we knew it was a happy bright colour. When we were yellow it felt brighter together. Miss Orchard said in assembly that yellow is a bright colour that brightens up the room. In assembly we read a story called 'The Colour Monster' and it is a brilliant story about our feelings.



# **OPAL**

OPAL stands for Outdoor Play And Learning in schools. It includes separate equipment that you can use at break and lunchtime and it is where children learn by playing outside.

## **Layla's interview with Mr Coughlin:**

### **Who is in charge of OPAL?**

Mr Coughlin: Mrs Glover and I oversee OPAL. Mrs Glover and Mrs Wilks run each day.

### **What are the rules for OPAL?**

Mr Coughlin: Be kind, be safe and look after equipment and each other.

### **What is your vision for OPAL?**

Mr Coughlin: All children accessing the field every day, all year round! No wet plays—play in the rain!

### **How would you like to see children having fun?**

Mr Coughlin: Playing safely and imaginatively, looking after the equipment and helping each other out.

### **How do we have more fun?**

Mr Coughlin: We are adding more fun butts—watch this space!

