

# The Oryx Online Primary 28.01.22

## Mr. Holliday's Thank You

I would like to publicly thank our teachers, our students and our families for supporting each other through the last two weeks. Thank you for trusting the school and for understanding the situation we, as a nation, are in. I, as well as the teachers and parents, wholeheartedly agree that we want the kids in school. We want them to have face-to-face instruction and opportunities for them to interact with their friends and specialist teachers. Although we, as a school, do our absolute best to replicate classroom instruction on a Zoom - it cannot replace being in the classroom with their teachers and friends.

We also want the children to be safe.

The DHA and KHDA have rigid, robust and secure guidelines in place - as do other businesses and industries - and we follow them with due diligence. This will, frustratingly, cause disruption for all of us - the same disruptions other businesses and industries will experience. Other schools will be operating under the same guidelines. If they are open - quite simply, their covid cases are different to ours. That may continue, it may not. It is important to recognise this is the first time in 2 years that we have had to close Year Groups. Our context, as a school being in the middle of an active and social community, brings other factors that schools where most students take a bus to school may not experience.



We want to avoid the spread of this highly transmissible and dangerous infection. We do everything we can to have the students on site and ultimately, the safety of the students and school community will always be our priority. Please can we remind families to test if children are showing symptoms and report results promptly to the school without sending their child in. Families should keep students at home while waiting for PCR results.

# Upcoming Primary Dates

- 7th February INSET DAY school is closed to students
- Yr 5+6 camp moved to 9th 11th March
- Yr 3+4 camp –moved to 17th -18th March
- 7th Mar EYFS Sports Day 8am
   11am TBC
- 8th Mar Yr 1+2 Sports Day 8am - 11am TBC
- 8th Mar Yr 3+4 Sports Day 11.30am - 1.30pm TBC
- 9th Mar Yr 5+6 Sports Day 8am - 2.30pm TBC

## Just For Me

**EYFS** 

**Student Support** 

**Arabic and Islamic** 

**Additional Information** 

**PE and House Teams** 

Year 1 Page Year 2 Page

Year 3 Page Year 4 Page

Year 5 Page Year 6 Page

## Salient Points from the DHA Guidance

If your child, class or Year Group has been affected - it is because they have fallen within the below DHA guidelines which stipulate the action we **must** take.

Who?	Cases	Action Duration		
EYFS and Yr 1	lf 1 stud <mark>ent or more</mark> are positive in the class over the last 14 days	Close the class and switch all to distance learning	7 days from last reported positive case	
Yr 2 and above	If 1 or <mark>2 students are</mark> positive in the class over the last 14 days	Switch all close contacts to distance learning	7 days from last reported positive case	
Yr 2 and above	If 3 or more students are positive in the class over the last 14 days	Close the class and switch all to distance learning	7 days from last reported positive case	
Same Corridor/Floor	If more than 50% of total number of classes per corridor have 2 or more positive cases in the last 14 days	Close the corridor/floor and switch all classes to distance learning	7 days from last reported positive case	

With sincere thanks to parents who are already doing this, can I please ask that you inform the school immediately if your child is tested positive for Covid-19 or is identified as a close contact. All communication should be sent to hr@southview.ae and clinic@southview.ae.

Thank you for your continued support for SVS and with your help in the global battle against COVID 19.



The Oryx Online EYFS 28.01.22

## Mrs. Patton's Reminders

What a fantastic week! In FS1 this week the boys and girls have been showing off their imaginative skills in the role play areas. They have been sailing a pirate ship, pretending to be part of the navy in a submarine and being a chef in the fish & chip shop. On Friday 11th February, FS1 will have a Pirate Day! The children are invited to dress up as a pirate and come to school to look for treasure.

We had a big surprise in FS2 this week, our eggs hatched, and we had to follow a map to locate them. We were so shocked to see a baby dinosaur emerging from the egg. We have been talking about how we are going to care for and look after the baby dinosaur. Hopefully it doesn't get too big. On Friday 11th February, FS2 will have a Dinosaur Day! The children are invited to dress up to match the theme of the day.

## Mrs. Eisha Patton Head of EYFS



## Just For Me

FS1 Page

FS2 Page

Upcoming EYFS Dates

- 7th Feb INSET DAY the school will be closed to students
- 11th Feb FS1 Pirate Day
- 11th Feb FS2 Dinosaur Day
- 14th March EYFS Sports Day

## Wellbeing in EYFS

All FS classes have scheduled outdoor play sessions every day; therefore, your child must bring their hat to school. We operate a strict no hat no play policy in school; therefore, if your child does not have their hat, they will have to sit in the shade during outdoor play sessions.

Please check your child has a change of clothes in their school bag in case of any accidents.

#### Reminders:

Please ensure you call or email (<u>reception@southview.ae</u>) and use the subject SICKNESS, telephone: +971 4426 4864) each day, before 8.00am if your child is going to be absent due to sickness.

Please remember to contact the clinic (<u>clinicgroup@southview.ae</u>) and the Operations Manager (<u>hr@southview.ae</u>) if your child tests positive for COVID19 or a close contact.



# The Oryx Online Arabic and Islamic 28.01.22

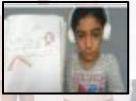
## Mr. Hassan's Highlight of the Week

This week we had a great week within the Arabic Department in both sections; Arabic A and Arabic B. Students have worked so hard in using their new vocabulary, verbs and grammatical rules to create their own sentences / paragraphs in Arabic.

A lot of tasks have been assigned to students, either writing or learning vocabularies.

A lot of tasks have been assigned to students, either writing or learning vocabularies related to their new topic.

Students were so excited to learn Arabic this week and while some of our classes were online they had the enthusiasm to participate and showcase their work.









Mr Ahmed Hassan Head of Arabic



Mr Abdelhamed Kerba Head of Islamic Studies



## Mr. Kerba's Highlight of the Week

This week was a fantastic week with all Islamic students in A & B. Students were engaging in both face to face and online, working hard to complete their assignment and their recitation.

There are tasks assigned on seesaw for students to complete and we are still excited to see all of our Islamic A and B students upload their recitation on seesaw for the holy verse learned.

Wow activities:

Batool Year 2 is explaining the general meaning of Surat Al Ikhlas. Enjoy with Batool Here.

Haneen Year 3, Exp<mark>laining the steps</mark> of Wudu. Enjoy with Haneen <u>Here</u>. Laila Year 3 memor<mark>ized Al Tashahhud to complete her prayer.</mark>

Enjoy with Laila Here.









# The Oryx Online Additional Information 28.01.22

Dear Parents.

## Drop-off and Pick Up

Thank you for your support and compliance with our traffic marshals as, in general, traffic is flowing well for most of the morning drop off period.

To make the process as safe and smooth as possible for all parents, I am once again circulating the traffic management diagram (attached below) for reference. With thanks to parents who are already doing this, please can I ask that:

- 1. You avoid parking, and use the drop off facility to drop your children as there are nannies on hand to lead young children to their classes if required. Older siblings may also escort their younger sibling to classes.
- 2. You drive into parking spaces forwards. The traffic marshals will then provide assistance with reversing back out onto the road. This saves time and allows us to manage and speed up the traffic flow.

SVS is planning to increase the capacity at the drop off facility so as to allow more vehicles to drop off simultaneously. More information will be shared as this facility becomes available.

Gates open from 7.25am. Registration starts from 7.40am, with the first lesson starting at 8.00am.



Please click the link for more information on:

Safer Games and Apps

## **Contact Details**

- admissions@southview.ae
- reception@southview.ae
- clinic@southview.ae
- hr@southview.ae
- transport@southview.ae
- community@southview.ae
- accounts@southview.ae
- itsupport@southview.ae

Tel: 045897904



# Social Media Take me to...

## **Twitter**

#togetherweSmile
#togetherweValue
#togetherweSucceed
#Positivity,Always

**Facebook** 

<u>Instagram</u>

**School Website** 







# FS<sub>1</sub>







	FS1A	FS1B	FS1C	FS1D
PE	Mon +	Tue +	Tue +	Mon +
	Thurs	Thurs	Thurs	Wed

Our Term 2A theme is:
Under the Sea

## Please **CLICK HERE** for swimming dates and PE days

Restrictions on PE have been lifted. PE will continue as normal next week - PE kits should be worn.

#### **Important Reminders:**

We will be having a Pirate Day on **Friday 11th February** where children can come dressed up as Pirates. Please ensure library books are returned on Wednesdays to allow new ones to be sent home on Thursdays. **Please ensure you call or email <u>reception@southview.ae</u> and use the subject SICKNESS, or telephone: +971 45897904 each day, before 8.00am if your child is going to be absent due to sickness.** 

#### **Overview of Next Week's Learning:**

#### Communication, Language and Literacy:

-To be able to engage in extended conversations about stories, learning new vocabulary.

-To be able to use talk to organise their play with friends

Phonics: To develop our awareness and understanding of alliteration.

**PSED:** To be able to find solutions to conflicts and rivalries.

**Maths:** To be able to extend and create ABAB patterns, To begin to be able to subitise.

**UTW:** To be able to talk about the differences between materials and the changes they notice.

**EAD:** To be able to show different emotions in their drawings and paintings, like happiness, sadness, fear etc.

Music:

-To respond to what they have heard using their thoughts and feelings.

PE

- To understand the importance of being active

## Miss Ruse's Highlight of the Week

This week, we have enjoyed learning about the life cycle of a sea turtle and developing our vocabulary of underwater animals and their habitats. We have spoken about endangered animals and keeping them safe by making sure we put rubbish in the bin, so it doesn't pollute the sea and hurt the turtles.

We are very excited to announce that on the last day of term (Friday 11th February) we will be having a Pirate Day in FS1 where children can come to school dressed up as Pirates to celebrate the end of our Under the Sea topic. We might even find some Treasure!

Thank you for your continued support and have a lovely weekend!





SVS
SOUTH VIEW SCHOOL Imagine Greatness

	FS2A	FS2B	FS2C	FS2D	FS2E	FS2F	FS2G
Library	Weds	Tues	Tues	Tues	Weds	Mon	Weds
PE	Wed + Fri	Mon + Wed	Mon + Wed	Mon + Thur	Wed + Fri	Mon + Thur	Tues + Fri

Our Term 2A
Theme is:
Long, Long

4go

## Please **CLICK HERE** for swimming dates and PE days

Restrictions on PE have been lifted. PE will continue as normal next week - PE kits should be worn.

#### **Important Reminders:**

Now it is getting cooler we will be taking the children outside more, please ensure hats and two water bottles are in school every day.

Please ensure you call or email reception@southview.ae and use the subject SICKNESS, or telephone: +971 45897904 each day, before 8.00am if your child is going to be absent due to sickness.

Please ensure children bring a change of clothes with them daily

A gentle reminder to ensure children bring their Reading Log to school daily

#### **Overview of Next Week's Learning:**

**PSED** - To think about the perspective of others.

Phonics - To recognise the digraph 'ss' and the sound 'j' by saying the sounds for

#### Maths

- To find different ways of making 7.
- To decompose a picture and identify the shapes hiding within
- **IITW -** To make predictions about the extinction of dinosaurs
- **Music** To return to and build on their previous learning, refining their abilities.

**Communication, Language and Literacy:** - To use new vocabulary to make a list.

PE:

To understand the importance of being active.

## Miss Walker's Highlight of the Week

This week, we have continued exploring our Dinoland. Our eggs hatched and we found dinosaurs all over our classrooms and pods. We discovered a map in our classrooms and learnt how to follow directions on a simple map. We also explored giving each other directions.

In phonics, we started exploring word and sentence writing. The children rose to the challenge fantastically, making wonderful links with their learning.

We are excited to celebrate Chinese New Year next week. FS2 have been hard at work creating some amazing decorations.





	SYS
So	UTH VIEW SCHOOL  — Imagine Greatness ——

	1A	1B	1C	1D	1E	1F	1G
Library	Thurs	Wed	Wed	Fri	Tue	Tue	Mon
PE	Mon + Wed	Mon + Wed	Tues + Fri	Mon + Wed	Tues + Fri	Tues + Fri	Wed + Fri

Please **CLICK HERE** for swimming dates and PE days

Our Term 2A topic is: Bright Lights, Big City

Restrictions on PE have been lifted. PE will continue as normal next week - PE kits should be worn.

#### **Important Reminders:**

- Now it is getting cooler we will be taking the children outside more, please ensure hats and two water bottles are in school every day.
- Please ensure you call or email <a href="mailto:reception@southview.ae">reception@southview.ae</a> and use the subject SICKNESS, or telephone: +971 45897904 each day, before 8.00am if your child is going to be absent due to sickness.
- Information about swimming will come in a separate message on seesaw and on the PE page.
- Lessons START at 8am please make sure children are at school before 8am as the outside doors will be closed and lessons will have started. In this instance if you arrive after 8am and the doors are closed you must report to Reception for the children to be taken to class

#### **Overview of Next Week's Learning:**

Maths: To explore fact families within 20.

Reading: To answer questions about a given text.

Writing: To sequence sentences to form a narrative.

Science: To work scientifically to explore materials.

MSC: To explore celebrations from around the world.

ICT: To use devices safely.

CPA: To develop imaginative thinking based on a stimulus

Music:: To experiment with, create, select and combine sounds using the inter-related dimensions of music.

PE: To be able to identify healthy and un-healthy food.

Arabic: To continue working on learning alphabet in Arabic and common sight words.

## Miss Stanton's Highlight of the Week

Yet again the Year 1 children have continued to amaze us with their resilience and ability to adapt. It has been wonderful being able to spend time with students across the year group as they completed their Phonics lessons in groups and continued to practice and develop this sounding out and blending skills. They have also been busy investigating numbers to 20 and exploring fact families. We have loved seeing the different, imaginative ways the children have used objects around their houses to build number bonds and use the part, part, whole model. The children have also designed some great landmarks of their own, from palaces to statues and skyscrapers! We are already so excited to welcome you all back to school next week, face to face, and have some exciting learning in store!













	2A	2B	2C	2D	2E
Library	Thurs	Fri	Mon	Tues	Wed
PE	Tue & Fri	Tue & Thurs	Tue & Fri	Tue & Thurs	Tues & Fri

Our Term 2A topic is: Wriggle and Crawl

## Please **CLICK HERE** for swimming dates and PE days

Restrictions on PE have been lifted. PE will continue as normal next week - PE kits should be worn.

#### **Important Reminders:**

-Year 2 Minibeast dress up day is Wednesday 9th February

Now it is getting cooler we will be taking the children outside more, please ensure hats and two water bottles are in school every day.

Please ensure you call or email reception@southview.ae and use the subject SICKNESS, or telephone: +971 45897904 each day, before 8.00am if your child is going to be absent due to sickness.

#### **Overview of Next Week's Learning:**

Maths: To interpret a pictogram.

Reading: To use inferences to support understanding of comprehension

Writing: To create a non-chronological report

Science: To understand what animals depend on in their habitats.

MSC (moral social cultural studies): To understand the traditions of storytelling

ICT: To use technology safely.

CPA: To explore the links between vocal and physical performance.

Music: To invent pitch sounds using voice and instruments.

PE: To be able to identify healthy and unhealthy food.

ان يراجع الطلاب على اسماء الحروف وترتيبها واشكالها في مواقعها المختلفة من الكلمة. :Arabic A

Arabic B: To describe my classroom in Arabic.

Islamic: To list the duties of family members and clarify the rights of family members.

## Miss Dye's Highlight of the Week

This week, we have enjoyed continuing our learning about minibeasts. Our focus has been learning about bees and their lifecycle. In English, we have been gathering information about bees to create our own fact files. We included headings and paragraphs to show to structure of a fact file. In Maths, we have started our new topic 'Statistics'. This week we have been learning about tally charts and pictograms. We have been interpreting the data to ask questions relating to our charts. We have also collected out own information asking the class about their favourite fruits to create our own charts. In Science, we have been focusing on what animals depend on in their habitats to survive. We then made links to think about what we depend on for surviving. We can't wait for another great week of learning next week!











Library and book change day: Thursdays (for all year 3 classes).

PE: Monday and Wednesday for all Year 3 classes



Please <u>CLICK HERE</u> for swimming dates and PE days

Restrictions on PE have been lifted. PE will continue as normal next week 
PE kits should be worn.

Our Term 2A topic is:
Tremors

#### <u>Important Reminders:</u>

- Now it is getting cooler we will be taking the children outside more, please ensure hats and two water bottles are in school every day.
- Please ensure you call or email <u>reception@southview.ae</u> and use the subject SICKNESS, or telephone: +971 45897904 each
  day, before 8.00am if your child is going to be absent due to sickness.
- Please ensure laptops are fully charged and <u>headphones</u> are in school each day.
- Please make sure blue pencils are packed in pencil cases so pupils can respond to their live feedback
- Please ensure swimming kits are brought into school when needed. Please see individual Seesaw class reminders for this as days
  differ.

#### **Overview of Next Week's Learning:**

Maths: To further develop our knowledge of multiplication and division with multiplying and dividing by 2 digit and 1-digit numbers.

Reading: To inference from a text

Writing: To write an independent big write.

Science: To consolidate our knowledge of light

MSC (moral social cultural studies): To consolidate our knowledge of the seven emirates of the UAE.

CPA: To present jokes meaningfully and with purpose

Music: To develop a basic understanding of the history of music.

PF: To be able to identify the food groups and understand our hodies needs.

يطرح المتعلم أسئلة مستخدمًا: (من ، ماذا ، متى) ويجيب عن أسئلة أخرى :Arabic A

Arabic B: To make a conversation and ask someone about his/her favourite fruit and vegetable in Arabic

Islamic: To explain how the Prophet d solved the problem of setting the Black Stone back in its place.

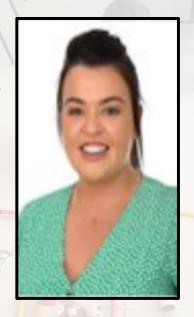
MFI · To describe the weather

## Miss Ryan's Highlight of the Week

This week, Yet again the Year 3 children have continued to amaze us with their resilience and ability to adapt to online learning, well done to everyone for your hard work and determination. This week we have continued on with our newspaper reports and the children have wrote some amazing paragraphs ahead of their upcoming big write. In maths we have finished our topic of multiplication and division and the children completed their end of topic assessment, next week they will put their knowledge to use when we move on to multiplication and division of 2- digit and 1- digit numbers.

We look forward to getting back into the classroom next week and continuing our learning.

Thank you all again for all your support and understanding this week.







Library and book change day: Tuesdays for 4A, 4B, 4C, 4D Fridays for

PE: Tuesdays and Thursdays for all Year 4 classes
Please CLICK HERE for swimming dates and PE days
Restrictions on PE have been lifted. PE will continue as normal
next week - PE kits should be worn.

Our Term 2A topic is:
<u>Misty Mountain</u>

#### **Important Reminders:**

#### Please ensure:

- Now it is getting cooler we will be taking the children outside more, please ensure hats and two water bottles are in school every day.
- Laptops are fully-charged and *headphones* are in school every day.

Please ensure you call or email <u>reception@southview.ae</u> and use the subject SICKNESS, or telephone: +971 45897904 each day, before 8.00am if your child is going to be absent due to sickness.

## **Overview of Next Week's Learning:**

Maths: To recognise equivalent fractions.

Reading: To identify how language contributes to the meaning of a text.

Writing: To edit and up-level my writing.

Science: To investigate gases and explain their properties.

MSC (moral social cultural studies): To explore ways of showing kindness to others.

CPA: To present jokes meaningfully and with purpose.

Music: To develop a basic understanding of the history of music.

PE: To be able to identify the food groups and understand our body's needs.

يحدد المتعلم عناصر القصة وعلاقات التضاد والترادف بين الكلمات في القصة: Arabic A

Arabic B: To describe the clothes they are wearing in winter and summer in their home countries.

Islamic: To show that belief in Messengers and Angels is one of the Pillars of Faith.

MFI · To understand a conversation about the weather

## Miss O'Connor's Highlight of the Week

This week, the children put their scientific investigation skills to the test. We spent some time planning an experiment to investigate the melting point of chocolate. Firstly, we came up with a scientific question and made informed predictions. Next, we considered the resources which were available to us and planned out our enquiry. It was important that our test was fair so that our results would be reliable. We made sure our chocolate pieces and bowls were the same size and we measured the exact amount of water for each bowl. Our only independent variable was the temperature of the water. It was fun watching the chocolate melt.









Library and book change day: Monday (for all year 5 classes).

PE: Tuesdays and Thursdays for all Year 5 classes



Restrictions on PE have been lifted. PE will continue as normal next week - PE kits should be worn.

Our Term 2A topic is: <u>Scream</u>

Machine

## **Important Reminders:**

Please ensure

- Now it is getting cooler we will be taking the children outside more, please ensure hats and two water bottles are
  in school every day.
- Fully charged laptops and personal headphones are in school each day
- Fully stocked pencil cases are left in school each day

Please ensure you call or email <u>reception@southview.ae</u> and use the subject SICKNESS, or telephone: +971 45897904 each day, before 8.00am if your child is going to be absent due to sickness.

#### **Overview of Next Week's Learning:**

Maths: To be able to convert improper fractions to mixed numbers and vice versa.

Reading: To be able to answer specific types of comprehension questions.

Writing: To use figurative language to create our own narrative.

Science: To investigate the effects that friction has on moving objects.

MSC (moral social cultural studies): To understand how to solve conflicts in school and at home.

CPA: To consider the importance of props and set.

Music: To recognise different structures and can uses the repeat sign.

PE: To be able to identify the food groups and understand our bodies needs.

Arabic A: يعد المتعلم عرضًا تقديميًا شفويًا للموضوع مقدمًا الفكر في تسلسل منطقي مظهرًا فهمه للموضوع بما في ذلك: الحقائق ذات الصلة، مجبيًا عن أسئلة المشاهدين إجابات مقنعة .

Arabic B: To make a conversation and ask someone about his/her best Journeys and/or hiking they had.

Islamic: To explain the effect of the death of Lady Khadija and Abu Talib on the Prophet.

MFL: To make physical descriptions using the verb in the language

## Mrs Barlow's Highlight of the Week

In Year 5 this week we have enjoyed testing out our knowledge of air resistance, investigating how fast/slow objects with different surface areas fall to the ground. We have finished reading the Highwayman poem and have created a newspaper reporting on the incidents that the main characters experienced. Along with starting to write a ghost story based around aftermath of the poems story. We have continued to work on our comprehension skills with the focus on questions that involve prediction. In maths we have finished working on division, mastering the bus stop method to divide 1-digit numbers by 4-digit numbers. Students have moved on to look at fractions, equivalent fractions and improper fractions.

We look forward to more scientific investigations next week and finishing our ghost stories!











Swimming lesson days:
Please <u>CLICK HERE</u> for swimming dates
and PE days

Restrictions on PE have been lifted. PE will continue as normal next week - PE kits should be worn.

Library and book change day: Wednesday (for all Y6 classes).

PE: Mondays and Wednesdays for all Year 4 classes

Our Term 2A topic is:

Tomorrow's World

#### **Important Reminders:**

Please ensure:

- Now it is getting cooler we will be taking the children outside more, please ensure hats and two water bottles are in school every day
- Laptops are fully-charged and headphones are in school every day
- Pencil cases are fully-stocked and all children have a black ink pen.
- Children have two water bottles with them in school

Please ensure you call or email <u>reception@southview.ae</u> and use the subject SICKNESS, or telephone: +971 45897904 each day, before 8.00am if your child is going to be absent due to sickness.

#### **Overview of Next Week's Learning:**

Maths: To find fractions and percentages of amounts

Reading: To make predictions, using details stated and implied

Writing: To use colons, semicolons and dashes to mark boundary between independent clauses.

Science: To determine different types of variable in an investigation

MSC (moral social cultural studies): To understand what it means to be a better person.

CPA: To consider the importance of props and set.

Music: To explore ideas and to make a descriptive piece.

PE: To be able to identify the food groups and understand our bodies needs.

فسر معاني الكلمات والمفردات والعبارات الواردة في النص ويشرح العلاقات بين الاحداث او المفاهيم: Arabic A

Arabic B: To make a conversation and ask someone about his/her celebrity occasions.

Islamic: To give the reasons for the migration of Muslims from Makkah to Al-Madinah Al-Munawwarah.

MFL: To learn about places of work.

Computing: To add various media sources onto a webpage.

## Miss McCandless' Highlight of the Week

We have really enjoyed our week in Year 6 this week. In English, we have been continuing with the reading of our text, 'Stormbreaker', and the children have done some great work on developing their inferential skills in their reading lessons. In addition to this, we have been learning about the correct use of hyphens, and the teachers have been impressed with how the children have been able to articulate their new learning. In Maths this week, we have been focusing on negative numbers and being able to use them across a wide range of problems. We have also been able to make real-life links by identifying where we might come across negative numbers on a daily basis. In Science this week, we have been working scientifically and thinking about how we can use tables to organise and interpret information. In Humanities, we have had a very interesting look into the history of computing and can't wait to continue exploring this next week, with a look at some spy gadgets that have been used over the years! Well done for all of your resilience and hard work this week Year 6!





The Oryx Online
PE and House Teams
28.01.22

Dear Parents and Students,

This week in PE, while the restrictions on physical activities have been in place, we have continued our theory lessons and focused on the importance of keeping an active and healthy lifestyle.

#### Fitness and health related lessons in class

Our students have been learning how to identify factors that are important to keep a healthy lifestyle. They now understand the small steps that need to be done to follow the '5-2-1-0' practice daily. 5 stands for the number of vegetables and fruit that we should eat, 2 for 2 hours limit screen time, 1 stands for at least 1 hour of exercise and 0 for soft drinks. They've also learned that sleeping, listening to music and spending time with family and friends are also important aspects that will conduct them into a healthy lifestyle.



#### PE at home & PE Challenge of the day

In our distance learning program, we finished the athletics topic. Students have learned more about High Jump and Heptathlon. In our next topic we will be training martial arts in a safe and fun environment. The PE Challenge of the day has been a success among our students that every day attend our 10 minutes live session on zoom. Fitness, coordination and dance are only some examples of our last challenges. The PE department we will continue to bring more fun activities to share with you all!

## Mrs. Sonia Teodoro



## **House Teams**



Miss Judy Murphy

## **House Teams News**

There is a very exciting House competition ongoing at the moment! SVS got Talent is your opportunity to show off any talent you have!

It is a creativity competition, where you are invited to display creative work that you are proud of. It can be singing, dancing, playing music, a painting, drawing, piece of art. The list goes on, so whatever your talent may be, it's time for you to exhibit it!!

Every entry will receive 3 house points and the winners will receive 100 house points.

Please submit your entries to your Seesaw House page (please note the change of location for submission)
Entries must be in by February 4th.



Terra
Zain Osman
2387 points



Aqua Kinda Shody 1749 points



Ignis Ithai Mtengwa 1920 points





Aeris
Amaya Haroon
2226 points