



Istead Rise Primary Celebration Newsletter



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Dear Parents and Carers,

This term seems to have gone by so quickly and our children have taken part in a wide range of different activities over the last six weeks. Families can catch-up on what has been happening by clicking [here](#) to view this term's episode of Istead Rise News. I would like to congratulate all the children who took part in the making of this film – you all did a brilliant job. I would also like to thank Mrs T Clark for her work supporting our children with making this episode for you all to enjoy.

As you will all know, last week was our 'Mission to Mars'! All year groups enjoyed taking part in a wide range of learning activities and learned much about space exploration in the process. You can find out all about what pupils were getting up to by clicking [here](#) to watch this special report!

I would like to congratulate all pupils at Istead Rise for their continued effort and progress in their learning, and to thank all staff for their relentless determination to make our school a place where children develop and thrive.

I wish you all a fantastic half term break and hope you can all enjoy some sunshine!

Steve Payne



Donation from the Basra & Randhawa Families

We recently received a extremely generous donation from Mr & Mrs Randhawa & Mr & Mrs Basra. After consulting with staff it was decided that the money should contribute towards art equipment across the school. We feel that these items will be of benefit to all the children within the school and will form part of a wide range of exciting and creative art lessons.

Thank you again from all of us at Istead Rise Primary School.



Year 5 Parents/Carers, just a reminder we have started planning next year's residential trip to PGL

Marchants Hill. If you would like your child to attend can you please complete the following google form [PGL 2022](#)



PCR & Lateral Flow Covid Tests

This link will take you to the NHS website for full guidance on which covid test you should be taking.

[Lateral & PCR Covid Tests](#)

Mars Week Dress Up!





**CAPTAIN
TOM 100**
DO IT YOUR WAY



Over the last couple of weeks all classes have been taking part in a speed bounce challenge as part of The Captain Tom 100 initiative. Children have been completing 100 speed bounces in order to raise sponsorship money for the Captain Tom Foundation. All children put in a great effort to complete the tiring challenge! Sponsorship money can still be uploaded onto Parent Pay accounts using the item "Captain Tom" up until 28th May, so if there are any monies yet to be paid, please do hurry. Thank you all.

Core Values Congratulations to all our winners!



Week Ending 21.05

Acorns Class

Alf & Jack for Perseverance

Oak Class

Whole Class for Perseverance as they all worked so well!

Palm Class

Poppy M for Respect & Alfie for Perseverance

Sycamore Class

Ollie & Isaac for Self Reflection

Cherry Class

Harry for Self Reflection & Maddie for Independence

Birch Class

Madison for Self Reflection & Abishai for Respect

Willow Class

Henry for Self Reflection & Phoenix for Respect

Elm Class

Krystal for Self Reflection & Blake for Perseverance

Aspen Class

Rosie May & Markus for Self Reflection

Week Ending 28.05

Acorns Class

Whole Class for Independence

Oak Class

Samuel Yanis for Perseverance & Oliver M for Self Reflection

Palm Class

Charlie & Jace for Self Reflection

Sycamore Class

Carlyle & Parsen for Self Reflection

Cherry Class

Ethan for Self Reflection & Maya for Independence

Birch Class

Alfie for Independence & Rui for Perseverance

Willow Class

Brooke for Independence & Neve for Self Reflection

Elm Class

Rehan for Independence & Charlie for Respect

Aspen Class

Leah for Perseverance & Christian for Self Reflection

Forest School Years 3,4 & 5



Years 3,4 & 5 have enjoyed a Mission to Mars in the Forest. They took part in a rocket launch after answering questions about the planet. Birch class extended their learning and asked each other questions about the fun mars-tastic topic. On their mission, they explored the surface, found moon rocks and made galaxy spinners



Forest School

Years 3, 4 & 5



Acorns



Some of Acorns Class had a whale of a time in the heavy rain. Collecting water, to make their own puddle in a tuff spot. As you can see the best bit was getting to jump in it!

Mars Week was so much fun. We heard that Mr Payne had been sent a letter by NASA asking for six children from Istead Rise to go on a mission to Mars. Before Mr Payne decided who could go we had to find out all about Mars, how we would get and live there. We made our own space rockets, including a giant one. We all had to think hard about what we would want to take with us on the mission, coffee and hot chocolate were very popular! Some of us wanted to take our teddy bears and pictures of our family. We have learnt so much about Mars and some of us decided that it is just too far away from our friends and families to go.

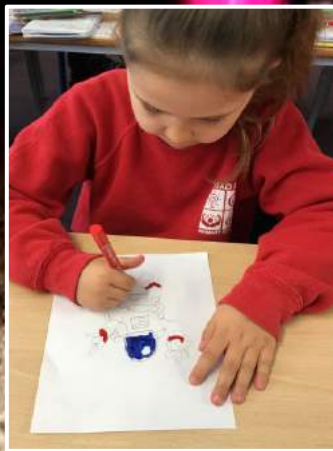
Oak



Last week was an incredible week for Year 1. The children absolutely loved Mars Week and learnt so much! There were numerous activities including:

- Drawing and writing about items to take to Mars
- Learning about similarities and differences between Earth and Mars
- Sketching astronauts
- Making space rockets and Mars bites
- Building a colony with a partner
- Building a class rocket
- Using recycled milk bottles to create a home on Mars (picture to follow in the next Newsletter)

and so much more! I think the smiles say it all :)



Palm

Year 2 had a lot of fun learning LOTS of new facts and skills during Mars Week. We spent time using all of our junk materials to make colonies and a class rocket. It ended up being taller than all of us!

Our description writing for life on Mars has been amazing! We have used a variety of descriptive techniques, including similes and metaphors to describe what it could be like to explore and live on Mars. Our writing then inspired us to look up Space artists. We looked carefully at the space paintings created by the artist Peter Thorpe to help us create our own abstract 'Red Planet' masterpieces!



Sycamore

During our *Mission to Mars* week we had so much fun being creative!

We made a Mars Colony and a rocket (which we also launched).

We worked in groups to build our colonies and this really helped us learn how to cooperative with one another.

We have also been writing a description in English and have worked hard on using different sentence starters and more sophisticated vocabulary.

During *Mission to Mars* week, we also learnt all about the Solar System, lunar and solar eclipses and lunar phases.



Birch & Cherry



We knew this would be an exciting week and it lived up to our expectations! Throughout 'Mission to Mars', we discovered all kinds of amazing facts about the planet Mars, including the vast range in temperature and how it got its name. Working in small groups, we created the different zones for our colony and paid particular attention to the detail of each part (one group even created neat rows of vegetables). Using oil pastels, our artwork focused on the view of Mars from a distance, as we created Mars scapes.

One of the highlights of the week had to be when we launched the rockets we made, we weren't expecting them to go so high. Mrs Baker kept us entertained too, when she created a reaction using Mentos and Coke. She wasn't expecting to get a Coke shower! During our final week of term we concentrated on creating our Alice in Wonderland inspired cushions - we were very pleased with the results!





Willow class have been enjoying our Mission to Mars week. They have been watching live broadcasts from the International Space Station, while the astronauts aboard carry out their daily duties. The children got to experience what it is like to eat space foods by trying some dehydrated delicacies including peaches, banana, cinnamon apples, strawberries and also vanilla ice cream sandwich, with varied reactions!

We have also explored what the terrain on Mars might be like in art by creating a topographical hemisphere using papier mache to add craters, hills and dry rivers. We had a great week!

During this weeks Science lesson we have been researching the life cycles of some unusual animals discovering some interesting facts along the way! The children have been experimenting in Science by growing broad beans in a cup with a paper towel and watching them sprout. We have also started to grow a range of plants for our lovely tortoises, ready for them next term.

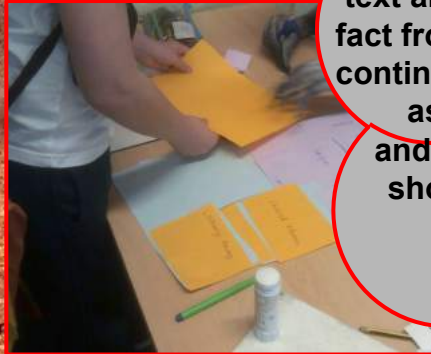
Willow

Aspen & Elm



Year 6 have been working hard over the past 2 weeks on their Mission to Mars unit, which has included some excellent writing opportunities on description and narrative in English; planning their Mars colonies to a set budget and taking into account engineering and mental health considerations, before producing scaled floor plans in Maths; working on guided reading from a non-fiction text about the planet and past Mars rover missions and distinguishing fact from fiction based on their new knowledge. They have also continued to monitor the growth of their beans in Science, as well as looking at unusual life cycles, such as those of the clownfish and duck-billed platypus. In PSHE (Jigsaw), they have continued to show a growing understanding and maturity in our current theme of Relationships, focusing particularly on mental health and topics which may affect this, such as anxiety and grief.

It has been an excellent end to a very successful learning term!



Let's see what's for lunch...

Week 3 w/c
7th June

Meat Free Monday (MF)

Meat Free Monday is a great way to improve health and well-being by naturally increasing your vitamin and mineral intake. One day a week can make a real difference - www.schoolfoodplan.com

MF Monday	Main Meals	Vegetables
	Roasted Vegetable & Bean Hotpot Ve	Peas Ve
	Sweetcorn & Courgette Fritter with Side Salad V	Dessert
	Pasta with Cheese & Chive Sauce V	Apple & Cinnamon Sponge with Custard V

Tuesday	Main Meals	Vegetables
	Beef Lasagne	Chinese Cabbage Ve
	Vegan Mince & Vegetable Pasta Bake Ve	Dessert
	Jacket Potato with Cheese V or Salmon Mayonnaise	Strawberry Cheesecake V

Wednesday	Main Meals	Vegetables
	Roast Chicken Fillets with Roast Potatoes & Gravy	Green Cabbage & Carrots Ve
	Vegan Cornish Pasty with Roast Potatoes Ve	Dessert
	Pasta with Roasted Tomato & Pepper Sauce Ve	Chocolate Sponge & Chocolate Sauce V

Thursday	Main Meals	Vegetables
	Turkey Lasagne	Green Beans & Cauliflower Ve
	Courgette & Potato Pattice with a Pitta & Garlic Mayo V	Dessert
	Jacket Potato with Baked Beans Ve or Cheese V	Fruit Burst Jelly V

Friday	Main Meals	Vegetables
	Fish Finger Bap with Homemade Tartare Sauce & Side Salad	Baked Beans & Sweetcorn Ve
	Vegetarian Finger Bap with Homemade Ketchup & Side Salad Ve	Dessert
	Pasta with Creamy Mushroom Sauce V	Chocolate & Orange Cookie V

Freshly Baked Bread:

Pumpkin & Carrot **V** Wholemeal **V**

Week 1:

12th Apr, 3rd May, 24th May, 14th Jun, 5th Jul, 26th Jul, 30th Aug, 20th Sep, 11th Oct

MF Monday	Main Meals	Vegetables
	Cauliflower Macaroni & Cheese with Homemade Garlic Bread V	Green Beans Ve
	Tofu Sweet & Sour Mixed Vegetables with Steamed Rice Ve	Dessert
	Jacket Potato with Baked Beans Ve or Cheese V	Coconut & Jam Sponge with Custard V

Tuesday	Main Meals	Vegetables
	Beef & Bean Chilli Con Carne served with Baked Potato	Sweetcorn Ve
	Vegan Chilli Con Carne served with Baked Potato Ve	Dessert
	Pasta with Spinach & Onion Sauce V	Berry Crumble Slice Ve

Wednesday	Main Meals	Vegetables
	Roast Turkey with Roast Potatoes & Gravy	Roasted Butternut Squash & Kale Ve
	Potato & Leek Frittata V	Dessert
	Jacket Potato with Baked Beans Ve or Cheese V	Orange & Poppy Seed Sponge V

Thursday	Main Meals	Vegetables
	Chicken & Vegetable Curry with Steamed Rice	Carrots & Cauliflower Ve
	Lentil & Vegetable Lasagne with Garlic Bread V	Dessert
	Pasta with Tomato & Basil Sauce Ve	Cherry Cookie Ve

Friday	Main Meals	Vegetables
	Oven Baked Battered Fish with Baked Chips	Baked Beans & Garden Peas Ve
	Roasted Vegetable & Chick Pea Wrap V	Dessert
	Jacket Potato with Baked Beans Ve or Cheese V	Vanilla & Sultana Sponge with Custard V

Freshly Baked Bread:

Courgette, Oat & Thyme **V** Wholemeal **V**

Week 2:

19th Apr, 10th May, 31st May, 21st Jun, 12th Jul, 6th Sep, 27th Sep, 18th Oct

MF Monday	Main Meals	Vegetables
	Chick Pea & Vegetable Curry with Rice Ve	Broccoli Florets Ve
	Homemade Vegan Burger with Baked Sweet Potato Ve	Dessert
	Pasta with Tomato & Vegetable Sauce Ve	Carrot & Apple Flavour

Tuesday	Main Meals	Vegetables
	Spaghetti Bolognese	Carrots & Peas Ve
	Carrot & Pea Risotto Ve	Dessert
	Jacket Potato with Baked Beans Ve Cheese V , or Bolognese V	Lemon Drizzle Cake

Wednesday	Main Meals	Vegetables
	Roast Chicken with Roast Potatoes & Gravy	Green Cabbage & Roast Carrots Ve
	Lentil & Bean Vegan Loaf with Roast Potatoes & Gravy Ve	Dessert
	Wholewheat Pasta with Cheese & Leek Sauce V	Banana & Sultana with Custard V

Thursday	Main Meals	Vegetables
	Beef Burger in a Bun with Potato Salad	Sweetcorn Ve
	Margherita Pizza with Potato Salad V	Dessert
	Jacket Potato with Baked Beans Ve or Cheese V	Chilled Rice Pudding Berry Compote V

Friday	Main Meals	Vegetables
	Fish Fingers with Oven Baked Chips	Baked Beans & Garden Peas Ve
	Vegetable & Lentil Croquette with Oven Baked Chips Ve	Dessert
	Pasta with Lentil & Bean Sauce Ve	Chocolate & Raisin Shortbread Ve

Freshly Baked Bread:

Sunflower, Rosemary & Tomato **V** Wholemeal **V**

Week 3:

26th Apr, 17th May, 7th Jun, 28th Jun, 19th Jul, 13th Sep, 4th Oct

V - Suitable for vegetarians

Ve - Suitable for vegans & vegetarians

All products are subject to availability.

Available Every Day

Fresh Fruit Platter **Ve**

Fresh Natural Yoghurt with Fruit Puree **V**

Pabulum Salad Bar

Children can help themselves to an unlimited selection of freshly prepared healthy salads.

Our new salad bar features all of the children's favourites, is completely free of the 14 recognised allergens, is suitable for vegetarians and vegans and packed full of fibre and nutrients.

BM2isteadRise

pabulum