

Clockhouse Buzz



Edition 1 - April 2024

Reading Buzz has been revamped in to a school newsletter which will celebrate all the amazing things happening in our school!

Turn over to find out how you can be involved in writing our next edition!

Mental Health Week

Before the holidays we took part in Mental Health week. Every day our teachers shared tips with us to encourage us to have positive discussions around our mental health. As well as the tips being really helpful, we also learnt that "My Voice Matters."

When You Feel STRESSED OUT

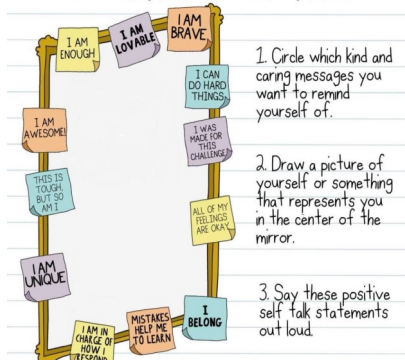
...a to-do list for young people



healthy 10 WAYS to Deal with ANGER



POSITIVE SELF-TALK



1. Circle which kind and caring messages you want to remind yourself of.

2. Draw a picture of yourself or something that represents you in the center of the mirror.

3. Say these positive self talk statements out loud.

At the end of the week, we had the chance to come into school wearing the clothes that best express who we are as a person!

This half term we will be taking part in, 'We are week' where we get to learn about lots of different careers and World Book Day where we get to share our favourite books and learn about some new ones. This year our theme is Fairy Tales. Read all about what we get up to in our next edition!



Cookery Club

Every week the children in Mrs Bhogal's cookery club whip up a delicious new recipe. Here they are making pizza pin wheels. Why don't you follow the recipe below to try making your own?



Ingredients:

- 375g pack ready-rolled puff pastry
- 6 tbsp ready-made pasta sauce (not too chunky)
- 100g wafer thin ham
- 100g mature cheddar, grated
- 1 egg, beaten
- 1 tsp dried oregano or mixed herb

Method

Step 1

Preheat oven to 180C. Unroll the pastry onto a lightly floured surface and roll it out to 40 x 32cm. Spread a layer of pasta sauce over it, leaving a 1cm border around the edges. Arrange the ham evenly on top, then scatter the grated cheese over.

Step 2

Starting at one of the short ends, roll the pastry up as tightly as possible. Chill in the fridge for 10 minutes or so.

Step 3

Take a very sharp knife and cut the roll into 12 equal slices, laying them flat on 2 non-stick baking trays as you go. Brush each pinwheel lightly with beaten egg and sprinkle over the herbs. Bake for 12-15 minutes until puffed and golden. Leave to stand for 5-10 minutes before serving.

Now sit back and enjoy your pizza pinwheel.



Quiz Time!

Can you find all the words associated with our Clockhouse School?

D G T T T Y D B T S Y L Q G Z
 T Y L J B E C O T E L S I R K
 Q C T O Z L L G M U I X G F N
 E G E D B E H M L L M Y V U E
 X N J P R A Z T D A A V W N G
 C P O A S N L S E V F O P N T
 I W N W L E C O M M U N I T Y
 T C A S P I R A T I O N N C S
 E C N E L L E C X E R Y U R K
 M Q R G H R Q F N A W L R O I
 E L A T I P A C E Y T A T S L
 N A N T Y H Z L T U D Z U I L
 T V E S J F L B R O F A R F S
 H Y T I V I T A E R C G E R L
 J I C H A L L E N G E Z U R P

- | | | |
|------------------|--------------------|------------|
| nurture | tolerance | Clockhouse |
| challenge | wellbeing | creativity |
| aspiration | life skills | friendship |
| excellence | respect | values |
| learning | community | excitement |
| cultural capital | ready | family |
| responsible | global citizenship | |

Our Clockhouse Days

By Leani Ferreira

The blue and white clock stopped at tick and tock
 A bell rings, the kids are about to flock
 Our memories came back from passed years
 We had to learn to use our ears.

We were told to eat our 5 a day
 which made us want to play
 Our little feet stumbled around the 1 mile track
 eager to learn and never turn back

We drank our milk from a cart
 that helped us to become ever so smart
 We sat down singing about ants on our arms
 And all the animals on the farms.

We learned of values and took them to heart
 The 3Rs were a good start
 it laid our foundations as strong as can be
 But nothing beats the enjoyment of PE.

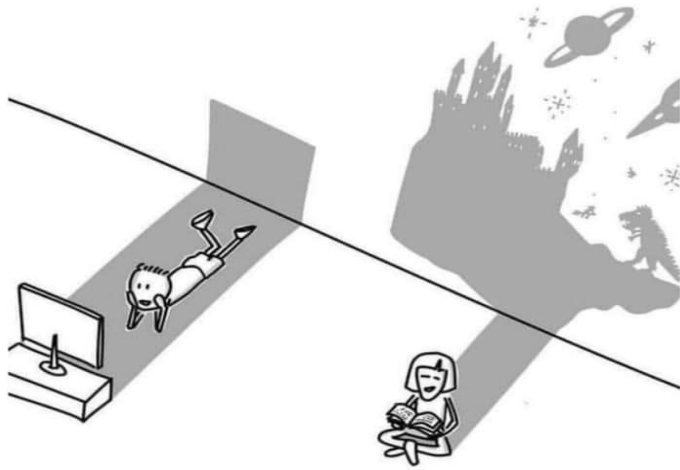
We embraced the King's English when writing was a bore
 They gave us a license, so we wrote some more
 We learned to explore the world of wonders
 We learnt to count and we bonded our numbers.

I remember the virus turned our days in to darkness
 When we had to learn from on top of our mattress
 But when it was time to reappear
 We started again, this time with no fear.

We used to be good but now outstanding
 That caused a lot of cheer and clapping
 After all we are about to write our SATS
 Fully prepared to get good stats.

We thank our teachers for all they gave
 And all those times they told us to behave
 As I write my last message, with tears in my eyes
 it's almost time to say our goodbyes.

My heart...My Clockhouse family!



We need your help for the next edition of Clockhouse Buzz!

We are looking for reporters from Y5 and 6 to write about school events, trips, sports fixtures or anything else you want to share with the rest of the school!

Join Mrs Herrera in class Malaysia on Wednesday lunchtimes to find out how you could join the team.



The Clockhouse Workforce Employee of the month:

Liv from class Peru