



## Value of the Month 'Individual Liberty'



### William Austin Wizards

South America	Aimen	Adyan
Asia	Tazmeen	Usman
Europe	Imtiyazz	Rohaam
Africa	Ayyub	Siana
North America	Yusuf	Safiyah
Van Gogh	Ayaan	Zoya
Picasso	Amaya	Bilal
Monet	Ayaan	Mahima
Baker	Zeenat	Salmaan
Hepworth	Ayshah	Shayan
Mars	Adeena	Rayyan
Venus	Yahya	Zaina
Neptune	Tahmid	Rohima
Jupiter	Inayah	Ayyub
Saturn	Ayaan	Hiba
Goodall	Arsalan	Zainab
Curie	Abubakar	Nylah
Newton	Sara	Eisa
Hawking	Fatimah	Nasheedul
Einstein	Talha	Rafi

Dear families

Welcome to this edition of our Newsletter.

We had some wonderful Sports For All activities as part of the National School Sports week!! All classes had a chance to try out some new sporting activities including archery, fencing, a climbing wall, and a reaction game, as well as dance, football and cricket. I saw so many children really challenging themselves and succeeding!

Y5 also took part in 'Bikeability' all week - they have all learnt some new skills and safety measures that I am sure will help them as they grow up and become more independent with their bikes.

Thank you to Mr Osborne and Mr Britten for organising all these events and to Mr Bowler and Mr Boyle for helping organise the spaces on the playground and field.

It is really important that children remember their water bottles in the warmer weather - please check that your child has one every day.

We are looking forward to Global Day next week where the children think about where parents and grandparents have been brought up, if it is different to Luton. I know we have a lot of countries represented with our children and staff. It will be a great way to find out all about our different heritages. Thank you to Mrs Bano for organising this special day.

During the week beginning the 5<sup>th</sup> July you will receive your child's annual report. I have been so pleased to read about the effort and progress they have made during another disrupted year due to Coronavirus. We are all really proud of the way they have adapted to remote learning and then back into face to face teaching. Thank you for all your support during this time.

Have a good weekend.

Take care.

Mrs Adams



### Attendance

The class with the highest attendance is:

**Mars - 96.3%**



### Cool Website

Do you love animals? [Switch Zoo](#) is a fun-packed website where you can make new animals by switching the parts of others. There are games, music made from animal voices and a reference section where you can learn about the animals, and much, much more. The activities will also teach you more about habitats. Have fun exploring!

### Upcoming Events:

- 28th June - Field trip- Jupiter class-morning
- 30th June - Global Day- whole school
- 1st July - Upper school Sports Day-morning
- 2nd July - Field trip-Venus class- morning
- 5th July - Field trip- Mars class-morning
- 6th July - Citizenship Reward afternoon- selected children
- 7th July - History Day- whole school
- 9th July - Lower school Sports Day-morning
- 9th July -Field trip-Saturn class- morning

### Author of the Month - Ali Sparkes

1. Switch
2. Frozen in Time
3. Shapeshifter



Check them out in the library

### FAMILY CENTRE NEWS

Dear Families,

We are pleased to announce that we are able to run activities at the Family Centre during Summer holidays. These activities are for children at the junior school as sadly we are not able to offer places to siblings from the infant school. The details are below:

#### Summer Activities

Monday 26th July - Movie Day  
(£3.00)  
10:00am - 12:00pm  
1:00pm - 3:00pm

Tuesday 27th July - Art and Craft Day (£4.00)  
10:00am -12:00pm  
1:00pm - 3:00pm

Wednesday 28th July - Baking Day (£4.00)  
10:00am -12:00pm  
1:00pm - 3:00pm

Thursday 29th July - Cooking Day (£4.00)  
10:00am -12:00pm  
1:00pm - 3:00pm

Friday 30th July - Crafting With Miss Thingsaker (£4.00)  
10:00am -12:00pm  
1:00pm - 3:00pm

Places are limited, so please book quickly at the Family Centre!

#### Lateral Flow Testing

Sadly COVID 19 numbers appear to be rising once again. We still have lateral flow tests at the Family Centre should you wish to take them. These test kits are only suitable for children over 12 and adults.

Should you need additional support or have concerns about your child please do contact and speak with us.

**STAY SAFE, WASH HANDS and KEEP YOUR DISTANCE**



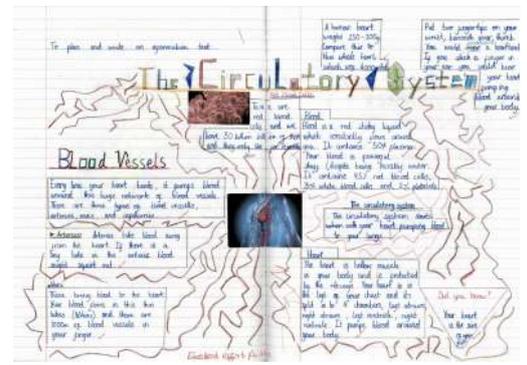
# Take a look at this week's **Wow Work!**



Hashim (Asia)



Buckingham Palace by Zunairah (Hepworth)



Awais (Einstein)



Aaira (Neptune)

## Sports 4 All Week

- Bungee Jump** - An amazing experience to have. Flexible & bouncy, it was very fun. Run as fast as you can. Compete against a partner to win.
- Fencing** - A good sport to protect yourself from dangers and enemies. A sword to slash and a helmet to protect. At battle it was a way to protect a kingdom.
- Rock Climbing** - You have a chance to take part in one of the most amazing activities. For safety, you must wear a belt with three straps. Now you can conquer the wall!
- Football** - A fabulous sport to help you keep fit and healthy. Four teams to compete against, the team with the most points win. Now hope you get lucky.
- Archery** - An activity out of this world. Five or six teams. Only one team can win. Get ready, set go!

Which one was your favourite? Esha (Mars)



Sports for All day was an event held in William Austin. There were lots of events for each class to participate in, there was cricket, rock climbing, dance, fencing, reaction test, bungee run & archery. I think the best was the rock climbing because it was a new experience. The reaction test was fun because you were doing exercise whilst having fun. During this, I learnt fencing moves and dance moves. I had an amazing time and it was very thrilling and enjoyable. Zaynab (Goodall)

## Mental Health & Wellbeing - Miss Shah

The Summer season is finally upon us and with Covid19 continuing to spread, it is important that we all focus on our physical health to keep our immunity at its best, our bodies healthy and our mental health at its optimum level too. Our children have been taking part in some wonderful activities on their 'Sports for All' day that definitely had a positive impact on their mental health as they not only enjoyed the activities, but the variety teamed with being outdoors, did their bodies and minds good as too. Here are links to various different activities that can be executed at home and outdoors to ensure you are maintaining your mental and physical health when at home:

1. **Healthy eating** <https://www.superhealthykids.com/recipes/top-10-immune-system-boosting-foods-kids-ideas-recipes/>
2. **Walking locally** <https://www.chilternsaonb.org/ccbmmaps/336/137/warden-hill-walk.html>
3. **Luton cycle map and guide** [https://www.luton.gov.uk/Transport\\_and\\_streets/Lists/LutonDocuments/PDF/Engineering%20and%20Transportation/Cycling/CycleMap.pdf](https://www.luton.gov.uk/Transport_and_streets/Lists/LutonDocuments/PDF/Engineering%20and%20Transportation/Cycling/CycleMap.pdf)
4. **Just Dance for kids** <https://www.youtube.com/watch?v=kOvpgqZ2t0>
5. **Sonic the Hedgehog yoga adventure** <https://www.youtube.com/watch?v=QM8NjfcfOq0>

### Year 3

In Year 3 this week, we have been very busy reporting on some very strange events. Lots of the equipment that the children use has quit prompting them to write some fantastic newspaper reports. In Maths, we have been exploring bar modelling and how this can be used to help us solve problems. In Science, the children have been experimenting with magnets and were amazed to discover that the Earth is a huge magnet.  
Miss Thingsaker & the Year 3 team

### Year 4

This week year 4 have continued with their persuasive writing in English while they have studied Time in maths. Some of the classes are really enjoying their swimming lessons and making great progress. Sports For all this was a wonderful day for the children, full of new experiences. With the Euro football championship in progress, each class has picked a team. Please encourage your child to research the team and the countries culture.  
Mrs Grey & the Year 4 team

### Year 5

Year 5 have been writing their own stories from different cultures this week, we've been reading 'Chinese Cinderella' and will be planning a new adventure for Naima from the 'Rickshaw Girl'. Please do ask the children about the texts they've read. In maths, we are continuing with decimals and have been making some good progress. Thank you for encouraging the children to learn their tables every night- this will definitely make an impact in our maths lessons. Year 5 are looking forward to their walk up to Bradgers Hill later this half term - please keep an eye out for cancellations; we will inform you of any changes as soon as possible, if the weather does not co-operate. Thank you again for your support.  
Mrs Hussain and the Year 5 Team.

### Year 6

Year 6 are excited to move on to some geometry learning in maths where we have been learning to use protractors. Some mysterious events in Year 6 classrooms has yielded some sensational writing in English. In DT, children have excitedly been planning the structures they will be constructing in the coming weeks, learning lots of new skills including sawing and hand-drilling. As there is no physical transition this year, children in Year 6 will benefit from in-school virtual transition events with their respective high schools. Thank you for continuing to impress the importance of home reading on the children; we appreciate your continued support. Mr Gilligan and the Year 6 Team

# Word of the Week

W/b 28<sup>th</sup> June 2021

**Word of the week – flexibility (cognitively)**

Being **cognitively flexible** means that we are able to adapt to changes that happen when we haven't planned for them. It allows us to analyse a situation and come up with a change of plan, to meet our goals.

Being cognitively **flexible** can help us to become more successful too. This ability to quickly adapt to new situations increases our brain function and resilience to stress.

**How to improve your cognitive flexibility:**

**1. Do something you know how to do, but do it differently (and often).** We all have routines that bring us comfort because we know what to expect and what to do. However, routines can become ruts, where we lose our cognitive abilities. To avoid this, you must shake things up.

**2. Take on new challenges and experiences.** **Doing something creative like** dancing, martial arts, boxing, and painting all challenge your body and mind to work together to learn a new skill. Alternatively, learn a new language or travel to a new place.

**3. Meet new people.** The more you expose yourself to different people and their views, cultures, and ideas, not only improves your cognitive flexibility, but also your moral compass (knowing what is right and wrong).

**What will you do to become more cognitively flexible?**

W/b 5<sup>th</sup> July 2021

**Word of the week – reflection**

Being **reflective** is when we think about what we have done, of how we can do it better next time and of what we have accomplished so far. Developing **reflection** as a habit is really good practice, so that we are constantly and naturally thinking about the choices we make, to become more successful in different areas of our lives.

Taking the time to think about our actions, attitudes, words, feelings, and the potential consequences (such as outcomes, implications and impact) means that we are better able to make informed decisions and we get to know ourselves better. Being self-**reflective** allows you to have:

- Better relationships with friends and family members – by thinking about how you and other people are behaving and questioning whether the relationship is of benefit to you
- A greater sense of self – to understand what you need or want in life
- Stronger decision-making skills – this will come by knowing yourself better

By being **reflective**, your progress will accelerate as you will always be seeking to improve and consistently produce your best work as a result. We can do this by considering these questions:

What habits did I achieve today/this week etc...?

What can I improve on?

How did I feel today/this week etc...?

*I wonder what I would do next time?*

*What did I need and Who could help me?*

*What did I learn?*

*What was tricky?*

*What do I think I need to learn next?*

# THINK BEFORE YOU PARK!



Yellow lines are in place to keep roads **clear to protect our children**. Stopping or parking on them means its harder for them to see when they cross the road.

Respect school neighbours and don't block driveways. Residents need access to their property.



Don't block the pavements or crossing points this forces people to walk in the road.



**PARK SAFELY AWAY FROM THE SCHOOL**  
**WALK, CYCLE OR SCOOT TO SCHOOL WHERE YOU CAN**