



AVANTI COURT
PRIMARY SCHOOL

Excellence Virtue Devotion



AVANTI COURT PRIMARY SCHOOL

Dear Families,

We have come to the end of a long term and the whole school community is looking forward to a well-earned rest. The prospect of Christmas cheers us all up and lifts our spirits away from what can be a very cold season.

Last week in particular, the school looked extra wonderful, with staff and students dressed in all sorts of wonderful Christmas jumpers—some of them even with lights!

Christmas has always been a magical time at Avanti and to share in the Christmas festivities here has been extra special, particularly watching the nativity performed by pupils in the EYFS. The dedication and enthusiasm shown by all the pupils and staff was amazing.

Reverend Potter and Reverend Andrew from Holy Trinity Church led beautiful prayers about the meaning of Christmas and so many of our parents thanked them for their special blessings. As 2019 draws to a close, I would like to wish everyone peace, health and happiness during this holiday season.

Enjoy time with your families and I will see you on the 7th January 2020.
Mrs Walters

"A gift is pure when it is given from the heart to the right person at the right time and at the right place, and when we expect nothing in return."

Bhagavad Gita



WHAT PERCENTAGE ATTENDANCE HAS YOUR CHILD'S CLASS ACHIEVED SO FAR?

As you can see from the table below, there has been a high number of absences particularly in Year 4 and 6 and as a result, our whole school attendance is now below the National Average. Out attendance is 95%, the National Average is 96%

Class	Percentage from September 2019– December 20th 2019
Mayur	91%
Balta	96%
Blanco	96%
Shukla	94%
Blue	96%
Azul	97%
Neela	97%
Niebieski	97%
Verdi	96%
Harit	98%
Green	94%
Zielony	97%
Purple	98%
Purpura	95%
Fioletowy	96%
Dhumalah	97%
Kamsya	95%
Bronze	95%
Bronce	94%
Braz	94%
Plata	94%
Srebro	96%
Rajat	96%
Silver	97%
Gold	93%
Oro	96%
Suvanam	93%
Zloto	93%

CHOIR RAISE THE SPIRITS OF ALL AT A LOCAL HOSPITAL!

Singers from Avanti visited King George's Hospital to perform a range of Christmas carols to raise money to support families who have lost young very children.

A number of hospital staff joined in with the festive carols, which was super and demonstrates the power of music in uniting people of different backgrounds.

At Avanti, we recognise that singing is a form of exercise, albeit rather gentle. Filling the lungs with air, increases the heart rate and gets blood pumping round the body faster and helps our physical health.

What was so wonderful about the event was that singing as a group created a real sense of being included! Children smiled continually and on a spiritual level you could see the benefits it was having on the self esteem and well-being of all involved.

Professor Graham Welch, who leads the International Music Education Research Centre at the University of London, has spent more than 30 years studying the effects of singing. 'Because music is multi-sited in the brain and we're also involving ourselves in strong aerobic activity and singing is a form of exercise, it means there's a release of what's called the pleasure hormone.'



AMBASSADORS PROMOTE MENTAL HEALTH AT AVANTI

PRE/Well-being
This half term, the PRE/Well-being ambassadors have led assemblies based on well-being for KS1 and KS2. During the assembly, we talked about how we could look after ourselves by eating healthy, exercising, doing yoga and meditation. We also showed a scenario of a boy being bullied and how it affected their work and well-being. Then, we talked about using the worry box if you are getting bullied or if you are upset. In addition, we (well-being ambassadors) have been creating a policy. In the policy, we will add what we want to do for our well-being and how to show resilience.

Adding on, the PRE/Well-being ambassadors have done a lot to encourage the kids to look after their surroundings and to be in a positive mood.

Bharin

At Avanti our value based curriculum promotes the development of the whole child. We do this through a curriculum that nurtures the intellectual, spiritual, physical and emotional well-being of every pupil.

Our Lunch Time Ambassadors have even made sure that pupils are choosing to eat a balanced diet by promoting the salads and vegetables! As a group they looked at the Avanti Way document and linked physical health and well-being to a balanced diet.



December– January 2020

ENRICHMENT OPPORTUNITIES-IMPACT 2019 AT AVANTI



"The only source of knowledge is experience." ~ Albert Einstein

Educational visits and experiences provide a wonderful opportunity for all pupils to learn outside the classroom in new, creative and practical ways. School visits offer a huge range of benefits for our pupils, not all of them academic. We believe that a school trip/experience can be a truly formative experience in terms of a pupil's personal and social development too. Educational visits form an integral part of the Avanti Court experience, and each pupil at our school can expect to have at least two outside visits per year linked to their learning.

At Avanti all educational visits/ experiences are planned to link tightly into learning and reinforce the National Curriculum's objectives. Pupils by seeing for themselves what they have been learning about in class, gain a deeper understanding of the area of the curriculum being studied.

School visits can also help our children to understand the importance of what they are learning, making them more motivated to learn and more likely to retain the information for a longer period of time. Educational visits also raise aspirations of our pupils.

We do ask parents to **contribute** towards school educational visits and experiences, however most recently fewer parents are contributing and we are having to cancel valuable educational visits. Therefore, this part of the newsletter is dedicated to educational visits from a child's perspective.



In my opinion, I strongly believe that we should continue having assemblies like the science assembly because that science assembly not only taught us very important lessons (such as not going out alone at night), however it also amused us! Moreover, when children have fun when learning, they are able to remember that lesson longer and consequently, we will remember to not block drains for a very long time. Another reason why I think that this science assembly was very useful is because it showed us a way to protect our environment and make life easier for those who try to protect it (such as fewer workers). As a result, if parents pay for more assemblies like this, it would be very beneficial for the children.

-Ria



On Friday, an athlete named Pierre-Henry-Fountain came to our school. He did an entertaining circuit with us and did an assembly telling us about his life.

In the circuit, he did 4 drills with us. He did the plank, high-knees, star jumps and burpees with us. I enjoyed it very much and would like to do it again.

In the assembly, he told us many new facts which were very interesting. I particularly enjoyed watching his Dunks as they were absolutely awesome! He told us about nutrition. It was very exciting to learn about his lifestyle too.

Overall, I loved Pierre-Henry-Fountain's visit and am really excited to see who is coming to our school next year.

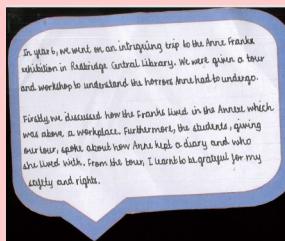
Shriyan Year 5



The Early Years children and staff visited Holy Trinity Church in Barkingside. Children learnt about how our community celebrates Christmas and why it is so special. Children looked carefully at the Nativity scene and explained why Jesus was not present in the manger. 'Baby Jesus was not born yet, that's why he is not there!' explained Gneev. 'The holy book is called the Bible! It is very special to Christians!' explained Diya.

In my opinion, I think we should continue these assemblies because they are very informative and they are a fun way to learn. In addition, the science assembly made us aware of the environment and taught us some important facts (do not put things that are not biodegradable in the toilet e.g. nappies and plastic). Furthermore, this assembly was extremely enjoyable for the children of Avanti Court. It was interactive and since everybody liked learning about the subject, they found it easier to learn as children are attracted to things that are fun. This is why I strongly believe we should contribute to these assemblies and continue them.

By Harshvi
Year 6



In 2018, we went on an intriguing trip to the Anne Frank exhibition in Barking Central Library. We were given a tour and workshop to understand the horrors that had to undergo. Firstly we discussed how the Frank family lived in the Annex which was above a warehouse. Furthermore, the students, giving our tour, spoke about how Anne kept a diary and who she lived with. From this tour, I learnt to be grateful for my happy and right.

On Wednesday 12th December, we had a special visitor to our school. We had a once in a lifetime opportunity to take part in an Anglo Saxon workshop. It was a dress up day and we all came in as Anglo Saxon warriors or Anglo Saxon Jody.

We met Athelwulf and learnt about their jobs and family life. We had an exciting opportunity to play dice games, grind grains using a quern stone. We got to try on some clothes which it had never seen before. They were made out of wool. The most enjoyable experience was when we had to sit the chain mail shirt.

We also had a chance to role play as warriors, to form a shield wall and follow some Anglo Saxon commands. Some children also got to try helmets. This was one of the best workshops.

Maise

Bronze year 4

Learning from the Romans

Last half term, the whole of Year 5 took part in an informative workshop about Romans.

The reason of why we took part on the workshop was to learn about their daily lives and how they fought with their enemies. The most important fact on the workshop was that the Romans tried to conquer the whole of Europe but were unsuccessful because they invaded lots of countries, which made it hard for them to govern because the more people they got the more people they have to control.

I also learnt that the Romans had attack strategies which helped them focus on the goal; they were also very successful because of it.

Written by
Yajna
Rishi Class

About the Natural History Museum

When we went to the Natural History Museum, we looked at giant dinosaurs and some of the dinosaurs we looked at were the T-Rex, Spinosaurus, Triceratops, Megalosaurus etc. We also looked at different bones of different animals like the blue whale. We learnt that animals with spines are called vertebrates. I enjoyed looking at the T-Rex. From this trip we learnt that the importance of the trip was to learn about dinosaurs and our world.

In my opinion, the trip was very fun. It was very important as we were learning about dinosaurs. What we did was a quiz. We also had a workshop. In the workshop we excavated a dinosaur skull. The workshop helped me by teaching me how to excavate. This helped me by telling me about dinosaurs. It told me how dinosaurs looked and lived. I saw the different parts of a dinosaur. I might be a paleontologist.

CHRISTMAS AT AVANTI 2019



Christmas is always a special time at Avanti. Reception and Nursery retold the story of the birth of Lord Jesus through amazing acting and singing! It was great to see so many parents at the performance and to see how proud you were of your children. It was a delight to present two parents with a Head teacher's award for their contribution during the performance!

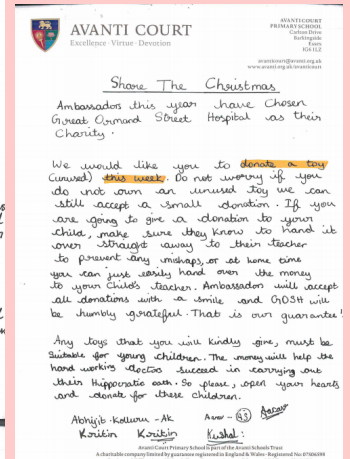
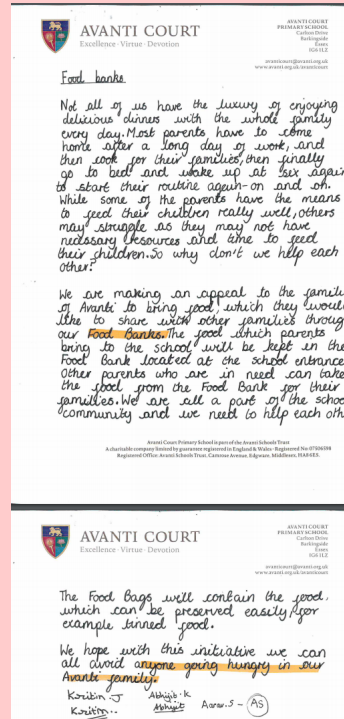
The Christmas dinner was a huge success, all of the Senior Leadership team gave out crackers, sang and danced for the pupils, who of course were very excited!

King George's Hospital sent a wonderful letter to Ms Vincent thanking Avanti for their singing at King George's Hospital in support of a charity that supports families who have lost someone special in their lives.

Thank you to the school community who raised over £400 by wearing a Christmas Red Jumper-the proceeds will go to the charity Shelter! Pupils from Reception visited our local Church and took part in a beautiful service about the importance of Christmas time and the birth of Christ. Every Year Group studied the meaning of Christmas through a Christmas linked text and in particular linked their learning to the values we all share at Avanti.



PUPIL AMBASSADORS DEMONSTRATE THE AVANTI WAY!



the school's food bank.

We are delighted to inform you that the Ambassadors collected £180 from donations from our community for Great Ormond Street and a number of our families benefited from



PUPIL LEADERS AND MENTAL HEALTH

Pupil Well Being Ambassador Meeting with Trust Director Gerry Davies OBE, December 4th 2019

Attended by:

Pupils:

Y6- Adhrit, Varnika, Y5- Manasa, Mannat and Bhavin, Y4- Utkarsh and Rajeshwari, Y3- Jasmine and Eilene
Mrs Makwana (Assistant Headteacher, PRE Lead, Emotional Well-Being Lead)

Pupils spoke about their own well-being and how they decide how stressed they feel and the strategies they can use such as worry boxes. Ambassadors spoke about the assembly they have presented to Yr 1 and Yr 2 about well-being and positivity and how this can help their peers because their job is to make the school/world a better place.

Ambassadors discussed the plan for their well-being garden which children will be able to access to feel positive-they spoke about scriptures from the holy book which would be on display and how Yr 5 had painted stones to enhance the well-being of others.

A pupil spoke about the importance of what pupils can do to make themselves feel happy so that they are able to get rid of any negative thoughts. Pupils gave an example of negative thoughts and how they can use their mind to change how they feel and make the day better. Positive thoughts about others was seen as a powerful strategy by the children to help their own wellbeing- they communicated that thinking nice thoughts about others can make them feel more positive and happy.

Pupils spoke about the policy they will be writing for pupils on Emotional Well-Being and that it would contain scenarios about what a pupil can do if someone is feeling unhappy and how they can help. The policy would give their peers help in terms of how to identify pupils who are feeling low and how to recognise different emotions.

A pupil said that in PSHE she had been learning about the importance of physical activities on her own well-being as well as how it helps her emotionally.

Pupils said that the school's values connect to emotional well-being and described that when we do a good deed it will always come back to you. Another child said that doing good deeds makes you feel good about yourself and this impacts on the well-being of others.

Children spoke about the golden expectations and how these impact on well-being as you don't need a reward to feel happy as it is about the choices you make. If we all incorporate the Avanti values into our own lives it will impact on our own mental health. A pupil said: 'Integrity is doing the right thing when others are not watching and making the right choices.'

A pupil spoke about his manifesto to become a Well Being Ambassador and how he wrote about helping others even when no one is watching- this shows self-discipline.

A pupil said that the idea behind the meditation garden is to improve the well being of others so that they feel calmer. Pupils said that yoga mats would be in place so that children can choose to meditate if they want to. They explained that there would be a seated area and this would be in memory of a child who sadly passed away at Avanti.

Gerry said the values demonstrated by our pupils shows they have a good education as they can speak about issues important to human beings.

Dear Mrs Walters,

I would like to thank you very much for my visit to the school today. It was altogether edifying and mentally and emotionally uplifting. I spent most of the afternoon with my ex - teacher colleagues extolling the virtues of Avanti Court.

Please thank your staff and the wonderful children who were so open and articulate.

With best wishes

Gerry

