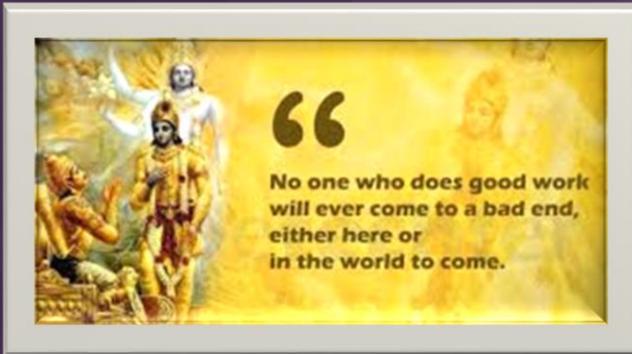




AVANTI COURT PRIMARY SCHOOL



Avanti Court Newsletter January-February 2021

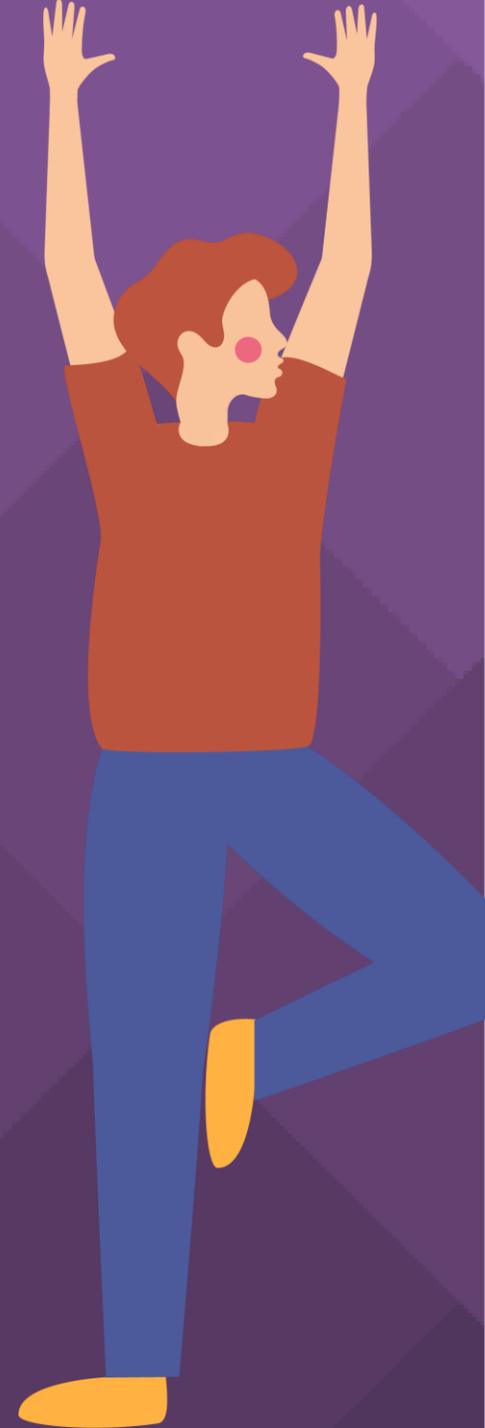
Welcome to our January-February Newsletter. Firstly, I would like to say a **huge** well done to all the parents and carers who are doing their very best at home to home school their children. I have a son aged 9 and I have to tell you that my home schooling ended with us both eating a tube of pringles and a few cornettos! Why, I hear you ask? Why would Mrs Walters need ice cream? Well, the day started well until I misplaced my son's password leaving us seconds to access his live learning! Then, whilst I was in a meeting with secondary Headteachers from Bishop's Stortford I misheard my son who I thought asked if he could watch a video....I thought of course that this would be linked to his learning only to find that he had clocked up one hour of Harry Potter at 9am!

We then tried to make an exotic creature out of anything that we could find in the house and once again I was distracted by work and from my computer said: 'Yes take what you need to make your exotic snake.' To find my husband's belt now glued to a covered bake bean tin! So, that was my day!

But is my son happy-yes! Am I trying my best-yes! And did I enjoy the pringles-Yes!

Remember, you are all doing a super job!

Mrs Walters



RSHE at Avanti Court: Policy Consultations-parental feedback

Ms Vincent shared the draft RSHE policy with parents and families on 7th January 2021. Over 100 families attended the online meeting!

Feedback shows that parents understand the importance of RSHE and our special child-sensitive and faith-sensitive approach. Here are just some examples of comments and questions made by families.'

'Thank you for being inclusive and incorporating all aspects of sex, relationships and challenges of growing up. When I was at school, we didn't have this level of information, and it caused many struggles for people of my generation. It is important we send children into the world who are aware, prepared, tolerant, open minded, respectful and mindful of self and others.'

'It is important to be LGBT+ inclusive...especially if the children have family members who are LGBT+ It is Important to have respectful safe consenting relationships and be accepting of others.'

'I think most of the parents do not know how to talk about these matters sensitively. It would be great

'Thank you Mrs Walters, Ms Vincent, and Ms Sivadasan for the most important session.'

'It's helpful that this policy document identifies statutory from non-statutory sex education.'

if parents also get support in how to talk to children at their level of understanding'



Wellbeing advice

Avanti Court are teamed up with UK Charity *Place 2 Be* to celebrate Mental Health Week. This year, the theme is: **Expressing Yourself!**

At Avanti, we know there are lots of different ways to express ourselves: for example, through art or DT, through dance, sport, or yoga, through spoken or written word, through performing, improvising, or composing music, or through practising our spirituality to name just a few. Of course, as part of the Avanti Way, we respect and celebrate all forms of self-expression. We also how understand how expressing ourselves can be a very effective strategy to help us to deal with challenges, manage our feelings and emotions, and relieve stress and anxiety. We can all agree that during the times we are living through, supporting our own mental health and that of others has never been more important - this is one of the ways that we can make the world a better place!

Follow the link below to find some excellent creative ideas that you can use at home.

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families>

Express Yourself!



Saswath
Year 1

I express myself through drawing and praying to god. This helps my mental health because it helps me to concentrate and focus. It makes me happy.



Aarav
Year 5

As I have shown you, I am playing in the snow. But this is only one way of expressing myself! There are hundreds of things that I do at home and I would like to tell you about some of them. The first one is playing my favourite board game: Labyrinth. It is an absolutely wonderful game where you go around and collect treasures. You may think that it seems a bit tense but it is really exciting and calming as well. My favourite physical game is cricket. I have a small bat and paper ball and I smash my way to relaxation. I find that it can calm my anger.

Aarav



Aparna
Year 1

I can express my self and meditation beca...



Ambassadors Lead the Way!

21st January 2021

RSHE Policy Consultation with Pupils (Via Zoom)

Present: Yashee, Adhitya, Yajna, Arya, Bhavin, Miss Vincent, Mrs Walters.

The meeting started with each Ambassador introducing themselves, talking about the skills and attributes they intend to bring to the PSHE Ambassador role:

Adhitya said: 'Children need to know what problems they are going to face. I can help them to find the right help when they need it – like talking to an adult or using the worry box. Also, some of the problems they might have had like an issue with a friend, I might already have had that problem and I can help them to solve it.'

Miss Vincent agreed and said that Adhitya will be an excellent friend to others – children at Avanti will feel happy to know that he is there to listen and help.

Yajna said: 'I will help children and teachers to have good relationships.'

Miss Vincent agreed and said what a fantastic goal – if we all did that then the world would be a better place.

Yashee said: 'I will guide younger children on their way – in their learning and also at playtimes. I will show them how they can show our values.'

Miss Vincent says: Yashee I think you will be a wonderful role for the younger children because you always show our values – and as a result the younger children will show them too.

Bhavin said: 'I want to help decide what children learn in PSHE so they can have all the knowledge that they need to learn to deal with different problems and situations.'

Miss Vincent began to share the policy document, first the front cover and then the Aims and objectives.

Miss Vincent asked what should all Avanti Children be able to do when they leave Year 6?

Adhitya said they should have values and make good decisions.

Yashee said they should have learned lots of new things.

Arya said they should be able to take care of others and also themselves.

Bhavin said that they should know lots about how to be spiritual and how to practise mindfulness.

Mrs Walters said she agreed with the children's responses and she hopes that all Year 6 children will take the Avanti with them when they leave – and then make the world a better place.

Miss Vincent explained that the children's ideas are at the heart of the aims and objectives of our policy.

Miss Vincent then explained to the children what we mean by RSHE. She explained what the letters stood for and then asked 'do you think it is right that we should use the term RSHE rather than the word Relationships?'

Arya said: 'health is part of relationships because if you have relationships it can keep you healthy.'

Miss Vincent explained that the government asks us to decide as a school if we should teach children in year 5/6 how a baby is conceived and made. Do you think we should?

Bhavin said: 'Children need to learn about sex in a mature way because one day they will be in secondary school and they will become a teenager, and this will help them.'

Miss Vincent asked why will RSHE help us now and in the future?

Adhitya replied: 'RSHE will help children to be safe.'

Mrs Walters reminded us that at Avanti teachers help children to learn new things when they are ready. There are certain things – like sex education – that children will only learn when they are ready – in year 5/6. Teachers will teach these lessons in way that children will understand and we will follow Avanti and British values at all times.

Yugana said: 'When you are little you only need to know certain things. But as you grow you need to know more information.'

All agreed that we should use RSHE rather than relationships because it will help children. But everybody understands that parents can choose for their children not to take part in those sessions. If that is the case they would indicate 'no' on the consent form and children will be set some other learning for those lessons. Children agreed that this is right, but then also agreed that one day they will be making important decisions for themselves. Miss Vincent informed them that when they are 14 they can decide for themselves whether they would like to take part in Sex education as part of RSHE.

Miss Vincent then showed the children the faith sensitive aspects of the policy.

Bhavin said 'Avanti Court is different to other schools because we are a faith school.' Adhitya added: 'we have children not just from one faith but from other religions so the policy should respect those religions.'

Everyone agreed with this.

Miss Vincent then showed the children the part of the policy where it says how often RSHE should be taught, as part of RSHE. The RSHE unit will be in the summer. All children knew that their current topic was 'Living in the Wider World.'

Yashee said: 'we should have PSHE every week because it is really important. We should never miss PSHE.' Miss Vincent showed the children the part of the Equality Act 2010 and explained what it was.

Then Miss Vincent asked: how do we follow the equality act at Avanti?

Yajna said: 'Everyone is equal because Krishna made us that way.'

Bhavin said: 'We show respect to everyone even if they are different to us.'

Adhitya said: 'people at Avanti school come from different places and believe different things but they can all be happy here.'

Bhavin said: 'We come together when we pray but people pray in other ways and we respect that.'

Yashee said: 'we make friends with anyone no matter what they look like.'

Miss Vincent asked: do all families look the same?

The children agreed that not all families look the same or do the same things, but they are all welcome. Mrs Walters reminded us that as long as families and friends love and care for each other and look after each other and are kind to each other, that is all that matters. All agreed.

Miss Vincent turned to the part of the policy that details what we teach in RSHE. She explained that we need to teach children the correct names for body parts and asked the children why do we think that is?

Bhavin said: 'Children need to know the right names so that they don't just make up the wrong names and have the wrong information.'

Arya said 'If children know the right names they can ask adults for help more easily.'

To close the session, Miss Vincent asked the children their overall thoughts about the policy:

Yajna said: I agree with the policy because RSHE is **very important** and Avanti should teach RSHE to all pupils.

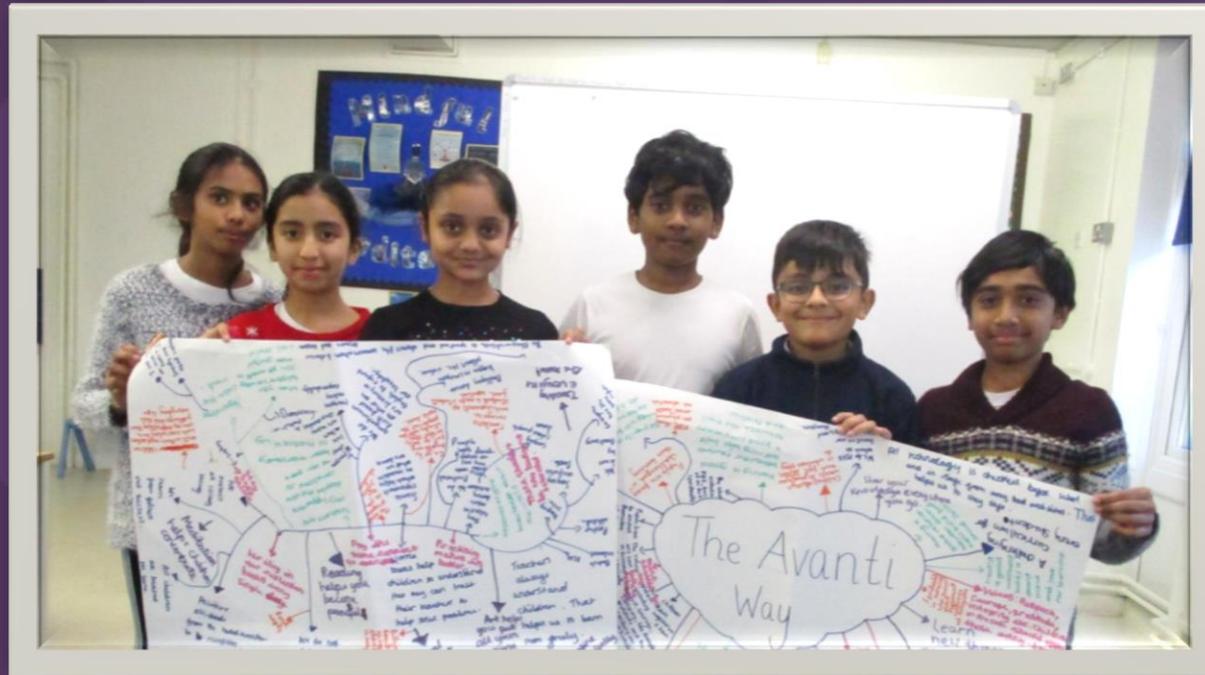
Arya said: I think the policy will **help the children** at Avanti because then teachers will teach us everything we need to know.

Bhavin: This policy helps all children to be **safe**.

Yashee: RSHE will help us in **secondary school**, so I agree with this policy.

Adhitya: I agree with the policy because it is all about the **Avanti Way**.

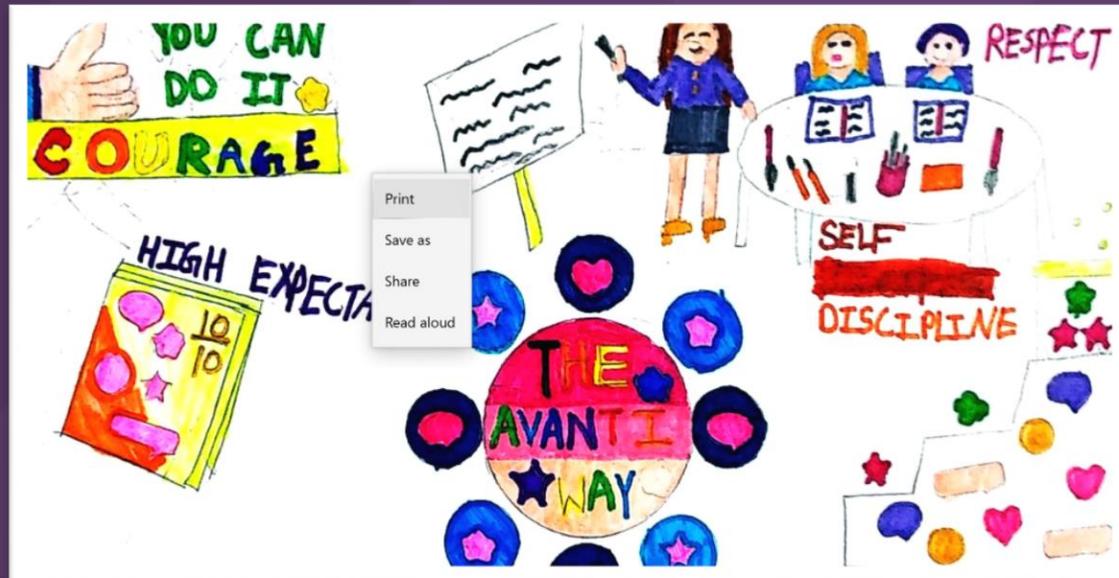
Miss Vincent thanked all the PSHE Ambassadors for their important contribution. She says that the children are all great leaders and have amazing skills and qualities. She looks forward to working with them this year to make PSHE even greater at Avanti.



The Avanti Way at Avanti Court

At Avanti Court, staff and pupils have high expectations of themselves and each other. It is everybody's responsibility to make sure that all pupils are challenged to reach their full potential in all areas of their learning and development.

At Avanti Court, pupils used posters to show how the Avanti Way is embedded into school life!



Devika
Year 6

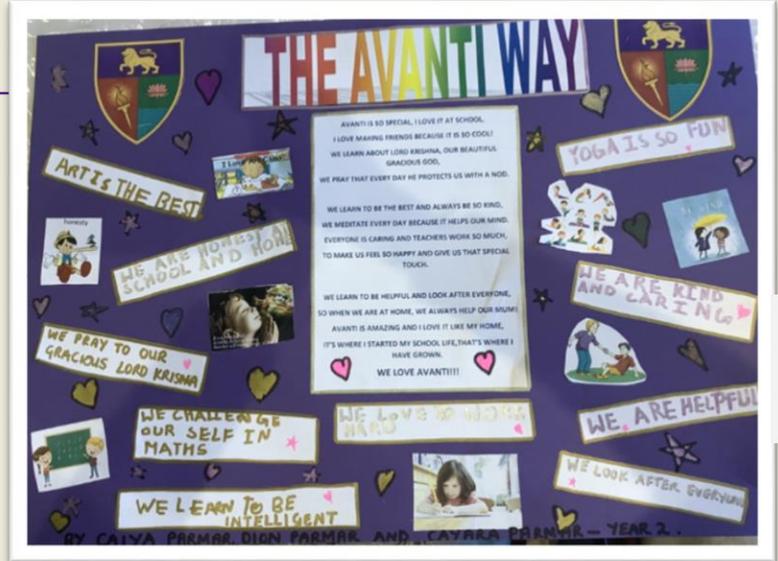


Keya
Year 6

The Avanti Way at Avanti Court!

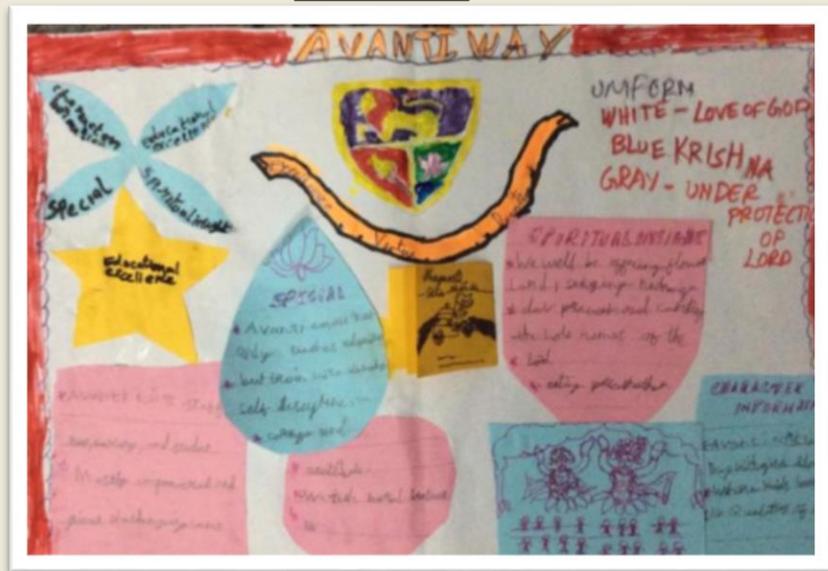


Arth
Year 1

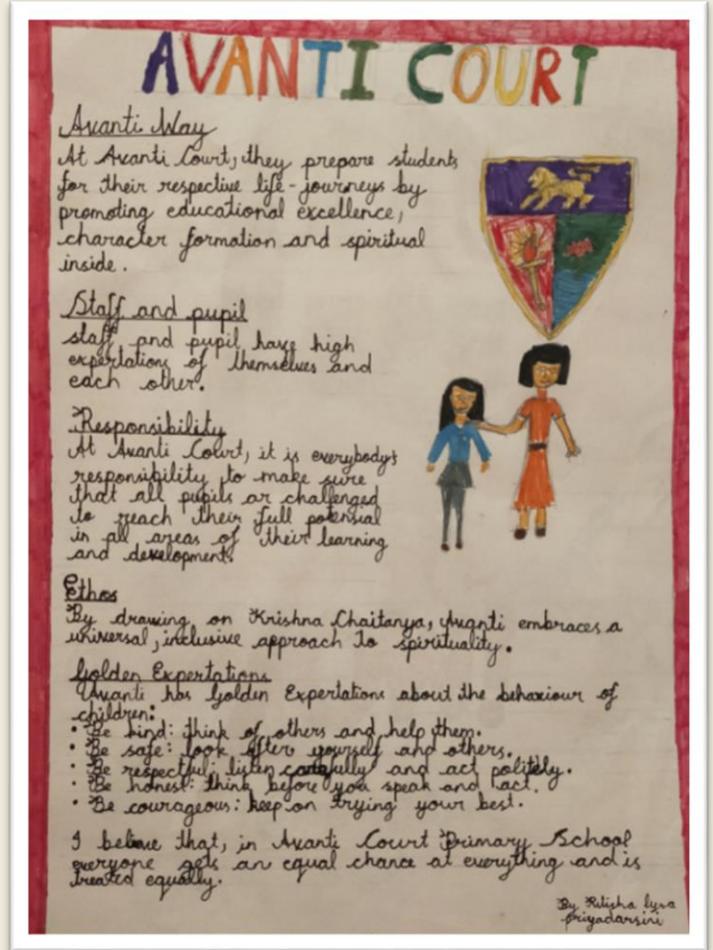


Nimisha
Year 1

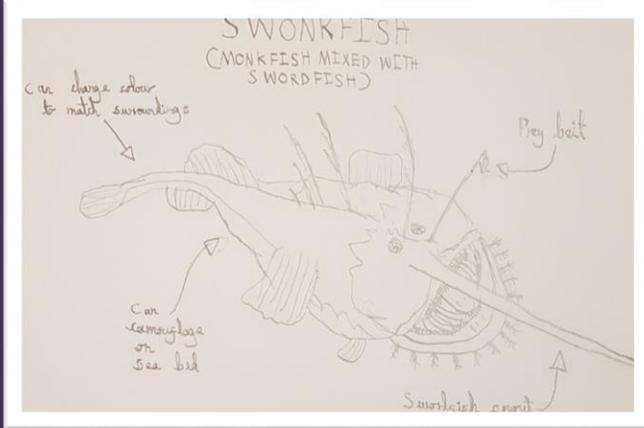
Caiya,
Dion and
Cayara
Year 2



Ritisha
Year 4



Home Learning

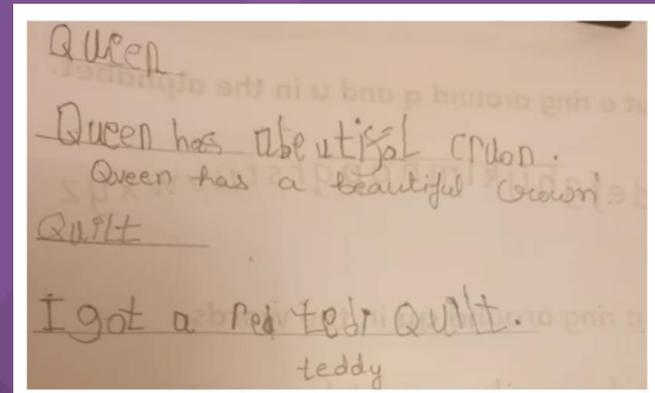


Aditya Year 6
Creating a species!



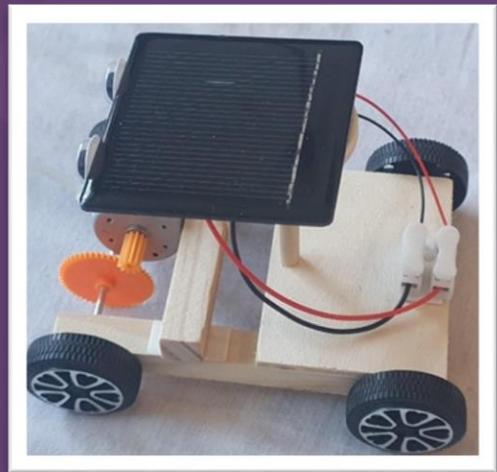
Stuti uses materials she can find at home to create this amazing Gruffalo forest! She is able to imagine new ways of doing things, and shows the courage to see it through. What a good home for the dinosaurs too!

Stuti Reception



For the very first time, Raika uses her sounds to write a sentence independently. She uses some high frequency words as well as her phonics knowledge to attempt plausible sounds. Her Mummy helped by writing the words underneath. She has shown such resilience. Well done Raika - that's the Avanti way!

Raika Reception



Aayush Year 6
Creating a model using a renewable energy source



'I did the 30 second Russian twist and I did 48 of them in 30 seconds!'
Satkar



Aanav creates a still life drawing of his favourite teddy as part of our 'Bears' topic. He has looked so carefully at what he can see and uses the oil pastels with good control. He also demonstrated self-discipline because he didn't give up until he was happy with his finished work.

Aanav Reception



Looking at different food groups
Syon Year 2

Vedic Society vs Modern society.

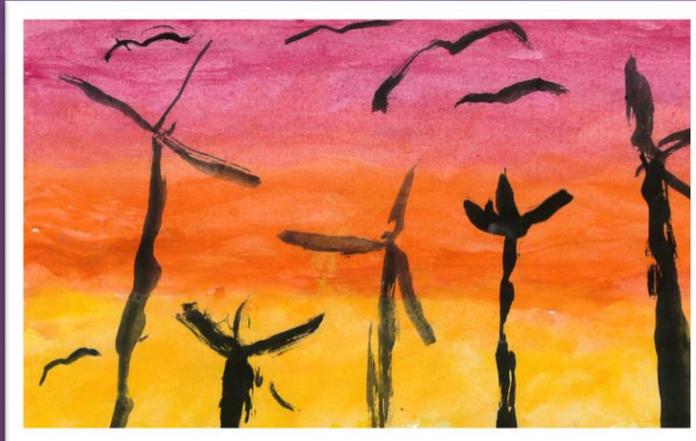
I believe that the varnasrama society means simple living and higher thinking and this is the best option to choose. Primarily, it presents a sustainable economy and is not an exploitive economy where animals are maltreated or abused, plants altered in any way possible. All plants were fresh and organic back in the olden days, so the plants health was in a better condition. Animals didn't need to be killed because all the people ate vegetables.

Also, at that time there was a balance of material and spiritual life. For instance, the farmers produce and harvest crops during the six months of a year or so and then focus their mind and body on spiritual life as they don't need to go out to work for food for the next six months. In this kalivug period, we have been distracted by the technology whereas in the olden days, there was no technology so no one in the universe was distracted so much, for example, when we eat we would glue our eyes to our mobile phone while eating but then that would not have happened. Also, the more technology we see, the more our eyes get affected so we know now that in the past, people were healthier.

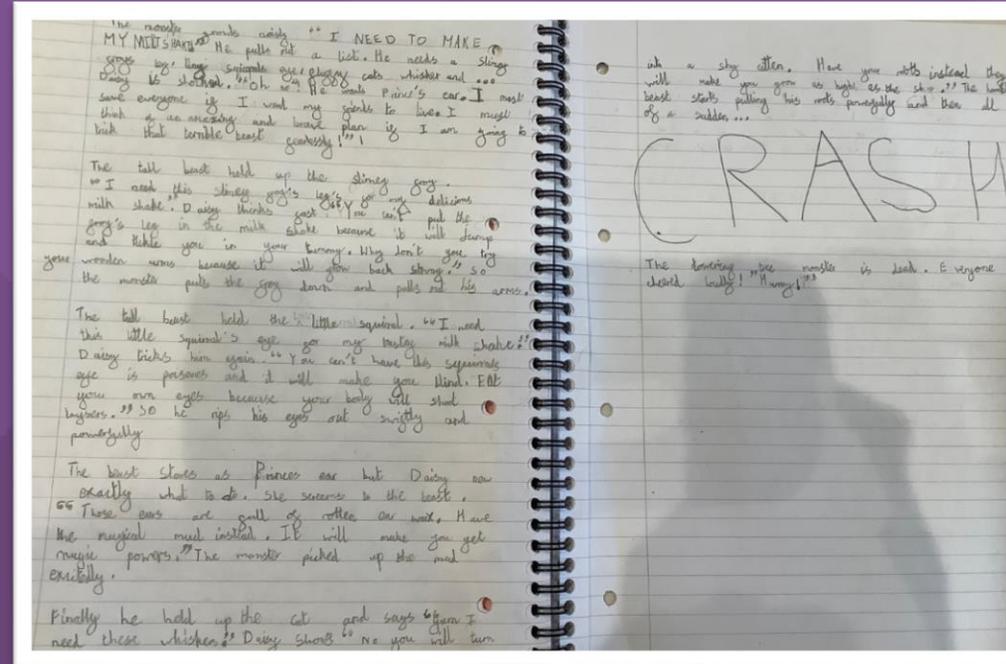
On the other hand, technology in our modern society has helped us too because if you wanted to talk to someone urgently and they lived very far away from you, then you wouldn't have to walk till your legs hurt but just step in your car and you will be at their house in a short amount of time or you can even call them. Correspondingly, if someone got hurt and needed imminent attention, then you can call the ambulance with your phone and they will nurse you back to health rather than letting a person die on the roads or letting their health deteriorate.

In vedic times life was simpler and people were healthier.

Aaliya_Y5



Kavya Year 3 Electricity through Art



Caiya Year 2

Aaliya Year 5 Two societies!

Primary.

Give two possible values for A and B.

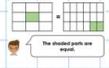
$$\frac{2}{A} = \frac{B}{12}$$

Next Step: Ch1: Jenise has coloured two grids to create an equivalent fraction. Is Jenise correct?



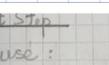
They are shaded in the same shape so they are equal.

Ch2: Conrad has coloured two grids to create an equivalent fraction. Is Conrad correct? Explain your answer.



The shaded parts are equal.

Ch3: Lucie has coloured two grids to create an equivalent fraction. Is Lucie correct? Explain your answer.



I have shown fractions equivalent to 3/4.

Next Step
 Lucie is correct because:
 $\frac{2}{6} \div \frac{2}{2} = \frac{1}{3}$
 $\frac{3}{6} \div \frac{3}{3} = \frac{1}{2}$
 This is because in both the fractions, the numerator and denominator are divisible by a certain number (2, 3) which leads to their equivalent fraction, $\frac{1}{3}$.

Aarav Year 5 Reasoning

Thanarsana Tanikasalam
26 Jan, 16:20

Well done Aarav, you have answered the next step correctly and provided your reasoning. Keep up the hard work.

Traction Man at the park
 It was a hot day in London. London was a big city as busy as ant colony. In the middle of the towering city there is a wonderful park. Usually most of the children will come to play there happily.
 There was a courageous, fearless and adventurous man called Traction Man. He went to the park to enjoy the weather. While he was enjoying the weather peacefully he saw a strange creature entering into the park.
 It was a leathery, brown bag with two scary eyes, horrible zigzag mouth and two terrible rip ears. Its skin was looking like a reptile skin.

It was a evil and nasty bag.
 In the park there was lots of trees with loads of tasty apples and juicy pears. Within a minute the bag trapped all the fruits like a Venus-fly-trap plant traps the insects. Then the poor animals like squirrels, ducks and birds were worried because they couldn't find their food. So they ran to Traction Man quickly and asked "Traction man please can you help us to find our food?"
 The kind and helpful Traction Man made a clever plan. When the ugly bag was running

Year 1 Inspired by Traction Man!

Stay Safe, Be Well

On March 4th I found out we weren't school. So I was quite upset because I couldn't see my friends anymore and my teacher. I had to do online work and can only call my friends. Then after some weeks I found out there was a national lockdown. I could not see my friends and family anymore. I could not go outside, I have to wear a mask only to buy essentials. I suddenly lost hope and I was frightened.

Keerut Purpur
Y3

wednesday 18th march 2020. We found out our school was closing for 12 weeks due to covid. Suddenly I felt frightened and worried. Both of my parents work for the NHS. What did this mean for me? I found out that it meant I would have to go to school as a key worker child.



Abbey and Keerut explored how their feelings had changed over time linked to the pandemic

What did you learn?
It's now December and I now feel very joyful and my old experience of when I first came to school after lockdown was quite sad but now I've had a new start. This has made me realize how much school means and that I can't live without these respectful teachers that educate me.

Keerut Purpur

What did you learn?
It's now December and I'm feeling much better than I was in key workers! Covid is not so bad and our teachers keep us safe. I've made a fresh start in school and everything bad is now gone! I feel much better seeing my friends again.

Abbey Purpura



Mental Health

Find a virtual Assembly, virtual teaching sessions and a message from the Duchess of Cambridge to support your self-expression with Place to be: Schools and Youth Groups - Children's Mental Health Week 2021

Parents, carers and families can find further resources to support their child's mental health through top tips and simple activities to carry out at home with Place to be: Parents and Carers - Children's Mental Health Week 2021

NHS Advice for parents and families:
<https://www.nhs.uk/oneyou/ever-y-mind-matters/childrens-mental-health/>

Mental Health Services for families in Redbridge:
<https://mylife.redbridge.gov.uk/mental-health>

<https://www.redbridge.gov.uk/adult-and-childrens-services/>
<https://find.redbridge.gov.uk/kb5/redbridge/fsd/home.page>

NSPCC Resources for parents and families:
<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

UK Charity for young people providing resources and advice on mental health and wellbeing:
<https://youngminds.org.uk/>

UK Charity for Mental Health:
<https://www.time-to-change.org.uk/about-mental-health>

Mindfulness Resources and Activities for children aged 5-18:
<https://www.bbc.co.uk/cbeebies/grownups/go-explore-app-your-mindful-garden?collection=mindfulness-for-children>

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>
<https://www.headspace.com/meditation/kids>
<https://mindfulness4u.org/mindfulness-activities-children/>

Yoga:
Cosmic Kids Yoga - YouTube
Yoga for Kids! - YouTube

Find out how the arts can support Mental Health:
Research: how arts can help | Mental Health Foundation

Discover free remote opportunities for family music-making:
London Symphony Orchestra - Families (lso.co.uk)

UK charity supporting families to access art materials:
Art Resources to Use at Home (accessart.org.uk)

If you need to speak to one of our safeguarding leads please phone: 0208 551 9489 or email them at:

Mrs Sivadasan: amy.sivadasan@avanti.org.uk

Mrs Dodia: kamaljit.dodia@avanti.org.uk

Ms Sahota: harpreet.sahota@avanti.org.uk

