



## AVANTI COURT PRIMARY SCHOOL



### Avanti Court Newsletter March-April 2021

Welcome to our March-April Newsletter. Firstly, I would like to say a huge well done to all our pupils and staff who have adjusted from remote learning and teaching to being back at school!

I would especially like to pay special thanks to the staff at Avanti Court. We know we are a very special, unique school and this past term has shown just how special, caring, kind and thoughtful we are. The staff team is incredibly hard working and without exception, they have done everything possible and more to make sure your children have been learning, have had fun and that families have been well supported throughout this challenging time.

The children's well being remains at the heart of all that we do and the success of the school is a result of a magnificent team who give their time and energy to get the best from everyone.

As we end a very eventful term, on behalf of myself and the school's SSC, may I express my huge gratitude to our parents, school staff and children – you have all demonstrated what an amazing community we have at ACPS.

May I take this opportunity to wish you all a peaceful Easter with those that you love.

Mrs Walters



## Mental Health and Wellbeing at Avanti Court

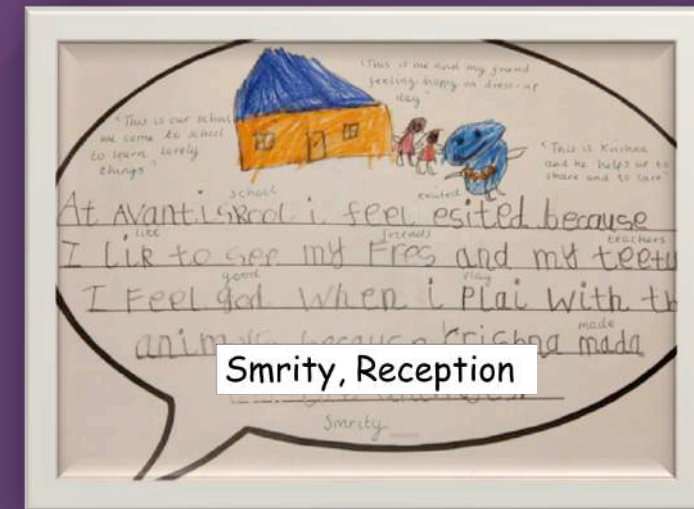
At Avanti Court, we all understand the importance of looking after our mental health. During the transition from remote to onsite learning, our PSHE topic: 'Living in the Wider World' supported children as they once again settled into being active citizens of their classes and school community. Children have been learning how to make a positive contribution to their environments by caring for humans and other living beings, and how in turn this can help to maintain their own emotional wellbeing.

I met with some pupils from Nursery to Year 6 and asked them all the same question: 'How did you feel when you came back to school and why?'

Children's responses show a growing sense of responsibility in the way that they manage their own feelings and emotions. Crucially, children talk about accessing appropriate help when needed, which is a fundamental aspect of PSHE. This begins with our very youngest learners in EYFS and progresses to our eldest role-models in Year 6, who then go on to encourage other children to seek help when they need to. It is so important for children to recognise, particularly during the times we are living through, that we all have ups and downs and it's ok to be 'not ok.' We know that these are skills which our children need to take with them into their futures too, in order to feel safe and well-supported throughout their lives.

Children naturally make links to our ethos as they write about what makes Avanti Court such a special place to come back to!

Thanks, children, for your valuable input-Miss Vincent PSHE Lead





when I came back to school I felt fabulous. My teachers help me by talking so I understand more... about what do I am feeling sad.

Misha, Year 1

When I came to school I felt joyful because I was able to see my friends and learn new things in classroom better. The school helps my mental health by doing yoga and meditation.

Bhavesh, Year 2

I was happy coming back to school because I got to meet my friends and teachers. I was happy to see my teacher because she makes learning exciting. Sometimes I feel sad when my friends are unwell and my teacher helps me because she reassures me. I can help my mental health by doing lots of social activities and keeping myself busy. I can also do this by writing in my reflection diaries about my feelings.

Abhay, Year 3

When I came back to school, I felt really glad because home schooling was stressing me out a lot and I was working really hard. PSHE lessons have helped me a lot because all the topics we have learnt I have been doing myself. Like doing exercise, having a balanced diet and protecting the environment. In PSHE, so far the favourite work I did was when I learnt about how to have a balanced diet, and I actually have been having a balanced diet. It is fun to have a balanced diet! You eat mostly healthy and feel fit and amazing! I showed the Avanti way values of self-discipline and courage when I learnt about protecting the environment because I had to write a lot and that was really hard. But, it was fun to learn about! In PSHE, I like making posters because I love drawing and colouring! That is my hobby! I love being creative! And that's why I like PSHE!! Doing PSHE is super duper fun!!

Meera, Year 4

I was elated to come back to school because I was able to interact with my classmates. I was able to focus on my learning because communication with my teacher was easier. Coming back to school supported my mental health as I was able to motivate with my friends. I feel safe at school because I am surrounded by teachers who care about me. Sometimes I feel worried about members of my family and I am able to ask my teacher, who can guide me through it. We have a worry box in our classroom and I am able to share my feelings when I am too shy to talk about it. I am determined to do my best in my learning because I have missed being at school, even though I did some learning at home. In order to do my best at school, I have to make sure I look after my mental health. Online learning was okay because I was still learning, though it was not quite the same as being at magical Avanti Court!

Mailie, Year 5

When I came back to school, I felt so much more motivated to learn because I had my teachers and friends with me to support me and I felt more confident to do my work. My teacher has high expectations as I am a Year 6 student. This makes me focus as I want to set an example to the other students in this school. Now that I am back at school, I get to participate in yoga which relaxes my mind and body. This supports my emotional and mental well-being because I can dust off my worries and concentrate on what I have to do for the rest of the day. Sometimes I get worried with what is going on around me in the world or how someone is treating me, but I know I always have the worry box to share my concerns with my teacher and solve them. I am also learning to regulate my emotions by using personal strategies such as talking to my friends so they can help me think positively.

Khushi, Year 6

## Mental Health and Wellbeing at Avanti Court

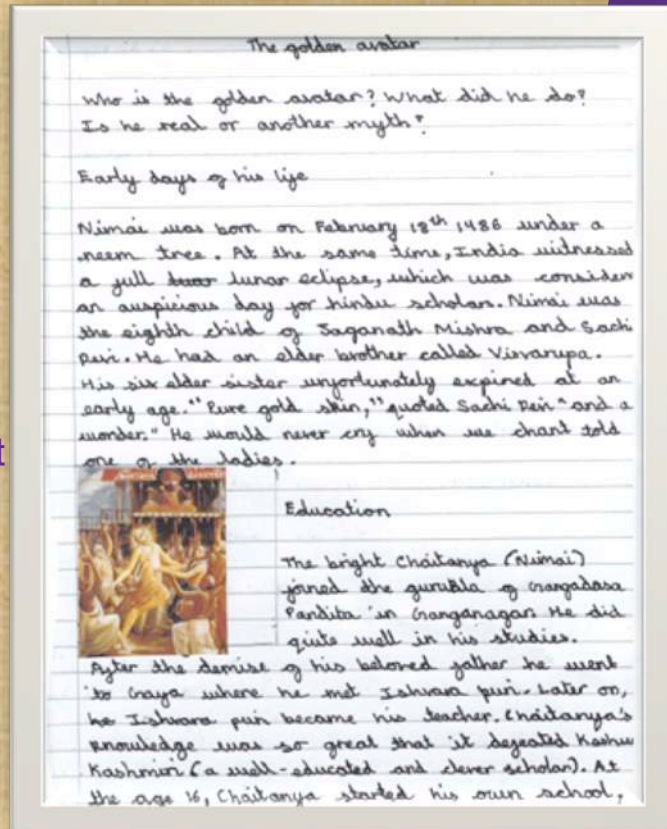


# Lord Chaitanya

A wave of excitement and love engulfed Avanti as we celebrated Lord Chaitanya's birthday recently. The curriculum was linked to the stories or teachings of Lord Chaitanya. Each Class took part in the bathing (Abhishek) ceremony of the class deities. Year 5 took part in an art workshop led by Mrs Rajani.

Deities were Offered birthday cake and pupils enjoyed a scrumptious special lunch. Karim said:

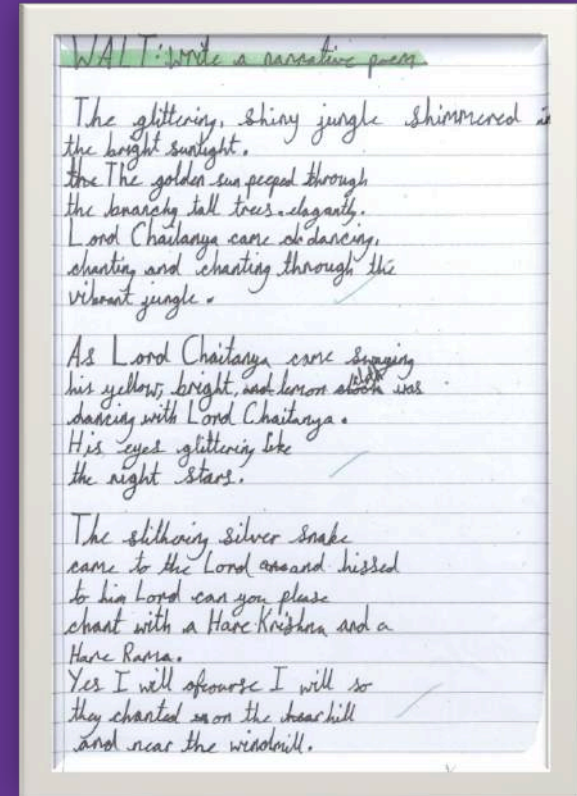
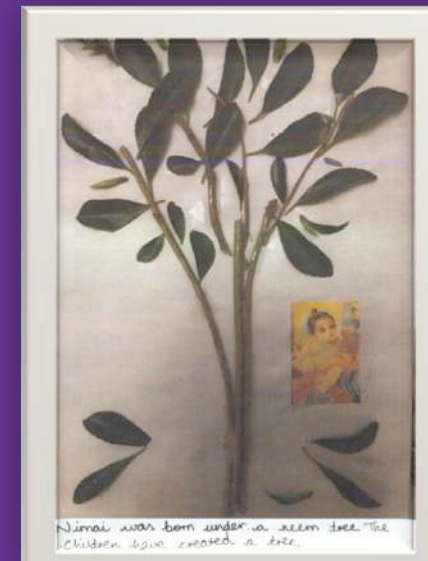
"Learning about Lord Chaitanya has taught me to show respect and love towards every person and living thing in our world."



'I really enjoyed the PRE lesson today' Arjun

The deities felt happy and loved! Krishna

'Thank you for letting us bathe the deities!' Jasmitha



Kanishka

# Science Learning at Avanti Court

Science day, was celebrated at Avanti Court on the 12th of March 2021, creating a fantastic Buzz amongst our pupils and teachers. Not only did children learn about significant scientists but they also carried out an array of intriguing science experiments and investigations, enriching their scientific knowledge.

Children in the Early Years enjoyed fun 'bicarbonate and vinegar' activities with a focus on simple prediction and observational skills. Children were encouraged to describe what they observed using key vocabulary such as bubbles, fizzy and volcano. In Year 1, children investigated the idea of camouflage. Sri said, "Camouflage means a way of hiding something by covering or colouring it so that it looks like its surroundings. Animals use camouflage to blend into their environments."

Year 2 explored their senses of smell, touch and hearing through various activities. Year 3 took up the challenge to build either a kaleidoscope or a paper helicopter. Both activities enabled children to understand some basic principles of physics in an engaging, practical and interactive way. Atiksh, a Year 3 pupil, found making the kaleidoscope a little challenging, "What I found challenging was putting the paper tube and the triangular prism together. Light was not being reflected well, so the kaleidoscope did not work. I wanted to improve my work, so I made another one at home and it worked!"

Year 4 were busy studying rainbow colours. Children tried to disperse light into the seven colours of the rainbow as well as combine rainbow colours to make white with the use of fidget spinners!

In upper KS2, Year 5 children were able to investigate the forces acting upon soap bubbles. Surya was intrigued to find out that bubbles stayed steady in the air because of opposite forces, "I thought that it was only the air blowing the bubbles away, but in fact, opposing forces balance and make the bubbles sometimes stay still."

Finally, space investigations took place in Year 6. Meteor and asteroid collisions on the moon were recreated in class to investigate the impact of size, height and speed on the crater formed. It was a messy but a great activity for our oldest learners. The success of Avanti Court's Science Day was a result of the hard work and collaboration of all staff and pupils. We are extremely proud of how well the pupils engaged and we eagerly look forward to the next science day-Mrs Seeruttun and Ms Naik





## Pupil thoughts on their school-Survey Outcomes March 2021!

	I Agree	I Disagree	I Don't Know
1. I enjoy learning at our school.	97	1	2
2. Teachers help me to do my best.	97	1	2
3. My teachers give me work that challenges me.	87	5	8
4. Teachers listen to what I have to say in lessons.	96	2	2
5. There is an adult I can talk to if something is bothering me.	95	2	3
6. The behaviour of others in my lessons is good.	87	6	7
7. The behaviour of other pupils around the school is good.	81	9	10
8. Our school prevents bullying from happening.	94	3	3
9. I feel safe when I am at school.	98	1	1
10. Our school helps me to look after my physical health.	97	2	1
11. Our school helps me to look after my emotional and mental health.	97	1	3
12. Our school encourages me to respect people from other backgrounds and treat everybody fairly.	97		3
13. Our school helps me to be independent and to take on responsibilities.	94	2	4
14. Our school helps me to think about my future goals.	90	2	8

## Comments:

### What makes Avanti Court a great place to learn?

- We are taught the golden expectations
- We are challenged through next steps
- Sanitizers are placed around the school and we are in bubbles to keep us safe
- Yoga, Sanskrit, PRE make our school good
- We respect each other
- We work as a team
- Our curriculum is diverse
- Teachers have high expectations of us
- Our school says no to bullying
- Our school is joyful because we pray, connect to God and sing
- The Hindu faith helps our spiritual growth
- Interactive science lessons

### How could we make Avanti Court even better?

- Newer lap tops
- More space at lunch time
- Children could lead assemblies
- Could we make the school greener?
- Can we have a vegetable patch?
- More after school clubs
- Replenish wet play boxes
- Celebrate birthdays
- Can we bring packed lunches to school?
- Please make the playground bigger
- We need a secondary school
- Can we have something different on days when we cannot eat grains-not just potatoes?
- Can the ladies giving us the food slow down as sometimes we get something we have not asked for?

### How does Avanti Court look after your wellbeing?

- We meditate which keeps us calm and takes our worries away
- Our reflection books help us to reflect on our feeling
- Prayers help us to connect to God
- Teachers understand us and help us if we are sad
- Yoga keeps us strong and so does 5 a day
- Our vegetarian meals are balanced to help us keep calm
- Daily meditation keeps us positive
- PRE helps us to think about others
- Kirtan keeps us joyful
- Teachers listen and look after us

School Ambassadors will meet with the Leadership Team to address actions for the statements: 3,6,7



# Easter At Avanti

It was an absolute delight to watch Year 5 perform the Easter Story recently. They narrated the story beautifully accompanied by song to illustrate key parts of the story. Children demonstrated empathy as they shared their thoughts on how Jesus was treated. Pupils had to think about how they would perform the story online to engage a virtual audience.



It was a brilliant performance and many thanks to the entire team and Year 5 for arranging online event.

Pritesh Jani  
(parent)



A pupil in Plata class said: 'Easter is a really important time for Christians all over the world because it teaches the importance of faith. Even when Jesus was on the cross he did not lose his faith. Faith can help us all to get through challenging times. Easter also teaches us about new beginnings.'



'It was one of the best performances all of times. The looks on everyone's faces brought smiles on our faces and made us proud. Many thanks to Avanti Court Primary School to organise this to make it happen for all parents to view this online.

Uday & Shivani  
(Parents of Aarshya)

## Fair Trade

Fair Trade Learning in Year 3  
Pupils have learnt about the impact of fair trade which demonstrates our school values of empathy and respect.

Arshy Tuesday 23<sup>rd</sup> March 2021

WALT: Be able to use secondary sources to obtain geographical information.

Consumer Relations  
Cadbury  
PO Box 12  
Bournville  
Birmingham B30 2LU

Avanti Court Primary School  
Carlton Dr 11 York  
166 1LU

Dear Cadburys,

I am so sad that cocoa farmers <sup>don't</sup> get paid enough money for their work and you <sup>don't</sup> pay them enough money for them to go school, to play, and even not to buy food for them to eat. I am also very sad that some of the children are used by slavery. Please sell fair trade. I don't want this to happen ever again.

From Eshaan

Dear Eshaan,

# Thank you for your letter. I pay the children who work for me so they do better. If I sold fair trade products how would that help the community?

to go to school and learn to get educated and smart. I don't think that people who are poor and their people don't buy would get enough money for them from the shop. You sell fair trade which can do properly. I also think our will help people in our community to know they have enough money their families good quality breakfast lunch and dinner. They also be able to get snacks. Further to that it may allow an electronics or get new clothes and computer to be sold.

Tuesday 23<sup>rd</sup> March 2021

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12, Bournville  
Birmingham B30 2LU

Avanti Court  
Primary School  
Carlton Dr 11 York  
166 1LU

Dear Cadburys,

I am sad that cocoa farmers do not get paid enough to do anything. This is because they work so hard and you don't even give them a reward. I am also upset because you force them to work for you. But what if they need to go school or there is an emergency for them? Please may you sell fair trade so there won't be a problem. Also PLEASE can you give more money to the farmers so they can buy food or things to help them. Please reply back to

From Riya.

# Dear Riya,  
Thank you for your letter. Can you tell me have else fair trade might help the community, like might convince me to ensure all the chocolate I sell is fair trade?

Thank you for your response.  
Fair trade might also help the community because if it is a fair trade then people will come into your shop. It also helps them by giving all the workers and kids that work there they can have more money so things for themselves. Fair trade also helps the community by helping them to a healthy and good life and they can build hospitals.

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PO Box 12  
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B30 2LU

Avanti Court Primary  
School  
Carlton Dr  
11 York  
166 1LU

Dear Cadburys,

I am disappointed in how our cocoa farmers do not get their wages that are not enough to supply their daily needs. I am most surprised to hear that children have to work as slaves on cocoa farms instead of going to school and having a chance to have fun like me. Please sell fair trade chocolate or I will have to buy your company's chocolate in fair trade. Write back to me to let me know when you are a fair trade business.

Yours Sincerely

Arshy

Dear Arshy,

Thank you for your letter regarding Fair Trade. However, I have a question I would like you to answer before I make a decision.

Do you think I am exploiting my farmers and why?

Yes, I think you are exploiting your farmers as they work for very less amount of payment.

How will fair trade help the farmers who community?

Fair trade will help the farmers community by giving





As part of our drive to maintain, promote and engage pupil interest in reading, Avanti Court Primary School celebrated WORLD BOOK day on Thursday 4th March. We know that our pupils are passionate and thoroughly enjoy reading because we ask them how they feel about being a reader and reading. A huge thank you to the pupils who sent us their amazing pictures on Google classroom of themselves reading.



Reading is an integral part in our daily lives and we encourage our children, at Avanti, that **daily reading of 20 minutes** significantly develops not only reading comprehension, but also

Develops a broader vocabulary, increased general knowledge and a better understanding of other cultures. **Has your child read 20 minutes today?**

Tuesday 2nd month 2001

Walt: woke during caty

02.02.01

Dear Diary,

I couldn't believe them moving already! I was so sure in my brain that I didn't want to get up, but I had an extremely long and busy day ahead of me. I went back before pouring from my tiny hot house of the living heart. I couldn't even breathe as it was extremely humid. The pups were making so much noise that the dia gave me a thingy that was like a device hanging loudly. I went to gorge for some Jugs. Lumpy bottles and milk my city bottles on built. It was very garbante! While I was eating my toast, I heard the Velous being off the king when. The pups were pitiful & \*

\* as usual and I was just as lightning to join the rest of the mob to carry it away. It was a rather close shave.

Then can you believe it is the distance. I spotted with my keen eyes a group of wiggly Iwakats looking shyly. I quickly signalled to the rest of the gang and we made a line standing as still as statues to guard our slope. I held steady as the dot golden sand because it burnt my feet and your are bladders!

Like a mob of groups

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# Mental Health

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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/every-mind-matters/childrens-mental-health/>

Mental Health Services for families in Redbridge:  
<https://mylife.redbridge.gov.uk/mental-health>  
[\[and-childrens-services/\]\(https://www.redbridge.gov.uk/adult-and-childrens-services/\)  
<https://find.redbridge.gov.uk/kb5/redbridge/fsd/home.page>](https://www.redbridge.gov.uk/adult-</a></p></div><div data-bbox=)

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?](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](mailto:amy.sivadasan@avanti.org.uk)

Mrs Dodia: [kamaljit.dodia@avanti.org.uk](mailto:kamaljit.dodia@avanti.org.uk)

Ms Sahota: [harpreet.sahota@avanti.org.uk](mailto:harpreet.sahota@avanti.org.uk)



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