



**AVANTI COURT**  
PRIMARY SCHOOL

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## Avanti Court Newsletter September/October 2021

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Welcome to our Autumn 1 Newsletter.

Last week was such a special time at Avanti as pupils and staff gathered together to watch our first live performance of the academic year to celebrate Diwali. Children from Year 3 led us through a feast of songs, drama and dance helping us to reflect on the meaning of Diwali. Their voices filled the hall with love and light reminding us all of the power of goodness over darkness.

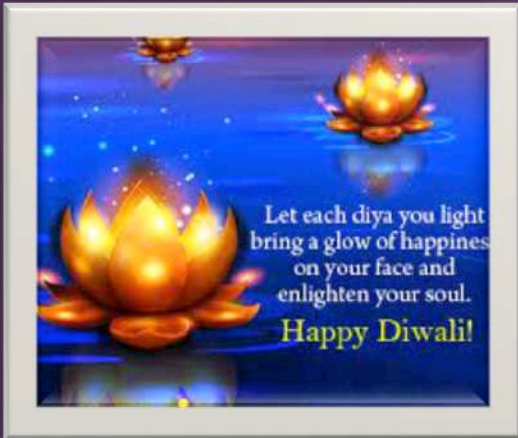
I am delighted to inform you that Avanti Court has been awarded the Science Quality Mark to celebrate our commitment to excellence in science teaching and learning, which is a wonderful achievement for the school.

We also need to take a moment to celebrate our runners from Year 5 who took place in the Redbridge Long Distance Run and were placed 32<sup>nd</sup>, which is a fantastic achievement as over 50 runners took place.

As you are aware, we have had a number of Covid cases this half term, which has resulted in staff and pupils being absent from school. When we return to school on November 8<sup>th</sup> we will spend part of the morning reminding pupils about the importance of regular handwashing and sanitizing throughout the day and the extra precautions we all need to take to minimise the spread of the virus.

May I take this opportunity to wish you all a safe half term break with your families.

Mrs Walters



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## Mental Health and Wellbeing at Avanti Court-PE

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Children across the school are encouraged to take part in physical activity from an early age to help their physical development. PE enhances and promotes the development of not only their bones and muscles but helps develop social skills and promotes a positive mind-set.

### What is 5 a day?

5-a-day Fitness is the ultimate fun, fitness resource for primary schools. It increases daily physical activity in classrooms through online 5-minute exercise routines and 2-minute chill-out routines, designed specifically for projection onto classroom whiteboards or screens.

5 a day improves self-esteem and self-confidence as children work on their physical fitness as a class. It also regulates positive energy and improves pupil focus. Physical activity keeps the body strong and healthy, which can improve symptoms of anxiety in children.

Maaya Said: '5 a day helps me to keep healthy and fit and it is part of my daily exercise. Sometimes in the morning you can be sleepy, so doing exercise wakes you up! Sometimes children like adults can feel stressed so having the routine of 5 a day gives us structure and the routines make us smile!'

Yug in Year 5 said: 'It helps my mental health because it gets us going giving us energy, it helps lift our moods and keeps us happy. Without 5 a day our school day would be tiring because we would be sitting down all day and we need to move.'

Mrs Khan-PE Lead



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## Srila Prabhupada 125<sup>th</sup> Anniversary Week

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Pupils across the school began the academic year learning about Srila Prabhupada and the impact he has on the world today.

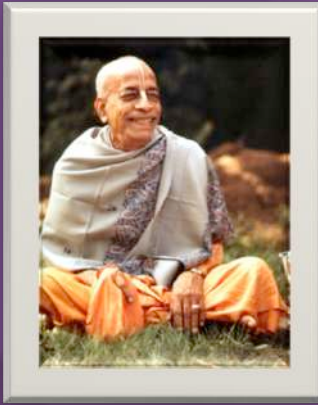
Children and staff immersed themselves in the 125<sup>th</sup> Anniversary offering to Srila Prabhupada who is the founding Acharya of ISKCON. We are so grateful, as without him Avanti would not exist. The children went on a journey to learn about Srila Prabhupada's extraordinary life and the impact of his actions.

Key Stage 1 learnt about where he was born and activities he took part in during childhood. They learnt facts about Calcutta his birthplace and how as a young child he worshipped his personal deities and even performed a Ratha Yatra with other children from the neighborhood. Year 2 participated in the Ratha Yatra procession in the playground with Monks from the Temple leading the most spectacular kirtan and as a result, children learnt how that at a young age you can devote your activities to the Lord.

Key stage 2 engaged in learning through creative activities about how Srila Prabhupada grew up and followed instructions from his spiritual teacher and dedicated his life to fulfilling these instructions. At the age of 69 he embarked on a journey across the rough seas to the United States of America to share the teachings of Lord Chaitanya to fulfill his teacher's instructions. Children learnt various lessons from the life of Srila Prabhupada, for instance, how to show compassion, determination, dedication and courage no matter what difficulties come their way.

Children also learnt that we need to be focused on our goal and depend on the Lord just like Srila Prabhupada. Learning was through various mediums such as text, videos, discussions, drama, question and answer sessions, talks and opportunities to hear and experience heart melting kirtan with the Monks from the Temple.

Mrs Makwana  
PRE Lead



# Pupil learning from Srila Prabhupada Week

Friday 10<sup>th</sup> September 2021

Walt: write a biography about Srila Prabhupada

The life of Srila Prabhupada

Have you ever wondered who spread the teachings of Lord Chaitanya? Well, Srila Prabhupada is the honoured person who changed the action for all of us.

Early Life

Srila Prabhupada has two more names; Abhay Chandra De and Srila Bhaktivedanta Swami. He was born named Abhay Chandra De on September 18<sup>th</sup> 1896 in Kolkata, West Bengal, India. His parents were Goura Mohan De and Baijani Laxmi. From a very young age, he worshipped the deities of Radha and Krishna. At Rath Yatra, his father made him a chariot of wood and all the children of his neighbourhood joined in. At the age of eight, he joined the Muttah school and later, he graduated in a Scottish college.

Career

At the age of 22, he married Padmanari Datta and had two sons. Later, he moved to Allahabad with his family and started a business called Prayag Pharmacy.

Spiritual Journey

In 1922, he met his future spiritual master, Srila Bhaktivedanta Saraswati Brahasmi who asked him to travel to the Western countries and preach in English the Brahma Bhagavatam (3 volumes) and the Bhagavat Gita - At it is. In 1933, he became a disciple of his spiritual master.

Nandini Year 5

Tuesday 7<sup>th</sup> September 2021

Walt: understand the achievements of Srila Prabhupada

KC

The ISKON movement began when Srila Prabhupada founded it in 1966. The ISKON movement is devoted to spreading the holy name of Krishna. Many more temples began to open as hundreds of disciples followed. Srila Prabhupada was a stunning boy. He was born in 1896.

KC

The ISKON movement started on the 30<sup>th</sup> July and has successfully carried on since. Another spiritual message from Srila Prabhupada was "we are essentially spiritual (Brahman)". Thankfully, the ISKON movement is in the hands of devotees all around the world. Srila Prabhupada travelled from India to America on a tiring journey. Selflessly, he travelled on a cargo ship, sparing only a few rupees. During this time on two consecutive days he had two consecutive heart attacks.

Since his death in 1977, the ISKON community has opened many successful restaurants and donate to help for auspicious Festivals like Rath Yatra. The movement aims to teach people a simpler and more natural way of life. One of their most successful vegan restaurants is named Govinda's Kitchen.

Yash Year 6

Tuesday 7<sup>th</sup> September 2021

Walt: understand the achievements of Srila Prabhupada

ISKCON

ISKCON is now a worldwide movement for spreading Krishna's name around the globe. It helps and guide a plethora of people around the world affected by disasters, and ISKCON has done a lot to other charitable deeds. But how was ISKCON back when it was founded?

At the dawn of ISKCON's beginning, when Srila Prabhupada had founded the movement in 1966, it was consisted of only a few followers. The movement started to increase in progress when Srila Prabhupada started chanting the holy names in Tombs Park in Boston. With many people around in the park they joined in, and the ISKCON movement was rapidly growing in numbers.

Srila Prabhupada taught that they were not being their bodies, but their eternal soul, atman. They were the parcel of Krishna, who was God. Although they were being spiritual (Brahman), they had failed to recall their true identity.

Srila Prabhupada died in November 14, 1977 and ISKCON grew and grew to what it is now. It this mighty man achieved many things in life than almost any man in history. There are now 8,000 ISKCON temples around the world. People of ISKCON have learnt how to meditate, follow vegetarianism, spiritual awareness and some even live a renounced life of spreading the holy names. There is food distribution for the needy, community developments,

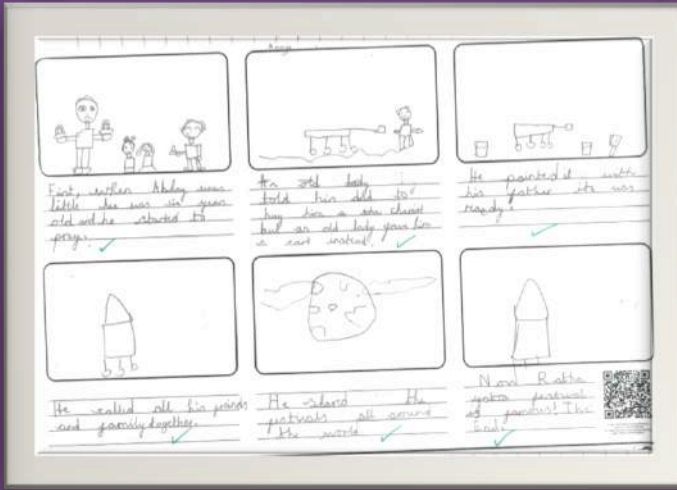
teaching followers a simpler and more natural way of life, and they have now established Govinda's kitchen to feed the poor.

Explain what the world would be like if ISKCON did not exist?

The world would be very different from what it is now if ISKCON did not exist. I believe the world would be in chaos and disorder because ISKCON taught followers and other people to meditate, not eat meat and animals (vegetarianism) and live a renounced life.

The world would be very materialistic. Earth with no spiritual or religious awareness. There would also be no order in the world.

Navya Year 6



Aanya Year 2



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## Avanti Core Ambassadors

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I'm sure you would agree that most of us have been inspired by a great leader. At Avanti, we recognise that we are all leaders as well as learners, and we all have the power to guide others in the small things that we do and say, every day.

This half term has been all about leadership, and pupils across the school have been learning the power of their democratic voice! Our learning environments have buzzed with excitement as Avanti Court elected the Avanti Way Core Principle Ambassadors into office.

### **Elections: Your voice matters!**

Candidates standing for election prepared a manifesto of aims and intentions and presented them in their campaigns. Children in Years 2 to 6 carefully considered the merits of each and voted wisely on election day.

### **Inauguration Ceremony:**

We were delighted to be joined by our esteemed guest: Mr Gopinath Bloch, Culture Lead for Avanti Trust. Mrs Walters and I joined the celebration, in which we welcomed our elected Core Principal Ambassadors into their new role in front of an audience of the children they would now represent, as well as their parents. It was a very spiritual occasion, as we discussed the qualities and attributes of the leaders that our school is founded on, including the great Srila Prabhupada, and offered a prayer for people around the world. Children received their certificates to hearty cheers, and we recapped some of the important points outlined in the manifestos – Virat in Year 2 even recited his excellent work from memory!

### **First meeting: the journey begins**

Following the inauguration Ceremony, our new Ambassadors wasted no time in getting to work! As each Ambassador introduced themselves and their qualities and attributes, their Avanti values shone through. Evani, Ambassador for Year 6 explained: 'I will bring courage to my role. I will be brave and stand up for what is right.' Reet, Ambassador for Year 4 added: 'I will support other children to develop high self-esteem, because if they believe in themselves, they can achieve their full potential.'

### **Vision: How can we make the world the world a better place?**

The Core Ambassadors then worked together to create their vision for the coming year. Of course, the children's ideas were centered around helping others because that is the Avanti Way! They considered how they can support children and staff to become more aware of their rights and to advocate for the rights of others. They talked about the Pupil Charter and how they can use it as a vehicle to help others to understand the Avanti Way. They also thought about how our school community can reach out to people affected by adverse situations such as poverty, disability, mental illness, and homelessness.



# Avanti Core Ambassadors

## Implementing our vision: What will we do?

Ambassadors discussed how they could bring their vision to life and mapped out their action plan, outlining what they will do and when, how they will achieve it and who they will collaborate with to make it happen. The Ambassadors spoke with such passion: for example, they persuaded us that a small vegetable patch on Avanti grounds can be used to feed food bank customers in the community, help change attitudes towards food production and contribute to the healing of our planet. Adults had so much to learn from listening to the presentations. We were reminded that a tiny seed has the potential to grow into a mighty oak, and that our ability to make positive change is limitless when we all stand as one. How inspiring! With this team, it certainly is going to be an unforgettable year of leadership and achievement!

A super Avanti congratulations to all the candidates that took part, and their voters! You are all ***making the world a better place!***

Miss Vincent, Avanti Core Ambassador Lead.



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## Examples of some of the wonderful manifestos by Avanti pupils


*ambassador manifesto*

Good morning to my friends and my respected teacher. I am here to apply for the most prestigious role of an ambassador. The ambassador role in Avanti Court Primary is a very committed role to lead and live the ethos of Avanti Way 1, which is noted: self regulation and high expectations of yourself and others in every thing they do in their life.

I am applying for this role because I believe I am capable of managing this crucial part of my learning journey. You should vote for me as I would like to lead as way for my beloved companions as be a role model to everyone in their eyes. As well as that, I follow the Avanti Way 1 in every single thing that I proceed in and I also show utmost respect for all living entities that I come upon.

As the student ambassador is the voice and face of the class, the pupil has to have a plethora of enthusiasm, epitome of being dependable, trustworthy and strong in communication. I believe that I have all these qualities and more importantly of all, I believe in teamwork and share a friendly relationship with all schoolmates and teachers.


I hope you all vote for me based on my qualities and behaviour. Look after yourselves and stay safe!



Nandini Year 5

**AVANTI COURT**

encourage everyone to follow the Avanti way so they can become a great person and be an example to others.



Self-Discipline, Gratitude, Science Exhibition, Empathy, Integrity, Courage, Respect, Exhibit, Ant show, Haracke Innovation, Excellence, Avanti Way 1, S. Padma Prasad

We should work together to have a better environment for everyone (birds, animals, trees etc like walk on cycle to school, plant more trees, help each other).

# Spread Lord Chaitanya's message to everyone one

Sawaath Year 2

Avanti is already an amazing place to be at. This school has shown us all how to be a better person by showing the Avanti values – empathy, courage, gratitude, self-discipline, integrity and respect.

Each one of us special children can become someone very important, and I want to help you become the best version of yourself.

To make our school even better, we should show kindness and respect to everyone. A simple smile to everyone we see can make them feel better. By keeping classrooms tidy, we show respect to one another, to our teachers and to our belongings.

I want my friends to feel happy when they are at school. If anybody feels sad or angry, I want them to come and talk to me and together we make them happy again.

By chanting Krishna's name beautifully, and singing beautifully, we can become better people.

If you choose me as ambassador, then I will make sure every day is a fun day for us all.

Please vote for Diya!

*Manifesto*

I want to be an ambassador because I like to help people at Avanti Court Primary School. I like helping because it gives me great pleasure to fill their bucket. Vote for me because I will help you very often. Everyday I will put a smile on your face. Seeing you happy makes me happy.

# Reading Inspiring Writing-the Avanti Way!

This term Year 2 went back in time to 1666 learning about the famous 'Great Fire of London'. They explored this terrible event using a simplified text based on Samuel Pepys's diary. What I like about this piece of work is how Riya has used a variety of interesting vocabulary to captivate the reader's attention. She has clearly demonstrated the importance of recording events in chronological order and has used word classes such as expanded noun phrases and adverbs to enhance her writing. Year 2 studied the text: Toby and the Great Fire of London.

*WALT: Write a diary entry*  
 September 3<sup>rd</sup> 1666 7:45 am

Dear Diary,

In the early morning I was woken up by my blood-curdling Master. I could hear the animals squealing, children and babies crying and also people screaming. He shouted and shook me. My Master was shouting for me to get up and get <sup>paper</sup> Mr. Samuel Pepys. I immediately ran out of the door and ran. The sky was as red as fire. What was the matter?

I heard an old lady scream "Fire, Fire" but I kept on going. Finally I reached Samuel Pepys house. Then I knocked on his door.

Nobody opened the minor door so I started climbing the cold hard and painful walls. When I reached the top of Mr. Pepys wall I saw a terrible sight. A huge arc of flames was spreading over the beautiful London. When I turned around I saw Mr. Pepys burning bottles and cheese in a brown and deep pit. I lost my balance and had to jump down. I landed by the pit but the back landed in the pit. I picked it up and then Samuel Pepys asked politely if I wanted to help stop the fire. At first I said I can't stop a huge fire I am only an orphan boy. But Mr. Pepys gave me courage and strength so I agreed.

Riya Year 2

In Year 4 children have been working on developing their reading skills by working out how a character is feeling by the actions they take and author's word choices.

Children have learnt a new technique in writing called *Point Evidence Explain*. They have used their inference skills to support and explain their thinking.

Year 4 studied the text: I'll Take you to Mrs Cole.

Evidence- Prove your point using facts/figures/examples

Explain- Tell me why you made this point

1. Point- Mrs Cole didn't tell her children *off sp*

Evidence- On an old settee a girl and boy were eating toast with their mouths full and dropping crumbs.

Explain- This gives me an impression that Mrs Cole is very cool and doesn't bother to see how her children are behaving and she never cleans her house. So this indicates Mrs Cole is not at all strict.

2. Point- Mrs Cole is very caring

Evidence- 'What are you doing in the cold without a coat?' 'You'll catch your death. Well you best come in.'

Explain- She is very caring as she invites the boy to her house and she is worried about the boy. She gives him food and makes sure he is warm.

Reet Year 4





# Reading Inspiring Writing-the Avanti Way!

In Year 6 children have been working on embedding ambitious vocabulary to suit its purpose such as using formal and informal language appropriately in their writing. They are able to write engaging pieces of writing describing settings, characters and atmosphere using speech so the reader develops an understanding of the character's personality or mood as well as moving the action forward. Year 6 have studied the text: The Boy in Striped Pyjamas.

These are some of the texts children will be studying in the Autumn term:

Autumn term 2 Texts
Reception – Billy’s Bucket Guru Nanak Elma
Year 1 – Dark
Year 2 – Henry Finch
Year 3 – Iron Man
Year 4 – How to Train your Dragon
Year 5 – The Lion Witch and the Wardrobe
Year 6- Goodnight Mr Tom

Dear mother and Father,

I am writing to inform you that I feel that <sup>returning</sup> moving back to Berlin is the worst possible thing for us right now. I have really been enjoying my stay at Out-with and I was hoping you would give me a chance to explain why it is <sup>impossible</sup> that we do not return to Berlin. I would be drawing in misery if you made me move back to Berlin. Do you really want your child to be unhappy?

I cannot go back to Berlin because everything would be too different. Mari, Daniel and Martin have probably no recollection of me. I will have nobody to talk to! Gretel and her friends would tease me again and I <sup>will</sup> cannot deal with all of that <sup>anxiety</sup> stress. Grandmother has passed away and Grandfather has gone <sup>away</sup> Berlin. Do you think he will even remember my name? Dad said we were a family, <sup>now</sup> but if we go to Berlin, Father will not even be there.

I even made a new friend called Shmuel. I do not see him that <sup>frequently</sup> much and if we go to Berlin, I will never get to see him again. He is so vulnerable and is at the zenith of complete sorrow. I cannot see my only friend. He is the one person that will truly <sup>compassionate</sup> amble towards me when we

We moved to Out-with.

and I now have a profound rapport with one another and if we leave, I will never get to see her again. Herr Litz has taught me so many essential things and now I look forward to going on another journey through history. If we move back to Berlin, I might forget about all those lessons which mean so much to me. I really love Out-with and it has found a way to enter my heart. Even Gretel has <sup>and that's</sup> never has quarrels with me anymore. Please take time to ponder about what I have told you and permit us <sup>to</sup> return to Berlin.

Brune

Good use of formal language throughout.  
Furthermore, I believe that you will make a <sup>profound</sup> ~~significant~~ blunder if you make us move back to Berlin.

Did you know that children are happier when they spend time in the open fresh air. It is essential for a child to experience breathing in cool, fresh air.

Mrs Nazrul-KS1 English  
Lead



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## Another Award for Avanti Court!

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**The Science Quality Mark has** been awarded to Avanti Court Primary School to celebrate our commitment to excellence in science teaching and learning.

The Primary School Quality Mark programme ensures effective leadership of science, enables schools to work together to share good practice and is supported by professional development led by local experts. It encourages teacher autonomy and innovation while at the same time offering a clear framework for development in science subject leadership, teaching and learning. Schools that achieve PSQM demonstrate commitment and expertise in science leadership, teaching and learning.

The Primary Science Quality Mark is led by the University of Hertfordshire, School of Education in collaboration with the Primary Science Teaching Trust.

### **What did the assessors say about science at Avanti?**

- *The science subject leaders are hard- working, committed and effective. They have continued to develop their leadership skills.*
- *There is indeed a rigorous monitoring cycle and I like the use of the term re-monitoring which suggests that, when areas for development have been addressed through CPD, impact is checked through subsequent monitoring.*
- *Principles were developed with the involvement of many stakeholders and are now prominent on science displays throughout the school.*
- *Thanks for all the wonderful photos of science at home during lockdown. Pupils certainly made the best of the resources they had at home.*

*'What an **amazing** PSQM Gilt submission – so many areas of **strength**! The science subject leaders have invested so **much time, energy and thought** into developing science teaching and learning, and checking that changes are embedded across the school. It has been a **pleasure and a privilege** to look through all the documents, especially the **wonderful** photos of pupils taking part in science activities, and see just how strong practice now is. Mrs Seeruttan and Mrs Naik – you are fantastic science subject leaders and congratulations on your **remarkable achievements**!' Clare Warren*



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

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# Cyberbullying

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## What is Cyberbullying?

Cyberbullying is bullying online and any form of anti-social behaviour over the internet or via a mobile device. It is an attack or abuse, using technology, which is intended to cause another person harm, distress or personal loss.

The tool may be a computer or laptop, a mobile phone, a camera or recording device, a tablet or games-console or simply email or mobile text messaging. Some examples of cyberbullying can include:

- **Spreading malicious and abusive rumours and gossiping**
- **Emailing or texting you with threatening or intimidating remarks**
- **Harassing you repeatedly**
- **Intimidation and blackmail**
- **Stalking you on-line and continually harassing you**
- **Posting embarrassing or humiliating images or video's without your consent**
- **Posting your private details on-line without consent**
- **Using gaming sites to attack or bully you**

## If you see something inappropriate.

If you ever come across anything on the internet or a device that makes you or your child feel uncomfortable, no matter where it is, please report it. As a school we do not tolerate any form of bullying, but we can only help if we are told. If you see something that concerns you please speak to one of the Safeguarding Leads at Avanti Court. We will always listen and act on your concerns.

You can find out more information about cyberbullying and how to support your child visit:

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/#support>



## Upcoming key Dates

Please note that dates are subject to change-so please do keep a close eye on your Arbor Mail.

- 8<sup>th</sup> November - Pupils and staff return to school
- 8<sup>th</sup> November Mock tests for Year 6
- 9<sup>th</sup> November-Streets Ahead Road Safety Workshop-Yr 5 and Yr6
- 10<sup>th</sup> November Headteacher's Coffee Morning via Zoom
- 10<sup>th</sup> November-Firework Display
- 12<sup>th</sup> November- School closed-Trust training Day for staff**
- 18<sup>th</sup> November -Year 4 Anglo Saxon Workshop-Kamsya and Braz
- 19<sup>th</sup> November - Year 4 Anglo Saxon Workshop- Bronze and Bronce
- 19<sup>th</sup> November -Harit Class Assembly
- 25<sup>th</sup> November-Parent Reading Workshop KS2 4pm
- 26<sup>th</sup> November -Zielony Class Assembly
- 2<sup>nd</sup> December-Parent Workshop on the Multiplication Check for Yr 4- 4pm
- 3<sup>rd</sup> December-Verdi Class Assembly
- 7<sup>th</sup> December-The Nativity Performance to parents: Reception and Nursery
- 8<sup>th</sup> December-PRE Workshop via Zoom for parents
- 8<sup>th</sup> December-Flu Vaccinations-Reception- Year 6
- 14<sup>th</sup> December Christmas lunch and Christmas jumper day
- 15<sup>th</sup> December Last day of term-**school closes at 1:30pm for all pupils**



I am delighted to inform you that Mrs Elavia is our new Business Support Manager taking over from Ms Johnson in the school office who left for pastures new.

Mrs Elavia has worked for Avanti for a number of years and so understands the school, pupils and community. Mrs Elavia is delighted to be of service to you and I know will help us move processes and systems towards excellence.

