

## PE Workshops

This week, New City took part in exciting PE workshops. With links to PSHE, the workshops explained the importance of wellbeing and mental health in our daily lives. Student's explored how many experiences and situations can create a range of different emotions on varied scales as well as different self-care techniques such as adequate sleep/rest, exercise/sport, hobbies, socialising with friends/ family, diet, volunteering and rationing time online/electronics. All staff and pupils thoroughly enjoyed the workshops and had lots of fun!













## Year 5 Geography Field Trip



Last week Year 5 went on a geography trip to compare the old Boleyn Ground to the new West Ham Stadium in the Olympic Park. We assessed the impact of the move through observing transport links, accessibility and entertainment in each area. This was a brilliant opportunity for us to explore and learn more about our local area.





## Star of the Week



The best class this week for attendance is 2JU with 98%. Well done!

## Ms Fuzzi's Book Review The Hat Full of Secrets - Karl Newson

Henry has a secret and doesn't want to tell anyone about it. Luckily, Grandad can relate, and gives Henry a special hat where he has kept all his secrets over the years. But when all of Grandad's wishes (written on luggage labels) escape, he and Henry go looking for them in all the places where they were made. In doing so, Grandad tells Henry the wonderful stories behind his secrets - ending with something very close to both of heir hearts. The Hat Full of Secrets is a charming, short tale with delightful full-colour illustrations throughout from Wazza Pink. Part of a series of fully illustrated short novels for younger readers from Little Tiger, it's a perfect read for dren who don't fancy reading a chil-

longer book but still want a great story. As well as celebrating imagination and magic, this is also a sweet story about the special bond between grandparent and grand-child, and deals sensitively and lightly with the fact that Grandad misses Grandma, too.



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice		Lasagne with Garlic Bread	Roast of the Day with Potatoes and Gravy	Quirky Bird – BBQ or Lemon Chicken with Rice	Fishfingers with Chips and Tomato Sauce
Vegetarian Choice		Wholemeal Vegeta- ble Pasta Bake	Sweet Potato and Spinach Flan with Roast Potatoes	BBQ or Lemon and Herb Quorn with Rice	Mexican Bean Roll with Chips
Sides		Vegetables of The Day	Vegetables of The Day	Vegetables of The Day	Peas Baked Beans
Dessert		Fruit Jelly with Mandarins	Fruit Salad and Yoghurt	Iced Vanilla Sponge	Oaty Cookie

Jacket Potatoes, Salad Selection, Fresh Fruit and Yoghurt are available every day. Baguettes/Sandwiches are also available. All meat is halal