

# FLORA NEWS



## Ms Elven's Blog

Oh my! Miss O'Donnell caught me again whilst I was on playground duty about writing a blog. The audacity of her! I can't believe it.

I thought it would be good to follow up on my previous blog and focus on the subject of mental health again.

As we approach the end of the half term we all get tired and never more so than when it's dark when I leave the house in the morning and also when I leave school in the evening. So what do I do - I run!

This week has been tough with many demands on my time both inside and outside of school. So what do I do - I run!

Meetings have been long and sometimes stressful. So what do I do - I run!

On Tuesday I was lucky enough to secure a place in the Great North Run, taking place next September. Whilst that is a long way off, I will be thinking about my training plan over the coming weeks.

So what do I do - I run!

Running is not for everyone and if you had told me 5 years ago I would be running half marathons at least twice a year I would have laughed in your face. But tomorrow I will be running my 200th 'parkrun', so it's clear that I run!

I don't run to win races  
Nor do I run to get places  
I run to escape this world  
I run to find peace with myself  
I run to feel free  
I run to feel strong



Miss Elven crossing the 'Bilbao Night Half Marathon' finish line in October 2018.

## Miss Woodcock's Recommended Reads

### For ages 4-5 and up

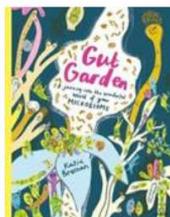


#### Underground

**Author:** Uijung Kim

In Uijung Kim's fabulous book, young readers will learn about subway systems in 10 international cities. The bright illustrations bring underground transport to life for little ones at a time when many of them are obsessed with trains, trucks and cars.

### For ages 5-8 and up



#### Gut Garden

**Author:** Katie Brosnan

Microbes are tiny life forms you can only see with a microscope – but what do they do? And are they helpful, harmful, or both? Katie Brosnan describes a microscopic universe which marvels with its ingenuity, variety and scale. This is a wonderful and eye-opening guide to the smallest things in the world.

### For ages 9-12 and up



#### The Good Hawk

**Author:** Joseph Elliott

When Agatha and Jaime's clan is attacked, the two teenagers have no choice but to leave their remote Scottish island and venture into the unknown. A gripping historical fantasy full of suspense and adventure.

### Year 5 trip to the Harry Potter Studios



Year 3 really enjoyed their trip to the Museum of London, where they looked at Roman artifacts. The class told Mrs Taylor that they saw some Roman coins that are even older than her!



### Metro Bank Grand Opening



### CALLING ALL GARDENERS!

Nina, our volunteer at After School Service, is looking to start up Gardening Club on a Monday after the Easter holidays and is looking for people to help. We are purchasing a variety of seeds for the children to sow and tend across the school site, as well as the flowers that represent the 6 school values. If you can assist, whether it be every week or just some sessions, please let Miss Elven know via the office.

Due to the large number of pupils now using scooters for their journey to school, there is insufficient room in the scooter rack to accommodate them all. Therefore, many people are parking scooters in the sheltered bike rack. In order that there is room to accommodate staff and pupils who use bikes for school, please ensure that scooters are only parked on the left hand side of the bike shelter to avoid them being a trip hazard. Any that are parked on the right will be moved.

### Value Award Winners

Nursery – Pawel  
 Reception – Amiyah  
 Year 1 – Deeqa  
 Year 2 – Whole Class  
 Year 3 – Whole Class  
 Year 4 – Ruby  
 Year 5 – Kamarni  
 Year 6 – Hodan  
 PE – Nylan Y1