



William Ford CE Junior School

Weekly Newsletter Spring Term 1 Week 2

Dear parents and carers,
We come nearly top in a league table! Unfortunately, this is a not a league table where we wish top be high. Sadly, we have been informed that William Ford is in the top 10% of schools nationally for high rates of childhood obesity. This is incredibly concerning and I am meeting with various school staff to look at our response including wellbeing and spot

leaders and our catering team. The following information is taking from the UK government and Public Health:



Obesity harms children and young people

- Emotional and behavioural**
 - Stigmatisation
 - bullying
 - low self-esteem
- School absence**
- Physical health**
 - High cholesterol
 - high blood pressure
 - pre-diabetes
 - bone & joint problems
 - breathing difficulties
- Increased risk of becoming overweight adults**
 - Risk of ill-health and premature mortality in adult life

“Childhood obesity and excess weight are significant health issues for children and their families. There can be serious implications for a child’s physical and mental health, which can continue into adulthood. The number of children with an unhealthy and potentially dangerous weight is a national public health concern. Children living with obesity are more likely to be obese in adulthood and thus increase the risk of obesity for their own children later in life. Poor diet and low levels of physical activity



are the primary causal factors to excess weight. Children are currently consuming more than the recommended daily limit of sugar and this is a contributing factor to excess weight gain. The National Diet and Nutrition Survey found that sugary drinks account for 30% of 4- to 10-year-olds’ daily sugar intake. High sugar intakes are also associated with an increased risk of dental caries.

Physical activity can help children and young people to achieve and maintain a healthier weight. The 2018 to 2019 Sport England Active Lives survey showed that only 47% of children and young people met the Chief Medical Officer’s Physical Activity Guidelines and participated in an average of 60 minutes or more of physical activity a day. Boys are more likely than girls to meet the recommended levels.”

I make no apology for the hard-hitting message the above information provides as it is important that home and school work together to combat this – for the benefit of all our children. The school will be reviewing its curriculum, sport provision and menus. Please support us by ensuring your child receives a healthy diet and not sending them in with unhealthy snacks or lunches – we will be cracking down on this very soon!

Our worship this week as continued with the theme of difficult issues with a focus on sickness and pandemics and whilst these are currently part of our world, God does care and that these do not appear in Heaven.

I pray you all have an enjoyable weekend.

Mr. David Huntingford
Headteacher



Corinthians 6: 19-20
Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.



EZRA



ORDER IN THE BIBLE
OT: #15



WRITTEN BY:
Scribe and scholar, Ezra



TIME PERIOD COVERED:
550 BC to 510 BC

OVERVIEW

This book details the rebuilding of Solomon's Temple after the Great Exile. Ezra arrived in Jerusalem with another 2,000 exiles. His enthusiasm and power sparked a spiritual revival.

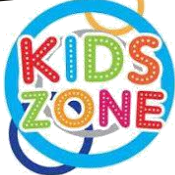
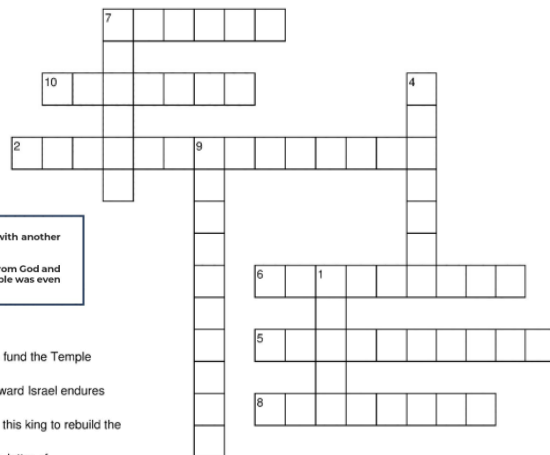
One problem before the exile was that men had married foreigners, who chronically drove them away from God and into idolatry. Ezra was dumbfounded to find that people were already doing this again—before the Temple was even built! The men repented and offered to send these foreign wives away.

Across

2. King Cyrus brought back to Israel Temple articles stolen by this king (1:7)
5. Name of the governor of the Jerusalem as the Temple was built (4:3)
6. At the time the Temple was being rebuilt after the exile, the prophet Haggai was prophesying as well as this famous prophet (5:1)
7. Families that returned from Babylon after the exile gave gifts to rebuild the Temple, including 61,000 of this measurement of gold (2:69)
8. The exiles celebrated this holiday in Jerusalem for the first time in 70 years (6:19)
10. Israel was already in trouble for marrying this type of women (10:17)

Down

1. This King of Persia offered to fund the Temple rebuilding for Israel (1:1)
4. The Lord is good; His love toward Israel endures _____ (3:11)
7. A decree came to Israel from this king to rebuild the Temple (6:12)
9. Name of the king who wrote a letter of encouragement for Ezra (7:11)



Kerry's Korner

We have noticed a high number of late arrivals over the first 7 days back in school. All pupils are expected to be in class at their desks by 9am, however we are finding a high number of pupils arriving late.

Secondary schools will give detentions for late marks (20 minutes increasing to 2 hours depending on frequency). Children arriving after 9.30am receive an unauthorised late mark - this affects the overall attendance figure for your child. Emails or text messages will be sent to anyone who's child arrives after the close of register. Please encourage your child(ren) to allow enough time to arrive in class by 9am. If your child is unwell please call our absence line on 02082706582 or email attendance@williamfordschool.co.uk.

Class	Late Marks	Unauthorised late marks
3D	42	0
3H	73	2
3P	51	19
4A	54	9
4B	58	2
4M	88	1
5I	97	10
5N	51	3
5P	136	2
6A	82	2
6M	84	0
6N	140	2

TIMES TABLE ROCKSTARS

MOST COINS THIS WEEK

Year 3 – Handel Ogunzayo

Year 4 – Adoniya Ezra

Year 5 – Taseen Ahmed

Year 6 – Kaima Nzeocha



Considerate parking

Parents we have received a number of complaints from residents about inconsiderate parking in the local area. Please support the school in maintaining good relationships with its neighbours by not parking on or in front of their driveways or in a manner that limits access to their properties. Thank you.

Panto Time!

This week Ryan from 3H writes about some special visitors we had at William Ford this week.



On Thursday afternoon we watched a pantomime of Sleeping Beauty. It was very exciting and lots of fun. I really liked the character Maleficent who was the evil villain who put the spell on Sleeping Beauty. One of the Villains also wanted a Peppa Pig scooter and this rally made me laugh. Eric was the hero who saved the day by becoming a prince and breaking the spell.

Have you been wondering what your children were up to in school?

Well, wonder no more....



Year Three

Wow! What an exciting week we had in year 3. In case you hadn't heard we enjoyed a pantomime on Thursday – the story of Sleeping Beauty. Some of the children's faces lit up with joy as the different characters emerged.

In English this week we continued to think about the story of St. George and the dragon and

we also compared it with a more recent story written by Terry Jones (Monty Python) entitled The Beast with a thousand teeth. Maybe you could ask your children to tell you about both stories and how they differ or overlap. In maths we have continued to use cubes to explore the relationship between multiplication and division and they have learned how to make arrays. In Science this week we have begun to consider how a healthy diet is essential for humans as well as other animals. Your children might find it helpful to start keeping a record of what they eat each day. Next week we are hoping to allow the children to try different sandwiches. Please could you inform the school of any special dietary requirements which your children may have. Thank you for your continued support and we wish you a restful and joyous weekend.

Year Four

This week in Year Four we have been continuing with our work on multiplication. The children have been using a range of strategies and resources to help them solve calculations with larger numbers. We are continuing to practise our multiplication badge tests alongside

Times Tables Rockstars so we are positive the children will make fantastic progress. In English, we are continuing with our Carrie's War work which the children are really enjoying. We have looked at the features of diary writing and written our own diary entry for Carrie's birthday. Yesterday afternoon, we had a very exciting treat when we were lucky enough to watch a pantomime of Sleeping Beauty. The children had a great time with



the audience participation. Lots of singing, dancing and shouting. The first half of the year group also experienced their first swimming lesson today. We look forward to seeing how far they progress over the next few weeks. Congratulations to this week's spelling champions who are class 4M.

Year Five

In Year 5 this week, the children have been working hard and having lots of fun along the way. In maths, they have been using resources to help them multiply, really getting to grips with what it actually means when we 'carry over' numbers in written calculations. English has seen the children planning and writing about what their own magical emporium would look like. They have been using their senses to help them describe the inside and outside of the shop, using powerful adjectives to help bring the building alive! We have begun our new science topic for this half term, 'Forces'. The children started by working out the meaning of some of the vocabulary they will be using throughout the unit. In PSHE, in our Healthy Me unit, we have been learning about the health effects of smoking, what cigarettes contain and the many reasons why smoking is bad for you. We have continued our

Baghdad unit in History by researching information about the location and design of the city, along with facts about the House of Wisdom and daily life of the city's inhabitants. As a school, we were also very lucky to be able to watch a pantomime. It was great fun!



Year Six

We have had a fun packed week here in Year 6 – we were extremely lucky to watch a pantomime (oh yes we did!) and it was lovely to see the children engrossed in this and having lots of fun. In English, we have continued to analyse 'The Highwayman' and have begun to use P.E.E (point, evidence and explain) to answer questions based on this. In maths, we have focussed on decimals and have been looking at dividing these by 10, 100, 1000. The children have been using a range of manipulatives to show the physical movement of a given number. We are approaching the end of our God unit in R.E and this week we have examined church architecture; the children were fascinated by some of the country's most beautiful churches and the qualities they possess and what these represent.

We have started our new unit in computing, we have introduced the children to coding and by the end of this unit they will be able to design their very own game. Year 6 have been excited by this and are looking forward to upcoming lessons.





Year Three		
3D	Name: Micheal F For: working hard and concentrating in lessons.	Name: Avani For: working hard and concentrating in lessons.
3H	Name: Shekinah For: Working diligently in all areas of the curriculum	Name: Tausif For: Working diligently in all areas of the curriculum
3P	Name: Jordan Okhue For: his excellent attitude to all his work	Name: Maria Tampu For: participating in group work in a very mature way
Year Four		
4A	Name: Daniyal Idris For: excellent consideration and showing kind manners to his peers	Name: Robyn Kitching For: great effort in all maths lessons
4B	Name: Diya al Din Mubiru For: effort and improved focus with his work	Name: Sindi Cokaj For: her determination in maths with multiplication
4M	Name: Mikail King For: listening carefully during maths lessons and persevering until he fully understood the work.	Name: Lexi Brent For: always being friendly, kind, caring and helpful to others and for trying hard in lessons.
Year Five		
5I	Name: Joanna For: Always pushing herself to extend her written tasks, keep up the fantastic work!	Name: Skye For: Writing a great and exciting description of an emporium.
5N	Name: Evanna For: her excellent participation in class and showing good leadership.	Name: Toby For: maintaining good progress and for being self-motivated.
5P	Name: Arian Ismail For: working really hard in History, presenting his research in an eye-catching way.	Name: Doyinsola Lamidi For: always thinking hard about the questions being asked and for being keen to share her ideas.
Year Six		
6A	Name: Gbenga Jawo For: his enthusiasm in lessons and his cheerful disposition	Name: Kiama For: her time and dedication to Times Table Rockstars this week
6M	Name: Jane Iheaka For: always working hard, and for being helpful and friendly.	Name: Kyla Pietrzyk For: her inspirational dedication to learning, and for being an excellent role model for our class.
6N	Name: Charlie Gibbons For: continued hard work and enthusiasm across the curriculum.	Name: Jose Guimaraes For: hard work in maths and a polite and positive attitude



Learning from Jesus Christ, the Prince of Peace, to work diligently, act generously and live at peace with everyone.

Psalm 34:14 - Seek peace and pursue it.