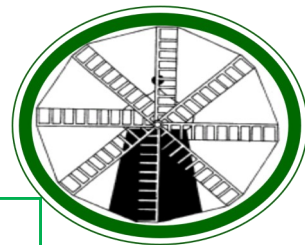


Heckington St Andrew's Church of England Primary School Newsletter



30th June 2022

Dear Parents/Carers

Thank you for attending sports day. It was lovely to finally have parents cheer the children on at last. I'm so pleased we didn't have to cancel, despite the weather, as I know most of you had pre-arranged time off work. We do appreciate you being able to support us.

Year 5 are very fortunate to have Dr Caroline Johnson, our local MP, visit this afternoon, in readiness for their Parliament trip next week. I'm sure Silver Birch class will have asked some very challenging questions!

We are looking forward to our transition 'move up' day tomorrow, with our new reception class joining us too.

Finally, we have a very busy last three weeks of the Summer Term with lots of trips, visits and activities planned.

Yours sincerely

Judith Bentley

Head Teacher

Tuberous Sclerosis Day

Thank you all for your amazing support for our fundraising day. Yet again we were overwhelmed at your generosity with your baking and raising money. We were impressed with the fabulous wacky crazy hair and clothes!

Please could we ask that all sponsorship forms are handed in as soon as possible so that we can tot up the grand total raised.



Diary dates

- 01.07.22 Transition day
- 06.07.22 Y4 trip to Skegness Aquarium
- 08.07.22 Year 3 trip to Sea Life Centre
- 08.07.22 Year 5 trip to Parliament, Westminster
- 13.07.22 PTFA non school uniform day—filled jam jar
- 14.07.22 PTFA Summer Fayre
- 15.07.22 St George's Taster day -Y5 whole class—details to follow
- 18.07.22 Willow class trip
- 19.07.22 Year 6 Leaver's party—details to follow
- 22.07.22 End of term

PTFA Summer Fayre news

Non uniform day on 13th July - children to bring in a filled jam jar with goodies for the summer Fayre jam jar tombola. Wrapped sweets, toys, money etc inside please.

Also we are looking for raffle prizes and volunteers to help with the Fayre - even if just an hour to help run a stall or set up it would be a great help.

Thankyou



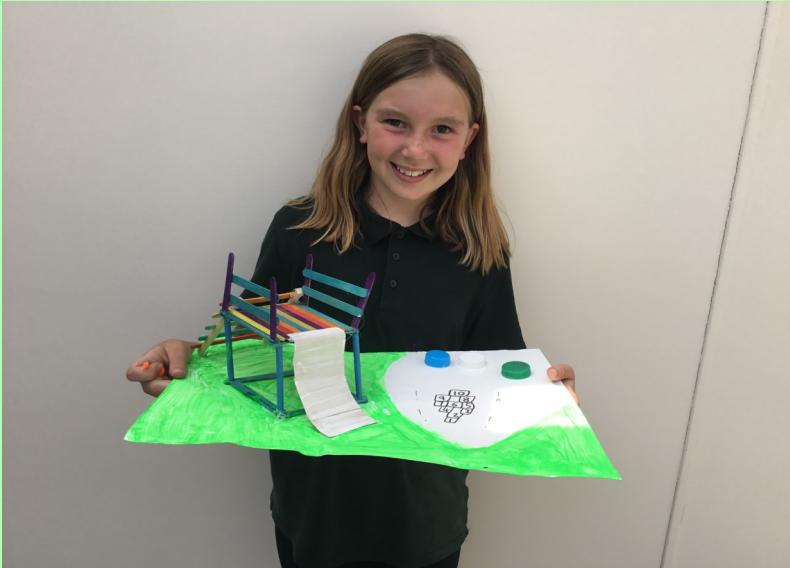
Our fantastic Tri-Golf squad did brilliantly and came a very close second, only a couple of points behind Browns School.

We have some budding Tiger Woods!



Year 6 have completed their DT projects of designing and building a playground. They had to choose a target audience for their playground along with a theme and then build it using 'junk' modelling materials and school resources.

You can see that they produced a wide variety of ideas and many children had to adjust their plans as they went along as their designs were too complicated to construct. We think they've been amazingly creative with the ways in which they have constructed swings, slides, zip lines and roundabouts! Fantastic work.



Hazel class

Last Tuesday was an absolutely hilarious afternoon in Hazel class. The children had to count each other's tastebuds and decide whether they were a non-taster, a taster or a super taster.

Using cotton buds, they spread blue food colouring on each other's tongues then used a hole punched piece of card to count the tastebuds that could be seen. Some children found it tricky to keep their tongues still for that long! We had a wide variety of results ranging from 4 in the non-taster spectrum to 27 in the super-taster spectrum.



Sports day Science challenge

SCIENCE FUN FOR

1 TRY THIS INDOORS Speedy reactions

Hold the top of a ruler with your fingers on 30cm and your arm stretched out in front of you so the ruler is hanging down. Ask a friend to put their thumb and index finger around the bottom of the ruler but not touching it (see picture). They should watch carefully, and when you drop the ruler, they need to catch it as quickly as they can. Record the measurement on the ruler where they caught it. The lower the measurement, the faster their reaction time. Now swap over or find other people to have a go. Let each person have three turns and record the average value.

WHAT DO YOU NOTICE?

Things to talk about ...

Who has the quickest reactions in your family and friends? Is there a difference in younger and older people's reaction times? Do you get quicker at catching the ruler the more you try? How else could you test your reactions?

You will need

- * 30cm ruler
- * Pen and paper
- * Timer
- * A space you can exercise in

2 TRY THIS OUTDOORS Investigate your breathing rate

Sit down and rest for a couple of minutes. Count how many times you breathe in 15 you like (safety note, do not push yourself more than you usually do when exercising and stop if you feel unwell or that you are over-exerting). Once you have finished, measure your breathing rate again. Re-check it every minute over the next 5 -10 minutes.

WHAT DO YOU NOTICE?

Things to talk about ...

Does your breathing increase after exercise? By how much? How long does it take for you to return to your resting breathing rate? Do some types of exercise increase your breathing rate more than others?

3 WHAT IS THE SCIENCE?

Our eyes see that the ruler has been dropped and send a signal to the brain, which then sends a signal to the muscles in the arm and hand to tell them to catch the ruler. These signals travel along our nerves, very, very quickly. Your reaction time depends on the time taken for the signals to travel.

Your body needs oxygen in order to release energy from the food you eat. When you breathe, oxygen in your lungs moves into your blood, which is then pumped by your heart around your whole body. When you exercise your muscles are working harder. This requires more oxygen which is why your breathing rate increases. One of the waste products when energy is released from food is carbon dioxide. This travels in your blood back to your lungs and then you breathe it out.

Don't forget to let us know how you got on and maybe even send some photos and a little explanation so we can celebrate your science sports day at home!

More activities you could try:

INVESTIGATE EXERCISE AND PULSE RATE www.science-sparks.com/exercise-affect-heart-rate/

WHY DO WE SWEAT DURING EXERCISE? www.wowscience.co.uk/resource/sock-it-to-me/

EXPLORE HOW MUCH SUGAR IS IN SPORT DRINKS www.science-sparks.com/how-much-sugar/

FIND OUT WHY SPORTS BALLS BOUNCE www.science-sparks.com/why-do-balls-bounce/

Don't forget to let us know how you get on!