

2 Cool 4 School

Dear Readers,

We are at our final term of the year and very soon, Year 6 will move on to Year 7. We have a seasonal poll to discover your favorite drink to keep cool during these sweltering times. In this issue, we have elephants, diversity and summer crafts. This will be my final editorial piece for journalism club as I am leaving Almond Hill shortly. I hope that the next generation of Year 6s can follow a great legacy!

Always, Finn

Healthy food and fruits for the summer by Raine, Cheryl and Faithfulness

Here at Almond Hill, we had a healthy eating week to encourage us to eat healthy. In this issue healthy foods A-Z.

1. Apple, Apricot.
2. Banana, Blackberries, Blueberries.
3. Coconut, Cherries.
4. Dragon fruit, Date.
5. Eggplant, Elderberry.
6. Fish, Fig.
7. Grapes, Green beans.
8. Honeydew melon, Horseradish.
9. Iceberg Lettuce, Ice apple.
10. Jackfruit, Jazz apples.
11. Kiwi, Key lime.
12. Lemon, Lime.
13. Mango, Mock strawberry.

13. Mango, Mock strawberry.
14. Nuts (DON'T EAT THEM IF YOU ARE ALLERGIC), Nance.
15. Orange, Olives.
16. Pineapple, Papaya.
17. Quince.
18. Radish, Raspberry.
19. Spinach, Strawberries.
20. Tomato, Tuna.
21. Ugli Fruit, Udom.
22. Vidalia onion, Vineger.
23. Water, Watermelon.
24. Xoconostle cactus fruit, Ximenia.
25. Yellow paprika, Yogurt.
26. zucchini, Zongzi.



Photo by [Jonas Kakaroto](#) on [Unsplash](#)

Why is it healthy for you to eat healthy food?

1. It is healthy for you to eat healthy because eating healthy helps your growth.
2. It is also healthy because eating healthy helps because if you eat only junk food you might get sick.
3. It is healthy for you to eat to help maintain your body weight.
4. It improves energy levels.
5. It helps reduce the chance of you falling sick.
6. It helps maintain your immune system.

Challenge

We want you to eat healthy food for a week and write down everything you have eaten. Then you can continue eating healthy food or just continue eating what you ate before the challenge. Thank you for reading our article.

My Weekend in Belgium

I went to Belgium over the weekend (15-17 of May). On the first night, when we arrived, we had a look around all the shops and waffle stalls until we found where we wanted to go for dinner! The restaurant was owned by a man and his wife they handmade (from scratch) all the delicious food. My Mum, Dad, brother and I had a great time. For dinner I had spaghetti bolognese along with my brother having steak my mum having a giant portion of mussels and my dad having chicken vol-au-vents. After we had eaten our dinner, the owner of the restaurant gave me and Will (my brother) a pudding! The next day, we woke up at 7:30am to go swimming in our hotel's pool. After we had a swim, we went back to our room to have a shower and get dressed ready for breakfast and the day ahead. The first thing that we did was we went to a duck shop! My brother got a Nutella duck called 'Quack Ella' and I got a sparkling silver duck with glitter on it.

After we had done that, we had a boat trip on the canal which our boat driver was telling us all the information about the buildings that we passed by. Just after we had done that we went to a café, followed by a bar which was lovely and refreshing. As we were getting to the bar, we stopped off at a chocolate shop which had all sorts of chocolate bars. We bought milk dark and white chocolate. We had gone past a torture museum and went in because I begged my dad and mum. It was creepy! My dad gave my mum and my brother some money each to go shopping so I got some clothes and accessories. After we went back to the hotel, we went swimming again then we got dressed in some nice clothes to go out. For dinner we went to a local food restaurant that was very nice. Myself, my dad, brother and mum's stomach were very full afterwards. As there was a fun fair next to where we were staying, we went on the haunted house roller coaster that they had. It was so scary! There were real human actors pretending to be monsters and I was screaming so much my voice hurt at the end of it all.

On to our last day we had a lay in until 9:30 because we were all tired from the night before. Anyway we decided that we were going to go out for breakfast but first we packed our bags and checked out of the hotel! We chose a place where we could have pastries, so I had a pan-au-chocolates. As our last activity for the weekend, we went to a beach where we also had lunch and a look around the shops, I got some things for my room! The restaurant we went to was on the edge of the beach and I had a bowl of chips! That was my weekend dinner in Bruges.

Written by Ruby T



Photo by [Despina Galani](#) on [Unsplash](#)



Photo by [Eric Prouzet](#) on [Unsplash](#)

Enchanted forest by Asmau and Cody

A few years ago, there lived a girl named Anna. She came from a village called Villswick. Her father worked as a toymaker. One day, she was invited to her father's workshop. While she was there, she found a bunny-rabbit toy. Little did she know that the doll was a cursed doll. When she touched the toy, she ended up waking up in an enchanted forest filled with flying bunnies, unicorns, talking flowers and even trees that grow candy. She was taken to the king and queen of the enchanted kingdom and when she got there, the king wasn't very happy. The king shouted, "an intruder." The queen calmly said, "We don't know that!" The king ordered "Keep her in the dungeon until further notice!" A soldier dragged her to the dungeon but after a while, she was called to speak to the king and queen. To be continued...

Best summer drinks to keep you cool!

As it is coming into summer and the weather is getting hotter, you will need more cold refreshing drinks, here are the best picks!

- Lemonade – raspberry, strawberry.
- Iced apple juice
- Fruit smoothies
- Ice cold water
- Capri-suns
- Slushies
- Milkshakes
- Milk
- Coke



Photo by [Kaizen Nguyễn](#) on [Unsplash](#)

By Emelia, Annabelle and Lottie B

Now you know what the best drinks are for the summer, let's find out what your favourites are. We surveyed Year 5 and 6 to find out...

Your opinion counts:		
	Year 5	Year 6
Lemonade	8	6
Raspade	5	2
Strawade	1	5
Apple Juice	6	0
Ice Cold Water	2	1
Capri Sun	0	1
Slushies	9	7
Milkshake	3	4
Milk	0	2
Coke	5	3

Summer
(in England)

As summer comes, the weather changes,
The weather forecast rearranges,
We finally get some warm sun,
Now we're really having fun,
But we know it isn't long,
Before the rain comes along,
Back to cold,
Back to rain,
Back to our wet terrain!

By Audrey and Annabel



Illustration by [Pink Pink Office](#) on [Unsplash](#)

Nature is back and we love it!!!

Did you know?

Bamboo is a perennial plant and a piece of nature although it only blossoms every few years.

It is the **quickest** growing plant on our Earth. It is known for growing at 47.6 inches in a full day.

A new bamboo shoot completes its' full height in less than a year!

The largest bamboo species is the Dendroica Lamus simious. This type of species can grow up to 150 feet.

Fun fact: bamboo produces 35% more oxygen than the exact same number of trees!

Bamboo is usually used as a material to build with.

The Bamboo is such a tall plant with hollow stems.

Bamboo has been around for Thousands of years!

By Toby, Ava and Aashvi



Photo by [Alex Keda](#) on [Unsplash](#)

Outdoor Activities for Summer by Maeve and Jenson in Year 3!

Here are some fun summer activities

1. Have a Water fights
2. Make an outdoor den
3. Play in an Outdoor paddling pool
 4. Go on a Bike ride
5. Go camping in your garden
6. Have a delicious picnic
7. Explore the garden
8. Make a twig tree put lots of twigs in a jug/cup and decorate it however you want
9. Make up a summer craft and share it with your friends
10. Make a scavenger hunt with your friends
11. Make a lemonade stand
12. Go to the splash park
13. Go to the park with a friend or family member
14. Wright a summer poem or story
15. Go on holiday
16. Enjoy a yummy ice cream
17. Paint a picture of a land scape
18. Go to the beach
19. Make a fruit platter
20. Look at the clouds and draw them on paper and see what they look like.



Photo by [Andriyko Podilnyk](#) on [Unsplash](#)

Diversity by Ruby, Emmie, Liv and Pollie.

Diversity is the variety of differences in humans including race, ethnicity, religion, age and your background. First let's talk about racial differences. Cultural diversity is the variation of different cultures, as well as multi culture. Our focus is on the overall meaning of diversity. The meaning is mainly focusing on the fact that you are different to other people around you. Diversity is what makes us unique and not the same exact people. It brings people together because of their differences. We found out that across our school, 172 people have a religion - some of the people do not follow a religion with that being 127 of us. Following that, we also found out that 37 people speak a different language other than English. At our school, 132 children have an ethnicity that is not English.

We had an interview with different diverse people at our school. Each pupil was from a different year group at Almond Hill. Moving onto the interviews. Here are our questions.

1. What is special about your culture?
2. What celebrations do you celebrate with your family/culture?
3. How has it been exploring England after being in your home country?

In Year 3 we interviewed Emily (in 3W) she responded with:

1. I'm from Jamaica.
2. We have food festivals where we eat our favourite cultural food.
3. All the clothes are different. It's been really fun learning a new language because I only knew a little bit of English.

In Year 4 we interviewed Louis (in 4 A), and he responded with:

1. I am from Kenya
2. Tropical animals and exotic fruits
3. Same thing as England if we do celebrate any holiday at all.
4. Weird because people have different clothes and the culture is also different.

Next up from year 5 we interviewed Miruna in 5W.

1. I am from Romania.
2. Different food/more people you know around you.
3. We paint red eggs on Easter instead of eating chocolate eggs.
4. Weird because I couldn't speak the language.

Finally, from Year 6 we interviewed Anniyah (6S)

1. Her dad is from Mali.
2. The one everybody celebrates in Mali is Eid.
3. Very fun because she got her own house instead of sharing with her cousins.



Photo by [Hannah Busing](#) on [Unsplash](#)

Fun in the sun quiz

You can check the answers on a different page

By Savannah, Millie R and Elizabeth

1) You are stuck on a desert, and you need some supply. What will you choose first?

- a) Suncream and water.
- b) Food and water
- c) Catus and shelter.

2) It's a hot day and you're at the outside pool. What will you drink from these options?

- a) Hot chocolate
- b) Juice of your choice
- c) Milkshake

3) Which suncream is the best to protect you from the sun?

- a) SPF 40
- b) SPF 20
- c) SPF 50

4) You have three choices of shade which do you choose?

- a) Trees
- b) Umbrella
- c) building with air conditioning



Photo by [Nic Y-C](#) on [Unsplash](#)

5) Somebody faints on the beach what do you do?

- a) Get a trusted adult
- b) Throw them in the sea and don't say anything.
- c) Throw ice water on them.

6) Your stranded on an island you see coconut what do you do with it?

- a) Drink it
- b) Smash for fun
- c) Eat it all up!

7) Which has the most water/juice in it?

- a) Pineapple
- b) Grapes
- c) Watermelon

Crucial Crew by Finn

Crucial Crew is an event for all of Year 6. It takes place at Stevenage Football Stadium educating us on life skills or safety.

There were 6 stations each involving a different topic-knife safety, fire hazards, railway safety, physical and mental health, internet safety and CPR. Each session was 15 minutes long. My group began with internet safety. We discussed not sharing personal details online. After that, we moved onto fire hazards where we had to list all potential fire hazards contained in the bedroom. Following that was train safety. We discussed multiple ways to stay safe around railways. This session helped a lot as we have a local train station and because of how important it is. CPR was taught next. This was a great and fun activity. It was also quite a practical session as learning CPR can save lives and help us at any given moment. In our next life lesson, we were informed of the saying 'Lives, Not Knives'. This promotes not carrying knives at any time (of course, cooking is different). In our final session, we discussed mental and physical health. We learned that certain values in sport such as strength, flexibility and stamina all have a mental and physical aspect. Before we departed, we engaged in a quiz regarding recent topics learnt at Crucial Crew. We thought that this was a good experience and hope the Year 5s can enjoy this too.



Year 4 TTRS Battle of the Bands by Alice Freddie Chimdindu and Harper.

Year 4 had a 'Battle of the Bands' this term. It started on the 2nd of June and ended on the 9th of June. 4C won but the other classes did very well. Well done 4C. 4C in total had 83,299 points and on average they had 2,777 points. 4W in total had 52,424 points and on average had 1,691 points. Last but not least, 4A had in total 28,478 points and on average 949 points.

Now in player results the top 3 were **BECHO, HERO SHEARS and DOCTOR ZEVON (ME)**.

The history of 4C in the whole of the school Battle of the Bands: their average - they had 5,518 and in total they had 141,351. They have such a history. 4C are really on a roll with 22 people on ROCK STAR, ROCK LEGEND and ROCK HERO.

Now on to 4W. 4W on average came 2nd as well as in total.

Now on to 4A, they unfortunately came last.

There are 5 **Rock Stars**, 14 rock legends and 5 rock hero's in 4C let me tell you all of them. The 5 rock heroes are BECHO and his studio speed is 0.83. Next is doctor Zevon (me) and my studio speed is 0.89. The next rock hero is Inara boombox, his studio speed is 0.91. The second last Rock Hero is Hero Shears, his studio speed is 0.96. The last rock hero has just about made the cut - his studio speed is 0.99.

Now onto **Rock Legends**. The first rock legend that is just 4 min 0 seconds away is Brandon Stixton, his studio speed is 1.04. Donnie storm is a committed person that is actually in this article (Parker). His studio speed is 1.18. Well done Parker. Now Amira Iris, her studio speed is 1.54. Now Karl Whitley (Freddie) his studio speed is 1.59. Well done Freddie. Now onto Amare stich their studio speed is 1.65. Surprisingly Amare stich and the next person have the exact same studio speed Roxy rider (Chimdindu).



THE SUN QUIZ ANSWERS

1=C

2=B

3=C

4=C

5=A

6=A

7=C

Reading club by Kayal, Nilashini and Eva

Reading club is a peaceful place where you can come to read and have a lot of fun. The people who run this club (at the moment) are Kayal, Nilashini, Eva, Poppy L and Poppy K.

Here are some quotes from the people who do reading club:

Ruby: It's fun and I like it.

Zoe: It always makes me calm.

Mariella: It makes me happy, and I enjoy it.

Meave: It gives me confidence with my reading.

Members (leaders of the club)

Eva: Anything is possible with books!

Poppy L: Don't give up and keep trying!

Poppy K: Their only Year 3's, so don't be mean!

Kayal and Nilashini: Read for success!



Photo by [Aaron Burden](#) on [Unsplash](#)

Summer craft by Kayal, Eva and Nilashini

If you want to make an exotic craft, then stick around!

Things needed: glass jar/ plastic bottle, kinetic sand/ rocks, water, seashells/ocean themed charms, optional: blue food colouring.

- First, fill your bottle with $\frac{1}{4}$ of kinetic sand or rocks.
- Once you finish doing that, add some pretty seashells and some ocean themed charms.
- Next, dye the water light blue or turquoise paint. But don't add too much paint, or else you won't be able to see the shells!
- After that, fill the rest of the jar with the blue water but leave a tiny space.
- Finally, put on the lid and there you have it- a beach in a bottle!



Year 5 PE trip to Barclay Academy! By Ava 5P

Every class went to Barclay Academy on a different day. These are the dates:

On Tuesday 3rd of June, 5P went to Barclay Academy for a PE lesson. On Tuesday 10th of June, 5S went and on Tuesday 17th of June, 5W went. We did many fun athletics activities including, relay which is where you have a baton and you run as fast as you can to the teammate in front of you. We also did step ups, which is where you have a bench and you must step up and down on it as fast as you can. We also did shotput and javelin. Shotput is where you throw a ball as far as you can, and javelin is basically the same but you throw a long, foam stick as far as you can. Lastly, we did hurdles. As you know, hurdles are something metal that you jump over. Here is what some of you said:

Annabel (5S): It was very fun and I liked the long jump even though I got sand in my socks!

Pollie (5P): It was quite fun because all the sections were different.

Kayal (5W): It was really fun because in shot put, we got to just sit down and gossip.

Jolly Jokes	
Why does everyone want to be friends with ice-cream?	Because it's cool!
Why should you bring an umbrella to the ice-cream shop?	In case it sprinkles!
Why did the sun go to school?	To get brighter!
What's an ice-cream's favourite game?	Freeze tag!
Why did the sun not go to college?	Because it already has 1,000,000 degrees!

Almond Hill Advice and Help

I want to go out with my friends but they're on holiday what should I do with my time?

Any suggestions?

Our panel of advisors have looked at your question and have more than one option for you: **(Be sensible, we cannot take responsibility for any action you take).**

Mr. Green: FaceTime them

Miss Ruby: go to the park with better friends who don't ditch you!

Miss Emerald: Go shopping

Miss Brown: go to the park and make new friends.

Miss Lilac: Read a book and watch tv

Miss Teal: Arrange to see your family.

Miss Violet: Go on holiday with yourself.

Mr Violet: Video call them follow them or sneak in their suitcase and fly with them

Mr White: Play in the garden

Miss Yellow: Chill out and play video games or do something outside.

Miss Blue: Talk to your parents because they're used to loneliness!

Miss Light Blue: Find a fun club or event to do.