

# Midsomer Norton Primary School

## News



Issue 6  
Summer Term/Term 6/2022



## Welcome to our School Magazine

### In this issue:

School News – what's been going on?

Places to go and things to do this Summer

Book and Film Reviews

Diary of the Sun

Feel Good Treasure Hunts

Super Summer Quiz – Win a Beachball!

Summer Cookery

Make a Kite

Summer Song Playlist

SUMMER WORD SEARCH AND WORD WHEEL

and lots more!



# SUPER SUMMER

*Alfie Colfer*

## QUIZ

*Will Vale*

### RULES:

- No looking on the internet.
- Write your answer on a piece of paper. Remember to write your name, your year and your class on the top. It will then be announced in assembly. To pass you need 6/6.

Put the answers in the pink box!

The prize is a Beachball!!!!



: What is the most popular ice cream flavour in the UK?

A: Vanilla B: Mint choc chip C: Strawberry

: What is the Queen's favourite ice cream?

A: Cookies N Cream B: Mint choc C: Rich Salted Caramel.

: What is the most popular summer sport in the UK?

A: Football B: Rugby C: Cricket

: What beach is the most popular in the summer in the UK?

A: Fistril Beach B: Weymouth Beach C: West Bay

: What sport is traditionally played on a beach?

A: Beach Rugby B: Beach Volleyball C: Rounders

: What beach has been voted the best beach in the UK?

A: Seaton B: Woolacombe Beach C: Sandbanks







Wipe Out (The Surfaris)



# Summer tunes

Get that summer feeling early!

## Hit it!



1. watermelon sugar (Harry Styles)
2. green green grass (George Ezra)
3. summer of 69 (Bryan Adams)
4. club Tropicana (Wham)
5. here comes the sun (the Beatles)
6. Walking on sunshine (Katrina and the waves)
7. hot hot hot (Carlos santos)
8. mr blue sky (electric light orchestra)



Surfin USA (Beach Boys)



By Elliot Gregory (Mercury)





## Activity Day

By Rosie Matthews (Jupiter)



In year 5 & 6, we had an enjoyable challenge day. Where we did 8 activities and made tents and used trangias to make hot chocolates. Which everyone loved.

Something that everyone got very wet on was called the water challenge, where we had a pipe with lots of holes and we poured a jug of water in there trying to cover up all the gaps. After that we had to run with it to our bucket and pour it in. The team with the most water in the bucket wins.

Some partially harder ones were, the zap line and the spider's web. On the zap line, it was a medium, sturdy line where you had to walk along it with 1 person on each side, or singly one person or on your own! The spider's web was where you had a massive spider's web and you had to climb through it without touching the rope and only 2 people could go through 3 of them.

We also did the number challenge where you had a load of numbers in a big circle up to 20 and we had to take it in turns one by one to flip them all over, while being timed and only one person was allowed in the circle at a time. Some easier ones were welly wanging, bean bag throwing and the pipe race. On the welly wanging you had a welly and you threw it past different colors. Another one was bean bag throwing where you had to throw a bean bag into hula hoops to score points for your team. The last one was the pipe race, where you had 3 pipes and a ball and you had to get it around a bucket and back to your starting place.

That was Year 5&6s activity day!



## Summer events at our school

By Daisy Collins

1. *School fayre where you can get foods such as chips and burgers with ice cream and fizzy drinks, also you can get your hair braided and tattoos, win sweets, martial arts and maypole dancing.*



2. *Year three and four are going to The Newt and year five and six are going to SS Great Britain for the day.*



3. *Day to create which involves making and designing things.*

4. *Sports day on the 8<sup>th</sup> of July.*

5. Year five and six are going on a walk to Radstock park for the day.



6. Shuffle up day on the 7<sup>th</sup> July where year 6 will be at their secondary schools.



7. Year six Annie performance.





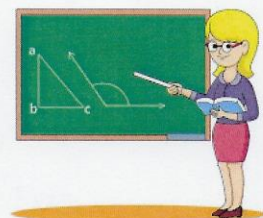
# 2022 Year 6 Leavers

As we bid a fond farewell to our Year 6 Leavers this July, we thought it would be fun to predict their futures.

The person most likely to ....

become a music teacher  
become a hairdresser  
become a dance teacher  
become a Minecraft streamer  
become a human rights campaigner  
play with the Harlem Globetrotters  
become a police officer  
play netball for Great Britain  
design a new aircraft  
become a published author  
become a palaeontologist  
become an entertainer on a cruise ship  
become a professional footballer  
become a referee in football  
become an Olympic swimmer  
win Mastermind  
become a PE teacher  
become an MP (or even PM!)  
win a gold medal for athletics  
play football for England  
qualify as a Doctor (GP)  
win a series of The Voice  
become a comedy actor  
become a fabulous teacher  
invent a new Pokémon  
launch a beauty product range  
become a librarian  
become a celebrity hairdresser  
become a YouTube blogger  
become a graphic-designer  
win a series of Strictly Come Dancing

Leah B  
Sinead B  
Tulisha B  
Bella B  
Georgia C  
Charlie C  
Kyle C  
Daisy C  
Jamie C  
Isaac C  
Max D  
William D  
Isaac E  
Jack E  
Lyra-Leigh G  
Kai H  
Toby H  
Bailey H  
Immy I  
Ellie J  
Marianthe K  
Sophie M  
Summer M-K  
Rosie M  
Max McC  
Zoe McK  
Ellie McK  
Ashton M  
Skye M  
Maddie M  
Amber N





become a gymnastics coach  
 become an Oscar-winning actress  
 become an aircraft pilot  
 write a TV comedy series  
 become an Oscar-winning actor  
 become a nursery practitioner  
 host a gameshow on TV  
 visit space or discover a new planet  
 become a stand-up comedian  
 become a super model  
 become an illustrator  
 become a magazine fashion editor  
 jockey a Grand National winner  
 own a zoo  
 become a professional motor cross rider  
 become an Olympic gymnast  
 become an orchestra conductor  
 win a series of Bake Off or  
 become a professional golfer

Isabella N  
 Jecaela O  
 Stanley P  
 Lena P  
 Harry P  
 Daisy R  
 Logan R  
 Callum R  
 Harvey S  
 Angel S  
 Charlie S  
 Charlotte S  
 Emily T  
 Jazzy T  
 Kylan T  
 Freya W  
 Bradley W  
  
 Maisie D



# GRATITUDE NATURE SCAVENGER HUNT

LOOK FOR SOMETHING IN NATURE THAT...

- ☐ MAKES YOU SMILE
- ☐ IS YOUR FAVORITE COLOR
- ☐ WOULD MAKE A FRIEND HAPPY
- ☐ MAKES A PRETTY SOUND
- ☐ YOU ARE THANKFUL FOR
- ☐ IS FUN TO PLAY WITH
- ☐ SMELLS LOVELY
- ☐ IS INTERESTING TO LOOK AT
- ☐ FEELS SOFT TO TOUCH
- ☐ IS FUN TO CLIMB ON
- ☐ YOU WOULD LIKE TO DRAW A PICTURE OF
- ☐ CAN BE USED TO BUILD WITH
- ☐ IS FUN TO WATCH MOVE AROUND
- ☐ IS BEAUTIFUL
- ☐ YOU COULD USE TO MAKE A HEART SHAPE
- ☐ IS THE PERFECT RESTING SPOT

ALLNATURALADVENTURES.COM



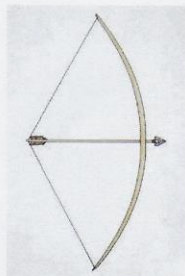
# Year 5 and 6 School Camp

by Tulisha, Olivia, Maisie and Elliot (Earth and Mercury)

On Wednesday 22nd June, year five and six (if they wanted to) could go on school camp! We went to Great Wood in the Quantock Hills - in Bridgewater. We had lots of lovely staff members- most of our favourite was Patrick also known as King Patrick.



On Wednesday we were put into lots of different teams and did different things. In Mrs Lockyear's group, we did duck racing and dam building. In Mrs Ross's group they did one match which was lighting a fire with one match after going up into one of the forests to see who can collect more sticks and things for their team fire. But we also did archery. Mrs Cook's group did archery and then night line where we got blindfolded and put a helmet on and went around across rivers and a forest and clambering through a



tunnel while they get you as dirty and wet as they can while you have no clue what was happening. In the evening we did a jumblee as teams trying to beat other teams.



## Cabins

The camp cabins were amazing, we all loved them and

we all were at least with one friend. Some of us had to sleep in teacher's cabins, but some didn't. There were two rooms with bunk beds in but also a spear staff room if you weren't in a cabin with a teacher.

## Food

The food at Great Wood was amazing. The first night we had the option of a jacket potato or sweet and sour chicken (they even had gluten free and vegetarian options). The next morning you could have either cereal or a cooked breakfast or both. You then got to order your lunch and you could choose out of what sandwich options they have. After you ate your lunch you would order your dinner. The second night we had pasta but if you didn't want or like pasta you could have half of a jacket potato and two sausages. And





then the same thing would happen for the next day apart from the dinner as we then left. This food was AMAZING!!!!

### Cake Time!!

After a free play time, we all got to go up and get juice and a piece of cake and then go to whatever bench to sit down and chat to your friends about cabins or whatever. Each night, there are different options on cake and juice. For the juice/squash we got summer fruits or orange.



### Conclusion

We all had so much fun at camp. And we hope that the future classes of Midsomer Norton Primary School will have as much fun as we did!

William Vale (Uranus)

Through the years of Glastonbury Festival loads of different musicians have performed on the Pyramid, Avalon, John Peel and other stage. Making it music in heaven with amazing food stands and loads more brilliant fun!

### Headliners:

Paul McCartney  
Billie Eilish  
Kendrick  
Lamar  
Years and Years  
Elbow  
And tons more



### How to plan the perfect summer party

By Ffion Gunton (Uranus)

1. Find bunting it doesn't matter what colour bunting you find because you can draw the sun or the beach on it
2. Balloons. You can find these in Hollies, the shops that also sells fidget opposite Sainsburys, or from Amazon.

3. Paddling pool. You can find them on Amazon or in The Entertainer.

4. Water balloons. You can find them in Hollies, Amazon and The Entertainer.

5. Slip N Slide. This is not necessary but if you would like or you can buy this from Amazon or occasionally the Entertainer.

6. Fun. The last thing that you need is free! All you need to do is have fun!





# Fruit Salad

By Maisie Dezis (Earth)

If you are looking to have the perfect summer picnic with the best fruit salad and the best of refreshments, then look right here!



## Ingredients:

- 2 kiwi
- 1 mango
- 150g pineapple
- 100g grapes
- 400g mixed berries, we used strawberries, raspberries and blackberries
- 1 large orange
- 2 tsp honey (optional)

## Method:

### • STEP 1

Prepare the fruit with a small serrated knife. Cut the top and bottom off the kiwi, stand it up on one of its flat surfaces and cut away the skin, keeping the knife as close to the skin as possible. Slice in half, following the core through the centre, then cut each half into slices. Put in a bowl and repeat with the other kiwi.

•

### • STEP 2

- Carefully cut the skin off the mango and slice off each cheek, running your knife as close to the stone as you can. Cut each piece into slices. Remove any remaining fruit from the stone in long thin slices. Add the mango to the kiwi.

•

### • **STEP 3**

Top and tail the pineapple, then in a similar way to the kiwi, cut away the skin. Use your knife to go around the pineapple, taking out the divots or eyes, two to three at a time, you'll be left with a spiral pattern weaving around the outside of the fruit. Take off a circular slice, roughly 150g, quarter, remove the core then cut into chunks. Add to the bowl.

•

### • **STEP 4**

- Halve the grapes and add to the rest of the fruit along with the berries, you may want to slice or halve strawberries if they're large. Remove the peel from the orange using the same method as the kiwi and pineapple. Holding the orange over the bowl of fruit, remove the orange segments by carefully cutting between the membrane and the fruit. The pieces should fall out into the bowl along with any juice. Squeeze the membrane over the fruit to extract the juice, add a drizzle of honey, if you like. Mix everything together and leave in the fridge to macerate for 30 mins, if you have time.

•

## • **Homemade Raspberry Lemonade**



### **Ingredients:**

- 3 unwaxed lemons, roughly chopped
- 200g (7oz) fresh or frozen raspberries, plus extra to garnish
- 125g caster sugar
- sparkling or still water, to serve

### **Method**

1. Put the lemons, raspberries and sugar in a blender with 400ml (14fl oz) water.
2. Blitz until finely chopped, then push through a sieve, pressing hard to squeeze as much liquid through as possible.
3. Serve 1 part raspberry lemonade diluted with 2 parts sparkling or still water, plenty of ice and a few extra raspberries to garnish.



## Marvellous Mars!

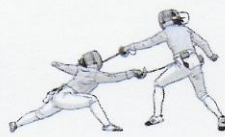
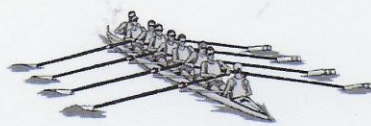
Mars Class have been recounting a recent trip they made to the University of Bath.

when I went to Bath university I had  
lots of fun playing Basket Ball, tennis and  
making medals. After lunch we  
played lots of games and some  
after that we all had a big foot ball  
And went home. By myla

When I am older I  
want to go to University.





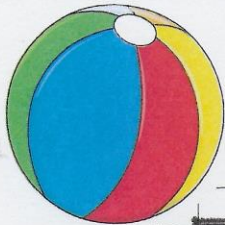


We went to team Bath. We <sup>at the University</sup> ~~next~~ <sup>did</sup> ~~down~~  
three ~~active~~ activity at team bath  
one was tennis ~~over~~ other one  
was drawing and <sup>own</sup> ~~over~~ medal and  
the last one <sup>was</sup> football skills  
then had are lunch then  
We saw big gym <sup>and</sup> ~~has~~ lots of  
people who were exisien I  
felt really happy in the University  
Then we travelld back to  
School, Then we went home  
and had a big relax and  
then we played a lassie game  
call akros the river and  
We had lots of the end. <sup>Fun at</sup> Team bath



twinkl.co.uk





Summer word search By  
Tulisha B  
(Earth)

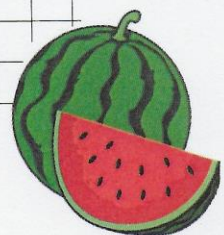


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u	e	d	u	L	g	L	a	P	k	b	x	h	k	P	o	b	e	a	c	h	C

Watermelon  
beachball  
beach  
Sunset

Seaside  
Sunshine  
Ice cream  
Swimmingpool

Sunbathe  
Sunglasses  
barbecue  
Vacation





# Gratitude Treasure Hunt

Explore your surroundings and find things you're grateful for. How do they make you feel?



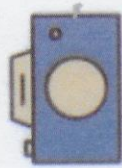
☐ Something that makes you smile



☐ Find someone that makes you happy



☐ Find something beautiful



☐ Find something that reminds you of a good memory



☐ Find something that represents you



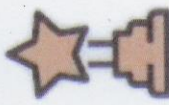
☐ Find something that reminds you of a loved one



☐ Find something that makes you feel safe



☐ Find something you are grateful for



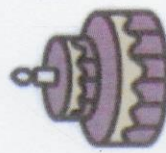
☐ Find something that is unique to you



☐ Find something that makes you feel calm



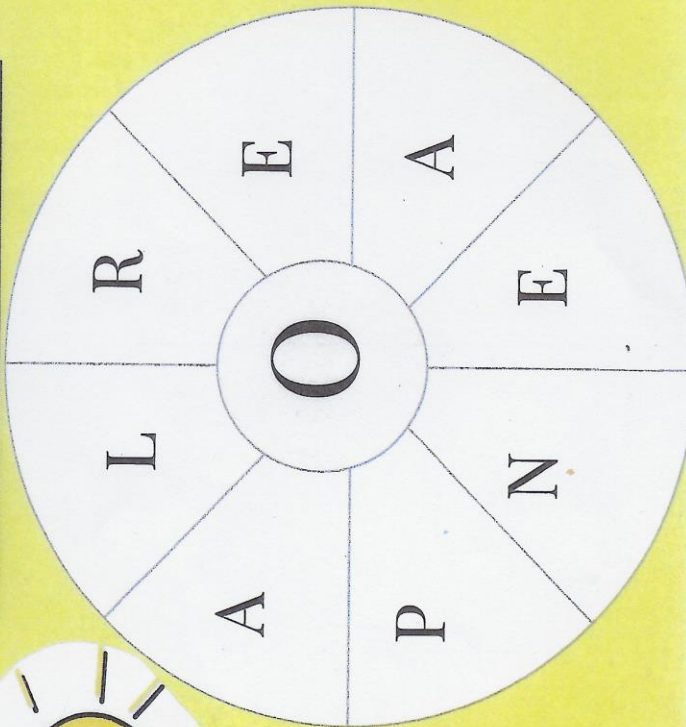
☐ Find something you love in nature



☐ Find something you can share with someone else



## Summer Word Wheel



How many words of 3 or more letters can you make out of these 9 letters?

Each word must contain the letter in the middle of the Word Wheel (O) and you can only use each letter once in each word.

**Answers inside the back cover!**

**Can you find the 9 letter word?**



# !All About Golf!

By Maisie Dezis

If you want to learn about golf then you have come to the right magazine. I, Maisie, play golf myself.

Now I expect that you are wondering "What is golf?". Well I am here to answer your questions!

Golf is a fun but confusing sport. In one golf bag you have 14 golf clubs but when you are young you don't always have to have 14 golf clubs but it depends on what set of golf clubs your parents give you if you want to play. Now in golf you can get a par which means that on a hole you

could get a score of 5 and that hole could be a par five which means you stay level. You can also get a birdie, eagle, bogey, double bogey and a triple bogey. Now you might think that when I say bogey it means one from your nose but NO it is something worse!! It is over a par on a hole which is not good. Then a birdie or eagle is under a par on a hole. This *is* good! In a competition you can play 18/36 or more holes.

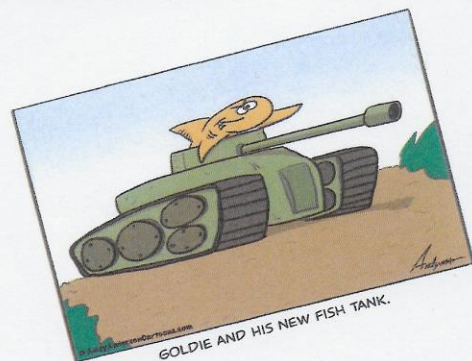
Now you might know my older sister Frankie plays golf as well as my other sister Libbie and both of them are amazing!!



One eye says to the other eye,  
"There are several meters between us."



Two fish are in a tank.  
One fish says to the other,  
"How do you drive this thing?"





**Beach safety**  
**By Daisy Collins**



1. *Go to a life guarded beach, as this will give you and your family more protection from things such as drowning, currents etc. Highly trained life guards will be able to spot if you are in danger and come to help, and can also spot and prevent a disaster before it happens (as this is part of their training).*
2. *Call 911 if you are in the UK or 112 if you are in Ireland and ask for the coast guard in an emergency. When going near or in the water bring a phone that you can call for help with if you or someone else are in danger.*
3. *Flags are how you know where to swim if you are at a life guarded beach. If you are swimming you need to stay between the red and yellow flags, if you are going Surfing, Stand-up paddle boards or other non-powered crafts you need to stay between the chequered black and white flags, you should not swim in between these flags. If the red flag is flying, the water will be dangerous. Do not enter the water as it is dangerous.*
4. *If you are struggling in the water or fall in you need to float, by going on your back and putting your arms and legs out, like a star fish, once you have controlled your breathing call for help or swim to safety.*



# NIGHT AT THE MUSEUM

By Amelia and Jasper [Neptune Class]

Night at the Museum is a good movie to watch in the summer.

We recommend to watch it at night get under the soft warm blanket and get a fan and a few snacks and maybe open a window because it will be really hot!

Night at the Museum is a 2006 fantasy comedy film directed by Shawn Levy and written by Robert Ben Garant and Thomas Lennon. It is based on the 1993 children's book of the same name by Croatian illustrator Milan Trenc.



P.S.: maybe bring some popcorn

## SUMMER

By Olivia Merko (Earth Class)



Sparkling sunshine on a clear blue sky

Unpack a picnic hamper

Make a sandcastle or a sticky mud pie

Minibeasts scurry and scamper

Everyone is enjoying this warm, sunny day

Relax, have fun, it's summer, hooray!







# MEMORY MAKERS' WALK

Support Winston's Wish by taking part in the Memory Makers' Walk, a 3km family-friendly sponsored walk through the enchanting Leigh Woods. The story of Mark Lemon's *The Magical Wood* will be acted out along the way, bringing to life this story about loss, friendship and hope.

**Sunday 17 July 2022**  
**10am - 3pm**  
**Leigh Court, Bristol**

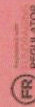
A unique occasion for family and friends to come together to cherish memories of loved ones who have died, while offering the space to create new memories on a magical trail full of wonder and hope.

Registration fee: £10 per adult,  
£5 for 10-18 yr olds, free for under-10s

[winstonswish/memory-makers-walk](http://winstonswish/memory-makers-walk)



**WINSTON'S WISH WW** **30 YEARS**  
Giving hope to grieving children



Winston's Wish is a Registered Charity (England and Wales: 1063359, Scotland: SC041140)

## Diary of the Sun

By Olivia Merko (Earth Class)



Dear Diary,

16th August 2022

It's great being the world's favourite weather, but it gets a bit tiring having to be out all day so sometimes I let the rain take over. I have such a glamorous life up here - being praised by the ants below. I am so amazing that they have to wear special glasses to look at me! My arch enemy - clouds - are always trying to ruin my day. I know they are only doing this because they're jealous. Luckily, at night time I can go to bed because my best friend, Luna, comes out and switches off the lights so I can get my beauty sleep. Oh and here she comes now - night night.

Yours truly,

*Sunshine*



# *How to make a kite 4 easy steps!*

*What you need: Paper, Pens, Sticks or Straws, Scissors, Tape, String*

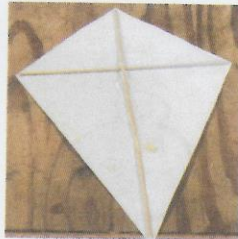
1. *Draw a kite shape on your paper like the picture and cut it out.*



2. *Decorate one side of your paper with any design you like.*



3. *Get your sticks/straws and make a cross like the picture and stick to the back of the paper.*



4. *Attach another stick to a long piece of string and stick the string to the bottom of your kite.*

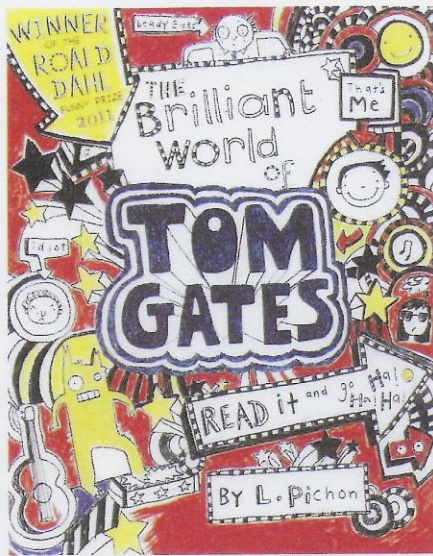


**Go fly your kite!**  
By Elliot Gregory (Mercury)



## Tom Gates Book Review

by Stanley Pack (Mercury).



Tom Gates is a book series about a boy called Tom. He is in a band called Dogzombies with his best mates Derek Fingle and Norman Watson. He loves to doodle, annoy his weird sister Delia (who's probably not even human) and eat caramel wafers, sometimes at the same time. Tom's mum and dad are super embarrassing. At school, he sits next to Amy Porter and Marcus Meldrew. He's lucky he sits next to Amy because she is nice and funny (and really smart so Tom can sneakily glance over without her noticing) but unlucky he sits next to Marcus because he is really smug, nosey, annoying and gets out of trouble by blaming Tom. Example, he got Tom kicked out of choir practice by falling on the ground and saying he pushed him!

There is a lot more I could tell you, but you could read the book over the summer.





# TOP TEN PLACES YOU SHOULD VISIT THIS SUMMER

By William L (Uranus)

- 1) Midsomer Norton Town Park
- 2) Staddlestones Playpark
- 3) Silver Street Sttion and Nature Reserve
- 4) Midsomer Norton Skate Park



- 5) Tom Huyton Playpark in Radstock
- 6) Shakespeare Road Playpark in Westfield
- 7) Spencer Drive Playpark
- 8) Springfield Park Play space
- 9) Alice Park in Bath
- 10) Green Park Playground in Bath

## 5 things you can do in the summer

You can go to a beach hotel



You can go to another country



You can eat some ice cream



[Amelia] [Neptune]

You can sun tan in the sunshine



You can go to the zoo/farm



Here is a smiley face for you





# Mallard

by Alfie Colfer (Uranus)

Mallard is an A4 class locomotive designed by Sir Nigel Gresley. The A4s were built to power high-speed trains in the late 1930s, and their shape was honed in a wind tunnel to help them cut through the air as cleanly as possible—making speeds of **120mph and above** possible.

Mallard, the world's fastest steam locomotive, received a prestigious **Engineering Heritage Award** from the Institution of Mechanical Engineers on Friday 5 April. The date marked the anniversary of the death of the locomotive's designer and past

president of the Institution Sir Nigel

Gresley. Loco weight: 102.95 long tons (104.6 t; 115.3 s...

Loco brake: Steam

Total weight: 165 long tons (167.6 t; 184.8 short ...

Driver dia: 6 ft 8 in (2.032 m)



Mallard covered almost one and a half million miles (2.4 million km) before it was retired in 1963. The locomotive is 70 ft (21 m) long and weighs 165 tons, including the tender. It is painted LNER garter blue with red wheels and steel rims.

## Let No One Steal Your Dreams

AS SCHOLASTIC

Literacy 11  
Online

Let no one steal your dreams

Let no one tear apart

The burning of ambition

That fires the drive inside your heart.

Let no one steal your dreams

Let no one tell you that you can't

Let no one hold you back

Let no one tell you that you won't.

Set your sights and keep them fixed

Set your sights on high

Let no one steal your dreams

Your only limit is the sky.

Let no one steal your dreams

Follow your heart

Follow your soul

For only when you follow them

Will you feel truly whole.

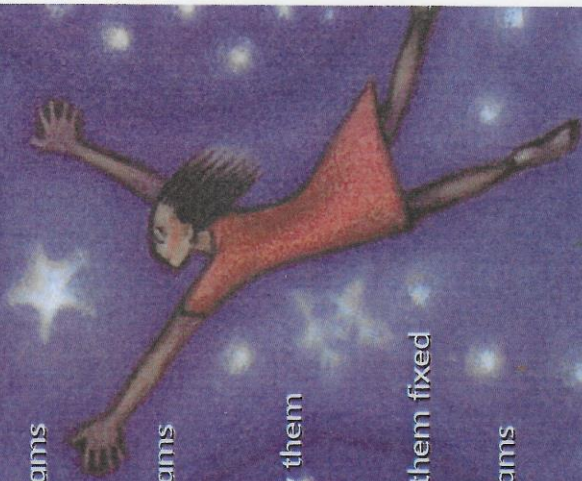
Set your sights and keep them fixed

Set your sights on high

Let no one steal your dreams

Your only limit is the sky.

Paul Cookson





Look after your wellbeing this summer - choose one, two or three activities to complete each week and tick them off as you go! Share your favourite activities on social media and tag @ThriveApproach in your post.



## 1. Nature week

Make a bird feeder. Find a toilet roll tube and cover it in peanut butter\*. Roll it in bird seed until covered, and then thread a piece of string through the tube and tie a knot. It's ready to go! Hang where birds can enjoy, and you can watch them.

Use the Thrive Rainbow colour hunt and take it outside to a beach, park or your garden. Draw, write or even collect what you find.

Have a digital detox and plan a day out somewhere new to you. Your plan could include how you get there, what to take for lunch, any items you might need (walking boots for a hike, or towels for the beach). Once you've planned it, invite your friends and family.



## 2. Mindfulness week

Enjoy time outside and take note of what surrounds you. Notice the sounds, smells, colours and textures. How does your body feel when you are walking? Try describing this to who you are with.

Take time eating your food and appreciate the taste, texture and smell of what you're eating.

Take photos throughout the day of things you are grateful for - they can be big or small. Reflect on your pictures at the end of the day. You could ask friends and family to do the challenge too and share your pictures with each other.



Let's help every child

**thrive**

Thrive's

# 6 weeks of summer

## 3. Music week

Have a game of musical statues or musical bumps!

Make your own musical instrument. It could be a replica of a real instrument or one of your own imagination! Use items such as boxes, elastic bands, tubes, beads and string and have fun!

Create a playlist of your favourite songs. They could be songs that remind you of people, holidays, events or just songs you really like. Why not create different playlists; one for fun and dancing, one for relaxing and one for motivation.



## 4. Art week

Make your own paintbrushes by collecting sticks, grass, leaves and petals. Attach the grass, leaves or petals to the stick with string and away you go! Explore the different patterns and textures the paintbrushes can create.

Recreate the cover of your favourite book. Use anything from crayons to modelling clay and have some fun. Think about why this book is so special to you.

Make a tin foil sculpture. Set a time limit of 1 hour and see what you come up with. Why not invite friends and family to make their own sculptures too!



## 5. Sports week

Set up an obstacle course; you could jump over pillows, do a hopscotch, crawl through a tunnel or balance a ball on a racket. Or, visit a local park and use the equipment there to plan out your course.

Create your own sports day and invite friends to join in the fun. Plan sports with items you already have: balloon tennis, pillowcase race, hula hooping or mark out a long jump. Any activity that you enjoy! You could make certificates for your friends that join in.



Set yourself a target of achieving a daily step goal. See if you can beat your previous day's goal. Why not get your friends and family to join in and encourage each other to get those steps in.

## 6. Kindness week

Find a rock or stone and paint it with a happy message. On your next walk, leave it somewhere for someone else to find and re-hide to pass on the positive message!

Create a kindness jar; find a jar (or box or bag!), paper and pencil. When you do something nice, or someone does something nice for you, write it down and add it to the jar. When it's full, take all the pieces of paper out and enjoy reading all the acts of kindness you've shared in.

Offer to do a chore for a family member, friend or neighbour who might need some extra help.



Yay, you've completed Thrive's 6 weeks of summer! Celebrate by downloading your certificate from [thriveapproach.com/resources](https://thriveapproach.com/resources)

\*Or a peanut butter alternative if you have a nut allergy  
\*\*Available from 23 August  
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## SUMMER WORD WHEEL ANSWERS

The 9-letter word is AEROPLANE

aeon  
elope  
lone  
nor  
oner  
opener  
parol  
pole  
proa  
role

aloe  
eon  
loner  
oar  
opal  
oral  
parole  
pore  
prole  
rope

alone  
loan  
lope  
ole  
ope  
ore  
pol  
porn  
prone

apron  
lop  
lore  
one  
open  
paeon  
polar  
pro  
roan



We hope you enjoyed reading this issue of MNPS News as much as we have enjoyed producing it.

**We hope you enjoy a wonderful summer break and get to have fun in the sun!**



**What do you want to see in future issues of MNPS News?**

**WE NEED YOUR HELP!**

Please don't forget, you can place any jokes, riddles, ideas, short stories, reviews, features, pictures, recipes, craft ideas...anything really into the box in the library.



Many thanks to:

All the contributors, staff and children for their brilliant ideas and input.

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