ST JAMES
Preparatory School

4N Newsletter: Summer Term, Week 5

This week in 4N…

It has been lovely being back at school and reflecting on our wonderful trip to Mendip Activity Centre last week. The children wrote some diary entries and enjoyed looking through the photos of our trip. I was so impressed with how sensible and grown-up the children were on their week away and proud to see how they challenged themselves to take on climbing, paddle-boarding and many other things. I will share a link for you to view these photos on Class Dojo.

We have also continued our Science work on eating and digestion this week, focusing on food chains and the diets of different animals. In History we have been creating posters connected to the Windrush Generation, learning about the history of immigration from the Caribbean to the UK. The children have been very curious and engaged.

Ms. Foster and I have been fitting in as much Maths as we can manage, moving quickly through our topic on Decimals and starting work on Shape soon. We were so impressed with the results that the children achieved in the Junior Maths Challenge – several children achieved certificates, working on Year 8 level mathematical problems. Well done!

Games has been enjoyable as we prepare for Sports Day in June, working through track and field events. This week we focused on 400m, sprints, high jump and long jump. It was very warm and the children persisted through the heat admirably! You can see some pictures below.

The children are taking part in a charity event next week to raise money for a partner school in Africa and they have chosen to hold an art and craft sale. Homework this weekend will be to prepare for this – origami, small pictures or drawings would be great. This sale will be held next Friday 23rd May.

Have a great weekend,

Mr Norris

Games was very enjoyable in the sun this week!

Here are some more pictures of our wonderful Mendip trip.

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Things to remember

- Please remember that we have a visiting author on 21st May – children can order books and details can be found on Class Dojo.

- You are invited to come and join us for a 'family lunchtime' in the Refectory next week (either Tuesday 20th May or Thursday 22nd May) so that you can experience what lunchtime is like at St James and sample our delicious food. You can book for your preferred day via SchoolCloud.

- Parent Teacher Interviews for Year 4 will take place on Wednesday 11th June. Please book your appointment on SchoolCloud.

- We are pleased to announce that our Year 3 and Year 4 pupils will have the opportunity to take part in the First Maths Challenge this term. This national challenge provides an excellent introduction to the more advanced Primary Maths Challenge, which pupils can participate in during Year 5 and Year 6. The challenge will take place between Monday 16th June and Friday 27th June. Although participation is voluntary, we strongly encourage all pupils to take part, as it offers a valuable opportunity to develop problem-solving skills and mathematical thinking.

  To prepare, we highly recommend that pupils have a go at the past papers available on the official website: First Maths Challenge Past Papers.

  All children who participate will receive a certificate in recognition of their effort and enthusiasm.

- Mrs Wyatt has asked me to remind you that children are expected to wear summer school uniform every day except Tuesday. Children will be given time to change for clubs at the end of the day. All children with long hair (below the collar) should also tie it up.

- As the weather gets warmer, can all children bring a water bottle and ensure that they have a hat and wear sun cream as appropriate.

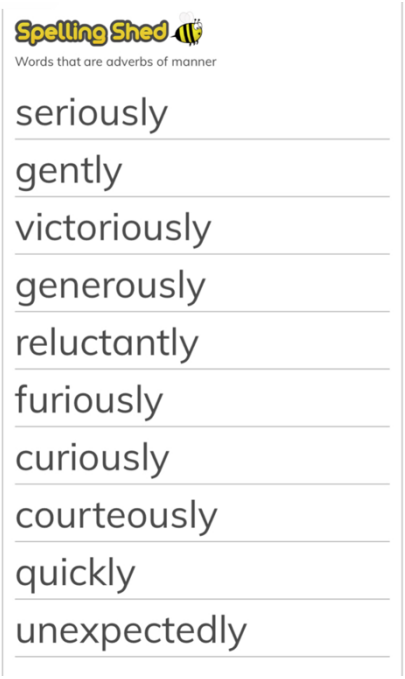
- You can find the most recent cooking recipe below and on Class Dojo.
- There will be a Book Look for all classes on Wednesday 4th June at 8am

Year 4 Homework Timetable 24 – 25 (~30-40 minutes every day)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spelling 20 min	English 30 min	VR / NVR 20 min	Maths 30 min	Comprehension/ Writing 30 min
TTRS 10 min	Sanskrit 15 min	TTRS 10 min	Sanskrit 15 min	Oxford Reading Buddy 10 min

Children need to read their scheme reader book every night and log this in their reading record.

Spelling words for the test on Monday 19th May –



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A Beautiful Bowl

Brown rice, seasonal veggies and a carrot & miso dressing

Makes 2 bowls

In winter we tend to eat heavier food as our human survival instinct
is telling us to keep warm (ie with fat on our body) through the cold months.
But now it's Spring and we embrace all the goodness that comes with this new season,
new growth and new-trition and get back in shape!

Ingredients:

100g brown basmati rice
50g/6 asparagus spears, cut into 5cm batons
3-4 leaves (60g) Spring greens, sliced into
3cm thick ribbons
2 tablespoons sunflower seeds
1 tablespoon soya sauce
2 eggs

<u>To Finish:</u>
50g cucumber, sliced
1 spring onion, sliced
Handful Coriander, very roughly chopped
Sliced green chilli (optional but encouraged!)

<u>For the Dressing:</u>
Half a thumb (20g) ginger, chopped
30g piece of carrot, grated on the big holes
½ tablespoon white miso
1 ½ tablespoon rice wine vinegar
½ tablespoon soya sce
3 tablespoon veg/plain oil

Method:

1. Soak the rice in plenty of cold water for an hour, then drain it.

2. Find two beautiful bowls that you want to serve into and put to one side.

3. Put the drained rice in a pan with a chef's pinch of salt and cover with water up to the first joint in your finger.

4. Bring to a simmer, cover then turn down to lowest heat for 20 mins.

5. Turn it off - don't lift the lid and leave to steam for another 20 minutes, then fluff with a fork and pop the lid on again.

6. Meanwhile make the dressing by putting all the ingredients in the food processor and whizz till emulsified.

7. Heat a sauté pan with a good splash of oil and once hot add the spring greens.

8. Stir fry for a couple of minutes, keeping it constantly moving with tongs then add the asparagus and seeds and continue to stir fry for another couple of minutes until the veg is cooked but still super-crunchy.

9. Stir in the soya sauce, give it one last stir then tip into a bowl and put aside.

10. Add another splash of oil then crack in the egg. Immediately scramble it with a fork as you combine with another splash of soya sauce and in just a minute or two once it's cooked turn it off.

11. Share the rice between your two beautiful bowls, then use tongs to make a pretty pile of veggies to one side.

12. Spoon the scrambled egg in another pile and spread the cucumber slices out prettily.

13. Finish with splashes of the dressing all over, and lastly the spring onion, coriander and green chilli.