



The Winterbourne Shield

- 1 Fitness at WJGS
- 2 Y3's amazing aquarium
- 3 Women's Day
- 4 Women's Day wordsearch
- 5 Y4 go to Kidzania
- 6 Stephen Hawking
- 7 St Patrick's Day
- 8 Super Healthy smoothies

Our school is a healthy school and we love it!

At Winterbourne Girls', we do lots of sports so that we are all healthy and fit...



Have you done your Daily Mile today?

We have a Daily Mile for every year group which takes place at lunch time everyday. Each year group has its own time to do it. To complete your daily mile, you can run, skip, hoola hoop, zumba, scoot or use other gym equipment to get around the playground. Scooting around the daily mile is particularly popular– we have school scooters that you can use (although you must share these and wait your turn) or you can bring your own. Have fun, but remember to follow the track!



P.E and Real P.E:

We have a weekly lesson with our coach called Miss Heather from the company called "Sport active". In these lessons, she teaches us the skills necessary to take part in various sports.

Real P.E is with our class teachers. It is all about learning skills that will help keep our bodies and minds active and healthy.

Walk to school if you can:

We encourage people to walk to school instead of coming to school by car. But even if you have to use the car or a bus, try to make sure you are getting out of the vehicle a few streets away– walking keeps us healthy and fit.

And you can even earn a badge for it every term!



Y3's Amazing Aquarium



Feeling stressed?

Watching an aquarium for a few minutes every day will help you to feel calmer. A well looked after fish tank with healthy ,colourful fish can take your mind off your worries.

Anxiety naturally decreases (goes away) when you watch these amazing creatures swimming, feeding and playing. It actually has a similar effect to hypnosis, as it demands your attention and you tend to forget the worries that overwhelm you.

See www.curejoy.com for more information

According to many studies, including one done by BBC News, spending time watching fish in an aquarium improves people's mood and causes a "significant" reduction in their heart rates and blood pressure (The lower your heart rate and blood pressure, the more relaxed you are).

Our aquarium was bought in the spring term. Mrs Hibbs told us that it was purchased so Year 3 could have the experience of looking after animals which teaches children responsibility. She said they have watched videos to help them understand their responsibilities and learned about the fishes' habitat in Science.



International Women's Day is a celebration for women all across the world. This day commemorates the accomplishments and achievements of females. As this is a girls' school, we celebrated it by reading a book based on inspirational women- thereby also celebrating World Book Day. The school's debate club have presented a brilliant assembly to the school and their parents due to this occasion.

We had an inspiring assembly presented by the debate club on the 8th of march .The group informed everyone about different women from different cultures, backgrounds and race. At the start of the presentation, the girls acknowledged the female inspirations who have passed away and later on displayed women who are still working to bring about change.

Many students participated in the assembly after practicing for many weeks in their free-time. Furthermore, some members from the younger years participated in the assembly and were excellent.

Many emotional poems were read and many parents and staff were moved to tears. Some of the women that were mentioned in the assembly were : Eva Peron, Rosa Parks, Dorothy Hodgkin, J.K Rowling, Maya Angelou, Princess Diana, Winnie Harlow, Harriet Tubman, Mother Teresa and many more.



Year 4's trip to Kidzania

Choo! Choo! goes the train! Year 4 went to Kidzania and had a fun and educational time. The trip gave them an experience that will help them in their careers– whatever they choose to do.



There was a variety of jobs that they could do to earn money to spend in Kidzania town.

We spoke to some of the girls who went on the trip and they told us that Kidzania was not very far away : it only took them about 45 minutes to reach it and they travelled there on the over-ground train.

The wide variety of jobs includes..

Air Conditioning, animation studio, Aviation Academy, bank, burger shop, Chocolate factory, City tour bus, Cleaning Company ,Dance club, Dentist, Fashion recycling company, Estate Agency, Fashion Studio, fire and rescue unit , Fruit and nut bar Makery, Hospital and A&E, Hotel, Medical Courier services, Newspaper, Pet Wellbeing Centre, Police department, radio station, Smoothie kitchen, Supermarket, TV Studio, Wrap Factory.

We asked the girls which of the jobs they preferred . The Dance club proved to be popular, as did the hospital. But they said that Kidzania is so popular with schools, that they found that some careers and workshops were so busy they were hard to get into. So ,they told us that they would definitely try out more jobs if they got the chance to go again .



Who was STEPHEN HAWKING?



Stephen William Hawking was a brilliant English scientist: theoretical physicist, cosmologist- which means he studied the space and the universe. When he was at university (he was 21 years old), he was diagnosed with Lou Gehrig's Disease (Amyotrophic Lateral Sclerosis or ALS), which is usually fatal after three years. But Hawking survived it for 55 years, learning and discovering amazing things for the benefit of all humans. He wrote books about what he had learned.

The Professor was famous for his discovery of black holes that were at the beginning, theoretical (that means they were an idea not supported by evidence). Dr Hawking is best known for his discovery that black holes emit radiation which can be detected by special instrumentation. His discovery has made the detailed study of black holes possible.

What is a black hole?

Have you ever had to vacuum your bedroom? When you do, watch closely because you will see the dirt and crumbs start to move towards the vacuum cleaner. A black hole is similar to a vacuum cleaner, cleaning up debris left behind in outer space.

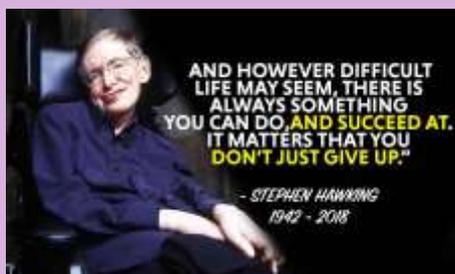
However, it is not suction power that makes things fall into a black hole. Suction would not be strong enough. Instead, a black hole uses the power of gravity to pull things towards it.

The gravitational pull of the region is so great that nothing can escape - not even light!

For more information visit: http://www.kidsastronomy.com/black_hole.htm



Sadly, Stephen Hawking died on the 14 March 2018.



Did you know? Stephen Hawking guest-starred, as himself, on "The Big Bang Theory," "Star Trek: The Next Generation" and "The Simpsons."



ST. PATRICK'S DAY

St. Patrick's day is an annual celebration acknowledging the death of Saint Patrick (the patron saint of Ireland 385-461 AD). Many people celebrate this day as a joyous occasion and have festivals according to this day.

St. Patrick's Day has evolved into a day of celebrating Irish culture with parades, music, dancing, special foods, and of course, a lot of green.



Google search St. Patrick's day. doodle



One St Patrick's Day tradition is that those who wear green can not be pinched by another not wearing green'.

who

But, in fact, Saint Patrick didn't wear green! His colour was "Saint Patrick's blue." The colour green became associated with St. Patrick's Day after it was linked to the Irish independence movement in the late 18th century.



Why not try one of these delicious smoothie recipes– remember to get help when using a blender...

Simple Smoothie Recipes

Strawberry Banana Smoothie

- 1 cup frozen strawberries
- 2 cups orange juice
- 1 banana, cut in pieces
- ½ cup milk
- 2 tablespoons sugar

Add ingredients together in blender and blend until smooth.

Blueberry Fruit Smoothie

- Carton of blueberry yogurt
 - 1 Cup of milk
 - 1 Cup frozen or fresh blueberries, strawberries or peaches
 - ½ cup ice cubes
- Add all together in blender and blend until smooth.

Tofu Smoothie

For an extra healthy smoothie recipe try adding tofu.

- ½ Cup tofu
 - 1 banana or 1 peach
 - 2 Cups fruit juice, whichever you would like
 - 8 oz. crushed pineapple, with juice
 - 1/2 cup ice cubes
- Substitute banana or pineapple for a different type of fruit if you would like and experiment with different juices. Add ingredients to blender and blend until smooth.

Recipes from www.kids-cooking-activities.com



Healthy Orange Smoothie

- 1 orange peeled and separated
 - ¾ cup sliced peaches (if canned use juice also)
 - 1 cup orange yogurt
 - ½ cup ice cubes
- Blend in blender until smooth. Substitute peaches with different fruit such as banana or a can of mandarin oranges, if desired.

This term, Year 4 have learned about how to take care of their teeth. The fruit in smoothies is really good for you– but because fruit has lots of sugar or acid in it, you must protect your teeth when drinking them:

Tips:

- Use a straw if possible (this stops the smoothie from covering your teeth)
- Drink it quickly– so don't put too much in your glass (you can save some for later)
- Afterwards, swish your mouth out with water, you can drink it or spit it out if you want.
- **Don't** brush your teeth for at least 1 hour after drinking a smoothie (the acid from the fruit will have weakened the surface of your teeth– this is called enamel– so brushing them will damage them even more)
- Replace some of the fruit with vegetables which are lower in sugar– also fruits lower in sugar include avocado and raspberries.