



St Mary's Catholic Primary School
'Love God, Love Others, Love Ourselves'

Upcoming
dates

1st February

Athlete Visit -
Steve Frew!

Class circuits for
the whole school
and assembly

7th - 13th February

Children's Mental
Health Week

8th February

A Midsummer
Night's Dream
production by the
Young Shakespeare
Company for Years
5 & 6

Steve Frew is visiting St. Mary's!

Next week, we are extremely lucky to have top athlete, Record Breaking Steve Frew coming to visit us on Tuesday 1st February! We are all extremely excited and each class have been thinking of questions they wish to ask him. When Steve leads a circuit session for each class, it will be focused on four exercises: spotty dogs, leg drives (mountain climbers), push-ups and star jumps. You may want to practise these at home, but you will also have had an opportunity to practise them in school this week during your P.E. lesson.

Steve's top tip for life is, 'Be all you can be/anything is possible.' Think about what you want to achieve - it may be something this week, next month or in the next year. What steps can you put in place today to help you achieve your goal?

Mrs. McNickle

P.E. Challenges!

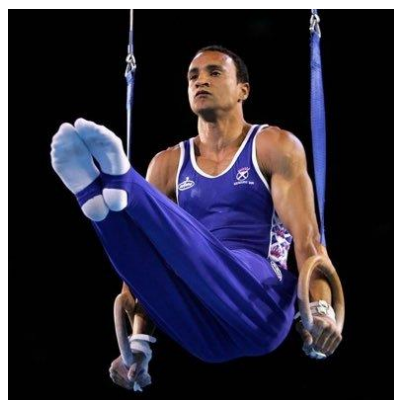
Click the link below to access the
P.E. Challenges on our website.

There are fitness, athletics and
cricket challenges to choose from.

Let Mrs McNickle know once you
have completed any of the
challenges.

<https://www.stmaryschingford.com/the-curriculum/st-mary-s-curriculum/p-e.html>

Steve Frew



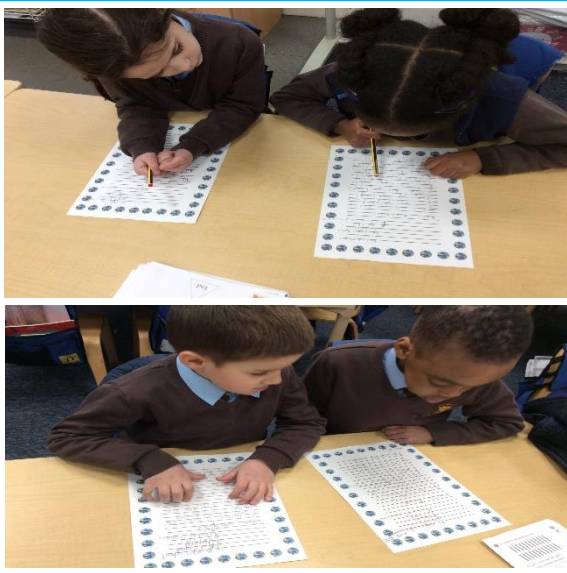
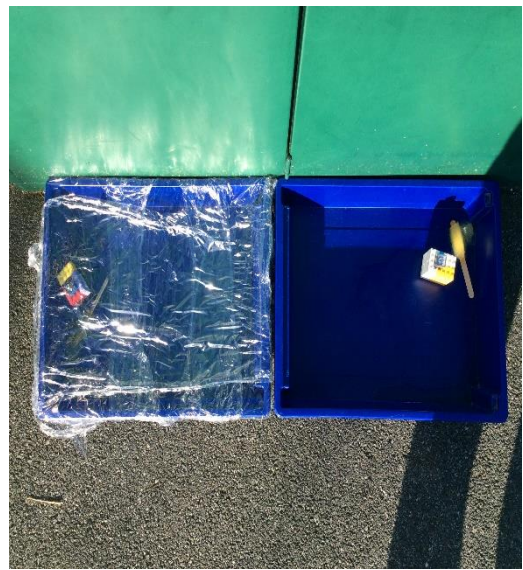
Website: [stmaryschingford.com](https://www.stmaryschingford.com)

Tel: [020 8529 4723](tel:02085294723)

Email: school@st-marys-pri.watham.sch.uk

Spotlight on Year 2!

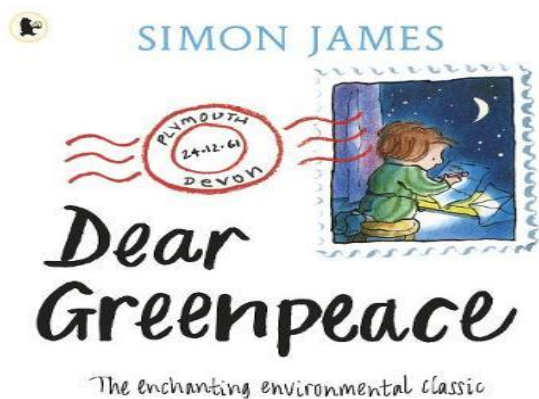
Class 2 have been very busy this term! We have been enjoying learning our new topics - especially 'The Environment' in Science. In Science, we conducted investigations to see what effects global warming has on ice. We created a greenhouse using cling film to cover a tray that had an ice-lolly inside it and left it outside to see how long it would take to melt. Then, we left one tray with an ice-lolly inside it without any covering. We found out that the ice-lolly that had been covered with cling film melted faster. This was because the cling film acted like a 'blanket' keeping all the warm air trapped inside, so all the warm heat had melted the ice-lolly quickly.



Within Science, we have also been learning about Climate Change and how this can affect the world around us.

We had many discussions about what we could do to help to save energy and help prevent Climate Change. We created informative posters on ways to help save energy and in order to help the environment.

We did lots of research on Climate Change in Science and as part of our English lessons too.



During our English lessons, we read a book called 'Dear Greenpeace' by Simon James.

This book inspired us to write our own letters to Greenpeace, asking about information on our favourite animals, but also explaining our concerns about climate change and giving ideas on how we could help the environment.

We have posted our letters to Greenpeace and we are eagerly waiting a reply from them soon!