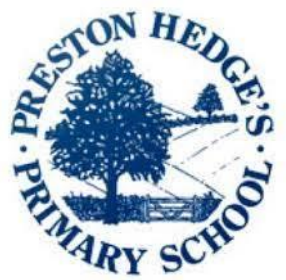


THE PRESTON PAPER

WELCOME BACK



A warm welcome

BY KRISH NOTAY

Hello Preston Hedges!

We are super excited to bring you another edition of our school newspaper. We would also like to give you a late and warm welcome to school, especially those who are new to our fabulous school. We hope you have settled into your new classes and like your new teachers, which I'm sure you will do.

Now, we hope you enjoy this edition since we have a new team (which we have introduced below) and we hope you have a brilliant term!

Happy reading!

The new team

BY MR MEDLEY

Welcome back!

I'd like to start off by saying thank you to the newspaper team from last year. The guys were influential in the resurgence of the school newspaper and produced 4 fantastic editions which were read and enjoyed by students from all year groups. So, if you see Harrison Cohen, Grace Wittich-Jackson, Darian Taylor or Julia Nyamatore around school give them a huge well done!

However, without further ado, here is the new newspaper team for the 2022-2023 school year: Rose Tannasee, Olivia Ledger, Harry Taylor, Jesleen Ranu and Jessica Fagasi!



Black History Month 2022

BY ROSE TANNASEE AND OLIVIA LEDGER

This month at Preston Hedges we are studying Black History Month. To find out more, we asked two Equality and Diversity Champions, Myla Baxi and Jaylen Conroy, to inform us about the celebration.

OL: What does Black History Month mean to you and why are we studying it at school?

JC: The students in our school need to know about the important achievements of people of all walks of life.

RT: How do we celebrate Black History Month?

MB: You could research important figures from history, including Rosa Parks and Barack Obama. You could search out books, films or art from black artists.

OL: What do we do in our school to learn about black history?

JC/MB: In the hall, we have graffiti art of various important figures. We also study the history and discuss events in history.

RESEARCH PROJECT

USING THE INTERNET OR BOOKS, SEE IF YOU CAN ANSWER THE FOLLOWING QUESTIONS

1. Who was the first black women in space?
2. Whose iconic speech included the words "I have a dream..."
3. What did Rosa Parks refuse to do in 1955?
4. Nelson Mandela was the president of which country?
5. Who was the first black president of the USA?
6. Who started the first Black History Month?

Aspirational autumn

BY JESLEEN RANU AND JESSICA FAGASI

As it is the start of the school year, we decided to ask pupils what their aspirations are for the upcoming school year. We had some fantastic responses and it was great to see a varied range of aspirations across the classes.

Here are some examples from across the school:

“I aspire to improve my swimming and move into the deep end.”

“I aspire to beat my record of 10/10 spellings for more than 2 weeks in a row.”

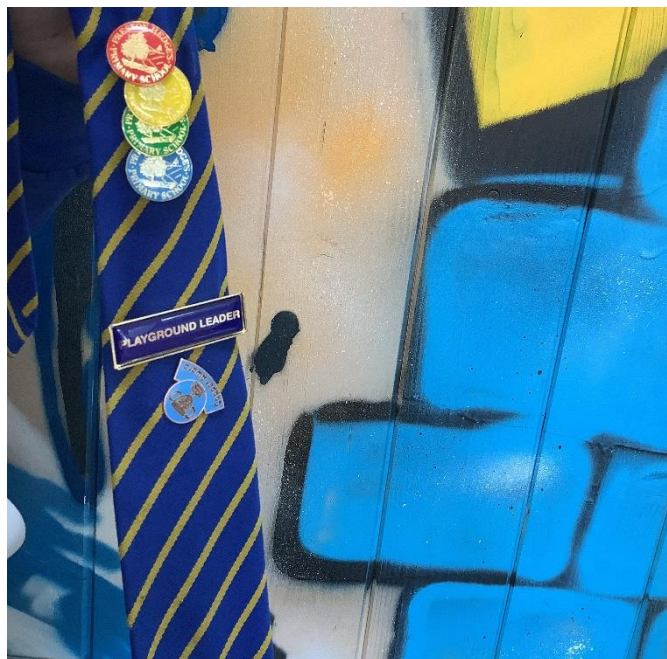
“I aspire to win a tennis tournament.”

“I aspire to qualify for a horse-riding competition.”

“I aspire to improve my baking and bake a 4-layer cake.”

“I aspire to get my caring badge and make new friends.”

Not only would we like to see you succeed in your favourite things, we would love for you to try something new. Who knows, you might like something you have never heard of!



ECO WARRIORS

BY MISS GRUNCELL

Eco warriors are a team who have been set up to promote eco-friendly practices within school and the local community. So far, we have ensured the waste management in school is as efficient as possible, and we have several planned litter picks over the coming weeks.

We have even begun supporting a project run by the WWF which involves monitoring walrus populations across the globe using satellite images! This will help scientists tackle climate change and we are very proud of our work so far!

If you have any eco-friendly ideas for our Eco Warriors please let your year group representative know!



MINDFUL MEDITATION

BY ROSE TANNASEE, OLIVIA LEDGER, JESLEEN RANU, JESSICA FAGASI AND KRISH NOTAY

Last week, Year 6 visited the Buddhist Centre for a religious education trip. We interviewed some students from Year 6 to tell us more about their experience.

First, we had to take off our shoes to show respect. Then, we gave offerings such as seven bowls of water and when we poured the water to the buddha, we imagined we were filling the world with happiness. We then sat on the carpet and a kind lady taught us about the story of the buddha. Then, we got flowers in our hands and meditated. After we finished meditating, we put the flowers back on the table. The lady got a vase and then poured rice until it was a tower of rice. We also gave some flowers and food to the buddha.



What is mindfulness?

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing.

Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.