

Emmanuel Express Newspaper - Issue #37 - February 2022

Children's Mental Health Week! By Eliana, Y6

The theme of this year's Children's Mental Health Week is "**Growing Together**". Reflecting on how we have understood and managed our feelings and how to help our friends and classmates do the same. Here are some fun challenges to help others find their way through troubles or even yourself!

1. Write down 3 things that made you smile today! For example: Today I got complimented on my story I was working on! I got an Aspire award! I finished a drawing or I worked on for ages.
2. Aim to give a few people some different compliments today
3. Take notice of the things around you, think about what you can see, hear and smell and how they make you feel.

Don't forget that there are Wellbeing Champions who are on your lunch playtimes that you can speak to: Zach, Riya and Halldora in Y6 and Amelia M, Eashan and Beatrice in Y5.

Your Wellbeing Champions



Highlights of this edition

Puzzles and quizzes



See from page 12

Baking



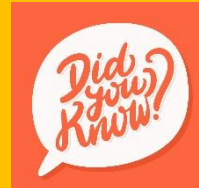
See page 4

Historic Helicopters!



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Fun Facts



See page 5

Editor's Note

We are so happy to welcome new class reps to the Express team for this term. From Year 2 we have Tomiwa and Izabel. Year 3, we have Shayan and Lara. Year 4, Felix and Georgia. Year 5, we have Susannah and Dylan and from Year 6 we have Jax and Ben. Welcome to the team and thank you for all your hard work on this edition.

We hope you all enjoy this issue!

Managers Kieran and Eliana

Co-Managers Nathan and Melissa

Words of wisdom by Melissa, Y6

The journey of a thousand miles begins with one step - Lao Tzu

Life is what happens when you're busy making other plans - John Lennon

You only live once, but if you do it right, once is enough - Mae West



Wonky Proverbs by Kieran, Y6

Read between the lions.

Peach to their own.

The book corner

Adventures are at the pits By Georgia (4R)

Angus stood on the platform next to the slide in the local Overground Mill Lane ball pits. It was the first time he had come to them and he was very scared. He did not like slides but he decided to be brave. He clenched his fists to the opening of the slide and took a deep breath...

He finally heaved his small body down the start of the slide and started screaming and howling, his eyes screwed tightly shut. Angus felt a thump on his bottom and he thought the slide was over. However, how very wrong he was...

Suddenly, he started falling through the balls deeper and deeper. He started to wail, shriek, scream and screech. He had broken through the overground ball pit into the underground. He was now falling through the giant ball drop under the surface of the streets; all the walls were made of old balls from the overground ball pit. He assumed someone had already been down and when they broke through, trillions of balls came with them...

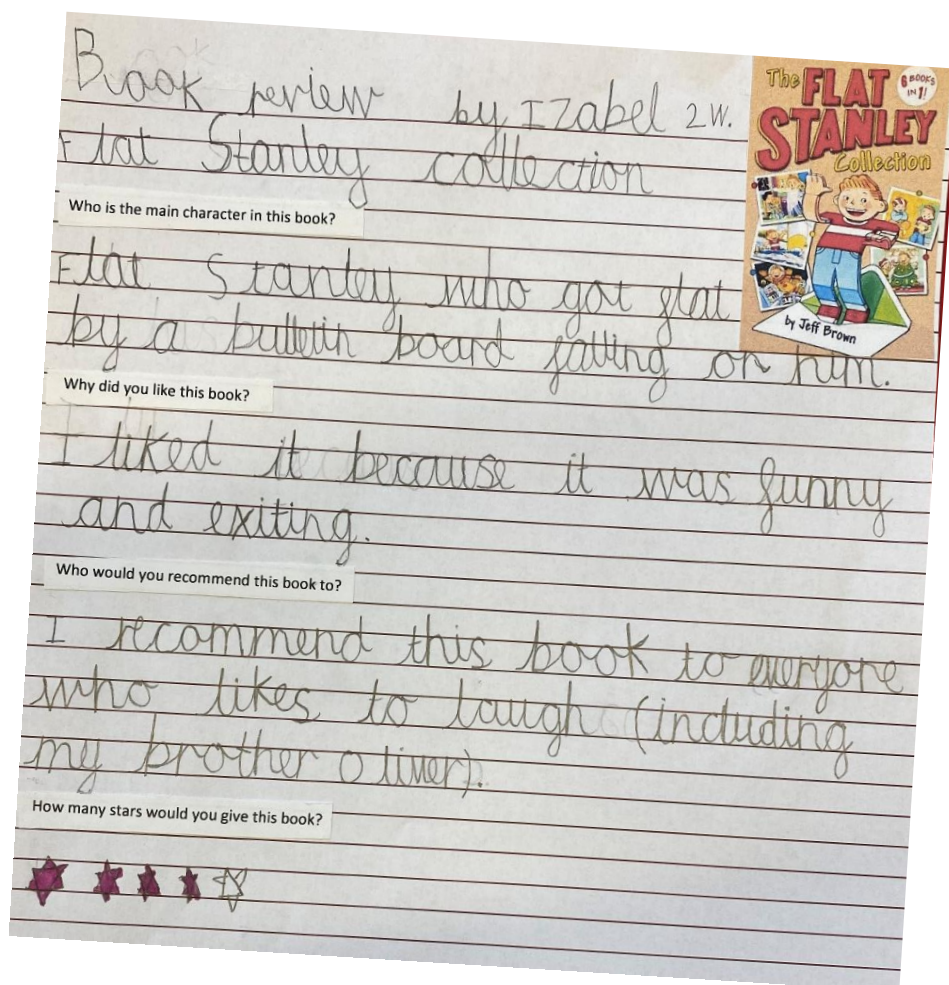
Angus felt another thump on his back. It felt like he was lying on granite kitchen or bathroom tiles or he had been put in a catapult and fired directly into a giant brick wall. A minute later he sat up aching, and stood up. He accidentally fell backwards onto a ball wall. He leapt forward and spun around...

He gasped and said "whoa" in his head a thousand times. Before him stood an enormous gleaming ball mountain, which had a glint of light at the top. He really wanted to get back to the overground ball pits so he thought he might as well climb the mountain...

Therefore, he did. He stopped half the way for breath but as he did, he saw a plaster resting on a ball. As he breathed out the plaster caught the air and fell slowly down. It landed on Angus's mouth and he took his hands off the balls to get the plaster off but started to fall back...All though something stopped him. He looked up and saw that his hand was holding onto a lollypop. Once he had the plaster off he put his hand back on the ball mountain and started to climb again...

Suddenly he burst through a layer of balls back into the over ground ball pit still holding a lollypop. He looked at it and noticed that water was rushing down it. Anyway, he put it in his mouth.

The end



Baking corner

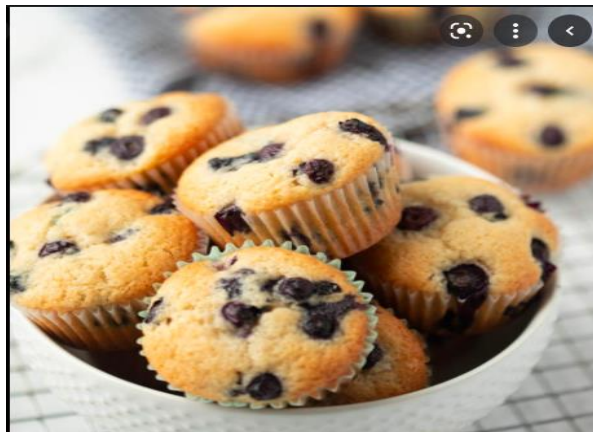
BLUEBERRY MAXI MUFFINS by Georgia, 4R

YOU WILL NEED:

200g of plain flour	3 tbsp. oil (vegetable or sunflower)
200g of desiccated coconut	250ml of milk
75g of golden caster sugar	100g of blueberries
3 tsp of baking powder	a 12-hole muffin tin and cases
2 mashed ripe bananas	a large cooking bowl
2 beaten eggs	a wooden spoon

INSTRUCTIONS:

1. Preheat the oven to 200c (400f / gas mark 6) and pop the muffin cases in the tin.
2. In a big bowl, mix the desiccated coconut, flour, sugar and baking powder.
3. Make a well in the centre and add the bananas, eggs, oil and milk. Mix it together until it's nice and sloppy.
4. Stir in the blueberries.
5. Pour into the muffin cases and bake for 20 minutes. They should be puffy and golden on top.
6. Cool on a rack. ENJOY!



GEORGIA'S BANANA BREAD

YOU WILL NEED:

115g butter	a pinch of salt
115g light brown sugar	a 2lb (23cm x 13cm) loaf tin
Two beaten eggs	greaseproof paper or a loaf Tin liner
Four mashed ripe bananas (The squidgier the better)	a large cooking bowl
250g of plain flour	a wooden spoon
1 tsp of bicarbonate of soda	a metal skewer

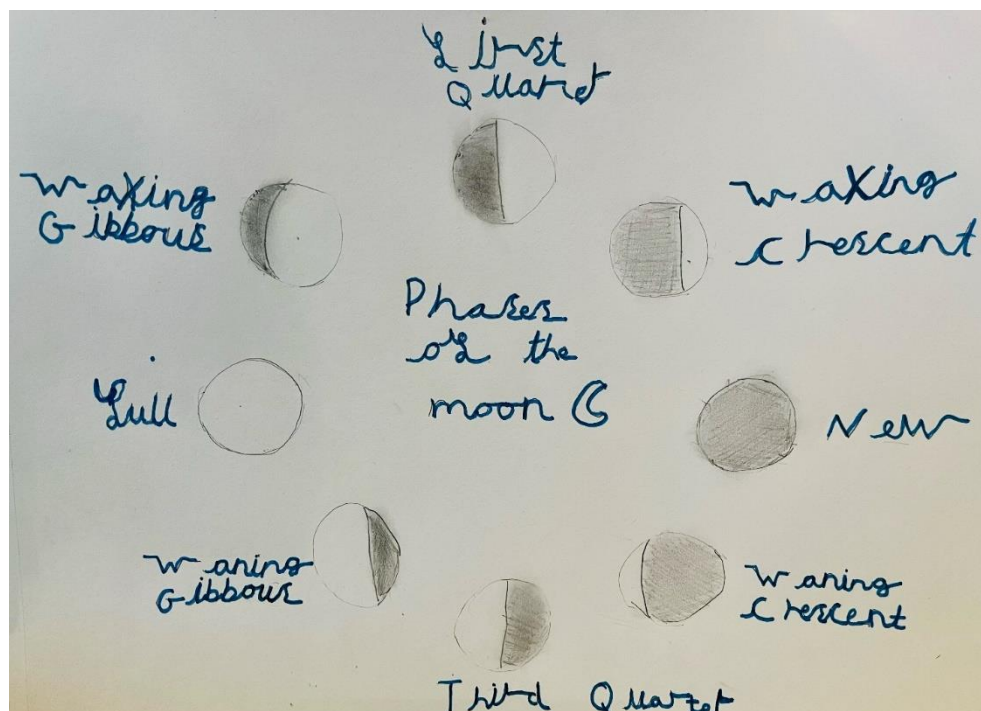
INSTRUCTIONS:

1. Preheat the oven to 180c (350f/ gas mark 4) and line the loaf tin.
2. In a large bowl, cream together the butter and sugar.
3. Add the eggs and bananas (the mixture will be quite sloppy by now).
4. Stir in the flour, salt and bicarbonate of soda. Do not worry if it looks a bit lumpy!
5. Pour into the loaf tin and bake for one hour.
6. Check it is cooked by sticking a skewer into the middle of the loaf. It should come out mostly clean. If there is sloppy mixture stuck to it, the bread is not done yet so give it another 5 minutes and check again.
7. When the skewer comes out clean, remove the loaf from the oven and leave it to cool in the tin for 15 minutes, and then turn out onto a rack. ENJOY!



Fun Facts

Clara's (from 2W) phases of the moon



Guinness world records

By Susannah 5P

HERE ARE A FEW GUINNESS WORLD RECORDS THAT YOU MAY LIKE

1. LARGEST COLLECTION OF STAR WARS MEMORABILIA IS HELD BY STEVE SANSWEET (USA) WHO HAS AN ESTIMATED 500,000 UNIQUE ITEMS. STEVE RECONS THAT HIS MOST EXPENSIVE ITEM WAS HIS DARTH VADER COSTUME PARTS OF WHICH ACTUALLY STARTED IN THE STAR WARS MOVIE
2. THE LARGEST COLLECTION OF HARRY POTTER IS A CONSISTING 3,686 ITEMS OWNED BY VICTORIA MACLEAN (UK)
3. THE LONGEST TIME BETWEEN SPACEWALKS IS HELD BY ASTRONAUT SOICHI NOGUCHI (JPN) WHO COMPLETED HIS FOURTH SPACEWALK 15 YEARS AND 214 DAYS AFTER HIS THIRD. THAT'S JUST OUTER SPACE ISN'T IT?
4. THE LARGEST COLLECTION OF CARS (THE MOVIE) IS OWNED BY JORGE ARIAS GARCIA (MEX) OWNS 1200 OBJECTS RELATED TO PIXAR'S MOVIE. WOW!!
5. THE LARGEST COLLECTION OF LIP BALMS IS OWNED BY CHELSEA JERABEK (USA) HAS 1622 LIP BALMS. NOW THAT'S JUST WOW!
6. THE GREATEST MASS OF HOT AIR BALLOONS ASCENT WAS SET ON 6 OCTOBER 2019 WITH A TOTAL OF 524 HOT AIR BALLOONS AT THE 48 TH ALBUQUE INTERNATIONAL BALLOON FIESTA IN NEW MEXICO, USA.
7. ONE OF THE OLDEST JOBS IS A SOUTH POLE CARETAKER. BRRRR. HIS NAME IS ROBERT "THE ICE MAN" SCHWARZ WHO WAS THERE FROM 1997 TO 2019.

Ideas for if you're isolating or for rainy days

By Susannah, 5P

- Art!!!! Express your thoughts, emotions or do a picture of a family member
- Origami!!!! Complicated or not?
- Play board games!!! Monopoly, Cluedo, Twister or Charades?
- Music!!! Try to play a difficult piece of music!
- Or if you have a garden, a sport e.g. football or maybe others. In addition, if it is not going to break anything indoor sports.

By Nathan, 6W

Important air files__

S70 Blackhawk

Since 1978, Sikorsky has been producing Blackhawks for 22 countries for endless operations including working as air ambulance, aerial firefighting, search and rescue, combat and many more.



Stats

Top speed: 350kmh

Length: 15.26m

Seats: 13

Range: 250 mi

The S70 Blackhawk has many different variations and operators; some of the main operators for the S70 are the USA, Australia and the UK. The lifting weight of the Blackhawk is comparable to a rhino and the speed of the Blackhawk is comparable to a peregrine falcon in a dive.

Important air files__

Boeing 747

When the Boeing 747 first came out on January 22nd 1970 with Pan Am, it was an absolute game changer with the rest of the world's airlines quickly placing orders for the new wide-body jet. The 747, nicknamed the Jumbo Jet, opened to a world of travel that had never been seen before.

Stats

Seating: 410

Range: 14,310km (7730nm)

Wingspan: 68.4m

Height: 19.3m



Just to put the immense speed of the 747 into perspective it is able to travel three football fields in one second. Other impressive facts include its cargo capacity 412,770kg in comparison that is like carrying 68 elephants (an elephant weighs 6000kg). The height of the 747 is also enormous - its tall is as tall as a seven-story building.

Important Navy Files_

Westland Wessex and Whirlwind_



Engine: De Havilland Gnome

Max Speed: 109km

Range: 310 mi

At the time, in the 1960s and 80s, Search and rescue was a key thing that only planes with pontoons (floats) could land on water. The only helicopters at the time were Sikorsky H-19, H-34, R-4 and the Bristol Sycamore. Both of these fit the solution of the role. Both were licensed built Sikorsky helicopters, on the Wessex it had a radar more expensive than the helicopter itself. The Whirlwind was a slow aircraft for its time and was ideal for holding steady over the water. AS they are old aircraft there are not many operational ones left although Historic Helicopters have a few left.

Both are unique and expensive but were both successful designs.

Weird and wacky events and festivals by

Nathan, 6W

1. Cheese rolling festival
Where: Coopers Hill, England
When: May



2. Water gun festival
Where: Seoul, South Korea
When: July



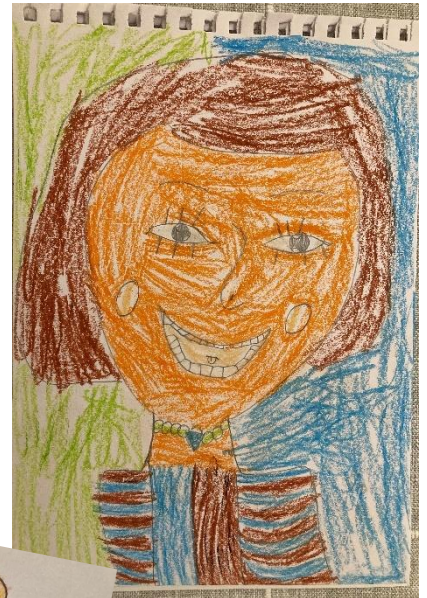
3. Mud festival
Where: Boryeong, South Korea
When: July



The gallery

Ella from 2W has shared her latest pieces of art! These are fabulous!

1. The house of wonders 2. Sly fox 3. Dinosaur of Heaven 4. Miss Grimstead 5. The adventures of Lilly & Milisson.



Ida (from Year 2) shares her wonderful portraits

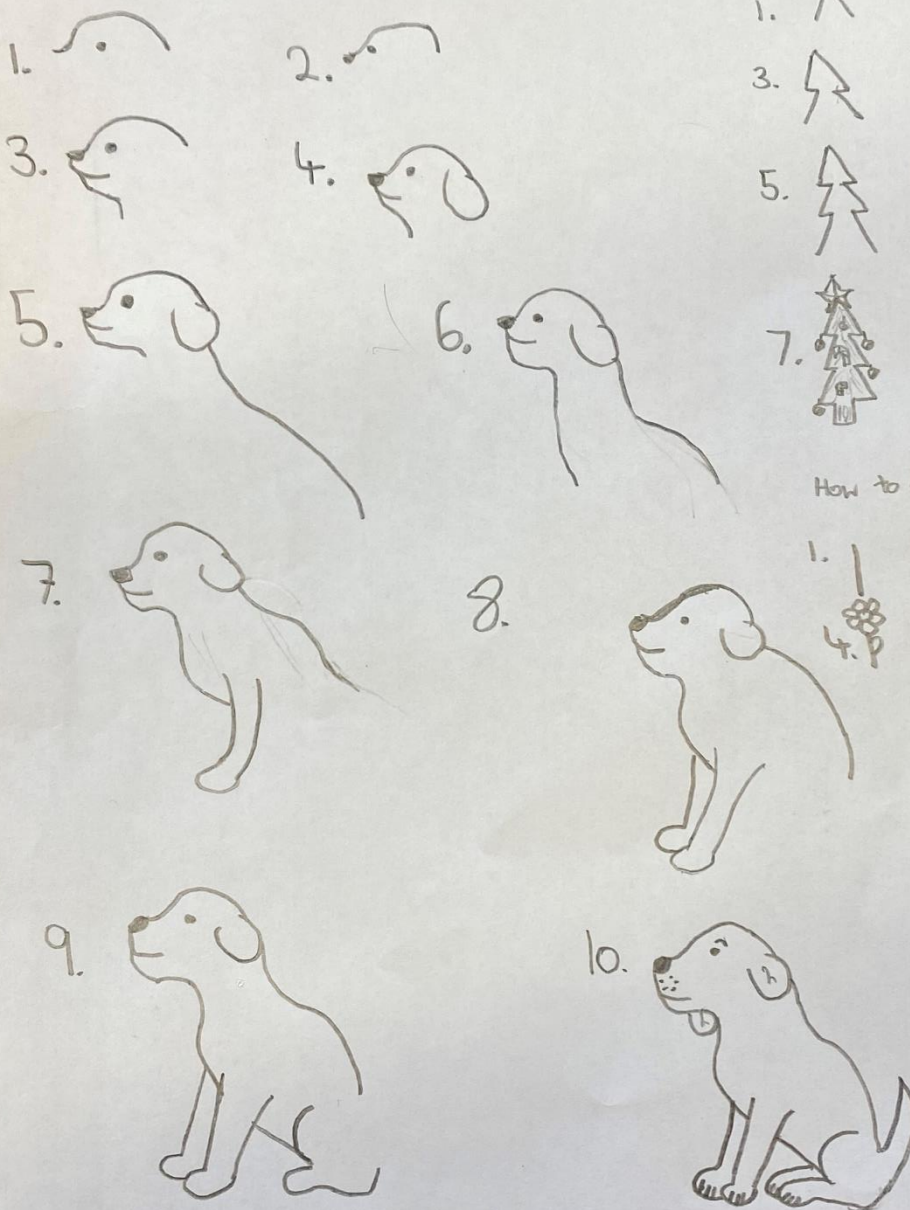


How to...

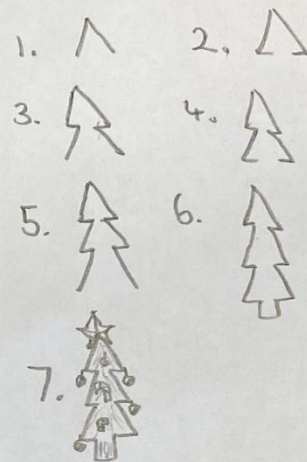
By Jax in Year 6

How To Draw Random Stuff

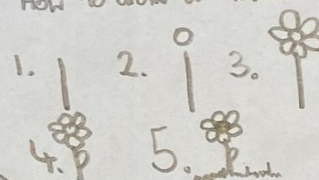
How to draw a dog



How to draw a Christmas tree

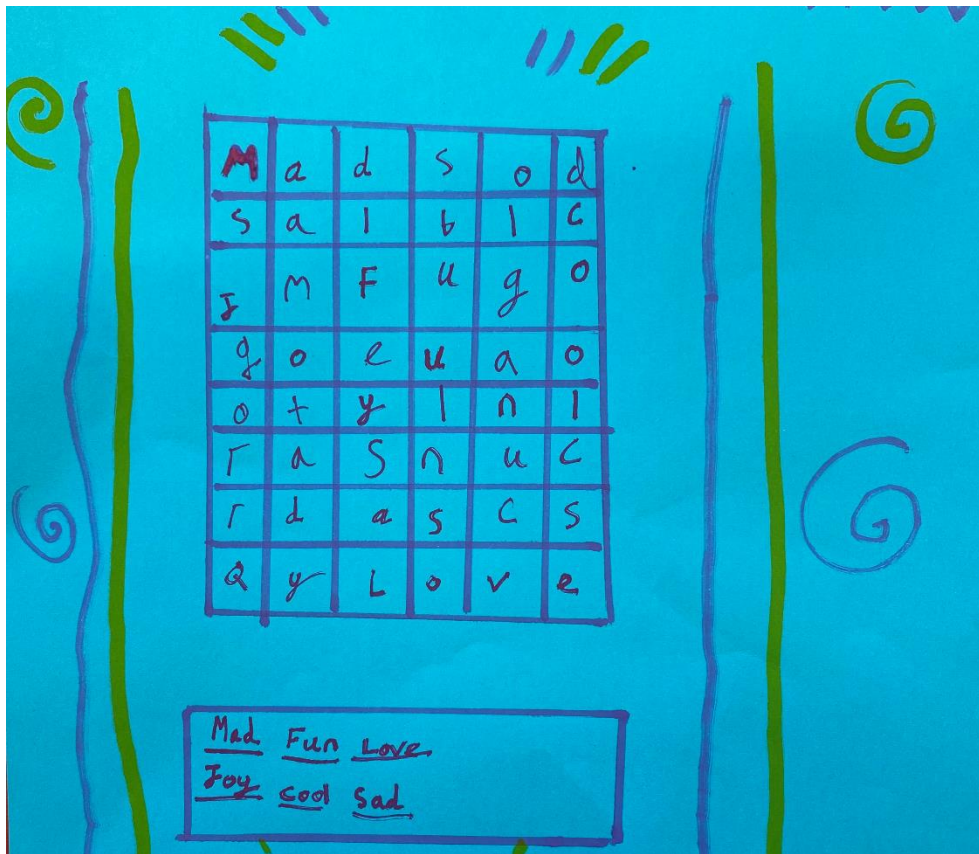


How to draw a Flower

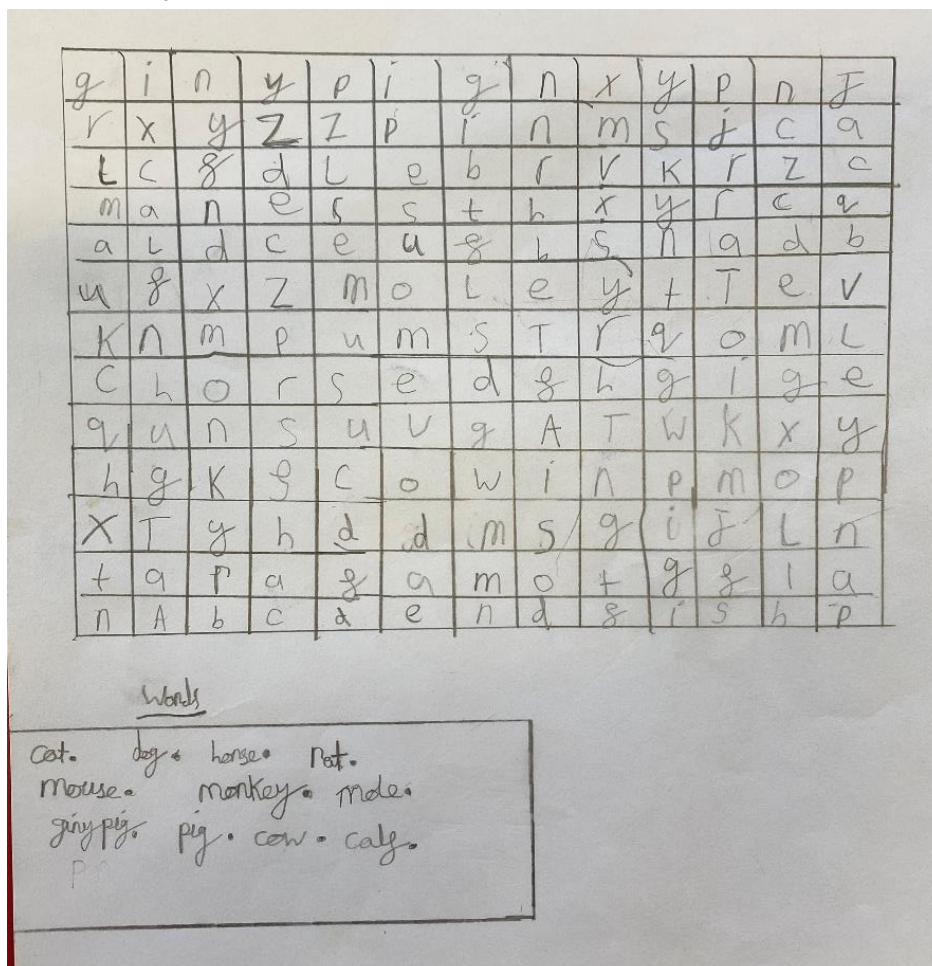


Quizzes and puzzles

Word search by Annabelle, Year 4



Animal word search by Lara in Year 3



How To draw your name like this



1. write your name - shayan
2. get a pen and draw around the lines to make bubble letters - shayan
3. rub out the letters you drew first - shayan
4. Put a dot anywhere on the page - shayan
5. draw the edges of the letters to the dot like this - shayan
6. I hope you like it



Tip: I suggest you use a ruler

Word challenge by Shayan in Y2 and word search by Georgia in Y4

A	T	O	J	W	P	S
A	S	I	L	L	A	A
R	G	R	K	A	A	C
O	O	G	O	M	A	A
D	H	V	L	N	O	P
A	P	N	L	Z	E	U
L	A	P	I	Z	H	N
U	R	M	O	C	C	T
C	G	M	K	U	U	A
L	I	A	O	O	T	S
A	L	G	E	R	S	O
C	O	T	A	E	E	G
B	B	A	V	S	M	T

Bolígrafo Regla Goma
 sila Lápiz Estuche
 Sacapuntas Mesa Calculadora



FOOTBALL WORDSEARCH

How many words can you find?

Z	N	W	I	Z	I	T	A	L	V	I	Z	M	X	H	X	U	L	M	G
F	U	E	Z	L	C	M	E	O	Q	H	G	S	C	B	V	W	O	B	M
R	N	G	L	J	A	T	W	O	I	U	V	F	D	I	K	F	Y	V	A
E	T	Q	K	R	L	V	B	P	I	D	N	Z	S	A	B	H	N	P	O
P	G	V	T	I	H	G	S	R	E	F	O	I	E	A	T	C	J	Y	M
E	Z	E	N	D	I	M	P	E	O	X	S	S	T	B	X	F	E	I	A
E	Y	Q	A	J	Z	M	I	V	D	O	L	C	P	E	X	L	S	X	N
K	D	A	S	H	D	L	K	I	Z	E	P	R	C	M	D	S	P	V	F
L	H	A	L	A	S	Z	M	L	H	B	A	P	U	J	P	W	F	Q	S
A	W	N	Q	P	O	U	D	C	L	G	X	N	E	H	K	B	Y	Z	W
O	H	K	N	C	S	R	S	G	L	L	S	B	F	Q	V	H	N	B	G
G	L	L	X	G	O	G	B	F	R	M	E	E	G	H	O	P	E	F	F
L	O	E	A	F	Q	S	P	U	N	O	Y	W	D	N	W	J	F	F	G
V	D	O	H	N	H	E	X	W	T	U	A	H	L	N	D	Q	A	H	X
T	A	S	V	A	R	D	Y	M	G	N	C	B	O	L	A	I	K	X	H
C	A	W	J	M	W	A	K	I	E	T	I	D	E	L	I	N	D	E	D
R	V	O	O	H	D	S	T	L	D	N	D	P	G	N	L	H	R	V	D
O	D	L	A	N	O	R	T	H	N	B	D	C	Y	X	H	P	C	E	L
M	A	N	C	H	E	S	T	E	R	G	X	Y	Z	R	C	F	T	N	F
E	W	H	B	C	N	X	A	A	E	M	Q	H	H	J	H	G	B	I	W

AMARTEY
CHELSEA
CHILLWELL
FERNANDES
GOALKEEPER

LIVERPOOL
MANCHESTER
MENDY
MOUNT
RASHFORD

RONALDO
SALAH
VARDY
UNITED

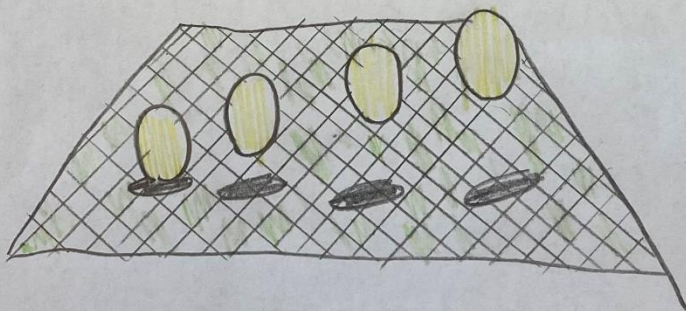
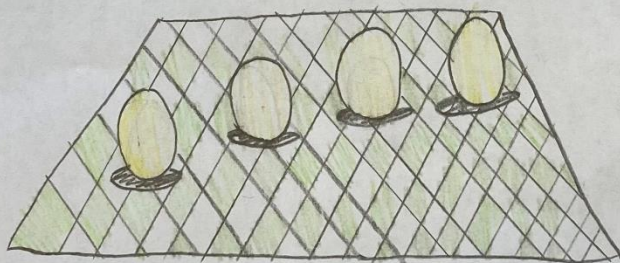
**Words can go in any direction.
Words can share letters as they cross over each other.**

Illusions

Felix from Year 4 shares his magical illusions

Scrambled Eggs

There are four eggs on the floor in the top picture. Are they in the same place in the bottom picture?



Felix's Fantastic

ILLUSIONS

Yes, the eggs are in the same place, it's just the shadows!

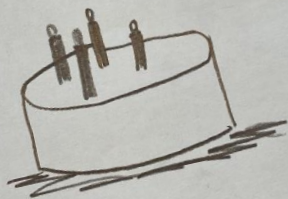
ANSWER:

ANSWER

by Felix Le Van & R

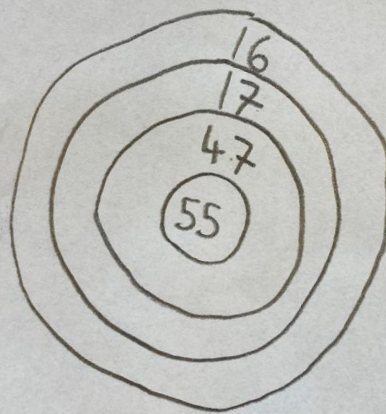
Cut the cake!

cut this cake into 8 equal pieces
only using 3 straight lines.



ILLUSIONS - PUZZLE

You need to have exactly 100 points
at the end. You can't subtract.



You need
6 darts,
2 for 16
& 4 for 17.

ANSWER:

You have 8 darts. You
do not have to use all of them.

Sports corner

Dylan's (Y5) Football quiz!!!!!!!!!!!!!!!!!!!!!!

1. Who won the Golden Boot in 2019?

Is it: A.Harry Kane B.Raheem sterling C.Jamie Vardy



2. How many goals has Lionel Messi scored during his career at Barcelona?

Is it: A.670 B.672 C.658



3. How long is a football pitch?

Is it: A. 80 yards B. 100 yards C.120 yards



4. Who scored the equaliser in the finals of the Euros 2021 for Italy against England.

Is it: A.Bonucci B.Insane C.Jorginho



5. How old is Pele?

Is it: A.60 B.81 C.89

6. How old was Diego Maradona when he died?

Is it: A.85 B.61 C.70



7. Which famous British chef nearly became a professional footballer but suffered a knee injury and couldn't pursue his football career?

Is it: A.Gordon Ramsey B.John torode C.Jamie Oliver



8. What position does Mo Salah play?

Is it: A.RW B.ST C.CM

9. Which country invented football?

It is A.England B.Brazil C.China



10. Who scored more goals in their Career, Leonel Messi or Cristiano Ronaldo?

Is it: A.Leonel Messi or Cristiano Ronaldo



Best players in sport Part 1 by Ben S in Year 6

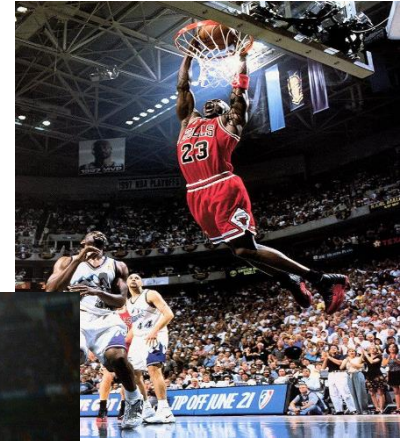
1. Who: Michel Jordan

He played for Chicago bulls

Michel Jordan has scored 32,292

Over his carrier. He remains

The iconic basket player to this day.



2. Who: Cristiano Ronaldo

Whom he plays for: Manchester united

He has scored 801 goals so far and is

Still playing to this day.



Answers to Dylan's football quiz

1. Jamie Vardy
2. 672
3. 120 yards
4. Bonucci
5. 81
6. 70
7. Gordon Ramsey
8. RW
9. China
10. Cristiano Ronaldo

