

EMMANUEL  
Express



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## Black History Month is this October!

By Eliana in Y6

Black History Month gives everyone the opportunity to share, celebrate and understand the impact of black culture and heritage. It was first celebrated in the UK in 1987. It celebrates amazing leaders and activists such as Rosa Parks (an African-American activist), Martin Luther King Junior (a civil rights activist), Nelson Mandela (First Black president of South Africa), Barack Obama (44th President of America) and Steve Biko (anti-apartheid activist). All of these amazing people are our true leaders. At Emmanuel, throughout the year, we learn about black history and heritage as well as other different cultures, important people and religions such as Sikhism. In this Emmanuel Express, we wanted to share how we should all look up to these important people, since they have changed the impact of how people should treat black people. (See page 2 for more!).



### Highlights of this edition

Book reviews!



See page 5

Drawing tutorials!



See page 13

Navy facts!



See page 6

Holiday ideas!



See page 3

## A note from the Newspaper Managers...

Dear Readers

The new team is made up of four YR6 and on the team is, Melissa, Eliana, Kieran and Nathan!  
We hope you enjoy this first edition. We want to thank everyone who sent in an article and helped put this paper together.

## We thank the new Class Reps!

Y2: Libby, Olivia and Ava!

Y3: Cody and Henry!

Y4: Portia and Nadine!

Y5: Amelia M and Anna-Mia!

Y6: Zara and Wilf!

This is a bumper edition with loads of facts about planes and animals, book reviews, recipes and good old fun games!

Enjoy the read!

Kieran and Eliana, Newspaper Managers

## Black History Month...continued from front page...

In the early 1900s, people were not treating black people as equally as they should be. People used them as slaves and they had to give up their seat on a bus for a white person. However, in 1955 wonderful woman called **Rosa Louise McCauley Parks** refused to give up her seat on a bus to a white man. Rosa Parks was born on 4<sup>th</sup> of February 1913 in Alabama. Tragically, she died on 24<sup>th</sup> of October due to natural causes. She stood up for what is right and that is truly amazing. The fearless woman is a hero. After this, there was a lot of controversy, but things were changing. Another, brilliant example is Stevie Wonder. He is a prodigious singer and even more impressively he is blind! Even today, racism is sadly, still happening. Many of you might know but Marcus Rashford (a MBE football player) is also an activist.

Also here are some special people in Britain who led the way...



Britain's first black female police officer: Sislin Fay Allen



England's trailblazing footballer: Benjamin Odeje



## Holiday ideas

### Fun things to do near or on Halloween! By Melissa, Y6

(Some of these ideas will need help from an adult!)

1. Invite your friends for a Halloween party!
2. Watch some scary movies with a friend or by yourself!
3. Eat some candy!
4. Make some Halloween outfits!
5. Make Halloween treats!
6. Go trick-or-treating!
7. Wear scary outfits and give out candy!
8. Make a candy piñata!
9. Carve pumpkins to make jack-o-lanterns!
10. Decorate your room and house with Halloween decorations!

That's just 10 things to do on Halloween! :)



### 10 things to do at half term By Olivia, Libby and Ava in Year 2

1. Be active - go swimming, do gymnastics, go scootering or go on your bike
2. Make up a new dance routine like the 'banana banana meatball'



3. Read a book and write a review all about it for the next Emmanuel Express!
4. Write your own story.
5. Learn how to draw and colour in - like this website: <https://howtodrawforkids.com>



6. Make your own putty - all you need is cornflour, hair conditioner and food colouring
7. Bake something for your family (with adult help) like cupcakes or cookies
8. Do a scavenger hunt
9. Help around the house and be responsible for a chore
10. Pick up different leaves falling from the trees and make an autumn collage

BE SAFE ONLINE



ALWAYS TRY TO BE SAFE ONLINE

By Neveah, Y5

This is a list of things to do to be safe online.

- Don't go on a website or app such as Snapchat, Tik Tok, Instagram, Facebook or Twitter without permission from your parents - some are 12+ or 13+ or maybe 15+.
- If someone is being rude online then you should block them - just block them and most importantly tell an adult if that has happened.



- If someone sends you something impolite, show an adult.
- Never give any of your personal details online (like your name or address), even if asked by someone that you think is a 'friend'. Make sure your username isn't your real name.
- Be careful what you click on. There are lots of adverts that come up, like on YouTube. Be careful that you don't see something that is for adults - it may scare you.

Quiz time

Q. What do you do if someone is being rude to you on the internet?

## Book reviews!

### My Encyclopaedia of Very Important things By Libby, Y2

Did you like the book? I give it \*\*\*\*\* stars

#### What is the book about?

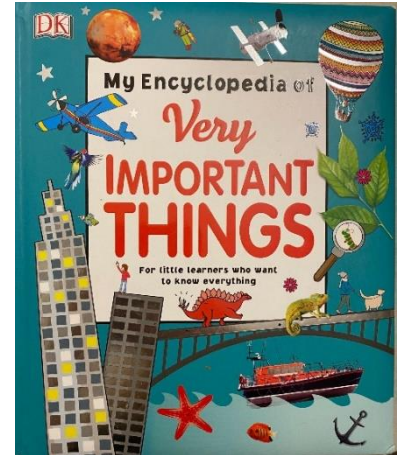
The book is an encyclopedia and it has lots of interesting facts about everything.

#### What was your favourite part of the book?

My favourite part was about the gems as it shows pictures of lots of beautiful gems. I learnt that gems don't glimmer before they are cut, shaped and cleaned.

#### What was your least favourite part of the book?

I found the bit about endangered and deadly animals a bit scary because I know that deadly animals can harm you.

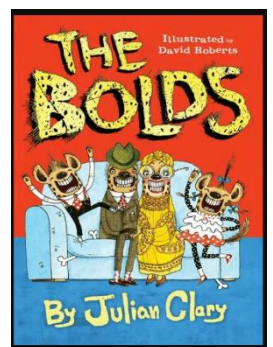


I recommend this book because it is an interesting encyclopedia and you can learn many new things.

#### Fun facts from My Encyclopedia of Very Important Things:

- The scientist Marie Curie won the Nobel Prize twice!
- Most Romans didn't have baths at home. They went to public baths to wash with their friends.
- In China, Japan & Korea number 4 is unlucky because it means death.
- The Egyptians invented a type of breath mint!
- Racoons can feel their way around in total darkness.
- Children have to sleep 10-12 hours. Koalas sleep about 18 hours a day.
- White blood cells fight off germs. A blood cell can travel around the body in 1 minute.

### The Bolds by Julian Clary By Ella, Y2



What was your favorite book this summer?

This summer  
my favorite book  
was THE BOLDS  
by Julian Clary

Who are the main characters? Tell us a little about them.

Mr. and Mrs. Bold,  
Betty / Bobby.  
They are Hyenas.

Where are they from and where do they live now?

They come from  
The Serengeti.  
and now they live  
in a nice house  
in Teddington.

What was the best part in the story?

The best part in  
the story were  
Mr. Bold's jokes.

Stars -





## Transport facts section

### British Naval Documents

### Hawker Siddeley Buccaneer

By Kieran, Y6

Blackburn (H.S.) Buccaneer S.Mk.2



KR 144016



Above: Versions of the Buccaneer and HMS Ark Royal

The Blackburn Buccaneer played a key part in the dispute between Bolivia and Guatemala. Most were used aboard the fifth HMS Ark Royal, HMS Eagle, HMS Courageous and many more. 809,800,801,803 air squadrons used it. As well as 736 for training people to fly. It was a successful plane as it featured many things that were unique to it. For example, swung wings, a massive airbrake and the ability to carry huge amounts of fuel for F4 Phantoms that scouted ahead. They were a revelation of the time that they served in the Navy. They were decommissioned in 1994. There were two variants, the S2 and the S.1. The first one (a prototype) flew in 1959. For more information, we will see you next time! (We will have a look at F4 Phantoms maybe). Its special feature was air to air refuelling using the buddy-buddy system.

## The history of Air Force 1 by Nathan, Y6



**The first Air Force 1:** The first president to fly was Franklin Delona Roosevelt (FDR) on a C56 Sky master. The plane was outfitted with elevators so FDR could get in and out in a wheelchair and it was the first plane to feature a telephone.



**The first jet Air Force 1:** The first Air Force 1 to feature a jet engine was a Boeing 707, which served many presidents until George HW Bush. The plane was fitted out with many new pieces of technology never added to a passenger plane before.



**The current Air Force 1:** The Air Force One that we know today is a flying fortress fitted with flares, missile detectors and luxury. However, the plane was not built for holidays; it was built to protect the First Family when it comes to the worst.

## Wildlife feature

### World Wombat Day 22<sup>nd</sup> of October! By Kieran, Y6



This October, we celebrate a rare animal. A WOMBAT! These creatures are from Australia and live in all the territories. There are three types of wombat: the northern hairy-nosed, the southern hairy-nosed and the common wombat. Most wombats will live in pairs in the grasslands of Australia. One of the most famous wombats is Patrick from Ballarat. Every day zookeepers would wheel

him around in a wheelbarrow. He was 32 years old when he died.

#### Fun Facts about Wombats!

1. Their poo is square.
2. They do it to show off their territory.
3. They build walls with it.
4. They have the largest brain of marsupials.
5. They have a snout.



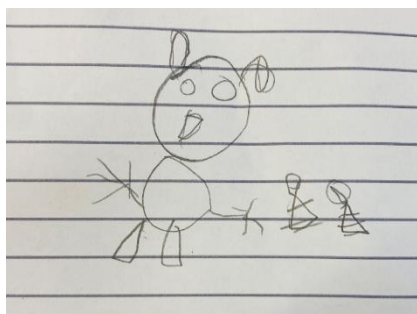
### 10 fun facts about animals By Henry, Y3

1. A crocodile can dig a burrow 20m into the ground
2. Crocodiles have a tooth growing inside their tooth in case it falls out
3. Sharks have a conveyor belt of teeth if they lose one
4. Crocodiles were around when the dinosaurs were and have not changed
5. You can tell a shark from a fish because they have 5 gills
6. The second largest fish is the basking shark
7. The second biggest mammal is the fin whale
8. The second largest land mammal is the Asian elephant
9. The second biggest reptile is the Nile crocodile
10. The second largest snake is the Burmese python





## My favourite animals By Zara, Y6



Bunnies love to eat carrots. And they love to drink water and fruits and vegetables.

And they like to climb on wood. And they like to hop like a kangaroo.

They are so cute like a koala and panda. Panda's like to climb on trees and eat bamboo.

## My favourite animal: Penguins By Wilf, Y6



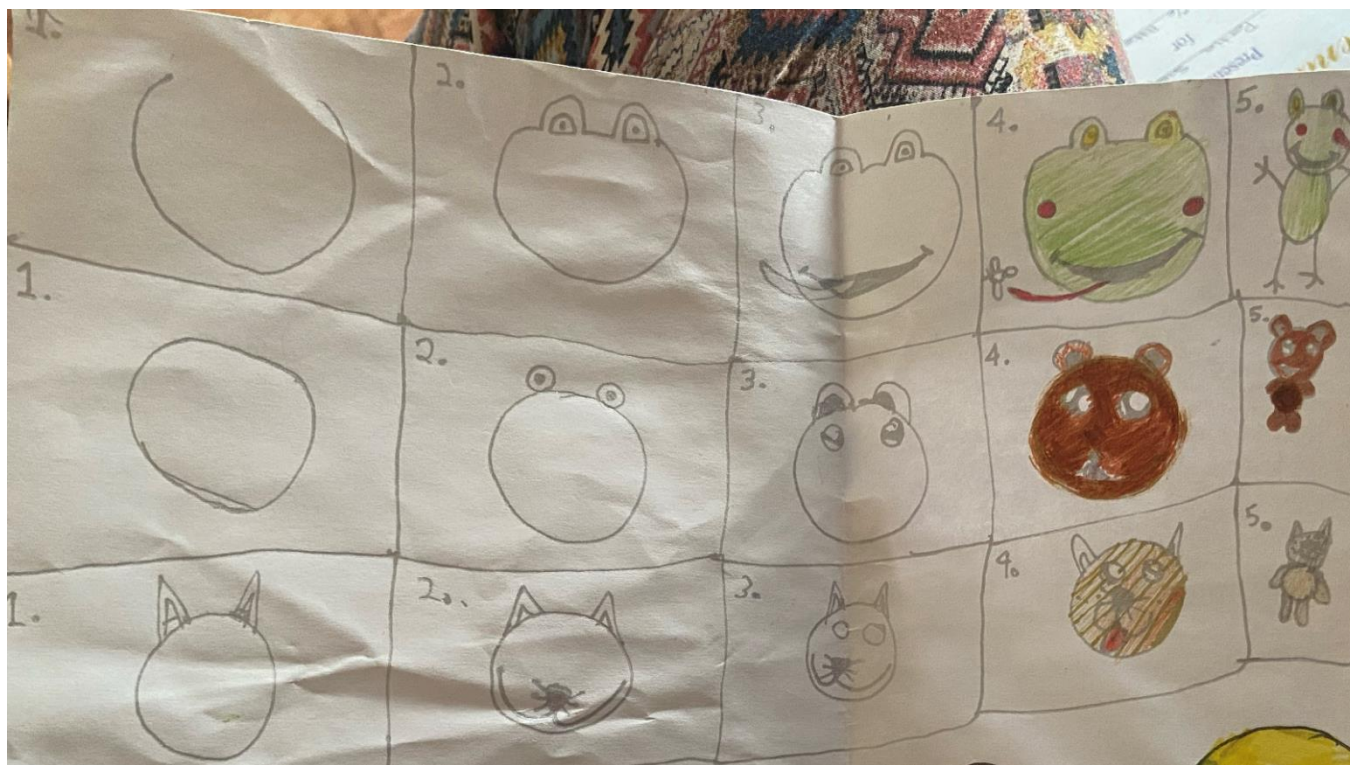
I like penguins because they are cute,

I like penguins because they are furry,

I like penguins because they give on ice,

I like penguins because they can swim too.

## Step by step guide to drawing animals by Portia, Y4





## Sophie in 2W Interviews Miss Taylor



1. When did you realise that you wanted to be a teacher?

**Last year**

2. Is it true that you are also a singer?

**Yes, I work for the BBC and I just recorded for Boss Baby 2.**

3. What is your favourite song?

**My favourite song is Ai No Corrida by Quincy Jones**

4. What is your favourite game?

**Wink Murder**

5. Where were you born?

**Leicester**

6. What is your favourite musical?

**Mary Poppins**

7. Which do you like more Shakira (Waka Waka) or Katy Perry (Roar)?

**Katy Perry (Roar)**

8. What was your favourite subject at school?

**Music**



# Mindful eating

By Riya, 6W



### Introduction:

We all know what to eat and why we eat it. We know what's healthy and what's not. What we can have lots and what to have as a treat. But have you heard of 'mindful eating'?

### What is mindful eating?

Like mindfulness is about taking the time to pay attention to what is around us and how we are feeling, mindful eating is all about paying attention to the way we eat. Research has shown eating mindfully improves digestion, regulates our appetite and helps us enjoy our food much more.

### How do you mindfully eat?

Here are some easy steps to mindful eating. It takes a little practise but over time you will start to do it without even realising it!

**Step one** - Turn off any distractions, such as an iPad or phone. If you want to, you can even tell your parents to stop texting! Before sitting down to eat, think about how hungry you are - take notice of the feeling. Whilst eating, keep checking this so that you know when you are full and satisfied.

**Step two** - Smell the food in front of you - see if you can notice the different ones.

**Step three** - Notice the colours on the plate, the different types of food, what they're made of, how they are prepared and think about where it has come from to appreciate the journey it has made to make it to your plate that day.

**Step four** - The fun part! When you take a bite, notice the temperature, the texture and all the different tastes. Be aware of how the food feels on your fork or in your hand, then how it feels in your mouth. Notice your mouth chewing away, and your breathing as you go. Notice the sounds, does it make a loud crunching or maybe a soft quiet sound. Most importantly, don't rush!

**Step five** - When you've finished eating be aware of your body - any feelings of fullness, or emptiness, any movement in your body or any tastes that linger.




Are you going to try to eat mindfully? You can even teach your parents!




# The Kitchen

## Chocolate chip cookies By Nadine, 4R

My favourite chocolate chip cookie!




I love cookies so I want to share this recipe with you! Everyone has a favourite type of chocolate chip cookie - a little crispy and a little chewy - but they all have to begin with a basic recipe.



My perfect chocolate chip cookie is golden centre and a little bit crisp on the edges.

\* Ingredients

- 1 cup butter softened
- 1/2 cup packed brown sugar
- 1/2 cup white sugar
- 2 large eggs room temperature
- 1 teaspoon vanilla extract
- 2 1/3 cups all purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 4 cups (6 ounces) semi-sweet chocolate chips



chocolate chips

\* Directions: Preheat oven to 350° in a large bowl cream butter and sugars until light and fluffy about 5 minutes. Beat in eggs and vanilla in another bowl whisk flour, baking powder, baking soda and salt gradually beat into creamed mixture stir in chocolate chips. Drop dough by rounded tablespoons in apart onto greased baking sheets. Bake slightly. Bake 10-12 minutes remove from pan. Remove from pan to a wire rack and cool.

by Getty Images

# SPOOKY SNACKS By Anna-Mia, Y5

Finally, it is the spookiest time of year, Halloween! If you are having a party, here is a spooky treat for your friends.



## Spooky Banana Ghosts

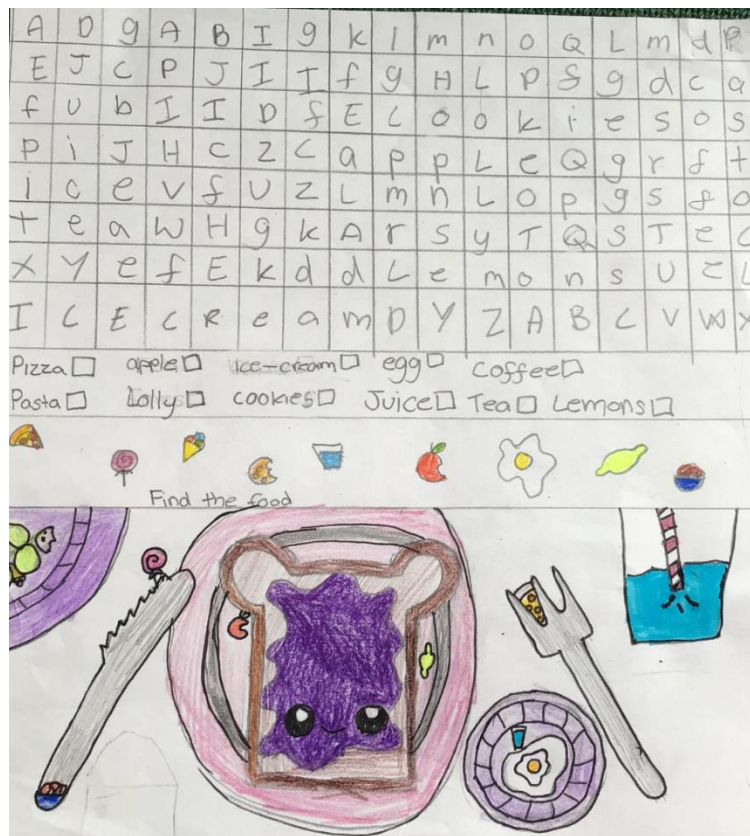
1. Grab a banana.
2. Put raisins on the banana to make eyes and a mouth.
3. Push marshmallows into the banana to make arms.

## Savory spiders



1. Get a small Ritz cracker, put two mini marshmallows on top, and put another cracker on top.
2. Get salty sticks, snap them in half and put them between the crackers.
3. Using your black icing, draw pupils on the marshmallows.

## Word search By Evie, Y6





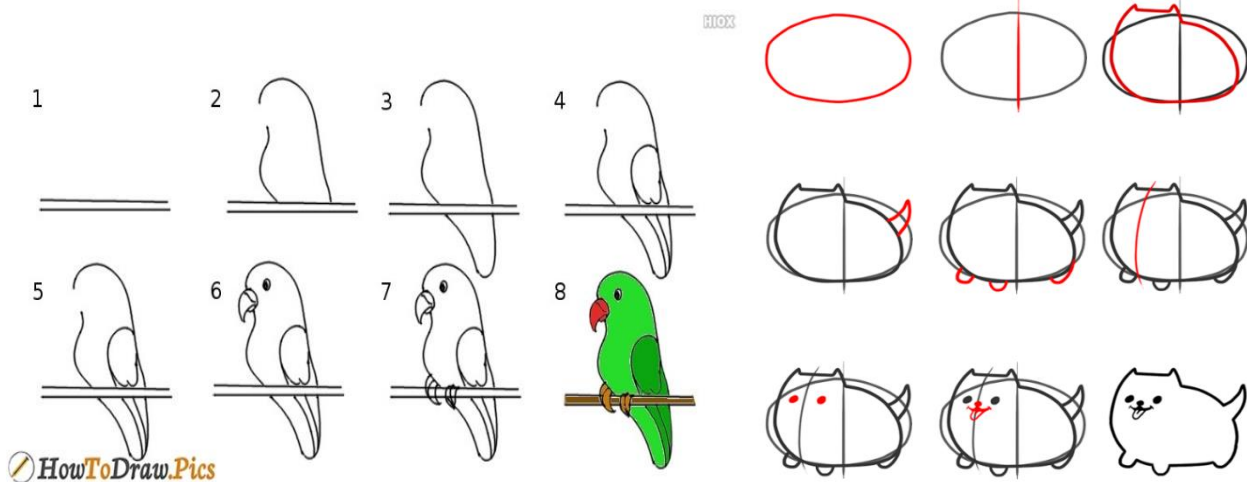
# Arts and crafts

## 'How to draw' tutorial By Cody, Year 3

Here are some of my favourite 'How to draw' tutorials that I use...

How to draw a parrot - my favourite animal!

How to draw 'Annoying dog' from a game called under tale.



## Ella's art corner

Ella from Y2 shares her latest pieces of art...Well done Ella!



# Famous celebrities' birthdays! By Amelia M, Y5

On 8<sup>th</sup> October (the day I wrote this!) there were the following birthdays!!



Bruno Mars 36: Grammy award winning R&B singer whose real name is Peter Gene Hernandez! His second album, Unorthodox Jukebox, hit #1 on the U.S. billboard in 2012!



Bella Thorne 24: Young actress who became known for her award-winning role as dancer CeCe Jones on Disney's 'Shake it up'. She also co-starred as Maddison in the 2015 'The Duff'.



Funny Mike 25: Also known as Young 22 and 22 Savage, he is a You Tuber, comedian and rapper. His funny mike YouTube channel, which features a range of comedy content including pranks and challenges, earning over 6 million subscribers.



The Miz 40: Named Mike Mizanin but best known under the stage name, he has held the WWE championship, the Intercontinental championship, and the Tag Team titles. He also competed in Bravo's battle of the network reality stars, finishing second, in 2004.



# Fun and games!

## True or False and Anagrams fun By Jess, Halldora, Evie and Kana, Y6

Anagram answers on the back page

Test your knowledge on greek gods:

Hercules's father is Hades.

True or False?

Posidon fell in love with Medusa.

True or False?

Is Asclepius a Greek God?

True or False?

Does Pegasus have a brother?

True or False?

Do the gods live on Mount Olympus?

True or False?

There are 26 Greek Gods.

True or False?



### ANAGRAMS!!

The Theme is: odjo -----

pahsegitt = -----

tacror = -----

iinhpc = -----

cier niwe = -----

orboail = -----

babagec = -----

vacaado = -----

srugaSpag = -----

urgreb = -----





A big thank you to everyone who made this edition possible and we really hope you all enjoy reading it. If you would like to write or draw something for the next edition, you can put it in your class Express pouch, hand it in on the Emmanuel Express Google Classroom or email to [newspaper@emmanuel.camden.sch.uk](mailto:newspaper@emmanuel.camden.sch.uk)

Answers to the Anagrams.

