



EMMANUEL  
Express



Emmanuel Express Newspaper - Issue #48 - March 2024

## School Council at Camden Green Dragons' den by Natalie, Y6

On Thursday 21 March, the KS2 School Council team went to something called the "Camden Green Dragons' Den" and we presented a pitch to ask for money to buy new recycling bins so that we can do more recycling at school. As a team we researched ideas, what we needed and costs to be able to write a speech. We spoke to the 4 rather serious-looking dragons about how we wanted to help with the recycling in Camden and how many new bins we will need. We would like to help Camden do a little more recycling.



We also got to take part in some workshops - we made seed bombs in the rewilding and biodiversity one, and took part in quizzes about Clean Air in Camden, reducing clothing we buy and recycling with Veolia.

It was a really fun event. We are now waiting to find out how much money they will give us!

### Some things to look out for in this Easter edition

#### History of Easter



See page 3

#### The Emmanuel Kitchen!



See page 5-7

#### What's out there?



Pages 11

#### Sports page



Page 14



## A note from our Emmanuel Express Managers...

Thank you to all the Class Reps who have helped to write this newspaper and get their classes to also send in articles. A special mention goes to **Aida and Khamillah** who collected a huge number of articles and games from the Year 3 class! We hope you enjoy this Easter edition of the Emmanuel Express! Happy reading!

From all the Express Team Managers - Tom, Marie, Sarup and Campbell



## Thank you to our Spring term Class Reps:

Year 2 – Maeve and Leon O

Year 5 – Anthony and Adam

Year 3 – Aida and Khamillah

Year 6 – Nadine, Micah and Emma

Year 4 – Clara and Eric



## Word of the month by Tom, Year 6

Word: **Algebra**



Meaning: Algebra is when a number or a quantity is replaced by a symbol or a letter in an equation.

Etymology: Late Middle English: from Italian, Spanish, and mediaeval Latin, from Arabic al-jabr 'the reunion of broken parts', 'bone-setting', from jabara 'reunite, restore'. The original sense, 'the surgical treatment of fractures', probably came via Spanish, in which it survives; the mathematical sense comes from the title of a book, 'ilm al-jabr wa'l-muqābala 'the science of restoring what is missing and equating like with like', by the mathematician al-Ḳwārizmī.

# The wonderful history of Easter eggs *by Sarup, Y6*

Easter eggs have been here since who-knows-when, but in this article we will be learning about the history of these fun decorated and delicious eggs. We will go deep into its history and find out how the idea of the Easter eggs was made. So with that in mind, enjoy 😊.



Chocolate Easter eggs were first invented in 1873 when Fry's (a chocolate company that later became part of the Cadbury empire) made the first ever plain dark chocolate Easter eggs which were filled with sweets.

Early Christians in Mesopotamia dyed eggs in the period after Easter. This then was adopted by the Orthodox churches and from there it spread to Western Europe.

Eggs symbolise new life and rebirth just like from the Bible when Jesus came back to life, and when God came to Earth as Jesus to stop suffering. It was believed that this ancient custom was absorbed and made into the thing we now call the Easter celebration.

I hope that you have enjoyed this historical article because it took a lot of time to write 😊.

## Easter poem *by Micah, Year 6*

Easter is here,  
Spread love and cheer,  
As we run around,  
We never dare to frown.

Egg hunts are always fun,  
The variety of colours has just begun,  
Chocolate or even scrambled eggs,  
Are super fun to catch with legs.

Going outside is the best,  
Muddy puddles makes lots of mess.  
Rainy days?  
Inside there is fun games!

Although Easter is fun,  
There are more holidays yet to come!





Recommended

Reads

in

Year



1. The In<sup>3</sup>vincible: The Piglet Pickle

2. Michelle Obama

3. Bills new frock

4. Who will marry prince Harry

5. Peter Pan



By  
Khamillah,  
Y3

## Recommended games to play by Baldur, Y3

1. There are lots of new NYT (stands for New York Times) Games including Wordle, Spelling Bee and other games to get you started in the morning.
2. Another fun game is "Human Fall Flat". It's a game where you play as ragdoll characters and you use your surroundings, like barrels and windmills, to venture to the end.
3. If you want a simpler game then you might want "Crossy Road". In the game you dodge cars, get money and skins (I definitely think poop pigeon is the best skin, it poos on the floor like every ten seconds!).
4. However if you are more of a Minecraft fan, Minecraft Legends could be the game for you. It's a game where Piglins (aggressive pigs that stand on two legs and are from the Nether) attack the Overworld and you have to save it.



**Spelling Bee**

**Wordle**

# The Emmanuel Kitchen!

## Aida's chicken pasta bake

(make sure you get an adult to help you with this!)

### Ingredients

Pesto

4 chicken breasts cut into chunks

300g pasta

70g cheddar cheese

50g mozzarella

4 tablespoons of olive oil

1 onion finely chopped

2 cloves of garlic (minced/chopped)

100g of mushrooms

For the white sauce/roux:

50g plain flour

50g butter

580ml milk



### Instructions

Step 1 – Boil the pasta.

Step 2 – Using 2 tablespoons of oil, fry the chicken breasts. Once cooked set aside in separate pan.

Step 3 – Using remainder of the oil, add mushrooms and onions to the frying pan. After 2 minutes add the garlic, then set aside with the chicken.

Step 4 – Make the roux/white sauce. Add melted butter to the flour in a pan and cook for 2 minutes until golden brown colour and clumps together to form a ball. Then gradually add milk, beating out any lumps. Once it turns into a smooth liquid sauce add cheeses.

Step 5 – Drain pasta and add to oven dish. Add the chicken, mushrooms, and onions, and mix in the cheese sauce. In holes, add teaspoons of pesto. Top with cheese.

Step 6 – Put in the oven at 180 degrees for 20-30 minutes.

Serving suggestions: garlic bread, salad or steamed vegetables.

Enjoy!

## A recipe for an after-school snack by Eric, Y4

Step 1: Take a tortilla bread and put it in the stove and heat up the stove (you will need an adult to help you with this part)

Step 2: Take some cheese and grate it and then put the grated cheese on the tortilla

Step 3: Take some ham slices and then throw them on!

Step 4: If you would like it to be a bit salty, chop up a pickle and put it on – yeah!





Step 5: Enjoy!

Step 6: I forgot to say, fold it like a taco – if you like, you can put some salad on it too.



## Yummy Homemade Shortbread Recipe

### Ingredients:

-  195g of unsalted butter
-  70g of granulated sugar
-  1g of salt
-  250g plain flour

BY CLARA 4H



### Instructions:

1. Preheat your oven to 160°C.
2. In a large bowl, cream together the softened butter and sugar until light and fluffy.
3. Gradually add the flour and salt, mixing until just combined. Be careful not to overmix.
4. Press the dough into a greased or parchment-lined baking pan (8x8 inches/20cmx20cm works well).
5. Prick the surface of the dough with a fork to prevent air bubbles.
6. Bake for about 15 minutes or until the edges are lightly golden.
7. Allow the shortbread to cool in the pan for a few minutes before transferring it to a wire rack to cool completely.

Enjoy your homemade shortbread!



# Apple purée:

By Leon O,  
Y2

1. peel and chop some apples.
2. Add a little water and cinnamon.
3. cover and simmer for 15 mins.
4. puree using a blender or mash with a fork.

## Would You Rather.

By Cosima and Louisa Years  
Food

By Cosima  
and Louisa,  
Y3

1. Would you <sup>rather</sup> eat cheese or chocolate?
2. Would you rather eat spinach or broccoli?
3. Would you rather eat crisps or biscuits?
4. Would you rather eat Pizza or sushi?

animals

1. Would you rather Have a cheetah or a snake as a pet?
2. Would you rather Have a python or a trilachula <sup>as</sup> a pet?
3. Would you rather Have a fox cub or a deer as a pet?
4. Would you rather Have a hamster or a cat as a pet?

Books

1. Would you rather Read Harry Potter or Malory Towers?
2. Would you rather Read Peter Pan or Matilda?
3. Would you rather Read Secret of the Sun King or Zoë's rescue zoo?
4. Would you rather Read fact or fiction?

# History of different countries by Sarup, Y6

Hello, today you will learn new facts about different countries' fascinating histories in my article!

This is the list of countries that will be mentioned in my article: **Nepal, Russia, Lithuania, Scotland, Hungary, USA and finally UAE**

## Number 1 : Nepal

Nepal used to be a kingdom but now is a republican country, ending the 200-year-old reign of the Shah monarchs.

Nepal and Britain had a relationship for over a great 200 years and the late Queen Elizabeth went there twice.

## Number 2 : Russia

Russia was with the UK in World War two, because the Nazis (The German Army) attacked Russia and they wanted to get revenge by attacking back at them.

Moscow (Russia's capital) was a small trading post back in the 13th century.

1000 years ago Russia's name was called Kievan Rus.

## Number 3 : Lithuania

Lithuania was the last country to be converted from the Pagan faith/religion to the Christian faith/religion.

## Number 4 : Scotland

In the time of the Anglo-Saxons people from Scotland were called Picts instead of Scots – this was an ancient tribe that lived there. Scotland got its name from Gaelic speaking people who had come from Ireland around 500AD and settled in Scotland.

## Number 5 : Hungary

The Turks (Tribe from Turkey) made Hungary and its people a part of the Ottoman Empire. Hungary is one of the oldest countries and dates back a fantastic 1100 years!

## Number 6 : USA

The USA had 48 states before 3 January 1959 when they took over Alaska and then Hawaii on 21 August 1959. The USA was with the UK in WWII. The USA is an amazing 248 years old!

## Number 7 : UAE

UAE is made up of 7 emirates founded 2 December 1973. They are: Abu Dhabi, Dubai, Sharjah, Ajman, Umm Al Quwain, Fujairah and Ras al Khaimah. The United Arab Emirates dates back to a whopping 8000 years ago!



# #5 Cutest Animal V #5 Deadliest Animals

## By Marie Y6.

### Top #5 Cutest Animal

1. Pica d'Ili



2.Red Panda



3.Koala



4.Arctic Fox



5.Quokka



### Top #5 deadliest animal

1.Malaria Mosquitos



2.Komodo Dragon



3.Box Jellyfish



4.The Inland Taipan



5.Saltwater Crocodiles



THANK YOU FOR READING 🙏🏻

# All the fighter jets (well almost!) by

Adam, Y5

I am really interested in the military and especially fight jets. I really like them for what they can do and how fast they can go. Here is a list of all the fighter jets used by different countries:

- F-22
- BF109
- F44
- F-15
- Eurofighter
- Mig-31
- Dassault Rafale
- F-16
- Pr1
- Fla-18
- Northp-r51
- Mig-29
- P-39
- MS406
- Fog
- RI-43
- F2
- Ri4
- Ri100
- Ri84
- Ca20
- Al
- He280

The F22



The Eurofighter

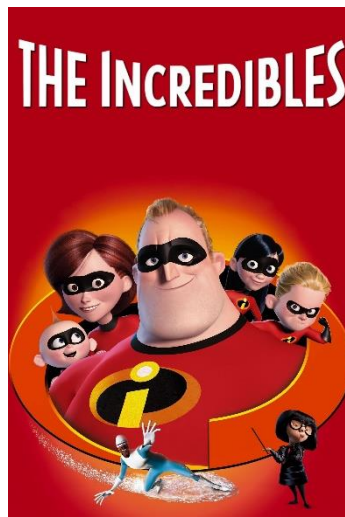


Dassault Rafale



## Top 10 movies by Sadie, Y3

1. Harry Potter
2. The Incredibles
3. Sing 2
4. Migration
5. Inside Out
6. We Can be Heroes
7. The Grinch
8. Sea Beast
9. Boss Baby
10. Daddy Daycare





# Is there life out there?

By Tom, Y6

A view coming from a lot of people would be no, but with discoveries coming from the last 60 years, science could hold an opposite opinion.

In my opinion, the biggest breakthrough in the favour of extra-terrestrial life would have been the 'Wow' signal, detected by Ohio university's Big Ear in 1977. The 'Wow' signal was a radioactive signal made up of hydrogen atoms coming from the Sagittarius constellation. Why was this so important? Well, it was at a certain wavelength that no radio wave made on earth can be at since it is reserved for systems like the SETI and other such things, and according to the prediction of earlier astronomers that if any other intelligent



life tried to communicate with us, they would use this wavelength. This was radical at the time, and for the years after this people listened out for a signal like this and found nothing. This period of silence was coined by astronomers as 'The great silence.' But an argument against this is it could be the radiation coming from a nearby supernova (a star collapsing on itself), since this radiation was from hydrogen (the atoms which make up most of stars), so who knows.

Let's now go onto the subject of wormholes. This is basically the real world equivalent of hyperspace from Star Wars. These incredible things mean we can travel through millions of miles of space in a matter of seconds. According to theories by Albert Einstein, a civilisation like ours could keep a wormhole open. The significance is that if you were in the wormhole, a few seconds is equivalent to a thousand or so years on earth. So, in trying to prove that there are aliens I have just explained how time travel is possible! So, what I am trying to say is that if we could keep wormholes open, we could travel millions of miles in a few seconds, thus covering more area faster. For example, an earth-like world four light years away, we could reach there in four years, and see if there are any signs of basic, or intelligent life.

Let's say that it was a supernova, if the star was big enough, it could have created a black hole, since the sub-atomic particles (electrons and protons) would fly away from each other so fast that the force accumulated from them flying apart would be stronger than the gravity pulling them together. Then we would have a black hole, which in a new theory could open a hole to a parallel universe. This theory means we would have to take the risk of flying into a black hole. A risk I don't think is worth taking until we have gone deeper into this theory. But it is still a possibility.

Let us assume that each star has planets, and each star has a planet which is similar in formation to earth. The current estimation for the stars in our galaxy is 100 billion to 400 billion, so according to our assumption there must be 100 billion to 400 billion earth-like planets in our galaxy. Don't go off rushing to conclusions about our theory, because the probability of intelligent life is tiny, since the cell formation is so rare. But at the same time don't get disheartened since my theory only applies to the Milky Way. So, in the rough 93 billion light year across observable universe, and around one septillion star universes, there could be a Han Solo and Chewbacca somewhere.

Let's be optimistic and say for every galaxy there is a planet with life like ours. Even if that being the case, if we wanted to contact them, it would take millions, if not billions of years for them to receive any radio communications, and some of them may not have that long.

The final possibility is voyager one and two. The robotic probes have been flying about the universe for over forty years now, and they hold samples from earth, such as books, music, and photographs. The only flaw in this is that they don't land on planets, so unless other civilisations have ships flying about space, it is unlikely that they will find life. Voyager one is now in interstellar space - 14.7 billion miles away. Whether this is hopeful, since this is an area of the universe which only has charged particles and a handful of

planets. I think the scariest thing about this question that so many people have tried to answer is that if there is no life out there, we as humanity are truly alone in the universe, and if we are not alone, it would be scary knowing that there is something out there in the vast expanse that we call space. I do not think it is likely that there is complex life out there, but there almost definitely basic life out there. The thing about this question, and trying to prove it, is that it takes such a

vast amount of time, mainly because space is so vast that would take billions of billions, if not trillions of years to explore the whole of it. The nearest star system is 25 trillion miles away. This just goes to prove that space is so vast, at a scale that we as humans cannot come close to imagining.



There is a T S Elliot phrase which goes, 'We shall not cease in exploration, and the end of our exploration we shall come back to where we started and know the place.' What I am trying to say by this is that one of the few things we will archive by space exploration is that after all of this research, we will understand this world, and our place on it, more than we do, and we have ever done.

## The Garden by Cosi, Y3

Nature poem by così

Go in the garden watch things grow,  
I've got so much to show you that you don't know,  
The garden is nice the garden is green  
the garden is really got everyone.

I bike down hill wind in my face I really like it at this fast pace,

I get off my bike ready to play.

It has been a sun day.

I go on the slide,

It is such a ride &

I Leave the garden in a happy way

This has brightened my day



# Eddie's, Zoe's and Baldur's skiing trip

by Baldur, Y3

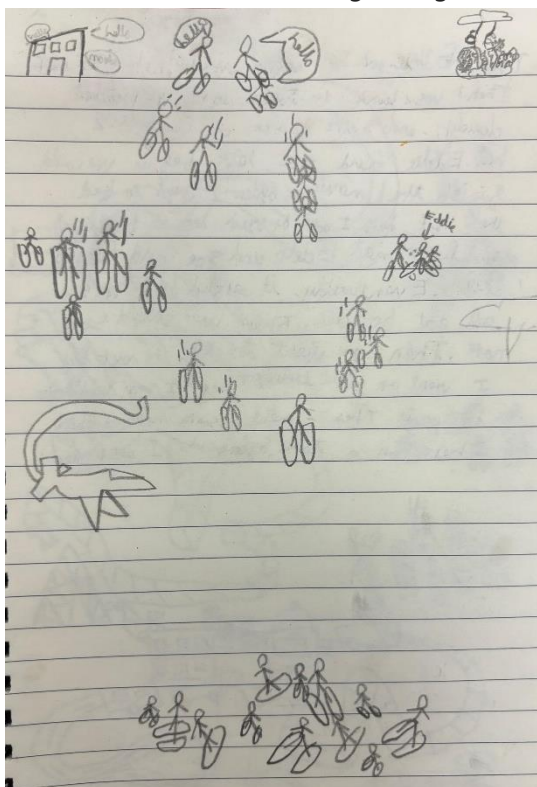
On the first day I woke up at five o'clock and got dressed. Then I went into a big taxi and waited for mum and dad to put the luggage in. We drove to a big station called King's Cross station and went on a train headed for Paris. After a short while I felt a little sick and I vomited! The next train was a double decker train! I stayed on the top level and started to draw. On the third train, I went on my iPad and played Minecraft. The last train was funny looking, it was shaped like a cuboid but the inside was very cosy.

Me and my sisters watched Tangled together. After all those trains I went in another taxi. The view was beautiful. There were trees, snow, rocks, lights and cars. Then a car slid into the car we were in! The hotel was very cosy and we had pizza before going to sleep.



The next day, after breakfast, I went to a skiing club and met Eddie and Zoe. We skied a little, then we stopped and waited ages for the other group to catch up. Finally we started to move again but Eddie and Zoe were in a different group. After the skiing club ended we skied more with our families. Eddie, Zoe and I liked racing each other and we all won at least once. One time I beat Eddie at the last second. Another time Zoe went slow and steady but somehow she won. Another time I gripped onto my dad's poles and dad dragged me. Eventually we went back to where I was staying, then mum and my sisters went to the shops and me and my dad stayed. When they came back we had pesto pasta before going to sleep.

The next day my oldest sister and I made pancakes for breakfast. Afterwards I went to the skiing club and met Eddie and Zoe. Once Eddie got tangled with two other people and they slowly started sliding down! Luckily they got untangled. Another time we saw an airplane that had a very long red ribbon behind it.



The days passed quickly and I remember skiing on rocky steep bits, skiing in half pipes and how Eddie once went really fast and crashed into a tree! When the ski school ended we got badges. My favourite evening in the trip was when Eddie and Zoe came to my hotel; we had chicken nuggets before having a movie night. We watched "Cloudy with a Chance of Meatballs 2" but Eddie and Zoe left before we could finish the movie.

On the journey back we saw some landmarks in Paris in a double decker bus. There were headphones on the bus that told you about Paris. When arriving in London it was raining heavily and it was very late. We got into a taxi and I was relieved when I was finally home again.

# Facts about sports

by Anthony, Y5

## Football!

Many teams have won the world cup including.

- Argentina/2022
- France/2018
- Germany/2014
- Spain/2010



## Table Tennis!

- Table Tennis inspired peacemaking. ...
- Professionals hit the ball at amazing speeds. ...
- There are over 1,500 rubber patterns.
- Table Tennis is an Olympic sport. ...
- It's a game of many names. ...
- These Table Tennis facts Show off the Grand history of this sport



## Cricket!

- Cricket began as a children's game in England in the 16th century.
- Ravi Shastri is the first cricketer to hit 6 sixes in an over.
- Shoaib Akhtar bowled the fastest delivery in the history of cricket!
- MS Dhoni has never scored an ODI century outside of Asia.



## American Football

- Football is a pretty young sport. American football was invented in 1882, making it only 136 years old.
- It's not all talent.
- College balls and professional balls are different.



## Rugby!

- Rugby is said to have originated at Rugby School in Warwickshire, England, in 1823 when during a game of football, William Webb Ellis decided to pick up a ball and go with it. Although there is very little evidence to support this theory, the Rugby World Cup Trophy is now named after William Webb Ellis after him.





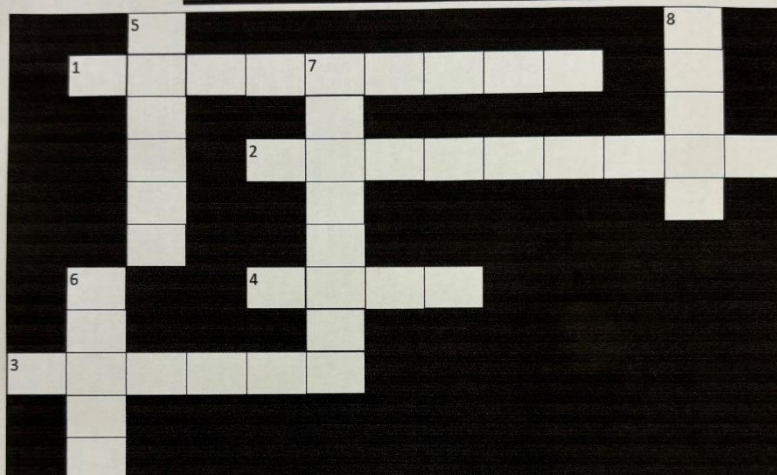
## How to make origami foxes!

1. Cut a square piece of card.
2. Fold the piece of paper in half.
3. Then fold the non folded piece of card inside.
4. Add eyes and nose.
5. color.



By Zoe, Y3

## PANDA CROSSWORD



### ACROSS:

1. What gymnastics move do pandas do when they need a wee?
2. Pandas are part of the bear family. What do bears do in winter that pandas don't do?
3. What do pandas spend most of the day doing?
4. What colour are pandas when they are born?

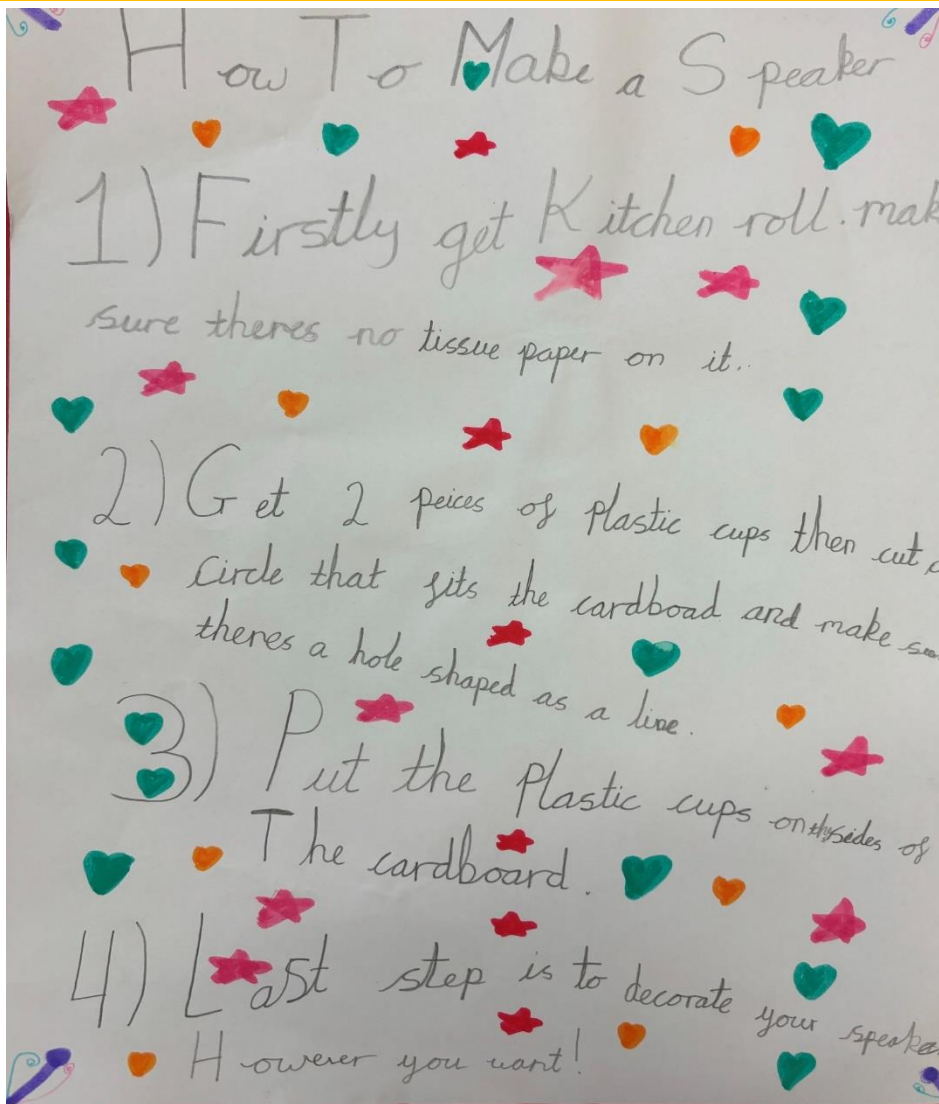
### DOWN:

5. What do pandas eat?
6. What colour are pandas arms?
7. What activity are pandas good at that includes water?
8. How many poos on average does a panda do in a day?

By Isla, Y3

You can check your answers on the back page!

By  
Khamillah,  
Y3



## Emmanuel

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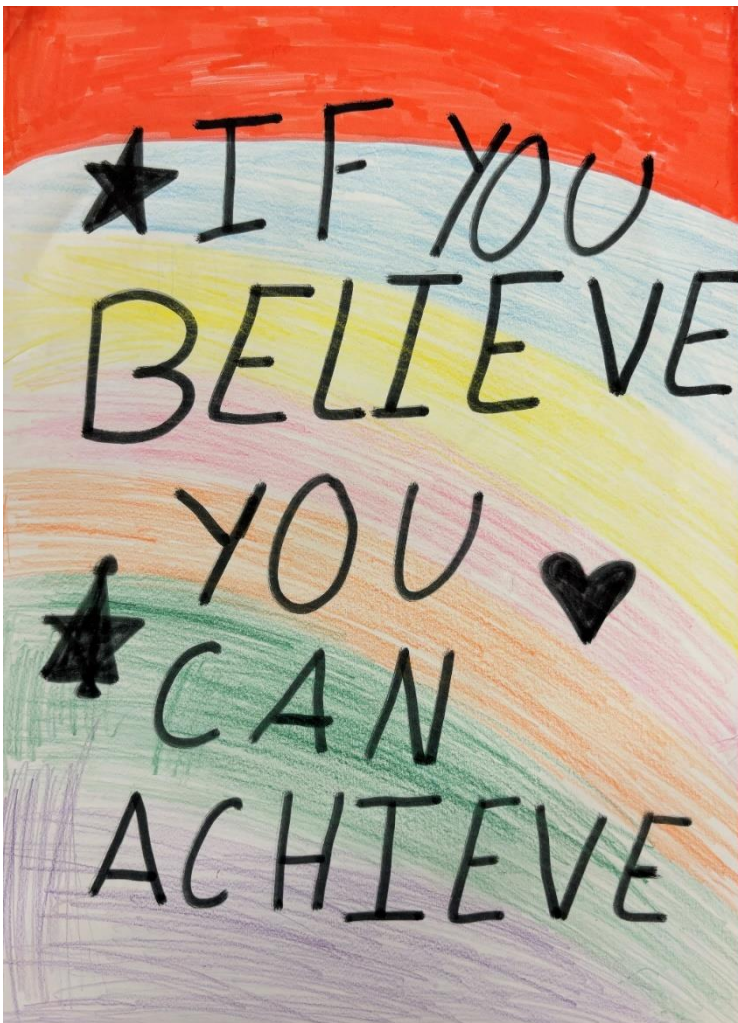
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Emmanuel  
themed  
word  
search by  
Emma, Y6



## My Trip to Macedonia by Tessa, Y3

I went on holiday to Macedonia at half term. It was hot and it was fun. I made a new friend. I saw my aunty and grandma and I went to the zoo and I met my cousin. I went home afterwards.



A motivational  
message from  
Khamillah, Y3



# CATfact file

By Yasmine, Y3

## Burmese

As the name suggests, this cat is originated in Burma. The first cat burmese.

## Leopard cat

Not to be confused with the leopard, this small spotted wild cat (*Prionailurus bengalensis*) is found in Mainland Asia.

## Russian white

As the name suggests this breed has an entirely white coat.

Russian whites were developed

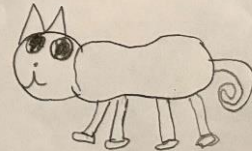
in a selective artificial breeding programme in 1971 by crossing short haired cats from Siberia and the Russian blue.

## Russian blue

With striking green eyes the Russian blue's shiny dense coat comes in different shades of silver-blue. It is thought to have originated the Port of Archangelsk in Russia and was brought to northern UK by sailors in the 1860s.

## my cat

my cat is called Goldi she is cute here is a drawing of her.



# Facts about my cat

## BY Raya in Year 3

my cat's name is Cat's Cobweb she has escaped from a cat shelter and her owner died. and our cat was on the run for a month! eventually, she decided to live at our house so basically, we started feeding her and she just moved in! my mum took her to the vet and checked her cat chip she did not have a owner, so we adopted her! The first few months having our cat in my house, she kept biting and hissing, my mom thought it was because she had been kept inside for so long, so yes, she was a bit wild and crazy super crazy, our cat is a tabby and domestic cat, our cat is born on the 8th of april 2015, so she is a girl and she is black and white. that is the story of Cat's Cobweb.

By Raya, Y3



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 give it to your Class Reps or hand it in on the Emmanuel Express Google Classroom page.



ANSWERS:

