



# The Sycamore Times

## BACK TO SCHOOL

*By Candy, Willis and Shalom, Iyobo*

On August 28<sup>th</sup>, lots of us started school in Pow-erstown ETNS for the first time.

We felt happy to be starting in a new school but we also felt shy and nervous to meet lots of new people all at the same time. Then we met all the people in our class and our new teachers. Every-

body was very nice!

We played lots of games in the first week to help us get to know each other. We also had no homework for the first week!

Now we have lots of new friends in this school and we have settled in. We all have fun and we're happy to be here in PETNS!



**We have lots of great friends in PETNS!**

## NEW YARD

*By Charles*

On the 25<sup>th</sup> of September the senior classes at PETNS got a new yard to play in at break time.

The old yard was too small and people were getting hurt and bumping

into each other.

Our new yard is much bigger and better.

We have lots of space to run around.

The kids are very happy to have a new yard and so are the teachers!



**We can run around much more in our new yard!**

## The Sycamore Times

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### Special points of interest:

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- ☺ Sports News
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- ☺ Entertainment News
- ☺ Politics News
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# SPORTS NEWS

## HANDY ANDY

*By Shalom, Willis and Candy*

This year, for Golden Time, we go outside each Friday and play football.

Each day in school we earn Golden Time minutes for hard work and being polite. Most days we earn at least 5 minutes for Golden Time.

Every Friday we add up all our minutes and we do something fun before we go home.

Every Friday in September we played football outside for

Golden Time with Handy Andy! "It's really fun because we don't always have to stay inside the classroom and it helps us to get healthy!" said Ade-suwa. "It's really fun going outside with Andy because we get to play football!" said Iyobo.

We're really happy because Andy is a really good football coach and we're getting better every week!



**We love football with Andy!**

**"Come on  
you boys in  
blue!"**

## SPORTS WITH STEPHEN

*By Kevin Oboye*

This September on Tuesday mornings we have P.E with a man called Stephen.

We do exercises to warm up our bodies and we play games like 'Leprechauns and Goblins' and other games too.

Stephen teaches us in the classroom before we go outside about what food we should eat and where we should play games.

We have lots of fun and everybody enjoys it.



**Dublin players are ecstatic and celebrate with the Sam Maguire cup after the game!**

## DUBLIN WINS

*By David and Toby*

On September the 22<sup>nd</sup> the all Ireland final match took place in Croke Park. Dublin and Mayo were against each other. Dublin won by one point. The final score was 2 -12 to Dublin and 1 -14 to Mayo. Dublin wins the Sam Maguire again! "Come on you boys in blue!"

# ARTS NEWS

## SYCAMORE CLASS LEARNS A NEW SONG

**By Charles Obinna Osourji  
Emeka and Divine Igwe**

The Sycamore Class learned the song 'Imagine' by John Lennon for Peace Day.

We read the lyrics of the song and we talked about what they mean. John Lennon wrote about religion and war and greed and how they can sometimes cause people to fight. Then we talked about peace and what we

would imagine in a more peaceful world. We drew pictures to show peace in the world and hung them outside our classroom. We learned to sing the song too. At first we struggled but we finally got it in the end!

We did a great job singing this song on Peace Day and our parents loved it!



**"Imagine all the people, sharing all the world" John Lennon**

## SYCAMORE SUNFLOWERS

**By Charles and Willis**

On Wednesday 25th September, we learned about Van Gogh, a famous artist from Netherlands.

First, we read about Van Gogh's life and looked at some of his pictures. We

thought some of them were weird, like when he cut off his own ear!

Then we looked at real sunflowers and drew our own pictures. We used pastels to colour them. We mixed the colours and it looked very nice.



**Kay is very busy creating his masterpiece!**

## SYCAMORE CLASS JOINS A CHOIR

**By Chloe**

This month Sycamore class sent away our application to join the Peace Proms Choir.

There are lots of children from all over Ireland taking part in this choir. We will all learn songs got to

do with peace. Then we will all come together in March and sing in a big concert for all of Dublin.

Some of us are really excited!

*"I am very nervous to perform for all of Dublin but excited to sing with my friends!" Charles*

*"I hope we do really well in the Peace Proms concert!" Kevin*

# ENTERTAINMENT NEWS

## FIGHTING WORDS TRIP

**By Charles, Willis, Chloe, Kay, Candy and Kaina**

On the 6<sup>th</sup> of September, we went on our first school tour to the Fighting Words writing workshop.

First we got Vinny's bus into town. Some of us also went in Cróna's car!

When we got there they took our picture and gave us name tags.

We went through the magic door and started writing a story called Goku strikes again.

An illustrator was there to draw pictures to go with our story. She was very good!

We gave our story to the editor of Fighting Words. He was really mean but he liked our story. They gave each of us a copy of our story to take home with us with our picture on the back.

Afterwards Kevin and Adesuwa got free pizza from the Italian restaurant for everyone in the class! We ate it when we got back to school. After we finished the pizza we played football outside.

Everybody enjoyed themselves and it was a brilliant day!

## FLY THE FLAG FOR PEACE

**By Chloe and Kay**

On Friday the 20<sup>th</sup> of September all the students of PETNS had a big ceremony for Peace Day in the school basketball court.

First, the student council told everyone what peace means to them and each class sang a song about peace.

Next, Kevin talked about Green Schools and then the mayor raised our first green flag.

After that, Adesuwa talked about all we learned about Europe and Paul Rowe raised our Blue Flag.



**Our Dublin flag, Ireland flag, Green Flag and Blue flag. All flying proudly now outside our school!**

Then Moses mentioned the Dublin game and we all sang Molly Malone as good luck for Dublin!

Finally everyone in the whole school sang

the school song 'We All Stand Together'.

At the end of the day everyone had a nice time.

Peace out!

# SPEECH AND DRAMA CLUB

**By Caroline Oludare**

On Friday 27<sup>th</sup> of September, Sycamore class started their very first speech and drama club.

The teacher's name is Dominic. He's from Cork. The sessions will be happening in school in an empty classroom every Friday.

The speech and drama club is to help people with their confidence and to learn to act by taking on different drama roles.

Each week there will be different activities such as playing games, taking pictures, changing costumes and pretending to be on stage.

We've only had one session so far and the students are giving great reports about it! "It was the best

thing ever and we get to do something we all like", says Moses. "It was so fun and nice because we get to do something different in our school", says Kevin.

It was so much fun so we're hoping it continues all year round!



*"It is good for exercise and helps you think properly", says Divine.*

# POLITICS NEWS

## ELECTION INSPECTION!

**By Adesuwa and Moses**

On Friday the 13<sup>th</sup> of September the pupils of Powerstown E.T.N.S ran the elections for Green Schools and Student Council.

At assembly all candidates had a chance to perform their speeches. Afterwards, all classes did a secret ballot vote. The votes were counted and the results announced on the intercom!

We are very proud of our Green school and student council!

*"I was so happy I won because I thought I wouldn't stand a chance" says Kevin.*

*"I was so ecstatic and a bit nervous but excited all at the same!" says Caroline.*

*"I was so glad that I won" says Iyobo.*

*"I felt as if I was on cloud nine! I knew I was going to win because I was the only one in 3<sup>rd</sup> class running but was satisfied even so," says Kay.*

Here are the results for our class:

### Green schools

5<sup>th</sup> class: Kevin Oboye  
4<sup>th</sup> class: Shalom Azenbor  
3<sup>rd</sup> class: Kayomide  
Kelvin Nurain

### Student council

5<sup>th</sup> class: Caroline Afolabi Oludare and Charles Obinna Osuorji Emeka  
4<sup>th</sup> class: Iyobo Ugiagbe  
3<sup>rd</sup> class: Willis Okitkpi

# SCIENCE NEWS

## SCIENCE IN SCHOOL

By Jack Levingston

So far this year in science we have been looking at the body and how important a good diet is to keep it healthy.

We have been studying the food pyramid. The food pyramid shows us the types of food we should eat and how

much of these foods we should have in a healthy diet.

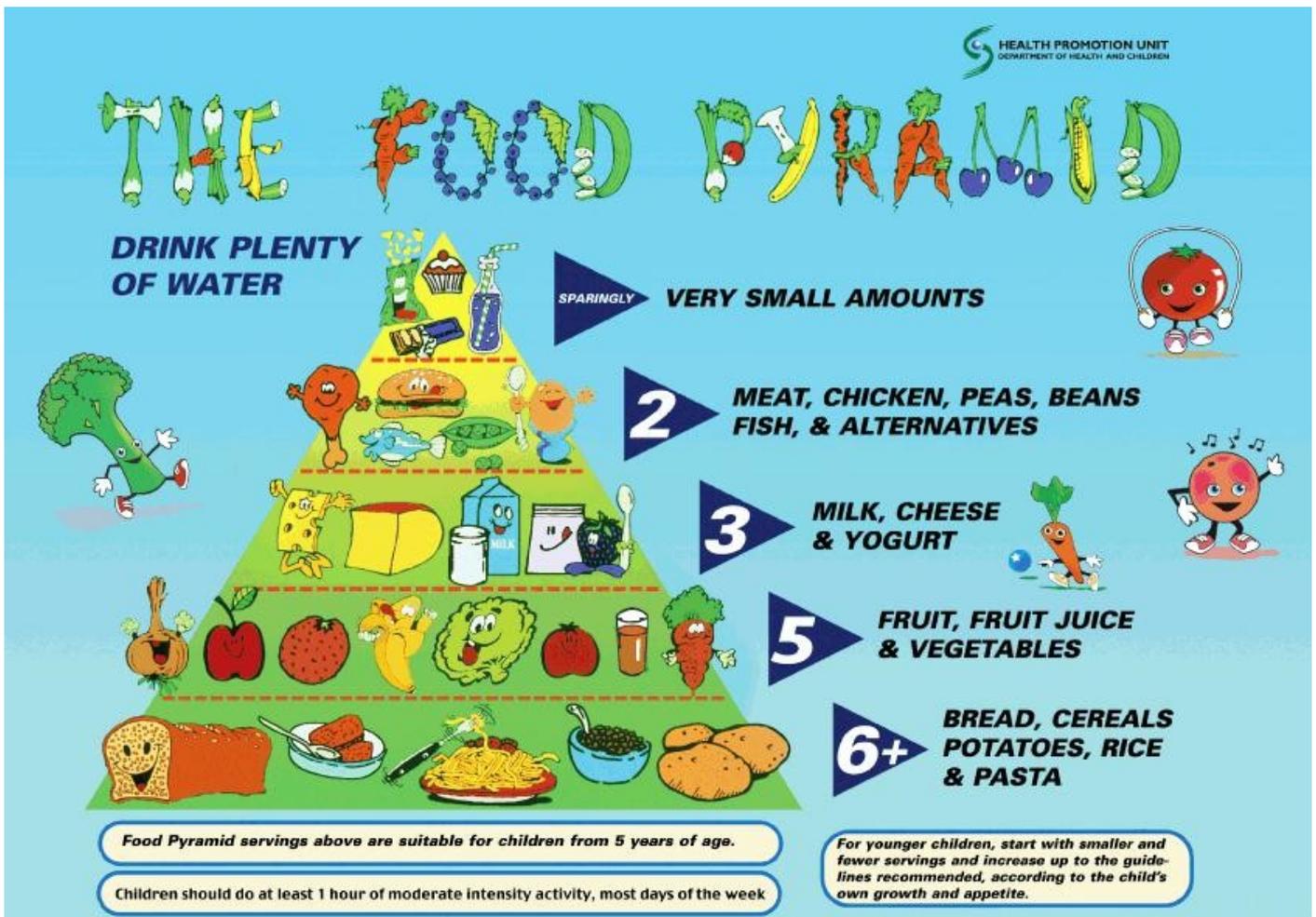
Fats, Protein, Dairy, Vegetables and fruits and Carbohydrates make up the food pyramid.

You need to keep a balanced diet to stay healthy. Fizzy drinks are not good for you but water is very good for the body

and the skin.



Its important that we bring healthy lunches to school!



# TIPS FOR STAYING HEALTHY

Follow these fool proof tips to stay healthy and happy!

- ◆ Eat a healthy, balanced diet using the Food Pyramid!



- ◆ Eat lots of dairy foods that are rich in calcium for healthy bones and teeth—milk, cheese and yogurt!

- ◆ Get lots of exercise to keep a healthy heart and a healthy body!



- ◆ Make sure to get enough sleep so that you have enough energy to learn, play and have fun! Most children need about 10 hours sleep each night but everyone is different. Some of us might even need more sleep!

- ◆ Make sure to brush your teeth twice a day to keep plaque away!



- ◆ Have regular baths and showers to keep your skin healthy and clean!

Download from Dreamstime.com

**Most importantly, make time for fun and games! A healthy mind helps a healthy body!!**

## Sycamore Class

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com



The Sycamore Class is a mixed class of 3rd, 4th and 5th. There are 16 people in our class and even though some of us have only known each other for one month we all get on really well together and we are great friends!

"We all stand together!" *Paul McCartney*

"United in Diversity!" *E.U. Moto!*

# SPECIAL ANNOUNCEMENTS

## CLASS DOJO

### By Cróna

This month we have been earning points in class on 'Class Dojo'.

Throughout the day in class and in the yard, students work really hard to follow our school rules and earn points which are added to their Class Dojo account. They earn

points for working hard, for being kind and mannerly and for being a good friend.

All students have a log in code so that they can keep track of their points at home and read 'Good news' notes from me!

Thanks for all your hard work Sycamore Class! Keep it up!

### Birthday News!

David was 10 years old on the 30th September!

Happy Birthday David!!!

