

THE LETHBRIDGE TIMES

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YOUR SCHOOL NEWSPAPER

20p



Christmas comes to Lethbridge!



Christmas

Christmas is the time of year for presents, cards, meals, and meeting up with family. But how did it all begin?

How Christmas began

It all began with a woman named Mary and a man called Joseph. Mary was visited by angels and told she was going to have God's son, Jesus, a baby boy. She told Joseph and they set off on a donkey to find a place where her baby could be born. She went to an Inn and the keeper told her there was only space in the farm stable. She agreed to stay there whilst giving birth. Three kings and lots of shepherds came to watch the miracle happen. The birth of Jesus Christ.



Christmas Plays

EYFS and KS1 are doing some Christmas productions! Parents of children in EYFS and KS1 can come watch these amazing children sing, dance and perform!

Christmas Dinner

On the 15th of December, Lethbridge is having a Christmas dinner. It will consist of brussel sprouts, pigs in blankets, carrots, roasted potatoes and more.

Santa Claws and Paws

Every year, Lethbridge hosts a Santa Claws and Paws. You bring in something for a dog or cat, (blanket, food, toys, and more.) and they will give it to sheltered dogs and cats in need. You can put your donations in the box in the office!

By Seren and Michelle

*HAVE A MERRY
CHRISTMAS!!*

This issue includes:

- Meet the team
- Red Ridge
- Remembrance day
- Christmas puzzles



Meet the team behind the scenes...

Who is on the Lethbridge News Team?

Come and meet them here.

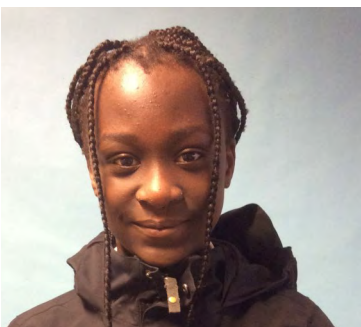


Asa

My name is Asa and I'm 10 years old. My favourite subject is art and I like reading spy books like Alex Rider.

Lucas

My name is Lucas. I'm 11 years old and I like reading, gaming and anime. My favorite subject in school is reading.



Michelle

Hello, I am Michelle and I like badminton, Lego and puzzles.

Mia

My name is Mia, and I like gaming, eating and anime.



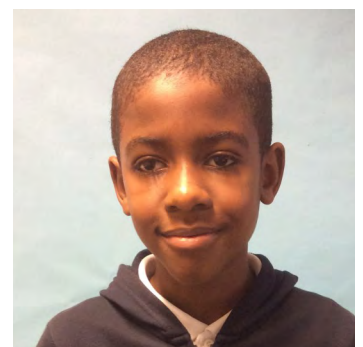
Seren

Hi, I'm Seren and I'm 11 years old. I enjoy writing stories, reading and taking pictures of views. I hope you enjoy reading my articles.



Abu

Hi my name is Abu. I really like gaming and Math. I am in 6GB and I really like adventure stories.



Red Ridge

In term 1, most of Year 6 went to Red Ridge in South Wales. It was a 4 hour trip and when we arrived, it was already lunchtime!

On the first day, we split up into 4 groups: Group 1 did archery with a real bow and blunt arrows, Group 2 went rock climbing and on a zipwire, Group 3 crawled in an artificial cave in the pitch black and group 4 canoed in a cold lake. Late at night we went on a walk and we saw animals like bugs, owls, and loads of sheep.

On the second day, the groups stopped activities. We had to make our own sandwiches for lunch for the next day. A night, we orienteered our way through the outside of Redridge.

On Wednesday, we went on a 45 minute coach trip to go to real caving in the Welsh hills. There were 2 small bats that we saw, and we nicknamed them Mat and Pat. There was a path in the cave where we had to crawl through. We also went rock climbing and abseiling. We were attached to a rope and had to gently hold it to go down. The tighter you held it the slower you went. In the evening, we watched a film called Luca. Luca is a film about a sea monster who really wants to visit the human world.

On Thursday we swapped activities. When we went kayaking there was lots of algae. We also cycled for a long distance. After dinner, we had a disco! We even got souvenirs.

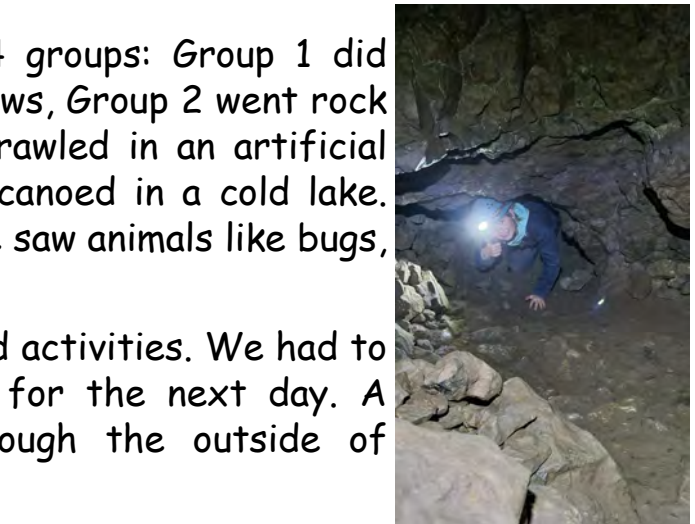
On Friday, we finally went home. Overall, it was a great experience.

Henry Barnes from 6BF said: "It was really fun, and the food was great!"

Eloise Williams From 6GB said her favourite activity was abseiling because she thought it was really fun and she

loved sliding down.

We hope YOU have fun if you go!



Real caving!



Kayaking on the lake

By Michelle and Seren



Term 1 and 2 Values Respect and Friendship



Value for Term One

Our value for Term One was Respect. In PSHE we learnt about the importance of respecting everyone whether they have a different skin colour or race. We also talked about what kind of behavior is accepted in Lethbridge and in the general public.

Value for Term Two

Our value for Term Two was Friendship. In PSHE we learnt about being about being a good friend. Part of being a good friend is understanding that sometimes in one Year you might be better friends with a person and that your friend doesn't always have to play with you.

By Abu

Be Computer SMART

The 5 SMART Rules to Stay Safe Online
Stay safe online with these 5 SMART rules when using the Internet.

- Safe** Stay safe by never giving out personal information to strangers you meet online. This includes your real name, your address, phone number, home address, photos or school name.
- Meeting** Meeting someone you have only met online can be very dangerous, so make sure your parents or a responsible adult is with you at all times. Even if they are nice the first time you meet them, it is important to know that your parents should be around every time you meet them.
- Accepting** Never accept friend requests or open emails from people you do not know or trust. When in doubt, ask a parent if it's safe.
- Reliable** Rely on information from websites and people that you know well and trust. It is very easy to lie online, and people do it more often than you think.
- Tell** Tell a parent, teacher or trusted adult if you find something online that makes you uncomfortable, it is always better to talk to fix an online issue together, that way, you can make sure that it will not happen again.

In term 1 we have been learning about staying safe online. We have been following the SMART rules. Safe, Meeting, Accepting, Reliable and Tell.

When an app asks for tracking always check with a parent before downloading it!

When a site asks for cookies always go to a parent. Don't just click accept all. Some could be harmful.

If it's too good to be true, it probably is! Always check the backgrounds of it. For example, if a window pops up saying that you've won something, check if you actually entered the competition.

By Lucas

Anti-Bullying Week

In Term 2, we had an assembly about Anti-Bullying week. Anti-Bullying week, is a week when the whole school does an activity based on how to deal with bullying. This year we created hand prints with how to reach out and made posters on how to be kind to each other.

We had an assembly in which Ms Short went through a PowerPoint about all the different types of bullying: cyber bullying, physical bullying, homophobic bullying, verbal bullying and social bullying. These are all different types of bullying and are all unacceptable at Lethbridge.



Cyber-Bullying

Due to the rise of internet and social media popularity, cyber-bullying has become more of a problem as many people on the internet aren't always who they say they are. On Tuesday 22nd of November the police came into the school to talk to Year 5 and 6 about cyber-bullying. They talk to us about many surprising websites age ratings. For example did you know that we are all too young to be playing games like Fortnite as it is a thirteen?

Verbal bullying

Verbal bullying is where someone says something offensive, upsetting or racist. It can make you feel bad about yourself. Their aim is usually to belittle or exclude you from a friendship group.

Here are what some Year 5 children thought:



Maisey

"We went through a PowerPoint assembly and found out about the different types of bullying."

Xavi

"We wore odd socks and made friendship posters"

"In PSHE we made handprints about reaching out when being bullied."

By Abu

Remembrance Day

Remembrance day is a celebration for the soldiers that fought for our freedom in many of the wars such as WW1 and WW2.

People buy poppies, donate money or hold 2 minutes of silence on the 11th of November at 11:00 in the morning to reflect. In school, we held a minutes silence to remember those who have given their lives for us.

WW1

WW1 started in 1914 and ended in 1918. When the war started the weaponry wasn't the same as it is today they didn't have the technology as we do today their vehicles weren't as fast as they are today.

WW2

WW2 started in 1939 and ended in 1945.

The weaponry was more advanced then WW1 but was less advanced then modern time. Vehicles could go faster in WW2 then WW1.

Different Poppies

There are four different types of poppies: red, green, purple, black and white. Red commemorates those who sacrificed their life for their country. Purple poppies are for the animals that suffered and perished in the war. The black poppy is to commemorate the African and Caribbean communities that helped in the war. The white poppy is for peace. The reason why they use poppies is because they grew in the fields that the brave soldiers died in.



By Asa

Cinema Trips!

Cinema Trip

On Tuesday 15th November year 5 and 6 went to Cineworld to watch Minions the rise of Gru. The movie was provided by Into Film Festival run by Cineworld. The operation is there to inspire young people to watch, understand and make film in new and creative ways. The year 5 and 6s were there from 9:30 to 11:50. The movie was about 1 hour and the 30 minutes long. The main characters in Minion The Rise Of Gru are Gru, the minions, the vicious 6 (a supervillain team) and Master Chow (an acupuncturist and Kung Fu fighter who helps the Minions on their quest)

The year 2s went to watch Sing 2. The movie was 1 hour and 50 minutes long.

We interviewed William and Lily from Kingfishers class:

Question: What movie did you watch?

Answer: We watched sing 2.

Q: What was your favorite part?

A: When a lion was on a motor bike.

Q: What was your favorite character?

Lily's answer: I liked Porsha Crystal the arctic wolf.

William's answer: I liked Johnny the gorilla.

Q: What was the movie about?

A: The animals were doing a show at the start and then they made a space show.

The main characters in Sing 2 are: Buster moon (a koala), Johnny (a gorilla), Rosita (a pig), Ash (a porcupine), Meena (an elephant), Gunter (a pig), Clay Calloway (a lion), Jimmy Crystal (a arctic fox), Porsha Crystal (a arctic fox), Alfonso (an elephant), Looshi (a lynx) and Darius (a yak).



Year 5 and 6 went to see Minions The Rise of Gru.



Year 2 saw Sing 2

By Lucas

Healthy, tasty recipe

Are you looking for something tasty to eat? Why not try this delicious healthy recipe to make a quesadilla!

Vegetarian Mexican Quesadilla Recipe

Ingredients:

- 4 tortillas
- 1 cup cheese, grated
- 1/4 cup carrots, finely chopped
- 1/4 cup red bell pepper, finely chopped
- 1/4 cup green bell pepper, finely chopped
- 1 cup green courgette, finely chopped
- Extra virgin olive oil , for toasting
- Salt, to taste
- Tabasco Original Hot Sauce, to taste



How to make Vegetarian Mexican Quesadilla Recipe

1. To begin making the Vegetarian Roasted Carrot Zucchini Quesadilla Recipe, heat a heavy bottomed pan on medium flame, add a teaspoon of oil and the chopped garlic, bell peppers, carrots and courgette.
2. Sprinkle salt and stir fry until the courgette and carrots are softened and cooked through.
3. Allow the roasted carrot and courgetti to cool down a bit.
4. Place the tortillas on a flat surface, spoon the roasted vegetable mixture into one half of the tortilla, spoon a good amount of cheese over the vegetables and close the quesadillas to form a half moon shape.
5. Smear some softened butter or olive oil on the top and place the stuffed quesadillas on a preheated skillet. Cook on both sides by applying butter/olive oil until browned and crisp.
6. Once done, cut the vegetarian roasted carrot courgette quesadilla into quarters and serve for a quick weeknight dinner.
7. Serve with hot sauce (if you fancy your food a bit spicier!).

Recipe found by Mia



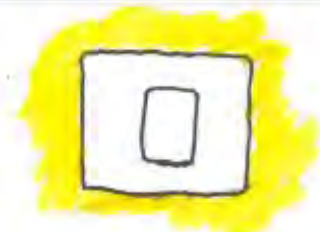
Eco Tips!



Switch off sockets - toasters, printers and other electrical devices.



Put computers on sleep timers, although turning them off would be even better!



Turn off lights when leaving a room.



Fill your fridge so it uses less energy to cool items.



Iron clothes in large batches.



Turn down the volume and brightness of screens.



Close curtains or blinds at night to keep warm air in and cold air out.



Wash clothes at a lower temperature



Replace bulbs with energy savers and keep them clear of dust to brighten your home



Boil food with lids on saucepans.



Attics can be easy to insulate



Ensure windows are clear of branches to ensure natural light and warmth can enter your home



USE ONLY IF YOU HAVE TO!

Clean your tumble dryer filter before you use it.



Use solar powered devices



Use a smart meter to track energy usage.

The Christmas Word Search!

By Abu

Can you find the festive words hidden below?



Created using the Words Up Games [Word Search Maker](http://WordsUp.co.uk) at WordsUp.co.uk

CRADLE
JESUS
JOSEPH
MARY

NORTHSTAR
PRESENTS
REINDEER
SANTA

SONGS
TURKEY

What did Santa say at the start of the race?

A: Ready, set, HO HO HO!

Where would you find a snowman dancing?

A: At a snowball!

What's an elf's favourite type of music?

A: Wrap!

What is Santa's dog called?

A: Santa Paws!

Jokes by Seren