

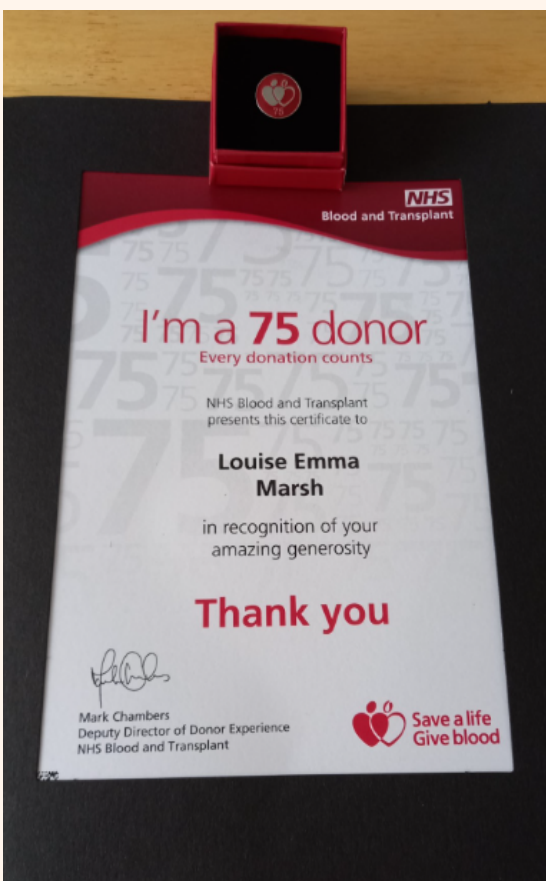


LOW ASH NEWS

Mrs Marsh's Blood Donation Journey

By Ellie and Evie.

Mrs Marsh works in our school office but who knew she had a hobby of donating blood? Mrs Marsh started donating blood at the age of 18. The inspiration for this life saving hobby was her mum because she realised if no-one donated blood she wouldn't be alive. Over the course of 33 years, Mrs Marsh has done 75 donations! The 28th May 2024 is the date set for Mrs Marsh's next donation.



Want to know about blood? If you do, carry on reading...

We all have things called blood vessels. They are like little tubes connecting to your heart and going off to your limbs (arms and legs). In a year women can normally do 3 blood donations whereas men can do 4. How interesting!

A Day in the Life of a Low Ash Pupil

By Lottie and Luna

The typical day at Low Ash *might* look like this:

Morning: We read books, complete morning work, get registered and smile to our teachers.

Breaktime: Many teachers agree that outside equipment has improved. It has improved by adding a swing, hammock, a basketball net and many more. Pupils agree as well that outdoors has improved. One of our pupils, Amelia, likes to use her imagination outside. At Low Ash we have a lot of things we can use our imagination with! Some examples are boats, go karts, and bath tubs.

Before lunch: Before lunch we do English, Maths, Reading or Spelling.

Lunch: During lunch we can spend time outside or in the library. We also get to eat our delicious food.

Afternoon: The afternoon means more time to have fun and get educated. In the afternoon on Friday, all children get to follow their own interests with Fantastic Friday. This is where children get to dance, play games and more.

Sports and Tournaments

By Finn and Mohammed

Our P.E. teacher, Mr Renardson, takes children in our school to sports tournaments. At Low Ash we have a school football tournament based on our coloured houses in our ball court. We use the Premier League teams in the tournament.

The teams are:

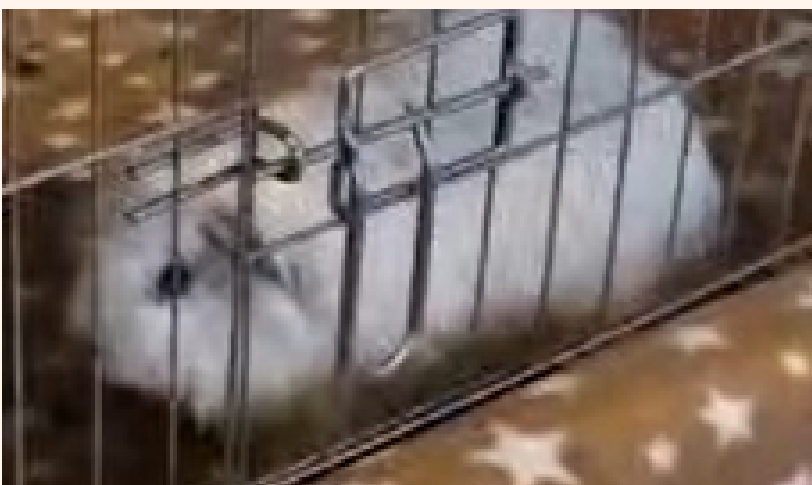
- Chelsea
- Arsenal
- Man City
- Liverpool

There are tournaments for sports like football, badminton, basketball, cricket and hockey.

The Garden and the Guinea Pigs

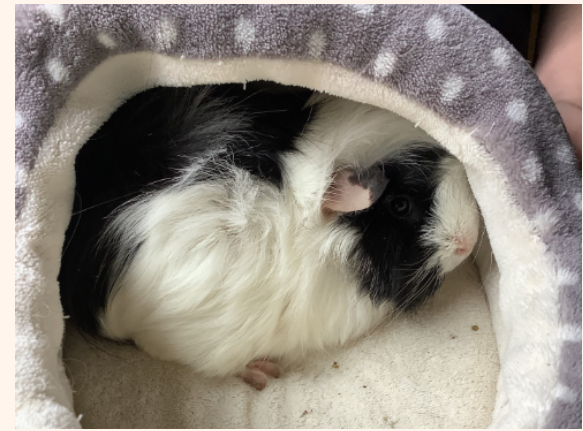
By Emily and Amelia

This is all about our garden and our guinea pigs at school. We would like to tell you about everything to do with the garden and guinea pigs. In our garden a maximum of 8 pupils are allowed in at once. If there were any more it would be overcrowded and not peaceful at all. A lot of children like the garden since there are animals and plants to explore. If you are intrigued... read on!



At Low Ash, we have 3 guinea pigs - this one is called Spike! Their names are Susie, Spike, and Oreo. All children at Low Ash love the guinea pigs because they are cute, soft and lovely.

The black and white one is called Susie; the white one is Spike; and the fully black guinea pig is Oreo.



The garden is an amazing place with flowers and a reading shed. In the garden you can do planting, digging and more. Many pupils love the reading shed and the fountain in the middle. The garden is a peaceful and calming place. Personally, we love the garden because there's lots of amazing things you can do and it's a good place to go if you want some peace and quiet.

The Agony Aunt of the School

Advice from the Anxiety Whisperer

Many pupils get angered and worried about arguments, tests, problems or worries at home, and even countries having wars. But it's not just the pupils who get stressed, it's the teachers too! They get worried about students enjoying lessons, making sure they get their points across, planning and many more. I'm here to solve these problems - teachers and students read on to find out more...

One of the most common reasons that children get anxiety is arguments. To give an example, if one of the children is causing "banter" and the other child says "stop" but they continue, it can cause an argument. To resolve this, try to back away and ignore the person. You could try one of the Happy Breathing exercises that we have been practising at school to calm yourself down. It is important to remember that you can always speak to a trusted adult about what has happened.

Teachers are people too and also experience negative feelings sometimes - so students, try to help your teachers by being the best you can be, setting an example and being your awesome self.

School Events

By Lewis

At Low Ash, our hard working staff try to make our school have many fun events and activities. It's not just things where people visit our school. I noted that we also have assemblies and outdoor activities such as orienteering.

This term, Year 6 have done an outdoor activity where they have to answer a variety of questions that were hidden across our playground. Also, we have a daily assembly about events that are happening currently across the world such as the current riots going in the EU nations.

Every Friday afternoon we get to take part in a lot of different activities - we call it Fantastic Friday. We do arts and crafts, OPAL, music games, board games, and much more.

Across school, many classes are getting to take part in Easter-based events. In assembly, some lucky children got to SMASH an Easter egg with a hammer as part of our special Easter visitor's assembly.

FOLA set up a fundraising event where children could purchase a Wonka bar for £1 and could win a special prize.

On Tuesday 19th, Year 5 had the chance to attend St. Cuthbert's church to learn about the history of Easter and how it is celebrated by Christians.

Please click here to find out about more events.

https://www.facebook.com/lowashprimaryschool?locale=en_GB.

Thank you!

FROM THE TEAM BEHIND THE
SCENES AT LOW ASH NEWS -
THANK YOU SO MUCH FOR
READING. WE HOPE YOU HAD A
WONDERFUL EASTER BREAK!