

St Matthew Academy Primary Newsletter



23rd January 2009

Let your light shine

Cooking with Yr 4

Tushaun, Sophia, Ennis and Aspen from 4W had a food and nutrition lesson this week, where they learnt about healthy eating and what's needed to ensure they function well and grow healthily. They also cooked Pasta with a simple tomato sauce, healthy, nutritious and quick to make. See recipe below. Happy cooking.

500g pasta

1 tin chopped tomatoes

2 cloves of garlic - chopped

1 medium onion chopped

3 tablespoons tomato puree

2 tablespoons olive oil

1/2 teaspoon oregano

1/2 teaspoon basil

Salt and pepper to taste

In a pan heat the oil and gently cook the onion and garlic until golden. Add the tomatoes and tomato puree and cook slowly for 10 minutes.

Put a large pan of water on the heat and bring to the boil.

Add the pasta and cook for approx 10 minutes until "Al Dente", this means firm to bite. Drain the pasta and add to the sauce. You can add spice, herbs of any sort to this sauce. Try grated cheese on top.

If you are cooking at home, ensure you are supervised by an adult.



Drama

Year 3 and 4 are entering a Performance Poetry competition. The children will be busy learning their lines over the next few weeks and we wish them luck with their exciting venture!

P.E with Yr 6

Last week the Yr 6 girls were taught football skills by Yr 9/10 P.E leaders. This was a great opportunity for the older students to practise their leadership skills.



The Fire Brigade

On Thursday the 29th January the London Fire Brigade will be visiting the Academy and will be talking to some of our Year 2 Students. A real fire engine will be here and real fire fighters! The Fire Brigade would like to re-launch their website and wish to uniquely involve our students with this which is a real honour.



Break Time Snacks.

Please encourage your child to bring in fruit to eat at break time. Apples, oranges, grapes etc are a great way to keep hunger at bay until lunchtime as well as getting one of our 5 a day portions of fruit or vegetables to be healthy.



Flora Marathon

Mr Cregan, (Assistant Principal) will be running the Flora 2009 London Marathon on the 26th April 2009. He will be running for the Evelina



Children's hospital which is part of the Guys and St Thomas Hospital. The Evelina is a specialist Hospital that cares for very sick children in South East London who can not be cared for at their local hospital. Mr Cregan says, "I have chosen to run for the hospital as Scarlett the second of my two girls, shortly after she was born, spent a number of weeks at the hospital in a special intensive care unit for children. Scarlett developed respiratory problems and stopped breathing. Without the hospital, it's equipment and staff it is very unlikely that Scarlett would still be with us today." Saint Matthew Academy hope to do lots more work with the Hospital which like our school, is brand new.

If you wish to sponsor Mr Cregan, go to: <http://www.justgiving.com/davecreganlondonmarathon2009>

If you can't sponsor - help just by clicking. Visit Mr Cregan's blog and click on the adverts, as this generates money which will added to the fund.

<http://davecreganmarathonlog.blogspot.com/>

Attendance and Punctuality

Well done to Year 4W, Mrs Galvin's class, who got **100% attendance** last week. Congratulations to the children and parents in that class for getting to school everyday and on time! However 1W will need to improve their punctuality as they had the most lates-28 to be exact!

Come And Join Us For Coffee

St Matthew Academy launched our own Coffee Morning in December. Next week we will resume our coffee break with coffee and tea being served downstairs in the Primary Hall from 8.45 until 9.15 on Wednesday 28th January! This is a chance to meet and have a chat with staff and other parents and families after dropping your children at school.

Please do come along if you can. Everyone is most welcome.

We hope you will be able to make it next week but if not please come along in the weeks to come!

Thank you for your support and hope to see you next Wednesday!

Stars of the Fortnight



NE	Denver	Uju
NW	Niko	Mitchell
RE	Myles	Anderson-Potakey
RW	Laishana	Hierons
1E	Fega	Oyeye
1W	Valencia	Mc Farlane
2E	Clinton	Festus
2W	Kishor	Sahadevan
3E	Zac	Corrigan
3W	Chloe	Lawson
4E	Mie	Lawson
4W	Egzana	Banila
5E	Liam	O'Brien
5W	John	Nicolaides
6E	Frederic	Alawe
6W	Riaz	Thompson

INSET Days

Monday 26th and Tuesday 27th January are INSET days for St Matthew Academy staff. School will re-open on Wednesday 28th January.

NE	Tuncer	Chakraborty
NW	Mia	Palmer
RE	Karol	Mancera
RW	Molly	Ferrigan
1E	Flavia	Mehsah
1W	Niyaz	Bakth
2E	Louise	Montgomery
2W	Adowa	Gyane
3E	Darius	Daniels
3W	Naychelle	Everette
4E	Keiran	Mc Cormack
4W	Daniel	Folkes
5E	Jemila	Jacobs
5W	Darcy	Gayson
6E	Ufuoma	Owho



Our theme for next week is

Gifts and Talents.

Our school prayer would be very appropriate and if you would like to put in a thought:

Solomon when he became king was asked by God what gift he would choose, he asked for wisdom, he know that he needed God help in his work. We also need Wisdom from God for our life.

I Kings 3: 7-10

Parents and Carers, what are your gifts and talents and do you let them shine?

Head of House News

Mandela

Mandela House raised money for the local charity "Demelza" The students had to guess how many "MMs" were in the jar. The successful student was Elijah Usen from 9-10 ME with the closest guess of 1700. The actual number was 1729. We raised £54.60. Thank you everyone who took part.

Teresa

Next Wednesday will be Teresa House Rep Meeting. Also Teresa House needs young talent to take part in the House Talent show. The auditions will take place, on Tuesday 3rd February. Watch this space for further details.

Romero

Calling all talented Romero students in Years 5-10. Next week on Thursday 29th January, come and showcase your talent for the next talent show. Come and fine tune your talents in the music room at 1.00pm.

Thursday 29th remember your house needs you.