



ELMHURST

Newsletter

Autumn 2011 no. 2

Dear Parents...from The Principal

Following the success of the Elmhurst Gala Dinner, it is humbling to realise how long Elmhurst has been running as a highly successful school, and how many talented boys have passed through its doors. Our dinner was not only in honour of the buildings which have housed us for the past 75 years, but also in honour of the wonderful boys who have been, and continue to be, such a credit to our school.

Henry Wickham

School News

The Visit from Dr Lewis, the Dentist

We were visited by a dentist called Dr. Lewis on 10th October 2011. She came to teach us about teeth and what we should eat and not eat. She wore a mask and gloves to show us what she looks like when she is at work. Dr. Lewis showed us a hand mirror that she uses to see the patient's teeth with.

Dr. Lewis gave us the names of some food and we had to guess how many teaspoons of sugar it had in it, per portion. She told us that one portion of muesli had one and a half teaspoons of sugar. Hot chocolate had nine teaspoons of sugar. She gave us some sheets of paper which were information sheets and homework sheets. On one paper, it says a boiled sweet (100g) has 24 teaspoons of sugar!



Dr. Lewis also gave us some small tubes of toothpaste, some stickers and an envelope to put our teeth in when we lose one.

She told us that fruits, vegetables and water are healthy for us, but sweets, chocolates and fizzy drinks are bad for our teeth. She also told us not to rinse our mouth out with tap water after

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brushing as the fluoride will also wash away with it. This is bad for your teeth.
By Purav Menon (3F)

Harvest Assembly

On the 12th October Year 4 did an assembly on harvest. I found my job of pointing to the different countries very fun and exciting because everyone was watching me pointing at the map with my ruler! We talked about harvest in India, Israel, USA, China, Britain, Canada, Mauritius, Nigeria and Vietnam. I liked the sunshine of gold best of all!

By Krishan 4D



In the harvest assembly we talked about other countries that celebrate harvest. In China they celebrate harvest and eat moon cakes. In Canada and the USA they call it thanksgiving and eat plenty of turkey. In India they have a rice festival to celebrate. Our assembly was fantastic! We raised lots of money for the Joshua Orphanage on our Sunshine of Gold.

By Raul 4D

Year 4 Science

In Year 4 our science topic has been Moving and Growing. For an experiment Year 4 went around the school to measure people. We could choose our investigation. Tobi investigated if your thumb is the same size as your nose. Some people investigated if their foot is the same size as their lower arm. Lots of people investigated if their height is the same size as their arm span.

I decided to investigate if people's heads are the same size as their feet. First, I measured Ramiz in 4D and his head was 16cm but his foot was 24cm. Then I went to the Year 1 classroom and Reception. Oliver in 1B has a head that measures 19cm and his foot was 15cm. I visited all of the classes and measured people. I put my results in a table. My conclusion is that your foot does not measure the same as your head but it is a similar size.

By Kavin 4D

Year 4 Trip to the Golden Hinde

The Year 4 boys went on a trip to the Golden Hinde. We arrived there by coach and we were met by a nice man called Mick.

Mick told us the history of the Golden Hinde. He told us that Queen Elizabeth the first ordered Francis Drake on a journey to steal treasure from Spanish ships. Francis Drake was the captain of the Golden Hinde. The ship got its name because at the front of the ship there was a golden Hinde (deer). We also learned that Sir Francis Drake was a privateer, not a pirate, because privateers sail around the world stealing treasure with permission. But pirates stole without permission.

After the talk, Mick took us onto the Golden Hinde and showed us around. The most interesting parts for me were the captain's cabin, where we saw some blood on the window and Krishan exclaimed "AAAUUGGGHH there's blood on the window!!"

Also, the gun room where the children slept, without mattresses, pillows or blankets along with the animals like pigs and cows. The animals were kept in cages. Mick also told us how the guns were loaded with gunpowder and poo and then fired.

After the tour we had lunch and then we got to visit the souvenir shop where I bought a ship in a bottle, a pirate bling and a statue of a pirate. We then returned to school on the coach. It was a super smashing day!

By Damilola Year 4D



Year 4 Trip to the Golden Hinde

On Tuesday 18th October Year 4 went to the Golden Hinde. We saw HMS Belfast on the way and went past some other ships too. We had to walk from the bus for about 15 minutes. Eventually we arrived. When I first saw the ship I was amazed! There was a man dressed up like a Tudor sailor, he was funny. He was our tour guide. He told us stories about life onboard. He even explained how to open and fire a cannon. It was amazing. Then we got off the ship and had lunch by the river Thames. After, we went to the souvenir shop and looked around. We walked back to the coach and headed back to school. It was a very nice day and a great experience!

By Ramiz Year 4D

Science Olympic lesson: Pulse Rate

In today's fun Science lesson we checked our pulse rate when we were resting. Mine was 68bpm. We walked around the vast junior playground for a minute and checked our pulse rate. This test was carried out three times to check our pulse rate, we then recorded it on a worksheet each time,

Then we started to jog. I did this for one minute and recorded my pulse rate three times. Did you know athletes have low pulse rates because their heart can pump a lot more blood?

After, I did star jumps. I did this for a minute and recorded it three times and took an average. I got very tired after doing all these exercises. I don't know how athletes manage. I then took a break, so I could calm my pulse rate or my sprinting wouldn't be a fair test as the pulse rate will be high from the star jumps. I calmed down and sprinted for a minute and put down my pulse rate. I did this three times. It was a fun Olympics lesson as I found that my pulse rate took time to come down after various exercises. Did you know Usain Bolt is the world's fastest athlete!

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Abdur-Raheem Yuqub (5H)



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EFA Quiz Night

The EFA Quiz Night, held on 14th October, was a great success. Nine teams entered and most left baffled by many of Mr South's tricky questions, despite his claims they were easier than previous years!

A great time was had by all and lots of money was raised by the EFA, so many thanks to everyone who helped to organise the evening and who participated.

The winners were "Happy Birthday John" – congratulations!

Junior Road Safety Officers

Miss Dawson has brought Junior Road Safety to Elmhurst this year. The JRS officers are: Devyan Kanani, Hayden Goppy, David Gboyega, Clement Li-Raphael & Christopher Pattern-Walker.

"We will try our best to encourage students to cross the road safely!" Quotes JRSO Team. If you don't know who they are, or what they look like, they will be wearing a shiny, scarlet badge.

A competition will be held today!

Elmhurst school.

Devyan Kanani & David Gboyega

Pick-up at Dismissal

Whilst discussing road safety, may we respectfully remind parents to help ease congestion and ensure the smoother flow of traffic at pick-up time:

- **Please turn left** when exiting the horseshoe
 - **Do not park on the kerb-side at pick-up** under any circumstances
 - **Do not turn right** into the horseshoe as this obstructs the flow of traffic, **please turn left only** into the horseshoe.
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Last Day of Term

The Autumn 2011 term will end on Wednesday 14th December. To help avoid traffic congestion we will stagger finishing times as follows: Reception – 12 noon; Year 1 – 12.10pm, Year 2 – 12.20pm; Year 3 & 4 – 12.30pm; Years 5 & 6 – 12.40pm

Golden Book

Well done to all the boys on their achievements!

| | |
|--------------------------------|---------------------------------------|
| Yash Shetty | For always having a smart uniform. |
| James Benjamin | For getting 100% on his times tables. |
| Joshua Brown | For getting 100% on his times tables. |
| Joshua Gray | For getting 100% on his times tables. |
| Femi Olajiga | For a wonderful attitude to learning. |
| William Bridges | For working hard in all subjects. |
| Shananthan Kalaichelvan | For excellent mathematical thinking. |

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| Sasidave Sooriyakumaran | For excellent mathematical thinking. |
| Ethen Sarves | For working well with his partner at Cookery Club. |
| Hugo Stremes | For working well with his partner at Cookery Club. |
| Reuben Monioro | For his efforts and attention in Cookery Club. |
| Purav Menon | For being a very able student. |
| Nii Adotey Wuta-Ofei | For being extremely polite. |
| Joshua Gray | For amazing vocabulary |
| Samir Patel | For working extremely hard to improve his English written work |
| Kiyan Patel | For always being smart |
| Damilola Dawodu | For always being smart |
| Ross Peter Monioro | For improved organisation |
| Rahul Nagar | For outstanding performance in Cricket Club |
| Sola Alayande | For outstanding bowling in Cricket Club |
| Lev Titov | For hard work and helpful attitude in class |
| Christopher Perera | For Grade 5 Drum Kit with distinction |

Stars of the Week

Congratulations this week to the following boys who are all '**Stars of the Week**':

Simon Bridges (1B), Cameron Wray (1B), Oscar Sweeney (1B), Henry Farquharson (2B), Stirling Halai-Carter (2B), Maliq Attah (2B), Somanshu Pal (2W), Edirin Simister (2W), Henry Atkinson (2W), Purav Menon (3F), Hamzah Mughal (3F), George Farquharson, (3F), Jojo Quaquah (3B), Sam McGuire (3B), Aman de Silva (3B), Roshan Malhotra (4C), Ethen Sarves (4C), Hugo Stremes (4C), Kavin Sugunakumar (4D), Sulaymaan Jamil (4D).

Elmhurst Sport

From the Head...

I am continually delighted by our boys' level of excellence and achievements in the sports arena. School sport is a great way of encouraging and developing boys' confidence and skill. It is wonderful when the boys have the passion and support to further these skills through their own efforts outside school.

Four of our boys have recently had various types of exciting news, illustrating the variety of high level achievement.

Christopher Patten Walker, who is a very fine gymnast, is a member of Shirley Gymnastics Club. Following his bronze medal in last year's London Festival, he has now been selected for the Emerald Squad at his club. Christopher was one of only 6 boys selected out of a field of over 80, many of whom were older and more experienced.

Meikhi Hemans, who plays some of his football outside school at Crystal Palace, has been selected for the academy squad and will be playing in Poland for them over the half term break.

Daniel Giffin, who plays rugby outside school for Old Whitgiftian RFC, has been selected to go to Twickenham to help film some of the publicity shots for the 2015 Rugby World Cup, which will be held in this country.

Clement Li Raphael recently took part in the British Judo Championships; he overcame losing his first bout and then went on through the competition to win the National Bronze medal!

Well done to all these boys, we are very proud of your achievements.



Sports Results

U11 Basketball vs. Royal Russell

Elmhurst took an U11 'A' and 'B' team to play against Royal Russell last week. Despite only having five players, the 'A' team performed exceptionally well and were 6-2 ahead at half time. As the boys began to tire, Royal Russell came back strongly and managed to claim a 6-6 draw, in what was an excellent game of fast paced basketball. The 'B' team put in a spirited and tireless performance against a strong Royal Russell team in a game which ended in defeat, 18-6. All the boys selected performed exceptionally well and were a credit to the school in the way they played the game and the attitudes they showed.

U10 Football vs Royal Russell

Elmhurst took an U10 football team to Royal Russell last week, with a number of players representing the school for the first time. The boys came up against a strong Royal Russell team and were trailing 3-0 at half time. After a change of tactics in the break, the Elmhurst boys came out with renewed spirit in the second half, with Femi scoring two goals to make it 3-2. Royal Russell, however, finished strongly and ran out eventual 5-2 winners. It was a great experience for the boys and they will have learnt much from playing together as a team for the first time.

U11 'A' Football vs Gilbert Scott

This was the first league match of the year and the boys were really excited to get the season off to a winning start. Elmhurst began strongly and passed the ball superbly to create numerous goal scoring opportunities, cruising into a 4-1 lead at half time. Gilbert Scott started to come back in the second half, but the Elmhurst boys held their nerve and added another two goals to make the final score 6-2.

There were some fantastic saves by Daniel Giffin in goal and Aaron Gravesande, Thomas Wilcox, Christopher Perera and Shananthan held solid in defence with some incredible tackles. The goal scorers were Meikhi Hemans (4), Aaron Gravesande, Jatan Hunjan. Well done to all the boys on a fantastic result!