



EPS NEWS



Written by the children, for the children.

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Do we spend too much time staring at our screens? A special investigation

In an exclusive report for EPS News, Joseph looks at the advantages and disadvantages of technology.

Technology has a lot of benefits and is used by a lot of people around the world but sometimes it's used a bit

too much and can have a lot of unhealthy effects on humans. In this fact file I will tell you about the pros and cons of technology.

Exercise

Exercise is really important for the body and some apps on phones can help people keep track of how much exercise they've had and how fit they are getting. Apps like Sworkit can help you exercise and show you how well you are doing. Sworkit is my favourite workout app! The core workouts are tough (some burpees are in there) but you can choose how much time you want to work out for. This app has made me so much stronger and fit. The exercises are never boring. I have had people in the gym come up and ask me what app have I been using. I love it!

Are we spending too much time online?

Spending lots of time on phones, computers, iPad etc. can be really bad for the eyes and too much screen time could affect your eyesight. Most parents try to stop their kids from having too much computer time but it's super challenging for them, because nowadays technology is inescapable. In fact, it's everywhere!



Learning Online

Let's not forget that the internet is an amazing resource. You can research facts, read news stories and of course 'Mathletics' and 'Times Tables Rock Stars'!



Interview with Mrs Saifar

Aliyah and Zahara sat down with Year 6 Teaching Assistant, Mrs Saifar.

How long have you been working here and how has the school changed?



I've been working here since 2008. The school has changed dramatically for the better. The staff, in all, have made a massive contribution in achieving where we are at.

How has it been working with Mrs. Fisher?

It's has been like going on an adventure every day. She is filled with surprises.

How many languages can you speak? 5 – including Spanish, French and Italian, my mother tongue.



What's your favourite French dessert? Mille feuille – it's a rich cake

consisting of thin layers of puff pastry filled with jam and cream. It's delicious!

What's your favourite colour? Blue



What do you do outside of school? I tutor children and practise yoga.

What's your favourite season? Spring because of the colours and the scent.

What's your favourite country? Greece because I used to study archaeology and the ancient greeks.

Sequins or glitter? Sequins!

OUR NEWS

Timi tells us about Year 6's thrilling adventure to 'The British Museum', Shaquille shines a light on his footballing skills, while Joseph gives us the latest on the Jam-Bus choir.

'Year 6 Museum Trip' by Timi

Jupiter class went on a trip to the British Museum and it was a very educational and fun trip to go on. It was a long journey there as we had to take 2 trains then walk to the British Museum. When we got there, Mrs Fisher said that we could go and explore.



There were many areas to go to such as: Greeks, Egyptian, Parthenon,

South and East Asia, China and many more. We were all in different groups. When we went to the Egyptians, there were loads of artefacts from ancient history of the Egyptians. There were bowls made out of terracotta and different kind of materials. There were swords and daggers and spear heads. We could tell that they were bronze because they had turned green as they were old. The dagger was very pointy and sharp and looked like it was used in war. There was the Parthenon, which was made out of columns of pillar. It was very sturdy and strong and that is why it took years to build.

Also in the 'Egyptians' section, there was this half beast half man, who was attacking another man. The half beast half man was called the Minotaur, who lived in a cave.



In the Greek area, there were loads of things to look at like their pottery. At 12:00, we had our lunch. One person lost their lunch and only found it when we finished eating (NOT naming anybody).

We had the tablets and had to find all different artefacts across the room that we were in. Everybody managed to do it. We were about to go but somebody left their coat (NOT NAMING ANYBODY AGAIN). We left late and the journey back was almost as stressful as the journey there. That was the end of Jupiter's trip to the British Museum. All in all, it was fantastic day out!

'Fun Football' by Shaquille

I'm a ten year old kid and I love football. I'm lucky enough to play high quality football outside of school and I play for Fulham. Football is definitely my favourite thing to do in the spare time I have. Surprisingly, I never get bored even when I train for 3 days in a row with each training session over 2



hours long. I also have a match every Sunday.

I don't have a lot of time at home during the week. After school, I have less than an hour and I live 20 minutes from school. I don't regret anything because the facilities are awesome and it's the most enjoyable thing ever.

Often I go on tours to different countries to play exciting matches against only the best teams. My dad drives me to places far away like Wales, Bournemouth and Southampton. I play in tournaments sponsored by the premier league. It's the best thing in the world. Look out for Shaquille (number 11)!



'O2 Arena sells out for the Jam-Bus Choir' by Joseph

Every year the Jam-Bus Choir gets to go to the O2 Arena. It's a huge stadium used for a lot of things – pop concerts, wrestling (W.W.E, U.F.C), boxing and in our case, singing. To get there, we had to take the Victoria line from the Thornton Heath train station all the way to central London. From there we had to walk all the way to the River Thames and take our boat to the O2. As enthusiastic singers, we put on a show en route, thrilling fellow passengers.

The arena was massive. We joined an 8,000 strong choir to perform a host of hits and were performing at the Young Voices 2019 event. We packed out the huge arena and wowed the crowd with songs including music from *The Greatest Showman*, *Any Dream will do* from Joseph and Michael Jackson's *Heal the World*.



Prize Competition

SPRING WORDSEARCH

If you look closely, you'll find 10 themed words in this special, seasonal word search.

A prize is available for the child who is able to find all of the words.

To enter the competition, cut out your wordsearch, and pop it into the post box outside the lunch hall.

Good luck and don't forget to put your name on top!

BUNNY
CANDY
CHICKS
CHOCOLATE
EASTER
EGGS
FLOWERS
GREEN
RAIN
SPRING

I D V B F M A N I A R C C S W
S A D Q V R K I L E H X S K W
Y S R E W O L F T O G M D C D
P E D E M V R S C N R Z Z I O
X Z S I B I A O M C E Z E H L
U E Z D P E L E K O E Z R C N
H N C S X A G M Z S N C O C P
T W N P T G G E M H Y D Q X D
C T O E S B A G B U N N Y D K
Q A D P X V V W N L R E N R O
Z Y N D F E E F U I I H I H O
V L D D N N T F U N R N V L L
M E V Y Y D C T N N S P S N E
U L L H C X I F X E R B S B X
I V Y W U M A T V K L I C D V

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Classroom Update—Green Table in Asteroids earns rewards!



Nkeiruka holding a trophy from Green table

Last Friday at the most amazing Ecclesbourne Primary School, the great Green Table had a victory. It was because of team work and their hard work that made them win. They enjoyed tremendous crumbly biscuits topped with luxurious chocolate while the other tables sat there looking jealous and wishing they

had one. Also they won glorious school supplies such as note books, markers, rubbers, rulers, pencils. Green table won 3 times in a row. Every table could win so the battle of the tables continues. It could be red, yellow, purple, orange or green. Ella, Nkeiruka, Olivia, Tomek and Isiah are on green table.

Reported by Nkeiruka Nwosu, Asteroids.



OUR REVIEWS



Elora, Timi, Julian and Riyana review the latest books, authors, films and games.

Film Review: 'Johnny English Strikes Again' by Julian



The prime minister is having a major political crisis and needs her top agents to do the job. Meanwhile, Johnny English (Rowan Atkinson) is a teacher that is supposed to be teaching maths but actually helping kids to be top spies. In the last term, one of the PM's spies tells Johnny English comes back to Downing Street to talk to the prime minister Johnny English sets the whole restaurant on fire! They both make a swift escape.

Meanwhile, the Prime Minister is watching Jason, a pro on technology, making new gadgets every single day. Obviously, the Prime Minister admires him. But little does she know that he is secretly evil. Johnny sees a ship that could be related to Jason. I would definitely recommend because it's a classical comedy and it shows how you always need to be strategic with what you are doing.

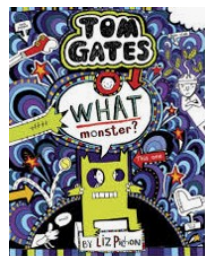
Game Review: 'Roblox' by Joseph

Roblox is an online game and app that is played by millions. You can chat, play and create games with your friends and much more. There are a variety of things to play from parkour to hide and seek extreme or even flee the facility. This game is free but has its own currency named robux that can be bought for real money.

With Roblox you can purchase stylish clothes or in game boost. Anyone can play Roblox and it doesn't matter what you're into because it has games for everyone to play. I really would recommend it for anyone who's into playing challenging online games with their friends or becoming rich and famous by creating amazing games.



Book Review: 'Tom Gates: What Monster?' by Elora



This book is all about a boy called Tom who has a friend called Derek. On the first day of school, they went to visit a shop where they looked at the local newspaper to see the news. They were interrupted by one of Tom's favourite dogs called a sausage dog. He had a long chat with the owner. His teacher Mr. Fullerman kept on talking about things such as the new teacher, new homework and other issues. There was a school play coming up and it was about 'Jack and the Beanstalk'. Normally, they take the exit door at the back of the school but this time it was locked. He knew he was going to get into trouble by the supply teacher. To his surprise, it was the owner of the sausage dog Bandit. Miss Gravel was her name. Miss Gravel wasn't as strict as people were saying. Tom was a monster in the play. Marcus was so excited about being the giant but he ended up being a beanstalk. I would recommend this book because the vocabulary is excellent and it is really exciting to read.

Author Review: Roald Dahl by Riyana

Roald Dahl is one of the biggest and most famous authors. A lot of people enjoy reading his adventurous and interesting books. He was a novelist, short story writer, poet, screenwriter. He also sold more than 250 million copies worldwide.

He was born the 13th September, 1916. Because he loved flying, in November 1939, during World War 2, he decided to join in the Royal Air force (RAF). He was 23 years old! After that, he travelled to Nairobi in Kenya and a month later, he decided to take pilot training along with 15 other men roughly the same age. Despite being really tall (1.98 metres), he still managed to squeeze to the airplane! In September 1940, his plane crashed (because he was given wrong coordinates) and landed in the Western desert of North Africa. Luckily, he survived and was still smiling!



My favourite Roald Dahl book is 'Matilda' because she's a clever little girl who has a difficult start in life. She perseveres and so she is successful in the end!