



# EPS NEWS



Written by the children, for the children.

Issue 3 Spring 2

## Are we getting enough sleep?

### A special investigation

*In an exclusive report for EPS News, Aliyah looks at the science behind how much sleep we actually need.*

#### **How much sleep do we need?**

We all need lots of sleep but we aren't all supposed to get the same amount? If you are a child, the amount of sleep you need is around 11-12 hours. Adults aren't supposed to have as much sleep as children but they do need to have a certain amount. Women are supposed to get 8-9 hours and men need 6-7 hours each night. This is because a woman's brain collects and stores more information during the day than a man's. If a woman gets too little sleep then this can cause them to have a migraine because it strains their brains.

This does not mean that men are less intelligent than women; it just means that during the day, a woman's brain absorbs more information.



#### **Why is sleep important?**

It is important because as we sleep our body sleeps too and our mind gets to rest. If we didn't get any sleep, we wouldn't be able to focus, stay awake during the day and we wouldn't be able to do usual things such as walk straight, talk and eat.

Did you know that if you go to sleep late too often it could affect how long you live? This is because your mind doesn't get to rest properly, which isn't good for you.

#### **Why do children need more sleep than adults?**

Children need more sleep than grown-ups because we are still growing and being educated and we need to be wide awake in order to focus well, remember what we have been taught in lessons and to stay calm if we get frustrated or are ever in a bad mood.

These are the answers to some of your sleep questions and why sleep is so important. I hope you found this useful and that you have learnt a lot from it.

## Interview with Mr Robins

*Our reporter Joseph has done a Q and A with our head teacher Mr Robins and has found out a lot about him. For example, his hobbies, favourite food and what he would have done if he wasn't a head teacher.*

*Q: How has the school changed over time?*

A: There have been many changes. For example, the school's results have improved and we have worked on children's resilience and behaviour for learning.

*Q: How did you feel when you first joined this school?*

A: I felt both nervous and excited at the same time. I looked forward to the challenge of running the school.

*Q: What's your favourite subject and why?*

A: I've learned to love maths. At school I didn't like it much but now I enjoy the challenge

*Q: Why did you become a head teacher?*

A: I think it is a great opportunity to change people's lives. Education is one of the best gifts you can give.

*Q: What is your favourite food?*

A: I enjoy all sorts of food like Chinese, Japanese, Indian and spicy. I like foods I can't make myself.

*Q: What are your hobbies?*

A: I like football, swimming, cycling, reading and cooking but I don't have as much time as I'd like to do these things.

*Q: Did you have any other plans besides being a head teacher?*

A: Yes I had lots. I wanted to work overseas or be a game warden in a safari park.



## OUR NEWS

### Life in Year 6 by Riyana

In Year 6, being the oldest in the whole school, we have an important role such as setting an example to others. We



also have harder jobs! Year 6 is a very challenging year with a lot of demanding but exciting things happening and there is more coming up! Here are some of the things we have done!

We have been given more and more difficult word problems but they couldn't outsmart us! We (obviously) solved it. In Thematic, we had the world map but in pieces, kind of like a puzzle. With our partners, we had to re-put the puzzle/map back together! Also, in year 6, you are supposed to write a line a minute; if you wrote a lot but the writing isn't decent, the teachers will make you do it again. No, they aren't evil, they just want us to be the best you can be.

I hope this helped you to know a little bit more about year 6 and the expectations so now you can be a bit more prepared.

### A Rap by Julian

If you rap about a wrap on a strap, you won't adapt to the facts! I'm in Year 6, close to the SATS, need to listen well and if you eat too much you'll get fat! x4 yeah yeah

We enjoy it while we can.  
We enjoy it while we're kids.  
We enjoy it while there's still time  
to make the most of it!

Before you know it, you're in secondary school! If you mess around you're only being a fool! If you rap about a wrap on a strap, you won't adapt to the facts!

I'm in Year 6, close to the SATS, need to listen well and if you eat too much you'll get fat! X4 yeah yeah



### Comic Relief by Elora



Comic Relief was a fun day. We all got to dress up in red and every one who was dressed brought in a pound to raise money for Comic Relief.

In the Jam Bus, there were 6 children in year 5 who created their own song/

rap about Comic Relief and how you can raise money to help children who need help.

### Stone Age by Nojus and Rayan, Year 3

Year 3 have been learning about the stone age. We had to make a time line to show when things happened. Stonehenge was built in three stages beginning about 3200BC and ending about 1300BC. Huge standing stones are called megaliths and are scattered throughout Northern Europe.



At the end of March, we had some special visitors. We went back in time over millions and millions of years ago. We were dressed up as ... CAVE MEN!

First, we made our own jewellery. I made a bracelet. After that, we painted cave paintings under tables with STICKS!! I don't think I was doing what was expected but I am lucky that a scribble came out.

It was starting to get colder and so we sneaked up on the big cave men. They told us amazing facts about living in the wild and how we are descendants of cavemen. Did you know that mothers couldn't hunt because if they die the baby would die?

### World Book Day by Elora

World Book Day was a really fun day. There were children dressed up as Spiderman, Superman, Wonder Woman and other amazing superheroes. People were doing superhero based stuff in their classes and in Year 6 they were doing a newspaper report about the scene of Spiderman fighting the lizard on a bridge.

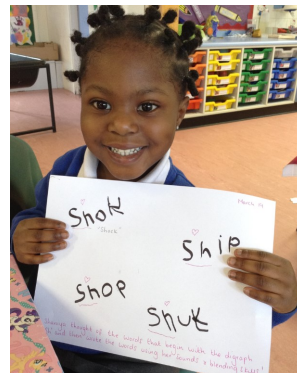
This day was so much fun because the activities we did in class were very different to normal. Some classes were reading their favourite superhero books. There was also a half price book sale for children and parents to buy the books they have always wanted.



During assembly, we got a chance to look at everybody's costumes. Spiderman was the most popular costume and loads of people were dressed up as Superman.

### Nursery Superstar

Finally, we would like to introduce you to Shaniya in Nursery. She is just 3 years old and is already writing and reading digraph words! This is the first time that this has happened ever in the 7 years that Miss Meetoo has been in the Nursery. Congratulations, Shaniya!



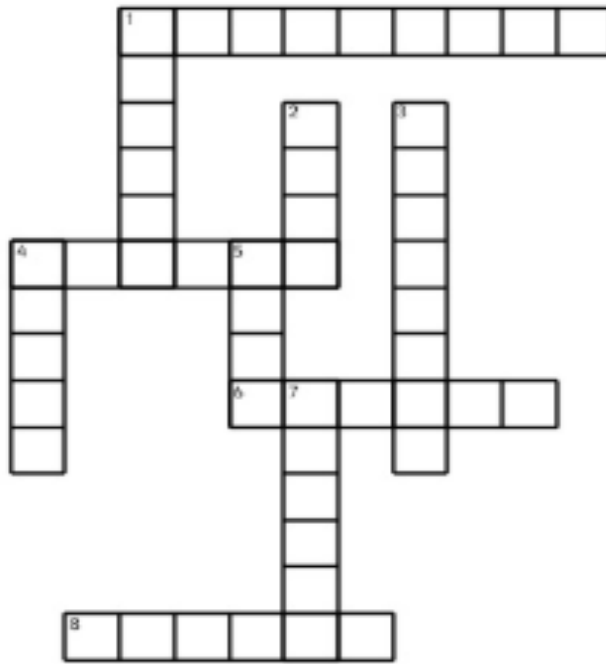
## Prize Competition

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

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

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

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



basket  
bonnet  
bunny  
chicks  
chocolate  
daffodil  
eggs  
hunt  
parade  
spring

### Across

1. Easter eggs are often made out of this treat!
4. Collect your eggs in this.
6. The season in which Easter is celebrated.
8. You may wear one in the Easter parade.

### Down

1. These hatch out of real eggs.
2. You may go on an Easter egg ...
3. Cheerful, yellow spring flower.
4. Will he visit you this year?
5. We give chocolate ones at Easter.
7. Show off your Easter bonnet at one!



## Joke Corner

Aliyah and Timi share their most hilarious jokes and fascinating riddles. Prepare to have a chuckle!

What do you call a dinosaur that is sleeping? **A dino-snore!**

What did the left eye say to the right eye? **Between us, something smells!**

Why did the student eat his homework? **Because the teacher told him it was a piece of cake!**

What has many keys, but can't even open a single door? **A piano**

### Riddles

It was a rainy day and a man was wiping windows. He was on his ladder and he fell down. He didn't hurt himself. How? **He was at the bottom of the ladder**

What can be seen in the middle of April and March but never at the beginning or end? **The letter R**

Erin, spell mouse. M O U S. Yes—and what's on the end of it? **A tail**

Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday? **Yesterday, Today, Tomorrow**



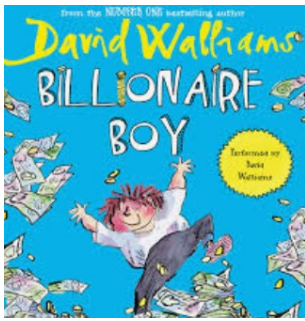


# OUR REVIEWS



*Ebenezer, Julian, Joseph and Timi review the latest books, artists, TV and music.*

## **Book Review: 'Billionaire Boy by David Walliams' by Ebenezer**



Billionaire Boy is a story full of twists and turns but teaches us about the unimportance of money. Len Spud is a billionaire known for launching his famous or should I say infamous toilet paper 'Bumfresh'. Joe Spud is Len's son and he was born into a wealthy world. Although being very affluent, Joe was normal. The story opens up with an insight into Joe Spud's affluent life. Joe had everything he'd ever wanted but the only thing he didn't have was friends. As this storyline starts to develop, we are taught about the importance of friends and how they are needed in our lives. During the story, we see just how much Len is blinded by his money. I would recommend this to anyone who is interested in morals and adventure as this story contains both.

## **TV Review: 'The Voice UK' by Julian**

The Voice UK is a competition between people all around the UK to sing and hopefully fulfil their careers as singers. But for that to happen, they must rely on the famous four behind the seats, Sir Tom Jones, Olly Murs, Will.i.am and last but not least Jenifer Hudson. Those four have to turn around if the singers are good enough. If more than one turns, the singer will have to decide who they will choose to embark on their journey. It also has an app so you can be your own judge to see if you think the singer is good enough.



You might have heard about Roger Samuels on 'The Voice' and he has recently come to the school and has been at Jam-Bus club, and Jam-Bus choir. He is a phenomenal singer and sang 'Human' by Rag n Bone Man in the choir. I would definitely recommend the voice app and you should continue watching or start watching The Voice immediately.

## **Music Review: 'Imagine Dragons' by Joseph**



I love Imagine Dragons! They are the best band ever. I love their songs (especially 'Believer') because they always lift my spirits. Another one of my favourite songs is 'Radioactive'.

I would recommend it for anybody who loves rock or pop. Their lead singer (Dan Reynolds) has an amazing voice I can't stop listening to him. Daniel Platzman is a professional drummer and he always keeps the beat on point. If you're looking for an amazing guitarist then look no further than Imagine Dragon's Wayne Sermon because his skills can't be matched.

## **Artist Review: Picasso by Timi**

Lived: 25 October 1881—8 April 1973

Pablo Ruiz Picasso was a Spanish painter, sculptor, printmaker, ceramicist, stage designer, poet and playwright, who spent most of his adult life in France. His most famous quote is, "everything you can imagine is real." When he was nearly 50, the Spanish born artist had become the most well-known name in modern art, with the most distinct style and eye for artistic creation. Picasso's ability to produce works in an astonishing range of styles made him well respected during his lifetime. After his death in 1973, his value as an artist and inspiration to other artists has only grown. Throughout the long course of his career, he has created more than 20,000 paintings, drawings, sculptures, ceramics and other items such as costumes and theatre sets.

