



St Mary's

Achieving more together



St. Mary's News

A message from the editor...

Autumn Edition 2023



Hi everyone,

Welcome to another new year at St Mary's and the first edition of St Mary's News. This edition includes news articles, a delicious recipe, some fun activities and a quiz for you to try, super examples of children's writing and great book recommendations. I hope you have settled into your new classes and started to enjoy your new year at St Mary's.

Autumn is my favourite season and I particularly enjoy the cooler weather and the colours of nature changing all around me. Animals are getting ready to hibernate and birds are starting to migrate to warmer climates. Which season do you prefer and why? Are you curious about any of the changes the seasons bring?

Mrs Gill



Leftovers Soup

Turn tired-looking vegetables into a delicious, nutritious soup. You can use anything you may have in the fridge or veg rack; try lettuce, tomato, carrots, beans, broccoli, potatoes, peppers - in any combination you like. To save further food waste, we do not suggest peeling the vegetables (except for the onion), but this is entirely up to you.

Ingredients

1 onion
1 carrot
1 celery stick
2 medium potatoes
Leftover vegetables (whatever you have available)
1l hot vegetable or chicken stock (made with a cube is fine)
Salt and pepper

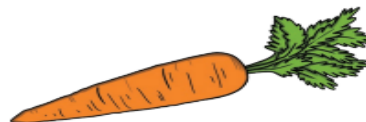
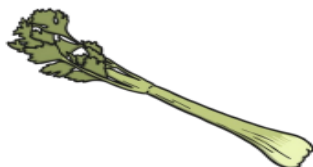
Method

1. Peel and chop the onion.
2. Wash and slice the carrot, celery and potatoes, and cut into small dice.
3. Roughly chop the remaining vegetables.
4. Heat a little oil in a large frying pan or casserole and add the onion, carrot and celery. Stir around in the hot oil, then turn the heat down, put on a lid and leave the vegetables to soften for 5 minutes.
5. Turn the heat up again, and add the potatoes and the remaining vegetables. Stir around and allow to become hot.
6. Add the hot stock and season to taste with salt and freshly ground pepper. Bring to the boil, then turn down the heat, replace the lid and cook for around 15-20 minutes, until the vegetables are soft.
7. Allow to cool slightly, then blitz carefully using a liquidizer or stick blender (you may need to do this in two batches).



Variations

- Add your favourite chopped herbs: woody herbs like rosemary or thyme should be added at the start of the simmering process, but softer herbs like basil or coriander can be added after the soup has cooked.
- Add rice or lentils instead of potato to thicken. If adding lentils, use the red variety and cook for around 30 minutes.
- Fry a little chopped bacon in the oil before you add the onion mixture. If you do this, you will probably need less salt to season.
- Swirl a little crème fraîche or natural yoghurt on top of the soup before serving.
- This soup freezes really well. Freeze it in portion-sized batches so you always have something for a quick meal.



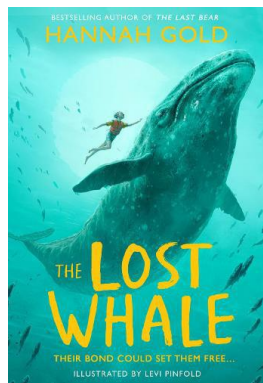
This Edition's Book Recommendations:

Year 6

What if you could communicate with a whale?

Rio has been sent to live with a grandmother he barely knows in California, while his mum is in hospital back home. Alone and adrift, the only thing that makes him smile is joining his new friend Marina on her dad's whale watching trips. That is until an incredible encounter with White Beak, a gentle giant of the sea changes everything. But when White Beak goes missing, Rio must set out on a desperate quest to find his whale and somehow save his mum.

Dive into this incredible story about the connection between a boy and a whale and the bond that sets them both free.



Year 5

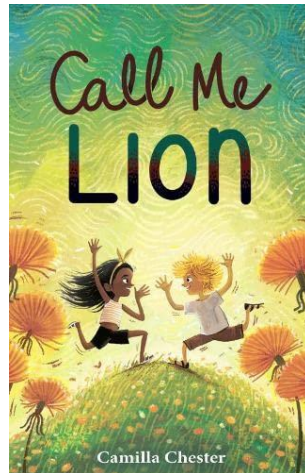
A gripping, page-turning mystery adventure from the bestselling author of modern classic *The Goldfish Boy*

When lonely Vincent is forced to go on an outdoor activity weekend with three other kids from his class, he's counting the seconds until he can escape home. But one of his classmates is hiding a secret: she's convinced there's pirate treasure buried deep within a nearby mountain. Suddenly, this boring trip becomes an exciting adventure! But a thief is hot on the trail, intent on stealing the loot for themselves... can the Treasure Hunters work together to stop them? For fans of Frank Cottrell Boyce's *Millions* and classic action adventure movie *The Goonies*, this book is moving and a sensitive depiction of a hero with dyspraxia.



Year 4

Ten-year-old Leo dreams of performing in the West End. His love of dancing is getting him through the Luton heatwave, but his selective mutism is putting his spot in the end-of-summer dance show on the line. When chatty Richa moves in next door, Leo finds it easy to bond with her. She talks enough for the both of them ... at least to begin with. But when he learns her secret it's clear that Richa needs Leo's support as much as he needs hers. With Richa's help, will Leo be able to follow his dreams? Or will Leo's inability to talk cost him their friendship? A heart-warming story of courage and determination in the face of adversity, perfect for fans of Jacqueline Wilson, Lisa Thompson, Stewart Foster and Elle McNicoll.



Year 3

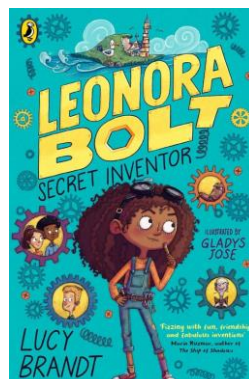
WARNING: EPIC INVENTIONS AND SECRET SOCIETIES AHEAD . . .

Leonora Bolt spends her days creating incredible inventions in her TOP SECRET laboratory, under the watchful eye of her terrifying uncle.

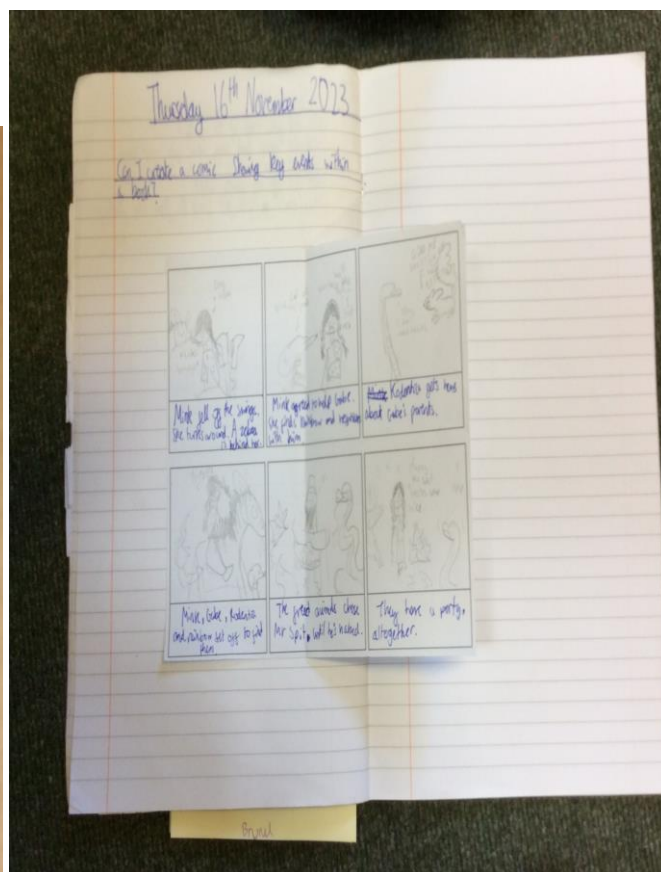
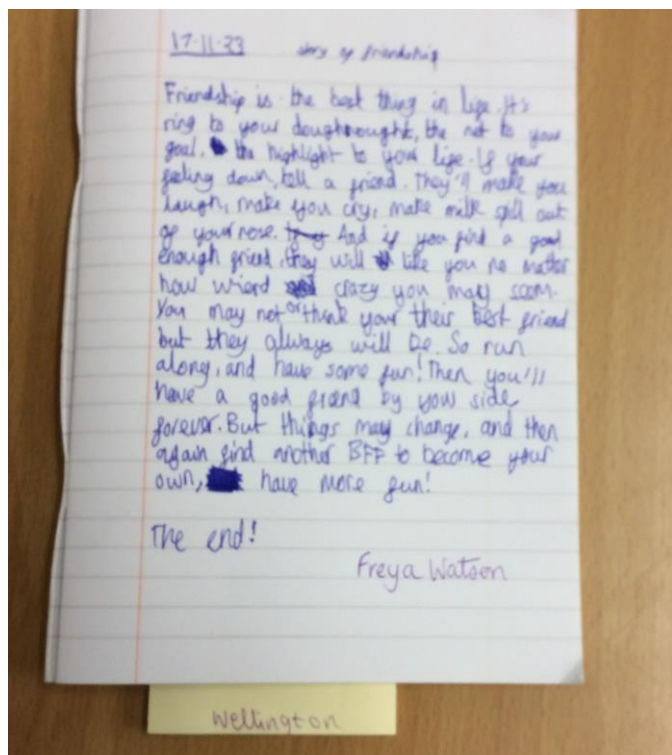
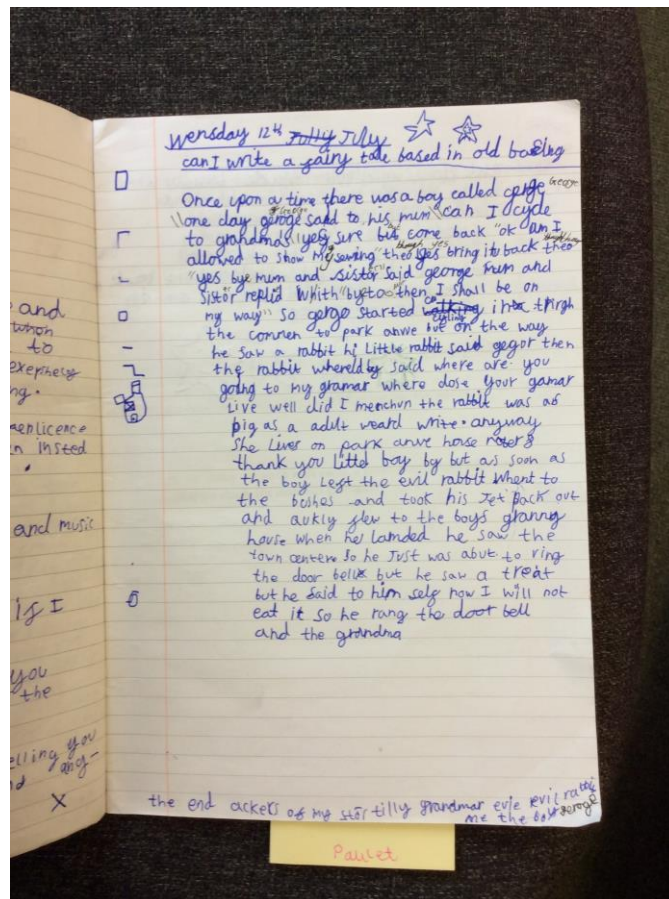
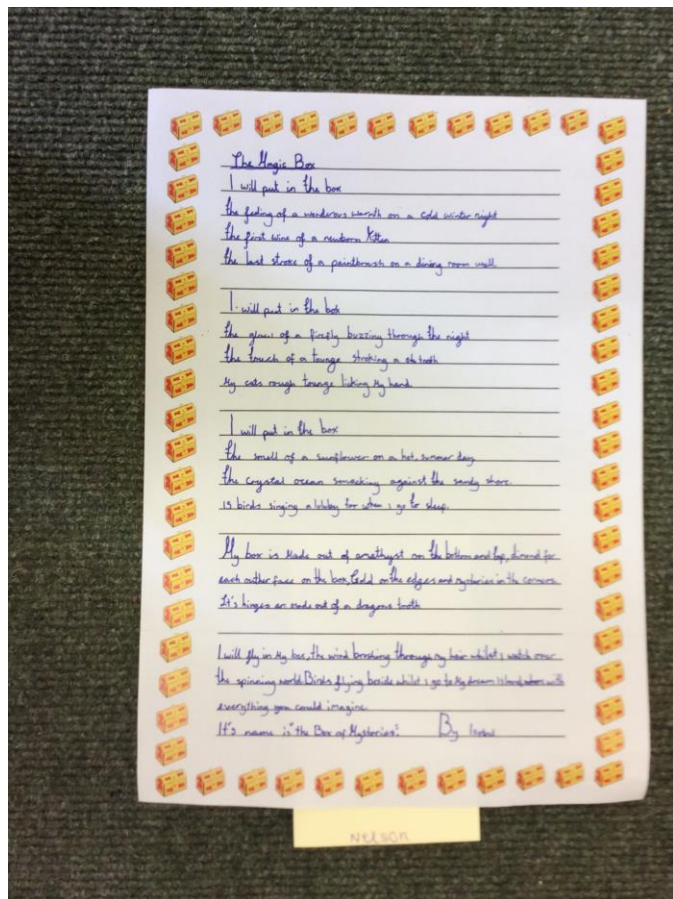
Everything changes one day when a strange boy washes up on an inflatable lobster and reveals that Uncle Luther has been stealing her inventions and selling them on the mainland. Leonora, armed with her most important inventions, must leave Crabby Island for the first time EVER to embark on an unforgettable journey that will test her brainpower to its limits.

With the help of an otter with a special skill, a questionable cook and a singing sea captain, can Leonora dream up an invention that will defeat her evil uncle once and for all?

Violet Baudelaire meets Peanut Jones in this epic STEM-themed adventure about believing in your brainpower – and yourself!



Wonderful Work Gallery



A black and white illustration of a tall, dark, humanoid robot. The robot has a helmeted head with a visor, a broad chest, and long, segmented limbs. It is standing in a neutral, slightly forward-leaning pose. The background is a light, textured grey.

Nightingale

Austen

Can I write a news report?

Missing Girl - lost on the beach
The storm leaves a 10 year old girl lost.

On Friday 18th August at 5 pm, ~~brutally~~ tragedy struck when 10 year old holiday maker, Cherry Stone, ~~was~~ went missing at a beach, in Boat Cove, Zennor, during a horrible storm. Sadly, while searching for Corrie, shell Cherry disappeared with out a trace.

Cherry Stone is a 10 year old girl staying at a near by holiday home, she had come for the last few years. She was having the time of her life, collecting Cowrie shells for a giant's necklace. Cherry has brown shoulder length hair and is wearing jeans and a blue sundie skirt.

The local police have been searching all over Zone 1 for the missing girl but have found no information on her whereabouts. "We will not rest until we expand our search," conjoined PC Dixon, "We will not rest until we find her."

Mr and Mrs Stone are devastated that Cherry has
vanished and are desperate for the police to find her.
Mr Stone demanded that the police try harder and yelled
that they weren't doing enough. "It was at dinner I
noticed she was gone & really miss her," sobbed Mrs Stone.

Local dog walker, Mr Lloyd was the last person to see Cherry before she vanished and stated that it ~~was~~ was around 5pm, just before the storm.

So far the local help has been necessary and

Sports Quiz



1. In what game is the word 'love' used?
 2. True or false: a golf ball has a fixed amount of dimples?
 3. What type of race is the Tour de France?
 4. How many players are there in a cricket team (on the field at any one time)?
 5. As of 2016, who is the fastest man in the world at 100 metre sprint?
 6. Which three sports form a triathlon?
 7. Which sport uses the lightest ball?
 8. In which sport can you score a bullseye?
 9. Where are the next Summer Olympics going to be held?
 10. How often is the football world cup held?
-
11. What city hosts the Wimbledon Tennis Championships?
 12. What type of sport is the name Mo Farah associated with?
 13. How many athletic events form a decathlon?
 14. In which country is it tradition for rugby teams to perform a war dance known as the haka before a match begins?
 15. How many rings form the Olympic logo?

Answers on last page

What's in the news around the world?



Northern Lights Surge South as Solar Storm Hits Earth

Space weather has caused the northern lights to be visible much further south than normal this week.

The glowing beauty of the Aurora Borealis was seen in Scotland and even as far south as New York in the US. As well as giving out light, the Sun is constantly sending out other types of energy. It's called solar wind and shoots out across our Solar System. When it hits the Earth, it causes the northern and southern lights.

What is Aurora Borealis?

- When electrically charged particles from the Sun crash into our atmosphere, it causes bright colours to appear near the poles.
- In the north, it is called the northern lights or Aurora Borealis. Near the South Pole, it's called the southern lights or Aurora Australis.

Near the poles of our planet, it's quite common to see these lights at different times of the year. However, sometimes, huge bursts of energy belch out of the Sun's surface in things called solar flares. There's another type of enormous explosion that sometimes happens on the Sun along with a solar flare. It's called a coronal mass ejection.

These launch billions of tonnes of matter at millions of miles an hour out into the Solar System. If this smashes into Earth, it can make the northern lights visible further south than normal. These more extreme types of solar weather can also affect things such as power systems and satellites. That didn't happen this time but, in 1989, a solar storm knocked out power to millions of homes in Canada.

The largest solar storm ever recorded is known as the Carrington Event. It hit the Earth in 1859 with such force that people said they saw the northern lights as far south as the Caribbean. It also took down some of the telegraph network across Europe and the US that was used at the time for sending messages. For most of us, when the Sun sets in the evening we forget about it and enjoy the beauty of other stars instead. Yet, even if we can't see it, the Sun is always there affecting our planet. Sometimes, in ways we can't see but then sometimes in ways that light up the night sky!

Glossary:

particles - Extremely small bits of matter.

poles - The most northerly and southerly points on a planet or star.

Flares - Sudden bursts of flame or light.

matter -What the physical universe is built out of, such as solids, liquids and gases.



Cycling

As many of you already know, my hobby outside school is cycling. I've been able to ride a bike since I was little but have taken it up as a serious hobby for about 4 years. What I love about it is being able to keep fit while also helping the environment by not using my car as much as I used to. Over time, I have built up how far I ride – all around the countryside near Basingstoke. After school (before the clocks changed and it's now dark so early) I tried to ride about 3 times a week, usually about 25 miles each time. On Saturdays I ride with a cycling club and we do a long ride of about 60 miles – with a stop in the middle for coffee and cake to give us the energy to get home! I've met some lovely friends at the club and they've helped me learn more about bike mechanics.

You do not need a fancy, expensive bike to enjoy cycling. I started with a mountain bike that was over 25 years old, and then got a second-hand racing bike which is faster on the roads as it has thinner tyres and a lighter frame. It's great for zooming around the roads but not so good for bumping down kerbs or going down muddy tracks though.

When the weather is too cold or wet, or it's dark, I use an indoor trainer so I can still ride my bike but stay warm and dry (and a bonus is that I can watch TV at the same time!)

Cycling is a great hobby if you like gadgets – I have special shoes that click onto my pedals, a little computer that can tell me the route to follow as well as how fast I'm going and how many hills I've climbed, and special tyres filled with gloop that fill any little puncture holes as you ride.

More important than all of these, however, are my clothes- especially my helmet which I ALWAYS wear, even if I'm just riding around the corner to the shop. You never know when you might have an accident – it doesn't have to be on a long adventurous ride. I also wear bright clothes as, even in the daytime, it can be hard to see a rider wearing all black. Luckily, my favourite racing team have a yellow kit so it's easy for me to show my support as well as be seen. Lights are a great idea even in the day as it makes it easier for cars to spot you ahead.

Next year I plan to take part in some time trials – a speed ride of 10 miles to try and get the fastest time - and also ride right around the Isle of Wight. I'm going to need lots of snacks in my pockets for that!

I hope you all enjoy getting outside on your bikes too – but do remember to stay safe by wearing a helmet, bright clothes and being very aware of cars on the road.



Autumn Wordsearch

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



November

Fireworks

Bonfire

Hedgehog

Crackling

Marshmallows

Toasted

Rainy

Half Term

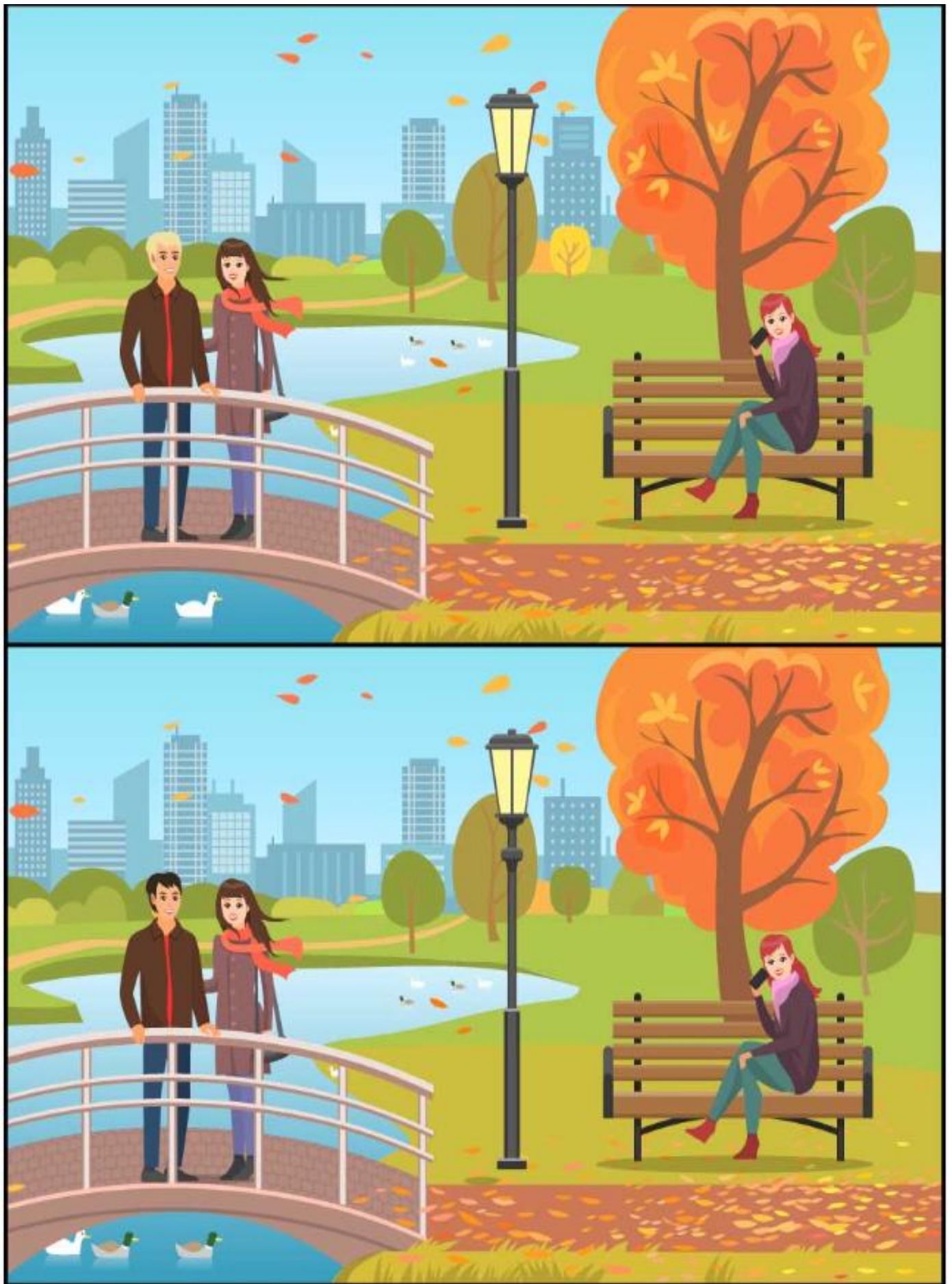
Frosty

Golden

Umbrella



Spot the difference – there are 7 differences!



Sports Quiz Answers:

1. Tennis
2. False
3. Bicycle race
4. Eleven
5. Usain Bolt
6. Swimming, cycling and running
7. Table tennis
8. Darts
9. Paris
10. Every 4 years

11. London
12. Running
13. Ten
14. New Zealand
15. Five