

# LANSDOWNE SCHOOL NEWSLETTER

We have reached the end of term and one of the highlights this week was the Christmas lunch on Wednesday. I would like to thank our kitchen staff for providing an excellent meal on Wednesday, complete with Christmas crackers and paper hats! There were three sittings for students and staff and everyone enjoyed the event.

I would like to take this opportunity to wish you all a merry Christmas. These are very trying times once again so I hope that you all remain well over the holiday and have the chance to meet with those people who are important to you.

All the best to the Lansdowne community.

Mr Jukes

## Class of the Week

# 13AM

Congratulation!



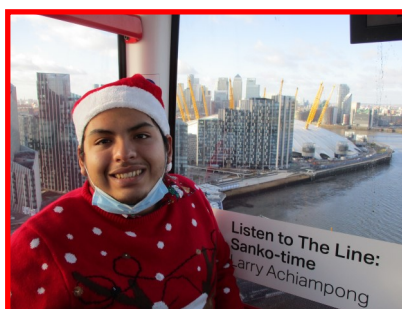
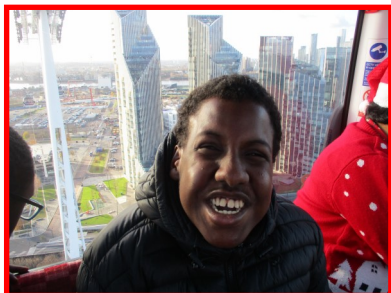


# where we were



On Friday 13AM students continued their trip around London using public transport programme. They already did trips on the ground using a bus and a train, and under the ground using a tube. This time, the students decided to go somewhere high. They researched and found out that they would love to use a cable car!

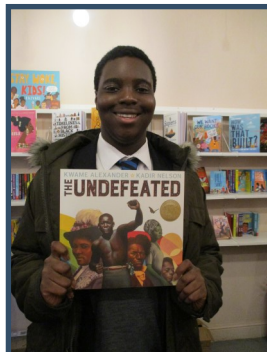
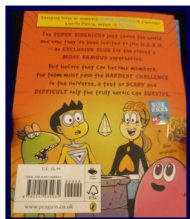
Here you are their photos!





# *where we were*

On Thursday 9th December, we went on a trip to Round Table Books in Brixton Village. The purpose of this trip was for our students to select some interesting books, both fiction and non-fiction, which would make a valuable addition to our school library. All students managed to choose quality books featuring characters from different cultures and backgrounds; the selection of books varied from more accessible to challenging. It was fun exploring the local area and the nearby shops, we even took an opportunity to have a hot chocolate in a café inside the village!





# what we learned

## PE

Every term 2 of our classes gets a chance to attend swimming lessons at Brixton Recreational Centre. These sessions take place either on a Monday or Tuesday morning from 10:30-11:00. This term 11FS and 7DL had the chance to take part in the swimming lessons. Each group are given 2/3 swimming coaches to help develop their swimming skills. All students, regardless of ability, will have the chance to swim. Students who are not yet confident swimmers will usually swim in the medium sized pool where the water only goes up to their waist. Students will use various floating devices until they feel comfortable swimming without them. Confident swimmers make use of the large pool and will work different swimming strokes as well as building on their muscle endurance.

We have found that taking part in these swimming sessions is good for a number of reasons:

- Develops social skills
- Learning a new skill for life
- Good for your heart
- It helps reduce stress
- builds endurance, muscle strength and cardiovascular fitness
- helps you maintain a healthy weight, healthy heart and lungs

The aim is for each class to take part in these swimming sessions at



### After School Clubs

#### Tuesday

Football  
ICT  
Wii Dance  
Sensory Play

#### Thursday

Art  
Bikes  
Drama  
Dodgeball