

Skipper's Scoop!

Issue 10

Puzzles, interviews, news,
reviews and much, much more!



Lowther Primary School's Magazine By The Pupils For The Pupils

WELCOME TO ISSUE 10

We hope you enjoyed our Spring issue. Welcome to our Summer issue, our final issue of the year. Summer term is popular term: the sun is (usually) shining, we get to use our amazing playing field and we get to take part in fun activities like Sports Day and Creative Arts Week. This issue is jam-packed with lots of interesting, informative and fun features. Have a wonderful Summer holiday break. See you in September!

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Some jokes from Samuel in Beech Class:

Joke 1: There were two snakes. Snake 1 said, “Are we venomous?”.

Snake 2 said, “Yes ,why?”

Snake 1 said, “Because I think I just bit my lip!”

Joke 2: A man rode into town on Friday. He stayed there for 5 days and came back on Friday. How is this possible? *His horse is called Friday!*



Lowther News

The Daily Mile by Year 3

schools to fully implement the Daily Mile in the Richmond Borough.

You may be wondering why we have introduced it. Elaine Wyllie, Headmistress of St Ninian's Primary School in Stirling, realised that her pupils, like many others, were unfit. So she started her children running the Daily Mile. Here is what she found:-

- Within 4 weeks, children who do The Daily Mile become fit.
- The 15 minute break from lessons is invigorating and leaves children more focused and ready to learn.
- The Daily Mile builds confidence, is non-competitive, fully inclusive, and the children have fun!
- The Daily Mile is also a social occasion, and improves relationships, giving children the opportunity to talk to their peers and teachers in a way they might not in the classroom.
- Children bring the benefits home, eating and sleeping better and encouraging their families to get active together.
- Early scientific studies show that the level of obesity at Elaine's school was up to 45% **less than** the national average.
- The children develop greater resilience and determination.

If that's not enough, here is what children and parents at Lowther think about it!

I think the Daily mile is really good for you. It is tiring but it helps my stamina. I do lots of other sports. I think it will help my dribbling when I am defending, as I will be able to go on for longer. Eshan, Y5



We even have our parent helpers doing it!



Parent's view:

I was encouraged to run the Daily Mile by my son-Daniel. I was inspired by the positive attitude of the children, who helped me run round the school six times! I was exhilarated and amazed that I did it. I would definitely do it again. Seeing how much energy the children had after. I just wanted my bed! Gina Ball's Mum, Y3

I like the Daily mile because yesterday I did more laps than I have ever done before. found it hard at the beginning to run all the time. Now I don't stop. I look forward to doing it. Luca Y1



I found it a bit hard when we started. But now I find it easier. I think I am running faster. When Mrs Durey tells us it is Daily Mile time, I feel happy! Mylee Y1



LOWTHER NEWS

A Sports Event We'll Never Forget

In May a group of Lowther Primary School students went to the Harrodian Athletics event to compete against 12 other schools, including the likes of St. Osmond's, Sheen Mount and Holy Trinity CE. The events that took place were long-distance running, long jump, throwing a cricket ball and sprinting.

It all started when Lowther were heading on their way to Barn Elms, where the event was being



staged, in extremely hot weather. The first event of the day was the long distance running, where pupils competed over 800ms. Archie Wisdom (Year 6) ran really well to finish in third place.

In the cricket ball throwing, Matteo Scotton (Year 5) achieved first place recording an outstanding distance of 35.40ms, beating his nearest opponent by an impressive 7.40ms. Next, in the long jump, Oliver Waterman finished second, keeping Lowther in the top three schools on the day. Waterman described the event as a “nerve-racking, challenging but a thrilling experience” and was very proud of himself and the school’s performance.

In general, especially talking about the Year 3s and Year 4s, students supported the school’s efforts really well, with Harry Grant from Year 3 running remarkably well in the long distance, in which he came first. Grant went on to complete his own goal of achieving three medals in the long-distance, long jump and another in the relay.

At the end of a tiring day, all schools competed in a relay race around the whole of the athletics track. There were decent performances by Years 3, 4, 5 and 6, both from the boys and the girls, with Lowther consistently placing in the top three for each relay race. Waterman and Scotton were joined by Eshan Ahmed and Sami Salem in the Year 5 relay, where they finished marginally second to the hosts, Harrodian.

Sports coach Mr. Pritchard was very joyful when speaking to *Skipper's Scoop* saying: “What an amazing performance by everyone! I’m so proud of the effort all the children put in!” Pupils also spoke of their experience of competing against so many other schools. Ahmed said: “At first I was nervous - once you are on the track, you feel so pressurised to do well. It was really great to see how hard everyone tried in every race when representing our school with such great pride.” Grant echoed this by saying how he “was nervous at the start but it was nice to see everyone having so much fun.”

Unfortunately Lowther didn’t win the competition but the school still came in the top three scoring 206 points overall. The eventual winners were Harrodian, who took gold with 286 points. However, finishing second was an improvement from last year and the school should be very proud.

By Sami Salem, 5N

Just for fun...

Recipe



Create your own colourful design and toast away! This recipe is great for a slumber party treat and is super easy to make!

1. Fill 5 shallow glasses with 60ml of milk in each.
2. Take your 5 food colourings and in each glass put 5 drops of food colouring in the milk and stir till colour shows.
3. Use a small paint brush and dip the brush into the food colouring.
4. Then take a piece of bread and paint a face or picture of choice on it.
5. Place the bread into a toaster and wait till the bread is lightly toasted.
6. Butter lightly to give taste.

Enjoy your masterpiece!

Hooray! Summer has finally arrived! While you're enjoying the sunshine and eating rainbow toast, perhaps you can complete this wordsearch. Then maybe use some of the words as ideas for the summer holidays?!





Summer

WORD SEARCH

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

BEACH
BASEBALL
ICE CREAM
SWIMMING

PICNIC
VACATION
SUNFLOWER
WATERMELON

SANDCASTLE
HEAT
BOATING
POOL

The Seriou

During Health and Activity Week 13th-16th June, we designed, planned and made healthy packed lunches. What would you put in your packed lunch to ensure you had a balanced, energy filled and healthy packed lunch? Here is what Year 3 think about healthy eating.

Healthy Eating

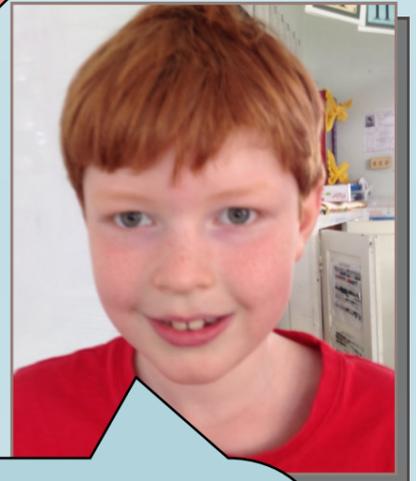


School dinners are healthy because every day you get a good choice of fruit and vegetables.

Alejandro 3H

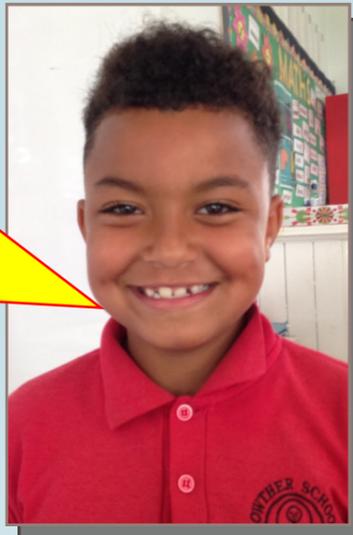
I like school dinners because they're healthy. My favourite meal is fish and chips—the fish is good for your brain and, although chips aren't that healthy, it's OK to have them every now and then. I always choose some vegetables and salad too.

Jorja 3H



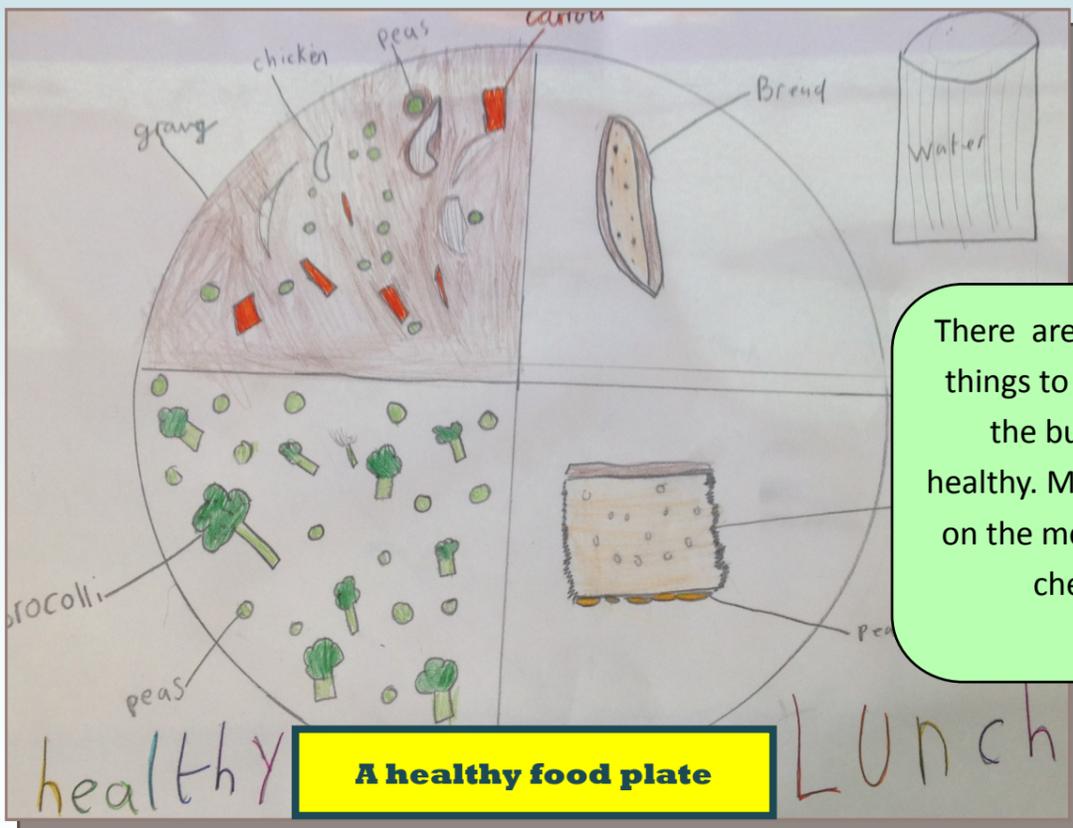
My healthy lunch box consists of a healthy chicken wrap, a cereal bar, a yo-yo bar, raisins and an apple.

Kavell 3H



We have been learning in science that healthy eating is not that complicated. Only have sweets and fats as a treat. Not too much dairy and protein. But eat lots of fruit, vegetables and carbohydrates.

Cosmo 3H



There are always yummy things to eat at Lowther; the buffet is also very healthy. My favourite dish on the menu is macaroni cheese with salad.

Anusha 3H



us Feature

ng by Year 3

Here is what Year 3 thought about some of the packed lunches we saw at school one lunch time. Who needs a sandwich when you could have something inventive like these?! During Health and Activity Week we looked at how to make more nutritious and more interesting packed lunches.

Don't forget about what you drink too. Water is much better for your teeth and you can get all your vitamins from fresh fruit.

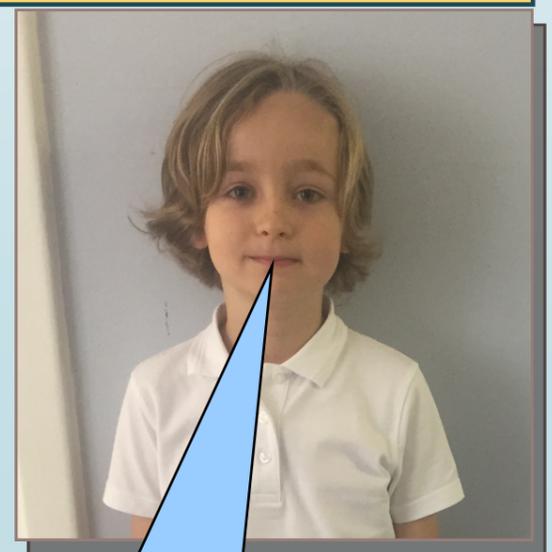
I like to eat fruit because it is good for me. I bring an apple for break time. I like these packed lunches they look yummy.

William 3C



They both have fruit, which is great. I think the sushi is really healthy because it has nutrients in it. Sushi is also good because it has seaweed in.

Catherine 3C



I like the fact that they have vegetables and fruit in like the cucumber and the satsuma. The sushi is especially healthy with the salmon and the rice.

Ellis 3C



The packed lunch with the crisps and sugary drink isn't that healthy but has lots of fruit and protein. The other one looks like it would give you lots of energy to run around!

Mia 3C



What has been your fa

Kingswood



On the first day, we had a 2-hour drive in the coach and Miss Jones gave us yummy biscuits. When we got there, we sorted out who our room –mate was, unpacked, and made our beds. Then we split into groups, and started our first activity that was air see-saw.

For the activity, we had to climb up moving poles, over wooden bricks, metal handles and then do a challenge. I couldn't get to the moving poles.

Then at lunch time we had delicious food and after, we had a rest. But then, our cool part happened when Mr T joined. Finally we drank hot cocoa and told Mr T a funny story from today and we went off to sleep.

Next morning, we got dressed and went on our first activity 'Night Lights'. Guess what? We were blind-folded! The first part was to make animal sounds and find the person with the same sound. I found my partner—it was Will. Then we did an obstacle course, which I cheated on because I could see through my blindfold (shhhhh, no telling...). After that we played indoor lasers—it was awesome—but my team was unlucky. Then we had a murder mystery, which I found amusing. To end our day we had hot cocoa again and enjoyed Mr G's fun story of today.

Our last day began by packing and getting ready to enjoy the 3G swing; that was lots of fun. Mr G's face on Twitter says it all—pull a red string and, weeeee, you swish down. The last thing we did was a two group building competition that my team won. We spent our pocket money in the souvenir shop and waved goodbye to Kingswood. Happily we headed back to see our families to hear about our three days of fun.

By Elias Issa , 4J

avourite trip at Louther?



I went to the Wetlands and loved the bridges, ponds and reeds. I caught tadpoles and a water snail.

Leandro, Year 1 Beech.

"We have visited Gatton Park, London Zoo and The Natural History Museum. I loved seeing all the animals at the Zoo! Pond dipping at Gatton Park was great we caught some awesome fish"

Peace, Year 2 Maple.



"I loved it when we spied that huge gorilla at the Natural History Museum, yes Guy the Gorilla!"

Mahlia, Beech Class, Year 1.

Windsor Castle

What trips have you been on this year?

"Battersea Park Zoo, Wisley Gardens and Windsor Castle." **Elias, Reception Class, Oak**

Which was your favourite trip and why?

"Well, we saw cannons at Windsor Castle. The soldiers were marching and we saw a tower with funny windows."

Abigail & Betsy, Reception Class, Willow.

So Elias what did you think of Windsor Castle?

"Well we looked at many Kings and Queens. We saw a special dolls house for the Queens 90th birthday. Inside it had a garage beneath it with electric lighting and real water inside it." **Elias, Reception Class, Oak**



The Big Interview

LSF Governor Sarah



Often we hear the words ‘School Governor’ and may not be entirely sure what is involved in this important role. Maya and Michael from Year 4 caught up with our resident chef extraordinaire and Lowther School Family governor Sarah Brecher to discuss what her role as governor involves.

Michael: What is a governor?

Sarah: A governor is a grown up who helps a school by making decisions about how the school is organised.

Maya: Do you like being a governor?

Sarah: Yes, I really like being a governor. It’s very interesting and I learn lots.

Michael: Do you like making decisions about Lowther?

Sarah: Yes I do, because it’s about keeping things brilliant for all members of the school community.

Maya: Is it easy being a governor?

Sarah: You’ve got to do lots of reading and serious thinking, so it’s enjoyable but not easy.

Michael: Do you get a break from being a governor?

Sarah: It’s not like a job that you have to go to every day. We have meetings every term but I’m always available to help the Lowther School Family.

Interview with...

Sarah Brecher



Maya: How much do you get paid for being a governor?

Sarah: It's voluntary, which means you don't get paid.

Michael: How many governors are there for Lowther?

Sarah: There are 15 people on the Board of Governors.

Maya: Are you a governor at any other school?

Sarah: No, just Lowther.

Michael: Are you friends with other governors?

Sarah: Oh yeah, we all get on very well!

Maya: What's your least favourite thing about being a governor?

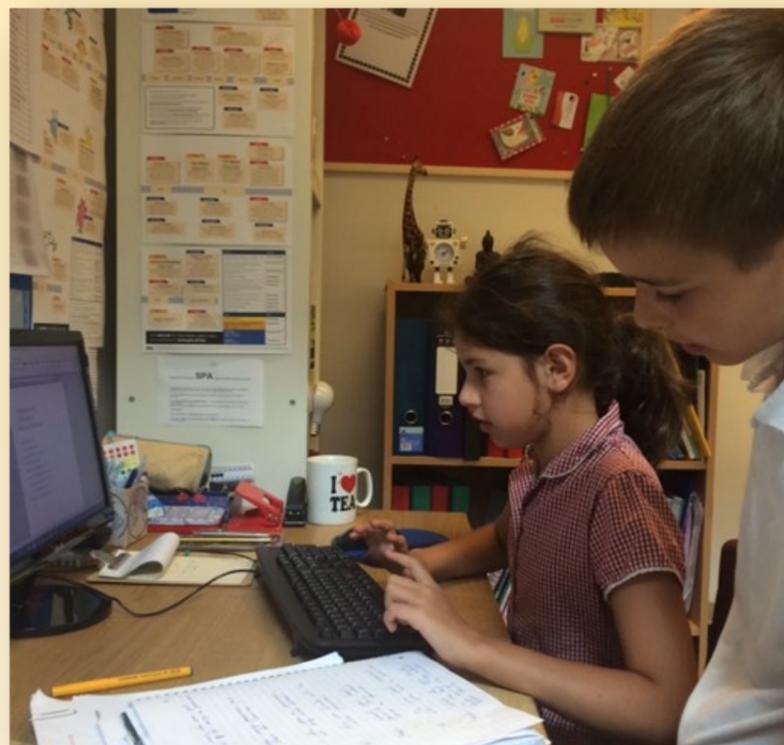
Sarah: I suppose it's when you have to make difficult decisions.

Michael: Do you feel important when you are a governor?

Sarah: I think the job is an important job and I try to do my best.

Maya: What do you think is the best thing about being in the Lowther School Family?

Sarah: I love that we are all in it together, helping each other and supporting each other.

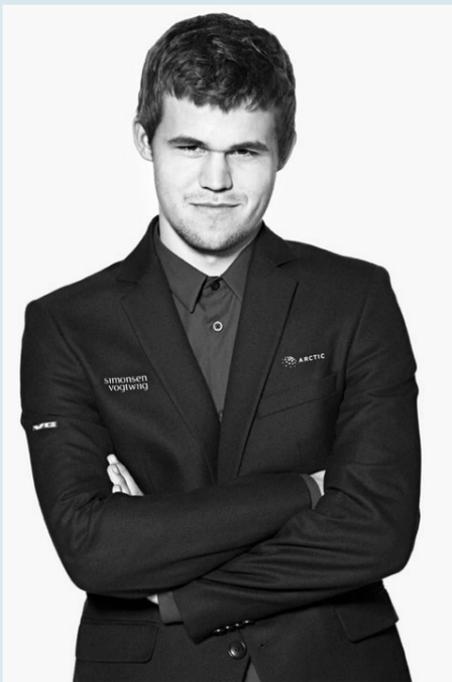


Thank you very much for being our Big Interview!

By Maya and Michael, Year 4

Puzzles

A puzzle from Chess Club. White to play, can you spot a win in one move?



Magnus Carlsen. A chess Grand Master at age 13, and current world champion at 21.



Sudoku. Place a number between 1 and 4 in each empty cell so that every row, every column and every 2x2 box contains all the numbers 1 to 4.

	1	4	
	4	2	
	2	3	
	3	1	

3	2	1	4
2	4	3	1

2			4
	1	2	
	4	3	
3			1

Riddle me this

What five-letter word becomes shorter when you add two letters to it?

I travel around the world, what is in the top right corner?

30 children sit at one end of a field. Suddenly, they jump up and run to the other side, why?

1 Minute Challenge



In this issue, for our 1 Minute Challenge, Year 4's Poppy and Cara caught up with Miss Mould in Reception.

Ready, get set, go....!

Favourite colour? *Purple*

Favourite sport? *Netball*

Favourite singer? *Singer? Oooh....gosh.....Justin Timberlake*

Favourite actor? *Denzel Washington*

Favourite person? *Ever? My Mum*

Favourite lesson? *Literacy*

Favourite book? *Harry Potter—any of them!*

Favourite movie? *Beauty and the Beast—always!*

Favourite place to go on holiday? *Erm.....anywhere hot*

Favourite meal? *A roast dinner*

Favourite author? *J.K. Rowling*

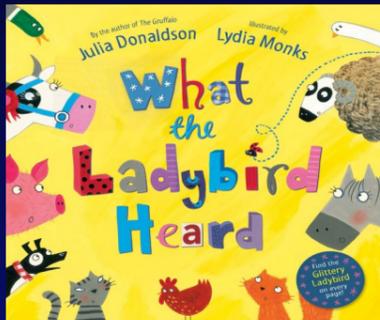
Favourite season? *Spring*

Favourite school? *Obviously Lowther ...*



Entertainment

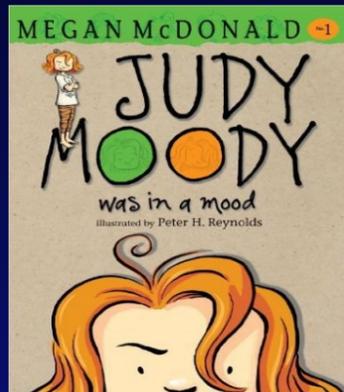
Book Reviews



“What The Ladybird Heard” by Julia Donaldson

This is one of my favourite Julia Donaldson books because it's very smart and the animals make a cunning plan. Like many Julia Donaldson books, it is written in rhyme. This is a fantastic edition. I would recommend it for children who are really young—like my little sister, who enjoys me reading it to her—all the way up to adults. I also like the illustrations by Lydia Monks because I like her colourful drawings and I also like them working together because both suit the story really well.

Medina, 2F



“Judy Moody” by Megan McDonald

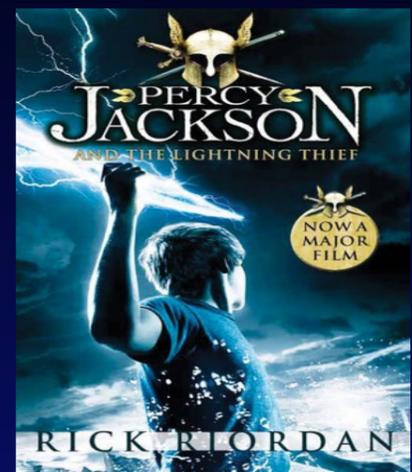
I really liked this book about the funny and weird things Judy Moody's brother does (also I can relate to having an annoying brother or sister!).

In this book, she goes to Boston and meets a girl from England who she really likes, but she does not like her little brother following her everywhere.

Judy Moody loves telling her class at school about her adventure to Boston and likes being the centre of attention and being cool.

I would give this book five stars and I can't wait to read the other Judy Moody books.

Madeleine, 5P



“Percy Jackson and the Lightning Thief” by Rick Riordan

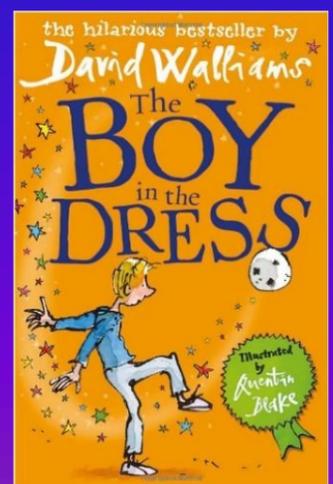
Percy Jackson was a normal kid going to school but he had ADHD and Dyslexia, which caused a few problems. Then one day, he finds out the truth about his life, his family, where he's from and what he is. Then, to make matters worse, he has to go on a dangerous quest to prove everything!

I think this book is filled with adventure, action and it is a great mythical tale. I would rate this book 4 out of 5 because it needs more humour but besides that it is a great book. If you like this book, then you should read the next Percy Jackson book—'Percy Jackson and the Sea of Monsters'.

Jessica, 5P

BOOK GENRE OF THE MONTH IS...HUMOUR

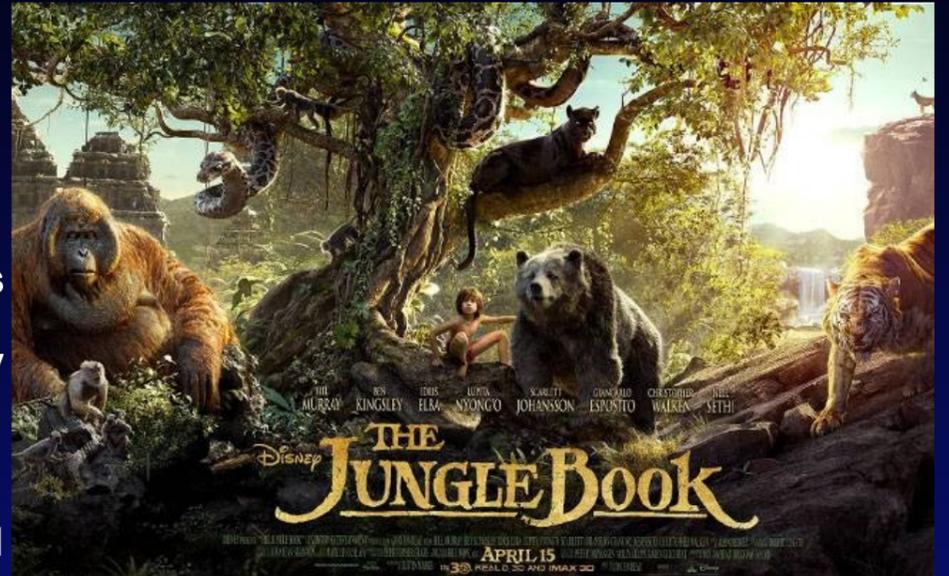
Possibly one of the most popular genres of books for children, being able to make people laugh with your words is actually quite tricky. Fortunately authors like BGT's judge David Walliams, Roald Dahl, Anne Fine, Jeremy Strong and Lydia Monks make it look easy! A lot of humour books cross into the family narrative or contemporary realism genres, centring around familiar situations with people who remind us of us, but they will always include bizarre or unusual situations which are guaranteed to split our sides! Try the David Walliams' series of books for starters, like 'The Boy In The Dress' or 'Billionaire Boy' both of which were turned into TV films.



nt & Reviews

Film Review

Disney's *The Jungle Book*— Cert: PG (which means suitable for most children, but some scenes may scare younger children)



This breath-taking movie will make you laugh, cry and make you so scared, you will clutch the edge of your seat. Starring in this amazing film are Mogali, Baloo, Kar, Sheer-Khan, Akela, Raksha, Bagheera, King Louie, Kaa and many more thrilling characters. There is only one human—Mogali—in the film. He is a man cub, who is raised by wolves after he is found abandoned by a kind panther (Bagheera). He is at the age where he is finding it hard to fit in with the wolves, who are his only family. Akela, his wolf-father, is finding his way of hunting very interesting! An evil tiger called Sheer-Khan wants Mogali banished as he thinks he is the rightful King of the Forest and that Mogali, as a human, is dangerous. The film follows Mogali's escape from Sheer-Khan, his meeting adorable bear Baloo, through to his eventual return to his wolf family. I would give it four out of five because some parts are quite scary! Nicole, 5P

Music Review

“Now That's What I Call Music 93” by Various Artists

This new, brilliant album contain songs which I think are outstanding by talented artists, such as Lukas Graham with ‘7 Years’. This was a mas-



sive hit when it was released late last year and has had over 50 million views online, spending 5 weeks at No.1 and sold over 26,000 digital copies. Shawn Mendes with ‘Stitches’ also appears. This song is my personal favourite on the album. It was released in March and reached the Top 5 in the USA’s Billboard Hot 100 and was nominated for Best Music Single by a Male Artist at the 2015 Teen Choice Awards. ‘Love Yourself’ by Justin Bieber is also on the album, as is ‘Army’ by Ellie Goulding, ‘History’ by One Direction, ‘Sax’ by Fleur East and the classic ‘Heroes’ by David Bowie. This fantastic album is split over 2 CDs with 22 songs on each. I recommend this album for all ages. I would give it 5 shining stars! Thanks for reading!

By Scarlett, 5P

creative writing

At Lowther School

I can see a yellow ball as bright as the sun.

I can hear the rusty bell as noisy as a police car.

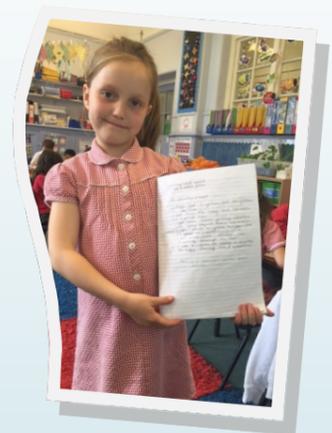
I can taste some yummy chicken with gravy as brown as a tree.

I can touch a bumpy leaf as green as a turtle,

I can smell some delicious fish swooping through the door.

Most of all I like to dream of being a celebrity on the stage dancing like a ballerina.

By Emily Mali, Elm Class



Everest: The Final Push.



I lay in my tent and dragged myself out of bed. I hadn't had any sleep. My heart was pumping impossibly hard in my chest as I forced down some food. We packed our bags, we pulled on our shoes, and we were ready.

We started our climb up. The view was amazing; the rising, amber sun caught on the pale, crisp snow like a blood stain on a white t-shirt. It was only 1km to the top, we were so close! Then something extraordinary happened; the summit came into view. It was a fantastic sight, the peak was almost glistening in the morning light. I felt euphoric. We had achieved our goal, we were on top of the world quite literally!

Ten minutes later, we started making our way back down the mountain. I suddenly felt a sinking feeling in my stomach. It was all over.

By Oliver Waterman (5N)



Writing Club



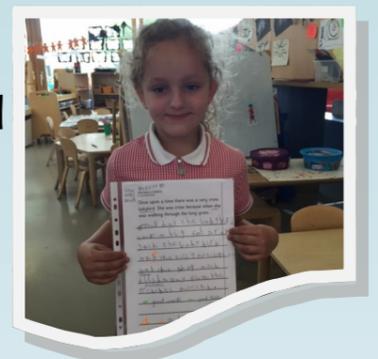
AFTER THE JOURNEY.



I think it was on the fourth day that, after many tiresome hours of dragging myself across the Silk Road with my slow coach camel, I came to a halt. I had reached the glistening caravanserai. As I walked forward, I breathed in. The smell of food and spices drifted in the air. Never had I smelt something so amazing, so fresh. The herbs looked like emeralds, the chilli like rubies. As I turned my head, carpet shops flashed before my eyes. Sun yellow, sky blue, rose red; every carpet had a colour. Of course, they could not compare to my father's.

Languages I had never known were interfering with my mind. The fizz of the fire gave a beautiful glow. Gasping with excitement, I bent down and dug my hands into the sand and couldn't help lying down as the scorching sand felt like my bed from back home. Exhausted, I turned my head and it was then that I noticed the grand palace. Marble? Diamond? Emerald? Stone? I couldn't work it out. Crystal? Iron? The doors were almost welcoming me in... **By Sara Kitouni (4G)**

One day the ladybird saw a big foot 'ar, ar' said the ladybird and she nearly got stepped on but she got up and flew away from the predators. The end. **By Betsy Rulton, Willow Class**



Dear Arin the Alien

I enjoyed reading your letter. I like playing with my friends and going home to play with my big brother. But I can tell you how to grow seeds. First you get your seeds out and second you make a hole in your garden. My favourite colour is purple.

Ps. My favourite food is fish fingers. How are you?

From Ava Lundell, Pine Class



2016 - LOWTHER

**We have decided that this year is our year of sport because it h
all think being active and healthy is so important and doing sp
whole heap of fun being active too! The photos say it all!**



Table Tennis boomed at Lowther—at play time, at club and in our first matches



GB's Basketball captain came to visit as part of our first ever Healthy Activity Week.

Girls football continued to grow in popularity and we won a boys football tournament and got to another final!



Sport at Lowther even extended to surfing!

The Daily Mile came to Lowther!



Community Day saw us run, scoot and dance!

5 YEAR IN SPORT

has been packed with success both individual and teams. We sport is a great way to stay healthy! As well as that we've had a



Being active at Lowther includes activities such as climbing!



We even have a roller skating club!

We won two basketball tournaments!



Sports Day mixed teamwork and individual athletics and was the perfect end to Healthy Activity Week.



We scored some of our best athletics results!



Lowther...A Year In Photos

We always have so much going on at Lowther. We could have included so many photos - we could have filled the Scoop! Here's just a snapshot of a year at Lowther.



These photos are of Takeover Day, The Daily Mile, KS1 Animal Day, the Sing Up Festival, Construction Club, Y6 finishing their SATs, athletics competition success, cooking, the Y6 show and Y4's trip to Kingswood. What a super year!