

In art, as part of our whole school celebrations theme, we have been looking at the artwork surrounding the Mexican Day of the Dead festival which celebrates past lives lived. Brightly coloured sugar skulls are created for graves and faces are painted with beautiful artwork for the candle lit processions through the streets.



In school all students have worked on our own arty skull which we plan to light up and display on the landing. Thank you to everyone for their hard work and enthusiasm. Final image to follow!

*Mrs Potter*



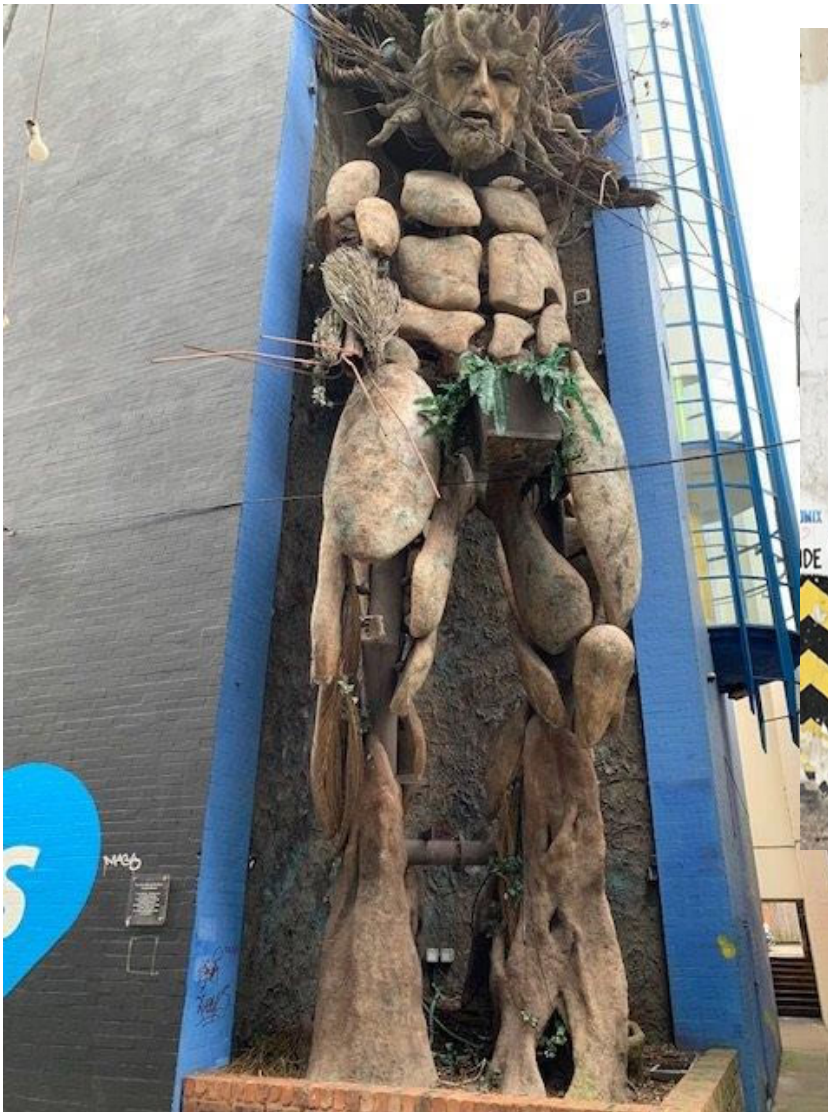


# CHINA TOWN

This week, as part of our celebrations theme, two groups of students visited Birmingham Chinatown as we approach Chinese New Year.







Students explored Digbeth on foot taking in some of the best street art the city has to offer before having a walking tour of Chinatown.







Students were shocked and surprised in equal measure at some of the items for sale in the meat and fish market. Lambs heads, cows feet and fish in every shape, size and colour were met looks of disgust – but not Mr Round who seems to have made a friend.....



Following the market, we had several treats in store, some experienced tick tock craze bubble tea for the first time whilst others visited the Chinese bakery and a look through the windows of the Chinese cafes with Peking Ducks and Char Siu Pork hanging up. Finally, we ate at traditional Chinese restaurants, the first day experiencing food from Dezhou in northwest China, with the master chef making fresh noodles by hand (youtube it to see, it is pretty cool!!)

On Tuesday we went to Café Soya and enjoyed Vietnamese food for the first time. Lots of empty plates later it was time for drive back and a few minutes sleep on full stomachs!



Thanks to Mr Round for arranging the trip and for the staff who helped with it. More trips soon!





Some students also got to visit an alpaca farm and spend time learning about and caring for the different animals there.











Thanks to Mrs Harris for arranging the trip.



♥ We're here  
for you ♥



# Mr. Hall's Health & Fitness

You don't need expensive equipment to keep fit. All you need is your own body weight to provide resistance.

Body weight exercises can also be done anywhere and have been repeatedly shown to be effective and efficient when it comes to building strength, endurance, flexibility and balance.

Give this body weight circuit a go.

Can you name the muscles that are worked in each exercise?

## 3 ROUNDS ~ 1 MIN EACH ~ 2 MIN REST BODYWEIGHT WORKOUT



1) SQUAT



2) PUSH-UP



3) JUMPING JACKS



5) ALTERNATING LUNGES



4) PLANK