



15th April 2016



BSB Sanlitun gets healthy and active this week!

## GETTING FIT

By David Laird, Principal

Please find articles in this newsletter highlighting the fantastic learning going on in our school.

This week has seen the school host Sports Days across the school. It was fantastic seeing children participate in competition and representing their Houses with pride. It certainly has given me an increased sense of motivation to start going to the gym in the evening to try and lose some weight.

I am pleased to inform you that we have now received the final inspection report. I am currently preparing a presentation to deliver to all parents on Thursday 28th April at 6pm in our school hall. All are welcome. Further information will be sent out to you shortly about this event. I hope you will be able to make it. The full report will be published on our website on Friday 29th April.

Kind regards!

David Laird





## STAR CITIZENS THIS WEEK

### EARLY YEARS CAMPUS

Alfonso Gomez Lobeira  
Andrew Shi  
Clara Moreno de Castro  
Dana Sadeq  
Greta Fritsche  
Jash Budhdev

### RECEPTION

Emma Van Dillen  
Scion Lee

### KEY STAGE ONE

Lewis Poole  
Nora Bae  
Stella Park

### KEY STAGE TWO

Jackson Montague  
June Kim  
Ryan Looi

## EARLY YEARS CAMPUS SPOTTED AWARD

Benny Zeng  
Charlie Zhang  
Dante Meloni  
Finn Murphy  
Ivy Pascoe-Simpson  
Majken Jensen

## CHINESE UPDATE

By Jenny Shen, Head of Chinese

This week all children in Chinese groups worked really hard and tried their best to reach their Chinese targets in the class.

Reception children in Lama Temple and Summer Palace group learnt the topic of the growing of a frog. They knew and could tell people about the process of a tadpole morphing into a frog in Chinese. Reception children in Tian'an Men and Great Wall group learnt about houses and are now able to name the different kinds of houses in Chinese such as igloo, wooden house and castle. They even designed their own paper house!



Year 2 children in the Summer Palace group used Mandarin Matrix to improve their ability to read Chinese characters and texts.

In Year 3, children in Lama Temple group learnt the text of an ambitious ant, then did role-play to retell the text. Everyone got involved and enjoyed watching others play.

In Year 5 Great Wall group, children used their imagination to design a city, then they did a good presentation to introduce it to their classmates and invited them for a visit.

Year 6 children in Lama Temple became poets this week. They each wrote a modern poem describing the sound of the nature.





## UPCOMING EVENTS

Every Tuesday Morning  
Baby Group @ EY Campus  
9am - 10.30am

18<sup>th</sup> April  
Fundancia Family Ball  
5pm - 9pm @ Kerry Hotel

18<sup>th</sup> April  
Swimming Starts  
(Reception to Year 4)

18<sup>th</sup> - 21<sup>st</sup> April  
Year 4 Residential to Pingyao

19<sup>th</sup> & 20<sup>th</sup> April  
Summer Term ASAs Start

20<sup>th</sup> April  
KS1 Pastries with Parents  
8.15am - 8.45am

24<sup>th</sup> April  
Athletics Meet @ Keystone

27<sup>th</sup> April  
U9 to U11 T-Ball @ Shunyi

2<sup>nd</sup> May  
School Closed for Labour Day

3<sup>rd</sup> May  
PA Meeting  
9am @ Primary Campus Hall

4<sup>th</sup> May  
Year 2 Visit to  
Green Cow Farm

## WHAT A FANTASTIC WEEK IN RECEPTION!

By Richard Suter, Reception Sharks Class Teacher

The children have used almost all their energy on Sports Day and then a dance class the next day as well!

The children in reception have also been working really hard at making their seeds grow, the children have learnt all about what is needed to make the seed grow and how important environment is as well. Finally the children developed their abilities at observing and writing a report, the children spent time looking at their seed, measuring if any progress has happened and then writing it all down in an seed dairy.

What a busy week for all the children. Well done everybody!





## THE IMPORTANCE OF OUTDOOR PLAY FOR YOUNG CHILDREN

By Claudia Valdes, Pre Nursery Tadpoles Class Teacher

Learning outside the classroom supports the development of healthy and active lifestyles by offering children opportunities for physical activity, freedom and movement, and promoting a sense of well-being.

Children need an outdoor environment that can provide them with places and space both upwards and outwards to explore, experiment, discover, be active and healthy, and to develop their physical capabilities.

The outdoor environment offers space and therefore is particularly important to those children who learn best through active movement. Very young children learn predominately through their sensory and physical experiences which supports brain development and the creation of neural networks.

As we continue to develop our outdoor learning environment we recognise that we need all the help and guidance we can get! So if you are a master gardener (or just enjoy working in the garden with your children), if you like building things, have an eye for design or simply would like to get involved, we welcome you!

We will have our first annual **COMMUNITY OUTDOOR CHALLENGE** on Saturday 14th May, more information to follow but kindly keep the date.



## FOOD! GLORIOUS FOOD!

By Michael Aryiku, Year 2 Pandas Class Teacher

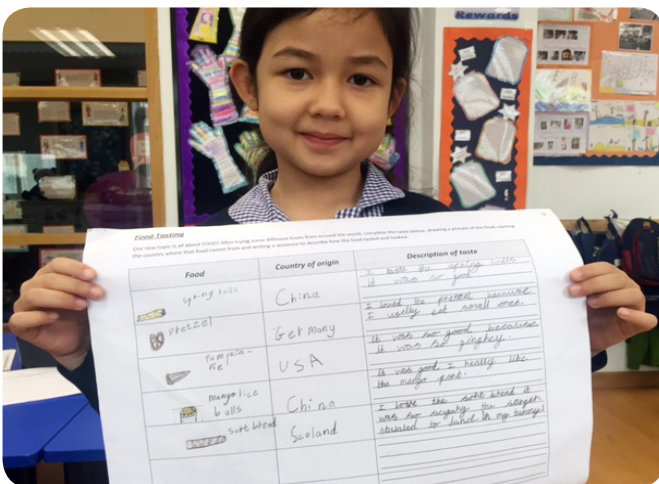
Our new term began with the Year 2 pupils starting their new topic - We Are What We Eat!

A topic eagerly looking forward to by all the pupils and teachers alike, the children were invited to bring in food special to their home countries to share with their friends. We sampled delicious food from several countries including Hong Kong, Scotland, Germany, the United States of America, China and Australia. It truly highlighted the wonderful international community here at the British School of Beijing, Sanlitun.

After trying new foods from around the world, the children completed a worksheet where they drew a picture of the foods they had tried, identified the countries where they came from and wrote a few sentences describing the taste.

Over this term, the children in Year 2 will be learning about the different food groups, the importance of a balanced diet and exercise and writing their own poems about food.

Who knows? We may have some future Michelin starred chefs and restaurateurs in our midst!





## BSB SANLITUN GETS HEALTHY & ACTIVE

By Rachel Spencer, Head of P.E.

This week there has been a 'get healthy and active' theme at school led by Miss Spencer, Miss Wood and Miss Dopson to encourage, promote and raise awareness of the importance of being healthy and active.

The children have been working hard to be more active, drink more water, making healthier food choices at lunch and for their snacks and learning about how to have a healthy body and a healthy mind.

We have been fortunate to have external sports clubs come into school this week to run activities with the children. Year 3 and Year 6 had gymnastics classes with Flip and Kicks gymnastics club. Year 2 took part in some Kung Fu classes with Master Yang and Club Football has been in over the week to deliver fitness and football sessions to the children as well. A big thank you to these coaches for coming in to school to help promote our healthy and active week and contributing to its success.





## BSB SANLITUN GETS HEALTHY & ACTIVE CONTINUED...

By Rachel Spencer, Head of P.E.

Early Years and Key Stage one were joined by Heyrobics instructor, Britney who showed us a number of different ways we could get active during our assembly. The children put all their effort into the sequences she taught as a range of music played across the hall. Every child in the hall joined in and our heart rates had definitely risen by the end of the session. It was fantastic to see that every child walked out of the hall smiling and energised.

Club Football are running World Football Skills Camp over 2 days on 30th April/1st May which is open to boys and girls born from 2002 to 2007. If you are interested in signing up to this or would like further information please email [coaching@clubfootball.com.cn](mailto:coaching@clubfootball.com.cn)





## YEAR 4'S LEARNING ABOUT BEING HEALTHY AND ACTIVE IN SCIENCE

By Rachel Spencer, Head of P.E.

Year 4 have been learning about how exercise affects our heart rate in their science lessons. The children planned experiments to find out how their pulse rate increases after a little exercise, a lot of exercise and seeing how long it takes for their pulse rate to return to normal after exercise. They evaluated their results and found that after exercise pulse rate increases, as the heart needs to pump faster to get more blood around the body and to the organs. They also identified problems with their experiments and analysed whether it was a fair test. They realised it was hard to control variables such as different speeds and pace at which some children had during exercise was different between participants. However, they were able to see a correlation between increased heart rate and amount of exercise.

We have also been learning about advertising. The children have planned and designed adverts to promote healthy eating and exercise. They filmed these using the green screen and shared their work in the assembly on Friday.







## SPORTS DAYS

By Rachel Spencer, Head of P.E.

It has also been our Sports Day week where the children have been working hard competing in their houses in a variety of different activities. We have been very fortunate with the weather this week and only had to cancel one event on Wednesday due to the lingering pollution.

On Monday it was the Key Stage 1 Sports Day which was held at Si'de Park, Lido. The children completed a round-robin event including lots of skills based activities which they have been learning in their PE lessons. The event was finished off with some very exciting team relays.

### YEAR 1 RESULTS

1st: Blue, 2nd: Green, 3rd: Yellow, 4th: Red

### YEAR 2 RESULTS

1st: Green, 2nd: Blue, 3rd: Yellow, 4th: Red

### KS1 OVERALL RESULTS

1st: BLUE (569), 2nd: GREEN (551), 3rd: YELLOW (526), 4th: RED (499)





## SPORTS DAYS CONTINUED...

By Rachel Spencer, Head of P.E.

On Tuesday Receptions had their Sports Day. The children were awesome and worked incredibly hard competing for their houses in a variety of competitive and non-competitive games and activities.

### RECEPTION RESULTS

1st: BLUE (327), 2nd: YELLOW (325), 3rd: RED (311), 4th: GREEN (270)





## SPORTS DAYS CONTINUED...

By Rachel Spencer, Head of P.E.

Unfortunately the Key Stage 2 Sports Day had to be cancelled on Wednesday due to the pollution. This will be re-scheduled later in the term.

The Early Years Sports Festival was on Thursday greeted by blue skies and sunshine. The Pre-Nursery and Nursery children completed a round-robin of activities including: football shooting, target throwing, jumping as far as they could in the sand pit, parachute and circle games and an obstacle course. Well done to all of the children who took part in this event.

Once the Key Stage 2 Sports Day has been done we can then add all of the Sports Day results together to get an overall Sports Day house winner.

Well done to all of the children this week for being super sporty, hugely healthy and amazingly active!

