



From the
Headmaster

Happy New Year to all readers of The Lamb. I am delighted at how well staff and boys have settled back to this period of working on-line, showing a real commitment to learning. The teachers are working incredibly hard to produce interesting lessons and the boys are responding well. We've welcomed our Nursery and critical-worker children back to school and I would like to thank all the Staff who are on-site looking after them.

Cyberbullying has been our assembly theme and I have been pleased to see the boys' mature approach to this important topic. One clear message is that every one of us has the power to make a positive difference. Special thanks to Micah in Year 3 who delivered the quiz today.

This is a challenging time for our older boys who are in the middle of their Senior School entrance examinations. They have all worked extremely hard and we wish them every success. We would also like to wish the Year 7 boys all the best for their internal exams next week.

We are looking forward to the end of lockdown, but in the meantime, my message is to be determined and persevere in all you do and have a great term. I shall be persevering with my hula-hoop challenge! I have some way to go! Boys, make sure you get outside this weekend for some fun.

S. R. A. in

Good to be back in school



The Lambs are so happy to be back in school and are learning about different types of weather. This week we have looked at whirling, twirling wind and we chased bubbles blowing in the breeze. Later on in the week we snuggled up in our igloo, cooking fish for dinner after playing in the chilly snow.



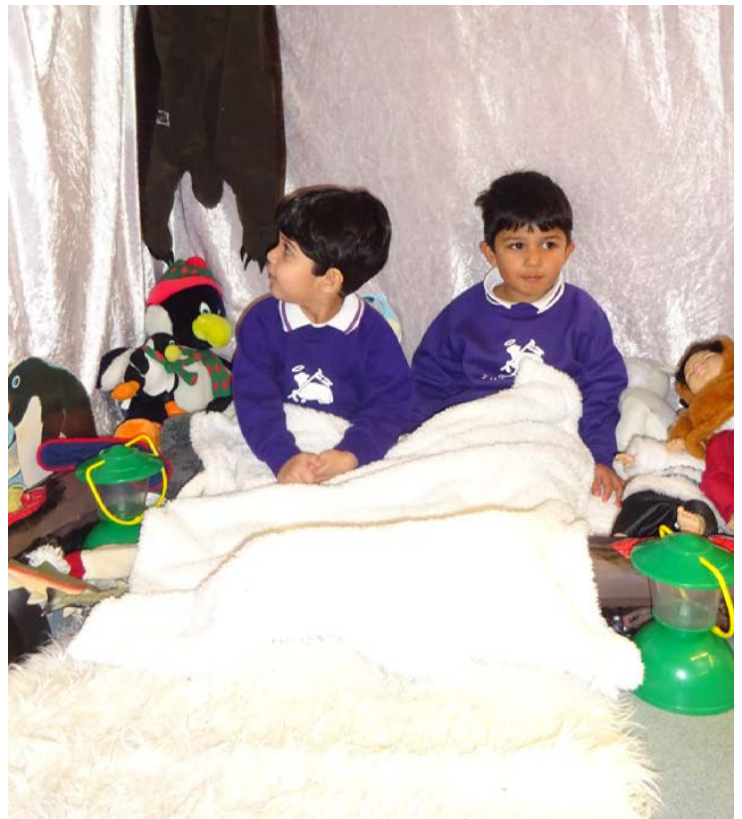


A return to school for The Lambs





Snowy weather in The Lambs



Welcome Mrs Luke

Wow - what a start to a new school! However, I have been made to feel very welcome and immediately part of the team not only by the wonderful, supportive staff but also by the enthusiastic and diligent Year 3 boys (and their parents who have made everything work!) I am now looking forward to the end of lockdown and being face-to-face with the boys again. In the meantime, since we have recently moved to Northwood, I will continue to spend my leisure time with my family and dog exploring the local area and woods.

Mrs Luke





Happy Birthday to our boys





Protecting our community

Last Monday we received our first batch of Lateral Flow Covid-19 tests. A number of staff volunteered to be trained to administer the tests and were trained by Miss Vale's mother, an occupational therapist who showed us all an excellent video demonstration of how to perform the test made for us by Miss Vale's father, a surgeon, with Miss Vale's mum behind the camera.



The test is easy and not at all unpleasant. All staff on site will be tested every Thursday and Year 7 and 8 boys will be tested weekly on their return to school. Anyone who receives a positive result will be advised where to go for a full test.

We are all looking forward to being back at school together at the earliest opportunity when it is safe and the country is relying on the lockdown and the vaccines to make this possible sooner rather than later. It seems like a good time to think about the history of vaccination and celebrate the scientists who have collaborated and created these vaccines at such speed.

Immunisation dates back centuries: Buddhist monks drank snake venom to confer immunity to snake bites. Edward Jenner is considered the founder of vaccinology in the West. In 1796 he observed that milkmaids who had previously had cowpox didn't catch smallpox. He tested his vaccination theory by giving an 8 year old boy called James Phipps, first cowpox, then



deadly smallpox... he didn't die, his theory worked..luckily! Two years later, the first smallpox vaccine was developed and systematic implementation of mass smallpox immunisation culminated in its global eradication in 1979.

Louis Pasteur's experiments kick started a cholera vaccine in 1897 and anthrax vaccine in 1904. Plague vaccine was also invented in the late 19th Century. Between 1890 and 1950 much work was done on the development of vaccines, including the BCG vaccination, which we still use today. Sadly, there was no vaccine against the Spanish Flu pandemic in 1918 which killed 500 million people worldwide, or the Great Plague of London which killed 68,596 people in 1665-1666.

Vaccination programmes against childhood diseases began in the 1940s. Polio has been eradicated from most places in the world and the introduction of the MMR for measles, mumps and rubella was an important innovation in 1996.

Considering this long history, the vaccines to combat Covid 19 have been developed at remarkable speed. On 8th December 2020, just one year after the discovery of the virus, Margaret Keenan, a 91 year old grandmother received the first dose of vaccine in the UK at University Hospital in Cambridge. We are lucky that we have such talented and hard-working scientists looking after us.





George's advice for healthy eating at home

As my mum is a nutritionist she is always teaching us how to eat for good health with the hopes that when we grow up we will make healthy choices for ourselves.

Eating healthily means that we give our body the right kind of fuel to work at it's best. At the moment, while we are doing online learning this is especially important. Healthy food also helps mental wellbeing by supporting the nervous system. It's good to get all the family involved to stay healthy during this time!

One of the most important things you can do is to limit processed sugary foods and drinks and swap them for healthier options. Although sugary foods can create an energy

surge to begin with, this can quickly result in an energy dip later on. In order to focus on our lessons and still have the energy to play actively after school and during breaks it is important to eat foods that give us a steady stream of energy. Eating foods that are rich in fibre is good for this.

Breakfast

Make time before school to start the day with a good breakfast. Make sure that you have enough to eat to fuel you through the morning and avoid sugary processed cereals. Some good breakfast options are: No added sugar muesli, low sugar granola, lower sugar cereals like Weetabix, fruit, eggs, porridge or yoghurt topped with fruit.

Drinks

Ideally water is the best drink for your body. If you would like a different drink try experimenting with making different smoothies. You can even buy frozen smoothie packs to save time. Bonus points if you add in a handful of greens!

Snacks

Avoid crisps, biscuits, sugary cereal bars and chocolate and replace with healthier snacks. Some ideas are smoothies, fresh fruit, cut up vegetable sticks like carrots and cucumber with hummus, olives, no-added sugar yoghurt, a small sandwich, peanut butter or avocado on toast, a boiled egg, or a handful of nuts. Maybe combine a few of these. Or get creative in the kitchen on the weekend and make some healthier, lower-sugar baked goods for which there are many recipes on the internet.

Lunch and dinner

To make sure that your lunches and dinners provide you with plenty of nutrients, follow the below guidelines as a general rule.

- Aim for at least 5 portions of fruit and vegetables a day.
- Add some good quality protein to your meals such as lean meat, fish, beans, pulses, lentils, tofu and eggs.
- Swap out white bread, rice and pasta for brown as the brown variety contains more fibre and nutrients.

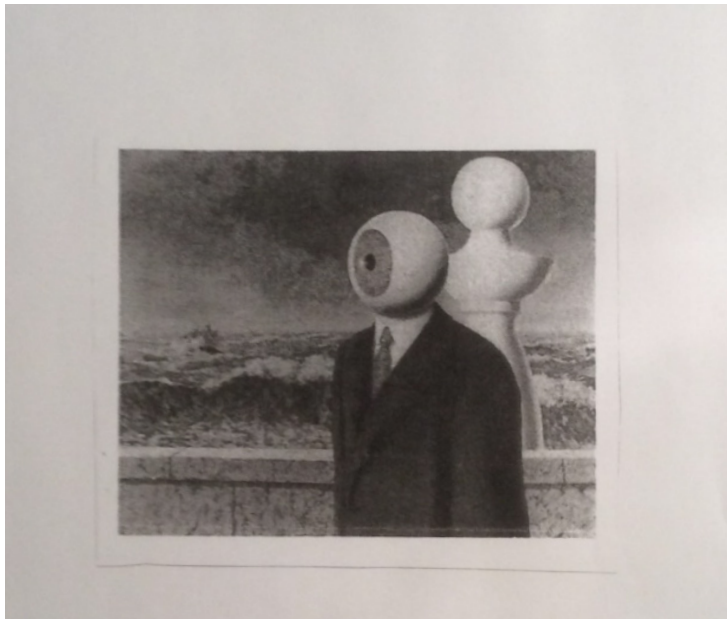
I hope these tips have helped and that you have fun experimenting with some new foods!





Collaborative writing in Year 5

Year 5 worked collaboratively to produce a creative writing piece based on a given image. All classes loved the image of the ‘creepy man’ and were inspired to write wonderfully embellished descriptions with emotive and dramatic details. The boys planned their writing in their groups and then completed the writing together too. Each class has presented their own impressive example. It is worth reading all of them; they are excellent examples of the boys’ imaginative and skilful writing!



It was windy. There were stammering gusts of wind and colossal, relentless, merciless rain. The clouds enveloped the sky. Fiery swirling winds made the waves crash against the wall like they were having a vicious race. The wall was being suffocated by the thrashing waves. It was trapped by the deep, restless sea, which was as rough as sandpaper. Stinging waves of rain were crowding the skies, too.

His face was pale like the grey, grumpy clouds that loomed in the blue cavernous sky. Ruby-red, his eye glimmered and looked bloodshot in the darkness. He stared along the coast emotionless; his heart had no feelings, no love, no life. His suit was black like the shadow of his sad lonely past. The glaring, unmoving eye was as if it was glued into a fixed position and was forced to stare at it for eternity!

When I saw him, my guts started withering like leaves in the African dry season. My pulse raced and my heart skipped a beat because the grotesque creature looked like a rotting lump. The one-eyeball man sat there motionless, as if expecting to stumble through the brittle brick floor. Many would sprint away in fear as they saw his absolutely beast-like body and slimy, gigantic eyeball. This watchful eye was a swirling black hole, a tornado

ravaging and wrecking the world.

He felt like an abandoned person left to rot like the ash of his motionless victims. He had a stony heart, hungry for blood from his unsuspecting victims. The rough sea crashed and bashed, reminding the man ... He was a monster. He felt fearless like a lion ready to pounce and strip the limbs off his frightful victims scared out of their skin, praying for the mercy that the man couldn't give.

Behind him, the plain, bland Statue was perplexed at the world in front of him, staring at the cyclops, waiting for him to turn and face his mysterious copy of himself. It may get washed away one day from this tremendously giant wave that may have flooded the entire city. Yet, it watches the battle of the mighty waves, crashing, exploding... Maybe the statue is alive, maybe it feels frightened and lonely.

His soul is lost, never to be found again...

5C

In the distance, was a dark, angry sky hovering over the ocean like a swarm of provoked, furious bees. An opening appeared in the roaring, thunderous clouds! Ravenous rain dropped mercilessly onto the churning ocean below.

Depressed and battered waves pounded the helpless shore. They whipped and splashed; they were a hungry hurricane devouring everything in their path. Violently, they rocked the creaking, terrified boat from side to side, making the passengers feel scared for their lives. Traumatized screams from the crew faded into darkness as the sinister sea swallowed the craft whole!

The turbulent storm thrashed and struck the strong, marble sea wall. Standing guard, the white statue frowned angrily, determined not to be beaten. Mysteriously, the pawn-like sculpture seemed to represent the frightening figure that lurked nearby.

His suit was as black as night; his collar was so tight that it could choke him to death! The creature's tie was a dirty grey and he looked as if he was going to a funeral. One, creepy, bloodshot eye was staring nastily at the awful ocean; he was thinking about all of the future chaos that he could create.

This scene was a nightmare; this scene was a living horror story!

5W-S

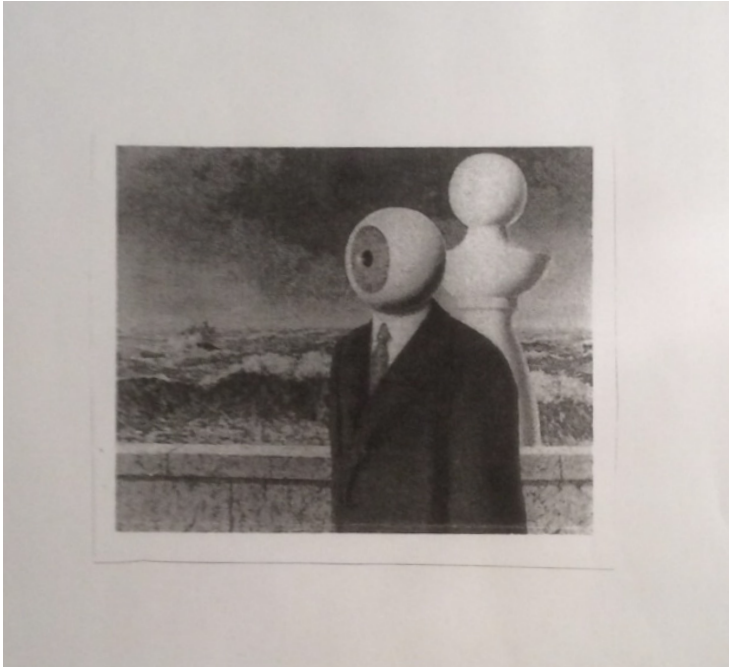


Collaborative writing in Year 5 cont...

Grey clouds floated above the raging sea like a black veil of smoke. The wind whined and screamed like a thousand tortured souls. Tempestuous waves bullied a melancholy boat in the distance, as if the boat was a rag doll. The ocean let out a roar of triumph after pulling the boat into its black murky depths.

The creature was wearing a charcoal black suit, with a crisp white shirt, and a thin jet-black sinister tie. His head was a glistening eyeball with white stripes radiating like the spokes of a wheel. His gruesome head matched the dark, desolate and deathly sky. He wore a vacant expression and stared intensely into the distance. He looked sinister, secretive, slender and superior. Vindictively, vengefully and spitefully the eye drilled into me, then gleamed maliciously at its work.

The sea was thrashing like a monster, destroying the marble wall which screeched and screamed as destructive boulders raced down into the sea. The dilapidated wall acted as a concrete barrier between the raging ocean and the creature. The statue peered over the creature's shoulder like a curious scientist, inspecting him from behind whilst trying to find out what he was; he was still alone.



5M

Making a Roman soldier for our army

Year 4 are learning about Romans and are always prepared for battle. Fortunately for the Romans they never had to deal with Covid 19 so were able to get into real life formation. The boys are currently delivering some fantastic online presentations which they researched in the Christmas holidays and this week they each made their own Roman Soldier from the comfort of their own home.





School for boys of critical workers

We are very pleased to be able to offer care in school for the sons of critical workers who can't look after their children at home and we are grateful to all those parents who are undertaking life-saving and other critical work for our communities at this time.

Reception are in the Robins classroom with Miss Morgan and Mrs Cottrell. Year 1 are in Owls classroom with Mrs

Geddes and Mrs Allen. Years 3 and 4 are in the Pre-Prep library with Mr Kruger and Mr Smith and Years 5 to 8 are in the Norman Hall with Mr Pawson and Mr Newman. They all have access to the new Centenary Sports Hall in case of poor weather at break and lunchtime after they have enjoyed their packed lunches. They are also taking advantage of the Joe Wicks sessions to keep fit.





Looking regal in Year 1

The boys in Year 1 are learning about the Great Fire of London. This week they have been researching facts about King Charles II. As part of their project they have made crowns. They have taken care to colour and decorate them carefully. Very regal!





Miss Morgan's challenge 1: ten pin bowling



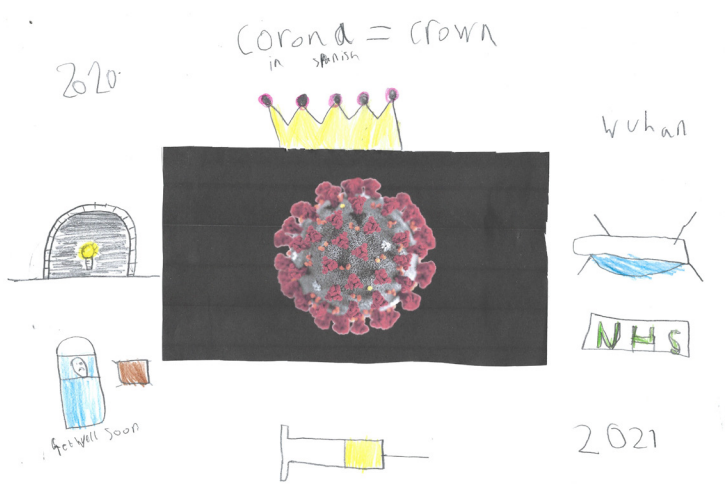
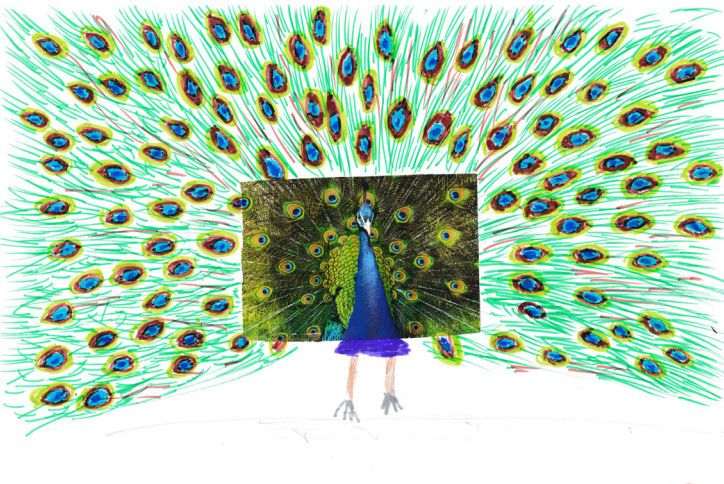
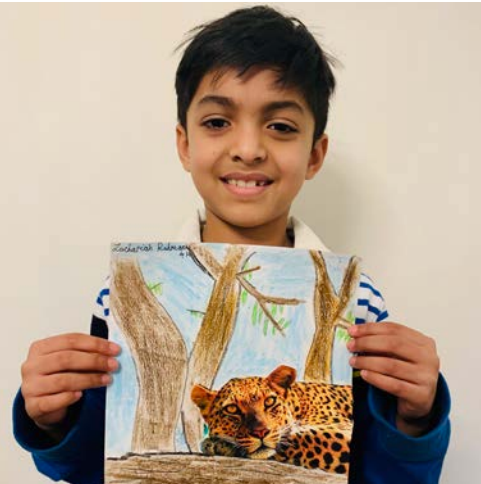
The Pre-Prep were given a Miss Morgan task to create their own ten pin bowling set and then challenge their families to a game. I think there are some very imaginative and creative ideas. By using a rolled up pair of socks instead of a ball this made it a safer option for indoors!





Miss Morgan's challenge 2: expanded pictures

This week Miss Morgan has challenged the Lower School boys to expand a picture. The boys cut a small image from a magazine and stuck it onto a large piece of paper. They then had to draw what they thought may be in the rest of the picture. I think you will agree that there are some very clever ideas. Well done, boys.

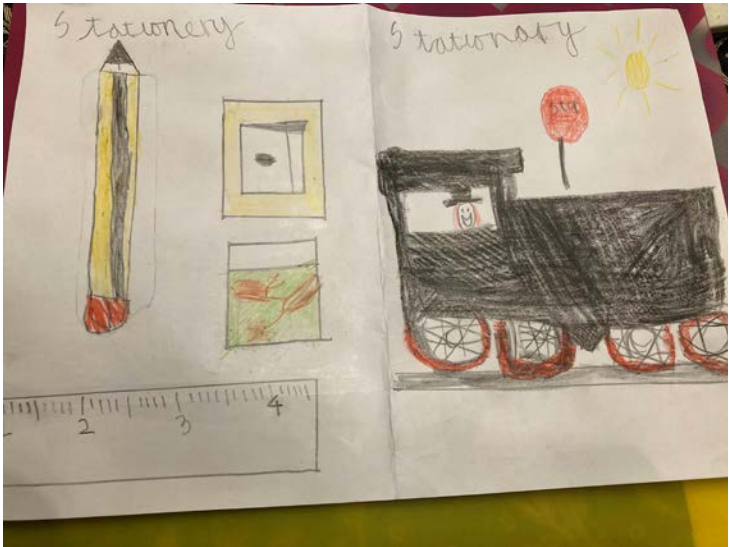
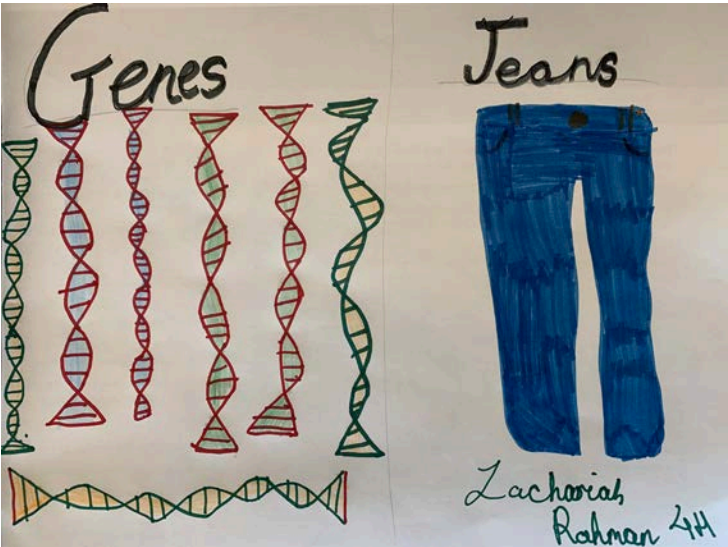




JUNIORS

Can you spot the homophones?

Year 4 had to do their work on homophones over there at home as they couldn't come here. Fortunately they could all hear what Mr Russo and Mr Haley were talking about in their online lesson. The work was so excellent as the boys could write well and their work was right. Luckily no one whined so both Mr Haley and Mr Russo had a largecup of tea!





Good enough to eat

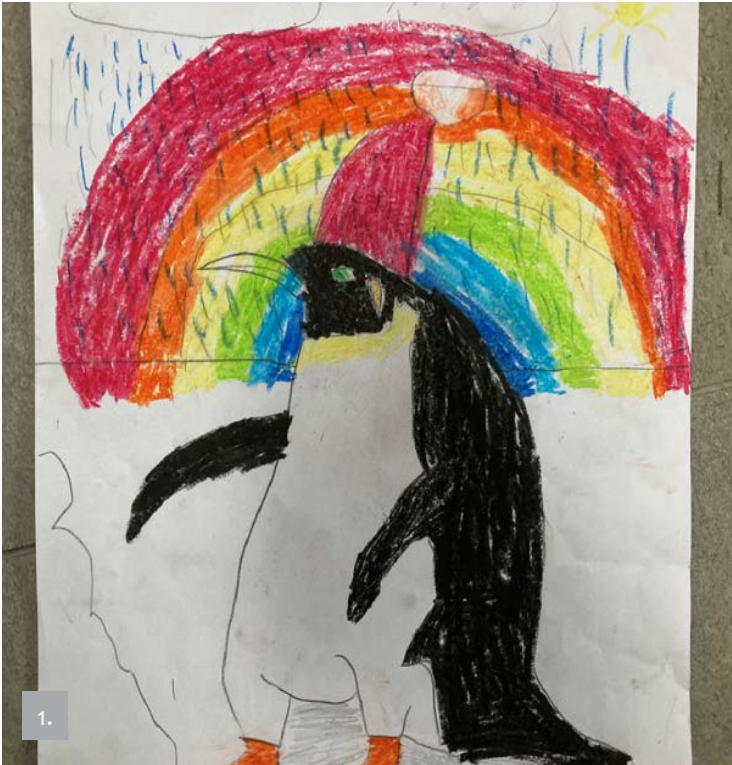
Here are some of the Year 8 food sculptures that were made last term. Don't they look yummy?! 1. Sam P, 2. Charlie A, 3. Jaidev R, 4. David A, 5. Rodrigo C H



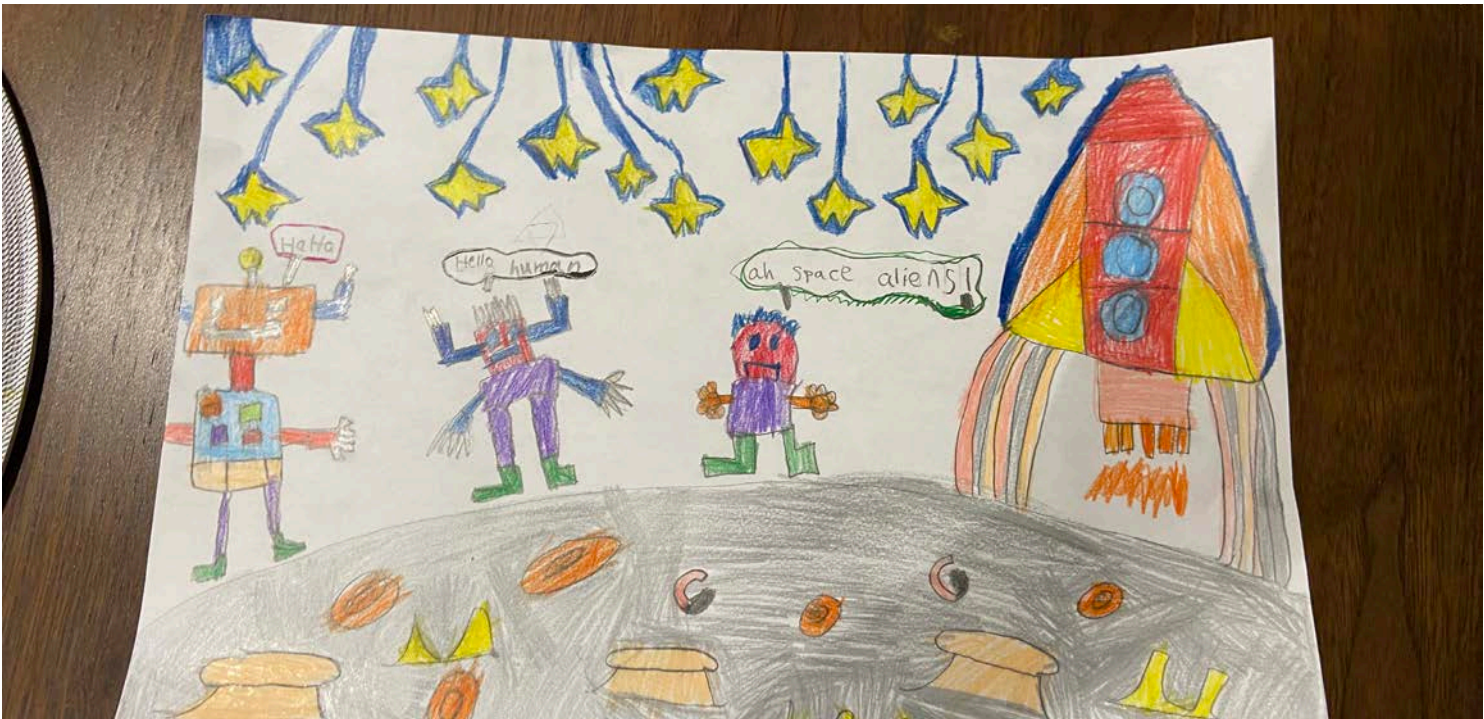


Penguins and aliens

Year 4 have been drawing penguins at home. 1. Abbas, 2. Iraj



Here is a lovely picture by Caiden in Year 4



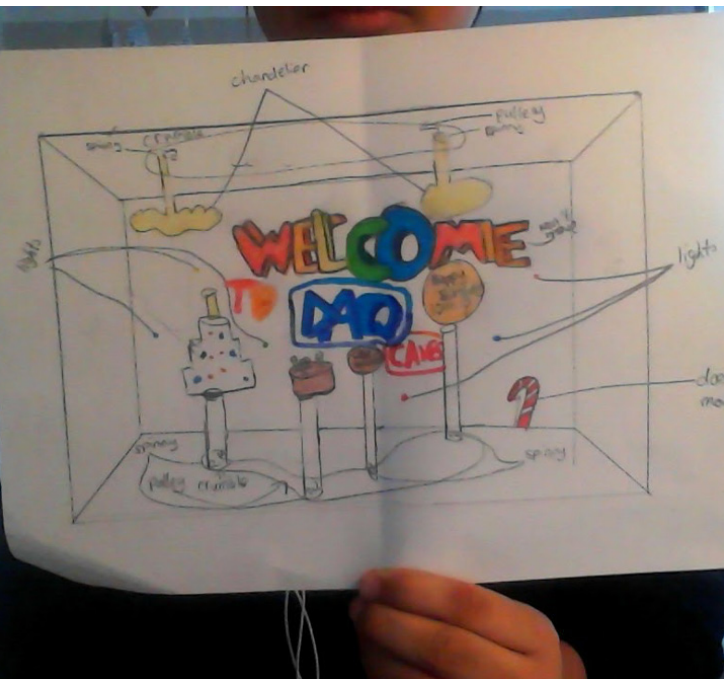


Design and Technology projects at home

Reece, 8B has made a Concert Grand Piano out of Lego. Reece used over 16,000 pieces of Lego and he built his piano over 2 weeks. The detail is incredible, each piano key has a hammer action and the pedal moves, it is extremely realistic. Well done for your patience Reece. We wonder what your next challenge will be!



In DT we were asked to draw a picture of a shop window as if it were in a cardboard box. The shop that I chose was a cake shop and I called it DAQ CAKES as DAQ are my initials. I put a candy cane in the background for the theme and everything is labelled. All four cakes and cake stands and chandeliers will rotate once I make the real thing. Daanish, 5C



I've been working on this marble racetrack with my dad. The track was ridged so we had to cut pieces of foam to make it smooth. To make the marbles go uphill we used a paint roller and a power drill. The drill turns the roller and fires the marbles up the slope. They go round on a continuous loop. There is still a lot to do to make it bigger and add obstacles. Mikey, 5C





P.E. at home: time to get active

Well done to all our boys who have sent in pictures and videos of their home exercise routines. Whether it's jumping and bumping along with Joe Wicks, getting outside and running and skipping around the garden or doing something whacky and creative, they have certainly not let the grass grow under their feet.

These are just a selection of the pictures we have been sent but do keep sending in your photos and we will put as many as we can in The Lamb while we're all in lockdown. When we all come back to school there will be rugby hockey which we know means a lot of running. Your efforts to stay fit and active will be very useful.





More home fitness



Calendar & important dates Contact details

Tuesday 19th January: School examinations for Year 7

Wednesday 20th January: School examinations for Year 7

Wednesday 20th January: Aldenham 13+ entrance examinations

Thursday 21st January: Merchant Taylors' entrance examinations


Monday 25th January: St Albans entrance examinations

Wednesday 27th January: School Council

Right: Picture of the week Mr Robinson and Miss Morgan with some of our critical worker boys.



Updates: Please continue to visit www.st-johns.org.uk for all the latest information on sports fixtures and results. The website will have announcements in case of emergency.

 You can also follow us on twitter @stjohnsnorthwood and our sports department @StJohnsNwSport

Mailings: If you have received The Lamb from someone else and would like to be sent your own copy direct each week, please email: Lamb Editor. Let us know your contact details and you will be added to the list.

Photographs: We cannot always be on hand every event with a camera and rely on photographs from parents and supporters. Do please continue to send in pictures to lambeditor@st-johns.org.uk for inclusion in The Lamb. Many thanks.

Notices and reminders

School examinations: In addition to the various senior school examinations taking place at this time, Year 7 have their January exams next week. Timetables for these have been e-mailed but please contact Mr Russo on mrusso@st-johns.org.uk if you have any questions.

Lunchtime Chords: Boys, we are singing again! Mrs Savage is running lunchtime chords for Years 4 to 6 at 13.30 on Google Classroom. Year 4 Tuesday at 13.30, Year 5 Wednesday at 13.30 and Year 6 Thursday at 13.30. Come and join us, the boys had fun this week. You can find a backing track and the words to the songs we are learning in the Classroom. We're hoping to start up some small lunchtime instrumental ensembles in the near future. Mrs Savage looks forward to seeing you next week.

Healthy eating: We hope you enjoyed reading George's article on page 5. Maybe you would like to send photos of your healthy meals to LambEditor@st-johns.org.uk

Hearing from you in lockdown: We would really like to hear from you during lockdown with any projects you are working on, hobbies, interests and achievements. Please send any photos or articles to LambEditor@st-johns.org.uk

Covid-19 testing: Rapid Flow Covid-19 tests for staff in school Thursdays at 7.45am

Sport and P.E.: Mr Kruger says please remember to share your stories on our sports twitter page @StJohnsNwSport

Votes for Schools:

We started the new term with: 'Was good news overlooked in 2020?' 47% said No and 53% said Yes. Next week's question: Will Brexit affect you? Here are the slides for you to discuss at home.



House Points: Totals so far Lincoln 52.06, Lawrence 49.95, Churchill 47.38, Oates 45.05

Enjoy the weekend. If you are sitting exams, sleep and eat well and keep calm.