

Ramadan Cultural Cuisine

Students learnt about the role that fasting has on the lives of Muslims during the thirty days of Ramadan. They learnt about when fasting is observed and the different foods that people eat at the beginning and end of the day. They were given a chance to try hummus with carrots, cucumber and pitta, dates and rice pudding, which proved a hit for all!



Anglia – Way and Sessions House Cultural Day: Ramadan

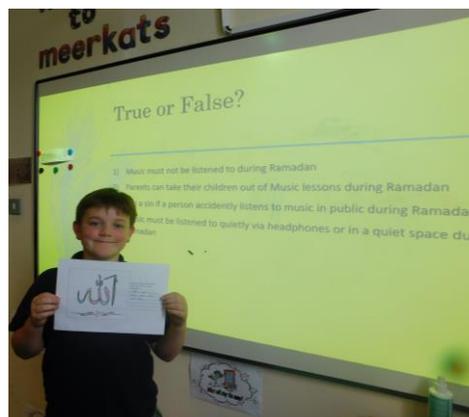
On Wednesday 4th May the students at Anglia Way and Sessions House participated in a cultural day, where the focus was Ramadan. The students thoroughly enjoyed learning all about the culture and learnt something new in each session. The day was full of joy and laughter and some funny faces when trying some of the traditional cuisine!

Origin of Islam: At the beginning, students learnt about how monotheistic religions began with Judaism, then Christianity and finally Islam. The discussion was about how these three religions all followed on from each other, sharing many similarities. Thereafter, the students were taught all about the life of Muhammad and how he was shown the Qur'an by a visit from the Angel Gabriel. A discussion followed how the religion grew and became the 2nd biggest in the world today.

Cultural Traditions: During the month of Ramadan, Muslims don't eat or drink between dawn and sunset. This is called fasting. Fasting is important during Ramadan as it allows Muslims to devote themselves to their faith and become closer to Allah. Fasting is one of the Five Pillars of Islam, which forms the basis of how Muslims live their lives.

Music during Ramadan

Many people state only vocal music is permissible and that instrumental music is forbidden. This has led to a tradition of acapella devotional singing in Islam. But it has been pointed out that the Qur'an itself makes no explicit mention of music being forbidden. During school, parents are able to ask that their children do not attend music lessons as it is forbidden to listen to loud music. However, listening to music quietly, through headphones is accepted



Cultural Art

The children watched a presentation of the different forms of Islamic art and calligraphy. Islamic art falls into two main categories: geometric (repeating mathematical shapes) and vegetal (based of foliage and flowers). The patterns are bright and colourful. The children were given their names transcribed into Arabic and after practising writing them, drew these onto plant pots, which they later used to plant sunflower seeds.

Below is some of the beautiful calligraphy that the children produced:



Anglia-Way Trip to Heacham Beach

During the exam period at Anglia Way, some students visited Heacham beach. Whilst on the educational trip there, students beachcombed and searched for unwanted litter on the coast. They wore whistles to keep in contact with one another when peculiar items were found. Thankfully, sea creatures in the sea were safe from plastic waste during the visit.



Puffins Trip to the Goal House, King's Lynn



Puffins visited the Goal House in King's Lynn; which is the old court house from the 19th Century.

Puffins were able to walk round the museum and look at the history of Kings Lynn. Students went down to the cells where stocks and ducking stools were on display. The boys were handcuffed and tasked with going in the cells and finding clues to find their keys. They took 11 minutes to find their clues or keys until they got out. They were also able to play a board game where they started off with 5 bags of wheat and had to travel around the world to trade their goods. The player with the most expensive goods at the end won. They had to avoid catching scurvy or getting caught by pirates. After completing all the activities at the museum, Puffins went to the Walks for lunch and a bit of fun in the park.

Humanities: Puffins and Meerkats

This half-term, Puffins and Meerkats have been looking at the history of crime and punishment in Britain. We started off with the Roman times, where the first real organised attempt at punishing crimes in Britain was first introduced. We then continued looking at crime and punishment during the Anglo Saxon, Viking Norman, Medieval and Tudor periods, before moving onto the more modern era of Victorian times. Students were made aware how more and more crimes were committed from the 17th century onwards, due to the fact of a growing population and that the people were getting poorer and more desperate for survival. They have learnt that in 1688 fifty crimes were punishable by death but by the early 1800's there were over 200 crimes that would receive the death penalty.

These included cutting down a small tree, stealing 5 shillings and even damaging Westminster Bridge; the children were shocked. We will finish the unit by looking at the Victorian times and then making comparisons with how crime and punishment is dealt with in the 21st century.



Swimming Lessons: Koalas

Koalas have been learning about water safety. They have been working on their breaststroke, freestyle and backstroke this half term. Students were also shown a technique to swim on their back which they found very therapeutic. During Afternoon Choice, students can attend swimming activities and are able to socialise and play games together in the pool. They can play various games like tag, swimming through the hoops to see who can swim the furthest and also hide objects in the pool and all peers have to swim around to find them. If students do not want to join in these games there are many toys for them to play with. One favourite toy is a shark float which they can climb onto and swim around chasing others.



Latest News



Simon Wright, Chief Executive of the above charity sent a letter to Wisbech School, thanking staff and students on the wonderful effort they made in raising money for bereaved children. He stated, " your generosity and support will make a real difference for bereaved children and young people in Norfolk during such difficult times. Thank you so much for raising £417.49"

Wisbech School's next venture will be raising money for the charity ' Mind'.



Horse Riding

Some students, have chosen horse riding at Chestnut Farm Equestrian for their afternoon activity. This is a great part of their day that they really look forward to. This peaceful outside space really allows them not only to relax, but to learn many new skills: how to handle the horse on the ground and how to ride to a good standard. This can sometimes be around the local area. The students really enjoy this too as there is a lot of lovely scenery, which they admire. Horse riding takes a lot of patience and determination which is a great skill them to learn.



Anglia – Way trip to Blackbeard’s Adventure Golf

Year 8 students, took on an experienced staff team of Keenan and James for a game of golf. The first course saw the pupils warm up with a below par performance. A few ‘fores no birdies’ but ‘ a family of ducks’ to cheer us on. The green was good, the shots were rough and after the first 9 holes, the pupils were in first place with staff unfortunately lagging. On the second course, the Year 8 students were truly warmed up and lowering their par. Apparently, James teaches sport but this was not evident as his par three dropped to par five. So, all down to the last hole... and consistency payed off. Whilst the gathered crowds waited in anticipation, the students calculated the overall scores and mean values. With a steady performance throughout, Keenan took the victory, followed by ‘the bunker master’, ‘the chipper’, and ‘the caddie’, collectively known as Year 8.

With James ‘the knee knocker’ coming in last place, the staff’s par score dropped and Year 8 won. After a gruelling hour of intense play, it was ice cream and refreshment time! Everyone had a great time and are ready for the upcoming Canadian open if anyone fancies sponsoring us?



Koalas and Smarties – Trip to Hunstanton

Koalas and Smarties classes went on a trip to Old Hunstanton beach on different days. The first task was for all the students to decorate their own rocks, which related to positive words and wellbeing. They then hid them on the beach for the next person to find. Students later had the task of finding different objects on the beach using a metal detector. The students all got stuck in and were keen to take turns with the gadget. Later students had a picnic for lunch before heading back to school, in time for them to be dismissed for home.



Anglia-Way

PSHE

KS3 and KS4 pupils have been studying various PSHE/RSE topics throughout this academic year. These lessons have revolved around mental health, friendships and relationships both positive and negative, peer pressure and the effects of bullying. All pupils have shown fantastic maturity during group discussions and when sharing their own experiences. The ability for our pupils to empathise with others, self-assess their work and acknowledge the rights and wrongs in public is outstanding. The skills learned during the PSHE lessons are becoming very useful when in other lessons, representing the school and themselves in public or simply socialising with people in new situations.



Anglia – Way students' trip to the Goal House, King's Lynn

The main aim of the trip was to explore the history of Kings Lynn. Students completed a quiz, as they read information on the displays in the museum. Staff and students were able to try on various costumes that were related to the period 1700 - 1800, when King's Lynn was a thriving port. Everyone played a game which involved visiting the different ports and trading goods with other countries e.g. Scandinavia with whom merchants from King's Lynn traded with. Staff and students later went into the cells and were able to experience what a cell in the 1700's smelt like. They were fascinated by artefacts that were used to punish people in that era who committed different crimes e.g. a whipping post, stocks, a cage and a chair that would dunk people into the river.



Students enjoying the dressing up and experiencing the type of punishment that existed in this era; (1700 -1800) at the Goal House

Cooking – Sessions House

This term the younger students have been learning best before and use by dates. The older students have learnt about nutrients and food groups. They were able to ascertain which foods belonged to which groups.

Students have made a variety of different foods this term learning different techniques i.e. separating eggs, using an electric whisk and melting.

A Tottenham cake made by one of our students who plans her recipes, calculates the cost of the ingredients and buys these at a local supermarket.



Cooking – Sessions House

Swiss roll - using an electric whisk



Cheese Straws - learning how to separate eggs



Art - Sessions House

In Art & DT students have been learning about circuits. The aim was to create a fairground ride and use their knowledge of circuits to enable it to rotate. They have been working on their prototypes in preparation for their detailed plan to enable them to complete their final piece. They are enjoying this task and have come up with some wonderful ideas



A student completed a design of a lighthouse. He used a circuit with a switch to control the light on top of the lighthouse which was used as a signal.

