

Hello Everyone,

This week at TBS we took part in UK Parliament week. On Thursday all 11- 18 year olds took part in the “Make your Mark” vote. There were ten topics sent through from the House of Commons for Youth across the Overseas Territories to vote on. The winning topic will be debated in the Youth Parliament to be held in March 2025. We had a 94% vote rate which is absolutely amazing and testament that our Young people care about having their voices heard. Thank you to all the employing organisations for allowing our Youth trainees time out of their work day to come and cast their votes. Thanks are extended to Siobhan for allowing us to use the election ballot box. The outcome of the ballot will now be sent off to London.

At lunchtime there were some other activities for students to take part in. The young ones enjoyed colouring their rosettes and coming up with names for their parties. Thank you to Miss Henry for her part in helping to organise this.



Enjoy the last of Speakers Bear Journey around the Island.



House points

Given the issues we have experienced with the internet these past few days, house points numbers are very low as teachers haven't been able to add them onto Trackit!

Congratulations to Cronks House for winning the weekly House cup with 25points.

Our star of the week this week were Oscar in Primary and Cohen in Secondary! Well done Boys!



Secondary parents should have received your child's Term 1 report card. As always if you have any questions or queries, please do not hesitate to contact us.

Thank you all those who will purchase Raffle tickets for our PTA Christmas raffle. Students have brought their sheets home today. Deadline for returning sheets and money in Tuesday 3rd December and winners will be drawn at our Nativity performance on Thursday 5th December. Thank you to PTA members and the public for your support.



That's if for now!

Tania Maggott
Head Teacher

HELLO FROM YEAR 5/6!

We've had a busy and fun start to the year here in Year 5 and 6. These are some of our highlights so far and things we are looking forward to in the coming weeks...

Charlie

"I loved Sports Day and I am trying to improve to help Dampiers win the cup."

Breckin

"I am really looking forward to the trip to the water plant to see where our water comes from on Ascension."

Talia

"I really enjoyed making the model of blood and learning about the different parts."

Caleb

"I'm really excited to see the water plant."

Kaliese

"I really enjoyed the teamwork and everyone contributing to the 'buddy bench' for anti-bullying week."

Ziontai

"I found the work on heart rates really interesting and it was fun to race around the playground to get my heart rate up."

Gabriella

"I can't wait to go to the Pierhead for our Art trip."

Kiana

"Building the towers and winning the house competition was great fun."

Scott

"I valued the opportunity to stand up and talk in the assembly as the class representative of the school council."

Eva

"I loved painting the t-shirts for anti-bullying week"

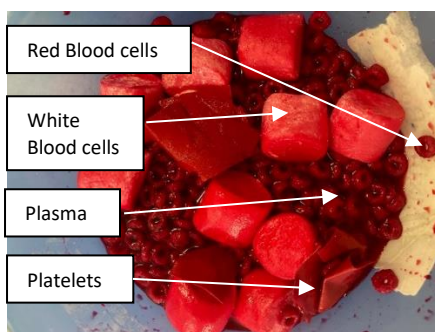


A couple of our class have headed off to St Helena. They may have left but haven't been forgotten. We wish them a safe journey, and we are looking forward to seeing them when they return in January.

In Science lessons this term, we have been studying the circulatory system and the amazing work of our hearts. We have picked up some fascinating facts along the way. For instance, did you know:

- *The heart beats about 100,000 times per day, which equates to about 3 billion times in an average lifetime.*
- *If you put your circulatory system in a straight line, it would orbit the earth 2.5 times!*
- *A healthy heart pumps about 2,000 gallons of blood per day, which is enough to fill an Olympic-sized swimming pool in a year... or about one million barrels of blood in a lifetime.*
- *The heart is about the size of a large fist in a child, and about the size of two hands clasped together in an adult.*
- *The heart's valves open and close to let blood flow through the heart, creating the "thump-thump" sound of a heartbeat.*
- *The fairy fly has the smallest heart of any living creature, while whales have the largest.*
- *The American pygmy shrew has the fastest heartbeat of any mammal, at 1,200 beats per minute.*
- *Heart and circulatory diseases cost the UK health industry around £9 billion per year.*
- *We can help keep our hearts healthy by eating well, exercising, and avoiding smoking and too much alcohol.*

We used cereal, marshmallows, food colouring and paper to represent red and white blood cells, plasma and platelets, which are the constituent parts of blood. Here is a photo of one of our models.



We also investigated what happens to our heart rates when we do vigorous exercise. We learnt how to take

our pulse, an important first aid skill too, and then measure how quickly it falls back to its resting heart rate. This is a good indicator of fitness, although the vigorous exercise (or lack of it!) was also a good indicator.



We have also been studying 'Water' this half term. We are hoping to visit the Encompass plant soon to see where our water on Ascension comes from. We tried to estimate our own household usage, with varying degrees of success! However, we have all learnt the importance of using water wisely and trying to conserve water wherever possible. Our top five tips for conserving water are:

1. *Collect water while waiting for the warm water to run through – use it for the plants.*
2. *Turn the taps off while you brush your teeth and wash your hands.*
3. *Flushing the toilet and showers use up most of our household water.*
4. *Fix leaking taps!*
5. *Collect rainwater for the garden – plants prefer it and it saves tap water.*

Sadly we also learnt that 2 billion people in the world don't have access to clean drinking water, leading to the deaths of 3.5 million people globally each year. Water is an important resource that we need to value.

