



## Meet the Osidge News Team



Welcome to the Osidge news team. We are members of year 6 who research interesting articles for **you** and about **you**. We try to find things you may want to read about. Maybe school life, fun sports, interesting items and information to support you. We hope you enjoy our edition and welcome any suggestions about articles or ideas about things that interest you.

The Osidge News Team

# LOOKING AFTER YOU!



**HOW ARE YOU FEELING?**

Good
Okay
Excellent
Bad

Horrible
Stressed
Depressed

## What is Mental WellBeing?

Mental Wellbeing is when you are aware of your emotions and you know what is good for you to help keep you happy and calm and focused. In school we use our zones of regulation to support us.

Blue	Green	Yellow	Red
			
<b>Low</b>	<b>Happy</b>	<b>Wobbly</b>	<b>Angry</b>
<b>Running Slow</b>	<b>Good to Go</b>	<b>Caution</b>	<b>STOP</b>
unhappy tired withdrawn tearful	positive proud calm focused	excited nervous frustrated annoyed	mad furious yelling aggressive

If you feel down, distressed or bothered, the good news is there are lots of people in school who can help and support you.

Your class teacher and other adults you may see day in and day out try to help support children by using the zones and offering you time and help to process tricky emotions.

You can talk to parents and family members along with friends to support you in moving from one zone to the next.

**Top tips to help you feel better:**

- Time out
- Count to ten
- Talk it through
- Do some exercise-something you enjoy- cycle your bike-play football -go for a walk in fresh air
- Complete a hobby that you love that needs focus-reading, painting, listening to music, journaling in a diary, cooking something, designing something, build a prototype
- Talk to your friends
- Build or create something

Websites which can help us think about and support us with our emotions include:

<https://www.childline.org.uk/>

Zalan 6B

# Mysterious Places:

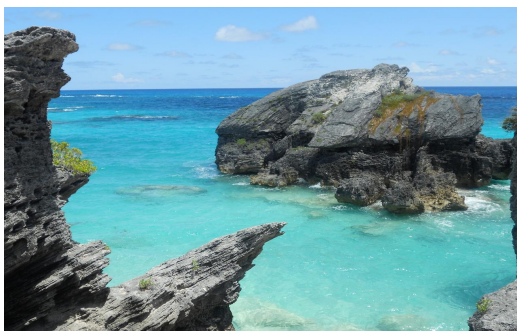
## THE BERMUDA TRIANGLE



The Bermuda Triangle is a section of the North Atlantic Ocean of North America where more than 50 ships and 20 aeroplanes have mysteriously disappeared .

It was named the 'Devil's Triangle' due to its notorious reputation.

People began telling stories about the Bermuda Triangle in the 1800s. They said that ships and later aeroplanes in the area often vanished without a trace. They blamed the disappearances on mysterious or supernatural forces. Some of the stories were actually based on real facts. Ships did sink and planes oftenly did crash. Sometimes the wreckage was not even found.



There are many theories including many highly unlikely hypotheses. The most plausible theory is that pilots fail to notice the agonic line -the imaginary line on the Earth's surface. Scientists even today fail to understand the mystery beyond the Bermuda triangle.

Divya 6b

# Sports Special

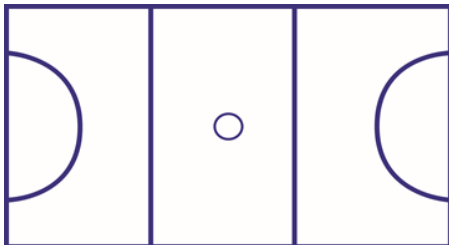
## NETBALL

Netball is a sport that is played by a team of seven and the object of the game is to score as many hoops in the time given.

### How to play

In netball, there are many positions you can play and depending on what position you play you can go to various places on the court.

### The Court



### Positions

GA- Goal Attack (GA) is only allowed in the centre square and the square you are shooting in. So if you are shooting on the right hand side of the court, GA is allowed in the right “third” of the court as well as the centre square.

GS- Goal Shooter (GS) has the same rules as GA.

GD- Goal Defence (GD) is allowed in the centre third and the third the opposite team is shooting in.

GK- The same rules apply to Goalkeeper (GK) as Goal defence.

C- Centre (C) is allowed around the whole court apart from the semi circles (the Ds) and is not allowed to shoot. Centre is also capable of catching the ball at the throw-up during the beginning of the match to decide which team begins with the ball.

Before the match starts, (sometimes) the two team captains from each team do rock, paper, scissors to decide which net they are shooting. If there is no throw up, the winner from rock, paper, scissors can decide between which net they are shooting in or first centre.

### **The rules**

1. You are not allowed to drop the ball and pick it up again.
  2. If you have the ball, you shouldn't move. If you do, it is known as footwork. And the team gives the ball to the opposite team.
- Elina, Anja, Angelina 6L



# Places to see in central London

London is full of amazing places and experiences, but which ones should you choose? If you read this you will find out about amazing places to visit with your family.

## Food

### John Lewis Roof Gardens

John Lewis roof gardens is on top of John Lewis in the West End. You get to see a lovely view from up there and many different buildings that are famous around London.

It is worth going there for a day out with your family.



### Selfridges Food Hall

Selfridges food hall is full of luxurious food. There are savoury and sweet foods there. There are many types of food that you have probably never heard of.

Hope you go there soon!!!



# Places

## Hamleys

Hamleys is a toy shop on Regents Street, West End that kids love going to. There are many flights of stairs (which means more toys for you AND your kids).



## Hyde Park

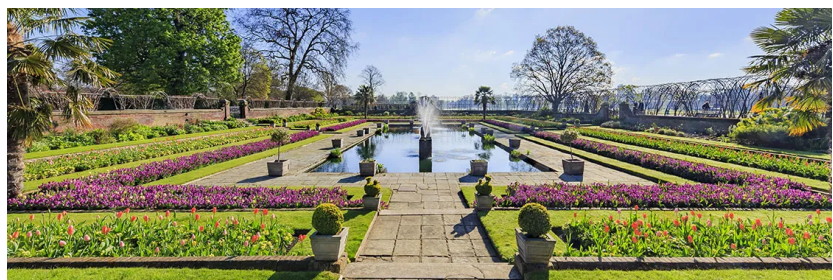
Hyde Park is a lovely place to go to, and is filled with luxurious nature.

You can go there for a picnic, a bike ride, a little walk around the park... This is a very famous park that many of the royals go to.

Hope you enjoy your day in Central London!!!

**By Andreas Athanasiou**

6L





# Encanto

Encanto is a brilliant movie that has been successfully enjoyed by audiences of different ages. Children are finally seeing characters that look like them for the first time as Disney admirably expresses the different aspects of Latinx culture. Everyone can relate to at least one member of the fantastic Madrigal family. There are the weird, the pretty, the young, the old, the wise and many more.

As well as this, Encanto has won many awards such as the 'Top Animated prize' and 'best animated character' at the Visual Effects Society Awards. The film is nominated for Oscars in Best Animated Feature and Best Original Score. Encanto has also won Best Animated Feature Film at the Golden Globes.

Another fact is that Bruno is hidden in all the Encanto pictures- just look out for him!

**Divya 6B**

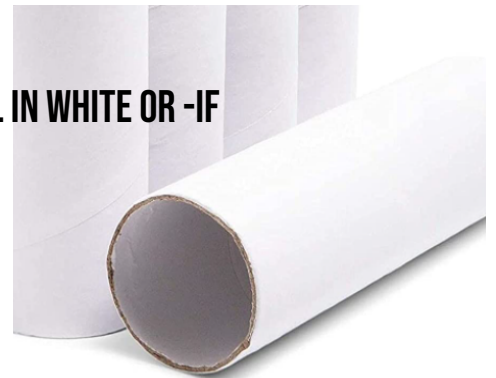




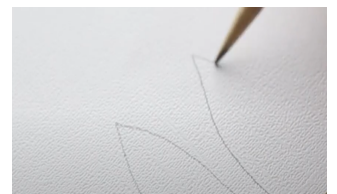
## *Easter Crafts:*

### *How to Make An Easter Tube Bunny:*

- **THE FIRST STEP TO MAKE THE FAMOUS, TRADITIONAL EASTER BUNNY IS TO PAINT YOUR KITCHEN ROLL/FOIL ROLL/TOILET PAPER ROLL IN WHITE OR -IF YOU HAVEN'T GOT PAINT- YOU CAN WRAP IT IN WHITE PAPER.**



- **MAKE THE BUNNY EARS BY TRACING OUT EARS ON WHITE PAPER AND THEN MAKE SLIGHTLY SMALLER INSERTS OUT OF COLOURED CARD (OF YOUR CHOICE) AND STICK INSIDE.**



- SET ASIDE YOUR EARS, AND GLUE TWO GOOGLY EYES( YOU CAN DRAW EYES ALSO) ONTO YOUR ROLL. THEN TWIST THREE PIPE CLEANERS TOGETHER TO FORM WHISKERS AND STICK THEM BELOW THE EYES.



- NOW YOU CAN STICK YOUR POM POM ON THE WHISKERS FOR THE NOSE AND DRAW A MOUTH WITH A BLACK PEN UNDERNEATH THE WHISKERS.

- FINALLY, GLUE THE EARS TO THE INSIDE OF THE TOP OF YOUR PAPER ROLL AND -BEFORE YOU KNOW IT- YOU HAVE COMPLETED THE EASTER BUNNY CRAFT.

ELINA 6L



## Easter Wordsearch

H	E	O	C	E	L	E	B	R	A	T	I	O	N
S	P	R	I	N	G	T	L	A	R	E	O	L	H
E	A	S	T	E	R	B	A	S	K	E	T	A	K
C	W	S	E	K	C	T	A	S	S	T	S	B	E
E	R	E	E	P	O	R	T	A	F	S	S	P	I
R	S	G	E	G	B	E	E	N	L	H	E	P	B
S	G	G	E	U	R	A	O	C	O	G	T	A	E
B	T	L	N	T	N	S	I	Y	W	S	H	R	L
L	A	N	S	C	T	E	I	S	E	G	I	A	E
C	Y	E	G	G	H	U	N	T	R	N	E	D	B
L	I	R	P	A	C	E	I	E	S	H	E	E	A
I	G	S	A	C	H	O	C	O	L	A	T	E	D
A	E	I	N	T	N	F	N	G	I	E	S	T	G
B	N	G	G	A	A	D	D	L	S	I	U	N	A

FLOWERS  
EASTER BASKET  
EGG HUNT  
PARADE  
EGGS  
CELEBRATION  
BUNNY  
APRIL  
CHOCOLATE  
SPRING

Try our Easter word search!

Challenge: can you find any additional words which are not on the word list? [Angelina 6L](#)

# HOW TO MAKE EASTER SNACKS



## Ingredients (makes 12)

- 100g of cornflakes
- 100g of chocolate
- 36 mini chocolate eggs
- 1 tbsp of golden syrup

Always check for allergies!

## Method

1. Get the chocolate and put it in a bowl (not metal) then put it over a pan full of water **(ALWAYS MAKE SURE AN ADULT DOES THIS PART!)**
2. Put them on the hob and put them on low heat.
3. Once the chocolate has melted, take it off the hob and wait for it to cool down.
4. Meanwhile, put the cornflakes in a mixing bowl and once the chocolate has cooled down, pour it in too, along with the golden syrup.
5. Stir everything together and then put the mixture into muffin cases. Then put 3 mini eggs onto each one. Wait until the chocolate has hardened (about one hour).
6. Enjoy!

Zoe 6B

# EASTER

## Do you know why we have chocolate eggs on Easter?

We have easter eggs at Easter because it started as a pagan symbol of fertility and spring and it developed into the Christian religion.

## Why are eggs colour on Easter ?

The Christian custom of Easter eggs was adopted from Persian tradition into the early Christians of Mesopotamia, who stained them with red colouring “in memory of the blood of Christ.”

## What was Easter before Christianity?

Easter was in fact a pagan festival celebrating spring in the Northern Hemisphere, long before christianity.

## Why do we eat eggs at Easter ?

**Eggs represent new life and rebirth. It's thought that this ancient custom became a part of Easter celebrations. In the mediaeval period, eating eggs was forbidden during Lent (the 40 days before Easter). So on Easter Sunday, tucking into an egg was a real treat!**

**Anja and Elina 6L**



## International Women's Day



Imagine a gender equal world. A world free of bias, stereotypes and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all [#BreakTheBias](#).

### International women's Day

Why do we have a day especially for women? Women haven't always received the fairest of treatment. Women haven't always been able to work, vote, or been given the same rights as men. So since the early 1900s, women around the world have celebrated an International Women's Day, campaigning for equal rights and shining a spotlight on brilliant women across the globe.

The theme for this year, 2022, is [#BreaktheBias](#). *"The campaign asks you to cross your arms in solidarity to call out gender bias, discrimination and stereotyping. Together, we can forge women's equality."*

The celebrations included rallies and events calling for women's right to vote and an end to gender discriminations.

March 8th has been the fixed date for International Women's Day since 1914, when the day was moved to be in line with Russian women who celebrated the day on February 23rd on the Gregorian calendar. The United Nations began celebrating International Women's Day in 1975, which had been proclaimed the International Women's Year. In 1977, the United Nations General Assembly invited member states to proclaim March 8th as an official UN holiday for women's rights and world peace.

# Environmental Matters

## Ocean pollution



## Pollution and how it Affects Marine Life

### Plastic

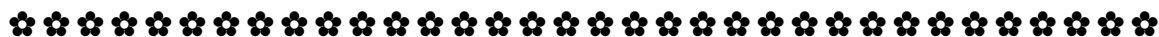
Over the many years, marine life has been strongly affected by the continuous act of littering (deciding not to throw rubbish away or recycle) in the ocean. Many people do not know the problems this causes not only marine animals, but also human beings.

This results in plastics in the ocean. Fish and other species can eat the plastic or get caught in it. This endangers wildlife and sadly kills many species. Dolphins, turtles, many more, get caught in plastic, causing a chain reaction to the life cycle of other species. Fish or other creatures eat the plastic, not knowing what it is they digest this and it creates serious health problems for them. Other sea animals eat that same fish, and then have another problem that causes health issues.



## PLASTIC POLLUTION IN THE OCEAN FACTS

- 8 million pieces of plastic are thrown into the open ocean every day
- 79% of plastic waste is sent to landfills (land only full of trash) or the ocean, while only 9% is recycled, and only 12% gets incinerated sadly...
- 25 trillion macro & 51 trillion microplastics litter our seas/ oceans



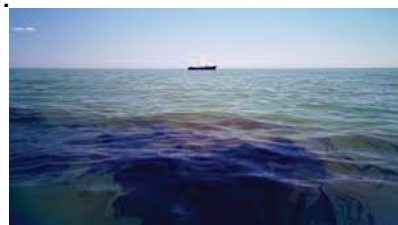
## Oil Spills

This is a sad event that occurs when Oil, which is stored inside ships,(most likely storing the oil to transport it across the world ) spills out of a ship and causes tragedies such as mutations. As most of us know, 94% of the world's wildlife lives in water, making Oil spills even more destructive to the Earth.

When exposed to oil, growing fish may experience reduced growth, enlarged livers, changes in heart and respiration rates, fin erosion, and reproduction impairment. Oil can make fish and shellfish unsafe for us to eat as well and therefore causing danger to human life.

When Ships containing Oil break down, it lets out thousands of litres of oil, that oil seeps into the ocean and affects habitats and the animals living inside them, the result, catastrophic. They can kill plants and animals, disturb pH levels and can also pollute the air and water.

Oil spills have environmental and economic effects. Sadly, people who clean up the spill are more at risk. Problems could include skin and eye irritation, neurologic and breathing problems, and also stress.



Oil spills naturally kill marine mammals such as whales, dolphins, seals, and sea otters. Oil can additionally clog the blowholes of whales and dolphins, making it impossible for them to breathe properly and disrupting their ability to communicate to one another. Oil coats the fur of otters and seals, leaving them vulnerable to hypothermia (freezing to death). Oil spilled into most rivers (by boats travelling across the water) often collects along the banks, where the oil clings to plants and grasses. The animals that ingest these plants may also be affected by it.

### **OIL SPILLS FACTS**

- Accidental spills from ships account for about 15 percent of the oil entering the ocean every year.
- Tankers and barges have spilt nearly 6 million tonnes of oil into the marine environment since 1970.

**Nicole 6B**



# DEFORESTATION

Deforestation causes a lot of damage to the Earth. Before it started, 60% of the world was covered in forest. Now, it has been reduced to 30%. Hopefully it will be stopped and possibly reversed by 2030. There are many reasons why deforestation is bad for the environment.

## FOOD

Lots of plants and trees produce food for people and animals. Food is important for humans to survive.



## HOMES

Animals such as orangutans rely on trees to live in to survive. These animals could become extinct due to deforestation. Many animals already have.

## **MATERIALS**

Humans rely on wood to make certain things. Such as paper and wooden instruments.

## **WHY DO PEOPLE CHOP TREES?**

- To make space for homes
- To plant palm trees for palm oil
- For wood (but people now make tree farms for wood).

## **HOW CAN YOU HELP?**

**Reduce, reuse and recycle!**

**Save paper and reuse and recycle what you can!**

**Think of our planet and what you are doing to save our precious resources.**



**Zoe 6B**



# Wildlife & Nature

## The Nature walk

Walking through the woods,  
We found many a claw,  
And I will tell you now,  
Everything we saw!

Many a bird swept our heads,  
Lemon yellow and periwinkle blue,  
The air was sweet and fresh,  
As we trudged on through!

I was staring at the flowers beyond,  
Orchids, carnations and hydrangea,  
Orange they were, and as golden as honey,  
When I heard my friend exclaim, "Look, Mia!"

Turning around, I saw her point her hand up,  
I gazed up, and above my head,  
Were thousands of butterflies,  
Fluttering past ahead!

I brushed away the green curtain,  
And I'll tell you what I saw,  
Thousands of happy crickets,  
On the forest floor!

It was getting quite dark now,  
And I'm not going to lie,  
I heard a sudden hoot,  
From an owl nearby!

I'm quite afraid to admit,  
That in the misty frost,  
I hadn't quite realised,  
That we were completely lost!

Right then, a robin beckoned me over,  
We followed its little tweet,  
And soon enough, in a minute or so,  
We were right back on our street!



## Did you know?

There are only about 1864 pandas  
and 5000 tigers left in the wild.  
Luckily, people are trying their best to  
save them. Can you help as well to  
save these wonderful wildlife  
creatures?

## Camouflaging Creatures:

Pandas are mostly white to help  
conceal themselves in snowy habitats.  
Their black fur is for hiding in the shade.

Poem written by Thooya- 6B

## **Gaming Review: rated age 7+**

When I was 7 I got a ps4 and a bunch of games. But I only played Minecraft and Lego Worlds. So when I was 8-9 I was digging in the pile of ps4 games we had and then I saw:

### **TEARAWAY UNFOLDED**



*Where can I even begin to start about this masterpiece?*

### **THE GRAPHICS**

If you like retro game graphics this isn't the place for you. But I do think the graphics are based on a retro to a standard level. Although the game released in 2015 the graphics still stun me to this day. Everything has a paper mould (not real paper used) and gives the game a unique vibe which adds on to the gameplay.

### **THE GAMEPLAY**

This game is a sequel to the hit game Teardown on the ps vita (I have not played the original). The gameplay has a cartoony style with puzzles that need to be solved

The controls are:

Circle: Roll (hold)

X: Jump

Square:Pick up/Throw

Triangle:Camera

R1:Suck up ( this is unlocked later in-game)

L1:Suck out (this is again unlocked later in the game)

R2:Light

L2:Light

Touchpad:Draw (or throw)

And all these keybinds can be changed.

## **CONS**

We have gone through how this is a wondrous experience but there are a number of bugs that I have to address.

### ***1:Scraps sticking in the ground***

Scraps (the villains) get bugged and stuck in the ground

If this occurs than go in to options and then to last checkpoint

This is the most frequent bug and some time can be annoying since you sometimes HAVE to get scraps to progress.

### ***2:Clipping***

Sometimes you character (iota) clips into walls randomly ,this is also fixed with the same formula.

## **THE STORY**

The Story tells of 2 mysterious people who are bored and in need of excitement, that's where Lota comes into play.

Lota is set a goal to make a story for these two people and accidentally tears a hole in the sky (hence the name) his story is that he has to go into the tear. Along the way he makes a friend called gibbet, (which he loses, should of had pet insurance) and battles the scraps on his journey. It takes 6 hours in total to beat (8 if you have never played before).

I would like to point out that this game is not on the new PS5 only exclusive to the PS4.

In total, I would give this game a 9/10 just because of a few bugs.

Also this is the highest I ever rated ANY video game. Even minecraft is a 7-8/10 for me.

The game costs about £16.

**Zalan 6B**