ALPHA NEWS

Friday 13th March 2026

Our week started with Mrs Lehane's assembly on Individial Liberty, informing the children that each one of us has the freedom to make choices, to express our beliefs and act according to their own will, within the limits of the law and respecting the rights of others. The children demonstrated strong knoweldge of their individual liberties and made positive and meaningful comments. On Monday, Year 6 visited The British Library with Mrs Gilbert, Mr Kanvar and Mrs Vallabh – members of the library staff and members of the public spoke to our staff to say that the children were incredibly well-behaved, incredibly knowledgeable and one of the most-interested groups of children they have had at the library…well done, and thank you, Year 6. On Tuesday, Year 5, accompanied by Mrs Kilby, Miss Barbosa and Miss Trott, visited The Tower of London to further enhance their study of The Tudors. On Friday, Year 4 presented their assembly on The Ancient Greeks to the whole school – what a rather informative and entertaining performance it was. Finally, thank you to the parents and staff who could attend the APA Quiz Night last night, and for making the evening such great fun and a huge success…friendly competition was definitley on display! Congratulations to the winning team of Year 6 Dads, who were presented with trophies donated by Mr and Mrs Patel (Liyam and Jaden's parents), closely followed by a team of Year 6 Mums. The Staff Team and Year 5 Team (with the addition of Mr Kanvar) came in joint third. The Year 3 Team were the recipients of the wooden spoon prize, with each member of the team receiving a book on quizzing! A big thank you to the Co-Chairs of the APA for organising the event and to everyone who helped set up the evening…a huge THANK YOU to Mr Kothari and Dr Nandra for leading the quiz…with some rather challenging questions throughout the evening. A special note of thanks goes to Ms Rasheed and the Catering Team for providing us with a delicious Italian-themed dinner and a range of tasty desserts. It was a wonderful evening! Whatever you have planned for the weekend ahead, I hope it is an enjoyable one.

My Ninja Vocabulary words for this week are:

Rec to Year 2	Year 3 to Year 6
teamwork	competitive

THE WEEK AHEAD

Monday 16th March	Hymn Practice
Tuesday 17th	St Patrick's Day Themed-Lunch U9 Inter-House Unihoc During After School Sports Club
Wednesday 18th	Year 1 Trip to South Ruislip Cineworld Parents' Evening for Year 1 and Year 4
Thursday 19th	U11 Girls' Football vs Reddiford @ Middlesex Stadium
Friday 20th	School Council Assembly: International Day of Happiness *(postponed to 26th March)* Year 5 Trip to Sky Studios

CONGRATULATIONS

Dylan Mayooran	Year 4	LAMDA Speaking in Public Grade 1	Distinction

SPORTS REPORT

Mr Holland Writes…

Yesterday saw Reddiford host their annual Year 6 netball tournament and we were able to enter two teams so that all our Year 5 and 6 girls were able to play. We had four matches against Reddiford and won all of them (2-1, 2-1, 2-1 and 4-1). Although we lost our two matches against an extremely tall team and the eventual winners (Charlotte House), overall, it was a thoroughly enjoyable, worthwhile and successful afternoon. The final results of the tournament were as follows:

1st: Charlotte House
2nd: Alpha A
3rd: Alpha B
4th: Reddiford A
5th: Reddiford B

The Players of the Match for our first team were Leeya for scoring the majority of the goals, as well as Livinia for her superb attacking play and goal scoring prowess. For our second team, the Players of the Match were awarded to Lizge for amazing defence and Zaha for her all round fantastic play. Well done to these girls and to our all our netballers for a successful afternoon's endeavours!

Over the last week or so, our U9 and U11 Inter-House unihoc tournaments have taken place during Sports Afternoons. As always, our Year 6 Sports Captains did a great job of managing their House teams and the competition was fierce, close and to a high standard. However, after the combined results of all the various matches in both tournaments were taken into consideration and the points totals calculated, it was Bradfield who were crowned champions! Well done to all and, in particular, to Bradfield and their Sports Captains, Lyanna and Ananth.

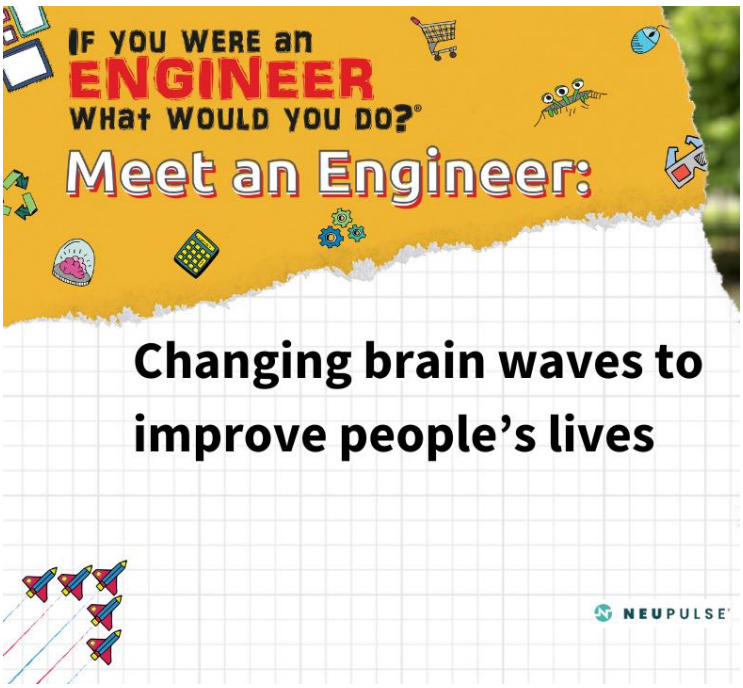
BEKONSCOT

On Friday 6th March, Reception had an adventurous day at the Bekonscot Model Village and Railway in Beaconsfield.

YEAR 5 ENGINEERS!

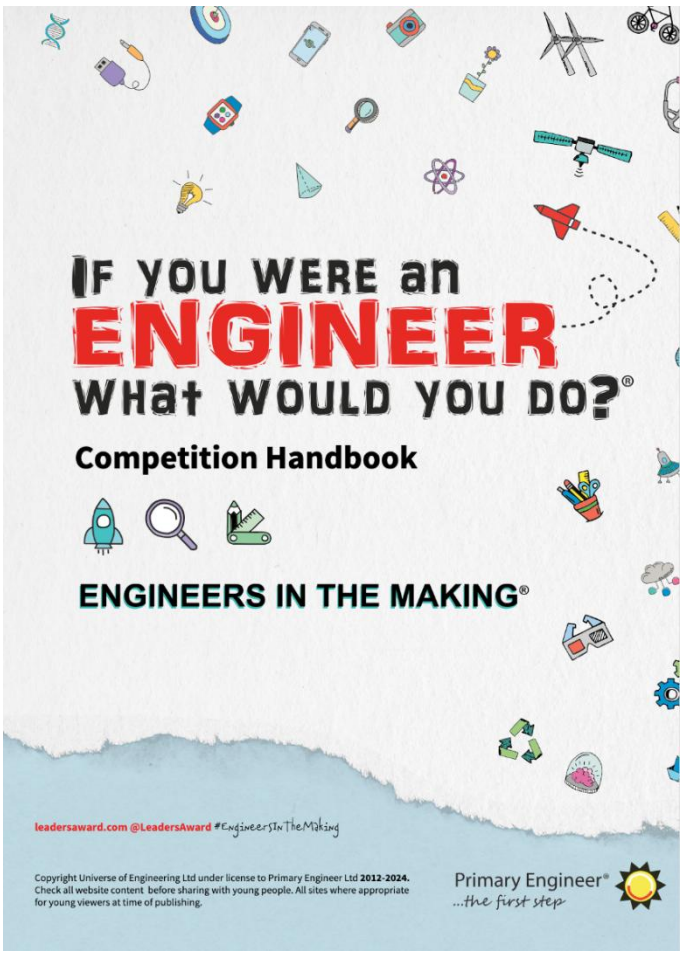
Mr Gonsalves Writes…

This week, Year 5 participated in an online STEM challenge with an Engineer called 'Paul Cable'. The focus of the event was on improving lives through engineering as Paul is the CEO of 'Neupulse', where they use cutting edge technology to create breakthrough medical devices, including its innovative Tourette's device, which uses gentle nerve stimulation to help regulate brain activity and reduce tics. Guided by feedback from individuals with tic disorders, Neupulse has created a safe, non-drug solution designed for everyday use, giving people greater control without affecting movement or focus.



Paul talked to us about his inspirations on becoming an engineer and the children could submit questions to him. It was lovely to hear that he still enjoys creating Lego models today and he enjoys looking at how machines work and wants to help people with his engineering skills.

The children have been set a special engineering challenge to solve a problem that they see in the world and we look forward to seeing their drawings and letters for the competition next week.



ANCIENT GREEKS VISIT ALPHA

Did you know that some ancient Greeks would shave their heads before the Olympics to help them run faster? Modern historians call it balderdash!

Well done to Year 4 for presenting a wonderfully informative assembly on The Ancient Greeks.

OFF WITH THEIR HEADS? NEVER!

Adam Writes…

On Tuesday 10th March, Year 5 visited the Tower of London. We went to the torture chamber where we saw different types of ways people used to get tortured. We saw huge ravens and one was called Chaos. We saw the Crown Jewels; they were golden and shiny with emeralds and rubies.

Leeya Writes…

On Tuesday I really liked the workshop where we learned all about King Henry VIII's six wives. I also loved learning about which people got beheaded and why, and the people who were punished by being squished, stretched or hanged. The best bit was when we learned about the two princes in the tower and how they disappeared. I had so much fun at the Tower of London, and hope I can visit again soon.

Sienna Writes…

Going to the Tower of London on Tuesday was so much fun. We went to the tower where Edward V and his brother Richard supposedly died. We also got to see the Crown Jewels, which were extremely beautiful and incredibly sparkly. There were so many large, black ravens flying around everywhere too.

Zaha Writes…

Our trip to the Tower of London was amazing. We had a workshop called 'The Queens behind Henry'. Lady Latimer showed us around and she was actually Katherine Parr! We saw graffiti carved into the walls of the tower and one was from a Lady Jane Grey supporter. We also saw the place where people were beheaded. My favourite was The Bloody Tower. We needed to go down some narrow, steep steps with no handrail.

1674

Exit

THE
CROWN
JEWELS

THE
CROWN
JEWELS

PETS AS THERAPY

On Friday 13th March, Rollo the Dog visited Alpha once again, this time to say hello to our Year 4 children and our Year 6 Wellbeing Ambassadors.

OH WHAT A NIGHT!

Thank you to everyone who made the APA Parent / Staff Quiz Night a huge success!

A SMALL ACT OF KINDNESS CAN HAVE A
domino effect.

Fire exit
Choose kindness
THINK Y&U KNOW IT ALL? PUB QUIZ