

# ALPHA NEWS

Friday 16<sup>th</sup> January 2026

The first full week of the Lent Term has almost come to an end, and it has passed by quite rapidly! Our assembly on Monday, led by Mrs Lehane, was all about exploring our hopes and dreams for the term and for the calendar year ahead. The children shared some of their thoughts and it has been quite interesting speaking to the children during the week and having them share their hopes and dreams with me. On Tuesday, Year 5 visited Headstone Manor to take part in a workshop on 'Rich and Poor Tudors'. As part of the session, the children analysed different types of foodstuff and various artefacts and they had to decide whether the items were eaten and used by poor Tudors or wealthy ones. This week in art lessons, in preparation for working with fabric and felt later this term, the children in Reception designed and made their alter-ego superhero costumes out of paper... well done Reception Heroes – the children will certainly be ready if any Evil Peas start causing any mischief! In our assembly today, I read out a selection of poems written by some of our Upper School children, which were printed in the Young Writers new publication of 'I Have a Dream'. Wishing you all a very relaxing weekend ahead.



My Ninja Vocabulary words for this week are:

Rec to Year 2	Year 3 to Year 6
target	lollapalooza

## THE WEEK AHEAD

**Monday 19<sup>th</sup> January**

Young Voices Assembly

Year 6 Junior Citizenship Scheme Trip to the RAF Museum

**Wednesday 21<sup>st</sup>**

IAPS PSHE Conference @ Alpha (Rescheduled for March by IAPS)

**Thursday 22<sup>nd</sup>**

Year 6 History Trip to Headstone Manor

**Friday 23<sup>rd</sup>**

Swimming Gala Hosted by Aldenham Prep @ Bushey Grove Leisure Centre (selected Year 3 – Year 6 Pupils)

Burns Night Lunch

# CONGRATULATIONS

Advik Saraf	Year 1	Reading Eggs Map 1 Quiz 100%	Certificate
Vihaan Beriwal	Year 2	UpStep Academy Advanced Beginner Award	Certificate
Dyla Kharaud-Patel	Year 2	Swim England: Learn to Swim	Level 4 Completed
Jaden Patel	Year 4	Swim England: Learn to Swim	Level 4 Completed
Liyam Patel	Year 6	Swim England: Learn to Swim	Level 4 Completed

## YEAR 5 BECOME 'TUDORABLE'?

During our trip to Headstone Manor on Wednesday 14<sup>th</sup> January, we learnt about life during Tudor times. The class dressed up in Tudor clothes and danced a Tudor dance. I really enjoyed making a traditional lavender bag to take home. (Adam)

On our trip to Headstone Manor, we took part in a workshop about rich and poor Tudors. The wealthy would have lots of food and hardly work, while the poor would always work and had a limited amount of food. My favourite part of the trip was making lavender bags. I enjoyed the trip thoroughly and hope we will go to Headstone Manor again. (Serena)

The best part of the trip was sorting out what was poor and what was rich and dressing up as rich and poor Tudors. We made lavender bags that smelt good, but made me cough because the smell was strong. After the workshop, we looked around the museum; it was old and some of the doors were super small. (Kai)

The trip to Headstone Manor was so much fun! We learnt that just by looking at a person, you could tell if they were rich or poor. We had to sort out pieces of food and guess if they were for the rich or poor. We had a loaf of bread and a piece of straw. The poor table had a brown cloth with holes in, and the rich table had a blue cloth with gold patterns. I put the bread on the table with the blue cloth and the straw on the table with the brown cloth. Next, we dressed up as Tudor kings, queens and villagers, and did some Tudor dancing. (Mansvi)



