



CALDAY NEWSLETTER

Newsletter // Issue 3 // April 2021

60 years since the launch of the first man in space

Mrs E Borodin

To celebrate 60 years since the launch of the first man in space, Urie Gagarin, the Russian department organised a talk with a Russian Cosmonaut Sergey Ryazanskiy (with the support of the Russian Embassy in the UK). About 100 of our Russian learners (Y10, Sixth Formers and some Y9 pupils) attended a virtual meeting last Tuesday, the 20th of April. It was an amazing experience to hear Sergey's story and his life experiences at the space station and in space, his studies and his career. It was thrilling to hear about his spacewalk that lasted nearly 9 Earth hours, pizza making in ISS and an unexpected situation when he had to perform an operation in space on one of his colleagues! He shared his photos and videos of Earth which he has taken from space.



Latin for beginners

Mr L F Byrne

After school on Monday, 26th April Mr Byrne will be starting lessons in Latin for Beginners. A number of pupils have already expressed their interest. It will be as much fun as it can be, and as non-serious as Mr Byrne always is - with a subtext of quiet determination to do well.

If you are interested, please email Mr Byrne so that he has an idea of the numbers. If you forget, just turn up anyway. All forms are welcome, and all pupils will be treated equally, but most of those who have replied are from Years 7 to 9. Meet in Reception, as the room is not yet decided.



Wellbeing Calendar

by Mrs Storey

Active April 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
							
	5 Eat healthy and natural food today and drink lots of water	6 Turn a regular activity into a playful game today	7 Do a body-scan meditation and really notice how your body feels	1 Commit to being more active this month, starting today	2 Listen to your body and be grateful for what it can do	3 Spend as much time as possible outdoors today	4 Have a day free from TV or screens and get moving instead
	12 Set yourself an exercise goal or sign up to an activity challenge	13 Move as much as possible, even if you're stuck inside	14 Make sleep a priority and go to bed in good time	8 Get natural light early in the day. Dim the lights in the evening	9 Give your body a boost by laughing or making someone laugh	10 Turn your housework or chores into a fun form of exercise	11 Be active outside. Dig up weeds or plant some seeds
	19 Have a 'no screens' night and take time to recharge yourself	20 Spend less time sitting today. Get up and move more often	21 Focus on 'eating a rainbow' of multi-coloured vegetables today	15 Relax your body & mind with yoga, tai chi or meditation	16 Get active by singing today (even if you think you can't sing!)	17 Go exploring around your local area and notice new things	18 Make time to run, swim, dance, cycle or stretch today
	26 Try a new online exercise, activity or dance class	27 Take an extra break in your day and walk outside for 15 minutes	28 Find a fun exercise to do while waiting for the kettle to boil	22 Regularly pause to stretch and breathe during the day	23 Enjoy moving to your favourite music. Really go for it	24 Go out and do an errand for a loved one or neighbour	25 Get active in nature. Feed the birds or go wildlife-spotting
				29 Meet a friend outside for a walk and a chat	30 Become an activist for a cause you really believe in		

ACTION FOR HAPPINESS

Happier · Kinder · Together





LRC NEWS

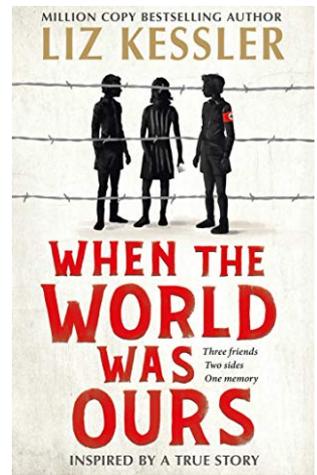
Mrs Eckford

This week many students from Years 8 and 9 have watched a presentation by Liz Kessler, author of a powerful and heartbreaking novel about three childhood friends growing up in Austria during World War II and the effects of the Holocaust on their lives. It is very sensitively written from the children's perspectives and is based on real events from the author's father's early life.

Recommended for Year 8 and above, here is a brief taster of the plot:

Three friends. Two sides. One memory. Vienna. 1936. Three young friends - Leo, Elsa and Max - spend a perfect day together, unaware that around them Europe is descending into growing darkness, and that events soon mean that they will be cruelly ripped apart from each other.

With their lives taking them across Europe - to Germany, England, Prague and Poland - will they ever find their way back to each other?

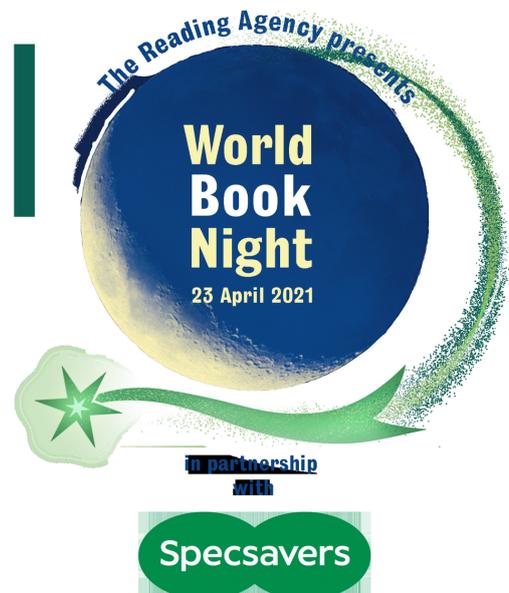


If your son in Year 8 or 9 would like to buy the book, we recommend [ordering online/by telephone or in-person from Lingham's in Heswall](#). Please mention that you've been inspired by the event at school when purchasing! Thank you.

WORLD BOOK NIGHT - Friday 23rd April

World Book Night brings people from all backgrounds together for one reason - to inspire others to read more. Organisations and individuals hold events up and down the country to celebrate the difference that reading makes to our lives, from book themed parties at home to books swaps in offices. World Book Night is celebrated every 23rd April (Shakespeare's birthday) and is run by the Reading Agency.

Why not read a book during the Reading Hour at 7-8pm? Share what you're reading on social media using #ReadingHour and #WorldBookNight to join the online celebration.



CARNEGIE MEDAL SHORTLIST

The Carnegie medal is annually awarded by children's librarians for an outstanding book written in English for children and young people. The PDF Link attached shows you the shortlisted books. Click on the pictures to get more information about each one. Also see <https://carnegiegreenaway.org.uk/cilip-carnegie-medal-shortlist-2021/> for further details. All of these books are, or soon will be, available to borrow from the LRC.



WORLD EARTH DAY BOOKS

World Earth Day was yesterday Thursday 22nd April. Here are a few recent publications available to borrow from the LRC, which focus on how everyone can help to improve our global environment. Why not check them out? **CLICK ON BOOKS FOR DETAILS.**

Here are the shortlisted books

