



From the
Headmaster

As you will all know, we suffered a rather dramatic end to the week at St John's due to a tree falling in a storm on Wednesday night and pulling down our internet line. It was the worst possible time for our Year 8 boys who were sitting their 13+ MTs entrance examinations online on Thursday morning, however, Mr Johnson quickly came to the rescue with our reserve line and as I write we are up and running again with our main line. Well done to everyone for managing through this unexpected occurrence – boys and staff.

Mrs Savage has led our assemblies this week and we have focused on healthy eating, which is even more important while we are in lockdown. I hope you've been trying some of the ideas suggested in our article in last week's magazine.

The chilly weather we are having at the moment offers an ideal opportunity for us to think about the birds in our gardens. Have a look at the information about the RSPB Birdwatch on page 6 and think about taking part in their survey.

As we come to the end of another week, we can all take a break from our screens and the boys who have been taking exams can relax, a few more on Monday for St Albans and then everyone will have done their best.

I hope you all have
a super weekend.

S. R. A. in

Centenary Commemorative Art



Centenary canvas: As part of commemorating the Centenary of St John's last year, Years 5 and 6 created a large colourful canvas. This canvas has taken quite some time to put together, but it is finally complete. It consists of handprints, drawn and decorated by each boy, their form class and St John's badges and logos. This eye-catching canvas will go on display in the Art corridor.

Centenary pebbles: Last year each boy in form 3W, 3H, 4M and 4B designed a pebble to mark 100 years of St John's. They used paint pens, markers and varnish to carefully decorate a pebble of their choice. Together, they will make a beautiful, permanent display for all at St John's to remember and enjoy. Well done boys!





Happy Birthday boys and Merlin

The birthday boys this week include Miss Vale’s dog Merlin, who is celebrating his first birthday. He enjoyed his peanut butter and carrot cake very much!





Cooking with Emerson 6V

I have always enjoyed helping to cook and trying new foods. I particularly like trying foods from different cultures when I am away on holiday. During the first lockdown, with all the weekend sports clubs' training cancelled, I had more time to learn and experiment with food. In 2020, I think I became a BBQ expert!

I miss going to restaurants and now in lockdown again I am looking to find new things to try to make. My parents are encouraging me to get involved with cooking so that I stop playing computer games, as it is too dark and cold after school to play outside!

In the summer Miss Vale recommended a book called 'Jerusalem' by Yotam Ottolenghi and Sami Tamimi which was really interesting because it's not only a cookery book; it's a history of the city and all the different cultures living there. The book explains how both authors are from Jerusalem but one is Jewish and one is Muslim and how, despite living in the same place and making similar dishes such as hummus, they have different ways and slightly different ingredients due to their family's traditions.

This was particularly interesting to me as my mother's mother is Jewish and my mother's father is Muslim and when they got married in 1971 it was considered quite unusual. We are hoping in the summer to have a party for my Grandma and Grandpa's 50th wedding anniversary. Food is always an important part of family gatherings, something we have not been able to enjoy for the last year.

I got a Wagamama's cookbook for Christmas so I have made some dishes from that which were fun and healthy. Like George Lancaster said last week in the Lamb, we need to think about healthy eating so as a family, we are working on this and having more vegetarian food too. Recently I have helped to make soups, homemade pizza, noodles and risotto. I have tried some new combinations of food and I highly recommend apple slices dipped in hummus as a healthy snack. The way we present food on the plate makes a difference too, so I am trying to make it look nice with colours using different vegetables. My sister is a good food critic; she will always tell me if she doesn't like something!

Having said that, I do still like sweet treats (in moderation!) so I have done some baking too. I've

made some cakes and cheered my family up last weekend with a lemon cheesecake. The recipe for that is an heirloom from my father's godmother, so it seems that as well as new recipes, some old ones are great too - it was really yummy! My Nanny's lemon meringue pie is one of my favourite desserts.

I have been thinking about how food is not just essential, but it's an enjoyable way to spend time with people. Don't get me wrong, I miss and would rather be out playing football/rugby/cricket/hockey but having spent time and care preparing a meal for my family, if they enjoy it, you do get a huge sense of achievement.

I am looking forward to being able to see all my family once allowed (Covid 19 be gone!) so I can show off some of my new skills!





Year 8 creative writing



Our Year 8 boys have been busily preparing for their transfer examinations. I was delighted to read this particular piece of writing, reminding me that even with exams looming flights of imagination are still strong and even amongst the rubble and ruins fun can still be had. I hope you too enjoy Yusuf's effort, completed in 40 minutes. Mr Russo

A trepidatious team of sailors stand and sit sturdily on their stead, navigating across the rubble. Their imagination runs as wild as the horses of the Argentine plane, as wild as the chirping birds singing of freedom in the sky. The eldest looks forwards,

searching and leading the team to foreign shores. Whilst he sits on this rustique car-turned boat he is grateful for the joy with his friends, grateful for the end of the war, grateful for the freedom served to him on a plate by the waiters, the fighters of the free world...

Atop this iron vessel, a young, curious boy looks onward. He holds a metal wire, his sabre, with joy. He experiments with the rubble, finding treasures he could make into his toys. Here, with his innocence and curiosity, he will light a spark of innovation and sail us to our future and the greater beyond.

Two twins in white dresses learn from an older mentor. As he entertains them with fascinating facts, one looks out at the myriad of stones that lay here, remembering faintly what little she witnessed of the war. As the darker clad boy tells them about the horrors and atrocities they faced, she looks out at the new concrete apartment blocks, she feels the despair of the mothers who lost their sons.

In the distance the state of the art high rise apartment blocks stand high and tall penetrating the sky. This is the land the exploring kids will arrive at; yet the concrete flats forcefully block out the past they suffered. The fallen lie under a monster with a million eyes, this monster veils a million lives.

The apartments, the new stone-cold homes of the age, stamp out the tradition of old. However, as these 5 children explore and sail among the rubble and mistakes of their fathers and forefathers; they will understand what is right and what is wrong.

Bronze certificates for Year 7 boys

Seven boys in Year 7 have achieved their Bronze certificates:

7J
Ansh Soni
Anek Shergill
Nayan Patel
Amos Goodman
Michael Sawyer

7H
Albert Vasvari
Aryan Gorla

These are the first certificates for Year 7 this year.





Winnie the Pooh Day - Monday 18th January

Winnie the Pooh Day is celebrated on the birthday of A.A Milne, the author of the stories. Winnie the Pooh first appeared together with friends Piglet, Tigger, and Eeyore, in a Christmas special edition of the Evening Standard newspaper in December 1924, so he is nearly 100 years old. The first book of Winnie-the-Pooh stories was published a year later.

The story and adventures of Winnie the Pooh are set in the ancient Ashdown Forest of East Sussex. The illustrations that accompanied the original books often depicted Pooh, Tigger, and the crew marching through beautiful gorse, heather, bracken, and silver birch there. All of the characters were based on toys owned by the author's son, who also featured in the famous stories as Christopher Robin. The name Winnie, for instance, came from Milne's own teddy bear Winnie.



A.A Milne, Christopher Robin and Winnie

The sales of Pooh books have been phenomenal for nearly one hundred years. They've never been out of print and have sold around twenty million copies in fifty languages. Mrs Aaron and Miss Vale will be interested to know that a 1958 Latin translation "Winne ill Pu", is the only book in Latin to ever become a New York Times bestseller. He stars in a much-loved series of Disney films and is a popular toy brand. In 2006, Pooh Bear himself received a star on the Hollywood Walk of Fame. Pooh is a very lovable character, friendly and thoughtful. He is loved by both children and adults. His stories are full of wisdom and positive thoughts to help us through those tricky moments in life. Here are some of them:





RSPB Big Garden Bird Watch 29th-31st January

The RSPB Big Garden Bird Watch will take place between Friday the 29th and Sunday the 31st January and you can take part in this important survey. Thanks to people taking part in the Big Garden Birdwatch, the RSPB now have over 40 years of data and this has helped increase their understanding of the challenges faced by wildlife. It was one of the first surveys to identify the decline of song thrushes and house sparrows in gardens over the years and these results are the first step towards putting things right.

Taking part

It's very easy to take part, you just choose any hour on 29th, 30th or 31st January and count the birds that land in your garden, ignore the birds that are flying over. Count the most

birds you see at any one time – otherwise you could count the same bird twice. You can submit your results online at rspb.org.uk/birdwatch from 29th January until 15th February, using the code BH30. Every count is important so even if you don't see anything, please still send your result in. Finding out which birds don't visit your area is as important as understanding those which do! On the website above you can find information to help you identify birds and ideas about how to attract birds into your garden, find out what they eat, where to put bird feeders and tables, and remember that they like a drink too.

Please also send your results to lambeditor@st-johns.org.uk and we will print the results of our own survey in The Lamb
Here are some birds you might see.





Holocaust Memorial Day Wednesday 27th January



The Holocaust Memorial Day Trust encourages remembrance in a world scarred by genocide. They promote and support Holocaust Memorial Day which is the international day on 27th January to remember the six million Jews murdered during the Holocaust, alongside the millions of other people killed under Nazi Persecution and in genocides that followed in Cambodia, Rwanda, Bosnia and Darfur. Wednesday January 27th marks the anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi death camp.

Our world often feels, especially at the moment, fragile and vulnerable and we cannot be complacent, prejudice and the language of hatred must be challenged by us all. The theme

for Holocaust Memorial Day 2021 is “Be the light in the darkness”. It encourages everyone to reflect on the depths humanity can sink to, but also the ways in which we can resist the darkness to ‘be the light’. Here is a link to the online memorial ceremony, if you would like register in advance to join it: <https://www.hmd.org.uk/uk-holocaust-memorial-day-2021-ceremony/>

At the end of the ceremony, you could join the nation and “Light the darkness”. If you are able to light a candle and put it in your window at 8pm on the 27th of January, this will be a way of remembering those who were murdered for who they were as well as standing against prejudice today.



The Lambs investigate ice

We discussed **how** we could turn water into ice. We filled containers with water and put them into the freezer overnight. The next day we saw how the water had changed from a liquid into a solid. We had great fun playing with the ice whilst it melted in our warm hands.





Life-skills this week in Miss Morgan's challenge



Following a frustrating afternoon of trying to match lids to Tupperware boxes a challenge sprang to Miss Morgan's mind! It proved to be popular with parents, if not all the boys! Boys of all ages have risen to the challenge and have shown how helpful they can be around the kitchen. From cooking to cleaning, tidying to mopping the range of helpful activities has been super to see. I hope you keep it up!





Life-skills this week in Miss Morgan's challenge





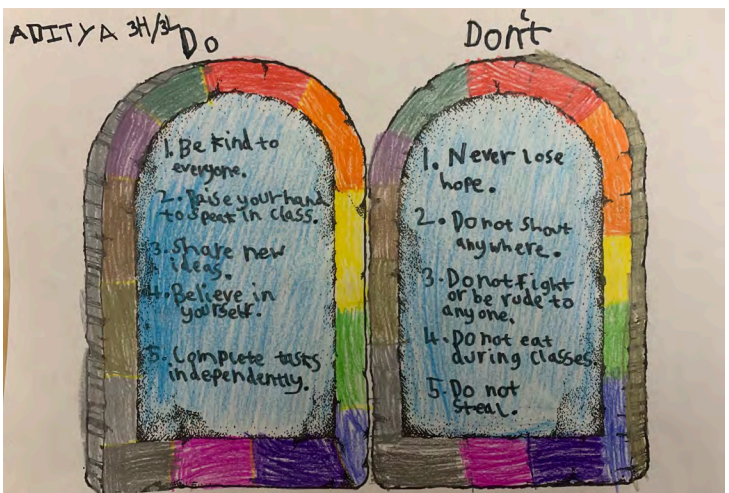
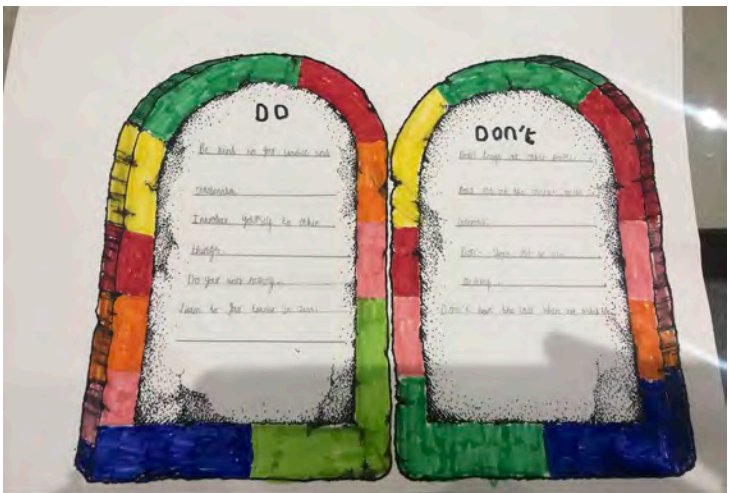
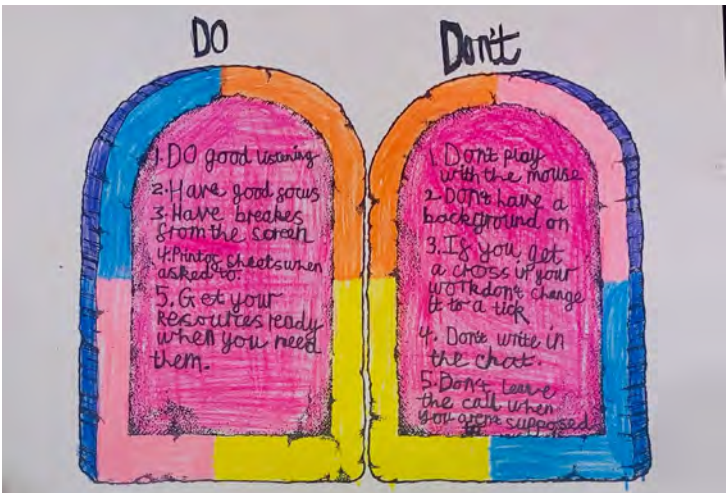
Life-skills this week in Miss Morgan's challenge





The Ten Commandments re-worked by Year 4

In R.E. Year 4 have been learning about The Ten Commandments in The Bible. For their homework, they were asked to design a poster showing their ten commandments for on-line learning. They all designed amazing posters, here are a few of them:





Reflection and Resolutions in Year 3

In their English lessons Year 3 have been reflecting on last year, 2020, and setting goals and making resolutions for this year, 2021. They have also been thinking of ways to remind themselves to keep these resolutions.

Hugo 3W: 2020 started brilliantly. I joined Junior school. We had plans to go to East Africa on safari and Canada. I had great fun going on long walks with my dogs in the countryside.



Then in March Lockdown happened. We had to stay at home. I was very worried because of the new virus. Many people were dying. We could not go to school. The worst thing about 2020 was that we did not go on the PGL trip. I felt very disappointed. We missed the Summer Fair. We missed the 100 year celebration of St Johns.

This year I can't wait to go to a beach on holiday to a sunny destination. I want to learn how to ride my skateboard which I got for my 8th birthday in October last year.

My New Year's resolutions are:-

- 1 To get my silver certificate at school
- 2 To get better at chess
- 3 To exercise on my Peloton every day for 30 minutes
- 4 To get more shares on the stock market
- 5 To learn more recipes

I will write down my New Year's resolutions and pin them on my pin board. The pin board is by the front door so all my family can see them.

Rian 3W: The good things about 2020 were that due to Coronavirus my mum and dad were home much more. This meant we could spend more time together. Another great thing about last year was that I got my computer. I am now trying to persuade my parents to let me get games on it!

The bad things about 2020 were that I couldn't see any of my friends and family. I also couldn't play any sport but luckily Coronavirus will soon be over.

One of my New Year's resolutions is to read a book every day because I would like to beat my challenge of reading 38 books last year. I will keep going with my resolution by making sure I choose books I am interested in reading.

Another New Year's resolution for me is to taste more food. I haven't eaten very well for the last few months because of my operation and have been unable to go to many restaurants due to Covid. So my New Year's resolution is to try food from all over the world, choosing healthy options.

My third resolution is to get better marks in my English tests. I will achieve this by writing lots of stories and doing lots of comprehensions at home. This means I will be more active during lockdown and not just lying around.

My last New Year's resolution is to help the environment. I will do this by picking up litter on the pavement of our road. I will make sure I do a bit every day after school. I will also start to walk to more places.





Reflection and Resolutions in Year 3 cont...

Christopher 3H: My reflection on the past year and my goals and resolutions for this year.

Last year I got my bronze award, I came 5th place in the cross country, I felt happy. I got to go to France, where I went to the beach in Boulogne-sur-Mer and the Alps. Boulogne-sur-mer was cold, it was also cold in the Alps. I went to Japan at the start of the year and spent time at Christmas with mummy and daddy. I didn't get to play much football because of Covid-19, I felt sad. 2020 was very strange.

My goals for the New Year are: my Grade 1 in piano, get 80 house points (a silver award) and score more goals. My wishes for this year are: for Covid-19 to stop, to go to Mauritius and go skiing in the Alps with my family again.

My New Year's resolutions to help my goals are;

- Practice piano every day
- Practice football
- Pay more attention



Mini D.T. greenhouses in Year 4

Year 4 boys have been learning about framework structures in D.T. Here are two wonderful greenhouses inspired by our learning.





Singing is good for us

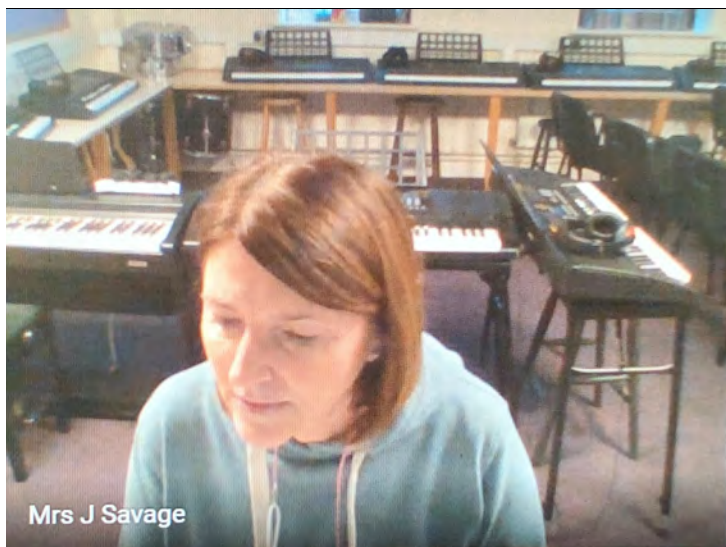
Research has shown that singing can be good for us on many levels. It may help lower stress, boost immunity and lung function, enhance memory, improve mental health, and help us cope with physical and emotional pain. One of the best things about singing is that you don't have to be good at it to reap the rewards.

We are enjoying lunchtime choir practice again at St John's. It's been a long time, too long and we've all had great fun working out how to sing in the Google Classroom environment. Thank you to all the boys who have shown such commitment so far, helping each other with any technical issues they experience and practising with their backing tracks between sessions. Mrs Savage is running lunchtime choirs for Years 4 to 6 on Google Classroom. Year 4, "The Crazy Choir" meet on Tuesday at 13.30

and can't wait to start doing the actions to "I can't stop tapping my feet." Year 5, "The Groovy Choir" are learning "It's nice to have a Friend" on Wednesdays at 13.30 and this week also sang Happy Birthday to Vineel. Last, but not least, Year 6, "The Fire Choir" meet on Thursdays at 13.30 and are enjoying the challenge of fitting all the words in to "Chitty Chitty Bang Bang"

It's not too late for new members to join us. You can find a backing track and the words to the songs we are learning in the Google Choir Classroom for your year group. Comments such as "This is so much fun", "Can we sing A Capella?" and "Sadly, it's nearly over" (at the end of the session) have been spotted on the chat.

We're hoping to start up some small lunchtime instrumental ensembles in the near future as well – watch this space.





Centenary pebble painting

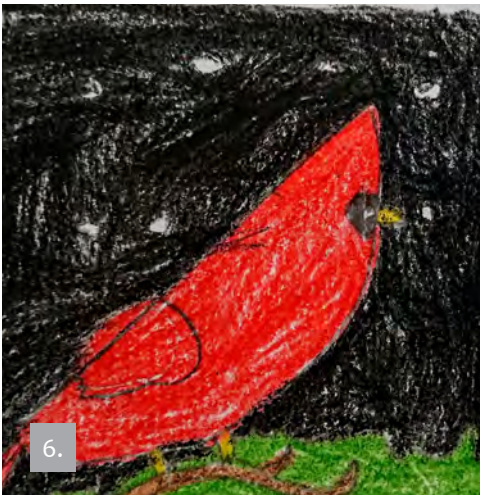
Here are some of the boys with their beautiful Centenary pebbles last year. Can you find their pebbles on this page and on the cover of this edition of the Lamb? 1. Mehul M, 2. Shrey M, 3. Liam H, 4. Freddie L.





Year 3 have been bird watching

Our online Art gallery has been inundated with many fabulous pieces of art. Year 3 have been doing a bit of bird watching. Look at these wonderful birds. 1. Hugo P, 2. Ayan J, 3. Tristen S, 4. Lucas, 5. Alexander G, 6. Sebastian D, 7. Alexander H.



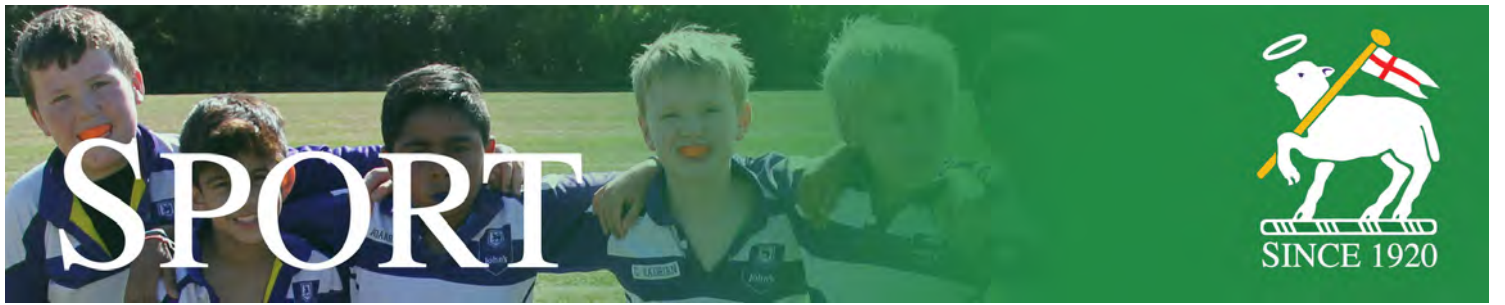


P.E. at home: time to get active

Well done to all our boys who have sent in pictures and videos of their home exercise routines. Whether it's jumping and bumping along with Joe Wicks, getting outside and running and skipping around the garden or doing something whacky and creative, they have certainly not let the grass grow under their feet.

These are just a selection of the pictures we have been sent but do keep sending in your photos and we will put as many as we can in The Lamb while we're all in lockdown. When we all come back to school there will be rugby hockey which we know means a lot of running. Your efforts to stay fit and active will be very useful.





More home fitness and outdoor activities





Cato is busy rowing nowhere

Cato in 4S has been completing indoor rowing challenges during lockdown.
 “During lockdown I have been using my mum’s Concept 2 rowing machine to do online rowing challenges. I log my metres every day. My favourite thing to do is a fishing game on the rowing machine computer. I also watch videos that show

you how to improve your stroke and get faster. You have to shoot out like a bullet!”
 Cato has been awarded with his certificate and medal for completing the British Rowing Association’s “Do you want to build a Rowman” challenge. What a fantastic achievement Cato! His next challenge is to row the Channel.....



OUTLOOK



E-meet, Google Meet, Zoom In, Zoom Out....

Virtual learning? Working from home?

Internet running beyond capacity....

devices everywhere!

**How about the pupils, who are
sharing phones at home while
learning in lockdown?**

**If you have old devices and wish to donate them
to schools to help children with their virtual
learning, below is some information on this:**

**For local arrangements of laptops/devices, please contact
Sukaina Karim-Hussein: sjaitdrive@gmail.com**

***All devices are wiped and donated via
<https://ladyfatemahtrust.org/give-it>**

**Alternatively, below is a full list of companies and charities
who are able to help:**

https://www.bbc.co.uk/programmes/articles/5SqHJMTKZx5sYhlltXJvB1Q/give-a-laptop?fbclid=IwAR0yPDca0Qr9_oEj8uv6anHAJ46q0BrnL3-B1EUdYIUeKIKV-AMompStdO4

Votes for Schools during lockdown



No, because the vaccines must be safe if they have been approved by WHO and the government deemed it safe enough to buy it so the vaccine must be working.

Kabir - Year 6

I think we need to learn more about the vaccine because there are lots of myths so we need to know which is wrong and right.

Armaan - Year 6

Next week is a very topical subject: American politics. It has been hard to ignore the drama that has unfolded on the other side of the Atlantic. For many people US politics has become one of the most compelling soap operas of our times but, of course, there are going to be repercussions in the real world. Look out for the questions, voting forms and slides in your son's PSHCEE Google classroom and please do discuss further at home.

We are running VFS slightly differently during lockdown. Each week's question runs from Wednesday to Wednesday and the boys are discussing the topic of the week in their PSHCE lessons – on Wednesday for most boys, but the following Tuesday for the Juniors.

This week we have been discussing the coronavirus vaccine:

KS2 Do we need to learn more about vaccines?

KS3 Is misinformation a big threat to health?

Here are some of the boys' thoughts:

I think we do need to learn more about vaccines because we get a lot of false information. If we learn more about vaccines we know it isn't true and just ignore the people who gave the false information to the worried public if they do not know anything about viruses apart from that it cures diseases and viruses.

Shane - Year 6

All boys should vote and comment on the topic each week after or during their PSHCEE lesson. House points are awarded for good comments!



Calendar & important dates Contact details

Monday 25th January: St Albans entrance examinations

Wednesday 27th January: School Council

Monday 1st February: 7H Parents' Evening 5.30-8.00pm

Wednesday 3rd February: 7J Parents' Evening 5.30-8.00pm

Right: Picture of the week Aarav in the Eagles was awarded a distinction for his table exam in October. Well done Aarav!



Updates: Please continue to visit www.st-johns.org.uk for all the latest information on sports fixtures and results. The website will have announcements in case of emergency.



You can also follow us on twitter @stjohnsnorthwood and our sports department @StJohnsNwSport

Mailings: If you have received The Lamb from someone else and would like to be sent your own copy direct each week, please email: Lamb Editor. Let us know your contact details and you will be added to the list.

Photographs: We cannot always be on hand every event with a camera and rely on photographs from parents and supporters. Do please continue to send in pictures to lambeditor@st-johns.org.uk for inclusion in The Lamb. Many thanks.

Notices and reminders

Covid-19 testing. Rapid Flow Covid-19 tests for staff in school on Mondays and Fridays at 7.45am

Healthy eating. We hope you enjoyed reading Emerson's article on page 3. Maybe you would like to send photos of your healthy meals to LambEditor@st-johns.org.uk

Hearing from you in lock-down. Boys, during this period of lock-down we would really like to hear from you, you can tell us about any projects you are working on, or about your hobbies, interests and achievements out of school. Please send any photos or articles to LambEditor@st-johns.org.uk

Sport and PE. Mr Kruger says please send him photos of your daily exercise and sporting activities if you can.

RSPB Birdwatch 29th-31st January. If you take part, please remember to send your results to LambEditor@st-johns.org.uk, as well as to the RSPB and we will print our own results in The Lamb.

Cameras and Microphones. A reminder that your camera and microphone should be on for the duration of any

Google Meet lesson. This ensures that learning is more effective for the whole class. Thank you.

Lunchtime Choirs. Boys, we are singing again! Mrs Savage is running lunchtime choirs for Years 4 to 6 at 13.30 on Google Classroom. Year 4 Tuesday at 13.30, Year 5 Wednesday at 13.30 and Year 6 Thursday at 13.30. Come and join us, the boys had fun this week. You can find a backing track and the words to the songs we are learning in the Classroom. We're hoping to start up some small lunchtime instrumental ensembles in the near future. Mrs Savage looks forward to seeing you next week.

Votes for schools: Please see the article on page 20 for an up-date on how we are running Votes for Schools during lockdown. Results of the questions about coronavirus vaccine will be printed here next week.

House Points: Lincoln 54.08, Lawrence 51.98, Churchill 49.72, Oates 47.24

Have a very enjoyable weekend