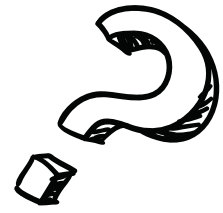


What has hands but can't clap?



What is full of holes but still holds water?

What has a thumb and four fingers but is not alive?



What goes up but never comes down?

What can you hold in your left hand but not in your right hand?



What has a bottom at the top?

A cowgirl road into town on Friday. Three days later, she left on Friday. How is that possible?

# Northgate

## Wellbeing Newsletter



Welcome to March's edition of our Wellbeing Newsletter.

This month you will find a pancake recipe, March fun facts, more teacher interviews and some more amazing outside school achievements.

**MARCH - Issue 3**

Know yourself  
Grow yourself

# Sparkle Jar

Write or draw something that made you feel happy today!  
Add your joy to the Sparkle Jar!



Something  
that made  
me happy

Something I  
am proud of

This made  
me laugh

I am  
grateful for

Someone  
who makes  
me smile

Please ask your Teacher if you would  
like a Sparkle Jar sheet.

Celebrating outside school achievements is an essential part of recognising the diverse talents and hard work our students invest in their passions beyond academics.



**Max**

**Receiving a Merit award for his boundless enthusiasm and superstar participation in all things Beavers!**

**Viktoria**

**Winning a shiny bronze medal with her epic 5-kick combo!**



**Maksim**

**Achieved his Brown belt in martial arts, the pinnacle of recognition for his age group.**



**Zara**

**Is a 5-metre swimming superstar, gliding through the water like a fish on a mission!**



**Amara**  
 Stood like a rain-soaked statue, waiting patiently for the birds to swoop down for a snack from her hand.



**Ema**  
 Making waves, swimming a fabulous 5 metres all on her own!

**Ivan**  
 Crafted this marvellous bag during his art class, showcasing his creative flair.



**Soraya and Aniya**



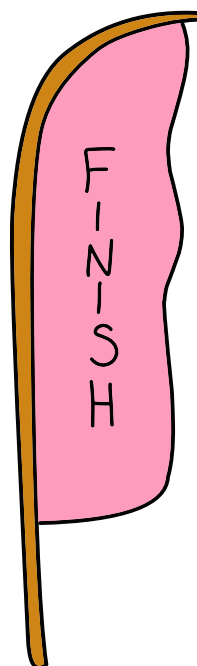
Engaging in their weekly Parkrun adventure.



**GYMNASTICS**

**Shanna-Mae**

Proudly displaying her dazzling gymnastics medals, a testament to her remarkable triumphs in the realm of flips and twists!



# TEACHER FEATURE



BEST JOKE

HIDDEN TALENT

## When you were little what did you want to be?

Since I was a little girl, I have wanted to be a teacher. Because of this I did some work experience in a school, and choose my GCSEs to help me to get the experience I needed so I could train. When I was younger I used to play at being a teacher with my little sisters (they weren't very good students though as they kept being silly and mucking around).

- What's your biggest pet peeve?

Unkindness. I don't like it when people can't be kind and polite. My dad used to say 'If you haven't got anything nice to say, don't say anything at all.' and that has stayed with me all my life. There is no need for nastiness and kindness makes other people happy.

- What superpower would you like? Why

What a great question. I think invisibility- I love the idea of being able to get on with things without anyone seeing me and interrupting.

- What the best piece of advice anyone's ever given you.

It isn't selfish to put yourself first sometimes. I think sometimes we are so busy looking after other people that we don't always look after ourselves. We have to be kind to ourselves too.

- If you were an animal, what would you to be?

Probably a cat would be my first choice. I have two at home and they seem to have a very easy life with lots of sleeping, cuddles and coming and going as they please. If not, perhaps a flamingo: I love their colour and they work well as a team.

- What's the funniest thing that's ever happened to you in a classroom?

I used to work in a school with sliding doors between the classrooms. One day my friend opened the door whilst I was leaning on it and I fell through and landed on my bottom- in front of both the classes.

# PANCAKES

## You will need

A Grown up  
200g plain flour  
400ml milk  
2 large eggs, lightly whisked  
1 tbsp vegetable oil  
a pinch of salt  
vegetable oil for frying



- 1** Put the flour in a large bowl with a pinch of salt, make a well in the centre, pour in the milk and eggs, then whisk until you have a smooth batter. Add the vegetable oil and whisk again.
- 2** Take a large frying pan and carefully wipe the inside of the pan with some kitchen roll dipped in vegetable oil.
- 3** Grown-ups heat the pan over a medium heat for about a minute, then add just under a ladleful of batter to the pan and immediately start swirling it around to get a nice even layer.
- 4** Cook the pancake for about 30 seconds then use a palette knife or spatula to lift the pancake carefully and check that it's golden-brown before turning over. Cook the other side for around 30 seconds and your delicious pancake is ready!

What's your favourite topping?

Lemon juice

Strawberry

Ice Cream

Nutella

Maple syrup

Golden syrup

Banana

Plain

Sugar

# TA TALK...

## THIS OR THAT

Beach or Mountain

Hot weather or Cold weather

Sleep or adventure

singing or dancing

cinema or bowling

Train or Bus

plain chocolate or dark chocolate

jelly sweets or hard boiled

Reading book or audio book

noughts or crosses

## Fun Fact

## HIDDEN TALENT

## BEST KNOWN FOR...

## BEST JOKE

WHAT DO YOU LOVE ABOUT WORKING AT NORTHGATE?