

SO News!



St Osmund's Catholic Primary School Pupil Newspaper

Issue 2 February 2022

NEWS TODAY: Winter Fun and Games!



Inside:

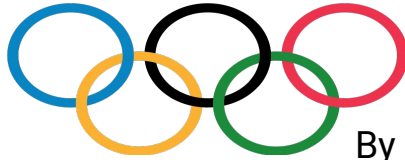
International News: Winter Olympics

International News: Chinese New Year

School News: Healthy Mind and Body

and much, much more!

BEIJING 2022



By Joshua Ho (Year 4)

The Winter Olympics is here!

From 4th until 20th February amazing athletes from all around the world (91 nations in fact) will compete in the 24th Winter Olympics.

This year the Winter Olympics are being held in Beijing, in China. It is very cold there but most of the snow that you see on the TV is fake snow, made especially for the Olympics.

Famous Winter Olympians include:

- Yuzuru Hanyu-
He is the first Asian man to win a gold medal in figure skating!
- Ireen Wüst- she is the youngest Dutch speed skater who won 11 Olympic medals!
- Kamila Valieva-Valieva is the current world record holder for the women's short program, free skating and total scores
- Evgenia Tarasova and Vladimir Morozov- they are a three-time World medalist (2018 and 2019 silver, 2017 bronze), a two-time European champion (2017, 2018), the 2016–17 Grand Prix Final champion, and a three-time Russian national champion (2018, 2019, 2021).

- ❖ **Alpine Skiing**
- ❖ **Biathlon**
- ❖ **Bobsleigh**
- ❖ **Cross-country skiing**
- ❖ **Curling**
- ❖ **Ice Hockey**
- ❖ **Figure Skating**
- ❖ **Freestyle Skiing**
- ❖ **Speed Skating**
- ❖ **Luge**
- ❖ **Skeleton**
- ❖ **Snowboarding**
- ❖ **Ski Jumping**
- ❖ **Nordic Combined**
- ❖ **Snowboard cross**
- ❖ **Monobob**
- ❖ **Aerial Skiing**



Winter Olympics



**Can you guess the
different events shown
in these symbols?**

**Which one would you
be brave enough to
try?**





Happy Chinese New Year

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By Aoife Taylor (Year 6)

Chinese New Year took place last week on Tuesday 1st February 2022. This year, 2022, is the year of the tiger. Millions of people all around the globe celebrate Chinese New Year.

Some of the most popular dishes eaten during the Chinese New Year include:

- Fish – steamed fish is one of the most famous New Year recipes and there are some specific rules related to the position of the fish.
- ‘Good fortune’ fruit – eating and displaying tangerines and oranges is believed to bring good luck and fortune.
- Chinese dumplings – traditionally filled with minced meat and finely-chopped vegetables, it is believed that the more dumplings you eat during the celebrations, the more money you can make in the New Year.
- Spring rolls – usually filled with vegetables, meat, or something sweet, this New Year dish is especially popular in East China.
- Noodles – noodles symbolise longevity and the length of the noodles is thought to represent the length of the eater’s life.
- Tangyuan (sweet rice balls) – this is the main food for the Lantern Festival, but families traditionally eat them together throughout the New Year.
- Niangao (rice cake) – the main ingredients of nian gao are sticky rice, sugar, chestnuts, dates, and lotus leaves.

How is each zodiac sign is determined?

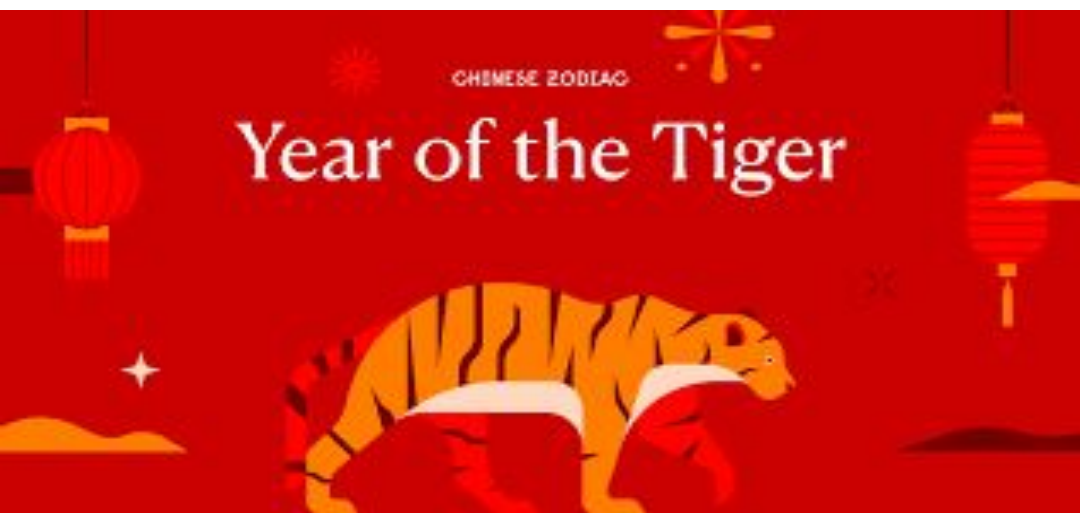
The start of the Chinese Zodiac varies from year to year as it begins with the Chinese New Year which lines up with the moon cycle and can be anywhere from late January to early February.

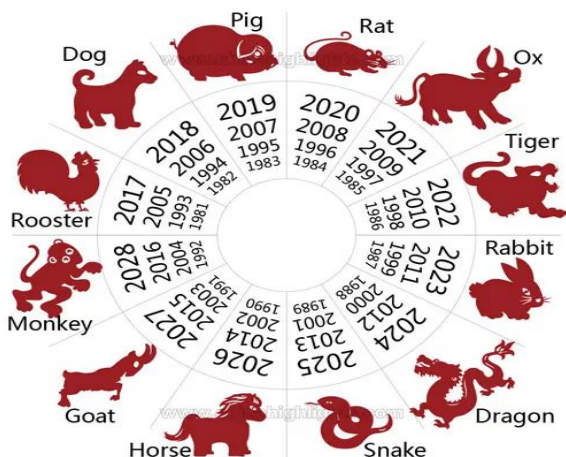
There are two cycles in the Chinese Zodiac, one is the elements (water, fire, earth, and Metal). The element for 2022 is water.

The second cycle rotates the 12 zodiacs marking each year as one the year of one animal over the other. This year's zodiac is the Tiger, meaning it is the year of the Water Tiger.

Because the first day of the Chinese New Year varies from year to year, it is possible that if you were born between the end of January and early February, you associated yourself with the wrong zodiac.

If you would like to find YOUR zodiac sign, then look at this template on the next page. Which one are you?





What happens in the festival?

Celebrations begin with the rising of the second new moon after the winter solstice (21 December).

This can occur on any date between 21 January and 20 February.

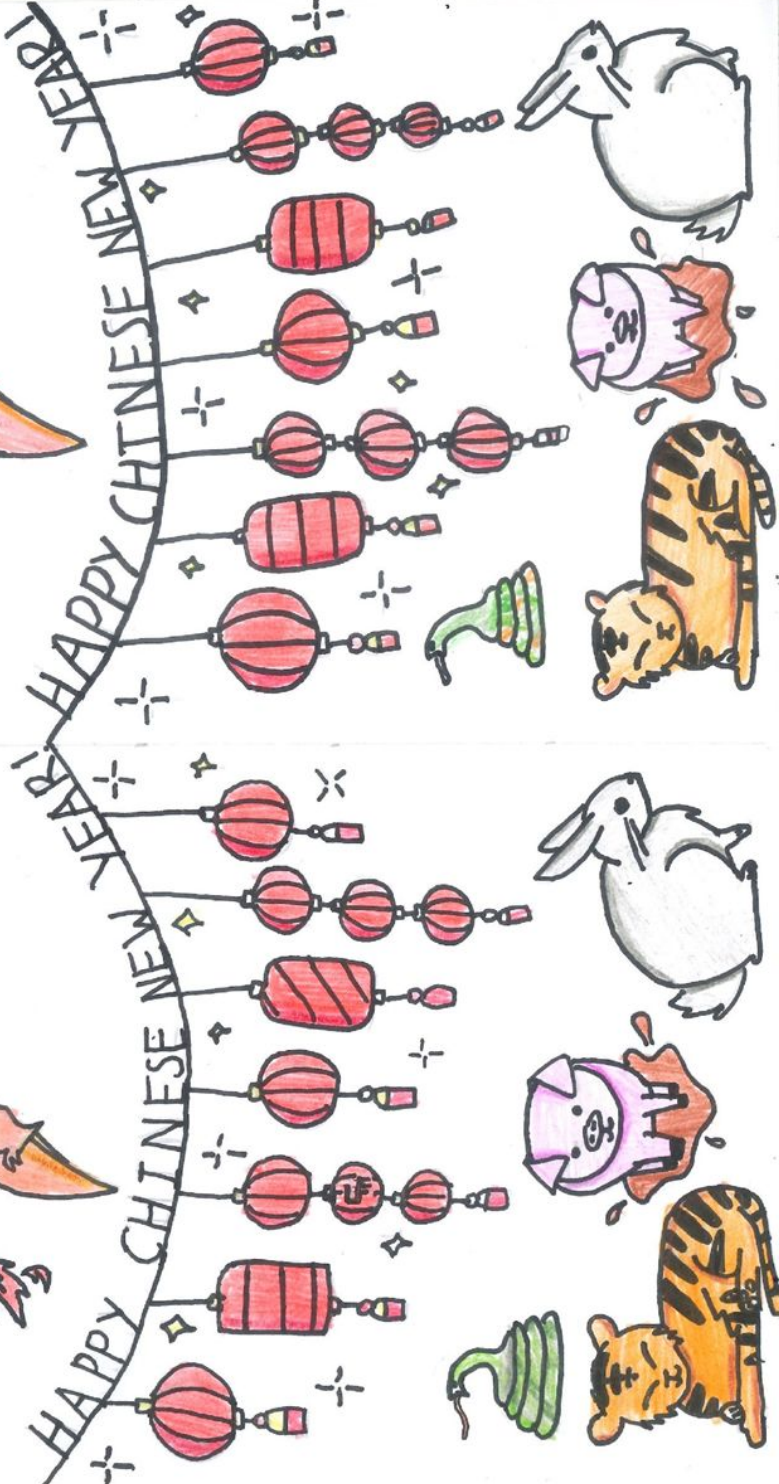
Also known as the Spring Festival, New Year festivities usher out the old year and are meant to bring luck and prosperity in the new one.

There are family banquets and outdoor spectacles featuring firecrackers, fireworks and often dancing dragons. The major celebrations are held on New Year's Eve and New Year's Day. In China, millions travel - sometimes thousands of miles - to celebrate with their families.

Spot the Difference



Can you spot the differences?
DIFFERENCES?



Healthy Mind and Body Week

By Jack Redpath (Year 6)

During the week of the 17th of January, St Osmund's had a healthy mind and body week, with activities such as : wake and shake every day, cricket, karate, cooking and more.

Every day, each class had activity circuits such as skipping, throwing howlers, and trying to hit a target. Each day they were challenging their scores for the previous day.

The teachers were counting the kilometres as they walked, adding them up to see if they could complete the 800 kilometres walk to Santiago.



All of this was happening the whole week and Friday was the final day. All year groups got stuck in with creating foods or drinks, such as Year Three's 'Super smoothie' and Year Four's spinach and tomato muffins.

A cricket coach came in to teach each class, which everyone found fun and exciting. Also, a karate sensei (teacher) came in to give people a taste of karate.

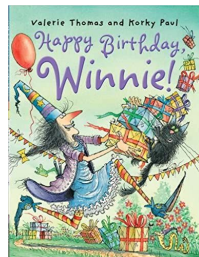


Book Reviews

By Phoebe, Kesane and Evie - Year 5

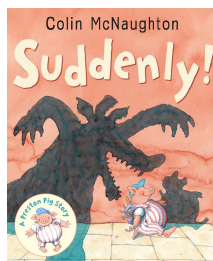
Happy Birthday Winnie!

How would a witch celebrate her birthday? Winnie the witch is having a party and all her family and friends are invited. But the party has turned into a disaster! How will Winnie use her powers to save her fantastic birthday? **8/10**



Suddenly!

Preston has the strangest feeling that he is being followed. But by who? Follow Preston on his daily adventure with a surprising twist. **10/10**



Happy Here

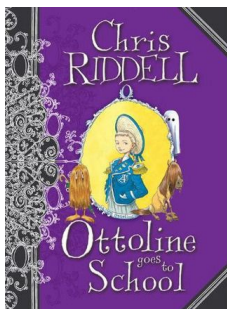
"The trouble was, in most of the books we read, I struggled to find us". This is how Sharna Jackson felt growing up not being able to read books from her culture. But she decided to change that.

Here are ten short stories that are guaranteed to help you smile. This book includes stories written and illustrated by black authors that will make you jump for joy. **7/10**



Ottoline goes to school

Would you go to a school that is haunted? When Ottoline goes to school for the gifted for the first time she is in for a shock as rumours say the school is haunted! **9/10**



School Jokes

(By Veronica and Eugenia, Year 5)

1. How do bees get to school?

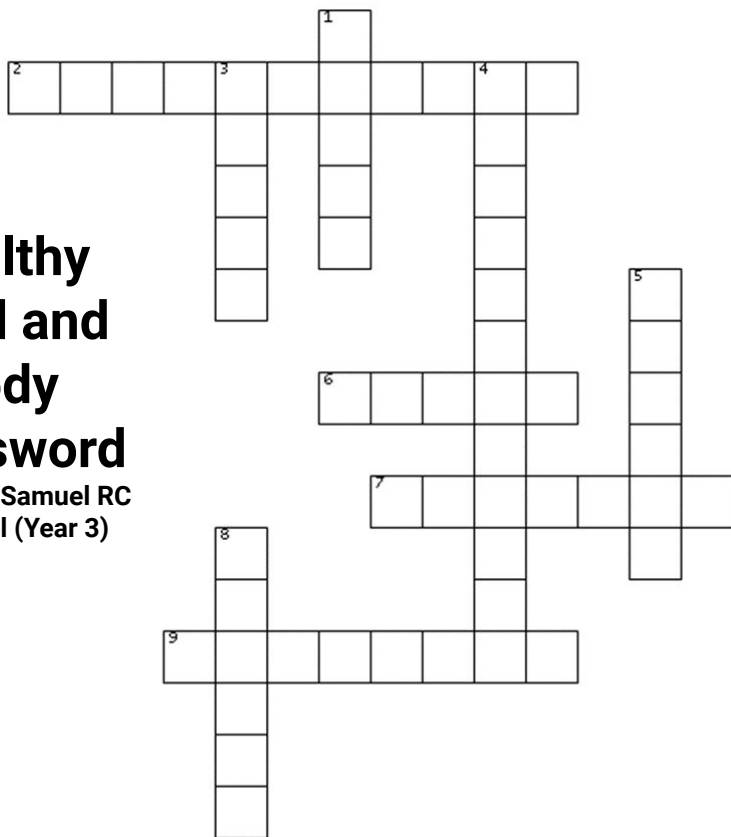
2. What does a snake learn in school?

3. Why was the music teacher locked in the classroom?

4. Who is the King of the classroom?

Healthy Mind and Body Crossword

By Charlie, Samuel RC
and Adeel (Year 3)



ACROSS

2. Something that helps you relax
6. Something that keeps us hydrated
7. An orange root vegetable
9. Something that keeps us fit and healthy

DOWN

1. Something that rests your body every night
3. A healthy snack, try to have 5 a day
4. A delicious red fruit
5. An exercise that is good for your thighs
8. An exercise that is good for your arms

Pancake Recipes

By Evie and Paulina (Year 5)

German Apple Pancake!

- 3/4 cup (3 3/4 ounces) all-purpose flour
- 5 tablespoons granulated sugar, divided
- 1/4 teaspoon salt
- 3/4 cup milk
- 1/4 cup yoghurt
- 3 large eggs
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon cinnamon
- 4 tablespoons (2 ounces) unsalted butter
- 1 pound 12 ounces (4 to 5 medium) tart cooking apples, such as Granny Smith, peeled, cored, and sliced into 1/2-inch wedges
- Powdered sugar for dusting



Directions

1. Adjust rack to upper middle position and preheat oven to 220c. Whisk flour, 1 tablespoon sugar, and salt in a medium bowl to combine. Whisk in milk, yoghurt, eggs, and vanilla until just combined; set batter aside.
2. Stir remaining 4 tablespoons sugar with cinnamon in a small bowl. Heat butter in a 10-inch non-stick oven-safe skillet over medium heat until melted. Increase heat to medium high and add apples and cinnamon-sugar to the pan. Cook, stirring frequently, until apples have softened and are beginning to caramelize, 6 to 8 minutes.
3. Remove from heat, pour batter over apples and immediately place the pan in the oven. Reduce heat to 200c and bake until the pancake is puffed, just set in centre, and golden around the edges, about 15 minutes.
4. Cool pan on a wire rack for 5 minutes, then carefully invert pancake onto serving plate. Dust with powdered sugar and serve.

Note

Once the pan is removed from the oven, it's normal for the pancake to deflate.

Pancakes continued....

Ingredients

300g self-raising flour
1 tsp baking powder
3 tbsp caster sugar
2 medium eggs
300ml whole milk
150g milk chocolate chips
butter, for frying
whipped cream or ice cream, to serve (optional)



Method

STEP 1

Sieve the flour, baking powder and $\frac{1}{4}$ tsp salt into a large mixing bowl. Add the caster sugar and stir until well combined.

STEP 2

Whisk the eggs and milk together in a jug. Make a well in the centre of the dry ingredients and pour in the wet ingredients. Use a whisk to combine everything and create a smooth batter. Fold through most of the chocolate chips.

STEP 3

Heat a small knob of butter in a large non-stick frying pan over a medium heat, swirling it round to coat the pan. Add 2-3 tbsp of the batter to the pan and cook for 1-2 mins, or until bubbles begin to rise to the surface. Flip the pancake over and cook for 2 mins on the other side for the same amount of time, or until golden brown and puffed up. Repeat with the remaining batter, keeping the pancakes warm in a low oven.

STEP 4

Stack the pancakes on plates and top with any leftover chocolate chips and a dollop of whipped cream or ice cream, if you like.

Did you know?

By Aaliyah (Year 6)

Jingle bells was the first song played in space by Gemini 6 astronauts Tom Stafford (L) and Walter Schirra (R) and it was a prank!!!!!!!!!



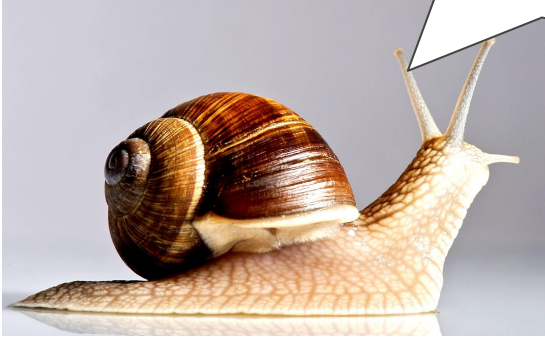
Mcdonalds once created bubblegum-flavored broccoli.



**Bubble Gum
Flavored Broccoli**

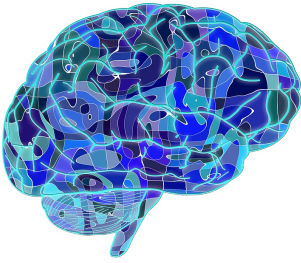
Did you know?

A snail can sleep for three years that's 1095 days



Pineapples are eating you back! (pineapples contain the enzyme bromelain, bromelain breaks down proteins that's why the pineapple tingles your mouth but when you swallow it the acids in your stomach destroy the enzymes.

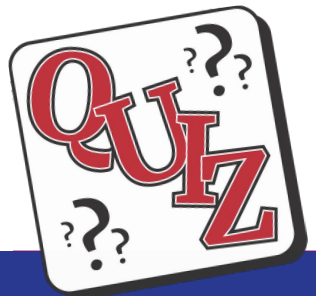




By Hugo and Joshua, Year 4

Science Quiz:

1. Which of these metals will explode on contact with water?
A) (LI) Lithium B) (MN) Manganese C) (AU) Gold
2. True or false. Cobalt is magnetic?
3. Which land and water animal has the strongest bite force?
4. What does PSI stand for?
5. Which animal is the tallest on Earth?
6. How old is the Earth?
7. How many years can a snail sleep?
3 years, 5 years, 10 years
8. What percentage of the human body is water?
60% 70% 90%
9. Which famous line in Greenwich splits the east and west of the world?
10. Which tube takes food to the stomach?



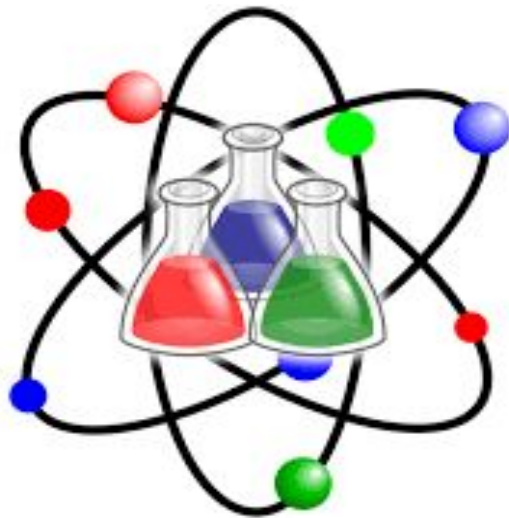
Answers on next page

Joke Answers

1. By school buZZZZZ
2. Hissssstory
3. Because their keys were in the piano
4. The ruler!

Science Answers

1. A LI (lithium)
2. True
3. Saltwater crocodile at 3,700 PSI!
4. Pounds Per Square Inch
5. Giraffe
6. 4.543 billion years
7. 3 years
8. 70%
9. Meridian Line
10. Oesophagus



Science

Working in the KS2 Hub!

