

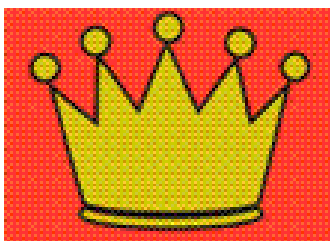
Welcome To Hywel Dda Express

Read this Newspaper to find out about upcoming events!



There is a lot of helpful information in here and you need to read it, NOW!

Any Questions? Please Ask Us! Got any facts to put in here? THEN TELL US! Thank You!



By Hollie, Darcie and Lukas

Zero Waste Week!

What is zero waste week? Zero waste week was organised by the Eco Council. It's simple to organise, something the whole school can get involved with, and be inspired by and is a great way to involve parents and the local community. It's also a fun way to give students awareness of wider issues not just in the UK, but globally.



Everyone in our school took home a box for batteries and a bag for clothes. They filled the box with dead batteries and brought them back to school where they were put them in the battery storage. Everyone sorted through their wardrobes to see what clothes they didn't need. These clothes were brought back to school in the bag, where they were then collected ready to send to different countries to help children and families.

Thank you to everyone who took part in Zero Waste Week. Our school has collected 18 bags of clothes and collected lots of batteries.

By Alicia and Sienna 5H

Snow days shut Cardiff schools.

All schools in Cardiff were closed due to having a red weather warning. Our school, Hwyl Dda was closed for two days. We had heavy snow and high winds, making it too dangerous to go to school. Instead of being busy with our school work, children were busy playing on sledges, having snow balls fights, and making snowmen. Year 2 have shared some of their photos from the snow days.



by
Lacey and Luis 3D



The Royal Welsh College of Music and Drama visits Hwyl Dda.

Last week we had some special visitors to our school. The Opera singers were from the Royal Welsh College of Music and Drama. They came to sing KS2 a story! There were male and female singers and a man who played a piano.

We all really enjoyed the opera.

This is the story...

Once there was a village called Harmony where everyone sings except a boy called Alvin. Alvin does not sing he talks!!! His dad was fed up so he took Alvin to three doctors. first they took him to a doctor that is good at everything. They all sang a weird, muddled up song but it did not make him sing. Next they left that doctor and went to the next doctor. It was a hypnotist and they tried to hypnotize him .It did not work instead they did it to themselves. His dad got so ANGRY he took him to the MEANEST doctor EVER. They left and the doctor commanded him to sing but he did not sing. After that, he put on a Virtual Reality head set to scare him but it did not work so he walked away. His sister asked what was wrong because he was going to be sent to silence school if he did not sing. One day the boy was listening to some music when he began to sing. He discovered he had his very own special song. The boy continued to sing this song every day.

The end. By Jessica and Darcy Year 3.



Why We Celebrate Easter

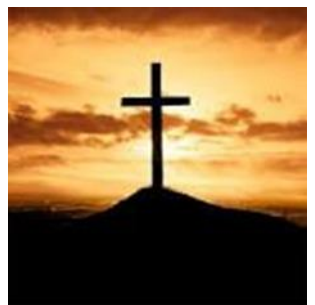
Have you ever wondered why we celebrate Easter?

Well let me tell you the story.

A long long long time ago, Jesus was crucified on Good Friday with 2 other criminals. He was left there to die on the cross. Jesus' friends wrapped his body in cloth and put him in a tomb. Jesus' friends blocked the entrance with a huge boulder. At the dawn of Easter Sunday, a woman called Mary Magdalene and some of her companions went to the tomb. The women found that the rock was removed from the entrance of the tomb. They were very surprised. Mary Magdalene ran as fast as she could to Peter and John to tell them that the stone has been removed. Peter and John ran very fast to the tomb but John arrived first. John looked into the tomb and he saw that Jesus' body was gone. Peter also went into the tomb. There were only pieces of the wrapping cloth left. Peter and John went home. Mary Magdalene stayed in the garden crying and crying. Then Mary looked into the tomb. She saw two angels standing there. They asked her "Why are you crying?" She replied "They have taken my lord away and I don't know where". Someone stood behind her. She thought it was the gardener but it wasn't, it was Jesus. He said "Mary." She knew it was Jesus. Mary was very happy that Jesus was alive. Jesus told her and his disciples that he has risen from the dead. On the evening of Easter Sunday 10 of his disciples were together in a room and Jesus said "Peace be with you". Jesus showed them the marks of where the nails had been. His disciples were very happy that Jesus had risen from the dead.

And that is the Easter story so I hope you enjoyed story and I hope you have learned why we celebrate Easter.

By Aminata 5H



Are You Living A Healthy Lifestyle?

Being healthy is one of the important things in life. To stay healthy you need a balanced diet and exercise regularly.



Human Lifestyle

Living a healthy lifestyle can be frustrating. On average you should have 2 litres of water per day. Water is needed so you do not de-hydrate. A living human being cannot go 3 days without water. But exercise is important as well.

Exercise

Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. It can also reduce risk of major illness. Whatever your age exercise is still important no matter what.

Health In School

In school we do P.E at least 2 times a week. We play lots of different games during PE lessons including; netball, football and cricket. We usually play cricket in the summer.

During the day everyone in the infants will have some milk. Milk helps keep your teeth healthy and your bones strong. They also have a fruit snack.

In our playgrounds we have equipment so we can build up our muscles, for example in the infant's playground they have a climbing frame so they can build up leg and arm muscles. In the junior playground we also have monkey bars and we have a football pitch.

Everyone now knows to stay healthy. To be healthy you can tweet us and show us some pictures of your healthy life style. @HywelDdaP5

By Tayla And Hollie

Easter Recipes

Come on don't be lazy, put on your apron on and let's get cooking!

Meringue Creme Egg

Ingredients

4 large egg whites
A pinch of sea salt
200g caster/golden caster sugar
1tsp vanilla extract
600ml double cream, lightly whipped
1tsp vanilla extract (add to the whipped cream)
Mango puree
50g dark chocolate melted
Creme eggs, large and small
Mini eggs



Method

1. Pre-heat the oven to 150 degrees.
2. In a food mixer, whisk the egg whites with a pinch of sea salt on high speed until the egg whites become stiff.
3. With the motor running add in the sugar, spoon by spoon and whisk on high speed until the meringue becomes stiff and glossy.
4. Fold in the vanilla then scoop the meringue into a large parchment lined baking tray and form a rectangular shape using up all of the meringue mixture.
5. Bake in the oven for 1 hour then remove and allow to cool completely before decorating.

To decorate: Top the meringue with the vanilla flavoured cream, then sprinkle over the creme eggs and mini eggs. Spoon over both the chocolate sauce and the mango puree. And you are ready to eat your delicious meringue crème egg.

By Tino

Katie Taylor

Last week we had a council meeting with the MP's and Katie Taylor. Katie Taylor is part of the 'WE Community.' They help raise money for clean water. We were talking about 'WE Day' where some schools celebrate their charity work in London. We also talked about the water walk. People in different places around the world have to walk with 20 litres of water on their back every day, as they do not have taps in their houses. The water walk is a fundraising event, which helps villages to get fresh water.



The cabinet discussed in groups, ways that Hywel Dda Primary School could raise money to help communities get fresh water. Look out for our upcoming charity events.

By Kelys.

FIRE FIGHTERS.

Hello my name is Bailey and today I met up with 2 little boys from year two. I have asked these boys some questions, and I have to say I am very impressed with their how much they know about firefighters.

What did you actually do?

Firstly, we got split into 2 groups then group 1 went in the fire engine while the 2 group was squirting water then we swapped groups.

What did the fire engine look like?

The fire engine looked amazing it had an enormous ladder and it had a pump to help the water travel through the van. We got to push the horn witch made me happy.

What did you enjoy the most ?

I enjoyed squirting water and going in the actual fire engine

What do the fire fighters wear?

Fire fighters wear gas masks to help them to breathe when fighting fire. The fire fighters wear knee pads so they can kneel down in a fire. They wear some fire proof coats and trousers.

By Bailey 6D and Aliyah 6H



Our Guardian

*Scarlet, blood-red scales dress a proud, Welsh body,
His eyes as green as emeralds and teeth as sharp as knives,
His deafening roar envelopes the heavens,
Majestic, strong wings glide through the air,
Canopies tower covering any sight of the ground,
He soars above Snowdonia, observing the beauty Wales has to offer,
Chartreuse eyes glance at the cerulean Gower Sea,
Delicate waves clash against the solid rocks and dampens the torrid land,
The seaweed dances cheerfully in the glistening water,
Whetted claws draw back the cold breeze as he gracefully soars over the
fields,
Daffodils dance delightfully in the summer meadows creating a palette of
sunshine,
With the wind he sings,
Using his grandiose wings,
His grand tiger-like body leans from side to side as he guides himself
through the sky,
Flying high above the crowd,
Looking down he feels so proud,
He scrutinizes the land knowing that he is our guardian and has to protect
us,
He is proud to be welsh, He is grateful to be welsh,
He is welsh!*

