



# Fox Factor

## The Ultimate Seller



# Meaningful Mindfulness

**The Fox Factor investigate what mindfulness actually is...  
What does it mean? Why do we do it in school? Why do we  
do massage? Read on to find out more...**

Mindfulness is a great way to calm yourself down when anxious, angry or sad. When you are calm you have self-control of your body. Our own Year 5 have been practicing this technique all year. There is not much to it. All you have to do is take a deep breath

body and face. Breathe in through your nose and direct your breath to your eye lids. Relax them. Do the same with your heart. Eventually, try to empty your mind of any thoughts. Research shows that this is really beneficial!

"It can help when someone is very angry and you can learn to just keep calm and carry on."

"Mindfulness is a way to relax people who have had a hard days work. It is thinking about the now and not the fu-

fulness to calm down and relax if you are stressed. We learn different exercises to calm you down."

"It is fun to learn about in school because it's different to what we usually do."



"Massage is a type of relaxation by pressing a pattern onto your body. We massage each other with our hands on someone's back, and we make different shapes. It helps calm people down, and it's great because we can all do it to each other. It is quite hard work to massage someone else, but is very relaxing and fun when you have it done to you. It helps you when you are stressed. You must remember to ask someone before giving them a massage. When you give someone a massage you have to be strong, but calm."

"Some people use massage as a way of recovering after doing lots of exercise, or perhaps if you are going through a difficult time."

through your nose and slowly blow out through your mouth. This gives you a rhythm so you can focus. Close your eyes and imagine them dropping and crumbling. Release any tension in your elbows, chest and back. Let your limbs loosen and drop. This will relax your

As a group, we thought about what wellbeing, mindfulness and massage actually mean to the pupils of Fox.

These were some of the group's responses:

ture or the past. We learn about it so that we don't get worried about anything. We learn about it at school so that we relax during our lessons and don't jump around so much! Mindfulness is when you take deep breaths, relax and concentrate. People use mind-



# What to do on a day off in London

Looking for some top tips on spending a day in London? Bored of doing the same things over and over again on the weekends?

Our specialist team has put together a must-see list for any visitors to London, or even if you live here and sometimes forget what the city has to offer...



Go to the houses of Parliament: the views of the River Thames are amazing, and you can see how old the city is.

Go and spend an afternoon on the London eye, as you can get more fantastic views over the whole of London!

Try some fun ice-skating at Alexandra Palace.

Spend a day at The Making of Harry Potter in Watford which includes Diagon Alley, Hogwarts Castle, Ollivander's Wand Shop, and many more exciting Harry Potter things!



Go to a concert at the Royal Albert Hall, and hear amazing music in an amazing place.

London is full of fascinating museums! The Natural History Museum, the British Museum and Madame Tussauds are our favourites. The dinosaur section is really cool, but may be a little too scary for young children.

Whiteley's Shopping Centre has the best toyshops in town as well a cinema, and even bowling alleys.



Big Ben is an extraordinary landmark, and is very old. Not one to be missed!

The London Aquarium has really interesting creatures to discover.

If you are a real dare-devil, go on the London Cable Car that runs from the O2 stadium to central London - you fly across the river!

## Adventurer of the month



This 40-year-old British man is called Bear Grylls. He has television shows called *Get Out Alive* and *Running Wild*. He is a daredevil adventurer and in *Get Out Alive* he takes seven ordinary people and prepares them for the challenge of their life. They have to survive in harsh environments.

Before he became an adventurer and television presenter he was in the military until he broke his back in three places in a parachuting accident. He has probably been closer to death than any other person alive in the UK. Once he was in the Sahara desert and he cut open a dead camel and drank from its hump. When he was in the Vietnamese jungle he ate bamboo worms and bugs off a tree.

He has written several books about the encounters he has had in his life. He has a book called *Get Out Alive* which has tips for how to survive such as cooking, hunting, first aid and setting up a shelter. If you want to know more about this adventurous person go to [www.beargrylls.com](http://www.beargrylls.com).



## Composer of the month

### Ludwig Van Beethoven

Did you know that Beethoven was baptised on December 17th 1770? His parents originated from Brabant in Belgium but his father was a musician at the court of a city called Bonn. Sadly he had seven brothers but only three survived, including Beethoven. Beethoven loved music from a young age and his father taught him about music throughout the day and night. Beethoven clearly understood music and was incredibly gifted. On March the 26th 1778, at the age of 7 and a



half, Beethoven gave his first public performance. Can you imagine doing a public musical performance?

Beethoven went on to produce some of the most famous classical music ever written, including Fifth Symphony, Fur Elise and Moonlight Sonata.

# Delicious Delights



How to make Callum's famous pizza:

Ingredients:

- Pepperoni
- Chorizo
- Salt
- Ham
- Sprinkled cheese
- Mozzarella blobs
- Flour
- Water
- Olive oil
- Yeast
- Sugar
- Garlic
- Basil
- Tinned tomatoes



1. Sieve the flour and salt onto a flat surface.
2. Make a bowl in the top of the flour.
3. Combine the water, olive oil, yeast and sugar, and mix well.
4. Pour the mixture into the flour.
5. Gradually, mix all together.
6. Knead the dough until it is springy and smooth.
7. Place the dough in a bowl with a damp cloth over it and leave it in a warm room for 1 hour.
8. Take out, knead and then cut into small pieces to roll out your pizza base with. Leave for 15 mins.

**Food:**  
Cinamon buns,  
meatballs, candy,  
and more good  
stuff....

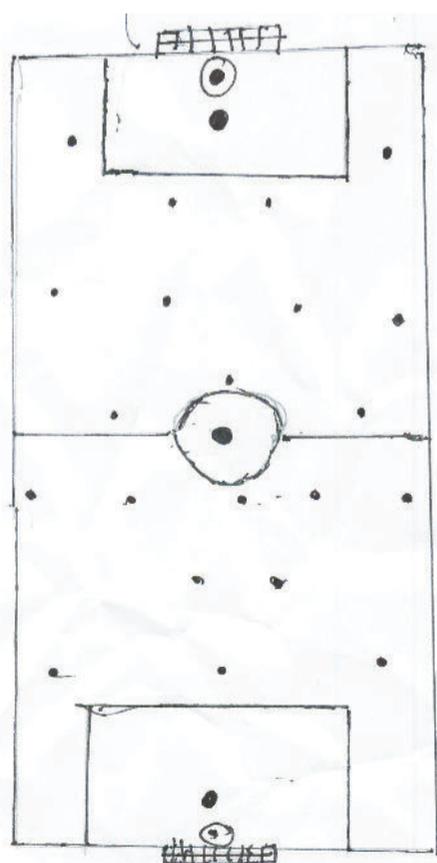
**Swedish Culture**

**festivals: Midsummer**  
Midsummer is a swedish  
festival in summer were  
you can have lots of fun  
dancing and singing

**Swedish meetballs recipe**

Ingredients	Method
400g lean pork mince	1. In a bowl, mix the mince with the egg, onion, breadcrumbs, dill and seasoning. Form into small meatballs about the size of walnuts – you should get about 20.
1 egg, beaten	
1 small onion, finely chopped or grated	2. Heat the olive oil in a large non-stick frying pan and brown the meatballs. You may have to do this in 2 batches. Remove from pan, melt the butter, then sprinkle over the flour and stir well. Cook for 2 mins, then slowly whisk in the stock. Keep whisking until it is a thick gravy, then return the meatballs to the pan and heat through. Sprinkle with dill and serve with cranberry jelly, greens and mash.
85g fresh white breadcrumbs	
1 tsp finely chopped dill, plus extra to serve	
1 tsp each olive oil and butter	
2 tsp plain flour	
400ml hot beef stock (from a cube is fine)	

9. Put a spoon of tomato sauce on your dough and spread it out.
10. Tear up the chorizo, ham and pepperoni and place it on the pizza.
11. Sprinkle over some cheese and position the mozzarella blobs.
12. Bake in a 230 C oven for ten minutes
13. Enjoy your meal!



Sport is one of the biggest industries in the world and I'm going to tell you the coolest things to do with it. Trust me, it's interesting.

1. The Grand Canyon can hold about 900 trillion footballs!



2. According to the manufacturer of a basketball company, a basketball's life is 10,000 bounces.
3. The average golf ball has got 336 dimples.
4. If you filled a matchbox with gold and flattened it out into a thin sheet, it would be the size of a tennis court.
5. The fastest baseball pitch was clocked at 105.1 miles per hour.

# Cool Chemicals

A chemical substance is a form of matter that has a constant chemical composition and character properties. It can't be separated into components by physical separation methods, i.e without breaking chemical bonds. Chemical substances can be chemical elements, compounds, ions or alloys.

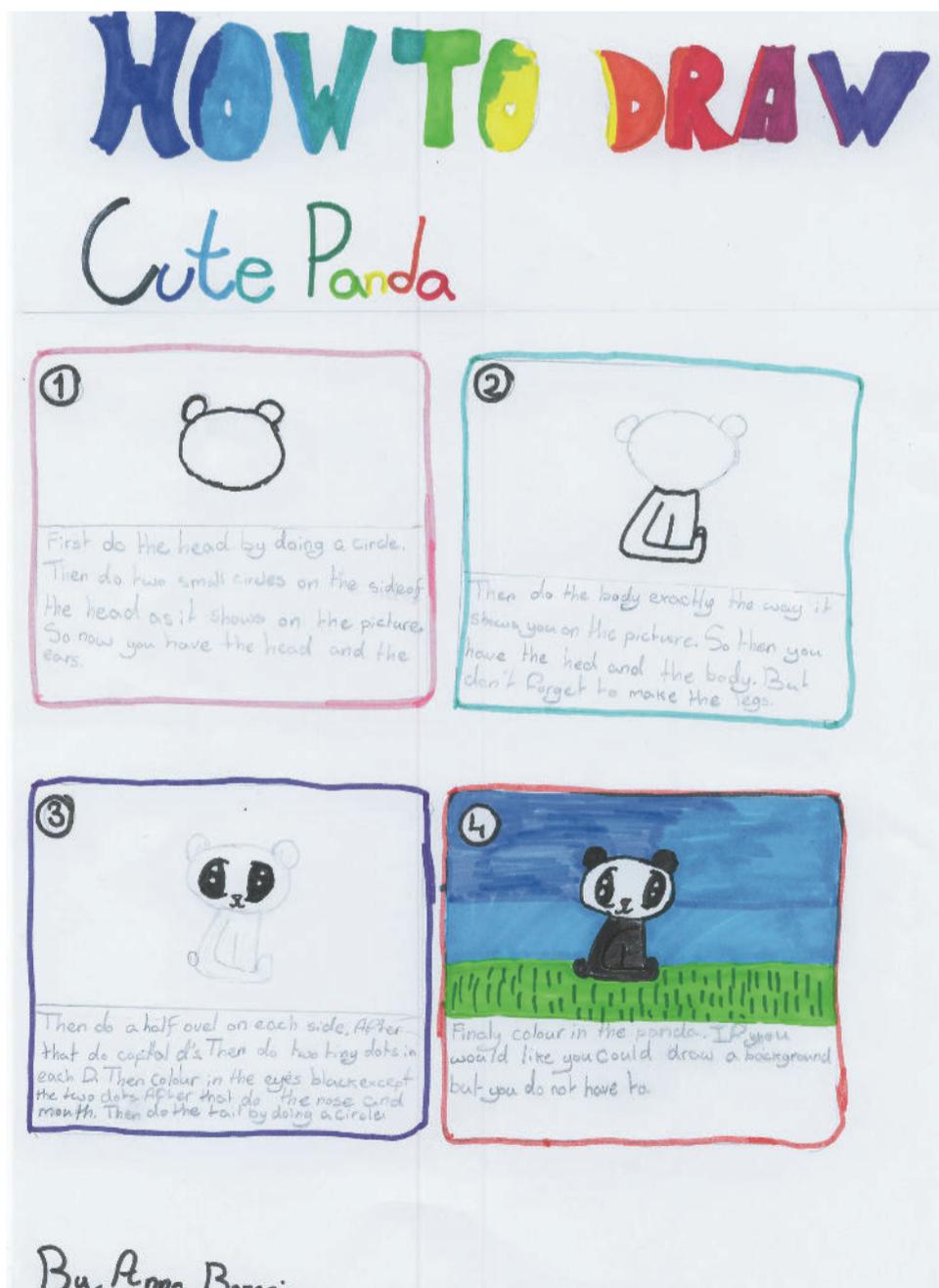
Chemical substances are often called 'pure' to set them apart from mixtures. One is water which is a mix of hydrogen and oxygen, whether found in a river or made in a laboratory. Other examples



are a diamond, gold, table salt and sugar. These are all impure chemicals.

# Arts Section

## Some artwork from around the School selected by Fox Factor



## Artist of the month

Artist of the month

This month our chosen artist is Pablo Picasso, one of the most famous abstract artists.

Childhood

Pablo had a difficult birth and was a very weak baby. Amazingly, Picasso was given a full name containing 23 words. When Picasso went to school he was very good at art, but had terrible behavior. He said, "for being a bad student, I was put into the *calaboose* (an empty cell with a bench to sit on). Being an artist I sat there with my sketch pad drawing. I would of loved to stay there and keep drawing".

His first job

Picasso had his first job in Paris with an art dealer who agreed to pay him 150 francs per month (about £350 now).



One of Pablo's paintings is called *The Old Guitarist* which is different colours of blue which you also find in another of his paintings which is called the *Blue Room*.

# Super Snow Animals

## Snow animals

Snow animals are commonly found in their cold, unwelcoming habitat. The most popular region where almost all the snow animals live is the polar re-



gion. There are many different animals that live here such as penguins, seals and snowy owls. There is another



snowy animal that lives in the far-away Himalayas and that is the Snow Leopard.

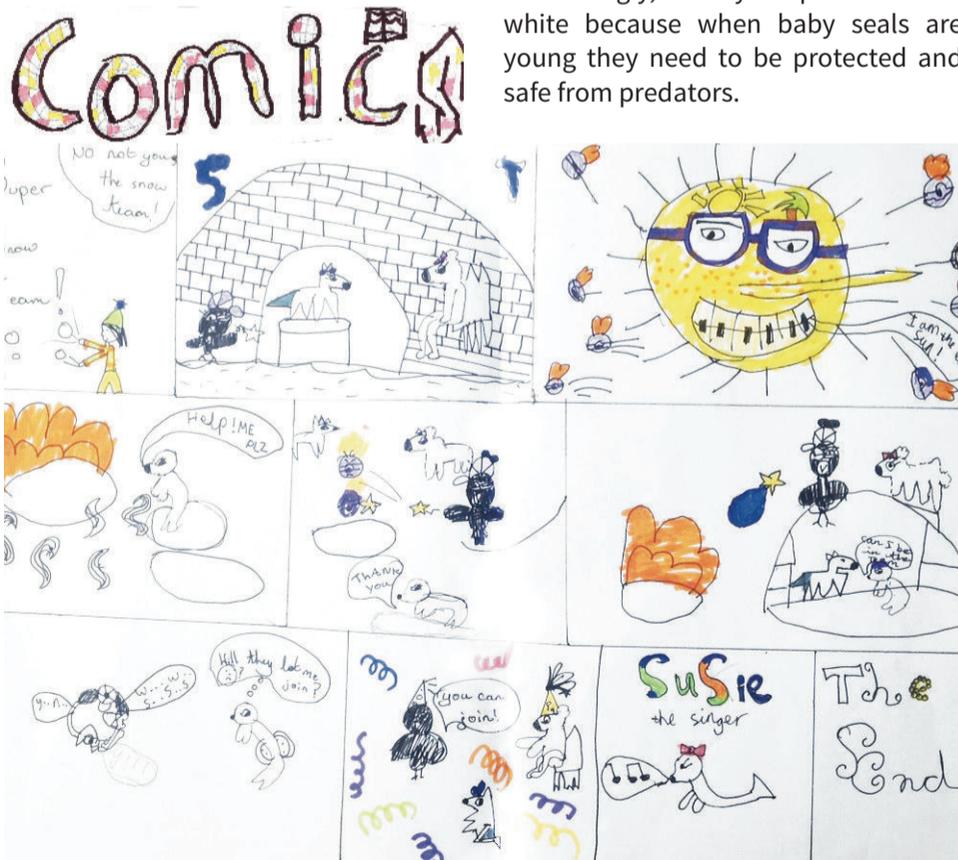
## Seals and Snowy Owls

Amazingly, Harp Seals migrate over 6000 miles a year by spending the summers by the Northern Arctic waters. Did you know that a male Snowy Owl is completely white with no brown feath-



ers but that female Snowy Owls have stylish white and brown feathers?

Interestingly, a baby Harp Seal's fur is white because when baby seals are young they need to be protected and safe from predators.



## Snow leopards

Snow Leopards are an endangered species of animals that are wanted for their fur, blood and bones. Amazingly, a Snow Leopard has brown fur in the sunlight instead of white fur.

## Arctic Fact

Did you know that an Emperor Penguin is the largest species of penguin in the world?

# Fox Factor Top Ten Movies



1. Monsters Inc.
2. Home Alone
3. Percy Jackson
4. Big Hero 6
5. Lego Movie
6. Home
7. Night at the Museum
8. Iron Man
9. Frozen
10. Harry Potter and the Deathly Hallows

# Happy Histories



Did you know that one of Egypt's Kings Tutakhamun, also known as King Tut, died at the age of 18? His tomb was hidden for thousands of years. It was discovered in 1922, where they found rooms crammed with glittering treasure.

Did you know that the Queen Nefertiti was famous for her long neck?



Egyptian writing was made up of lots of pictures called hieroglyphs. Hieroglyphs were also painted on tombs and were used as spells to protect the dead.

Ancient Egyptians believed in many gods and goddesses. One of them was Ma'at who was the goddess of truth.

# Fox Factor Teacher Interviews

## Fantastic Mr Millett

We decided that we just had to interview Mr Millett, who is of course one of the coolest teachers in the world. We wanted to find out a little more about what made him interested in P.E in the first place...

*Did anyone inspire you to get fit and, if yes, who?*

Well, I was really lucky because I had amazing teachers at school who in-

person?

I have had my time in sports, and excelled in various different things. I think the reason why I wouldn't be able to really go for it is that I wouldn't know which sport to choose. I have so many different sports that I love equally.

*What is your favourite football team, and have you ever seen them live?*

started by working here for just a few weeks, and then was asked to come back but, again, only for a few days at a time. I have just slowly been spending more and more time here.

*What do you like to do on your holidays?*

I love to garden on my breaks, I am really passionate about my outdoor space, and I love making things to go in the garden.

*What is your favourite sport?*

Ball sports are my favourite. I love games like tennis, football and rugby and baseball!

*What about your favourite sport to teach?*

Actually not that different. My P.E. teachers were great and really pushed me to try out loads of different sports, without pushing me just to focus on one. I loved not having to choose between them, but getting to know and enjoy a whole range of activities.

*Why do you commute from Bath every day, and do you prefer Bath or London?*

I love both! I am really a London boy through and through, but I also feel like I have done my time here and I really wanted to move somewhere where I had space for my children. I travel because I love my job- I really do think I have the best job in the whole world, and so I feel lucky to be able to come into London to do it.

*What job would you do, if you weren't a P.E teacher?*

That is so hard, as I would like to do lots of things, but probably none anywhere near as much as the job I do now. If I had to pick I would be a Landscape Gardener, and I would design children's gardens for relaxing and playing in. I would make really interesting designs!

*If you were a cupcake, what would you be?*

I would be a French Fancy, for sure. I would have layers of sponge, and then a huge pile of whipped cream, and of course, a cherry on top.

*What cartoon do you like best?*

I love Tin Tin and Popeye.

*Why sports?*

Because I believe in a healthy body and healthy mind, and I can really see children, especially those who don't always work so well in the classroom, benefitting hugely from getting time to release some energy outside. When I was young, I found it quite difficult to concentrate for long periods of time, so sports always helped me so much.

*What are your favourite films?*

Home alone 2 for laughing, Jerry Maguire, and then for something deeper I would say The Colour Purple.

*If you could be any animal, what would you be?*

I would be a black panther!



spired me all the time, such as Mr Kerrigan in Primary School, and Mr Linsey in Secondary. I also used to read lots of comics with super heroes who I thought were amazing because they were so strong and tough. So it was a mixture of great people, and reading lots.

*Who is your favourite author?*

That's a hard question, but I would have to say V.S Naipaul who wrote Miguel Street, as it reminds me of some characters in places I have lived.

*Would you like to be a famous sports*

I fully support West Ham, and I am lucky enough to have seen them lots of times live. I love watching them!

*What is your favourite food?*

My mum's cooking is absolutely my favourite food. She cooks the most fantastic dish that West Indians call a 'Saturday Soup' (like beef stew). It's got dumplings, root vegetables and many other ingredients. Its absolutely delicious.

*What inspired you to teach at Fox?*

It was sort of by accident actually, as I

Similarly, ball sports. I love how children can do so many different things with a ball: throwing, bouncing, catching and batting. It's amazing how many different ways you can play a game with a ball, so I think that would be my favourite. I love teaching basketball especially, as you can really see children's progress.

*If you were a drink, what would you be?*

I think I would be a cocktail... A Piña Colada!

*How different was P.E. when you did it at school?*



## Happy Holt-Green-Apple

Interview with Mrs Holt-Green

*What is the furthest country you have been to?*

I went to New Zealand on my own when I was 16 to join my dad who was already out there. It was such a funny trip though, because he broke his ankle after just five days, so we had to get back on a plane and come back. So it was an awful lot of travelling for a five-day holiday!

*If you were in a Talent Show, what would your act be?*

Well, as I studied drama, I think it would have to be something to do with acting. I would do accents and funny voices.

*What do you do in your spare time?*

I love travelling, walking in Richmond park and meeting friends. I love my sisters, and we spend lots of time together. I also love coffee and cake!

*Why did you decide to be a teacher?*

Well, I didn't actually ever want to be a teacher in particular. I worked in theatre when I was younger, and was involved with the West End. I knew Ms Madden, and she suggested that I came into Fox and did some drama workshops with the Year 6s on Romeo and Juliet- and I just loved it!

*What is your favourite food?*

Mmm, I love lots of different things, but some of my favourites are sushi, nachos, guacamole, roast chicken and chocolate brownies with hot chocolate sauce!

*How do you keep fit?*

Well, I always played lots of netball (I'm still thinking that we should get a staff netball team on the go), but now I love swimming, walking and tennis- but I miss netball the most!

*What is your favourite film?*

Eternal Sunshine of a Spotless Mind, 500 Days Of Summer and Finding Nemo.

*If you were a fruit, what fruit would you be?*

What about a Green apple? Or actually a mango, I love mango!

*What was your favourite subject at school?*

I loved literacy and drama, mostly because I had great teachers in them both.

*If you had to be one of the seven dwarves, which one would you be?*

Probably sleepy!

*What was your best memory of school?*

Definitely doing a play, my favourite thing was learning lines, and songs, and putting the productions together.

*If you were a planet, which one would you be?*

What an odd question, I think I would be Mars, as it would be nice and hot!

*If you could take three things onto a desert island, what would they be?*

I would have to take a solar charging radio, a pen and notepad (can that be one thing?), and finally a coffee machine!

*What was your first job?*

I used to baby sit when I could first work, and then I worked in cafés and a shop - I've worked in loads of places!

# Fox Factor Team

# BOOKS

## Book Reviews

*The Scandalous Sisterhood of Prickwillow Place*

By Julie Berry

The students of St. Etheldreda's school for young ladies have a bothering problem. Mrs Plackett (their strict Headmistress) and her brother (Mr Godding) have most inconveniently been poisoned at the Sunday dinner. Now the school will most certainly close and the girls of course will be sent home. That is unless these proper young ladies can hide the murder and convince their neighbours that nothing



*The Maze Runner*

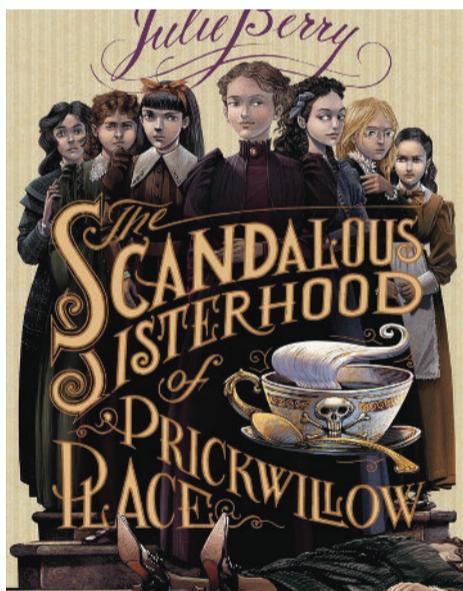
By James Dashner

This book is one of the world's scariest books, so it is not recommended for people who like happy stories. Don't be tempted to read even a single letter. This book is about a boy named Thomas who gets memory loss and all he remembers is his name. He gets lost into a new world which is filled with kids from the wild. This newbie has to survive until he finds his courage to run out through the maze...

\*\*\*\*\* An amazing, thrilling read!

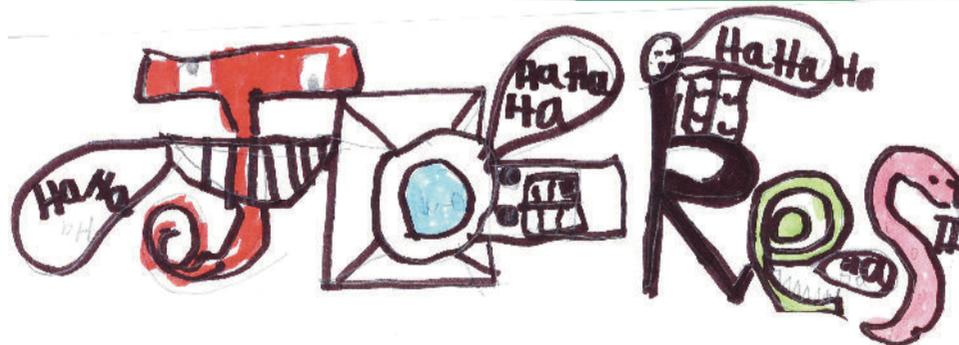


With thanks to all of Media Moguls amazing contributors, who put this whole newspaper together: Jasmine, Milia, Jacob, Callum, Megan, Filippa, Sukie, Jeremy, Julian, Louise, Anna, Isabella, Warren, Aleksandra and Nickolas.



is wrong. Burying two corpses in the garden and faking their way through a surprise birthday party, the girls will do anything it takes to stay together. As they try to get to the bottom of the goings at Prickwillow Road, a sisterly relationship grows between them. From dear Roberta to disgraceful Mary-Jane, all the girls will do their best to solve the mystery...

\*\*\*\*\* A thrilling, spine-chilling tale with awkward and embarrassing moments, I absolutely love this book.



**Q: Why couldn't the pirate play cards? A: Because he was sitting on the deck!**

**Q: Why can't you give Elsa a balloon? A: Because she will 'Let It Go!'**

## Competition

Send in your articles for Fox Factor's next publication and we will choose some of the best to publish! Please send to Alyssa.Flegg@foxprimary.co.uk. Good Luck!

## Editors Note

Well done to the Fox Factor team who have worked really hard to put together this, the second edition of Fox Factor at Media Moguls after-school club. Please do get involved in the next issue by sending in articles to Alyssa.Flegg@foxprimary.co.uk.

Ms Flegg

