



Sports Newsletter

If you have any sports news, please let Miss Steeples know.



@granthamstmarys

Friday 14th October 2022

Cycle to School Week 2022

Between Monday 3rd October and Friday 7th October 2022, it was Cycle to School Week and we, as a school, took part superbly!

Thank you and well done to all of the children and their families who cycled or scooted to school.

After totalling up each class's number of children cycling and scootering (with walking combined) and working out the percentages, the most active class in EYFS and Key Stage 1 was Year 2 and within Key Stage, Year 3 were the most active over the week.

Well done to them!

However, everyone who cycled and scooted should be congratulated, as they were fantastic ambassadors for environmental travel and using a healthy & active way to get to school.

Remember to keep cycling and scooting to and from school as much as possible.





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Cycle to School Week 2022





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Friday 14th October 2022

Cycle to School Week 2022



During Cycle to School Week, it was great to see the bike park and scooter pod so full - great work everyone! Many children, who cycled or scootered to school on the Thursday of Cycle to School Week, received a break time brunch snack, which they all seemed to thoroughly enjoy!





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Friday 14th October 2022

Cycle to School Week 2022



Children, who cycled or scootered to school on the Thursday of Bike to School Week, received a break time brunch snack. Everyone seemed to enjoy their tasty treat which was a just reward for their cycling and scootering efforts in the morning. We must say a huge thank you to Mrs Hamilton for organising it all - it is greatly appreciated by us all!



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Friday 14th October 2022

Cycle to School Week 2022

Balance Bikes



Reception children have been utilising the balance bikes that they have in their outdoor area with great success. Balance bikes develop a child's ability to balance before teaching them to pedal, building their confidence staying upright on two wheels. Great work EYFS!



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Friday 14th October 2022

Bikeability



Members of Year 5 and Year 6, recently undertook their Level 1 and 2 Bikeability training with Outspoken and were amazing!

Level 1 is an exciting gateway to starting your cycling adventure. A journey of many miles starts with the first step. Level 1 takes place off-road, normally on the school playground. This means that children can learn in a traffic-free environment. Level 2 teaches children how to grow more confident with each turn of the pedal. The expert instructors then led riders onto quiet roads, to experience "real" cycling.

This is a fantastic opportunity for our children and all who took part were amazing ambassadors for St. Mary's.





Sports Newsletter

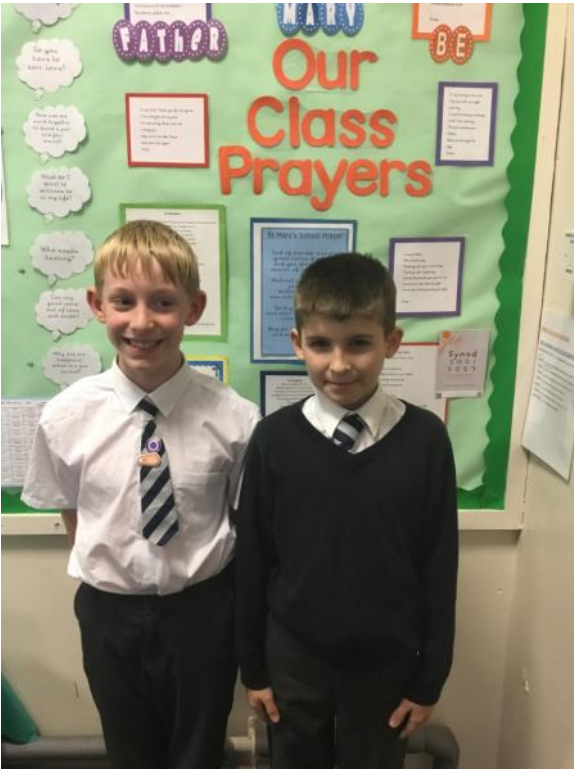
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Friday 14th October 2022

New House Captains



Following an application process, we are delighted to present to you our new, Year 6, House Captains for this academic year.

They are all very excited to lead their houses in numerous activities, including sporting ones and have taken on the responsibility superbly!





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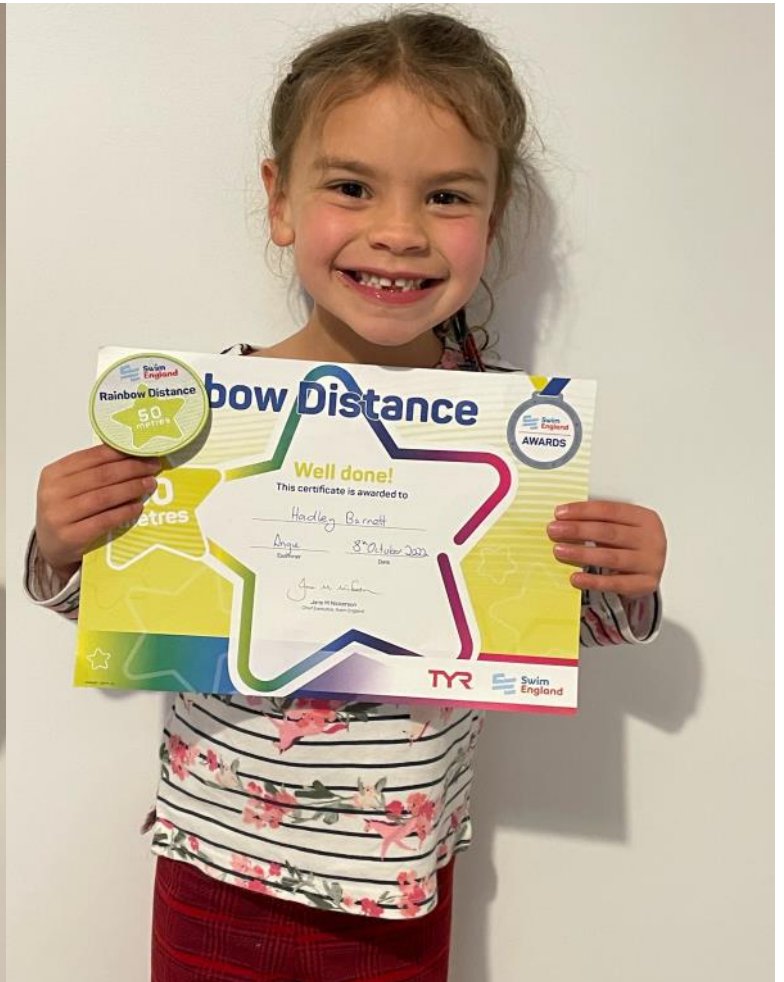
Friday 14th October 2022

Siblings' Swimming Success



LEISURESK

Leo and Hadley's swimming is going from strength to strength and we were thrilled to receive news of their swimming success this week. It was distance night for the Swim School at the Grantham Meres Leisure Centre and Hadley, who is in Year 1, achieved her 50m award, which is fantastic news! Her older brother Leo, who is in Year 6, swam a mammoth 150 lengths, which has earned him his 3000m badge - what a phenomenal achievement!



If you have any sports news that you would like to share with our school community, please send it into us because we'd love to celebrate these successes with you and it will be included in future newsletters.



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Friday 14th October 2022

Swimming

Swimming competency checklist

Can your child:



Float to live



Tread water for 30 seconds



Swim in clothing



Swim 100m

Don't stop their swimming lessons until these **minimum standards** are achieved.



Is your child a competent swimmer?

Water competency is often misinterpreted by parents and guardians as their child being able to jump into a swimming pool and being able

to put their face in the water. The reality is very different.

Learning to jump into a swimming pool is a vital safety skill that mimics the motion of falling into water and so it is important for helping swimmers get used to not panicking and also getting themselves to the side safely.

However, there are many other water safety and survival skills that a child needs to learn before they are safe in water, such as floating and treading water.

So, when can you be sure that a child is water competent, rather than just showing confidence in the water?

Swim England's minimum water competency standards give parents and guardians a clear set of skills that children should achieve before a child stops swimming lessons.

Visit www.leisuresk.co.uk/learn-to-swim if you are interested in swimming lessons for your child.



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Friday 14th October 2022

One Mile Challenge

1 MILE
CHALLENGE



As a school, we have taken part in the first sporting competition, as set by the South West Lincolnshire School Sports Partnership, which was a virtual one mile challenge. The times for each child were recorded and we have submitted the top three boys and girls from each Key Stage 1 and 2 class. Everyone did an amazing job and we look forward to seeing how our times compare to those of children from other local schools.





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Friday 14th October 2022

Congratulations to the top three boys and girls in Key Stage 1!



One Mile Challenge





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Friday 14th October 2022



Congratulations to the top three boys and girls in Lower KS2!

One Mile Challenge





Sports Newsletter

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Friday 15th October 2021

Congratulations to the top three boys and girls in Upper KS2!



One Mile Challenge



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Friday 14th October 2022

Mega Rugby Fest



Some children from Year 3 attended a Mega Rugby Festival at Kesteven Rugby Club recently and had a great time learning about all things rugby. They took part in different activities and honed their skills before playing some match style games. Thank you to our in house rugby enthusiast, Mrs Williams for accompanying the children to this event and to the parents for assisting with transport as well.





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Friday 14th October 2022

Badminton Festival



Twelve children, all from Years 5 and 6, ventured across the road to KGGS to participate in a Racket Pack Badminton Festival. They completed a carousel of badminton activities that supported and had an amazing time! Thank you very much to Mrs Flower for accompanying the children and to the parents for assisting with transport.



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Friday 14th October 2022

Lunchtime Clubs



During one of their lunchtimes, some Year 4 and 6 children take part in a Change 4 Life club, which encourages them to experience new sports, play games and enjoy sporting opportunities with their friends.





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Friday 14th October 2022

Multi Sports After School Club



Many children, from every class across the school, have attended the Multi Sports after school club, where they are able to take part in a number of different activities. They enjoy developing their skills each week and have gained a wealth of knowledge about so many sports.





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Friday 14th October 2022

Intra School Competition LKS2 House Netball

A HUGE congratulations to our medallists from each class!

Year 3

1st:

Willow (Lourdes)

2nd:

Rebecca (Czestochowa)

3rd:

Maja (Loreto)

Year 4

1st:

Charlie (Lourdes)

2nd:

Nancy (Walsingham)

3rd:

Kaylee (Czestochowa)

The results from our recent Key Stage 2 House Netball Competition are in and it was very close! Well done to everyone! To determine the overall winner of the shield, the number of goals scored for each house was averaged out. Congratulations to all involved! The final positions within the intra school competition are:

1st Place

Lourdes

2nd Place

Walsingham

3rd Place

Czestochowa

4th Place

Loreto





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Friday 14th October 2022

Intra School Competition LKS2 House Netball



Also, a massive well done to each of the pupils who were awarded the Player of the Day for their house across the whole of Key Stage 2!

Year 3

Czestochowa:

Charlie

Loreto:

Abigail

Lourdes:

Jacob

Walsingham:

Poppy-Rae

Year 4

Czestochowa:

Roman

Loreto:

Fiorella

Lourdes:

Ellis

Walsingham:

Grace





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Friday 14th October 2022

Intra School Competition UKS2

The results from our recent Key Stage 2 House Netball Competition for Years 5 and 6 are also in! Well done to everyone for their efforts! To determine the overall winner of the shield, the number of goals scored for each house was averaged out. The final positions within the competition are:

1st Place

Loreto

2nd Place

Czestochowa

3rd Place

Walsingham

4th Place

Lourdes



A HUGE congratulations to our medallists from each class!

Year 5

1st:

Oliver (Czestochowa)

2nd:

David (Loreto)

3rd:

Isaiah (Walsingham)

Year 6

1st:

Alfie (Loreto)

2nd:

Luca (Loreto)

3rd:

Levi (Loreto)

If you are interested in taking up netball or attending sessions out of school soon, Fenland Netball Club are local and contact can be made by emailing louise.key@fenlandnetball.co.uk.





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Friday 14th October 2022

Intra School Competition UKS2 House Netball

Also, a massive well done to each of the pupils who were awarded the Player of the Day for their house across the whole of Key Stage 2!

Year 5

Czestochowa:

Tailan

Loreto:

Jayden

Lourdes:

Emlyn

Walsingham:

Olivia

Year 6

Czestochowa:

Leo

Loreto:

Emme

Lourdes:

Cooper

Walsingham:

Lina





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Friday 14th October 2022

Bronze Young Ambassadors



Our newest Bronze Young Ambassadors from Year 5 attended their first training session with Inspire+ recently.

The role of the Ambassadors is to inspire pupils in their school to be involved

more in sport and leadership. They all have lots of amazing ideas and were very excited to take on this privileged position of responsibility.





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Football Success



It was superb to hear of a sporting success for one of our Year 4 pupils. Roman has recently joined Gonerby Football Team and is enjoying playing for them. This weekend, he scored an impressive goal and was also named Man of the Match. We look forward to hearing how the rest of the season goes. Very well done Roman!



Dancing Success

More sporting success that we received, this week, was from Rebecca in Year 3, who has been extremely busy with her dancing. Her dance crew 'Illuminate' came 1st in their category at the Born 2 Perform event held at Bushfield Leisure Centre in Peterborough recently. She also came in the top 6 in solos for her age group. Amazing achievements, huge well done!



If you have any sports news that you would like to share with our school community, please send it into us because we'd love to celebrate these successes with you and it will be included in future newsletters.



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Friday 14th October 2022

World Mental Health Day



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

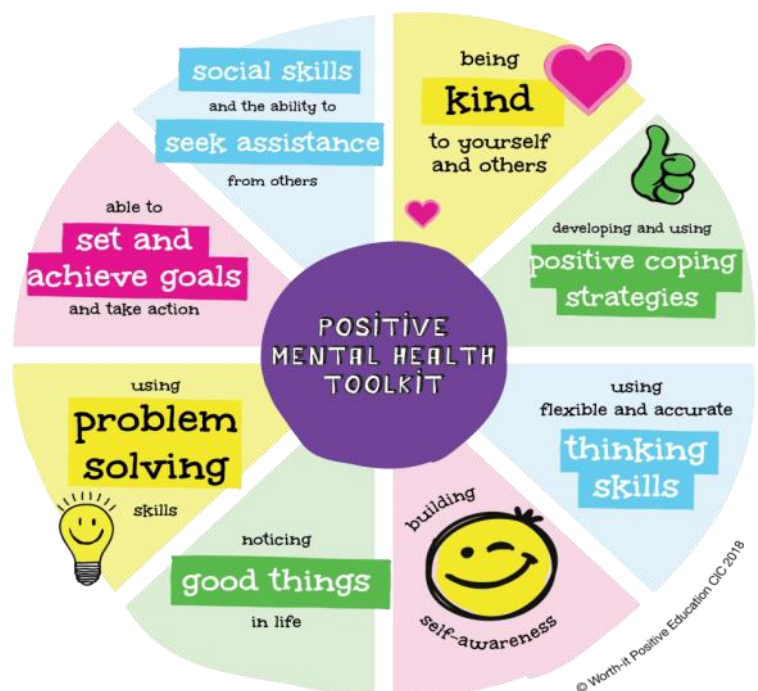


EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Monday 10th October 2022 marked World Mental Health Day and this year's theme was 'Make mental health and well being for all a global priority.' The 5 ways to well-being are really important to us all. According to the NHS, evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.



SELF KINDNESS TIPS

When we think about being kind, we often think about helping others. But being kind to ourselves is just as important. When we're kind to ourselves, it helps us to feel happier, and when we're happier, we're more likely to be kind to others. So by being kind to yourself, it's actually helping everyone!

Some ways to be kind to yourself (these are just a few ideas...see if you can come up with some as well).

*Have a
good night's
sleep.*

*Spend some
time doing
something you
enjoy.*

*Look after yourself
by eating some healthy
food and doing some
exercise to stay fit and
strong.*

*Make a list of
five things you love
about yourself*

Non-screen activities you can do at home

Our earth is very special. These activities will help you reflect on how we can make it a better place.



1 Imagine you're a reporter.
Can you write a news report from today? What is the major event you will write about?

2 Interview someone in your family about the world today, what will you ask? Write down their answers.



3 Plant a seed!
Plants can save the earth! Can you plant a tree that will last for years?

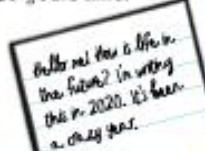


4 Clean up your patch of earth.
Go out for a walk in your area, collect litter that has been dropped and put in the bin. Don't forget a pair of gloves and a rubbish bag.

5 Quiz time!
Can you think of ten questions about the earth today? Try them out on someone! How many can they answer correctly?

6 What does the earth look and feel like today?
Can you write a short description? Include what you like and don't like.

7 Hello me!
Write a letter to yourself to open in 20 years time.



8 Investigate!
How are we harming the earth at the moment? How can we change that? Write down what you discover.

9 Write a poem, song or rap to remind people to look after the earth. Perhaps the title could be 'pollution solution'.



10 What would it be like to time travel?
Write a story about it! Which year will you travel to? What does the earth look like then?

11 Wild art!
Collect things from the garden and make a piece of art. A picture or sculpture from twigs or leaves, or something else.

12 Upcycle!
Use items from your recycling to make something cool. A model, a piece of art or something else.



13 Write a diary entry of a memorable day from this year. Make sure you include how it made you feel.



14 Should we celebrate Earth Day every year?
Or should every day be Earth Day? Debate and discuss with someone you know.

15 Ask a friend or family member to write a letter to you. Keep it safe and re-read it in years to come.



16 Draw, paint or make a model of what you think the earth will look like in 20 years time.



17 Take charge!
Can you be in charge of recycling in your house?

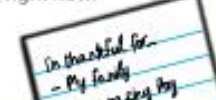


18 Favourite things.
What are they at the moment? Write a list. How much do you think they will change over time?

19 Draw a self-portrait.
What do you look like now?



20 Be thankful.
Write a list or draw a picture of all the things you're thankful for on Earth right now.



21 Start a scrapbook.
Collect things from this year to include in it. Photos, newspaper clippings, tickets. What else could you include?



22 Going for goals. Write a list of your goals for the future. What do you hope to achieve?



23 Eco-warrior!
Create a list of the rooms in your house and monitor how often the lights are used. Can you save electricity in any of them?

24 Design and make a poster of all the ways we can look after the earth.



25 Make a time capsule.
You could include all of the things you produce from these activities. What else? Hide it away and don't open it for years to come.



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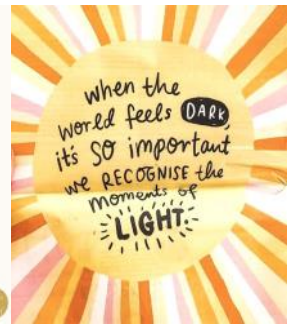
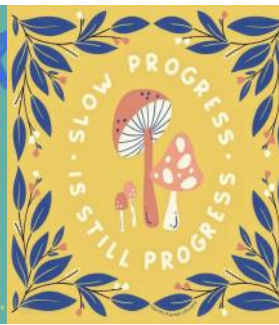
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Friday 14th October 2022

Optimistic October



Following on from Self-Care September please feel free to complete each of the suggested activities from Action for Happiness' Optimistic October Action Calendar. There is one suggested action for each day.

Optimistic October 2022

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

ACTION FOR HAPPINESS Happier · Kinder · Together



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Friday 14th October 2022



#HealthyHappyActive

Congratulations to Year 4 and 5, who, this term, have successfully completed the 'Where do you Read?' challenge as part of the #HealthyHappyActive Interests and Talents IMPACT area challenges. This has also earned them their Bronze Certificate - well done all!





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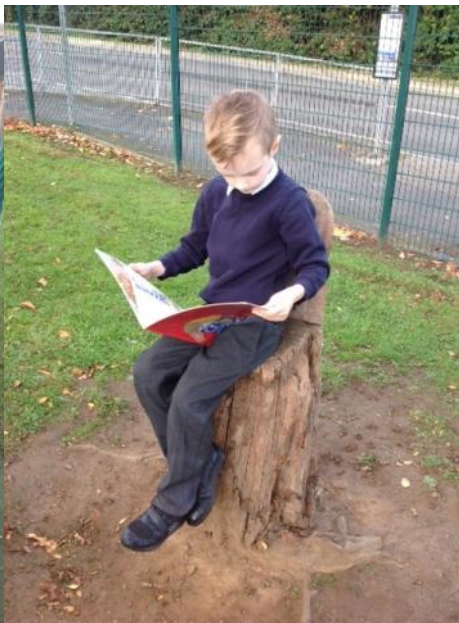
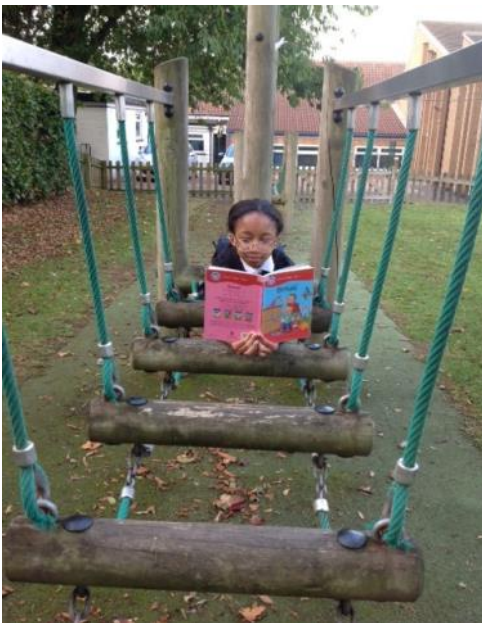
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Friday 14th October 2022



#HealthyHappyActive

Congratulations to Year 2, who, this term, have successfully completed two of the #HealthyHappyActive challenges within the Interests and Talents IMPACT area to earn them their Silver Certificate. They completed the 'Where do you Read?' challenge, which was great fun.



inspire+



Congratulations

Interests & Talents Silver Award

On completing 2 challenges that has inspired you to explore and find your individual interests and talents.

Name: Year 2

Date: October 2022

Signed:

Sam Ruddock, GB Paralympic Athlete and inspire+ #HealthyHappyActive ambassador





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Friday 14th October 2022



Playground Leaders Games of the Week

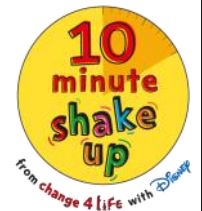
Our Year 5 Playground Leaders have, this time, provided suggestions of outdoor games that could be played to keep everyone more active:

- **Kick the Can**—One person or a team of people are designated as 'it' and an object is placed in the middle of the playing area. The other people run off and hide while the 'it' covers his or her eyes and counts to a certain number. 'It' then tries to find everyone. If a person is tagged by 'it', they go into a holding pen for captured players. If one of the un-captured players manages to kick the object, the captured players are released. The game is over once all the non-'it' players are in the holding pen.

change 4 life Activities

Change 4 Life and Disney have teamed up to bring you play-along games inspired by your favourite Disney and Pixar characters. These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day!

Visit www.nhs.uk/10-minute-shake-up/shake-ups for more info.



Rocket and Groot's Sneaking Game

Groot is practising his skills with Rocket. Who is faster?

Players: 2 or more



Captain America's Hero Training

Train with Captain America and test your speed and flexibility, Avengers style!

Players: 1 or more



Scarlet Witch's Energy Blast

Can you match Wanda's pinpoint psychic precision?

Players: 1 or more



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Friday 14th October 2022

Roots to Food Recipe



Chicken Rogan Josh served with Sultana Rice

Naan Bread Fingers

Ingredients

1 Onion Sliced thinly	1tbs Mild curry powder
15g Fresh Ginger grated	1tsp Cinnamon
1 Red Pepper sliced	1 x 400g tinned chopped tomatoes
4 Spring Onions thinly sliced	150g easy cook long grain rice
1 tbs Vegetable Oil	2tbs sultanas (optional)
3 Chicken Breast or boned and skinned	40g Fresh Coriander
thigh cut into 1cm dice	4 small naan breads cut into large finger size

Method

1. In a large bowl mix the chicken with the curry powder. This mix is best left to marinade for 1 hour.
2. Bring a large pan of water to the boil and start to cook the rice simmering slowly.
3. Meanwhile in a wok heat the oil place the ginger in a wok or saucepan and wait for the ginger to sizzle. Now place the chicken in the pan and seal, place 1 tablespoon of water in the pan, cover with a lid and steam until cooked, Keep lifting the lid to check the chicken is kept moist, add more water if necessary. Now gently tip the onions, cinnamon, peppers and spring onion into the chicken and stir fry until cooked, add the chopped tinned tomatoes bring to a simmer and add the fresh coriander. The Rogan Josh is ready.
4. Add the sultanas to the cooked drained rice and place into a mould (small cup) and press the rice firmly into the mould. Turn out the rice onto a plate and serve the curry onto the plate with the rice.
5. Serve with hot naan breads cut into fingers.
6. Enjoy!

Each year, we are visited by Darren Tinkler from Roots to Food and this year will be no different.

Children will construct, from scratch, a balanced meal in small participation groups.

Please feel free to use this recipe to make and enjoy a meal together.

#Healthy Happy Active Camps

inspire+

Healthy, Happy, Active Young People



Venue:

Belmont Primary School – NG31 9LR

24th, 25th, 26th, 27th & 28th October

8:30am to 4:30pm

To book go to: <https://www.inspireplus.org.uk/holiday->

Camp Details:

Price: From £19.50

Age: 5-11 years old

Please make sure that your child has a drink, packed lunch and snacks for the day as well as wearing suitable clothing.

Prices start from £19.50 per child.

For more information, please contact us on:

Sacha.castell-smith@inspireplus.org.uk

Book before the 17th October to gain the early-bird booking price of £19.50 per day. After this the price will increase to £25.50 per day!



SCAN ME

[inspireplus.org.uk](https://www.inspireplus.org.uk)

Charity Number 1144507

“I just wanted to thank you for providing such a great holiday club. The set up and staff have again been wonderful. Our son has thoroughly enjoyed his time with you and always wanted to come back!”

Testimonial