



Sports Newsletter

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



@granthamstmarys

Friday 4th November 2022

Dai Greene Visit

Just before half term, we were very fortunate to be visited by the newest ambassador to the Inspire+ team, Dai Greene. He is a former 400m hurdles European, Commonwealth and World Champion! It was fabulous to hear him speak about his journey and the importance that sport can play in everyone's daily lives.

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Dance Success



It was lovely to receive information about some dancing success this week.

Rebecca, who is in Year 3, won crew dancer of the month, which is amazing!

This is great news and keep up the good and hard work.

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Girls Football

Our girls' football team took part in the Large School Tournament yesterday and were great representatives of our school. The first match saw them take on the champions of the last 2 years, Malcolm Sargent, which was a tough ask but they got stuck in and showed great spirit.

Marston was their next game, which built their confidence before finishing off with a 1-0 well deserved victory against Allington. A HUGE thank you to Mrs Cooper Brown for accompanying the team and to all the parents who assisted with transport. Great work from the whole team!





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Kindness Club

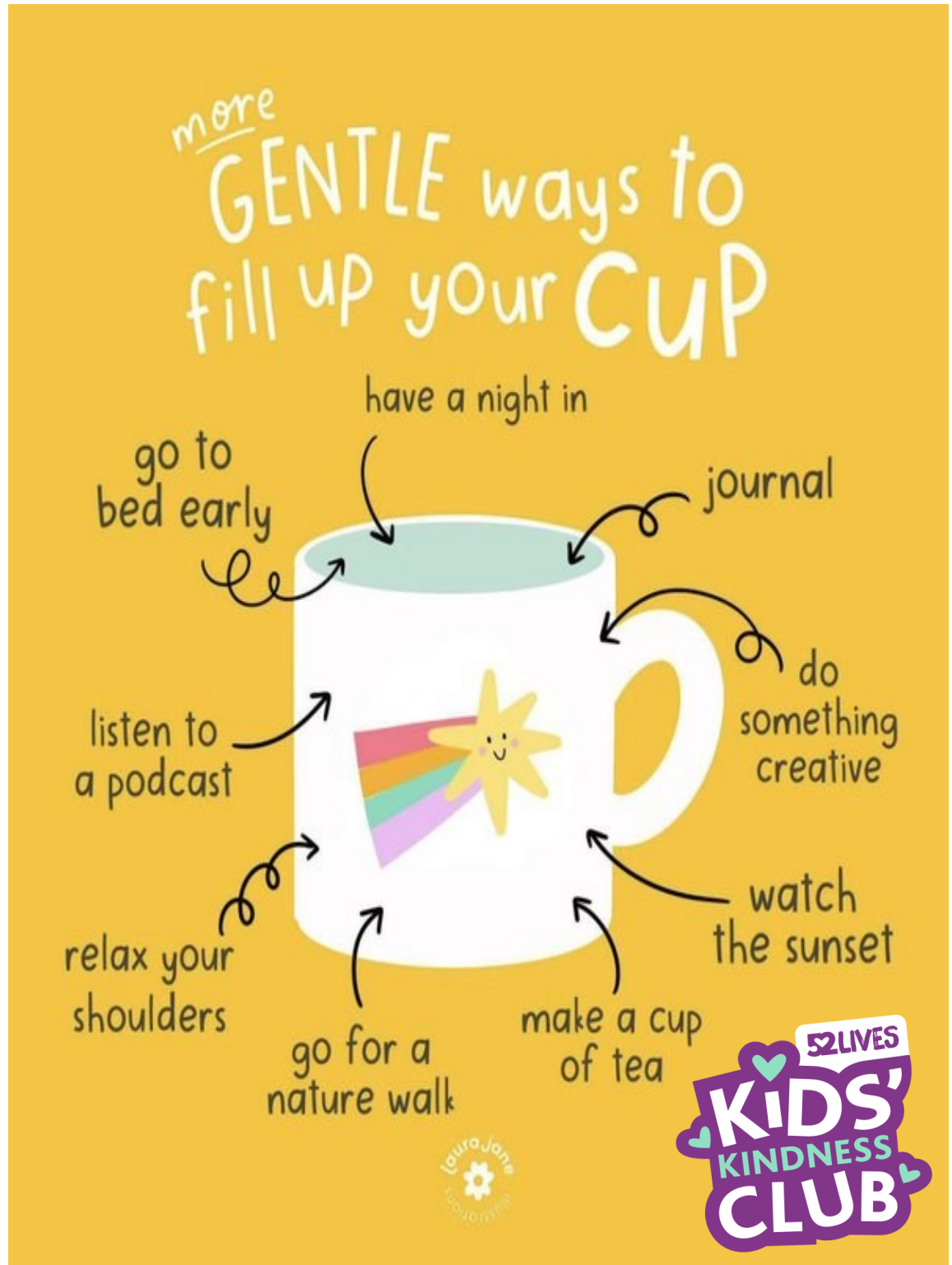


A charity, that we have worked with in the past, are 52 Lives School of Kindness.

They encourage us to think about others as well as ourselves.

This reflects Bible scripture too.

It's important to be kind to ourselves. How can you fill your cup?





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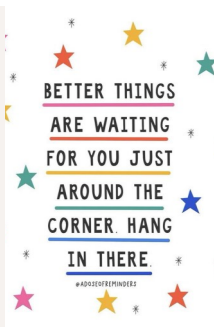
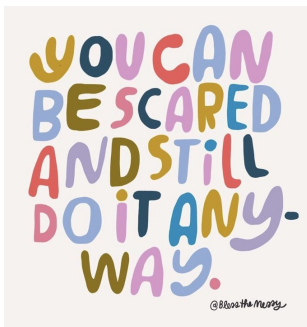
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New Ways November



Following on from Optimistic October, please feel free to complete each of the suggested activities from Action for Happiness' New Ways November Action Calendar. Try the suggested action for each day.

New Ways November 2022

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together





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#HealthyHappyActive

One of the #HealthyHappyActive challenges from last term was also completed by Reception class, Year 6 and Year 1. The challenge was to read a book in an interesting place - where would you like to read?

EYFS





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#HealthyHappyActive



Year 6



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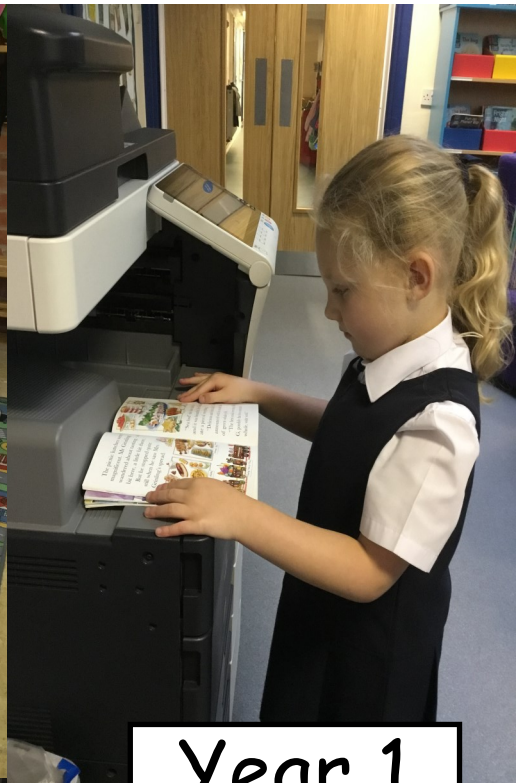
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#HealthyHappyActive



Year 1





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Friday 4th November 2022

#HealthyHappyActive



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Congratulations

Interests & Talents Bronze Award

On completing 1 challenge that has inspired you to explore and find your individual interests and talents.

Name: Reception Class

Date: October 2022

Signed: 

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



Congratulations

Interests & Talents Bronze Award

On completing 1 challenge that has inspired you to explore and find your individual interests and talents.

Name: Year 1 and Year 6

Date: October 2022

Signed: 

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



Because one challenge of the Interests and Talents was completed before half term, these three year groups have also earned themselves their Bronze Certificate within the #HealthyHappyActive platform. Congratulations to them all!





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#HealthyHappyActive



This term, we move on to the 'M' of IMPACT which looks at mental well-being. How can you stay mentally healthy? Some of the suggested activities are named 'Colour Monster' and 'Happy Habitats.' Once again, each class will have the opportunity to complete challenges linked to this. Are you aiming to achieve bronze, silver or gold?



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Playground Leaders Games of the Week

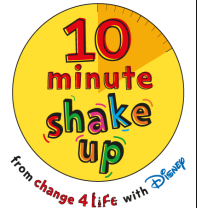
Our Year 4 Playground Leaders have, this time, provided suggestions of outdoor games that could be played to keep everyone more active:

- **Capture the Flag**—This game is most fun when played with a large group. Split the group into two teams, each team having a flag or other marker at the team's base. The object of the game is to run into the other team's territory, capture their flag and make it safely back to your own territory. You can tag 'enemy' players in your territory, sending them to your jail. They can be sprung from jail by a member of their own team running into your territory, tagging them and running back, with one freed person allowed per jail break.

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.



Olaf and the Troll Babies

The troll babies are running wild. How quickly can you find them all?

Players: 2 or more



Elsa's Blizzard Blitz

Are you quick enough to catch Elsa's speedy snowballs?

Players: 2 or more



Anna's Copycat Dance

The palace is throwing a party! But can you follow all the moves?

Players: 3 or more

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FUN FOR ALL THE FAMILY!

Hire one of our

FAMILY PLAY BAGS



Enjoy it for up to
1 week

Each bag contains:

- 1 x Plastic cricket bat
- 1 x Full size Windball cricket ball
- 4 x Wooden stumps
- 1 x One-piece cricket bail
- 1 x Rounders bat
- 1 x Rounders ball
- 1 x Training football
- 2 x Wooden beach tennis bats
- 1 x beach tennis ball
- 1 x Frisbee
- 1 x Mini ball pump

We can provide different equipment in the bag upon request.

IMPORTANT!

We require a £20 deposit that will be refunded if all equipment is returned and in good condition



CONTACT US NOW!

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