



Sports Newsletter

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



@granthamstmarys Thursday 9th February 2023

Lunchtime Clubs



All children have enjoyed the different sporting activities available during three of their lunchtime outdoor breaks. Each time, they develop different skills and have fun with their friends.





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Bikeability Tips

Cycling Tips FOR NEW RIDERS

- 1** Find a quiet, open area away from traffic to practice safely
- 2** The back brake is for speed control & slowing, while the front brake is for stopping
- 3** Practice resting fingers over the brakes - this is called 'covering the brakes'
- 4** Brake using index fingers instead of the whole hand, as this can cause loss of balance
- 5** Don't brake too hard or fast!



Teaching your child how to safely use brakes



Learn to cycle with confidence.
Find your nearest Bikeability course at
bikeability.org.uk/find-cycle-training



Bikeability have published a list of tips so that everyone who enjoys cycling can do so safely and it also means that your bike is fit for fun!



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Rotary Swimathon



Two teams of swimmers took on a swimming challenge last weekend at the Meres Leisure Centre. It involved a 50 minute relay and is a fundraising event for the town.

Congratulations to Mrs Glendinning, Miss Brummitt, Mrs Hamilton, Layla, Julia, Seb, Nicholas, Leo, Lina and Elliot - you were all amazing! Collectively, they swam 304 lengths.

They are all superstars! Thanks to our supporters too who cheered on the teams.

****If you would like to sponsor our team, please bring your donation into the school office on or before Friday 4th March 2022.****



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Rotary Swimarathon



On Sunday, Charlie Wood and Nuala from Year 3 both took part in the Annual Grantham Rotary Swimarathon at The Meres Leisure Centre.

They were very nervous of the occasion and being the youngest swimmers in their time slot by a long way, but were absolutely fabulous!

They both completed 16 lengths each and had a brilliant time, raising almost £300 for the charity.

A HUGE well done to them!

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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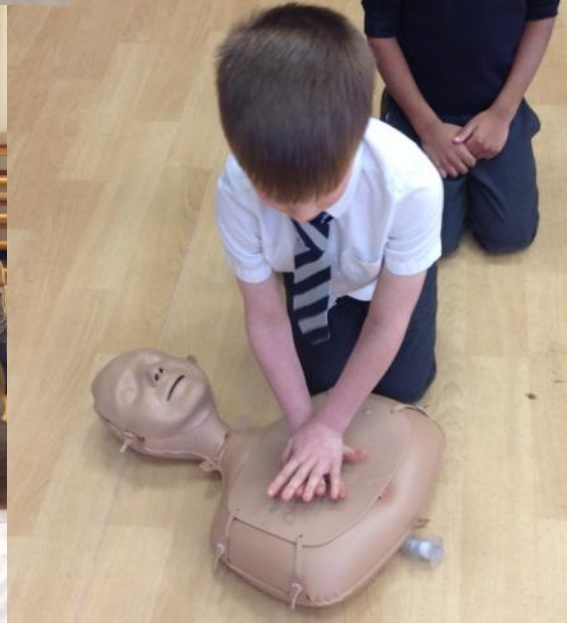


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First Aid Training **LIVES.**

Year 2 had the privilege of being taught some basic first aid with the help of a charity called LIVES, which we have been fortunate to access.

Thanks to Zoe, who works for the charity, for delivering the sessions with our children. They explored the use of Danger, Response, Airway, Breathing and Circulation. These really are fantastic life lessons that, we hope, will stay with our children for many years to come.





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LIVES. First Aid Training



Some of our Year 5 children also had the opportunity to develop their first aid skills too. They practised the different steps that would be involved in assisting someone who was in serious need of medical help.



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Legacy Tour



It was great to welcome Kai from Inspire+ to continue the Legacy Tour. This year's theme is Kindness and we were introduced to the Kindness Awards that we can apply for. Our Year 5 Bronze Young Ambassadors led our assembly wonderfully and

inspire+ should be extremely proud!

inspire+

5 LIVES
SCHOOL OF KINDNESS

KINDNESS ASSEMBLY





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Legacy Tour

As part of the Legacy Tour, our country for the Mini Olympics has been selected and we will be representing Greece.



Our Year 5 Bronze Young Ambassadors visited Cliffedale Primary School, the following day, to pass on the Legacy Tour. It was another opportunity for them to read the pledge, which they had written as part of our

inspire + assembly, to a different school. A HUGE thank you to Mrs Stout for assisting with transport to and from this event - it is greatly appreciated.





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Children's Mental Health Week Let's Connect

The theme of this year's Children's Mental Health Week is **Let's Connect**.

Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing.

When we have healthy connections - to family, friends and others - this can support our mental health and our sense of wellbeing.



For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding and meaningful ways.

For more information and activity ideas,

please visit Place 2 Be's website using the following link:
www.childrensmentalhealthweek.org.uk



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@granthamstmarys Thursday 9th February 2023

Children's Mental Health Week Let's Connect



Let's Connect Emotionally





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Children's Mental Health Week Let's Connect

THINGS TO DO

If You're Feeling Anxious



Walk in
nature



Talk to a
friend



Create
something



Play with
a pet



Write in
your journal



Move your
body

@juliaspiritualcoaching



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Children's Mental Health Week

Let's connect

A TO Z OF 'LET'S CONNECT'
Children's Mental Health Week

A for ATTACHMENT Feel the attachment to friends and family	B for BELONGING Belong to groups where there are common interests	C for COMMUNITY Be part of your community	D for DEPENDABLE Who can you depend on?
E for EXPLORE Explore and make new friendships	F for FRIENDS Make time to see your friends	G for GREETINGS Greet people with a smile and friendly word	H for HELPING Offer your help to anyone that needs it
I for INSPIRING Be inspiring to others	J for JOIN IN Join in with games and activities	K for KINDNESS Show kindness to others always	L for LISTEN Use your listening skills when talking to others
M for MEANINGFUL Make meaningful relationships	N for NAMES Ask people what their names are and use them	O for OPENNESS Be open and friendly to all	P for PLAY Play with lots of different people
Q for QUALITY Spend quality time with others	R for RAPPORT Who do you feel close to?	S for SAFE Spend time with people who make you feel safe	T for TOGETHER Do exciting things together
U for UNITY Who can you unite with?	V for VALUE Value your family and friends	W for WELCOME Always be welcoming to others	X for EXCEL Excel at friendliness
	Y for YES Say yes to new adventures	Z for ZEALOUS Be an enthusiastic friend	

ELSA support  www.elsa-support.co.uk



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@granthamstmarys Thursday 9th February 2023



Intra School Competition KS2 House Boys' Football

The results from our recent Key Stage 2 House Boys' Football Competition are in and it was very close! Well done to everyone!

A HUGE congratulations to our medallists from each class!

Year 3

1st:

Antonio (Czestochowa)

2nd:

Filip (Czestochowa)

3rd:

Charlie Wi (Cz.)

Year 4

1st:

Dylan (Walsingham)

2nd:

Archer (Czestochowa)

3rd:

Ellis (Lourdes)



A HUGE congratulations to our medallists from each class!

Year 5

1st:

Veer (Walsingham)

2nd:

Aiden (Lourdes)

3rd:

Tailan (Czestochowa)

Year 6

1st:

Kai (Czestochowa)

2nd:

Levi (Loreto)

3rd:

Mason (Loreto)





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Intra School Competition

KS2 House Boys' Football



To determine the overall winner of the new 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 as follows:



1st Place

Czestochowa

2nd Place

Walsingham

3rd Place

Loreto

4th Place

Lourdes

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!

Czestochowa:

Leon B (Year 6)

Loreto:

David (Year 5)

Lourdes:

Charlie (Year 4)

Walsingham:

Kenzie (Year 3)



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Intra School Competition KS2 House Girls' Football

The results from our recent Key Stage 2 House Girls' Football Competition are in and it was very close! Well done to everyone!

A HUGE congratulations to our medallists from each class!

Year 3

1st:

Rebecca (Czestochowa)

2nd:

Lilly (Czestochowa)

3rd:

Amelia P (Cz.)

Year 4

1st:

Nancy (Walsingham)

2nd:

Skye (Lourdes)

3rd:

Kaylee (Czestochowa)



A HUGE congratulations to our medallists from each class!

Year 5

1st:

Courtney (Cz.)

2nd:

Olivia (Walsingham)

3rd:

Isabella (Loreto)

Year 6

1st:

Zuzanna (Wa.)

2nd:

Amelia (Walsingham)

3rd:

Hadia (Walsingham)



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The final positions within the intra school competition are as follows:



1st Place

Czestochowa

2nd Place

Walsingham

Joint 3rd Place

Loreto

Joint 4th Place

Lourdes

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!

Czestochowa:

Daisy (Year 6)

Loreto:

Maja (Year 3)

Lourdes:

Sophie (Year 4)

Walsingham:

Elaine (Year 5)



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Woodland of Wonder (W.O.W) Area



Year 5 and 6 have, this term, had the opportunity to learn in the Woodland of Wonder Area with Mrs Cropper. Their outdoor adventurous activities have been greatly enjoyed by all.



Year 5



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@granthamstmarys Thursday 9th February



Woodland of Wonder (W.O.W) Area

Year 6



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#HealthyHappyActive

Year 2 have successfully achieved their Gold certificate within this term's impact area of #HealthyHappyActive.

They had already completed one task and have now managed two more, which were 'Yours not Mine' and 'Punctuation Run Around.' Congratulations to them!



inspire+



Congratulations

Physically Active

On completed 3 challenges that has encouraged you to achieve your 60 minutes of physical activity each day.

Name: Year 2

Date: February 2023

Signed:

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





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Playground Leaders Games of the Week

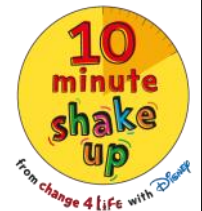
Our Year 6 Playground Leaders continue to provide suggestions of outdoor games that could be played to keep everyone more active:

- Chinese Jump Rope—This game requires three people, or just one or two people with really good chairs. This game resembles regular jump rope in that you jump. A lot. But you jump in a pattern. Two people (or chairs) put their feet inside the rope and stretch them out, standing far enough apart for the third person to jump between them. The third person, or jumper, faces one of the people holding the rope and jumps in a pattern of left, right, inside, outside and on the ropes. What pattern you use is up to you, but all the players should use the same one. The game is started with the rope around the ankles. Once the jumper does the jump correctly, the rope is moved up to the calves. Then to the knees, then the thighs. Once you miss, it is someone else's turn.

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.



Black Panther's Warrior Jump

Have you got what it takes to leap as fast and fiercely as Black Panther?

Players: 2 or more



Look Out, Iron Man!

Avengers, assemble!
Help Iron Man protect the Infinity Stone.

Players: 2 or more



Captain Marvel Stops the Skrulls

Help Captain Marvel beat the troublesome Skrulls once and for all!

Players: 2 or more