



# Sports Newsletter

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



@granthamstmarys

Friday 3rd March 2022

## Bikeability Tips

### Cycling Tips FOR NEW RIDERS

- 1 Improves brain power, physical & mental health
- 2 Can help natural body & muscle growth
- 3 Kids learn independence & responsibility
- 4 Cycling together builds family bonds
- 5 It's fun!



Benefits of cycling for kids



Learn to cycle with confidence.  
Find your nearest Bikeability course at  
[bikeability.org.uk/find-cycle-training](https://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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## Football Success



It was fantastic to receive some sporting news from one of our Year 3 pupils recently.

Antonio, who plays football for Ropsley Colts Football Club, got player of the match for their under 8 team.

He scored 2 goals and made some great saves too, which is amazing!

Keep up the great work Antonio!

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## Virtual Skipping Challenge

The whole school took part in a virtual skipping challenge, which involved children completing a number of different skipping related activities. The theme was all about competing, developing and belonging with the intent focus on personal challenges and beating your own best scores. Everyone tried very hard and were amazing at all the tasks, even though some of them were quite complicated and proved a little tricky.





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## Jonathan Broom-Edwards



We were delighted to welcome another of the wonderful ambassadors from Inspire+. Jonathan Broom-Edwards, who is a Paralympic high jumper and has visited us in previous years, spoke to Key Stage 2 children all about body language and how important it is to be a good listener.



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## Paralympic Sports After School Club

Members of Reception, Years 1, 2 and 3 have had the opportunity to take part in a Paralympic Sports after school club with Mr Blackman from Inspire+. They have had the chance to play a variety of different Paralympic sports, which have involved boccia and seated volleyball. Both of these sports require great skill and the children are thoroughly enjoying taking on the challenge!

inspire+





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# Mindful March



Following on from Friendly February, please feel free to complete each of the suggested activities from Action for Happiness' Mindful March Action Calendar. There is one suggested action for each day to try.

Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today [dayofhappiness.net](http://dayofhappiness.net)

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



ACTION FOR HAPPINESS

Happier · Kinder · Together







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# #HealthyHappyActive



This term, we move on to the 'A' of IMPACT which looks at achieving your goals. What goals do you have for the future?



Are you aiming to achieve bronze, silver or gold?

# inspire<sup>+</sup>

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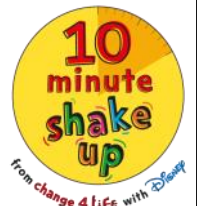
## Playground Leaders Games of the Week

Our Year 5 Playground Leaders continue to provide suggestions of outdoor games that could be played to keep everyone more active:

- **Red Light, Green Light**—One person is the traffic light at one end, and the other players are at the other end. When the traffic light faces the group, he or she says, 'Red light!' and everyone must freeze. The traffic light then turns his or her back and says, 'Green light!' while the group tries to get as close to the traffic light as possible. The traffic light turns around quickly, again saying, 'Red light!', and if anyone is spotted moving, they have to go back to the starting place. The first person to tag the traffic light wins and gets to be the next traffic light.

## 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](http://www.nhs.uk/10-minute-shake-up/shake-ups) for more info.



### Elsa's Freeze Tag

The Snowgies are on the loose! Can you catch them like Elsa before they cause mischief?

Players: 4 or more



### Anna and Kristoff's Sled Chase

Anna's taken control of Kristoff's sled! Can you outrun the wolves?

Players: 2 or more



### Eye on Olaf

Olaf is told to keep an eye on the cake while Elsa goes to get Anna ready for her birthday surprise. Can you keep your eye on the cake?

Players: 3 or more



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## Roots to Food Recipe



### Baked Chocolate Mousse with Passion Fruit Mascarpone

#### Ingredients

300g dark chocolate ideally 70% cocoa  
150g unsalted butter  
55g caster sugar  
6 eggs, separated  
a little extra butter, to grease the tin  
cocoa powder

#### For the passion fruit mousse:

100g mascarpone  
55ml/2fl oz double cream  
3 tbsp icing sugar  
2 passion fruit (pulp)

#### Method

1. Preheat the oven 180C/350F/Gas 4. Butter and line with baking parchment a 1lb loaf tin
2. Melt the chocolate and butter in a bowl over simmering water.
3. Whisk the egg whites to stiff peaks and in another bowl whisk the yolks with the sugar until pale.
4. Add the chocolate mixture to the egg yolks and sugar and fold in the egg whites.
5. Pour into the cake tin and bake for about 20 minutes. Cool and dust with cocoa powder.
6. To make the passion fruit mousse, beat all ingredients together in a bowl until firm and serve quenelle style between two spoons
7. Serve and 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.