



Sports Newsletter

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



@granthamstmarys Friday 18th November 2022

Lunchtime Clubs



During one of their lunchtimes, Reception class have loved their Fundamentals club. They experience and take part in lots of different fun activities, learning about many different sports along the way. What fun!





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Lunchtime Clubs



Year 3 have benefitted from a Dodgeball lunchtime club, where they are able to be active whilst developing their throwing, catching and dodging skills. It is a great game for accuracy and target practice too.

mesports

— IN THE COMMUNITY —

North Kesteven Satellite Centre





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Boys Football

Last week, it was the turn of the boys, who participated in the Large Schools Football Tournament. Once again, this took place at the Kings School Playing Field and our school representatives were amazing! They performed well, playing four matches against different schools with mixed results. The team won one of their games, drew one and lost two, which meant that they came 3rd in their group overall on goal difference. A MASSIVE thank you to Mr G for accompanying the children to this event and to the parents who assisted with transport.





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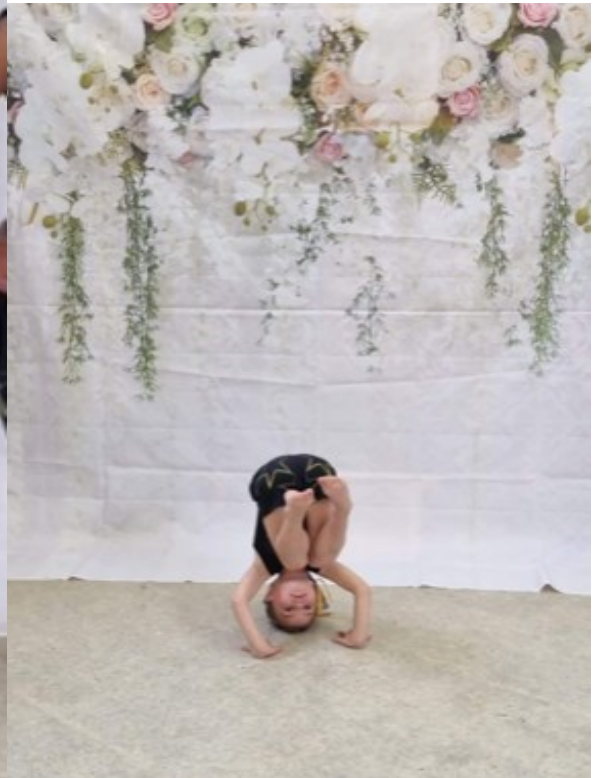
@granthamstmarys

Friday 4th November 2022

Dance Success



Hadley took the pre-juvenile acro exam, at Grantham School of Dancing, at the weekend. She had to show she could do lots of different acro skills, including a crab, a straight legged cartwheel, a rolly-polly and to hold a head stand for 20 seconds. She has been working hard for the last few months preparing for the exam. Fantastic effort!



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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Curriculum Gym **inspire**+

Thanks to Mr Watson from Inspire+, who has been delivering Curriculum Gymnastics this term to Year 1 and 2 children. They have all really enjoyed the lessons and have worked on many aspects of gymnastics including shapes, ways to travel, balances and sequences of movements.



If you are interested in taking up gymnastics or attending sessions out of school, please visit the website for Grantham Gymnastics Club and contact them via the online form:
www.granthamgymnastics.co.uk





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Friday 2nd December 2022

Basketball After School Club

Miss Castell-Smith has, once again, delivered an after school for us, this term. She works for Inspire+ and has been with us for the Basketball after school club available to Year 4, 5 and 6 children.

They have practised lots of different skills that are useful within basketball and developed their ability to utilise these within a game.

If you are interested in after school clubs, please keep an eye on ParentMail as there are different sports on offer each term.





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Woodland of Wonder (W.O.W) Area



Year 1 and 4 have joined EYFS, this term, in the Woodland of Wonder Area with Mrs Cropper and have been thoroughly enjoying their time within it. They have been completing many different wonderful outdoor adventurous activities.





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Year 4

Woodland of Wonder (W.O.W) Area



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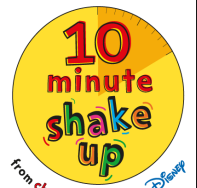
Playground Leaders Games of the Week

Our Year 3 Playground Leaders have, this time, provided suggestions of outdoor games that could be played to keep everyone more active:

- Parachute—Fun for kids of all ages, this game involves a large round parachute, preferably with handles, with people holding the parachute all around the edges. It helps if someone is in charge telling people what to do. Players can just ruffle the parachute up and down a little bit, they can go all the way up and all the way down, or all the way up and then run underneath, sitting on the edge of the parachute, which can create a bubble of air with everyone inside. Players can also place light objects such as beanbags on top of the parachute, and make them jump by ruffling the parachute. Also, one person can sit in the middle of the parachute and everyone ruffles it near the ground. If there is a smooth floor and a light child, the child can sit in the middle on top of the parachute and everyone else can walk partway around still holding the parachute edge. Then everyone pulls backward, spinning the child.

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.



Lightning McQueen's Track Race

Together with Cruz Ramirez, the legendary Lightning McQueen has to train harder than ever. Have you got the horsepower to win your race?

Players: 2 or more



Jackson Storm's Speedway

He's the newest racer on the track and he's breaking all the speed records. Can you outrun Jackson Storm?

Players: 1 or more



Cruz's Training Station

It's Cruz Ramirez's job to help train Lightning McQueen for his next race using the new high-tech track simulator. Will you be able to keep up?

Players: 2



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Roots to Food Recipe



Simple Stromboli

Ingredients

500g Bread mix (White or Brown)
200g Grated Cheese
1 tube Tomato Paste
1 small tin Diced Pineapple

Optional extras:
diced peppers
ham
sweetcorn
tuna
diced tomato
cooked sliced mushroom

Method

1. In a large bowl mix the bread flour with warm water and bring together into a big ball.
2. Knead the bread with your hands for 10 minutes until the bread dough is smooth and soft (when you press the bread dough it should spring back)
3. Prove the bread dough until it has doubled in size (preferably in a warm room)
4. When the bread dough has proved knock back the dough to its original size
5. Divide the bread dough into 8 equal size portions. Roll each portion into a rectangle roughly 12cm wide x 25cm in length.
6. Without cutting into the rectangle divide into 3 (top, middle, bottom)
7. In the middle of each rectangle start by placing a little tomato paste, cheese and pineapple. Fold the bottom away from you over the filling but not all the way to the top. Now place exact same filling again onto the middle and then fold the top part towards you to cover the filling.
8. Place each Stromboli onto a greased tin or baking sheet and bake in the oven for 10- 12 minutes at 190c.
9. Enjoy warm.

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.



WALK OR RUN
2.5K

WALK OR RUN
5K

**CALLING
ALL RUNNERS**
(and walkers)



Taking place at Wyndham Park

11am on Sunday 4th December 2022

RAISE FUNDS FOR YOUR OWN CHARITY

Register online at

www.granthamsantafunrun.co.uk

THE ROTARY CLUB OF GRANTHAM KESTEVEN TRUST FUND - CHARITY COMMISSION REGISTERED NUMBER 1112945

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