



Sports Newsletter

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



@granthamstmarys Friday 16th December 2022

Lunchtime Clubs



Year 2 have enjoyed a Games lunchtime club, where they have taken part in a wide variety of sports and practised lots of different skills along the way. A lot of the games have required teamwork, which the children have done superbly! They look forward to which sporting game will be next.

mesports
— IN THE COMMUNITY —
North Kesteven Satellite Centre





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Grantham Santa Fun Run



Last weekend, there was a Grantham Santa Fun Run and we were delighted to receive some images of children, who took part in this event.

It was held at Wyndham Park and participants could either choose a 2.5K or 5K route to run or walk donned in Santa suits.

Cora from Year 5, Thea from Year 2, Daniel from Year 3 and Luke from Year 2 are pictured following a successful Santa Fun Run. Congratulations to them all - it sounds like it was great fun too!



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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Grantham Santa Fun Run



Another participant in the Santa Fun Run was Nancy, who is in Year 4. She took part as one of Santa's (Conexus) helpers and raised money for the local charity B:hive Community. The mayor presented her with her medal.

If you would like more information about Conexus Tuition Grantham, please visit <https://conexustuition.co.uk/find-a-class/grantham/> or find them on Facebook.



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Dancing Success

It was lovely to hear of Hadley, from Year 1, who has been busy with her dancing once again. It was reported in the Grantham Journal, that Grantham School of Dancing performed a Christmas show at lots of care homes last weekend, as well. They also performed this weekend at the Christmas Market. Hadley has been learning the routines for the last month and has worked really hard with the rest of the girls. It sounds like an amazing show!



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Ice Skating Success



It was amazing to hear of some more sporting activity that has taken place out of school.

Julia, who is in Year 5, has achieved her Level 5 in figure ice skating, which is a sport we have yet to report on at school.

She completes this at the national Ice Centre in Nottingham and thoroughly enjoys her time on the ice.



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Jacob, who is in Year 3, has been busy with his swimming and tackled a distance swim recently. Great news - he achieved his 50m certificate as well as his badge. He enjoys weekly swimming lessons at Belton Woods. Keep up the hard work Jacob!

Another pupil has had swimming success recently. Mina from Year 2 has also been working very hard on her swimming, having started swimming lessons at Grantham Meres Leisure Centre through Leisure SK very recently.

In this short time, she has been awarded the Puffin 5m Award Certificate and Badge after making some great progress. Very well done!



Distance Swimming Awards

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Success in the Pool



Another weekend and another swimming competition for Leo, who is in Year 6.

It was a Christmas sprint competition and Leo took part in a lot of new events. He did well as he is not a sprint swimmer, he is best at longer distances but still came away with 2 medals. Fantastic effort, well done!



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Santa Dash

Last Friday saw the whole school take part in Christmas Jumper Day.

Alongside this, we also took part in the next virtual competition, through the School Games Partnership, which was a Santa Dash.

We all enjoyed our time spent outdoors being active whilst feeling and looking festive.

Well done all!





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Santa Dash



ST. MARY'S





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Santa Dash





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Intra School Competition

KS1 House Multi Skills

Reception's Results



A HUGE congratulations to our medallists from each class!

Reception

1st:

Daisy (Czestochowa)

2nd:

Amber (Lourdes)

Joint 3rd:

Scarlett (Czestochowa) and JJ (Lourdes)

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

Reception

Czestochowa:

Neve

Loreto:

Amelie

Lourdes:

Jayden

Walsingham:

Aurora



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Intra School Competition

KS1 House Multi Skills

Year 1's Results



A HUGE congratulations to our medallists from each class!

Year 1

1st:

Fabian (Walsingham)

2nd:

Enya (Czestochowa)

Joint 3rd:

Alex (Walsingham) and Reuben (Lourdes)

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

Year 1

Czestochowa:

Liwia

Loreto:

Vadym

Lourdes:

Hana

Walsingham:

Ivy



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Intra School Competition

KS1 House Multi Skills

Year 2's Results



A HUGE congratulations to our medallists from each class!

Year 2

Joint 1st:

Aria (Walsingham) and Ellis (Loreto)

2nd:

George (Loreto)

3rd:

Ben (Lourdes)

Overall KS1 Winner
Czestochowa

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

Year 2

Czestochowa:

Oscar S

Loreto:

Holly

Lourdes:

Emilia

Walsingham:

Mark



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@granthamstmarys

Friday 22nd July 2022

PE Lessons January 2023

Reception	Wednesday
	Friday
Year 1	Monday
	Friday
Year 2	Tuesday
	Wednesday
Year 3	Tuesday
	Friday
Year 4	Monday
Year 5	Monday
	Wednesday
Year 6	Tuesday
	Thursday

Looking ahead to the next term, all children in Years 1 - 6 will continue to come to school in their PE kits please for the two days during the week when they will have PE. Year 4 have their swimming session during this term so only have one PE day.

Reception children - please bring their PE kit (in a bag) into school on their first day back at school in the new year.

It is important that all children are wearing the correct school PE kit please, as far as is possible.

If you require support with PE kit supplies, please speak to the staff in the office.

Light blue school T shirt (with logo)

Black plimsolls (indoor) & trainers

Navy Tracksuit in colder months

Navy Shorts



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#HealthyHappyActive

inspire +

Congratulations to Year 2, who this term, have successfully earned their Silver certificate for the

#HealthyHappyActive impact area -

Mental Well Being. Last month, they explored the Colour Monster task and more recently, they have undertaken another of the challenges where they considered their feelings before and after different activities. How does PE make you feel? They considered whether they felt different before and after each lesson. Well done to them all!



inspire +



Congratulations

Mental Well-Being

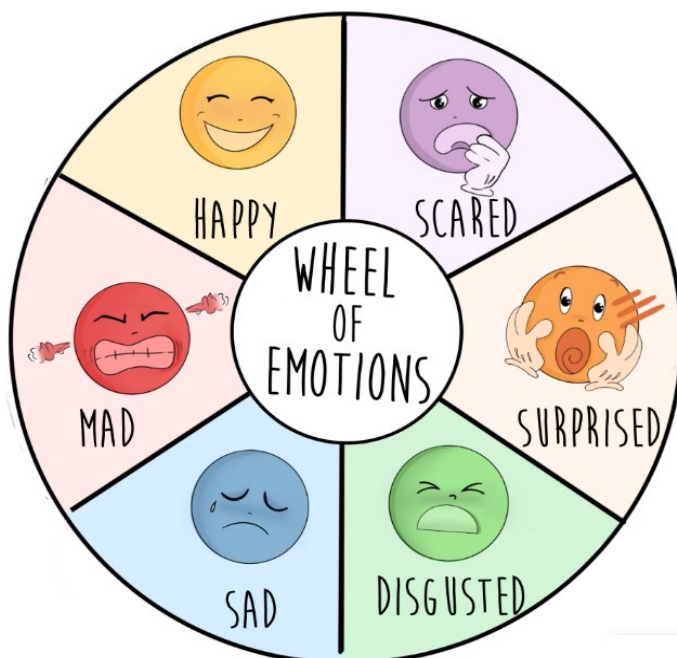
On completing 2 challenges that has helped you understand how to look after your mental well-being.

Name: Year 2

Date: December 2022

Signed:

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





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Playground Leaders Games of the Week

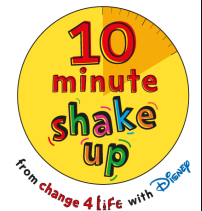
Our Year 5 Playground Leaders continue to provide suggestions of outdoor games that could be played to keep everyone more active:

- **Hopscotch**—Use some chalk and make a hopscotch grid. Number the squares from one to nine. Pick a rock that is good for tossing. Small ones can bounce too much, and larger ones are hard to throw. Start by tossing the rock onto Square 1. Hop over the rock and hop with a single foot or both feet (to follow the hopscotch pattern) all the way to the end. Turn around and come back, stopping on Square 2. Balancing on one foot, pick up the rock in Square 1 and hop over Square 1 to the start. Continue this pattern with Square 2 and so on. If you toss your rock and miss the correct square, your turn is over. This game can be played with any number of people, but only one person can go at a time.

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.



Nemo and Marlin's Pass the Anemone

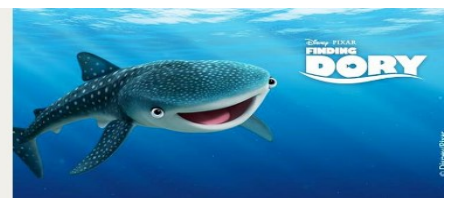
Nemo and Marlin are clownfish who live in the anemone. Although it stings most fish, they can touch it just fine. Can you pass the anemone around without getting stung?



Hank's 7-Tentacle Challenge

Hank is a special kind of octopus as he only has 7 tentacles. Each one has a mind of its own – can you remember what they're all doing?

Players: 2 or more



Jumping with Destiny

Destiny loves jumping and splashing around her tank in the Marine Life Institute, but how far can you jump?

Players: 1 or more



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Roots to Food Recipe



Simply Quesadillas

Ingredients

large flour tortillas, 20cm/8in diameter
cheddar cheese, grated
sunflower oil, for greasing

For the filling:
tomatoes, chopped
spring onions, chopped
red chillies, chopped
courgettes, diced
Red onion diced
mushrooms, sliced
red and yellow peppers diced
avocado, chopped
black olives, pitted
Mixed bean salad
Ground Cajun spice
Crème Fraiche

Method

1. Lightly grease a large baking tray
2. Place the courgettes, peppers, spring onion, red onion, mushroom, black olives, mixed beans and cajun spice into a roasting tin with little oil and roast for 10 minutes
3. Once roasted add the avocado and chopped tomatoes and mix well
4. Place the tortillas onto the greased roasting tin. Add the filling and cover with grated cheese leaving 1 inch around the perimeter. Wet the perimeter with water and place another tortilla on top and grease well to prevent sticking.
5. Place in the oven 180c for 10 minutes or until golden brown.
6. Once baked cut into equal triangles and serve with crème fraiche.
7. 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 par-
ticipation
groups.

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