



Sports Newsletter

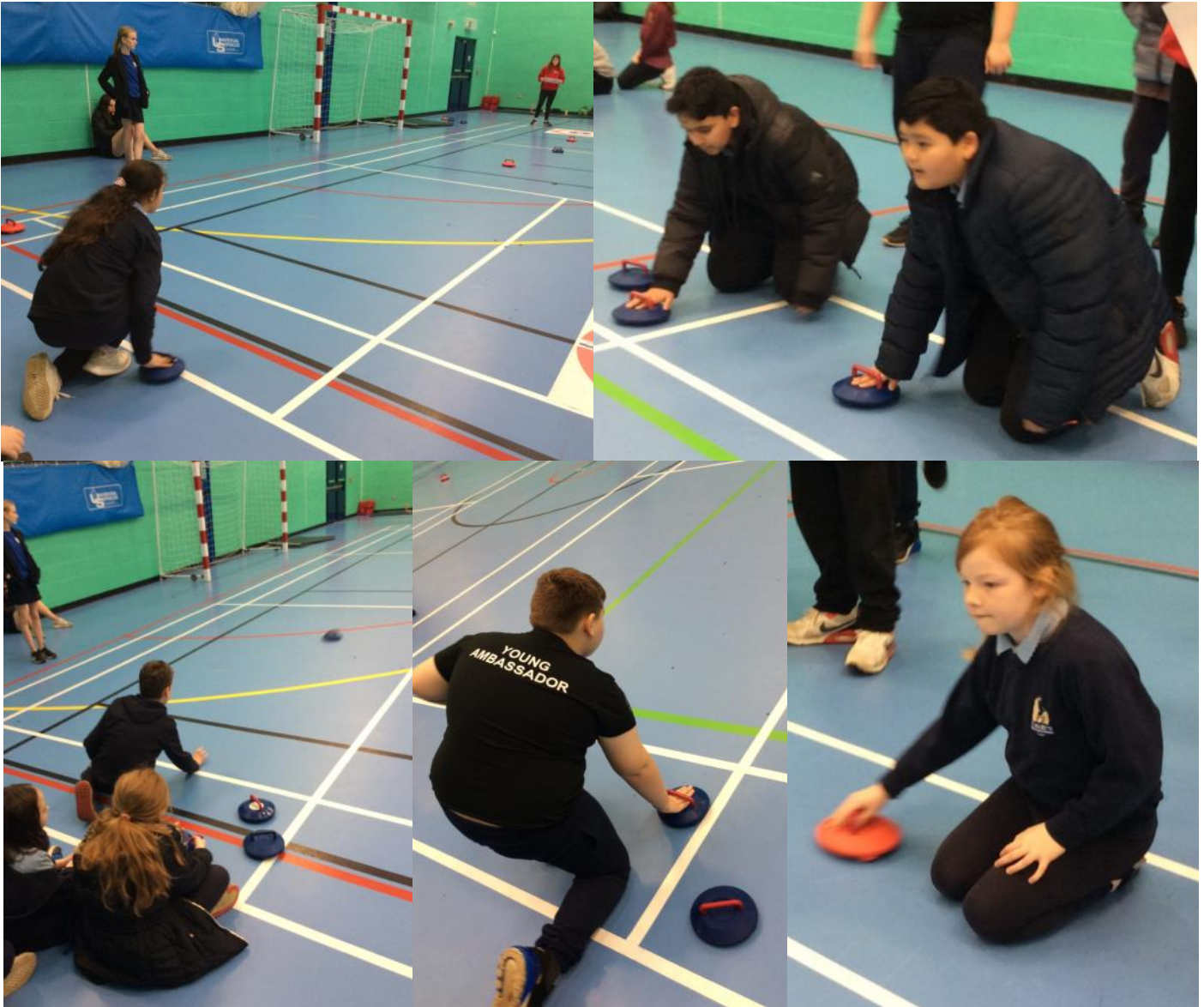
If you have any sports news, please let Miss Steeples know.



@granthamstmarys

Friday 13th January 2023

New Age Kurling



A number of Year 5 and 6 children visited Kings School Playing Field Sports Hall to take part in a New Age Kurling festival. The theme was all about belonging, aiming to develop character and life skills too. Those who attended were amazing representatives of our school - well done all! A MASSIVE thank you to Miss Webb and Mrs Pearson for accompanying the children to this event as well as the parents who assisted with transport.





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Panathlon Event



A number of Years 2,3, 5 and 6 children visited Kings School Playing Field Sports Hall to take part in a Panathlon event, which is a first for St. Mary's, and involves a wide variety of sports. The theme was all about belonging, aiming to develop character and life skills too. A HUGE thank you to Mrs Stuteley for accompanying the children to this event as well as the parents who assisted with transport.





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Bikeability Tips

Cycling Tips FOR NEW RIDERS



Essential cycle safety checks

- 1 Make sure the cycle is the correct size
- 2 Ensure the cycle is road worthy
- 3 Perform an M Check before riding
- 4 Make sure the helmet fits properly
- 5 Ride on paths or in open spaces to begin until confident & road ready



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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This term, we have been very fortunate to welcome Miss Castell-Smith, who work for Inspire+, into school again.

She has been delivering a Fitness after school club for Key Stage 2 children on a Monday.

The children have had the opportunity to develop lots of skills, being active and having fun with their friends.

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Fitness After School Club



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Curriculum PE

Year 3 have benefitted from having Mrs Ashcroft in from Inspire+ to complete some of their PE lessons with them. They have focussed on Fundamentals.

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Dancing Success



It was great to hear of some further dancing success for one of our pupils, once more. Rebecca, who is in Year 3, took part in a Talent Show Final recently at the Bourne Corn Exchange.



The performance of Annie that she was in won 3rd prize, which is fantastic news! The dance performance with LDC juniors won 1st prize, which is a superb achievement! Both were in the 7-12 categories. Congratulations Rebecca!



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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Ice Skating News



It was wonderful to hear of a development to one of our children's sporting successes out of school recently. During the Christmas holiday, Julia, who is in Year 5, attended intensive ice skating lessons at Nottingham Ice Centre and she completed Level 6 in her ice skating lessons. What a great achievement - well done!

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Happier January



Following on from December Kindness, please feel free to complete each of the suggested activities from Action for Happiness' Happier January Action Calendar. There is one suggested action for each day to try.

Happier January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS Happier · Kinder · Together



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School of Kindness

Most classes, within school, took part in a virtual Kindness Workshop through a charity called 52 Lives and were introduced to a child, who has not been very well. The charity are hoping to support them and asked us to make cards and posters that will be sent to this child so that they can experience the kindness of others. Our children's creations are amazing - thank you to each of them for contributing to such a good cause!





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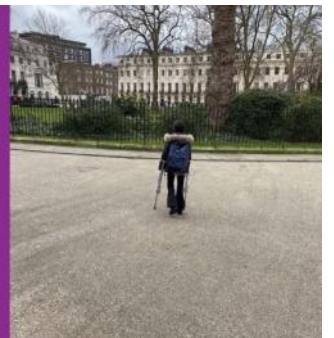
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School of Kindness



52 LIVES
SCHOOL OF KINDNESS

Thea
age 12





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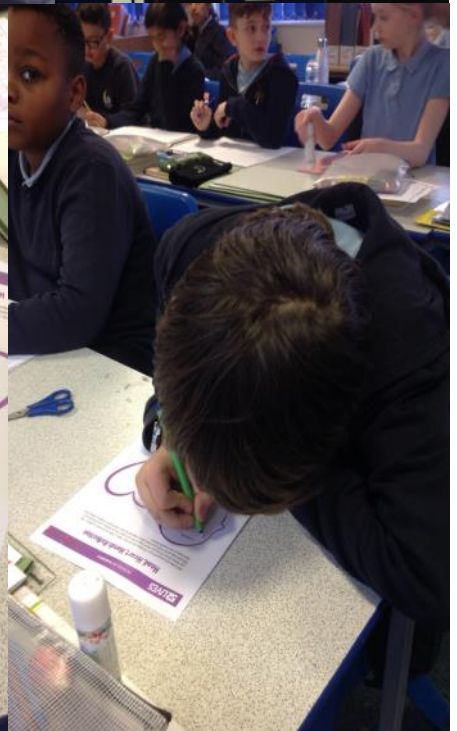
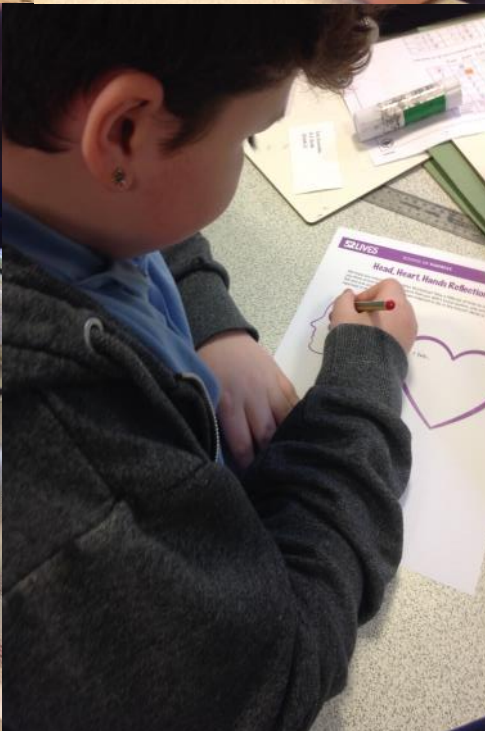
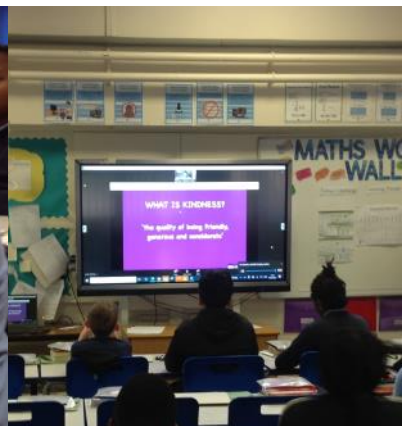
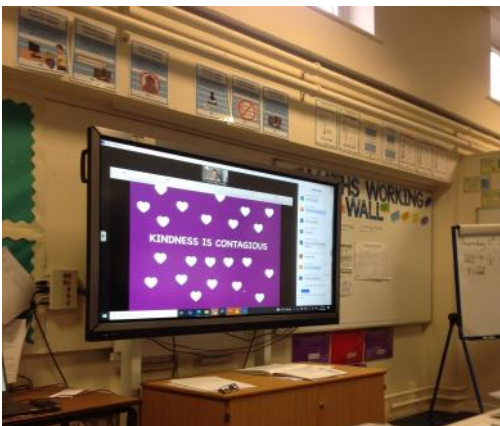
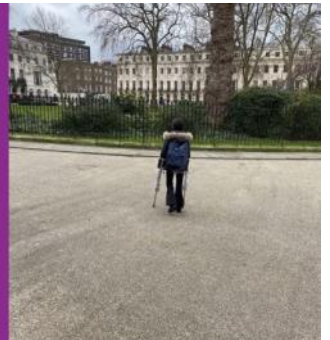
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Thea
age 12





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#HealthyHappyActive



This term, we move on to the 'P' of IMPACT which looks at being physically active. Can you make your 60 active minutes a day?

Are you aiming to achieve bronze, silver or gold?

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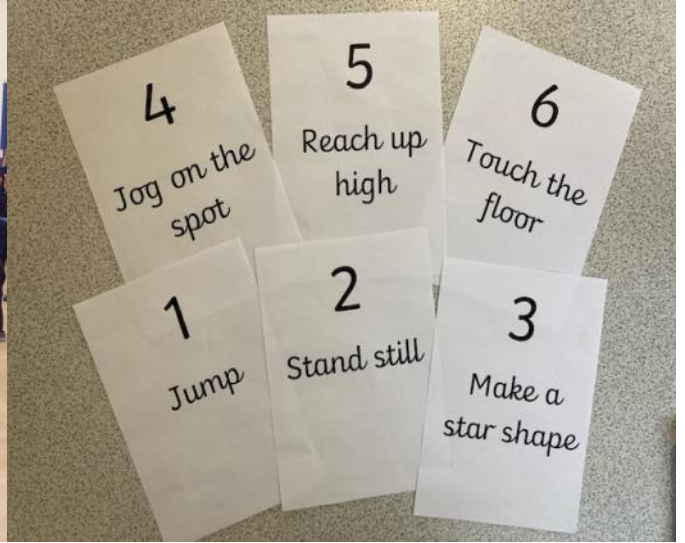
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#HealthyHappyActive



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As part of a warm up to one of their PE lessons, EYFS and Year 2 enjoyed taking part in one of the #HealthyHappyActive's Physical Activity challenges called Musical

Numbers. Each number related to an action for the children to complete.





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Congratulations

Physically Active

On completed 1 challenge that has encouraged you to achieve your 60 minutes of physical activity each day.

Name: EYFS and Year 2

Date: January 2023

Signed:

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

#HealthyHappyActive



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Playground Leaders Games of the Week

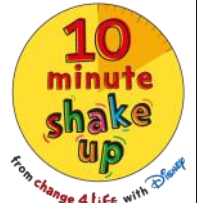
Our Year 4 Playground Leaders continue to provide suggestions of outdoor games that could be played to keep everyone more active:

- Jump Rope—It's fun to jump by yourself, but it's even more fun to have a long rope and jump with a couple of friends. That's where jump rhymes come in. They turn a simple exercise into a fun game, to compete against yourself and others.

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.



Move Like Maurice

Dance, play... and freeze as fast as you can!

Players: 3 or more



Darby Blew Up the Spacecraft!

How fast can you find all the engine parts?

Players: 2 or more



Buzz Lightyear's Laser Blast

Space cadet! Are you as quick and accurate as Buzz himself?

Players: 3 or more