



Sports Newsletter

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



@granthamstmarys

Friday 27th January 2023

Lunchtime Clubs



mesports
— IN THE COMMUNITY —

North Kesteven Satellite Centre



Members of different year groups have, this term, had the opportunity to take part in a variety of lunchtime clubs, which are great ways to spend one of their outdoor playtimes. They take part in different sporting activities each week and enjoy playing lots of games with their friends.





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Bikeability Tips

Cycling Tips FOR NEW RIDERS



Getting your child pedalling

- 1 Find a flat, open space to practice riding safely
- 2 Ensure your child can touch the floor, brakes & pedals
- 3 Balance-ability! Try gliding before pedalling
- 4 Assist them with a guiding hand on their lower back, or on the saddle
- 5 Let go for brief moments and then extend the time as their confidence grows



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 Swimarathon



Two teams of swimmers will tackle a swimming challenge soon at the Meres Leisure Centre. It will involve them some Year 5 and 6 children alongside some members of staff swimming as a relay to try and complete as many lengths as possible.

We wish them good luck with their swimming endeavours and will report on their successful totals in the next Sports Newsletter.

It is a fundraising event for the town.

****If you would like to sponsor our swimmers, please bring your donation into the school office on or before Friday 3rd March 2023.****





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Bronze Young Ambassadors



Our Year 5 Bronze Young Ambassadors attended their second training session of this academic year recently, at Huntingtower School, with Inspire+. They looked at everything involved with the Inspire+ Legacy Tour and made sure that they know what is involved when it is their turn to deliver it to our school community, which will happen soon. They were also being prepared to launch the Kindness Awards within school so keep your eyes peeled for more developments on this in the coming weeks. A HUGE thank you to Mrs Williams for accompanying the children to this event—it is greatly appreciated and without staff members attending these after school events, the children wouldn't necessarily get the opportunity so thank you once again.

inspire +

Thank you also the parents who assisted with transport to this event.



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Joe Roebuck

We were very fortunate last week to receive a visit from Joe Roebuck, who is working with **inspire+** Inspire+, to deliver assemblies to local primary schools. He shared his story of becoming an Olympic swimmer with us and reminded us of the need to be resilient as well as determined to succeed in all that we do.





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Curriculum PE

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EYFS have enjoyed having Mrs Ashcroft in from Inspire+ to complete some of their PE lessons with them. They have focussed on ball skills.





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Multi Skills After School Club

EYFS, Key Stage 1 and Year 3 have had the opportunity, this term, to attend a Multi Skills After School Club with Mrs Ashcroft from Inspire+. Everyone has loved the variety of different activities they have taken part in each week!





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Sam Ruddock



This week was the turn of another Inspire+ ambassador, Sam Ruddock, who delivered an assembly to staff and children all about 'Get the Juice.' He encouraged everyone to remember that they need to do three things which are drink water, sleep and be organised, in order to stay as happy and healthy as possible. He is the current 1K Time Trial Para-Cycling Track World Champion and it was wonderful to welcome him into school, once again.

inspire+



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Sportshall Athletics



Members of Year 5 and 6 attended a Sportshall Athletics competition at the Meres Leisure Centre, last week. The theme was all about competing and supporting individual development in sport. There were numerous events, which included a variety of relay races, throwing events as well as jumping categories too. Our children were fantastic ambassadors for our school, well done to all of them! Our immense thanks must go to Mrs Howle, Miss Webb, Mrs Evison and Miss White for accompanying the children to this event as well as the parents who assisted with transport.



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Boccia Festival



A number of Year 3 and 4 children visited Kings School Playing Field Sports Hall to take part in a Boccia festival. The theme was all about belonging, aiming to develop character and life skills too. It was a great opportunity to finetune their ability to aim at a target and work as a team. Thank you to Mr G and Mrs Deighton for accompanying the children to this event as well as the parents who assisted with transport.



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PGL Half Day

Twelve Year 6 children attended a PGL half day courtesy of Inspire+ and had an amazing time! They took part in the Giant Swing and Problem Solving activities, where teamwork was definitely in action. Everyone thoroughly enjoyed their afternoon of outdoor adventurous activity and seemed to thrive in all of the different activities that they took part in. Thank you to the parents who assisted with transport and to Mrs Davey for accompanying the children to the event - it is very much appreciated.





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Intra School Competition KS2 House Boys' Football



January saw the next intra school house event take place which was the KS2 Boys' Football competition. Everyone was given five opportunities to try and score a penalty, from a given distance, past Mr G, who was a very tough opponent and certainly made it tricky for the children to score.



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Intra School Competition KS2 House Boys' Football





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Intra School Competition KS2 House Girls' Football

In the same way as the KS2 Boys' Football competition, January also saw the girls' intra school house event take place. Again, it was a penalty shoot out challenge with the same goalkeeper in situ - thank you Mr G!.





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Intra School Competition KS2 House Girls' Football



Within the next Sports Newsletter, we will share the results after they have been verified! The medallists, for each Key Stage 2 class, will be presented and Players of the Day awarded. Great effort from everyone!





Sports Newsletter

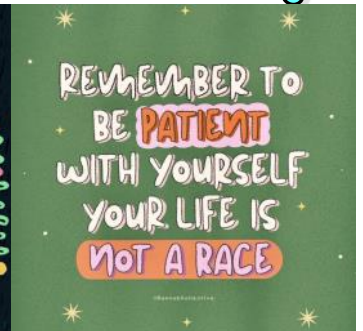
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Friday 27th January 2023

Friendly February



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

Friendly February 2023

MONDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

TUESDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

WEDNESDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

THURSDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

FRIDAY

3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

SATURDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why

SUNDAY

5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones



ACTION FOR HAPPINESS

Happier · Kinder · Together



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Playground Leaders Games of the Week

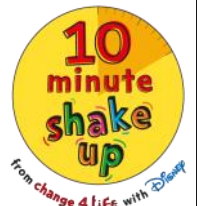
Our Year 3 Playground Leaders continue to provide suggestions of outdoor games that could be played to keep everyone more active:

- Stop Traffic—This game works best on a large paved area of some kind. You need bikes, wagons, pedestrians, scooters or whatever is available (imagination possibly). One person directs traffic to make sure kids don't run into each other. It is good fun and helps kids learn about waiting to cross the street and about traffic safety.

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.



Bounce the Rat with Bruno

Keep on your toes and get ready to bounce.

Players: 1 or more



Isabela's Flower Petal Pass

Can you keep up with amazing Isabela?

Player: 3 or more



Shape Shift with Camilo

Here's your chance to show off your sneaky skills...

Player: 2 or more



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Roots to Food Recipe



Tasty Tandoori Spiced Salmon with Pilau Rice and Bombay Saag Aloo

Ingredients

4 Fresh Salmon Fillets
4tblsp Natural Yoghurt
2tsp Curry Powder
1tsp Paprika
1 Lemon
200g Easy Cooked Long Grain Rice
1tsp Turmeric
100g Spinach Leaf

200g Cooked New Potatoes
1 Garlic clove finely chopped
1tblsp Fresh Ginger finely chopped
1 Small Onion finely diced
1 Red Pepper large diced
1tbls Vegetable Oil
20g Fresh Coriander

Method

1. In a large bowl place the yoghurt, 1 tsp curry powder, paprika and lemon juice stir and add the salmon fillets and thoroughly coat in the mix.
2. Heat half the oil in a wok and add the salmon, turn the heat down and gently cook for 10 minutes.
3. Cook the rice in a saucepan or heat through a steamer adding the turmeric.
4. In a pan heat half the oil, add the garlic, ginger and onion, cook until soft, add the peppers cook for 1 minute, add the rest of the curry powder stir through the cooked potatoes and wilt through the fresh spinach and coriander.
5. To serve place the hot rice into a ramekin and turn out onto a plate. Place the Saag Aloo onto the plate and place the cooked salmon onto the Saag Aloo.
6. 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 par-
ticipation
groups.

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

#Healthy Happy Active Camps

inspire+

Healthy, Happy, Active Young People



Venue:

Belmont Primary School–NG31 9LR & Walton

Academy–NG31 7JR

13th, 14th, 15th, 16th & 17th February 2023

8:30am to 4:30pm

Camp Details:

Price: From £19.50

Age: 5-13 years old

Please make sure that your child has a drink, packed lunch and snacks for the day as well as wearing suitable clothing.

Prices start from £19.50 per child.

For more information, please contact us on:

Sacha.castell-smith@inspireplus.org.uk

Book before the 2nd February to gain the early-bird booking price of £19.50 per day. After this the price will increase to £25.50 per day!



SCAN ME

inspireplus.org.uk

Charity Number 1144507

“I just wanted to thank you for providing such a great holiday club. The set up and staff have again been wonderful. Our son has thoroughly enjoyed his time with you and always wanted to come back!”

Testimonial