



Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

Gymnastics Competition



Some members of our school took part in the Grantham and District Gymnastics Competition at the Meres Leisure Centre recently.

The theme was all about competing with the intent to increase motivation. Sally from Year 2 took part in the Under 7 competition and Charlie from Year 3 in the Under 9 event. Ava, Courtney and Peter C from Year 5 as well as Elliot from Year 6 competed in the Under 11 Competition. They all gave 100% effort and enjoyed themselves too!

All of the children performed superbly on both the floor and the vault.

It was wonderful to receive a comment from a parent about the way that our children conducted themselves.

'I can vouch for how well behaved each and everyone of the St. Mary's crew were. They all behaved perfectly, were a credit to St. Mary's and you should all be very proud of them.' Well done all!





Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

Gymnastics Competition

Elliot came 8th in his age category with a score of 25.6 and keeping it in the family, Sally achieved a score of 19.1 in the youngest age category.

Charlie came 7th in the Under 9 section, with a score of 25.9, and still being only 7 he was one of the youngest in his group.

Courtney managed a score of 26, Ava a score of 24.8 and Peter achieved a huge 27.3, earning him 4th position overall within his event, narrowly missing out on a medal. A HUGE congratulations to each one of them!





Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

Tag Rugby Tournament



Members of Year 5 and 6 took part in a Tag Rugby tournament held at Kesteven Rugby Club. They played 3 games, tried really hard and loved it all!

The theme was all about competing and developing with the intent to develop physical skills.

Thank you to Mrs Williams for accompanying the children at this event and to the parents who assisted with transport - it is all greatly appreciated. Great teamwork shown by them all too.

If you are interested in playing rugby, please visit Kesteven Rugby Club's website for more information:

www.kestevenrugby.club or email admin@kestevenrugby.club

MEN'S TRAINING
TUESDAY & THURSDAY
19:00-21:00

WOMEN'S TRAINING
WEDNESDAY
19:00-20:30

TOUCH RUGBY
MONDAY
18:30-20:30



ONE CLUB. ONE FAMILY.

KESTEVENRUGBY.CLUB



MINI RUGBY
SUNDAY
FROM 10:00

JUNIOR RUGBY
SUNDAY
FROM 10:00

WOODHOCK
GRANTHAM
LINCOLNSHIRE
NG33 5AA



Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

The Big Lent Walk



On Wednesday 22nd March 2023, the whole school took on the challenge to walk 200km as part of The Big Lent Walk, aiming to raise funds for CAFOD along the way. Thank you to all those who came to school in non uniform and to those who donated to the charity - much appreciated.



Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

The Big Lent Walk



In total, we smashed our target and amazingly, achieved a total distance of 361km.

Congratulations to everyone involved!



Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

World Daily Mile Day



In a similar way to The Big Lent Walk, St. Mary's will be taking part in the World Daily Mile Day, which is due to take place on 27th April 2023 during the school day. This will be part of the school day.



Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

Ice Skating News



On Sunday 19th March 2023, Julia from Year 5 finished her ice skating Level 7 award. This is a fantastic accolade and one that she should be very proud of. This means that she will now start Level 8 at the Nottingham Ice Centre. Amazing 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.



Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

Roots to Food At Home

Since our visit, two weeks ago, from Roots to Food, it has been wonderful to have photographs sent in of children, who have enjoyed preparing and eating this at home with their families. Ellis from Year 2 as well as Ellis from Year 4 and Willows from Year 3 have all made the Indonesian Thai Red Curry with Noodles. Great work by them all!



Please send in any photographs of your home cooking and we will feature them in future newsletters.



Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

Big Walk and Wheel



Thank you to everyone who supported The Big Walk and Wheel and were able to come to school on foot, their bike or scooter. It was lovely to see the cycle shelter looking busy, once again, and the scooter pod full.



Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

We hosted a Bikers' Brunch on two of the days, which was very well received by all those who walked, cycled or scootered to school on that day. It was amazing to see so many children arrive at school in an environmentally friendly way!



Big Walk and Wheel



Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

Big Walk and Wheel





Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

Rotary Swimathon

Congratulations, once again, to our Swimathon team from February, whose sponsor money efforts have been absolutely amazing!

Collectively, they have raised:

£392.50

This will go towards supporting the work of The Rotary Club of Grantham.

If you are interested in learning how to swim, please visit Leisure SK's website for further information about what the Grantham Meres Leisure Centre has to offer:

www.leisuresk.co.uk/learn-to-swim



LEISURESK



Sports Newsletter

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



@granthamstmarys

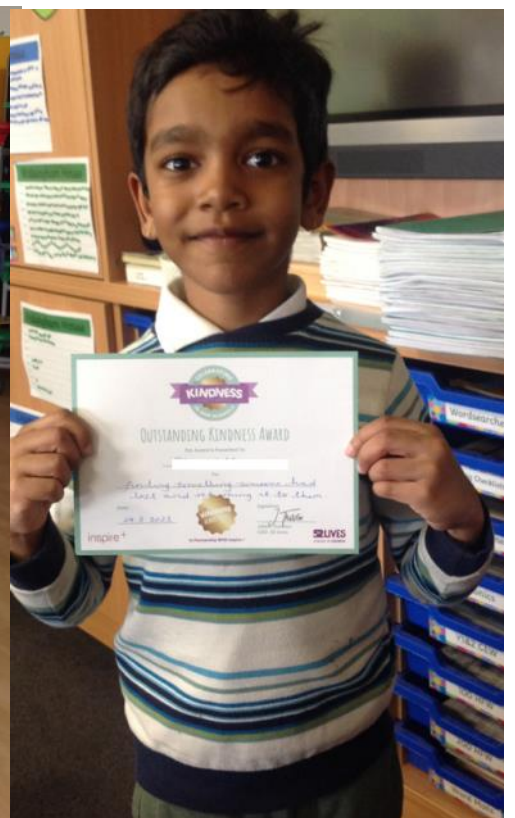
Friday 31st March 2023

School of Kindness



inspire+

Within school, we have awarded our next six Outstanding Kindness certificates to JJ from EYFS, Bhavesh from Year 2, Maja and Charlie from Year 3, Filip from Year 5 and Grace from Year 6. Congratulations to them all!





Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

Active April



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

Active April 2023

MONDAY



3 Listen to your body and be grateful for what it can do

TUESDAY



4 Eat healthy and natural food today and drink lots of water

WEDNESDAY



5 Turn a regular activity into a playful game today

THURSDAY



6 Do a body-scan meditation and really notice how your body feels

FRIDAY

1 Commit to being more active this month, starting today

SATURDAY

2 Spend as much time as possible outdoors today

SUNDAY



10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together





Sports Newsletter

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



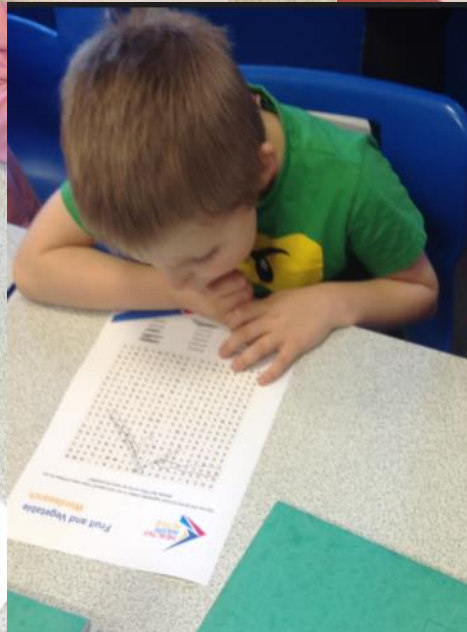
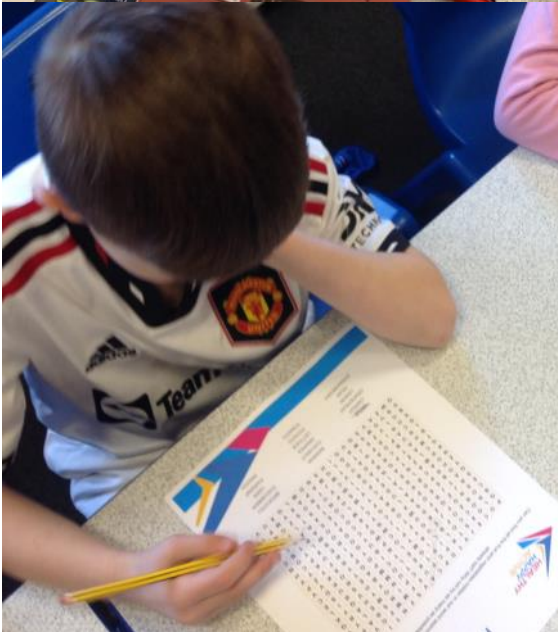
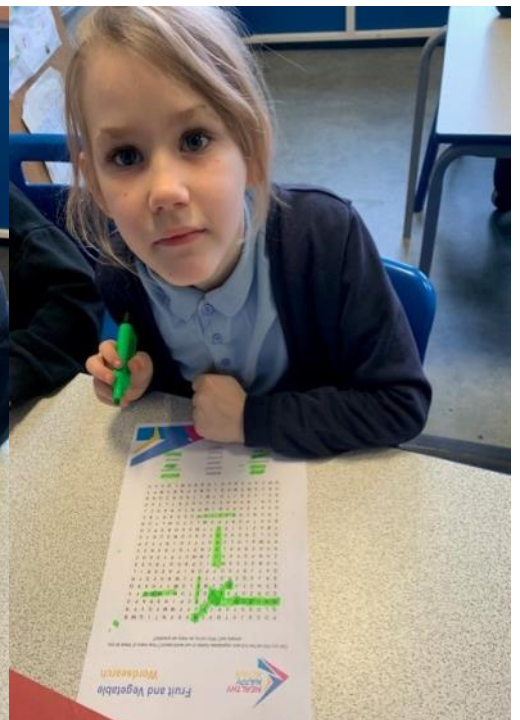
@granthamstmarys

Friday 31st March 2023



#HealthyHappyActive

Years 2 and 3 have achieved their Silver Certificate, this term, by completing the Fruits and Vegetables wordsearch activity. Well done to all of them for this achievement. Who will go for gold next term?





Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023



inspire+



Congratulations

Achieving your Goals

On completing 2 challenges that has inspired
you to reach for your dreams and achieve
your goals for the future

Name: Year 2 and Year 3

Date: March 2023

Signed:

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

#HealthyHappyActive





Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023



Playground Leaders Games of the Week

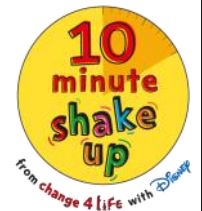
Our Year 3 Playground Leaders continue to provide suggestions of outdoor games that could be played to keep everyone more active:

- **Mother, May I**—This game is set up in the same way as Red Light Green Light. One person in the group asks the person in the front, "Mother, may I take steps forward?" The person at the front then says, "Yes, you may." or "No, you may not." You can vary your requests by including options such as taking baby steps, spinning steps, leaps or whatever strikes your fancy. Again, the first person to tag the person in the front wins and is the next person in the front.

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.



Rapunzel's Frying Pan Cricket

Can you protect your wicket as well as Rapunzel protects her tower? Keep the ball at bay using your super swing!

Players: 3 or more



Merida's Target Practice

Is your aim as good as Merida's? Prove it by knocking over as many bottles as you can in 10 minutes!

Players: 4 or more



Sleeping Beauty Tag

Shhh! Sleeping Beauty needs her beauty sleep! Can you creep across the castle without waking her up?

Players: 3 or more



Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

Roots to Food Visit



Reception Class



Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

Roots to Food Visit

Darren Tinkler from Roots to Food visited us recently and worked with every class to prepare and cook Indonesian Thai Red Curry with Noodles. The children, and staff, thoroughly enjoyed this visit - a great opportunity for them all to learn the importance of healthy eating.

Year 1





Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

Roots to Food Visit

Year 2





Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

Roots to Food Visit



Year 3 and Year 4





Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

Roots to Food Visit

Year 5 and Year 6





Sports Newsletter

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



@granthamstmarys

Friday 31st March 2023

Roots to Food Recipe



Delicious Leek and Potato Soup

Preparation less than 30 Mins / Cooking time 10 to 30 Mins

Ingredients

2 leeks
340g potatoes
1 onion, chopped
1 garlic clove, thinly sliced
30g butter

1 pint water
1 sprig of thyme
salt and freshly ground black pepper
100ml milk
2 tbsp fresh chives, chopped

Method

1. Trim, half lengthways and slice the leeks in thin slices. Rinse in a colander under cold water.
2. Peel the potatoes and cut into chunks.
3. Melt the butter in a pan and gently fry the onion and garlic.
4. Add the leek, potatoes and thyme. Season.
5. Cover with the water and bring to the boil.
6. Simmer for 12 minutes until the potatoes and leeks are tender.
7. Remove the bay leaf.
8. Just before serving add the milk and stir over a low heat, liquidise and check the seasoning.
9. Serve in bowls and sprinkle with the chives.
10. 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.