



# Sports Newsletter

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



@granthamstmarys

Friday 28th April 2023

## Big Walk and Wheel



Thank you, once again, to everyone who travelled to school by walking, cycling or scootering in the two weeks leading up to the Easter break.

The most active class during this time was Year 2 so our congratulations to them!

Please continue to try to travel to and from school in an environmentally friendly way whenever you can.

Not only is it good for the planet but it's good for us all too! On the

day of the Brunch, the whole school achieved an amazing 61% of children, who had travelled to school either by walking, scootering or cycling.

Thank you all!







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## Cycling Achievement



It was wonderful to hear about some cycling success.

Charlie, who is in Year 3, has been practicing non stop throughout the Easter holidays to become independent on his bike.

He could ride it before but could never push off on his own but now he's super speedy and brilliant on it.

**HUGE well done Charlie!**

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## World Daily Mile Day



Yesterday, the whole school took part in World Daily Mile Day. We will share more pictures within the next Sports Newsletter.





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## Lunchtime Clubs



One of the lunchtime clubs on offer, this term, has been for Year 5. They are enjoying a Tennis club and have developed their skills in the sunshine very well. It is an opportunity to play against their peers and practise their shots.

**mesports**  
— IN THE COMMUNITY —

*North Kesteven Satellite Centre*

Thank you very much to  
Mr Kidd from ME  
Sports, for delivering  
all of our lunchtime  
sports clubs.



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## Gymnastics News

We received great news for one of our Year 6 pupils just before we broke up last term.

Elliot, who attends a gymnastics club in town, has been awarded three different levels of British Gymnastics Proficiency Awards.

He has achieved Levels 6, 7 and 8!

Amazing work Elliot!



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## Dancing Delights

We've had more super sporting success, this time, with some of the younger children in school. In the holidays, Grantham School of Dancing put on their first whole school show since COVID; Curtain Call. The girls had been rehearsing since January, with lots of late night rehearsals and extra classes leading up to the show. It was an great weekend, lots of make up, glitter, quick clothes changes and excitement.



The hard work definitely paid off as it was a fantastic show. Acts included modern, acro, ballet and tap, most with all disciplines and levels on stage together. Hadley, Hanna, Alicia, Liwia (all from Year 1) and Mina (from Year 2) were all amazing.

The school returns to normal lessons and if you are interested in any classes, please contact the school via their Facebook page.



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## Tennis Success

Over the Easter holiday, Leo, who is in Year 6, has completed a tennis leaders course at Grantham Tennis Centre. This means he can now assist in coaching younger players and help at competitions. He has signed up to help coach tots tennis on Saturday mornings and is very excited to be a tennis leader. This is amazing to hear - fantastic effort Leo!



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## Footballing Stars



It was wonderful to receive some more sporting news, this time, about football. Last Sunday, Sebastiano, George and Ben from Year 2 took part in the finals of the South Lincs Football Development League U7's End of Season knockout event with their Football team Gonerby Football Club blue team. Despite the pouring rain and gusty winds, they came first after drawing their final game and having to go to penalties. Sebastiano scored one of the winning penalties. Fantastic work all three of you!

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## Swimming Success



### Leo Barnett (County Dev)

Leo has been with GSC for less than a year but has progressed quickly through the pathway. He is consistent with his attendance and shows good concentration while in the pool. Leo has been a regular at events, including travelling to Leeds recently. A recent highlight being competing in his first County Championships in Louth.

Leo has had a very busy Easter break and not only achieved success with his tennis leadership skills but has also shone in his swimming too!

He has been featured in this term's Grantham Swim Club newsletter, as one of the swimmers of the term. His coach has recognised him for his commitment to training and the fast progress he has made through the club's training program. This is fantastic news and we love hearing about everyone's sporting successes outside of school. Superb news Leo!

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## Cross Country

Yesterday saw members of Year 3 and 4 take on a Cross Country race and they were all fantastic! The theme was all about competing and developing with the intent to develop physical skills.

It was lovely to hear everyone encouraging each other and motivating everyone to complete the race superbly! Thank you to Mrs Hamilton for accompanying the children and to the parents who assisted with transport as well as cheering our runners on - it is all appreciated.







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## Intra School Competition KS2 House Kwik Cricket



Our penultimate intra school house event has taken place for our Key Stage 2 children, which was a Kwik Cricket competition. Each child had an over of balls to hit (6) and try to score as many runs as they could.







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## Intra School Competition KS2 House Kwik Cricket



There were some great scores and they were certainly very close with many individuals scoring double figures from only 6 balls, that were bowled! Thanks to the staff for completing this with each class.







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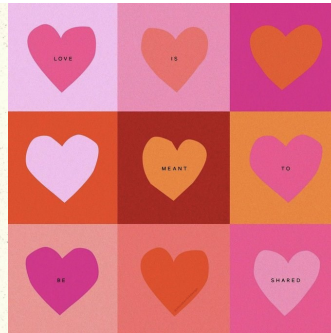
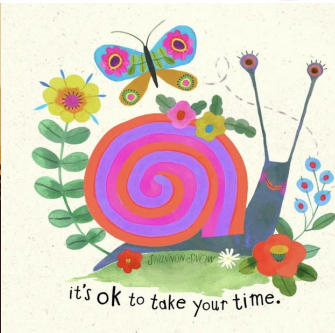
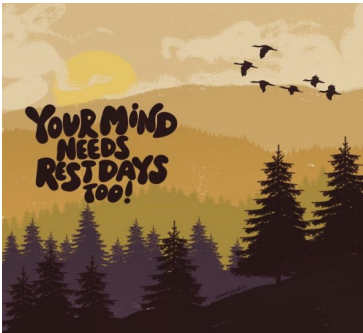
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## Meaningful May



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

Meaningful May 2023

MONDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

TUESDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

WEDNESDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

THURSDAY

4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a hand-written note to someone you care about

25 Ask someone else what matters most to them and why

32 Find three reasons to be hopeful about the future

FRIDAY

5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful

33 Find three reasons to be hopeful about the future

SATURDAY

6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

34 Find three reasons to be hopeful about the future

SUNDAY

7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight



ACTION FOR HAPPINESS

Happier · Kinder · Together





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## #HealthyHappyActive



This term, we move on to the 'C' of IMPACT which looks at character building. How can you overcome setbacks?



Are you aiming to achieve bronze, silver or gold?

# inspire<sup>+</sup>

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## Playground Leaders Games of the Week

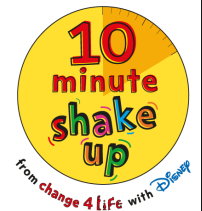
Our Year 6 Playground Leaders continue to provide suggestions of outdoor games that could be played to keep everyone more active:

- Tag—A group of kids decides who will start out as being 'it.' That person chases the other people around, trying to tag one of them with their hand. The newly tagged person is now 'it.' There is often the rule of 'no tag-backs' where you can't tag the person who just tagged you. The game ends when everyone is tired of playing.

## 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!

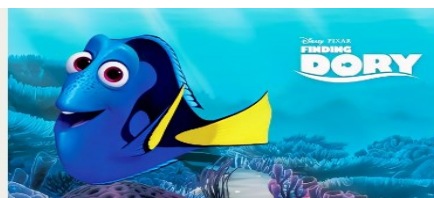
Visit [www.nhs.uk/10-minute-shake-up/shake-ups](http://www.nhs.uk/10-minute-shake-up/shake-ups) for more info.



### Crush and Squirt's Turtle Travel

Whoa dude! It's time to catch a wave like Crush and Squirt, can you make it onto the right current?

Players: 1 or more



### Hands-free Dory

Dory has fins not hands, so has to pick things up in another way. Can you collect things without using your hands?

Players: 3 or more



### Bailey's Bouncing Ball

Bailey the Beluga whale likes trying different ways to use his sonar skills to help his friends. Can you use your skills to pass the ball between your friends for as long as possible?