



# Sports Newsletter

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



@granthamstmarys

Friday 26th May 2023

## Lunchtime Clubs

On offer during one of their lunchtimes for Year 6 is a Basketball club. A large number of the class take up this opportunity and enjoy refining their basketball dribbling, passing, moving and scoring techniques. The scoreline, on this occasion, proved to be very close, which all added to the drama and excitement of this activity, whilst having fun with friends.





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## Youth Sport Trust

We are thrilled to have achieved the Silver Quality Mark through the Youth Sport Trust.

It enables us to review and reflect upon all aspects of our PE provision as well as the extra-curricular clubs that we offer.

Thank you to everyone who made this possible.



**SILVER  
QUALITY MARK**

2023 - 2024

**This is to certify that**

**The Saint Mary's Catholic Voluntary Academy**

**has achieved Silver standard in the  
Youth Sport Trust Quality Mark self-review**

Valid until 18/Apr/2024

**Ali Oliver**  
Chief Executive Officer  
Youth Sport Trust

**Neil Davidson**  
Chair  
Youth Sport Trust





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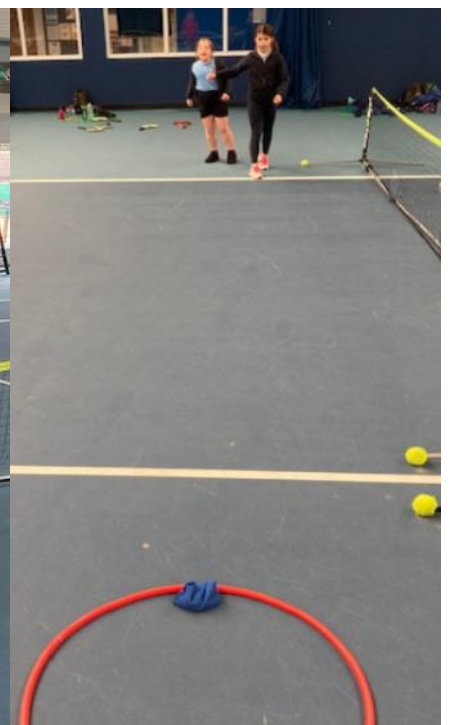
Friday 26th May 2023

## Mini Red Tennis



Eleven members of Year 3 and 4 visited Grantham Tennis Club for a Mini Red Tennis afternoon. The theme was all about competing and developing with the intent to develop different sport specific skills. They completed a carousel of different tennis-based activities as well as some matches in small teams. They had a great time!

Thank you very much to the parents who assisted with transport - it is all greatly appreciated.





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## Swimming Lessons



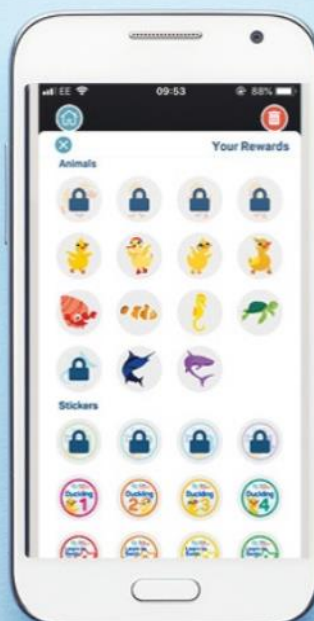
LEISURESK

Learning to swim is a key life skill for anyone of any age, and Grantham Meres Leisure Centre are proud to deliver lessons to children and adults in South Kesteven. The LeisureSK Swim School follows the Swim England Learn to Swim programme, the industry-leading programme for delivering safe, inclusive and effective swimming lessons for all ages.

It doesn't matter if you are 3 or 83, learning to swim gives everyone the ability to get themselves out of potentially life-threatening situations and for the whole family to enjoy beach/pool holidays to the full.

For further information, contact [SwimGrantham@LeisureSK.co.uk](mailto:SwimGrantham@LeisureSK.co.uk)

You can make learning to swim even more fun with Swim England's "My Learn to Swim" app!, which allows you to track their progress.







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## Football Success

It was great to hear of some footballing success from Nancy, in Year 4. She has received her football trophy recently for playing for Barrowby U9s Girls Team this season! They have won all but one of the matches they've played and are all ready and set to play in the South Lincs League next season!



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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## Girls' Football



Last week, our girls' football team took part in a Football Tournament.

They battled hard and played extremely well as a team. They lost to Claypole and Long Bennington 2, drew against Long Bennington 1 and beat Belmont. Amazing effort!

Thank you to Mrs Cooper Brown for accompanying the children to this event and to the parents who supported with transport - it is very much appreciated.

Thank you to Belmont Primary School for hosting this event.





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## Boys' Football

Our boys' football team have also been in action and took part in a different Football Tournament at Belmont Primary School, this week.

They performed brilliantly and achieved runner up in the cup. Congratulations to all of them!

Thank you to Mr G for accompanying the children to this event and to the parents who supported with transport - it is very much appreciated.







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## Cheerleading After School Club



This term, we have been able to offer a Cheerleading after school club, with the help of Mr Watson from Inspire+, to Year R, 1, 2 and 3 children. It has proven to be extremely popular and the children who attend have a superb time exploring and learning different aspects of Cheerleading!







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## Nutrition Workshop

Sophie Devenish, from Inspire+, delivered a nutrition workshop to our Year 3 and Year 5 classes. They looked at the importance of a balanced diet and were able to share their learning with parents too.



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## School of Kindness



### inspire<sup>+</sup>

Within school, we have awarded five more Outstanding Kindness certificates to Josh from EYFS, Phoebe from Year 2. Sophie from Year 4, Em from Year 6 and Mrs G. Congratulations all!







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Friday 27th May 2022

## Mental Health Month

**PRIORITIZE**

**your mental health**



Put yourself  
first



Get creative



Exercise



Stay  
hydrated



Take a walk



Read a book



Get some  
sunshine



Take a  
deep breath



Talk about your  
feelings



Create a  
gratitude list



Set a routine  
for bedtime



Put your  
phone down



May is Mental Health Awareness Month and Kidscape have provided some top tips for self-care and emphasise how important it is to look after ourselves both physically and mentally. Do things you enjoy!





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# Joyful June



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

Joyful June 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Decide to look for what's good every day this month

2 Say positive things in your conversations with others

3 Re-frame a worry and try to find a helpful way to think about it

4 Take a photo of something that brings you joy and share it

5 Think of 3 things you're grateful for and write them down

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others



26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together





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Friday 26th May 2023

# #HealthyHappyActive



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## Congratulations

### Character Building

On completing 1 challenge that has helped you tackle setbacks and overcome any you may face in the future.

Name: EYFS

Date: May 2023

Signed:

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

My name is: [Pencil drawing]

My birthday is: March [Cake drawing]

My favourite food is: [Star drawing]

This is me. [Portrait drawing]

My favourite colour is: Pink [Pencil drawing]

My favourite book is: Paper Pig [Book drawing]

My favourite television show is: [TV screen drawing]

My name is: [Pencil drawing]

My birthday is: [Cake drawing]

My favourite food is: [Star drawing]

This is me. [Portrait drawing]

My favourite colour is: Blue [Pencil drawing]

My favourite book is: [Book drawing]

My favourite television show is: [TV screen drawing]

Following on from the success of other classes completing an 'All About Me' activity, EYFS have also taken on this challenge too. They have earned their Bronze certificate.





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# #HealthyHappyActive

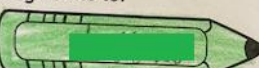
My name is: 



My birthday is:  


My favourite food is: 



My favourite book is:  



My favourite television show is:  

My name is: 

My birthday is:  

My favourite food is: 

My favourite book is:  

My favourite television show is:  

Congratulations to Year 3 as well, who have successfully completed one of their Character Building challenges! This has enabled them to receive their Bronze certificate for this IMPACT area. Well done to all of Year 3!



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## Congratulations

### Character Building

On completing 1 challenge that has helped you tackle setbacks and overcome any you may face in the future.

Name: Year 3

Date: May 2023

Signed:

Sam Ruddock, GB Paralympic Athlete  
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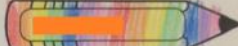




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Friday 26th May 2023






# #HealthyHappyActive



My name is: 

My birthday is:  

My favourite food is:  

My favourite colour is: 

My favourite book is:  

My favourite television show is:  



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## Congratulations

### Character Building

On completing 1 challenge that has helped you tackle setbacks and overcome any you may face in the future.

Name: Year 1

Date: May 2023

Signed: 

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

Our final congratulations go to Year 1, who have also successfully completed one of their Character Building challenges so that they receive their Bronze certificate for this IMPACT area. Well done to all of Year 1!

My name is: 

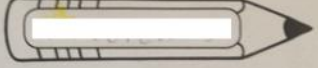
My birthday is:  



My favourite food is:  



My favourite colour is: 


My favourite book is:  



My favourite television show is:  



My name is: 

My birthday is:  

My favourite food is:  

My favourite colour is: 

My favourite book is:  

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## Playground Leaders Games of the Week

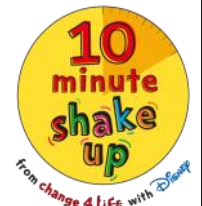
Our Year 3 Playground Leaders continue to provide suggestions of outdoor games that could be played to keep everyone more active:

- Four Square: This ball game is played on a square court further divided into four smaller squares, numbered one to four. One player stands in each of the squares, with the highest ranked player in number one, lowest in number four. You bounce the ball among the players, bouncing once in the other person's square before that person catches it. The person in square one got to choose the rules. Anyone who breaks the rules will have to move down in the ranking,

## 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.



### Sea Skipping with Moana

Moana and the sea have a connection; they are in tune with one another. Can you find your rhythm with the water?



### Maui's Moves

The greatest demigod of all the Pacific Islands, Maui, performs his powerful Haka when he battles the ocean's fiercest monsters. Can you match his magnificent moves?



### Kakamora Attack

Arrrrrgggghh! Watch out, Moana, the Kakamora Sea Pirates are coming! Try not to get hit by their sleeping darts.

Players: 2 or more