



**National Teaching Assistants day**  
**Enormous thanks to all the amazing**  
**TAs at SdS!**



## Your Designated Safeguarding Lead is Mrs Fennelly

If you have a worry you can talk to your teacher or an adult you trust.

We also have other important people in school who know what to do if you have a serious worry – their pictures are below:



Mrs Fennelly  
Headteacher

## Deputy Designated Safeguarding Leads



Mrs De Board  
Assistant Headteacher



Mrs Richards  
Gruffalo Class Teacher



Mrs Holland  
Inclusion Leader



Miss Garrard  
Nurture Lead

**NSPCC**  
**HELPLINE**  
**0800 800 5000**  
[help@nspcc.org.uk](mailto:help@nspcc.org.uk)



## Dates for your Diary

| Date           | Year group   | Event   |
|----------------|--------------|---|
| 19th September | Whole school | Bank Holiday.<br>In honor of her Majesty Queen Elizabeth II |
| 18th October   | Whole school | Parents Evening- more information to come                   |
| 20th October   | Whole school | Parents Evening-more information to come                    |



## Simon de Senlis Primary Weekly Update – 16th September 2022

Dear Parents and Carers,

Firstly, it was wonderful on Wednesday evening to see so many parents and carers at the Meet the Teacher evening. Due to Covid-19, the last time we held this evening was in September 2019 and so it was lovely to have so many people able to be in school and meeting staff. From my presentation on the evening, you will know that our main and continued focus is on developing the amazing teaching and learning across the school, continuing the focus on reading, the wider subjects and wider experiences. In addition, we are developing children's oracy across the school- the ability to express ourselves fluently and grammatically in speech. This skill will enhance learning across all subjects, and we can already see an improvement in the spoken word, discussion and debate across classes.

If you were unable to come along to the evening, the teacher PowerPoint will be shared with you next week.

As the week has progressed, we have welcomed the next group of children to our Reception classes and it has been wonderful to see them so happy in their new setting. We can't wait to welcome more children on Tuesday.

Huge thanks for your continued support.

Please take care over the weekend and I look forward to seeing you next week.

Mrs Fennelly



The government and school target for attendance is 96%. This positive attendance of 96% and above means your child will be able to learn and thrive at school. Please remember that any term time holidays will not be authorised, and following policy, a referral may be made to the Local Authority. This may result in a fine being implemented to parents by the Local Authority.





## NPAT TERM DATES 2022-23

| TERM DATES | STARTING                 | ENDING                  |
|------------|--------------------------|-------------------------|
| TERM 1     | Monday 5 September 2022  | Friday 21 October 2022  |
| TERM 2     | Tuesday 1 November 2022  | Friday 16 December 2022 |
| TERM 3     | Wednesday 4 January 2023 | Friday 10 February 2023 |
| TERM 4     | Tuesday 21 February 2023 | Friday 31 March 2023    |
| TERM 5     | Monday 17 April 2023     | Friday 26 May 2023      |
| TERM 6     | Monday 5 June 2023       | Friday 21 July 2023     |

## TRAINING DAYS

|  |
|--|
| Thursday 1 and Friday 2 September 2022   |
| Monday 31 October 2022 (NPAT Conference) |
| Tuesday 3 January 2023                   |
| Monday 20 February 2023                  |

| SCHOOL HOLIDAYS<br>(NOT INCLUDING TRAINING DAYS) | FROM                    | TO                      |
|--|-------------------------|-------------------------|
| OCTOBER  | Monday 24 October 2022  | Friday 28 October 2022  |
| CHRISTMAS  | Monday 19 December 2022 | Monday 2 January 2023   |
| FEBRUARY   | Monday 13 February 2023 | Friday 17 February 2023 |
| EASTER   | Monday 3 April 2023     | Friday 14 April 2023    |
| MAY  | Monday 29 May 2023      | Friday 2 June 2023      |

| BANK HOLIDAYS  |
|--|
| Christmas Holidays<br>Monday 26 & Tuesday 27 December 2022 |
| Bank Holiday<br>Monday 2 January 2023                      |
| Easter Weekend<br>Friday 7 & Monday 10 April 2023          |
| May Bank Holidays<br>Monday 1 May & Monday 29 May 2023     |
| Summer Bank Holiday<br>Monday 28 August 2023               |



# ORACY

Confident communication and talk is key to succeeding in all challenges that life throws at us and is an essential driving force behind social mobility and success. Check to see which of these skills your child uses well when talking.

## **VISUAL** WHAT WE SEE...

Eye Contact  
Facial Expression  
Posture  
Hand Gestures  
Movement  
Body Language  
Appearance

## **VOCAL** HOW WE SAY IT...

Clarity  
Pitch  
Pace  
Pause  
Projection  
Emphasis  
Tone

## **VERBAL** WHAT WE SAY...

Stories  
Facts & Statistics  
Quotations  
Jokes  
Rhetoric  
Imagery  
Opinion



## Miss Garrard says...



### Medication Reminder

If your child requires medication in school (including inhaler's and EpiPen's), please ensure these are in date and correctly labelled. If your child has a new medical condition and will require medication in school, please complete a medical care plan. Please speak to the office and they can provide you with the correct forms to complete. This term your child's care plan will be sent home for you to update and return so please keep checking bags.

### Reception parents

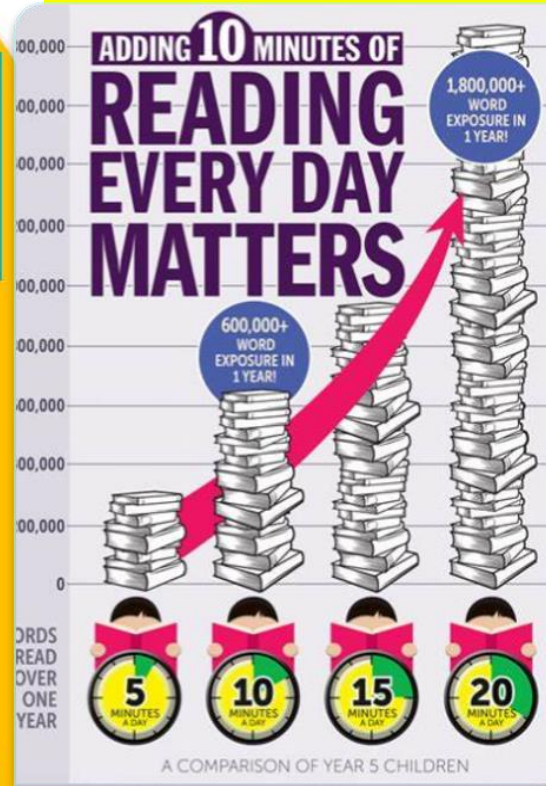
If your child has just started reception and has a medical need or allergy/intolerance, please inform the reception team and they can provide you with a medical care plan.



**OFF TO A**  
*Great Start*



**MAKING A GREAT**  
**START**



ter of the Week

of the second week, we  
hat a great start to the  
we have had. Everyone  
go and doing so well.  
ing everyone, you're  
amazing!!





## CELEBRATION ASSEMBLY

Very well done!  
Luv it!  
**Super!**  
That's fantastic!  
Aren't you clever!  
Wonderful!  
Stupendous!  
What talent!  
This Photo BY-ND  
You're the best!  
*Lovely!*  
Magnificent!  
Terrific!  
Delightful!  
Well done!  
Really Amazing!  
Superb!  
That's Lovely!  
Beautiful!  
Fabulous!  
Unbelievable!  
Great!  
Amazing!  
Very good indeed!  
That's gorgeous!  
Wotta Star!  
Brilliant!  
Marvelous!



After 30 months away, we are delighted to announce that the Celebration, Star of the Week assembly, will be back for the whole school together in the hall next Friday!!  
If your child is awarded Star of the Week, you will be invited to attend the celebration which will begin at 8:50am.





## Reading Challenge !

**It is wonderful to hear that so many children have completed the Summer Reading Challenge. Well done!!!!**

**If your child has not yet completed the challenge or wants to begin, there are still a couple of weeks left! Pop to the Hunsbury Library to find out more.**

**1,811,107**  
books read so far





# Simon de Senlis Primary Weekly Update – 16th September 2022



## Did you know?...

The Queen received her first Corgi, Susan, as an 18th birthday present. She loved that breed of dog throughout her life, going on to own another 30 of them.



As Britain was still recovering from the effects of the war, the young Princess Elizabeth had to save ration coupons to buy the material for her wedding dress!

The Queen took the unusual step of inviting a TV documentary crew into Buckingham Palace in 1969. This let people see the Royal Family in a way they'd never been able to before.



In 1982, a mentally ill man broke into the palace and reached the Queen's bedroom! Reports suggest Her Majesty calmly kept him talking for 10 minutes until the security team arrived.



It was Queen Elizabeth who, in 1993, decided to open up Buckingham Palace to visitors from the public for the first time.

To help launch the 2012 Olympics in London, Her Majesty featured in a short film where she meets super-spy James Bond, as played by Daniel Craig.







## Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

At this sad time for the nation, it may have brought up past feelings of grief for your child. Please read this guide for ways to support your child. Please don't hesitate to contact school if you need further support.

### 1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

### 2 MEET THE CHILD "WHERE THEY ARE"

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by their experiences and their understanding of death – and in the context of their religious or community beliefs.

### 3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

### 4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

### 5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

### 6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

### 7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

**SAMARITANS:**  
116 123

[WWW.THEMIX.ORG.UK/GET-SUPPORT](http://WWW.THEMIX.ORG.UK/GET-SUPPORT)  
0808 808 4994

**WINSTON'S WISH:**  
08088 020 021





## Make your own book competition!

Take a look at this amazing webpage which has details of a competition that you can enter to make your own book. There are also some exciting videos of some famous children's authors talking about how they create their stories!

[Step inside your story | The British Library \(bl.uk\)](https://www.bl.uk/step-into-your-story)

To enter the competition, you'll need to fully complete the activity on the webpage. This involves making a book about yourself. By completing the 'Step inside your story' activity and sharing photos of your creations with us, you will be entered into a draw to win one of FIVE (5) prizes of £50 National Book Tokens for your school.



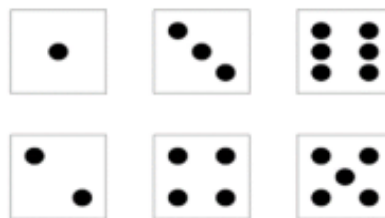
**The competition will run from 9am on 26 September to 5pm on 28 November 2022.**

Mrs Parker and Miss Gedney

# Maths



## Subitising

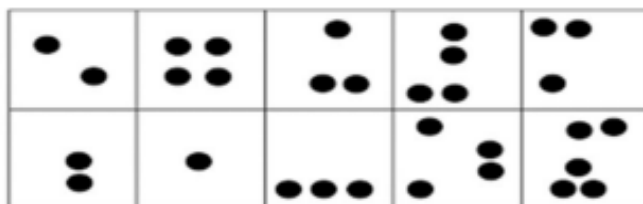


*Another great way to help your child get speedy in maths is to practice subitising. Subitising is the ability to instantaneously recognise the number of objects in a small group without the need to count them. Subitising is an essential part of developing number sense and accelerates understanding of addition and subtraction.*

### How can you help?

Practicing subitizing can be done at home or whilst you are out and about. You can subitise anything. How many rocks? How many ducks can we see? You can use dice, cards, play board games, watch subitising rocks on you tube and other great musical maths. The Numbots app is also a great way to practice subitising!

**Give it a go!**



## Maths Resources At Home:

Turn your 'pop it' into a hundred square using a permanent pen write the numbers 1-100 and use this to count, calculate and notice patterns.



An egg box and anything that can be used as counters (conkers are great at this time of year) is an excellent maths tool for practising number bonds to 10 ( $6 + 4 = 10$ )

Dice are perfect for early subitising – how many do you see without counting?





Are you, or someone you know, looking for a Reception school place for September 2023? If yes, come along for a school presentation and tour.

Bookings at  
[www.simondesenlis.org](http://www.simondesenlis.org)

## Simon de Senlis Primary School



## Reception Places Sept 2023

Come and visit our school to hear about our ethos and see our wonderful staff and children in our engaging learning environment.

September 27th 2022 at 6:00pm | October 11th 2022 at 9:30am

November 16th 2022 at 6:00pm | December 1st 2022 at 9:30am

January 5th 2023 at 6:00pm

**Book your place at: [www.simondesenlis.org](http://www.simondesenlis.org)**



SimondeSenlis



SdSPPrimary



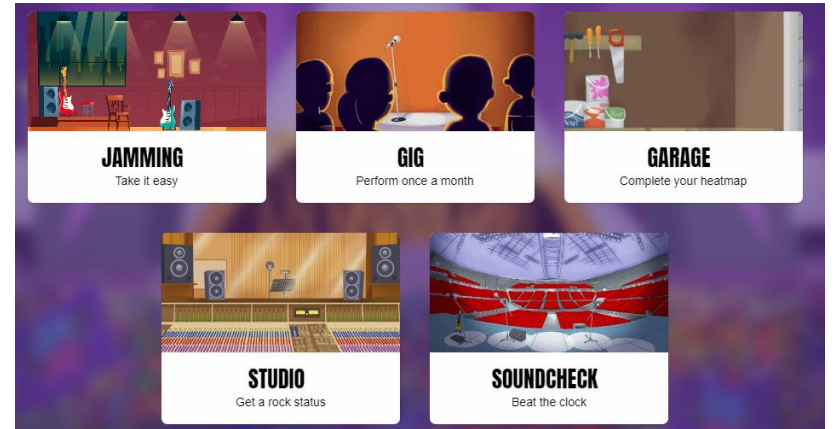
[simondesenlisblogs.org](http://simondesenlisblogs.org)







In Key Stage 2 children are expected to complete TTRS as part of their homework at least three times a week.  
Little and often is the best way to practise and retain these important facts.



There are lots of ways to play.





# Maths

- In Key Stage 1 you can practice those key facts by downloading the Whiterose Hub App: 1 minute maths.
- This is quick and easy to use and gives children visual representations to support their recall of key number facts.
- This can be played on a phone, tablet or laptop.





# Jigsaw- PSHE- Personal, Social, Health and Economic



This term in PSHE (Personal, Social, Health and Economic) lessons we will be learning the unit of work, Being Me in My world! Children will have opportunities to consider themselves as a learner, their attitude towards school life, work and achieving success. We will reflect on how our choices have an impact on others and our rights and responsibilities within our class, school and communities. As a class, the children will learn the Jigsaw charter, a set of rules we use during Jigsaw sessions to promote respect for others.

Stand  
**TALL**  
and be  
**PROUD.**  
Be  
**YOURSELF**  
you are  
**AMAZING.**

At Simon de Senlis, we believe every child has the right to learn and succeed!





# FIRST ENCOUNTERS

SHAKESPEARE FOR YOUNGER AUDIENCES

THE PERFECT INTRODUCTION TO SHAKESPEARE



WILLIAM  
SHAKESPEARE  
EDITED BY  
ROBIN BELFIELD

Silhouette Youth are **VERY EXCITED** to announce that The **ROYAL SHAKESPEARE COMPANY** are performing **Twelfth Night** at our studio in Weston Favell Shopping Centre and tickets are only £5.00.

You can find out more about this First Encounters production here:

<https://www.rsc.org.uk/first-encounters-twelfth-night/>

And you can book tickets for **Friday 23rd September at 6:30 pm** and **Saturday 24th September at 2:30 pm** by clicking on this link:

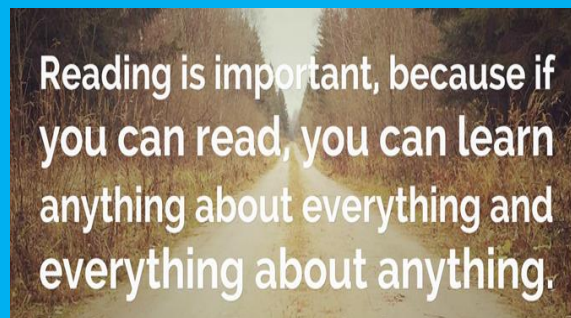
[www.silyt.com](http://www.silyt.com)

This is an **INCREDIBLE** opportunity to see the RSC perform in our community!





## Simon de Senlis Primary Weekly Update – 16th September 2022



We are looking for people who are able to offer 1 or 2 hours a week to volunteer in school. We primarily need people to listen to children read but may also ask you to help with art activities and other group work.

**What we need from you:** 1 or 2 hours per week of your time.

A DBS check completed prior to coming into school.

**What we can offer you:** A warm, welcoming environment where your donation of time is incredibly appreciated.

Fantastic children to work with.

A sense of satisfaction that you are making a difference.

Please email [jennifer.deboard@simondesenlis.org](mailto:jennifer.deboard@simondesenlis.org) if you would like to chat about what it entails.

# SATURDAY CROSS COUNTRY

## COURSE – NORTHAMPTON



Rugby & Northampton AC are pleased to announce a new 5 week cross-country course for young runners in Northampton and surrounding areas. The course will be based at Abington Park, Northampton with the first session taking place on Saturday 1<sup>st</sup> October and the final session on Saturday 29<sup>th</sup> October.

If your child is a keen runner, wants to get fit or learn new skills from experienced and passionate coaches, then this course is for them! The only requirements are lots of energy and enthusiasm – no experience necessary.

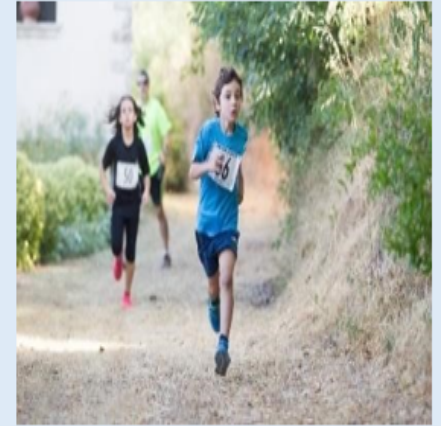
**WHEN ?** – Every Saturday in October from 2-30pm till 3-15pm

**WHERE ?** – The sessions will start and finish at Abington Park at the junction of Landcross Drive and Abington Avenue

**COSTS ?** – 10 pounds for the 5 week course (no fee to R & N members)

**AGE** – 7 years upwards (Yr 3 at school upwards)

Places are limited and will be assigned on a first come, first served basis.



If you would like to register, please complete the registration link below or if you require more information, please do not hesitate in contacting us at [contactus@rugbyandnorthamptonac.org](mailto:contactus@rugbyandnorthamptonac.org)

[https://docs.google.com/forms/d/1je7D0f67A0GgzqHAaFX\\_4l96ntO1XZbIfz8JXuleHg/edit](https://docs.google.com/forms/d/1je7D0f67A0GgzqHAaFX_4l96ntO1XZbIfz8JXuleHg/edit)

## Thunk of the week

A **thunk** is an **unusual question** that makes you **think**. A beguiling question about everyday things that stops you in your tracks and helps you start to look at the world in a whole new light.



**Where does the  
sky start?**







West  
Northamptonshire  
Council

Is your child currently  
in Year 6?

**APPLY FOR  
YEAR 7 AT  
SECONDARY  
SCHOOL**

**APPLICATION  
DEADLINE:**  
midnight on  
Monday 31  
October 2022

[www.westnorthants.gov.uk/admissions](http://www.westnorthants.gov.uk/admissions)



# Open dates for Children starting secondary school in September 2023

## Year 6 Transition information for the Secondary Schools in Northampton

| Name of School                              | Open Evening Date 2022   |
|---|--|
| Abbeyfield School<br>01604 763616           | Date: Tuesday 20 <sup>th</sup> September 2022, Time: 6pm – 8.30pm<br><br>Information talks delivered by Principal, Jay Kerby, at 6pm, 7pm and 8pm. (Slots must be booked due to capacity) - Departments will be open from 6pm until 8pm with displays and demonstrations of our curriculum and learning areas. To book your place, receive more information and to be added to our prospective parents mailing list, please follow the QR code below or the link: <a href="https://forms.office.com/r/hj4w0Tn0X">https://forms.office.com/r/hj4w0Tn0X</a>  |
| Billing Brook School<br>01604 773910        | <a href="http://www.billingbrook.northants.sch.uk/AboutUs/Admissions/">http://www.billingbrook.northants.sch.uk/AboutUs/Admissions/</a>  |
| Kingsthorpe College<br>01604 716106         | Thursday 6 <sup>th</sup> October 2022<br><a href="http://www.kingsthorpecollege.org.uk">www.kingsthorpecollege.org.uk</a>  |
| Malcolm Arnold Academy<br>01604 778000      | Thursday 22nd September<br>From 5.30pm   |
| Northampton School for Boys<br>01604 230240 | <p><b>Presentation Evenings</b><br/> Monday 19 September 2022 Presentation Evening 1 (6:00pm to 7:00pm)<br/> Monday 19 September 2022 Presentation Evening 2 (7:30pm to 8:30pm)<br/> Wednesday 21 September 2022 Presentation Evening 3 (6:00pm to 7:00pm)<br/> Wednesday 21 September 2022 Presentation Evening 4 (7:30pm to 8:30pm)</p> <p>Parents/Carers will be able to book a place at the Presentation Mornings via Eventbrite</p> <p><b>Open Morning Tours</b><br/> Open Morning Tours will run on the dates below with two tours per day<br/> Monday 26<sup>th</sup> September 2022 at 9:00am and 9:45am<br/> Tuesday 27<sup>th</sup> September 2022 at 9:00am and 9:45am<br/> Wednesday 28<sup>th</sup> September 2022 at 9:00am and 9:45am<br/> Thursday 29<sup>th</sup> September 2022 at 9:00am and 9:45am</p> <p>Parents/Carers will be able to book a place on the Open Morning Tours via Eventbrite</p> |

|   |  |
|---|--|
| Northampton School for Girls<br>01604 679540            | Open Evening events on Monday, Tuesday and Wednesday 3rd, 4th and 5th October 2022.  |
| The Duston School<br>01604 460004                       | Year 6-7 open week during the week commencing 26 <sup>th</sup> September 2022<br><br><a href="http://www.thedustonschool.org">www.thedustonschool.org</a>  |
| Northgate School Arts College<br>01604 714098           | 6pm on Wednesday 21 <sup>st</sup> September.<br><br><a href="https://northgateacademy.org.uk">https://northgateacademy.org.uk</a>  |
| Northampton International Academy (NIA)<br>01604 212811 | Tuesday 27 <sup>th</sup> September<br>Wednesday 5 <sup>th</sup> October<br><br><a href="https://nia.emat.uk/">https://nia.emat.uk/</a>   |
| The Northampton Academy<br>01604 210017                 | Wednesday 28 <sup>th</sup> September and Thursday 13 <sup>th</sup> October 2022<br><br>Further details will be published on our website - <a href="http://www.northampton-academy.org">www.northampton-academy.org</a> |

|   |   |
|---|---|
| Thomas Becket Catholic School -<br>01604 493211 | Thursday 22 <sup>nd</sup> September 2022<br><br>Please visit <a href="https://www.thomasbecket.org.uk/">https://www.thomasbecket.org.uk/</a> for more information.  |
| Weston Favell Academy<br>01604 402121           | Thursday 6 <sup>th</sup> October 2022<br><br>Details will be published on the website after the summer holidays   |
| Wootton Park School<br>01604 931139             | Thursday 14 <sup>th</sup> July, Wednesday 14 <sup>th</sup> Sept, Thursday 13th October<br>Please visit <a href="http://www.woottonparkschool.org.uk">www.woottonparkschool.org.uk</a> for more information.   |
| Campion<br>01604 833900                         | There will no single open evening.<br><br>There will be weekly open mornings in September and October. These will run 0900-1030 each time and include a tour and presentation, places will need to be booked in advance.<br><a href="http://www.campion.northants.sch.uk/">http://www.campion.northants.sch.uk/</a> |
| Caroline Chisholm<br>01604 669200               |   |
| Elizabeth Woodvale<br>01604 861184              | Wednesday 21st September for our South Campus and Thursday 22nd September for our North Campus.   |
| Guilsborough Academy<br>01604 740641            | 7 <sup>th</sup> October 2022  |
| Moulton School<br>01604 641600                  | Wednesday 5th October and Thursday 13th October 2022  |

**PARENTS/CARERS:**

**Please keep re-checking the secondary school websites to ensure your information is up-to-date.**



## ***You are invited to Abbeyfield School prospective parents' evening 2022***

*Date: Tuesday 20<sup>th</sup> September 2022*

*Time: 6pm – 8.30pm      Location: Abbeyfield School*

*Information talks delivered by Principal, Jay Kerby, at 6pm, 7pm and 8pm*

*(Slots must be booked due to capacity)*

*Departments will be open from 6pm until 8pm with displays and demonstrations of our curriculum and learning areas.*

*To book your place, receive more information and to be added to our prospective parents mailing list, please follow the QR code or the link: <https://forms.office.com/r/hj4w0iTn0X>*





## Look after yourself and your family this September

**Self-Care September 2022**

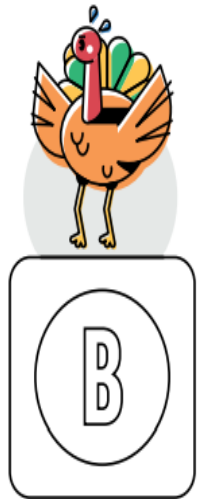
| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY   |
|---|--|---|---|--|---|--|
|    |  |  | 1 Find time for self-care. It's not selfish, it's essential     | 2 Notice the things you do well, however small           | 3 Let go of self-criticism and speak to yourself kindly                               | 4 Plan a fun or relaxing activity and make time for it             |
| 5 Forgive yourself when things go wrong. Everyone makes mistakes  | 6 Focus on the basics: eat well, exercise and go to bed on time                    | 7 Give yourself permission to say 'no'  | 8 Be willing to share how you feel and ask for help when needed | 9 Aim to be good enough, rather than perfect             | 10 When you find things hard, remember it's ok not to be ok                           | 11 Make time to do something you really enjoy                      |
| 12 Get active outside and give your mind and body a natural boost   | 13 Be as kind to yourself as you would to a loved one                              | 14 If you're busy, allow yourself to pause and take a break                         | 15 Find a caring, calming phrase to use when you feel low       | 16 Leave positive messages for yourself to see regularly | 17 No plans day. Make time to slow down and be kind to yourself                       | 18 Ask a trusted friend to tell you what strengths they see in you |
| 19 Notice what you are feeling, without any judgement   | 20 Enjoy photos from a time with happy memories                                    | 21 Don't compare how you feel inside to how others appear outside                   | 22 Take your time. Make space to just breathe and be still      | 23 Let go of other people's expectations of you          | 24 Accept yourself and remember that you are worthy of love                           | 25 Avoid saying 'I should' and make time to do nothing             |
|  26 Find a new way to use one of your strengths or talents | 27 Free up time by cancelling any unnecessary plans                                | 28 Choose to see your mistakes as steps to help you learn                           | 29 Write down three things you appreciate about yourself        | 30 Remind yourself that you are enough, just as you are  |  |  |

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

# ACTIVITY #2: BINGO BURST

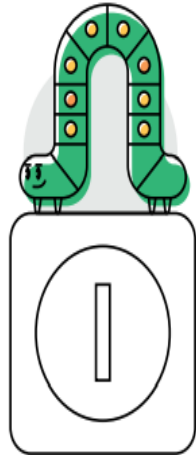
## Directions

Perform activities that match each letter of the word BINGO for 30 seconds. Once you finish an exercise, color in the corresponding letter and then move on to the next exercise.



### Burpees

Jump up and land in a squat, then jump out into a plank, and finally jump your feet toward your hands. Return to starting position.



### Inchworms

Start standing and lower your torso down to walk your hands out into a plank. Walk your feet toward your hands, and alternate hands and feet just like an inchworm.



### Narrow-Knee Squats

Stand with your feet together and squat down as if you're sitting in a chair. Repeat the movement until you've reached 30 seconds.



### Gallop in a Circle

Lead with your left leg while dragging your right foot behind you to create some resistance. After 15 seconds, switch legs and go in the other direction.



### Over the Hurdle

Imagine a hurdle in front of you that's about 3 feet tall. Take a running start and jump over it, leading with your right foot. Do this for 15 seconds before switching to lead with your left foot.

## BINGO !

Have a go at these exercises and increase your fitness, try to do these every day and improve your target each time.

Enjoy, and stay active. Miss Bland

# PADDLE START - BEGINNERS COURSE



To find out more about Northampton Canoe And Kayak Club and book a place, go to the following website:

[www.nckc.org.uk](http://www.nckc.org.uk)

This is a great way to come and have a go at canoeing, kayaking or SUP (and learn the difference!) in a relaxed and friendly group with qualified coaches & Instructors looking after you.

The Paddle Start course is designed for complete beginners who wish to learn a little about the sport of paddling and the aim in the two or so hours is to allow people to decide if the sport is for them and gain sufficient skill and knowledge to confidently join the paddling sessions of the club.

You may also like the following [events from NCKC](#):

- This Saturday, 10th September, 10:00 am, [Paddle Explore - Improvers Course in Northampton](#)
- Next Sunday, 18th September, 09:00 am, [Come & Try Paddling in Northampton](#)
- Next month, 2nd October, 09:00 am, [Foundation Safety & Rescue Training in Northampton](#)



## **Are you looking for part time job?**

**We are looking to recruit a reliable and committed Lunchtime Supervisor to join our hard-working team. The successful candidate will be able to work effectively as a member of the team, have excellent interpersonal skills and consistently support the school values and approaches.**

**Start date ASAP.**

**Days of work: Monday – Friday**

**Starting salary: Grade C, Point 2 (£18,198 FTE – pro-rata). Hourly rate £9.43**

**Contract: Permanent, 5 hours per week (term time only – 38 weeks per year)**

**If you are interested and would like more details or would like to apply please email: [info@simondesenlis.org](mailto:info@simondesenlis.org)**



## **Staff vacancies**

We are looking to recruit two talented and inspiring Teaching Assistants to join our hard-working team and 'make a dent in the universe'. The successful candidates will be able to work effectively as a member of the team, have excellent interpersonal skills and consistently support the school values and approaches.

### **Teaching Assistant – part time**

We have a part time Teaching Assistant position available to support a Year 2 child. This is a one-year fixed term position that will end on 31 August 2023.

Hours of work: 17.5 hours per week, working mornings – 8.45am – 12.15pm, Monday to Friday term time only.  
Starting salary: Grade D, Point 3 (£18,887 FTE – pro-rata)

### **Teaching Assistant – full time**

We have a full time Teaching Assistant position available to support a group of children in our reception class. This is a one-year fixed term position that will end on 31 August 2023.

Hours of work: 27.5 hours per week, term time only.  
Starting salary: Grade D, Point 3 (£18,887 FTE – pro-rata)

If you are interested in please email [info@simondesenlis.org](mailto:info@simondesenlis.org) for an application pack. The closing date for applications is 22<sup>nd</sup> September.



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THE RT HON. DAME ANDREA LEADSOM DBE MP



HOUSE OF COMMONS  
LONDON SW1A 0AA

Ref: AL/MC  
22nd August 2022

Dear Head Teacher

2022 Annual Christmas Card Competition

Welcome back to school and the new term! I do wish all the staff and pupils a successful year ahead. I know it has been a difficult calendar year for all schools, and please do let me know if I can ever be of assistance to you.

As I have done for the last seven years, I will be holding my annual Christmas card competition amongst all the primary schools in South Northamptonshire and would be delighted if some of your students would like to participate.

I attach a copy of last year's Christmas card which I am sure you will agree was exceptional!

The aim is to get a couple of pictures submitted by each school, and so it would be great if you could hold your own competition to select which pictures should represent the school in the final round.

The deadline for the submissions will be Monday, 7th November in order to give us sufficient time to judge the winner and runners-up and then in time to get the cards printed. The cards, with the winner and two runners up printed on the front and back, are then used by me as my Christmas card to all my friends and colleagues, including the Prime Minister.

All entries should be passed to my constituency office at:

The Rt Hon. Dame Andrea Leadsom MP  
1 Victoria House,  
138 Watling Street East  
Towcester  
NN12 6BT

On the back of each entry please clearly print the name of the school, the artist/students full name and their age.

I will be holding a special presentation tea party with Christmas games and food for all the runners up and finalists including their parent/guardian or school teacher on Thursday 15<sup>th</sup> December at 3.30 at The Forum, Towcester.

*Member of Parliament for South Northamptonshire*

Constituency Office: 01327 353124 andrea.leadsom.mp@parliament.uk www.andrealeadsom.com

Would you like to enter the Christmas card competition? If yes, please bring your entry to school and hand in at the front office. Remember to write your name and class on the back of your entry. Please make sure your entry is in school by October 19th.





*Did you know that we're registered with **easyfundraising** and you could help us to raise funds for the school at no extra cost to yourself?*

When you shop online, with over 4,100 of your favourite retailers, including John Lewis & Partners, Amazon, eBay, notonthehighstreet, you will raise FREE donations for Friends of Simon de Senlis.

If you're not already signed up, it only takes a few minutes, then you can begin using the easyfundraising website or app straightaway - simply shop online as normal. This will be an enormous help to the school, at no extra cost to yourself.

<https://www.easyfundraising.org.uk/causes/fosds>

Please click this link to support Friends of SdS with every Amazon purchase you make...

<https://smile.amazon.co.uk/ch/1056298-0>

Parents and visitors are reminded that Danes Camp and Tesco supermarket kindly offer free parking for dropping off and picking up your children. The car park at school is for staff parking, unless you have a pre-arranged agreement.

Please be aware the local police will be monitoring parking and issuing tickets where necessary, we ask that you remain considerate of our neighbours and their access requirements.



**Please leave our disabled bays for our disabled staff and visitors, access is required to these bays at all times.**

**Many thanks.**





# **SOME NEWS FOR OUR CHILDREN**

***16TH SEPTEMBER  
2022***



**Pictured:** Mack Rutherford (UK) is officially the overall youngest person to circumnavigate the world by aircraft solo. **Source:** Guinness World Records @GWR Twitter page.

## Youngest pilot to fly solo around the world

Mack Rutherford has officially been awarded the world record for being the youngest person to circumnavigate the world by aircraft, solo. Mack, who was 16 years old at the time, took off from Sofia, in Bulgaria, on 23<sup>rd</sup> March 2022. 5 months, 52 countries and 5 continents later, Mack returned to Sofia on 24<sup>th</sup> August 2022, completing his flight around the Earth. He celebrated his 17<sup>th</sup> birthday in the small, single-engine aircraft

that would deliver him four Guinness World Record titles! The experienced aviator was 17 years and 64 days old when he landed at the end of his trip around Earth, enabling him to take the title from the previous holder - his sister, Zara. Mack, whose nickname is Mack Solo, said, "I believe young people can make a difference...I believe it is never too early to work towards your dreams and you shouldn't limit yourself by others' expectations."

## Largest dinosaur ever found in Europe?

Palaeontologists have unearthed the remains of what could be the largest dinosaur ever found in Europe! The skeleton of a 25-metre-long dinosaur was found in a backyard in the city of Pombal, Portugal. Researchers, from Spain and Portugal, working on the site say that in recent weeks, they have unearthed the vertebrae and ribs of a possible brachiosaurid sauropod, or brachiosaurus. These animals would have stood about 12m

tall and weighed up to 70 tonnes, the largest land animals that have ever existed. These giraffe-like gigantic creatures could feast on the most succulent parts right at the top of trees, that other dinosaurs could not reach. "It is not usual to find all the ribs of an animal like this, let alone in this position, maintaining their original anatomical position," Elisabete Malafaia, a postdoctoral researcher at the University of Lisbon, said.



**Pictured:** Palaeontologists from Spain and Portugal working on the site in the city of Pombal  
**Source:** Instituto Dom Luiz (Faculty of Sciences of the University of Lisbon, Portugal)

Share your thoughts and read the opinions of others

[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)





# Solar panel canal covers

Solar panels are to be installed over large sections of canals in California, USA. The pilot project that will cover canals with solar panels could help the state save water by reducing evaporation and produce more greener energy. Project Nexus is set to launch in mid-October and will result in a 152-metre portion of canal in Hickman and over 1609 metres in Ceres being covered with large batteries of solar cells. It is hoped that the plan can be scaled up to save billions of gallons of

otherwise evaporated water, while powering millions of homes! This is a first for the US, but similar projects are already running in India. The state has 6,400 kilometres of canals. Experts estimate that if all of the Golden State's canals were covered with solar panels, they could produce 13 gigawatts of renewable power. One gigawatt is enough to power 750,000 homes, so that would be enough power for 9.75 million households.



**Pictured:** An image showing what the solar panel canal covers will look like.  
**Source:** Solar AquaGrid @SolarAquaGrid Twitter page.

Last week's topic:

## Should animals be allowed to work?



Yes, because it can be very helpful in times when humans can't help. Some areas can't be reached by humans therefore animals can be used as substitutes.

**Olivia - Age 10**

No, I don't think that animals should be used to work. They are pets and it's our job to look after them.

**Fred - Age 7**

Yes, they should. If they want to. Some animals enjoy their jobs and should be allowed to do them. For example - sheepdogs.

**Zac - Age 9**

## Let us know what you think about this week's news?



[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)



[help@picture-news.co.uk](mailto:help@picture-news.co.uk)



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