



## 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





## Dates for your Diary

Date	Year group	Event
14th October	Whole school	Short reports sent home
17th October	Whole school	Friends of Simon de Senlis Pumpkin competition
18th October	Whole school	<b>Parents Evening – Booking Opens 18:00 today 30th September, see below for more information</b>
20th October	Whole school	<b>Parents Evening- Booking Opens 18:00, today 30th September, see below for more information</b>
20th October	Year 3	Harvest Festival 2pm
3rd November	Whole school	Individual and sibling photographs
14th November	Whole School	Flu Vaccinations
23rd November	Friends Disco	3:30pm – 4:30pm – Reception & year 1 4:45pm – 5:45pm – year 2, year 3 & year 4 6:00pm – 7:15pm – year 5 & year 6

## Parent Evening Appointment Booking System Open at 6pm Tonight

As a school, we value our Parents Evening meetings, and we know that you do too. We are again using the easy-to-use appointment booking system called School Cloud. This system allows you to choose your own appointment times with teachers and once you have booked you will receive an email confirming your appointments. Your 10 minute appointment will then be held:  
**in School, Face to Face with your Child and their class teacher.**

Appointments open for booking from: 18:00 this Friday 30th September 2022, and closes on Thursday 13th October at 12:00. Should you wish to make any changes after this date please contact the school office.

A short guide on how to book appointments is below. To book your appointment please visit: <https://simondesenisorg.schoolcloud.co.uk>

To login you need the following information:

- Your name
- Your email address
- Full name of your child
- Child's date of birth

If you have any queries, please contact the school office, via: [info@simondesenis.org](mailto:info@simondesenis.org) who will be happy to help you.

# Parents' Guide for Booking Appointments

Browse to <https://simondesenisorg.schoolcloud.co.uk/>

Your Details

Title First Name Surname  
Mrs Rachel Jones

Email Confirm Email  
rabbott@gmail.com rabbott@gmail.com

Student's Details

First Name Surname Date Of Birth  
Ben Abbott 25/03/2010

Log In

## Step 1: Login

Fill out the details on the page then click the *Log In* button.

A confirmation of your appointments will be sent to the email address you provide.

Parents' Evening

This parents' evening is an opportunity to meet your child's teacher. Please enter the school via the main entrance and sign in at reception.

Click a date to continue:

Thursday, 16th March  
Open for bookings

Friday, 17th March  
Open for bookings

Be unable to attend

## Step 2: Select Parents' Evening

Click on the date you wish to book.

Choose Booking Mode

Select how you'd like to book your appointments using the option below, and then hit Next.

Automatic  
Automatically book the best possible times based on your availability

Manual  
Choose the time you would like to see each teacher

Next

## Step 3: Select Booking Mode

Choose *Automatic* if you'd like the system to suggest the shortest possible appointment schedule based on the times you're available to attend. To pick the times to book with each teacher, choose *Manual*. Then press *Next*.

We recommend choosing the automatic booking mode when browsing on a mobile device.

Choose Teachers

If there is a teacher you do not wish to see, please untick them before you continue.

Ben Abbot

Mr J Brown  
Class 11A

Mrs A Wheeler  
Class 11A

Continue to Book Appointments

## Step 4: Choose Teachers

If you chose the automatic booking mode, drag the sliders at the top of the screen to indicate the earliest and latest you can attend.

Select the teachers you'd like to book appointments with. A green tick indicates they're selected. To de-select, click on their name.

Confirm Appointment Times

The following appointments have been reserved for two minutes. If you're happy with them, please choose the Accept button at the bottom.

	Teacher	Student	Subject	Room
17:10	Mr J Sinclair	Ben	English	1A
17:25	Mrs D Mumford	Ben	Mathematics	1D
17:45	Dr B Monahan	Andrew	French	1A

Accept Appointments Cancel Appointments

### Step 5a (Automatic): Book Appointments

If you chose the automatic booking mode, you'll see provisional appointments which are held for 2 minutes. To keep them, choose *Accept* at the bottom left.

If it wasn't possible to book every selected teacher during the times you are able to attend, you can either adjust the teachers you wish to meet with and try again, or switch to manual booking mode (Step 5b).

	Mr J Brown SENCO (A2) Ben	Miss B Patel Class 10E (H0) Andrew	Mrs A Wheeler Class 11A (L1) Ben
16:30		✓	
16:40			
16:50	+		+
17:00	+		+

### Step 5b (Manual): Book Appointments

Click any of the green cells to make an appointment. Blue cells signify where you already have an appointment. Grey cells are unavailable.

To change an appointment, delete the original by hovering over the blue box and clicking *Delete*. Then choose an alternate time.

Once you're finished booking all appointments, at the top of the page in the alert box, press *click here* to finish the booking process.

My Bookings

The page displays a list of confirmed appointments. At the top, there is a green header with 'My Bookings' and a date 'Thursday 10th April'. Below the header, there is a table with the following columns: Teacher, Student, Subject, and Room.

Teacher	Student	Subject	Room
Mr J Brown	Ben	English	1A
Mrs D Mumford	Ben	Mathematics	1D
Dr B Monahan	Andrew	French	1A

### Step 6: Finished

All your bookings now appear on the My Bookings page. An email confirmation has been sent and you can also print appointments by pressing *Print*. Click *Subscribe to Calendar* to add these and any future bookings to your calendar.

To change your appointments, click on *Amend Bookings*.



## Christmas Performance Dates for your Diary

Date	Year group	Event
6th December	Year 3 and The Players	Christmas Performance to parents, school hall- 9:30am
6th December	Year 4 and The Players	Christmas Performance to parents, school hall- 1:45pm
8th December	Year 5 and The Players	Christmas Performance to parents at St Benedicts Church- 10:30am
9th December	Year 6 and The Players	Christmas Performance to parents at St Benedicts Church- 10:30am
12th December	Rec, Year 1, Year 2	Christmas Performance to parents, school hall- R- 9:30am Y2- 10:00am Y1- 10:30am
13th December	Rec, Year 1, Year 2	Christmas Performance to parents, school hall- R- 1:30pm Y2- 2:00pm Y1- 2:30pm
14th December	Robinson Class	Christmas Performance to parents, school hall 2:30pm
9th December	Wiggins Class	Christmas Singalong with parents, in class 2:15pm

## Tickets- Christmas Performances

Tickets for your child's Christmas Performance will be on sale in Parentmail in the shop. There is a £1 donation for each ticket.





Dear Parents and Carers,

The school has been full again with the buzz of learning and I have had the privilege to visit every class and see every child at work, engrossed and happy in their learning. This positive behaviour for learning is resulting in great outcomes, after only four weeks of the term. Chatting to the children on the playground, it is lovely to hear of the great reading that is taking place at home, again, the buzz for reading is filling the school. Knowing that the children enjoy their learning is such a wonderful thing to be part of.

This afternoon, I have had the privilege of listening to 40 children in Year 6 present their speeches to become House and Sports Captains. Each child spoke with confidence, assurance and passion and it was fabulous to see so many children strive to be leaders in school- how proud we are of each child. As I write, the votes are being counted and we will hear at 3:15pm who will be our new leaders- good luck everyone, you all deserve those positions!!

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

Mrs Fennelly

BE AMBITIOUS



BELIEVE IN YOURSELF  
AND YOU CAN REACH  
YOUR GOALS

## Poster of the Week

This week we talked about being ambitious in our hopes and dreams. We talked about our goals in school and at home and how, through hard work, dedication and drive, we can achieve them.

Well done everyone, we know you can reach your goals!!

**All parking permits will be reviewed during next week if you have a current or old permit it will not be valid after 7th October.**

**Please email the office on [info@simondesenlis.org](mailto:info@simondesenlis.org) to apply for a permit should you need one.**



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

**Many thanks.**



**There are places available for **Guitar and Keyboard lessons.**  
Lessons are held at school during school hours.**

**Please contact [info@simondesenlis.org](mailto:info@simondesenlis.org) if you would like to know more.**





**ORACY-THE ABILITY TO EXPRESS ONESELF FLUENTLY AND GRAMMATICALLY IN SPEECH**

**A GAME TO PLAY AT HOME-  
FOR AND AGAINST**

**Have a family debate about the following statements and giving reasons for and against.**

**It is ok to keep a pet?  
School holidays should be longer.  
School uniform is essential.**



**HALLOWEEN 2022**  
**CREATE / DECORATE**  
**A PUMPKIN**

**CRAFT!** **COLOUR!**  
**DRAW!**  
**CARVE!** **CREATE!**

**BRING YOUR PUMPKIN CREATION TO SCHOOL ON MONDAY 17TH OCTOBER**

**£2 DONATION TO FRIENDS OF SDS FOR EACH ENTRY STICKER FOR EVERY ENTRY AND ONE SPECIAL PRIZE PER CLASS FOR THE WINNER!**

Please pay the £2 donation into your ParentMail shop.

TRAVELLING BOOKS

## COME TO THE BOOK FAIR

FIND HUNDREDS OF THE BEST NEW BOOKS FROM JUST £2.99!

FILL YOUR SCHOOL WITH FREE BOOKS WHEN YOU BUY FROM THE BOOK FAIR\*

LAST YEAR, YOUR SUPPORT HELPED TO DONATE OVER £2.2M BOOKS TO SCHOOLS NATIONWIDE

<b>NEW</b> David Walliams <b>SPACEBOY</b> Hardback only £8.99 £14.99 <b>£8.99</b>	<b>NEW</b> The Baddies Hardback only £7.99 £12.99 <b>£7.99</b>	<b>NEW</b> ROALD DAHL <b>MATILDA</b> Best Buy Only £3.99 £6.99 <b>£3.99</b>	<b>NEW in paperback</b> TOM GATES RANDOM ACTS OF FUN £7.99
<b>NEW</b> As seen on TV <b>BLUEY</b> GOODNIGHT FRUIT BAT £6.99	<b>NEW</b> DR RANJ A SUPERPOWER Like Mine £6.99	<b>NEW</b> THE ELEMENTAL DETECTIVES PATRICE LAWRENCE £7.99	

Available during  
Parents Evening  
18th & 20th  
October

Available during  
Parents Evening  
18th & 20th  
October

**AGES 2+**

**AGES 6+**

**EVERY BOOK YOU BUY EARNS FREE BOOKS FOR OUR SCHOOL**

**AGES 8+**

Save £3

EMMA CARROLL  
THE TALE OF TRUTHWATER LAKE  
Paperback edition exclusive to Scholastic  
Available from 18th October 2022

Goosebumps  
NIGHT OF THE LIVING DUMMIES  
4 books for only £9.99

NEW  
DRAGON DESTINY  
KATIE & KEVIN TSANG  
Available from 30th September 2022

NEW  
THE FART THAT CHANGED THE WORLD  
STEPHEN MANGAN  
Illustrated by ANITA MUNZAR

NEW  
ROSEMARY JOFFERSON'S AWESOME FRIENDLY SPOOKY STORIES  
Jeff Kinney

Save £4

Best Buy Only £2.99

DORK DIARIES

NEW  
ROCKS AND MINERALS  
Save £9

NEW  
FOOTBALL LEGENDS  
Save £3

## Available during Parents Evening 18th & 20th October

### Payment at our Book Fair

Please check with your school for the best way to pay for your books

- You can pay easily and securely for these books and many more when you attend the Fair by using our online payment link at [www.travellingbooks.co.uk/pay](http://www.travellingbooks.co.uk/pay) and simply selecting your school from the drop-down menu.
- If you're unable to visit the Book Fair, your child will be sent home with a Wish List and you can pay for their chosen books using our online payment system. Please make sure the Wish List is returned to your child's school.
- Pre-paid gift vouchers are available in £5, £10, £15, £20 and £25. Go to [www.travellingbooks.co.uk/gift-vouchers](http://www.travellingbooks.co.uk/gift-vouchers) to buy vouchers for your child before the Fair.

### Help earn free books for your school\*

Books benefit everyone and to ensure that as many children as possible have access to the best books, Travelling Books donate over £2.2 million worth of free books annually to schools nationwide to support literacy and reading for pleasure. You can help make a difference by purchasing from your Travelling Book Fair – every purchase earns your school rewards which they can spend on free books to stock their library and classrooms.





Simon de Senlis are collecting food for the Hope Centre as part of our Harvest celebration.

Please bring items for the Hope centre to your child's class. Items will be collected from school on October 21st.

Food such as dried food, tins, jars, bottles are all greatly appreciated.



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.





# Friends of SdS



## Annual **G**eneral **M**eeting

***We look forward  
to seeing you on  
Wednesday 19th  
October at 7pm,  
in the school hall***

We need your suggestions, skills, ideas and enthusiasm!

No obligation to join the committee

If you are interested in finding out more about joining  
and/or volunteering for future events, please come along.

If you can't attend but would like more information,  
please send us an email: [fosdsenlis@gmail.com](mailto:fosdsenlis@gmail.com)

or message us on Facebook



# Diwali Light Parade – Northampton town centre. 15th October at 5pm



## Think of the week

A **think** 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.



# Is all sound music?



## Tips to prevent cyberbullying

- **Be engaged** – Talk to your child about what they like to do online and what they know about how to stay safe – [see tips from Childnet](#) ↗
- **Be kind online** – Being positive and respectful online is key to using the internet safely. Share **'Top Internet Manners'** with them
- **Know how to report** – Make sure your child knows how to report cyberbullying if it happens to them or someone else

- **Never retaliate** – remind your child that saying mean things back to a bully makes the situation worse
- **Save the evidence** – encourage your child to save messages, photos and screenshots of online bullying as proof to show to a trusted adult
- **Explore the games and apps** your child uses together and find report and block buttons to understand what they do

## Miss Garrard says...

Please be aware of cyber bullying online. If your child has access to TikTok, or any other form of social media, we would strongly advise that you monitor the use of this app.

### 1. Talk to them about Cyberbullying

Users can leave comments on videos posted so, this may leave your child open to receiving negative messages. Giving them guidance about what to do if they are **cyberbullied** or see others being cyberbullied will help them to keep themselves safe.



- Think carefully about allowing your child on social media as the minimum age on most networks is 13 years old
- Cyberbullying can take place 24/7 and happens repeatedly on a range of apps, games and devices
- Younger children can confuse any nasty comment or opinion as 'bullying' so their understanding of bullying can be different to that of adults
- Bullying is a learnt behaviour – so it's important to set a good example and regularly reinforce being a good digital citizen

Miss Garrard says...

Here is some more useful information about TikTok.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one app of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION  
13+

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-synching and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

### AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

18

CENSORED

### EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-synching and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

W&#\*!

### TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lili Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become "TikTok famous". While most aspiring stars hoping to be "the next big thing" will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.



### HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.

### ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.

### IN-APP SPENDING

There's an in-app option to purchase "TikTok coins", which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.



## Miss Garrard says...

Please read this advice about supporting children who are using TikTok.

### Advice for Parents & Carers

- TALK ABOUT ONLINE CONTENT**

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.
- MAINTAIN PRIVACY SETTINGS**

The default setting for all under 16s' accounts to 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 16s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.
- LEARN ABOUT REPORTING AND BLOCKING**

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.
- ENABLE FAMILY PAIRING**

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.
- USE RESTRICTED MODE**

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.
- MODERATE SCREEN TIME**

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

### Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.

SOURCES: TikTok.com

National Online Safety®  
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.11.2021



## ARE YOU LOOKING AFTER SOMEONE ELSE'S CHILD?

## IS SOMEONE ELSE LOOKING AFTER YOUR CHILD?

If you are caring for someone else's child or someone is caring for your child (under 16 or under 18 if disabled) for 28 days or more and you are not a close relative (step-parent, sibling, uncle or aunt or grandparent) then this is called Private Fostering.

Find out about the support available to Private Foster Carers and why it is important to let us know about your arrangement.

### **CONTACT US**

To register a Private Fostering arrangement and to access the support available to you, contact:

MASH (Multi-Agency Safeguarding Hub)

Criminal Justice Centre, 700 Pavilion Drive, Northampton,

Northamptonshire NN4 7YL

Telephone 0300 126 7000

[www.nctrust.co.uk](http://www.nctrust.co.uk)

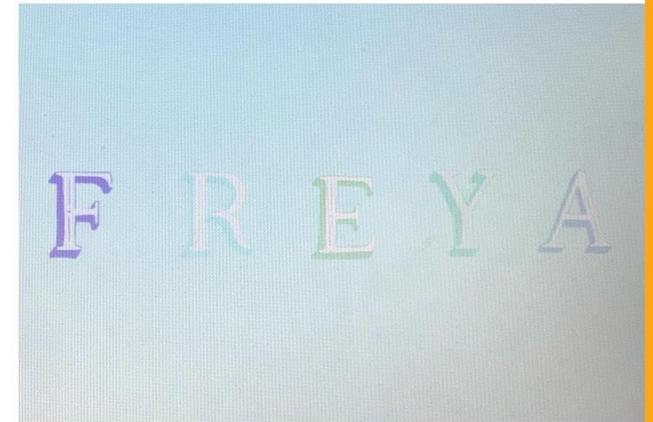
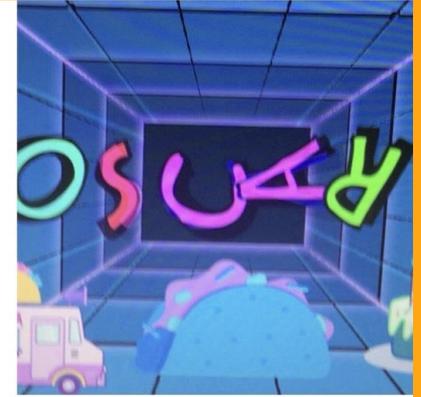
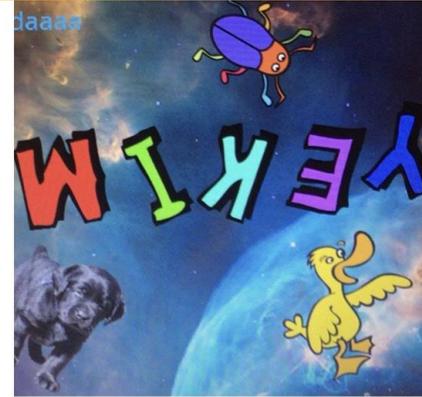


Northamptonshire  
Children's Trust



# Computing Club – Animate your name!

Here are some wonderful examples of the project children completed in Computing Club this week. Using Scratch, the children wrote their own code to animate their name! Their animations included colour changing, spinning letters, floating sprites and flashing symbols!



## 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-inside-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



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)



# 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.



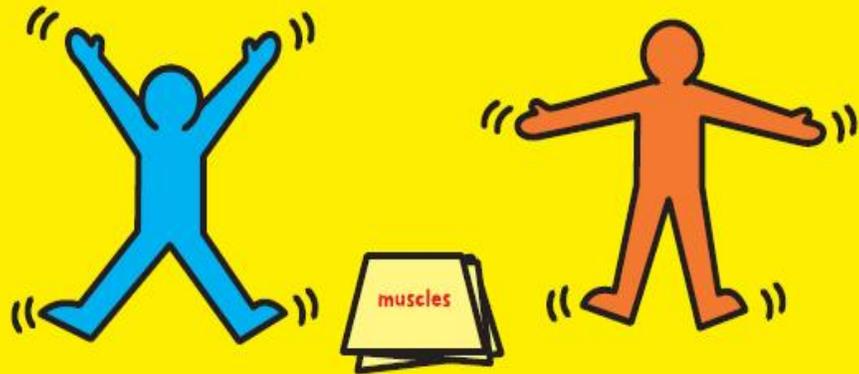
If you would like to register, please complete the registration link below or if you require more information, please do not hesitate in contacting us at [contactus@rugbyandnorthamptonac.org](mailto:contactus@rugbyandnorthamptonac.org)

[https://docs.google.com/forms/d/1je7D0f67A0GgzqHAaFX\\_4l96ntO1XZb\\_lfz8JXuleHg/edit](https://docs.google.com/forms/d/1je7D0f67A0GgzqHAaFX_4l96ntO1XZb_lfz8JXuleHg/edit)

## Warm up activity

# journey round the body

Get your heart pumping and muscles moving



Supporting your school to provide 30 of the daily 60 active minutes recommended

## how to play

Mark out a safe play area. Then stick six cards numbered 1-6, in different places around the area. Write an activity on each that targets a different part of the body. How about 'lungs' – jump ten times and shout as you count? Or 'muscles' – do five star jumps?

Divide the group between the numbered areas. Then everyone has to find their pulse (at the wrist or neck) and count it for ten seconds. Write down your number or make sure you remember it. Then jog, or hop or jump round the circuit with a partner and do the activity at each spot. After each activity take your pulse again for ten seconds – watch how it rises!

**Safety:** make sure there is enough space between the areas for everyone to do the activity.

## equipment

Cones, skipping ropes, balls or other equipment, depending on the activities you choose.

## sporting connection

This activity helps you warm up, get your muscles moving and your heart pumping.

That's the ideal way to start training for just about any Olympic or Paralympic sport from archery to golf.



## did you know?

The modern day Olympic motto in Latin is "citius, altius, fortius" which means faster, higher, stronger. Paralympian Danielle Brown lives out this motto – she's won Archery Gold despite her physical challenges.

## Get Moving!

Keep warm and raise your heart rate. See if you can find your pulse and count how many beats your heart is pumping. Try out different activities and get your heart to beat faster!

Have fun and stay active, Miss Bland

# Holiday Fun



## October Half Term 2022

<b>Games /Sports</b> 	<b>Atomic Science</b> 
<b>Arts &amp; Crafts</b> 	<b>YOGA and Mindfulness</b> 
<b>Circus Skills</b> 	<b>Music</b> 

Is it for me?

Open to Primary age children ages 5-11

How much?

£15 per day, 9am – 3.30pm each day

How do I book?

To book spaces please visit: [www.northamptonesco.co.uk](http://www.northamptonesco.co.uk), you can book as many days as you require. Full details can be seen on our website/facebook page.

What do I need?

Packed Lunch and plenty of drinks. Wear clothes suitable for moving freely and trainers/plimsolls. Must drop off and pick up children.

Queries?

Email- [msmith@northamptonesco.co.uk](mailto:msmith@northamptonesco.co.uk) or 07917 535 762

### October Half Term 2022 Monday 24<sup>th</sup> October – Friday 28<sup>th</sup> October

Monday 24 <sup>th</sup> October	Tuesday 25 <sup>th</sup> October	Wednesday 26 <sup>th</sup> October	Thursday 27 <sup>th</sup> October	Friday 28 <sup>th</sup> October	Venue
Arts and Crafts 	Games 	Circus Skills 	Games 	Arts and Crafts 	Cedar Road Primary School, Cedar Road East, Northampton, NN3 2JF.
Music 	Yoga 	Science 	Yoga 	Music 	
Circus Skills 	Science 	Games 	Science 	Sports 	



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 01604 763616	Date: Tuesday 20 <sup>th</sup> September 2022, Time: 6pm – 8.30pm  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 01604 773910	<a href="http://www.billingbrook.northants.sch.uk/AboutUs/Admissions/">http://www.billingbrook.northants.sch.uk/AboutUs/Admissions/</a>
Kingsthorpe College 01604 716106	Thursday 6 <sup>th</sup> October 2022 <a href="http://www.kingsthorpecollege.org.uk">www.kingsthorpecollege.org.uk</a>
Malcolm Arnold Academy 01604 778000	Thursday 22 <sup>nd</sup> September From 5.30pm
Northampton School for Boys 01604 230240	<p><b>Presentation Evenings</b> Monday 19 September 2022 Presentation Evening 1 (6:00pm to 7:00pm) Monday 19 September 2022 Presentation Evening 2 (7:30pm to 8:30pm) Wednesday 21 September 2022 Presentation Evening 3 (6:00pm to 7:00pm) 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> Open Morning Tours will run on the dates below with two tours per day Monday 26<sup>th</sup> September 2022 at 9:00am and 9:45am Tuesday 27<sup>th</sup> September 2022 at 9:00am and 9:45am Wednesday 28<sup>th</sup> September 2022 at 9:00am and 9:45am 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 01604 679540	Open Evening events on Monday, Tuesday and Wednesday 3rd, 4th and 5th October 2022.
The Duston School 01604 460004	Year 6-7 open week during the week commencing 26 <sup>th</sup> September 2022  <a href="http://www.thedustonschool.org">www.thedustonschool.org</a>
Northgate School Arts College 01604 714098	6pm on Wednesday 21 <sup>st</sup> September.  <a href="https://northgateacademy.org.uk">https://northgateacademy.org.uk</a>
Northampton International Academy (NIA) 01604 212811	Tuesday 27 <sup>th</sup> September Wednesday 5 <sup>th</sup> October  <a href="https://nia.emat.uk/">https://nia.emat.uk/</a>
The Northampton Academy 01604 210017	Wednesday 28 <sup>th</sup> September and Thursday 13 <sup>th</sup> October 2022  Further details will be published on our website - <a href="http://www.northampton-academy.org">www.northampton-academy.org</a>

Thomas Becket Catholic School - 01604 493211	Thursday 22 <sup>nd</sup> September 2022  Please visit <a href="https://www.thomasbecket.org.uk/">https://www.thomasbecket.org.uk/</a> for more information.
Weston Favell Academy 01604 402121	Thursday 6 <sup>th</sup> October 2022  Details will be published on the website after the summer holidays
Wootton Park School 01604 931139	Thursday 14 <sup>th</sup> July, Wednesday 14 <sup>th</sup> Sept, Thursday 13th October Please visit <a href="http://www.woottonparkschool.org.uk">www.woottonparkschool.org.uk</a> for more information.
Campion 01604 833900	There will no single open evening.  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. <a href="http://www.campion.northants.sch.uk/">http://www.campion.northants.sch.uk/</a>
Caroline Chisholm 01604 669200	
Elizabeth Woodvale 01604 861184	Wednesday 21st September for our South Campus and Thursday 22nd September for our North Campus.
Guilsborough Academy 01604 740641	7 <sup>th</sup> October 2022
Moulton School 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.**



## **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)**

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.





## 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 <small>(NOT INCLUDING TRAINING DAYS)</small>	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 Monday 26 & Tuesday 27 December 2022
Bank Holiday Monday 2 January 2023
Easter Weekend Friday 7 & Monday 10 April 2023
May Bank Holidays Monday 1 May & Monday 29 May 2023
Summer Bank Holiday Monday 28 August 2023



**SOME NEWS FOR  
OUR CHILDREN**

***30TH SEPTEMBER  
2022***



Pictured: Josephine Hedger climbing a tree at the European Tree Climbing Championship.  
Source: Arboricultural Association @ArbAssociation Twitter page.

## Tree climbing champion

Josephine Hedger has expertly climbed her way to her sixth European Tree Climbing Championship win! The expert arborist, or tree surgeon, has claimed the title for the fifth time in a row! Each individual competitor completes five preliminary events, climbers are judged on speed, skill, and technique. The men and women with the top points then compete again on a second day, climbing a tree to reach marked points within a specific time.

The European Tree Climbing Championship (ETCC) described the event on its website as providing a competitive but educational opportunity for working arborists in Europe to demonstrate and exchange new climbing techniques and equipment, as well as safe work practices. The winners of the European competition held in Brussels, Belgium, go onto scale more trees at the world championships.

## Hydrogen-powered passenger train

The world's first 100 percent hydrogen-powered passenger train has been launched! Coradia iLint trains, manufactured by French manufacturer Alstom, are now operating in Lower Saxony, Germany. Around half of Europe's railway network is electric, but some lines are too difficult to install overhead cables on. This has left diesel trains as the only option – until now! Alstom has stated that the hydrogen-powered trains only emit

steam and water and make very little noise. Henri Poupart-Lafarge, CEO and Chairman of the Board of Alstom said, "The world's first hydrogen train, the Coradia iLint, demonstrates our clear commitment to green mobility combined with state-of-the-art technology. We are very proud to bring this technology into series operation as part of a world premiere, together with our great partners."



Pictured: The 100 percent hydrogen-powered passenger Coradia iLint train. Source: Alstom @Alstom Twitter

Share your thoughts and read the opinions of others

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



# Chimps' 'signature' drum beat

A recent study has suggested wild chimpanzees communicate by showing off their 'signature' drum beats, through drumming on tree roots, with their own individual style! Scientists, who studied chimps in the Ugandan rainforest, found that the animals used their signature drumming rhythms to communicate with each other over long distances, revealing where they are, and what they are doing. Dr Catherine Hobaiter from the University of St Andrews explained that the wild apes use huge tree roots as a large wooden surface to drum on with their hands and feet, "If you hit the roots really hard, it resonates and makes this big deep, booming sound that travels through the forest. We could often recognise who was drumming when we heard them; it was a fantastic way to find the different chimpanzees we were looking for. So, if we could do it, we were sure they could too."



Pictured: A Chimpanzee. Source: Canva.

Last week's topic:

## What can we do if we feel things aren't fair?



I think the best way is to make your point clear and find people who will listen. Show people the problem so they can see for themselves.

**Jake**

I understand people strike for a better pay check but the effect on the average person is massive.

**Luca**

Speak up and tell as many people as you can!

**Candy**

I think it doesn't matter how old you are your voice deserves to be heard!!

**Chloe**

### 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)

 @HelpPicture

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Bishop Thornton,  
Harrogate,  
North Yorkshire, HG3 3JR

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