

Charles Darwin day is on the 12th February.

Darwin famously said “It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change.”



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



HELPLINE

0808 800 5000
help@nspcc.org.uk

Dates for your Diary

Date	Year group	Event
10th February	Whole School	School closes for half term
21st February	Whole School	School opens for the new term
23rd February	Year 2	SATs meeting 9am & repeated at 5pm
28th February	Year 1	Phonics meeting 9am & repeated at 2:45pm
2nd March	Whole School	World Book Day
30th March	Rowling Class	Recorder performance at 9:30am
30th March	Year 4	Violin and Cello performance at 2:45pm
5th May	Whole School	King Charles Coronation Celebrations 1:30pm-3:00pm



Dear Parents and Carers,

The days are a little longer, the mornings and evenings are brighter, and the sun has even shone this week- all which means that spring is on its way! As the seasons change, we all remain so proud of the children across school as they continue to amaze us each day with their great thinking and learning. The term has been quite short, however, that has not stopped us from filling it with wonderful experiences and opportunities. Our Shakespeare unit was beyond comparison and one that will remain with us for many months to come. The music, performing arts and wide range of subjects that have been taught across school has been superb and children's wider knowledge is developing every day. We now start to think about our next term, and you will have received the knowledge organisers that will show you and your child the content of learning for Science, Geography and RE in the coming weeks. Before we begin the next chapter of the year, please enjoy a wonderful break- read, play, chat, rest and explore.

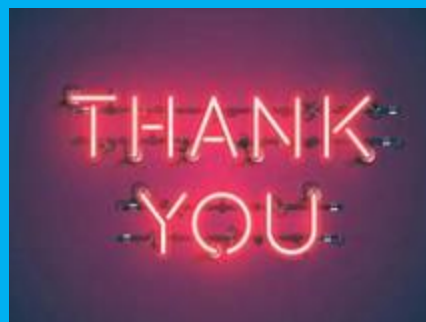
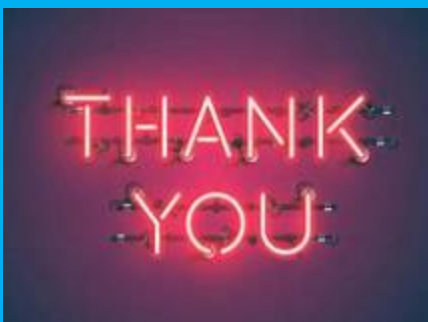
I hope you have a great week and I look forward to seeing you on February 21st.

Best wishes

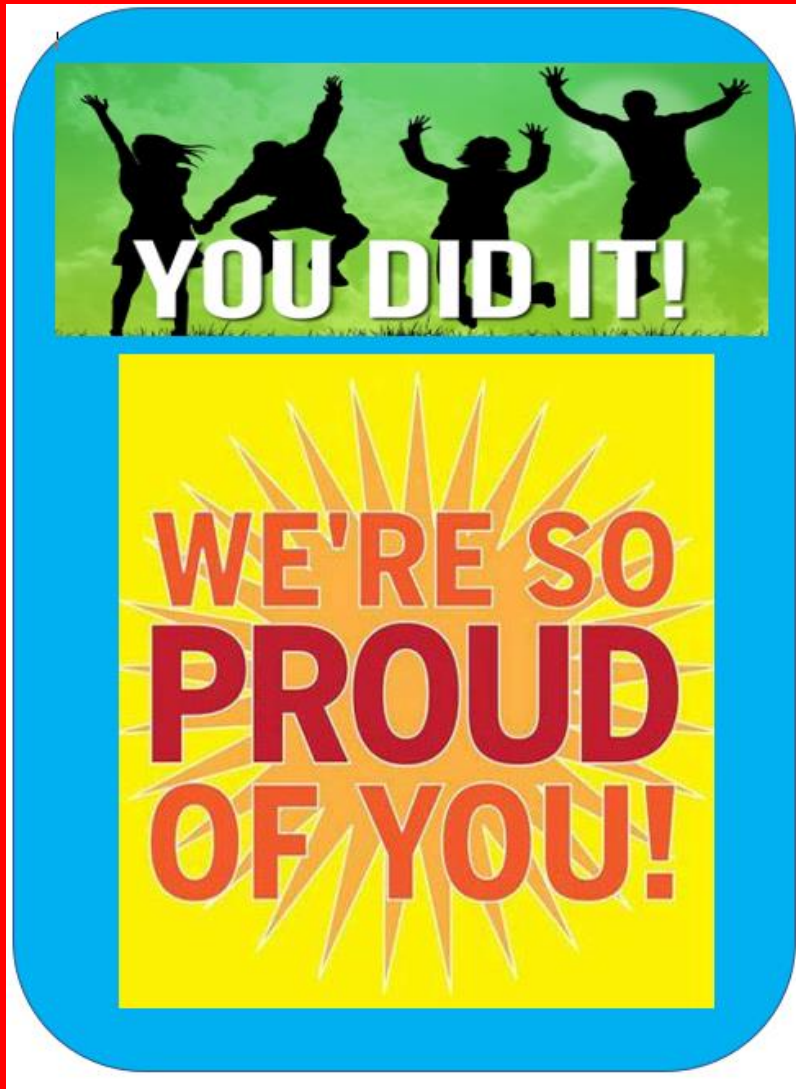
Mrs Fennelly

TLCs

Thank you for coming to school to share your child's learning and to spend the time with your child's teacher in your TLC. Our partnership together means that your child will continue to thrive as we move through the year.



Poster of the Week



After an amazing term, where every child achieved so much, we talked today about how proud we all are of the children in school.

It was so clear to see how proud the children are of their achievements too. Well done everyone, you're amazing!

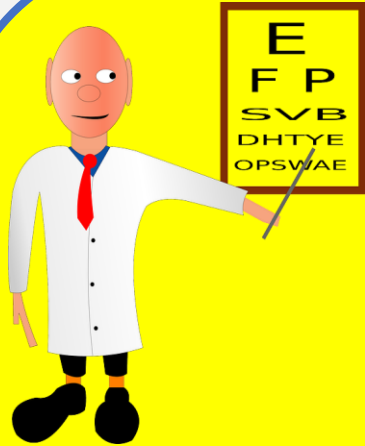


Lunches



For meals to be provided in school please choose and book your meals via school grid, alternatively provide a packed lunch for your child. No nuts.





Appointments



Please try to book Dentist, Doctors and Optician appointments outside of school hours.





A reminder that if your child has sickness or diarrhoea, they must remain at home for 48 hours after the last incident of illness.



Thank you for your support.





Save the Date-
King Charles III Coronation
Celebrations- Friday May 5th
1:30pm-3:00pm



Anti-bullying Ambassadors

In this week's meeting, Mrs de Board shared the exciting news that we are ready to apply for our first badge to recognise our campaigns over the last three months. Our assemblies, posters and displays around school, support on the playground and the worry boxes in classrooms are all evidence to support our application for the wellbeing badge. We are already planning our next campaign on the theme of online safety.



The wellbeing badge



WORLD
**BOOK
DAY**
2 MARCH 2023

World Book Day 2nd March 2023

WORLD
**BOOK
DAY**
2 MARCH 2023



Join us for a Stay
and Read session
at 8.45am –
9.15am

Create a book
in a box
showing your
favourite book

Collect your book
token to spend on a
book of your
choice!

Book in a box competition!

After our successful competition last year, we are running our 'Book in a box' competition again this year to celebrate World Book Day 2023.

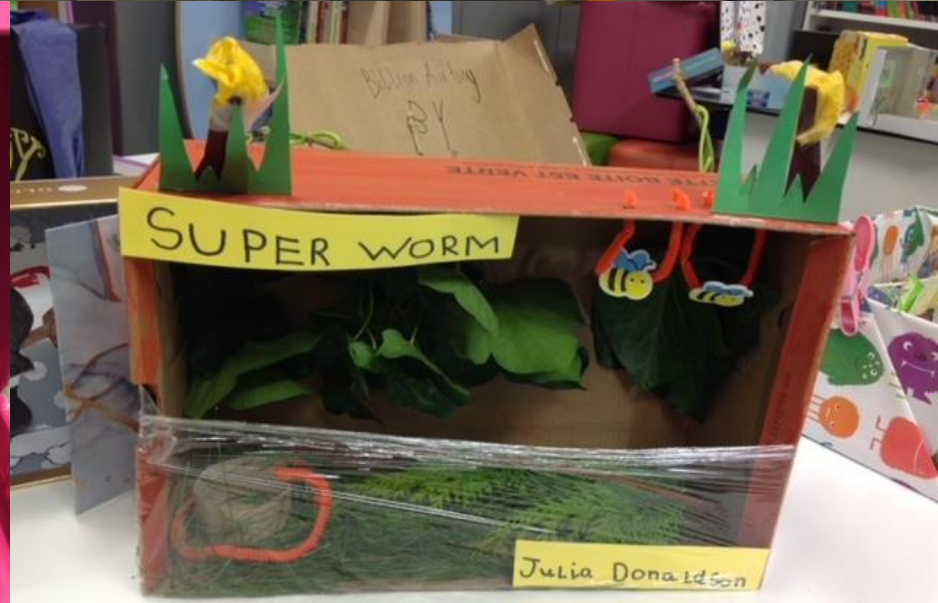
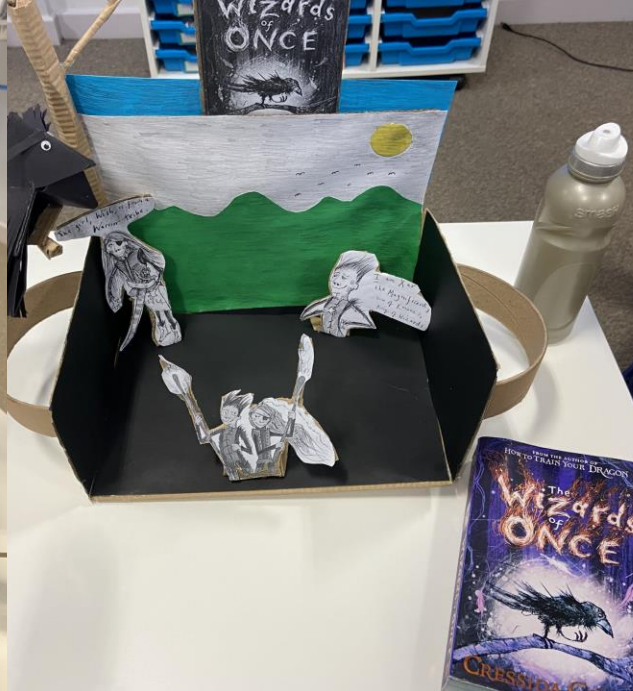
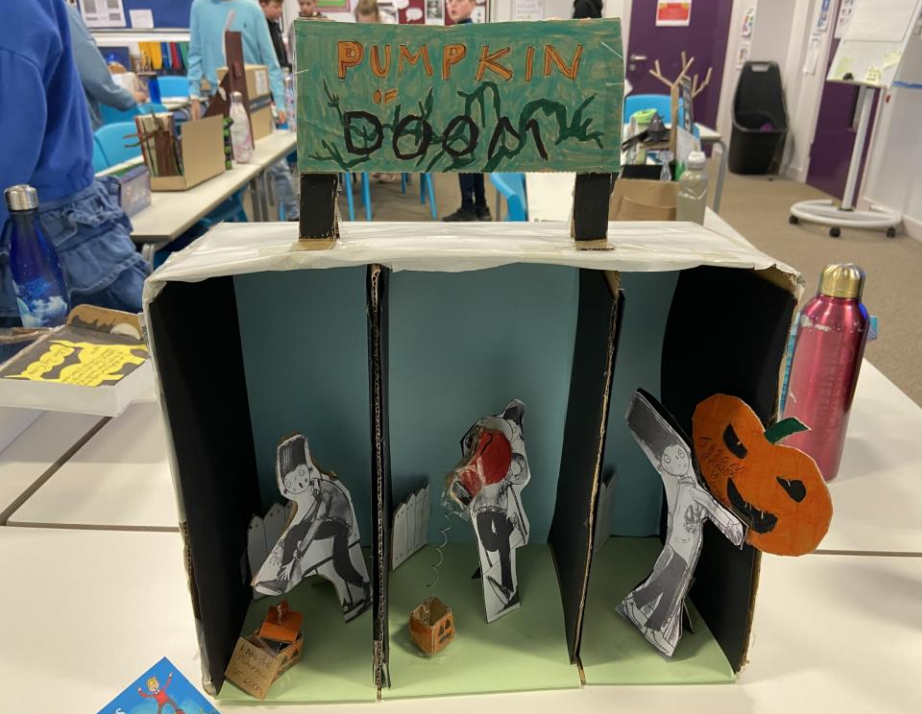
Over half term and in the lead up to World Book Day, we would like you to create your own book in a box using a book of your choice. You can choose any book that you like to create in your box. It could be your favourite book, or just one that you have enjoyed reading this year. You can use a box that you would find around your home, e.g. cereal box, shoe box or an amazon box. To create your book in a box you could:

- draw or cut out pictures of the characters or significant objects from the book
 - Recreate a scene from the book inside
 - Include interesting quotes from the text

Don't forget to include the name of the book and the author.

As part of the competition, there will be one winner from every year group. This will be judged in school with the winner receiving a book to keep and enjoy. Every child will receive a certificate for taking part.

Please see some of last years boxes on the next slide for inspiration!



Artist of the Week- Stephen Wiltshire

Stephen Wiltshire was born in 1974, in London.

His parents were from the Caribbean and moved to England before Stephen was born.

When Stephen was young, he didn't communicate through speech and preferred to communicate with the world through his drawings.

Stephen was born in London on 24th April 1974. As a child he didn't speak and found it difficult to relate to other people. By the age of three, he was diagnosed with autism.

Stephen's motto is 'Do the best you can, and never stop!'

Stephen is invited to travel all over the world drawing urban landscapes, skylines and buildings. People hire and pay him for drawings, which is called a commission. Thousands of people visit his exhibitions and he has published four books of drawings.

He also gives talks explaining how drawing has helped his life.



Stephen Wiltshire is a British artist who is most famous for drawing and painting detailed cityscapes (picture of a city). He is extremely talented at creating realistic and lifelike cityscapes even when he may have only seen them for a short period of time.

In 2006, Stephen was awarded the honour of an MBE by the Queen, for his services to the art world.

PARKING REMINDER

Parents and visitors are reminded that Danes Camp and Tesco supermarket offer free parking for dropping off and picking up your children.

We ask that you remain considerate of our neighbours and their access requirements, please do not block drives or junctions. The local police will be monitoring parking and issuing tickets where necessary.



**The car park at school is for staff parking.
Please leave our disabled bays for our disabled staff and visitors.**

Poem of the Week- A Sensory Woodland Stroll

A Sensory Woodland Stroll

Walking through the woodland, I can feel:
the crunching leafy carpet beneath my feet;
a crisp autumn breeze brushing gently across my face
and crooked branches, twisting towards and welcoming me.

With my eyes, I can see:
fluttering, golden leaves leaping and dancing;
nimble, playful squirrels scurrying across their climbing frames
and majestic trees guarding the forest like soldiers.

With my ears, I can hear:
the joyful chirrups and squawks of swooping birds;
the distant snapping and cracking of scattered branches
and acorns rolling like marbles around colossal tree trunks.

With my nose, I can smell:
the damp, earthy aroma of moss and fleshy mushrooms;
the sweet scents of bursting blackberries
and the powerful perfume of pine, sparking memories of Christmas.

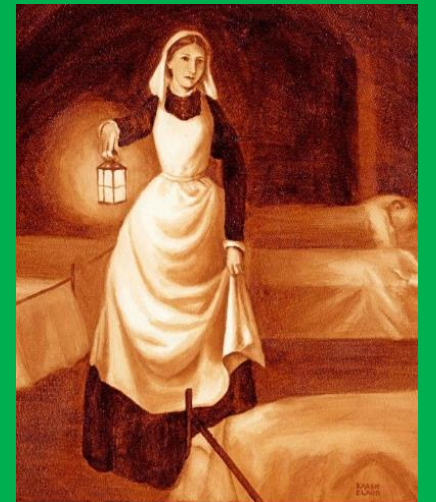


Inspirational Person of the Week- Florence Nightingale 1820-1910

Florence was born in 1820 in Florence in Italy. She went to the **Crimean War** to nurse wounded soldiers and became known as ‘The Lady with the Lamp’.

Florence Nightingale is remembered for showing people that nursing was a very important job. There was no medicine at the time to stop infections killing people and she made sure staff knew about cleanliness. Florence taught people to understand about how important it was to keep medical equipment and hospital beds clean to stop disease spreading.

Florence Nightingale changed the way injured and sick people were treated. In 1860, she set up a training school at St. Thomas's Hospital in London. Florence was showered with awards and decorations in recognition of her work. She was even given an award by Queen Victoria and died when she was 90 years old.



Musician of the Week- Dame Evelyn Glennie

Dame Evelyn Glennie is the first deaf person in musical history to successfully create a full-time career as a solo percussionist.

She gives more than 100 performances a year worldwide, performing with the world's greatest conductors, orchestras, and artists.

With over 86 international awards, she is a triple GRAMMY award winner and BAFTA nominee, her solo recordings now exceed 30 CDs. She is also a successful author and an eminent global activist in the world of motivational speaking.

To watch the amazing Dame Evelyn play- click here-

[Dame Evelyn Glennie performs Corelli's La Folia - Bing video](#)



School Mental Health Leads

Ms Cunningham and Miss Garrard are the Mental Health Leads at Simon de Senlis

If you have any worries or concerns about any aspect of your child's mental wellbeing please speak to your child's class teacher or contact us in school.



Laura Cunningham

Inclusion Leader
Deputy Designated Safeguarding Lead
Mental Health First Aider



Hannah Garrard

Family Support Worker
Deputy Designated Safeguarding Lead
Mental Health First Aider



Mental Health and Wellbeing at SDS

A Message from Mrs Fennelly

Being aware of children's mental health and well-being and being skilled to support this in school is extremely important to me and all the staff at school.

We know that children and adults will have times in their life when they need help and support with their mental health. Because of this there are many things that are in place at SDS if your child needs support-

- Ms Cunningham and Miss Garrad are trained Mental Health Leads.**
- We have a team of staff who are also trained to support children.**
- We have a dedicated room, the pod, which is calm and peaceful and where support can be delivered in a comfortable setting.**
- All classes take part in a weekly PSHE lesson, where children develop knowledge of relationships, feelings and emotions.**
- Children have lessons where they create their 'hand of support'- those adults who they know they can go to if they are feeling unhappy or worried.**
- Teachers and support staff are skilled to support children on a day to day basis and know when to refer to Ms Cunningham or Miss Garrard.**
- We work closely with many external professionals to support children when needed.**
- Each classroom has a worry box where children can report any concerns.**
- A new addition to the newsletter will be a Mental Health and Wellbeing page to offer support and guidance.**

BBC Moodboosters is a fun way for children and the whole family to get moving to support mental health and wellbeing. Take a look below and have fun!

<https://www.bbc.co.uk/teach/moodboosters>



Friendly February 2023

MONDAY



TUESDAY



WEDNESDAY

1 Send a message to let someone know you're thinking of them

THURSDAY

2 Ask a friend how they have been feeling recently

FRIDAY

3 Do an act of kindness to make life easier for someone

SATURDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

SUNDAY

5 Make time to have a friendly chat with a neighbour

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

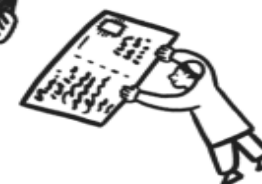
24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today





10 Keys to Happier Living

Everyone's path to happiness is different. Based on the latest research, 10 Keys have been identified that tend to make life happier and more fulfilling. For more information visit the site here- [Giving | Action for Happiness](https://givingaction.org.uk/)



Giving

Do kind things for others



Relating

Connect with people



Exercising

Take care of your body



Awareness

Live life mindfully



Trying Out

Keep learning new things



Direction

Have goals to look forward to



Resilience

Find ways to bounce back



Emotions

Look for what's good



Acceptance

Be comfortable with who you are



Meaning

Be part of something bigger

Miss Garrard says...

Energy Bills

If you are in receipt of certain benefits you may be able to pay in instalments through the Fuel Direct Scheme. To set this up, contact your local **Job Centre**, who will call your supplier (who they must agree) if you qualify.

There may also be grants available to you from your energy supplier. These are run by energy companies, but you don't necessarily need to be a customer to apply. Check out **Charis Grants** for a number of schemes that can provide assistance.



If you use a prepayment meter for electricity or gas ask your supplier for temporary credit, or **contact** your local council for a fuel voucher.

Online Debt Advice Services

Online services are secure and you can get immediate, personalised help. Some services are available 24 hours a day.

Money Adviser Network

<https://adviser.moneyhelper.org.uk>



StepChange Debt Charity

www.stepchange.org



Financial Wellness Group

www.financialwellnessgroup.co.uk



National Debtline

<https://www.nationaldebtline.org/>

National Debtline offers free debt advice online through its digital advice tool and its web guides, fact sheets and sample letters.



PayPlan

www.payplan.com



Debt Advice

Telephone debt advice services

You can speak directly with an expert adviser. Telephone services are usually available weekdays, evenings and Saturdays.

StepChange Debt Charity

www.stepchange.org.uk

0800 138 1111



Youth Legal and Resource Centre

<https://www.youthlegal.org.uk>

0203195 1906



Debt Advice Foundation

www.debtadvicefoundation.org

0800 622 61 51



Please see the above information which is there to support families during the cost-of-living crisis. If you require any further support or advice, please do not hesitate to contact me.

Miss Garrard says...

Here are some more services that can offer support with managing the cost-of-living crisis and the emotional toll this may take upon family members.



You can also contact saffy@peak-empower.co.uk who may be able to provide you with a £125 voucher to support with food shopping. Please email Saffy directly to access this.

Other Support

Family Lives (formerly known as Parentline)

Emotional support, information, advice, and guidance on any aspect of parenting and family life. Call 0808 800 2222.



Family Action

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country



Support for veterans and their families as cost of living increases – All Call Signs

Support for veterans and their families



Royal British Legion Cost of Living Grants

Cost of Living Grants (britishlegion.org.uk)

This programme is open to anyone who is **eligible for our support** struggling to pay for items and services they need. Apply [online](#)



Help for Households - Get government cost of living support

Blue Light Together

Blue Light Together

Blue Light Together is the place for UK emergency services staff, volunteers, retirees and friends and family to find information, ideas and support to help look after your mental health. It's all in confidential.

Citizen's Advice

Support with benefits, debts, immigration, health, and consumer issues. Call 0800 144 8848.



Warm Spaces

Warm Spaces is designed to signpost anyone in need of warmth, to a warm space to share with others.



Refuge

Confidential, non-judgmental information and expert support for victims of domestic violence. Contact 0808 2000 247.



Cruse Bereavement Support

Bereavement support



1. Why is a healthy breakfast so important?

- **The first meal of the day is the most important meal of the day.**

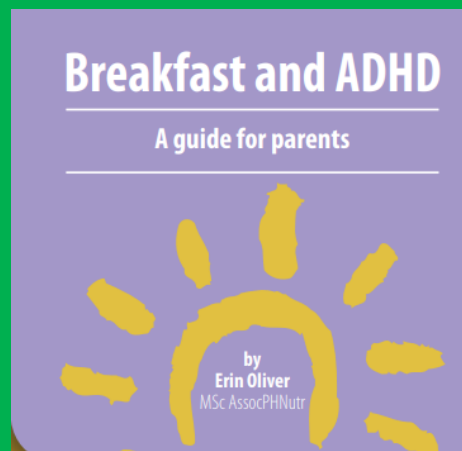
This is because waking up, your child will not have eaten for a number of hours and blood sugar levels will be low. This in itself can make people irritable. Eating a well balanced breakfast will provide 'fuel for the brain' as well as some essential vitamins and minerals for the day ahead.

- **Encourage your child to eat a well balanced breakfast.** This will encourage healthy eating for the rest of the day.

- **Encourage your child to eat a healthy breakfast.** Try and aim for one that isn't high in sugar. Sugary foods, like sugary cereals, raise blood sugar levels quickly, and that means a sudden burst of energy, but then they cause blood sugar levels to drop again quickly too. This can make people feel tired and grumpy - and hungry again very quickly.

- **Skiping breakfast can harm a child's growth and development.** It can result in poor concentration, disruptive behaviour, inconsistent learning and fatigue. For a child with ADHD, skipping breakfast may make the problems even worse.

Miss Garrard says...



4. Ideas for a quick-to-prepare breakfast

- Baked beans on toast with grated cheese on top.
- Cheese on toast or toasted sandwich. Try ham and cheese or cheese and tomato.
- Bowl of fruit salad topped with a pot of yogurt.
- Boiled egg and toast soldiers with butter and Marmite.
- Cereals with chopped fruit.
- Home made fruit smoothie or milkshake. Try banana or mango and strawberry.
- Poached or scrambled egg, maybe with added extra ingredients like tomato, mushrooms, cheese or ham.
- Eggy bread: dip bread in a beaten egg mixed with 2 tablespoons of milk and fry until golden.



Serve a glass of fresh fruit juice with breakfast. A pot of yogurt and fresh fruit could also be offered with any of the options above.

3. What should we include at breakfast?

A complete and balanced breakfast should provide 20-25% of daily calories. Just like other meals, try to eat a variety of foods including:

- **Grains (breads and cereals):** wholegrain bread, bagels, muffins, pancakes, waffles and porridge. Healthy cereals include Weetabix, Shreddies, Shredded Wheat, Granola and Muesli. These supply carbohydrates providing energy, vitamins, minerals and fibre. Cereals aimed at children often contain up to 50% sugar and are high in salt. Try to avoid these and provide the more healthy cereals like those listed above. However, if this is all they will eat, getting them to eat something is the main thing.
- **Protein:** eggs, baked beans, meat (for example sausage and bacon), nuts and seeds (for example peanut butter).
- **Fruit and vegetables:** fresh, tinned or dried; fruit juices; fruit smoothies. These provide carbohydrates, water, vitamins, minerals and fibre.
- **Milk, cheese and yogurt:** These provide protein, vitamins and minerals including calcium, vitamins A and D.

In addition, favourites like jam and honey - in moderate amounts - can add extra calories needed for energy.

2. How can I encourage my child to have breakfast?

- Be a good example and eat breakfast yourself. Children are great mimics.
- Try and get up early enough to allow time for breakfast.
- Ideally, sit down to eat, but for children with concentration difficulties this may not be practical. Don't worry - the fact that they are eating something is what is important.
- You don't have to prepare elaborate breakfasts. Stick to simple, nutritious foods that are quick and easy to prepare and eat.

5. Tips for breakfast when time is short

- Serve Instant Porridge, to which you can add dried fruit, chopped banana and honey.
- A fruit smoothie could be shop bought to save time.
- Toast with either peanut butter, honey, jam, creamed cheese or marmite.
- Toasted bagel, muffin or crumpet with a favourite topping.
- Sandwiches and filled wraps can be good for breakfast too. They could be made the night before, ready to be grabbed in the morning.
- Offer a glass of milk if your child doesn't eat cereal.

COMPUTING ACTIVITIES YOU CAN DO AT HOME DURING HALF TERM!

Create a project on Scratch!

- A movie
- A game
- An animation
- A story

Use your skills to create something amazing!



Design a webpage! You might consider:

- Headings
- Subheadings
- Content
- Images

This can be done without a device, you just need some paper and your imagination!

Create a Sway about something you've learnt in:

- History
- Science
- RE
- PE

Use the knowledge you have to make something mesmerising!



Create a poster or leaflet!

This could be based on anything you feel is important or something you've learnt at school.

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.



If you could choose
just one thing to change
about the world, what
would it be?



Paper Plate Turtle

If you want to be crafty over the holiday, take a look at Darryl Wakelam's turtle.

Paper Plate Turtle

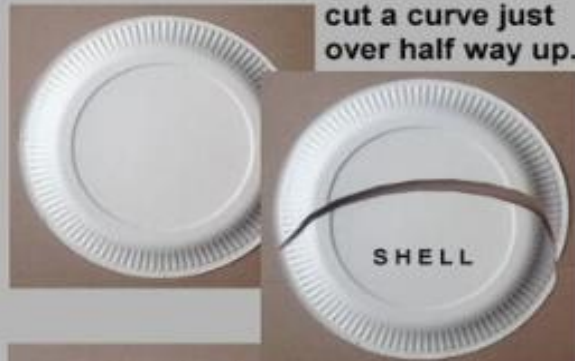


This has been an
"art jumpstart"
by Darrell Wakelam



Paper Plate Turtle continued.....

1 - Cut the shell shape out of the plate, cut a curve just over half way up.



2 - Cut slits along the smooth side of the plate.

3 - Pull this together to make it 3D and tape it to a base along the top edge . . . leave the bottom edge open.



4 - Fold up the bottom of the base.

5 - Cut a simple head and tail out of the other piece of paper plate.



6 - From the last piece of the plate cut two smaller flippers from the smoother side.



7 - Fix these on, then cut two larger flippers from the more textured side.

8 - Tape these two flippers on and also fix them to the ledge.



9 - Cut the remaining bits of plate up for vegetation and use a 'moon' shape to make a 'brow'. Then roll up some tape for an eye.



10 - Glue on some ripped up card to hide any messy tape . . . then you can paint it.

SMILE

PLAY

READ

REST

HAVE A
GREAT
HALF TERM
BREAK!

EXPLORE

TALK

CREATE

LAUGH

In assembly this week

- This week is Children's Mental Health Week 2023. We looked at this year's theme of 'Let's Connect'. In ks1, we read 'Room on a Broom' and discussed how important it is to have friends and belong. In ks2, we explored the different ways in which we can connect with family, friends, the school community and beyond. Even just a smile or a wave is a connection. We have also heard about those who made a difference to their communities and found out that it is not only adults that can change things for the better-children can have a huge impact on the lives of others too.



Information for Year 5 Parents of children with SEND

IASS Northants information events

Dear Parents and Carers, IASS Northants will be holding their secondary school transfer seminars for parents of children with SEND (with or without EHC Plans).

These are open to families in both North and West Northamptonshire. Please see below for more information.

The first sessions are held in January - to book please visit: <https://tinyurl.com/4vb728rb>

For more information please contact Ms Holland or Mrs Haigh via the school.

Northamptonshire Information, Advice, and Support Service for SEND (IASS)

Year 5 Seminars 2022-23

Supporting the positive transfer from primary school to secondary school for children with special educational needs and/or disabilities (SEND). This seminar is for you if you're a parent or carer of a child in Year 5 who either has an EHC Plan or receives SEN Support at school.

Dates & Locations:

- Corn Market Hall, Kettering - Thu, 19 Jan 2023 (6pm-8pm)
- Castle Theatre, Wellingborough - Tue, 14 Mar 2023 (10am-12noon)
- NMPAT, Northampton - Thu, 26 Jan 2023 (12:30pm-2.30pm)
- Daventry Town FC - Wed, 15 Mar 2023 (6pm-8pm)

To book, visit <https://tinyurl.com/4vb728rb>



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 (£20,441 FTE – pro-rata). Hourly rate
£10.62**

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

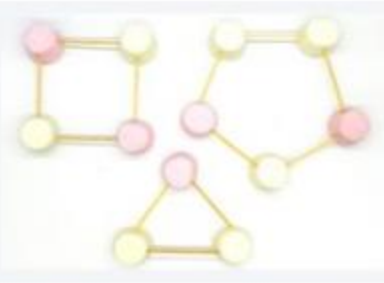
**If you are interested and would like more details or would like to apply please
email: info@simondesenlis.org**

maths

Have fun this weekend with marshmallows and toothpicks and make 2D and 3D shapes!

Challenge 1: 2D shapes

Connect the marshmallows to make 2D shapes such as a square, triangle and pentagon. Give younger children the correct number of marshmallows and toothpicks to help them get started.



Challenge 3: Pyramid

Make a 2D square to use as the base. Add 3 toothpicks, one at each corner, pointing upwards. Then join them together with one more marshmallow at the top.



Challenge 5: Triangular-based pyramid

This time use a 2D triangle as the base. Add 3 toothpicks, one at each corner, pointing upwards. Then join them together with one more marshmallow at the top.



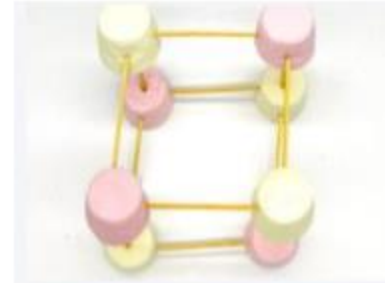
Challenge 7: Pentagonal prism

Use a snowflake base to build up a pentagonal prism. You can use the same method to build up octagons or pentagons into 3D shapes too.



Challenge 2: Cube

Start with the 2D square made in challenge 1 and add a toothpick to each corner, sticking up vertically. Then carefully build another 2D square and stick on top.



Challenge 4: Triangular prism

Make two 2D triangle shapes. Add a toothpick to each corner of one of the triangles, sticking up vertically. Carefully add the second triangle on top to form a prism.



Challenge 6: Snowflake

Now try making more complex shapes, like this 2D snowflake shape with spokes.



Enjoy!



Sports – Upcoming Events

Sunday Morning 4-week Basic Mountain Bike Skills Course for Kids aged 5 to 11

Date: 19 February 2023

Time: 09:00 - 11:00

Location: Northampton Bike Park

4 week Mountain Bike Skills course for children aged 5 to 11 years old.

[More](#)

[Register](#)



Do you love cycling?

There are some local events for those of you who enjoy cycling.

Follow the links below to register and find out more information.

Enjoy and stay active

Miss Bland

[British Cycling Guided Ride - Rothersthorpe to Stowe IX Churches - Northamptonshire Sport](#)

[Sunday Morning 4-week Basic Mountain Bike Skills Course for Kids aged 5 to 11 - Northamptonshire Sport](#)

British Cycling Guided Ride – Rothersthorpe to Stowe IX Churches

Date: 18 Feb 2023

Time: 09:30 - 13:00

Location: Church Street, Northampton, Northamptonshire, NN7 3HS

This Guided road ride will venture out from Rothersthorpe and take in some great rolling countryside around South West Northamptonshire. We will be riding on country lanes (B roads) and criss-crossing the A5.

It is perfect for individuals or groups that wish to improve their road riding skills, riding on rolling terrain or wish to aim for a 20m distance.

Booking is essential via letsride.co.uk

[More](#)

[Register](#)



Families, Fun & Fellowship

St Benedict's church (NN4 9UG)

Sunday 19th February

3.30 – 5.00 pm



We are holding an event to have fun, make things,
and celebrate the beginning of Easter.

Crafts, story and food, for families with primary aged children plus
brothers and sisters.

Tea, coffee and cake for adults.

Children must be accompanied by an adult.

Please phone or email to book your places:

admin@stbens.uk or vicar@stbens.uk

Free event



Abington Museum



Vintage and craft fair



Saturday 11 March

11am - 4pm

Free

A selection of vintage, reworked and handmade stalls selling fashion, accessories, jewellery, collectibles, homeware and more. Enjoy the delicious hot food and drinks in the courtyard from local food and drink producers.

U12'S NEWS



WEDNESDAY'S
18:30-20:00
NN1 5RX

OLD
NORTHAMPTONIANS
RFC

SUNDAY'S
13:30-15:00
NN1 5RX

RUGBY TRAINING 18:30-20:00



OLD NORTHAMPTONIANS U12s GIRLS RUGBY TRAINING

JOIN OUR TEAM ON'S U12S ARE RECRUITING!
WHETHER YOU HAVE PLAYED BEFORE OR BRAND
NEW WE WOULD LOVE TO HAVE YOU AS PART OF
OUR TEAM

TRAINING IS WEEKLY WEDNESDAY'S 18:30-20:00
& SUNDAY'S 13:30-15:00

FOR MORE INFO CONTACT
TONY:07368223120 or
EMAIL:fionagirlsrugby@gmail.com



The Community Fridge is located at the Abbey Centre. This is open Tuesday and Friday 10.30-12 pm and Friday 4-5:30pm. They require a £1 donation.



ELITE FOOTBALL COACHING



DEVELOPMENT

For players to enhance their skills outside of team training.

Open to all players, the emphasis is on our female players improving their fundamental techniques in a competitive environment.



OPPORTUNITIES

Every Friday
Ages U10 - U12
6.30 - 7.30PM

£35 Per Month



SKILLS

Players learn close control, dribbling, 1v1 moves and other footballing techniques.

Players will be challenged in pressured scenarios to improve the ability to execute in games.

FOR MORE INFORMATION
visit www.elitefootballcoaching.org



SESSION LOCATION
Moulton 3G, Brunting Road

EFC Player Development

Elite Football Coaching brings ELITE level coaching to grassroots players.

At Elite Football Coaching we want to bridge the gap and give players access to quality coaching with experienced coaches.

EFC Player Development program is designed to improve the players overall technical and tactical ability with the ball.

Each player will have a ball at their feet for the majority of the session.



LIMITED SPACES PER DEVELOPMENT PROGRAM

Email info@elitefootballcoaching.org to SIGN UP

For more information please visit | WWW.ELITEFOOTBALLCOACHING.ORG | 07592299384

Girls Player Development

Girls Player Development returns this February

This program will focus on our female players improving their fundamental techniques in a competitive environment.

In these fast paced sessions, players will be encouraged to be creative and take risks. This program is perfect for all players.



Holiday Fun



February Half Term 2023

Games /Sports 	Atomic Science 
Arts & Crafts 	YOGA and Mindfulness 
Circus Skills 	Music 

Is it for me?

Open to Primary age children from Reception to Age 11

How much?

£15 per day, 9am – 3.30pm each day

How do I book?

To book spaces please visit: 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.

Parents/Carers must drop off and pick up children.

Please ensure your child's lunch does not contain any nuts.

Queries?

Email- msmith@northamptonesco.co.uk or 07917 535762

February Half Term 2023

Monday 13th February to Friday 17th February

Monday 13 th February	Tuesday 14 th February	Wednesday 15 th February	Thursday 16 th February	Friday 17 th February	Venue
Sports 	Yoga 	Yoga 	Yoga 	Circus skills 	Cedar Road Primary School, Broadway East, NN3 2PP (access through pedestrian gate to main hall)
Games 	Science 	POP CHOIR (NEW) 	Arts and Crafts 	POP CHOIR 	
Science 	Arts and Crafts 	Games 	Science 	Music 	



We are proud to announce that we are now fully OFSTED Registered and as a result of this, we are able to accept all types of childcare vouchers and the government tax-free scheme as payment for our services.

This is something we have been working on for some time that will hopefully allow even more people to join us at our amazing Holiday Camps.

HOW TO REGISTER

To register for any of our Camps throughout the year, please head to our website.

Rhinosportsacademy.co.uk/camps

Select the camp activity and dates you desire and your good to go.

NEED SOME HELP REGISTERING?

If you are experiencing any difficulties registering your child for one of our clubs or camps please don't hesitate to get in contact with one of the team who will be more than happy to help.



@Rhinosportsacademy



@RhinoSportsAcad

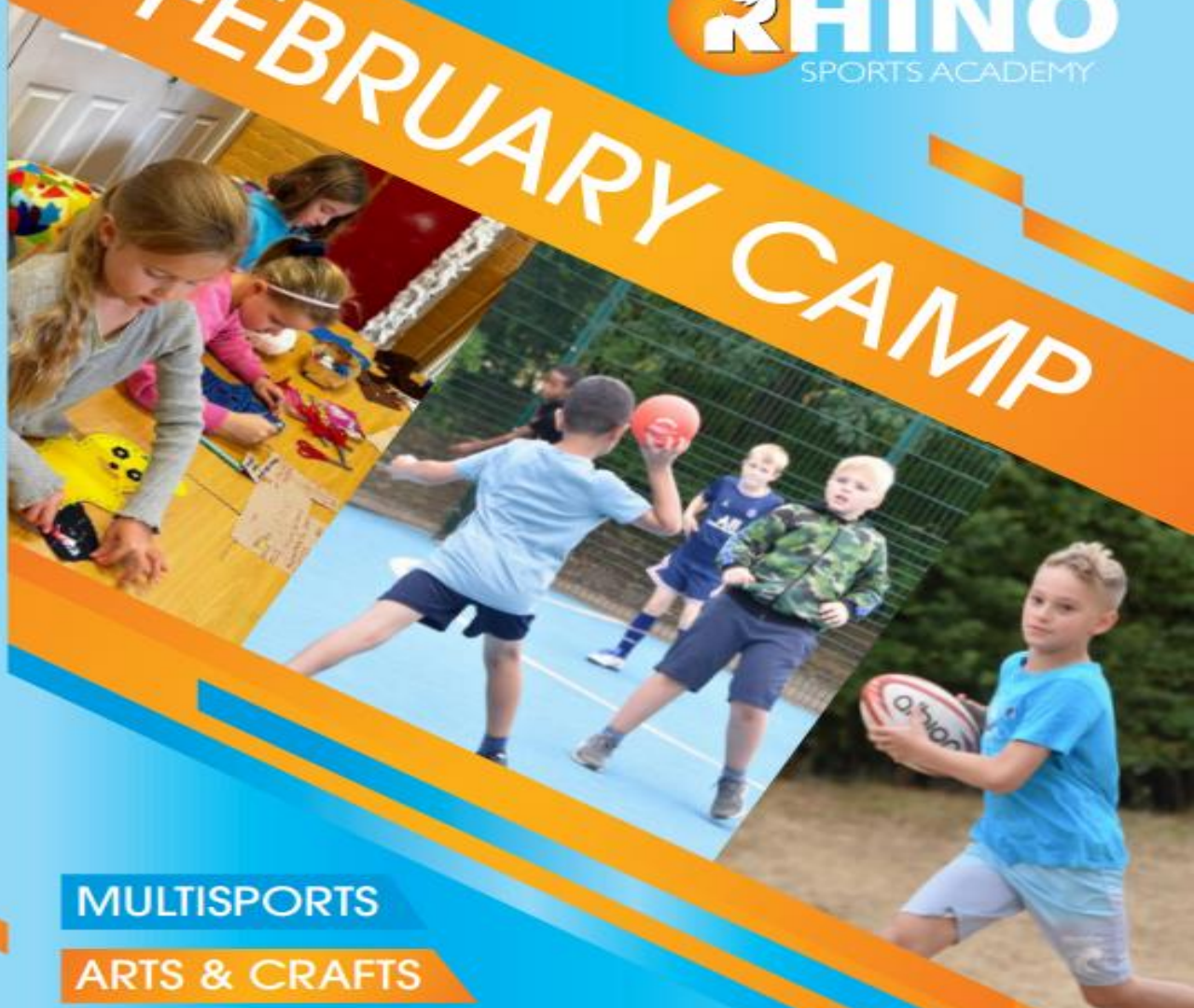


@rhinosportsacademy

Phone: 07894 713006

Email: enquiries@rhinosportsacademy.com

FEBRUARY CAMP



MULTISPORTS

ARTS & CRAFTS

PERFORMING ARTS

RHINOSPORTSACADEMY.CO.UK/CAMPS

We are pleased to announce Rhino Sports Academy Camps will be held at two different venues this February. Blisworth Primary School and Good Shepherd Primary School

Here is some more information on what each activity will include on the day. We encourage children to try out new experiences and if on the day your child wants to swap over and do something different that is no problem at all.

MULTISPORTS

At a Rhino multisport camp, every child spends a portion of their day participating in each of the sports on offer. They will learn the rules of the game plus new skills and new techniques for the first part before moving on to match play and games for the latter part.

Our Multisport Camps are a great way for children to enjoy some sporting variety and encourage participation in new sports for those still looking to find out which sport they enjoy the most.

Our coaches are all passionate about healthy competition and about exploring the fun and excitement that playing sport can bring. Prizes will be awarded for effort and excellence shown throughout the day.



PERFORMING ARTS

Rhino Dramatics and Rhino Dance are coming together to offer something special to those who love to explore their expression and will learn new ways of using voice and body and naturally build up their confidence whilst having heaps of fun in the process.

Every child will spend their day learning, devising and performing different areas of Dance & Drama with experienced and passionate coaches. We will focus on learning new techniques, creating new work and promoting confidence in performance. Making our performing arts camp fun and engaging for all involved.

Prizes will be awarded for effort and excellence shown throughout the day.

ARTS & CRAFTS

Our brand new Arts & Crafts Camp will be a great opportunity for children who love to be creative and get a bit messy. We will help your children discover their unique abilities and find their artistic talents. They will have lots of fun doing lots of different activities from colouring to painting, making things out of different materials and exploring new ways of learning. With the option to do some baking and decorating

BLISWORTH CAMP

Blisworth Primary School, Courteenhall Road,
Northampton NN7 3DD
13th-17th February
9am-4pm
Ages 4-12

Multisports Camp

Full Week - £90.00
Full Day - £22.50
Half Day - £12.00

Performing Arts & Crafts

Full Week - £100
Full Day - £25.00
Half Day - £12.50

GOOD SHEPHERD CAMP

Good Shepherd Primary School, Kingsland Gardens,
Northampton NN27BH
13th-17th February
9am-4pm
Ages 4-12

Multisports Camp

Full Week - £90.00
Full Day - £22.50
Half Day - £12.00

THE RHINO SHOP

Order your Rhino clothing from our online store



visit: rhinosportsacademy.co.uk/shop



***10TH
FEBRUARY
2023***

**SOME
NEWS FOR
OUR CHILDREN**

Skiing all over the world



Pictured: Maddock Lipp and his family skiing at the Antarctic **Source:** @QuarkExpedition Twitter page.

Maddock Lipp, an 8-year-old from Colorado, USA, has unofficially become the youngest person to ski on all seven continents. He may soon take the Guinness World Record from the current holder, Victoria Rae White, who was 10 years and 79 days old when she gained the title in 2008. Maddock, who learned to ski aged 2 close to his hometown of Golden in the continent of North America, has already glided down slopes in Europe (Italy), Oceania (Thredbo and Perisher,

Australia), Africa (Morocco), Asia (South Korea), and South America (Chile and Argentina). The Lipp family travelled to Antarctica when Maddock was 8 years and 25 days old as part of a ski expedition onboard the Ocean Diamond. Maddock Lipp says he liked skiing in the Antarctica best 'because I got to ski next to the penguins!' He celebrated by drinking Fanta and eating nachos, followed by ice cream.
How would you celebrate breaking a record?

Raccoon rescue

Railroad workers have rescued a troubled raccoon after the hair on his bottom became frozen to a railway line in very cold weather conditions in Georgia, United States. The unlucky mammal is thought to have become attached to the track after sitting on it for too long in -12°C temperatures. Describing the rescue mission, rail worker, Neil Mullis, said, 'I poured the warm water under his bottom while a co-worker worked... to try and break him loose. After about five minutes of slowly working him loose, he was free. He jumped off the rail and ran in the woods

never looking back.' Leaving only a few clumps of fur behind on the tracks, the raccoon made an injury-free escape. Raccoons are known for their intelligence and problem solving. They are brilliant climbers and can descend a tree head first. They are nocturnal animals with excellent night vision, therefore they aren't normally seen in the daytime. Raccoons have the most sensitive sense of touch of any animal, their tiny 5 fingered hands are packed with over ten times the number of nerve endings as a human hand.

Do you know any raccoon facts?



Pictured: A Raccoon
Source: Canva

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



Teddy bear transformation

A teddy bear has been lovingly restored, after just its head washed up on Porth beach near Newquay, Cornwall. Tracey Williams, founder of Twitter page, Lego Lost At Sea, made the discovery after heavy storms and posted a photo (pictured above) on her page. Rev Canon Eleanor Rance, who had never attempted to restore a bear before but enjoys sewing, said, 'When I saw the Twitter post, I thought he looked so sad but that he could have a lot of life left in him still. I offered to try and restore him and he arrived in a cardboard envelope, smelling strongly of the sea. He was completely caked in seaweed and had stones and tiny shells in his ears.' It took about a year for the painstaking transformation to be complete. Eleanor's son named the soft fluffy toy Sinbad, in reference to his sea travels, and a marine biologist has even offered to examine the seaweed removed from his fur to find clues as to where he might have been on his travels! Sinbad, (pictured bottom) the well-travelled bear, will now become a therapy bear. He will be taken into schools to join in with assemblies and visit residents at their care homes.

Can you think of anything that you would like to restore?



Pictured: Sinbad - before and after his restoration.
Source: Eleanor Ashton/Ranch @CassWoollibold Twitter page

Last week's topic:

How much control do influencers have over our choices?

It is better to play outside than watch influencers on TV, because watching them might make you greedy.

Aurora



You need to choose your role models carefully. Influencers don't change my mind.

Ellie

It's too silly that everyone is queuing outside the shop to get one drink. There are millions of other drinks in the world!

Stevie

People are going crazy over prime! The book hunt idea is actually a good idea because you can get knowledge whilst having fun.

Jayden

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



www.picture-news.co.uk/discuss



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Share your thoughts and read the opinions of others

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TAKEHOME



Should men and women's sports teams be paid the same?



In the news this week

The Welsh Football Association has announced that the national men and women's football teams will be paid equally moving forward. Wales joins a list of other countries including Australia, USA, Norway, and Brazil, who pay their men and women football players the same amount to play for their country's national team. In order to reach the deal, the Wales men's senior team agreed to a 25% pay cut, thus enabling a 25% rise for the women's team, which now brings them both equal on pay.

Things to talk about at home ...

- > Share your thoughts with someone at home on the news that the Welsh women's football team are going to be paid the same as the men's. Do you both feel the same way?
- > Do you feel the men's team should have to take a pay cut? If not, how else do you think the extra money could be funded?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



Let's look at this week's story



The Welsh Football Association has announced that the national men and women's football teams will be paid equally moving forward. Wales joins a list of other countries including Australia, USA, Norway, and Brazil, who pay their men and women football players the same amount to play for their country's national team. In order to reach the deal, the Wales men's senior team agreed to a 25% pay cut, thus enabling a 25% rise for the women's team, which now brings them both equal on pay.

Reflection



Representing your country in sport is a huge achievement – and one that is likely to have taken huge effort and sacrifice.

Receiving fair pay for both men and women is a key part in creating a fair society.

