



**Happy National Toast Day!**

National Toast Day has been celebrated in the UK since 2014.

## Safeguarding Lead



**Joanne Fennelly**  
Headteacher

## Deputy Designated Safeguarding Leads



**Jennifer de Board**  
Assistant Headteacher



**Laura Holland**  
Inclusion Leader



**Hannah Garrard**  
Family Support Worker



**Natalie Richards**  
EYFS Lead

**Northampton Safeguarding Children's Board (NSCB)** Tel: 0300 126 1000  
Email: [nscb@northamptonshire.gcsx.gov.uk](mailto:nscb@northamptonshire.gcsx.gov.uk)

## Dates for your Diary

Date	Year group	Event
28th February	Year 1	Phonics meeting 9am & repeated at 2:45pm
2nd March	Whole School	World Book Day Parents welcome 08:45 – 09:15 stay and read session. School uniform to be worn
16th March	Year 5	RSC NPAT film performance
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
15th May	Year R & 6	School Nurses, Heights & weights
20th & 21st	Year 5	The Festival at the Derngate
22nd – 23rd June	Year 3	Frontier Centre
21st-30th June	Year 6	West Runton Residential Trip



Dear Parents and Carers,

Welcome to the new term! It has been lovely to chat to the children and find out about their half term breaks- they have been very busy!

The term has got off to a great start and as usual we are starting to fill up the school diary with exciting events, from musical and dance performances, to residential trips- the coming weeks are going to offer so many experiences for everyone to enjoy.

The new term means new curriculum content and your child will have started their new Geography, RE, Science, English, Reading, Maths, PSHE, PE and DT units. I'm sure they will have lots to share with you about the new things they are learning and the new skills they are developing.

As we lead up to Easter, there will be an exciting 'Friends of SDS' chocolate raffle, along with some fun activities for the children to join in with-watch out next week for more information to come via ParentMail.

As always, I am so proud of every child in school, as they have bounced back after the holiday with such enthusiasm for their learning- I know it will be another great term ahead!

Enjoy the weekend and I look forward to seeing you next week.

Mrs Fennelly



Why are you proud of  
yourself?

## Poster of the Week

This week, we talked  
about the positives of  
ourselves and the great  
things we should be  
proud of.

Well done everyone!!!



## Artist of the Week- Serray Noyan

Turkish artist Sreyya Noyan expertly transforms eggs by carefully cracking a window into them, removing the egg, and painting recreations of world-renowned works of art on the inside of the shells. Using precise detail brushes, drawing pens, and an incredible amount of care, Noyan is able to utilise an egg's exterior as a fragile canvas to create her eggshell paintings. She draws inspiration from famed artwork such as van Gogh's *Starry Night* and *The Kiss* by Gustav Klimt. They are amazing!!!



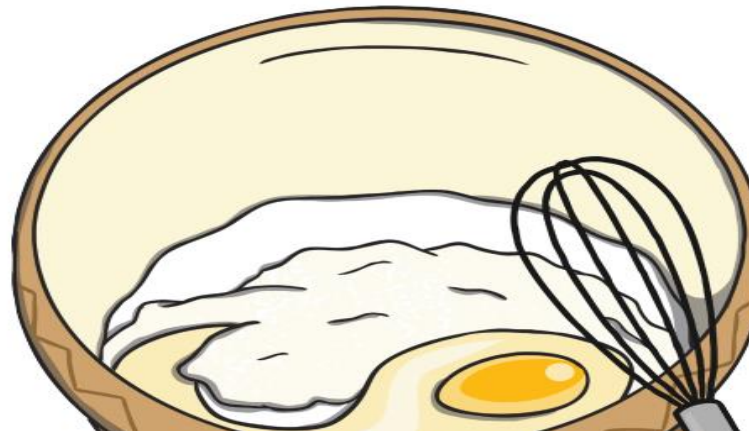
## Poem of the Week-



### Mix a Pancake

(Teach this as a rhyme or choose your own tune. Try making up your own actions to the rhyme!)

Mix a pancake,  
Stir a pancake,  
Pop it in the pan.  
Fry a pancake,  
Toss a pancake,  
Catch it if you can!  
by Christina Rossetti



## Inspirational Person of the Week- Martin Luther King

Martin Luther King Jr was a Baptist pastor and social activist. He led the 1950s civil rights movement in the US and delivered his famous speech called 'I Have a Dream' to around 250,000 people during a peaceful march on Washington D.C in 1963. At 35, he became the youngest ever man to have received the Nobel Peace Prize.



### **This is Dr. Martin Luther King Jr.**

- He lived in America over 60 years ago.
- He led the fight for **equal rights** for black people in America.
- He didn't believe in using violence to change things.
- He was famous for his powerful speeches.

- Dr Martin Luther King Jr. never gave up the fight for equal rights, and made a real difference.

- Dr Martin Luther King Jr. wanted people to be treated equally whatever the colour of their skin.





## Musician of the Week- Nandi Bushell

**Nandi Bushell** is a 12 year old South African-born British musician, singer and songwriter who is especially gifted at playing the drums. She has played with many famous musicians over the past two years. In October, she took part in "Redraw Your World" and made a video for its long-running "Stop Bullying: Speak Up" campaign.







**We are looking for volunteers who can offer 1 or 2 hours a week to listen to readers in our Reception classes.**

Reading is important, because if you can read, you can learn anything about everything and everything about anything.

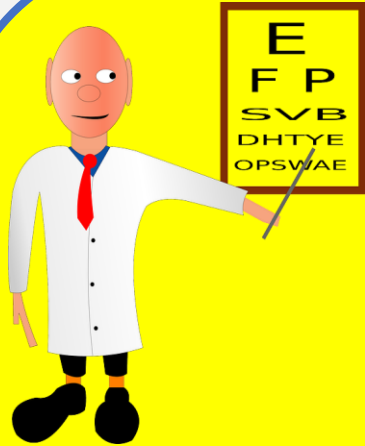
## **What we need from you:**

- 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 volunteer or to chat about what it entails.



# Appointments



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





## WHAT IS WORLD THINKING DAY?

The story of this special day and how we have celebrated it over the years



Girl Guides and Girl Scouts have been marking this special day since 1926.

World Thinking Day is a celebration of ten million girls worldwide that has taken place on every 22 February since 1926. It remains a day for all Guides and Girl Scouts to think of each other and celebrate their sisters all around the world.

## How the celebrations began

In 1926, delegates from guide and girl scout organisations across the world met in the USA for the 4th world conference. They decided to create a day for Guides and Girl Scouts to celebrate being part of an international movement. Delegates chose to hold the first celebration on the joint birthday of Lord Baden-Powell, founder of the scout and guide movement, and his wife Olave, who served as World Chief Guide. And so, 'thinking day' was born.

At the 7th world conference in 1932, a Belgian delegate highlighted that birthdays typically involved gifts, and perhaps girls could show their thanks on thinking day by raising funds for the organisation. In response, Olave Baden-Powell wrote a letter to all Guides and Girl Scouts asking them to donate just a penny – enough to buy a loaf of bread in those days – to help fund guiding around the world. This is now known as the **World Thinking Day Fund**.

The name of the day was changed to 'World Thinking Day' at the 30th world conference in Dublin in 1999 when delegates chose a new name to more clearly emphasise the global nature of the celebration.





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



## **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.**

## Anti-bullying Ambassadors

We are very proud to announce that we have been awarded our first anti-bullying campaign badge. The wellbeing badge is awarded for:

'Any anti-bullying campaigns that encourage positive wellbeing and spread kindness in your school community, including by strengthening peer support systems in your school'.

We had to submit evidence of five different actions that proved we had earned the badge. We used our November anti-bullying assemblies, notice board in school, ambassador's presence on the playground, worry boxes in the classroom and regular newsletter updates as evidence. We are very proud of the group's achievements and are now planning our next campaign.







## An interview with Laura Kuenssberg



On Tuesday, our House Captains, Sports Captains and School Council all had the most unforgettable experience to be able to interview the BBC journalist Laura Kuenssberg.

Ms Kuenssberg had interviewed eight previous Prime Ministers and top politicians such as: Boris Johnson, Nicola Sturgeon, Rishi Sunak, Liz Truss and many more. Her twenty-three year journalist career all started with her role on a secondary school magazine and her nosiness! Recently, Laura has started hosting a Sunday morning show interviewing politicians, although she does not just interview politicians after meeting Hugh Jackman recently. She expressed her desire to interview celebrities such as Elon Musk and J.K. Rowling and would have loved to interview Margaret Thatcher, the first female Prime Minister. Laura's message to us was that you should do your homework on the person you are interviewing, also stating that you don't need to study journalism to become a journalist. **By Ellen, Scarlett and Nikki. Year 6**

We were incredibly privileged to take part in the interview, along with three other schools in our trust, where the children spent thirty minutes interviewing the interviewer! Laura was asked about her career, tips for interviewing, her motivation and how she came to be a journalist. It was fascinating listening to her talking about her sense of duty to inform the public during the pandemic, her belief that parliament belongs to us all and how important preparing thoroughly for interviews is.

**Mrs de Board**

WORLD  
**BOOK  
DAY**  
2 MARCH 2023

# World Book Day

## 2<sup>nd</sup> March 2023

WORLD  
**BOOK  
DAY**  
2 MARCH 2023



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

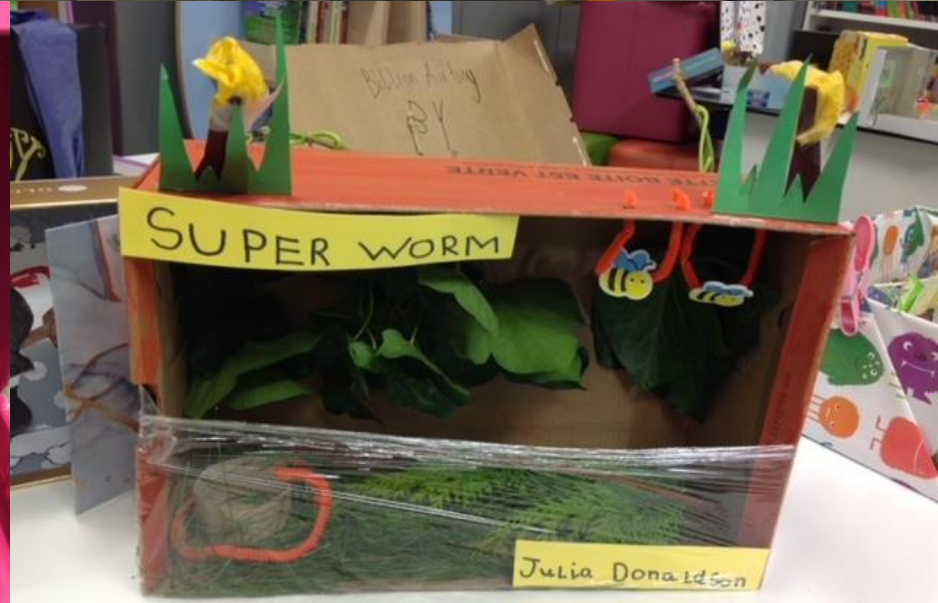
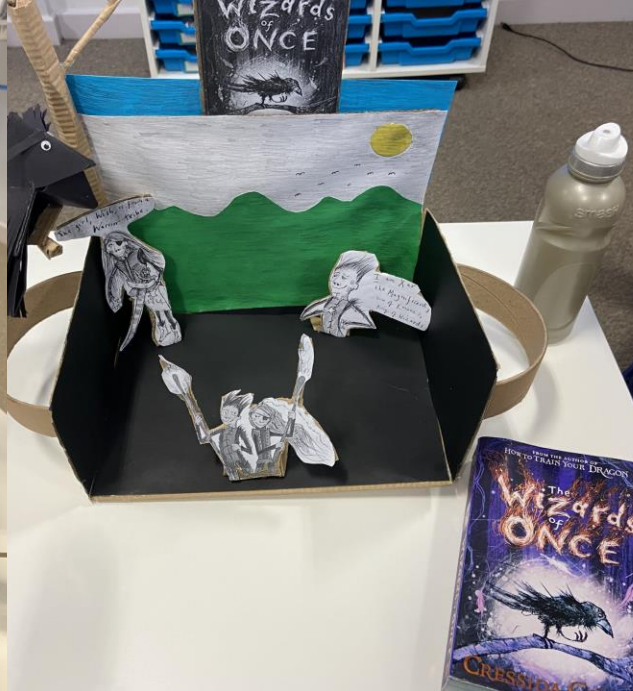
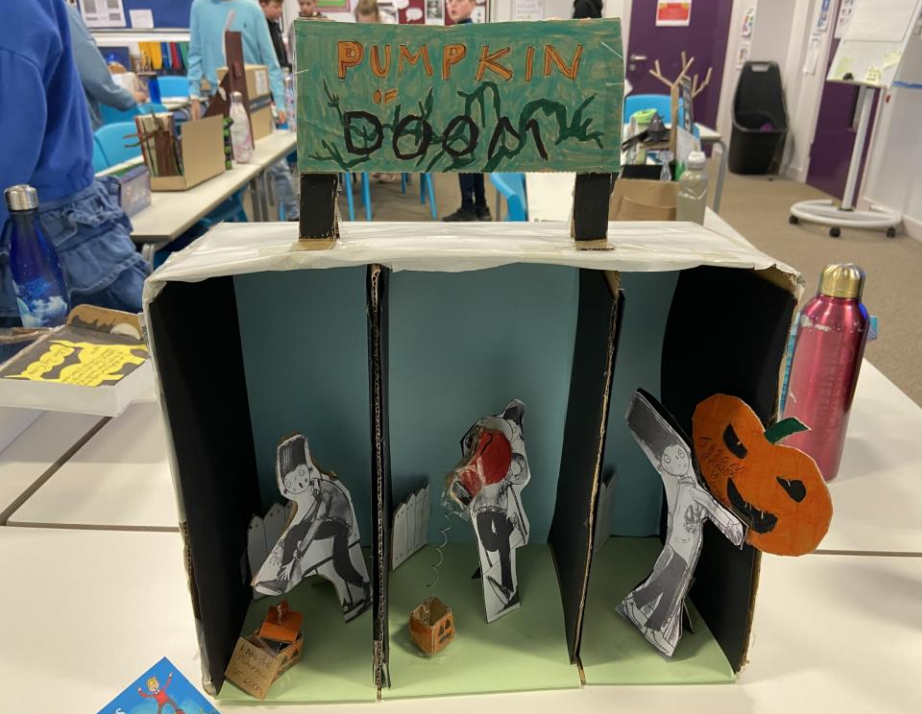
Create a book  
in a box  
showing your  
favourite book

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



School Uniform to be worn  
on Thursday 2nd March,  
World Book Day







# 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!

# Distraction burglary

**Distraction burglars pretend to be someone they are not in order to gain entry to your home.**

## **Common methods used by distraction burglars**

- Pretending to be from a care agency, the council or a utility company investigating a gas or water leak
- seeking help to leave a note for a neighbour or even asking for a drink of water if they claim to be thirsty or unwell
- Claiming to be in a hurry or emergency and needing to get into your home quickly
- working in teams, with one person distracting you while the other searches your home

## **How to prevent it**

There are a number of things you can do to prevent distraction burglary. Always remember "if in doubt, keep them out";

- Use your door viewer to see who's there
- If you open the door put the chain on first
- Always ask for ID and check it with the company before letting somebody into your home
- Use the phone number advertised in the phone book or online, as the number on their identity card could be fake. For a utility company, call the customer service department. Close the door while you do this
- Remember that genuine callers won't mind checks. If you feel at all unsure, schedule a time for the caller to come back when a friend or relative is there
- For pre-planned appointments with utility companies, a password scheme can be set up





## SATURDAY TRACK CLUB

Rugby & Northampton Athletics Club are pleased to announce a new 5-week athletics course for young athletes in Northampton and surrounding areas. It runs from Saturday **March 18<sup>th</sup> to Saturday April 15<sup>th</sup> April**



This course will give an introduction to the track and field events – running, jumping and throwing and is suitable for all – from total novices to more seasoned athletes – no experience required – just lots of energy. The emphasis will be on fitness, skills and fun with all sessions being led by a qualified club coach.

### When

Saturday mornings 10-00 until 11-15

### Where

The sessions will take place at the Moulton College athletics track

### Who

The sessions are open to both club and non- club athletes NO EXPERIENCE NECESSARY

### Costs

R&N members – free

Non-club athletes – £15 per 5 week block

**Ages** – MINIMUM AGE is Yr 3 at school (aged 7+) – MAXIMUM is Yr 10 at school



**On completion** – all course members will be invited to participate in the MOULTON TRACK INVITATIONAL EVENT to be held on Saturday 22<sup>nd</sup> April

- Places are limited and will be assigned on a first come, first served basis.
- To register or for further information, please contact the address below.

The first session is due to take place on SATURDAY 18<sup>th</sup> March

[contactus@rugbyandnorthamptonac.org](mailto:contactus@rugbyandnorthamptonac.org)



## 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

## 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

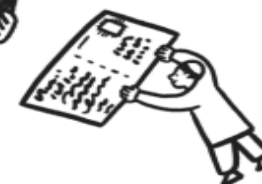
24 Tell a loved one about the strengths that you see in them

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



# Simon de Senlis Primary

## Miss Garrard says...



**I would like to say a huge thank you to Mrs Hawkins for creating so many wonderful worry monsters for us to use at school in our Nurture room.**

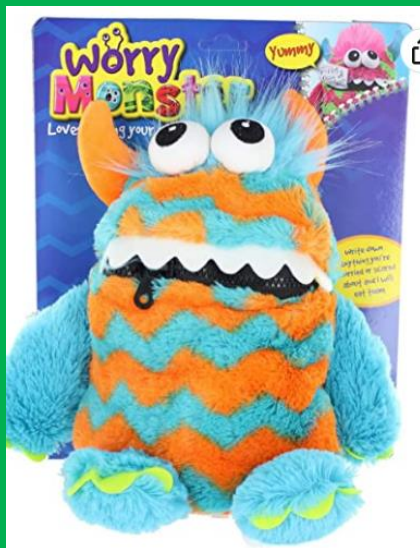
### Benefits of using worry dolls and monsters:

With so much going on in the world, it's no surprise children would be worrying more than usual. Worry monsters or dolls could be one way to help children deal with their worries and process the big feelings and emotions they are experiencing.

The aim of worry dolls and monsters is to help children let go of their worries by sharing them to a trustworthy listener. Some children may prefer to write their worries down and give them to the worry dolls and monsters. Mrs Hawkins has carefully created mouths on the monsters which allow any worries to be securely given to the monsters and kept safe for the adults to monitor.

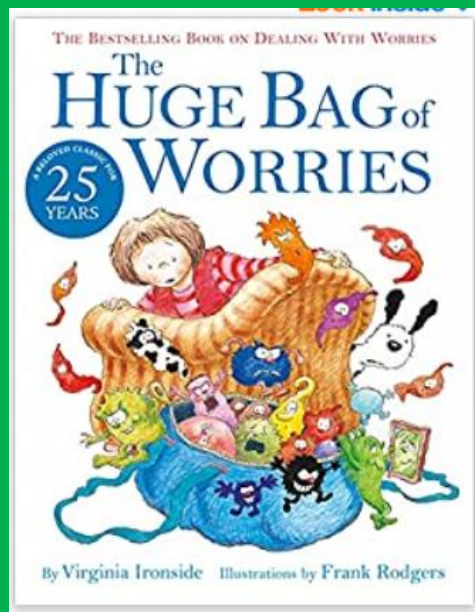
They are a good tool for acting as a go between adults and children, as some children find it difficult to articulate their worries to grownups. Studies have shown that the simple act of saying fears out loud can hugely reduce the fear response and reduce the symptoms of anxiety. By giving names to emotions, we are better able to feel them and to let them go. Studies have shown that this is a more effective method than distraction and reappraisal.

## Miss Garrard says...



[Worry Monster](#)  
[Plush Soft Toy](#)  
[blue & orange :](#)  
[Amazon.co.uk:](#)  
[Toys & Games](#)

[The Huge Bag of](#)  
[Worries:](#)  
[Amazon.co.uk:](#)  
[Ironside, Virginia,](#)  
[Rodgers, Frank:](#)  
[9780340903179:](#)  
[Books](#)



### Benefits of using worry dolls and monsters:

As well as the fact that naming our fears can help make them less scary there is also the fact that saying our problems out loud can be an effective way of processing them and solving them. As adults we know that sometimes just the act of telling a friend an issue can be enough for us to figure out what we need to do next regardless of whether they have any useful advice or not. It's the same for children. By telling a worry doll what they are anxious about they can process the situation and emotions far better than they would be if they were to keep it inside.

Worry dolls and monsters can also help aid a better night's sleep. Worrying can keep your child awake at night. You could use a worry doll or monster before bedtime with your child, where they can tell or write down anything that is on their mind and give it to the doll/monster. This then takes the worrying away from your child and they can have a peaceful night's sleep.

Worry dolls and monsters can be purchased from Amazon if you feel this is something that would benefit you at home. A great book that helps children to understand the importance of sharing their worries or concerns is the 'Huge bag of worries'. This can also be purchased on Amazon.

## 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.

# What makes you you?





## For Internet Safety

### Stay anonymous!

- Use another name or a nickname
- Keep your address a secret
- Don't say where you go to school
- Only give your phone numbers to people you actually know
- Make sure you don't give ANY clues about yourself

### Privacy!

- Always make sure your settings really ARE private so YOU choose who can see your account
- Don't give out any personal details
- Don't discuss your problems online
- If you think your account's been hacked, report it and change it

### Think before you post

- Don't post before thinking CAREFULLY and ask:
- Is it offensive?
  - Could it affect your future employment?
  - Would you be happy for your parents or family to see it?

### Passwords

- Keep your password secure and change it regularly
- Don't use your name or anything easy to guess
- Don't share it with ANYONE, even your friends
- Use a mixture of capitals, numbers and special characters
- If in doubt CHANGE IT!

## TOP TIPS

### Remember...

- NOTHING is private
- Don't say anything you wouldn't say in real life
- Don't post other people's photos
- NEVER post invitations unless you are absolutely sure they will only be seen by a closed group

### Are they real?

- Do you know this 'friend' in real life?
- Are you REALLY sure it's their account, not someone pretending to be them?
- Remember: some people are VERY clever at pretending to be someone they're not!

### Feeling uncomfortable

- DON'T reply to trolls or people making unkind comments
- Don't be afraid to 'unfriend' or block people who upset you
- Do REPORT people if necessary

### Believe ..... NOT!

- Don't fall for it - things aren't ALWAYS what they seem!
- Everyone exaggerates - you probably do it as well!
- Remember: most people only tell you the good bits!
- Don't be fooled by 'free' offers!

**Be Safe! Be Sure! Be Smart!**



# In assembly this week

This week Reverend Griff Griffiths visited school and led a whole school assembly with the title 'Pancakes and Ashes'. He shared the Easter story and explained why we eat pancakes at the start of Lent. We also learned about Ash Wednesday. By learning about these things, we are continuing to develop our understanding of different faiths.



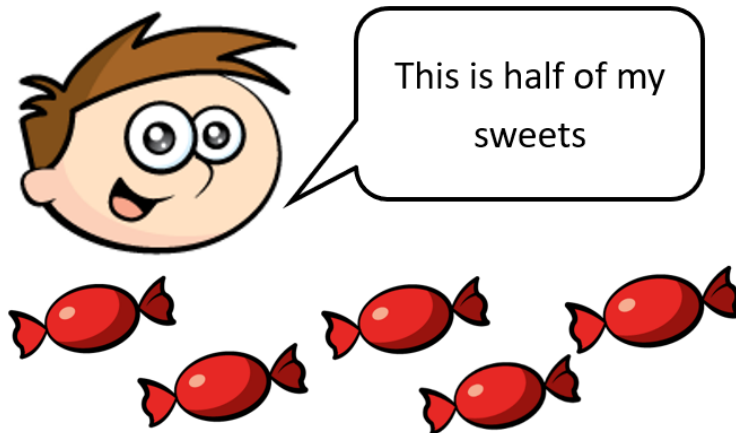
Can you solve the following problems?

**1** Fill in the missing numbers.

10 less than 46 is

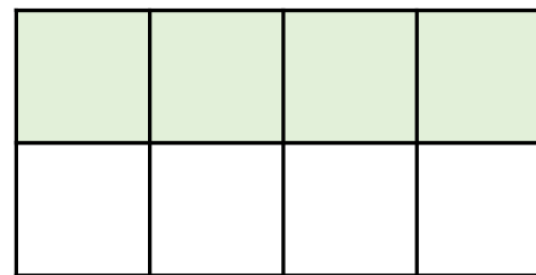
more than 30 is 35

**2**



How many sweets does Teddy have?

**3** Lucy shades in part of a rectangle.



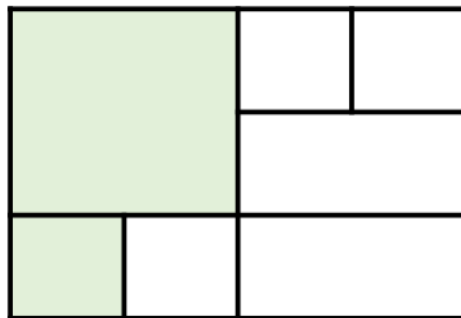
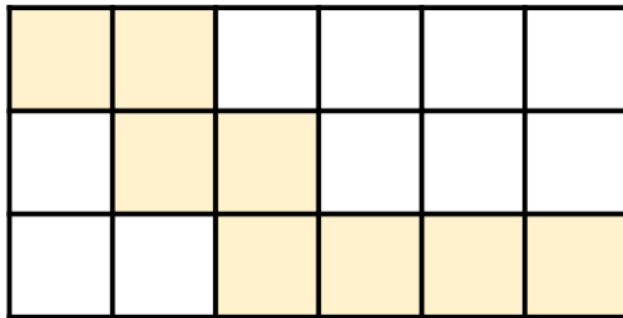
She shades some more squares.

$\frac{3}{4}$  of the rectangle is now shaded.

How many more squares did Lucy shade?

Can you solve the following problems?

- 1** What fraction of each rectangle is shaded?



- 2** Work out the following fraction calculations.

(a)  $\frac{3}{6} + \frac{1}{2}$

(b)  $\frac{2}{5} + \frac{7}{15} + \frac{3}{5} + \frac{8}{15}$

(c)  $1 - \frac{1}{5} - \frac{3}{10}$

## 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>







## 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.

# Sports - Balloon Challenge



## Air Balloon 60 Second Challenge



Can you keep trying even if you lose a life?

Can you keep the balloon up in the air for 60 seconds?



Pupil's start with ten lives. If the balloon touches the floor you lose a life. The more lives you lose the lower your score.



### Blow up a balloon!

If you do not have a balloon, use scrunched up tissue paper or a bag!

You can only use one hand during the 60 seconds! Keep one hand behind your back at all times!



With a partner how long can you keep three balloons up in the air for? As soon as a balloon touches the floor your time stops!

### Achieve Gold

Lose 0 lives



### Achieve Silver

Lose 1 life



### Achieve Bronze

Lose 2 lives



Have you had a birthday recently? Why not try this challenge with those left over balloons and improve your reaction and response times. These skills will help you to play any team sports and it is great fun.

Remember to follow all the action in the Six Nations Rugby competition this weekend and cheer for your team. Look out for smooth passing and great teamwork.

Stay active.  
Miss Bland.

2023 FIXTURES					
DATE TIME					
ROUND 1	WAL	SAT 4 FEB 14:15	IRE	ROUND 1	
	ENG	SAT 4 FEB 16:45	SCO		
	ITA	SUN 5 FEB 15:00	FRA		
ROUND 2	IRE	SAT 11 FEB 14:15	FRA	ROUND 2	
	SCO	SAT 11 FEB 16:45	WAL		
	ENG	SUN 12 FEB 15:00	ITA		
ROUND 3	ITA	SAT 25 FEB 14:15	IRE	ROUND 3	
	WAL	SAT 25 FEB 16:45	ENG		
	FRA	SUN 26 FEB 15:00	SCO		
ROUND 4	ITA	SAT 11 MAR 14:15	WAL	ROUND 4	
	ENG	SAT 11 MAR 16:45	FRA		
	SCO	SUN 12 MAR 15:00	IRE		
ROUND 5	SCO	SAT 18 MAR 12:30	ITA	ROUND 5	
	FRA	SAT 18 MAR 14:45	WAL		
	IRE	SAT 18 MAR 17:00	ENG		



# 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](mailto: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](http://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](mailto:info@elitefootballcoaching.org) to SIGN UP

For more information please visit | [WWW.ELITEFOOTBALLCOACHING.ORG](http://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



## Easter Break 2023

<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>
<p>Is it for me?  <b>Open to Primary age children from Reception to Age 11</b>  <b>How much?</b>  <b>£15 per day, 9am – 3.30pm each day</b>  <b>How do I book?</b>  <b>To book spaces please visit: <a href="http://www.northamptonesco.co.uk">www.northamptonesco.co.uk</a>, you can book as many days as you require. Full details can be seen on our website/facebook page.</b>  <b>What do I need?</b>  <b>Packed Lunch and plenty of drinks.</b>  <b>Wear clothes suitable for moving freely and trainers/plimsolls.</b>  <b>Parents/Carers must drop off and pick up children.</b>  <b>Please ensure your child's lunch does not contain any nuts.</b>  <b>Queries?</b>  <b>Email- <a href="mailto:msmith@northamptonesco.co.uk">msmith@northamptonesco.co.uk</a> or 07917 535762</b></p>	

Easter Week 1 2023 Monday 3 <sup>rd</sup> April – Thursday 6 <sup>th</sup> April				
Monday 3 <sup>rd</sup> April	Tuesday 4 <sup>th</sup> April	Wed 5 <sup>th</sup> April	Thursday 6 <sup>th</sup> April	Venue
<b>Sports</b> 	<b>Yoga</b> 	<b>Sports</b> 	<b>Circus</b> 	<b>Earls Barton Primary School</b>  Broad Street Earls Barton Northamptonshire NN6 0ND
<b>Arts &amp; Crafts</b> 	<b>Science</b> 	<b>Arts &amp; Crafts</b> 	<b>ISM Music</b> 	
			<b>Pop Choir</b> 	
Easter Week 2 2023 Tuesday 11 <sup>th</sup> April – Friday 14 <sup>th</sup> April				
Monday 3 <sup>rd</sup> April	Tuesday 4 <sup>th</sup> April	Wed 5 <sup>th</sup> April	Thursday 6 <sup>th</sup> April	Venue
<b>Sports</b> 	<b>Yoga</b> 	<b>Yoga</b> 	<b>Circus</b> 	<b>Cedar Road Primary School,</b>  Broadway East, NN3 2PP (access through pedestrian gate to main hall)
<b>Arts and Crafts</b> 	<b>Arts and Crafts</b> 	<b>Games Club</b> 	<b>ISM Music</b> 	
			<b>Pop Choir</b> 	





***24TH  
FEBRUARY  
2023***

**SOME  
NEWS FOR  
OUR CHILDREN**



## Antarctic and Arctic sounds



Pictured: Melting ice in Antarctica Source: Canva.

50 rarely heard underwater sounds from the Antarctic and Arctic, recorded over a two-year period, have been released by researchers. Some of the weird and wonderful noises include, singing sounds caused by ice contracting and moving, a Ross seal that sounds like it is in space, a seismic airgun thundering like a bomb, and a crabeater seal that makes a noise like someone doing DIY. The project aims to highlight how noisy the oceans are becoming, due to increased human activity

and that this could also disrupt sea life. 'These sounds are fairly alien to most people. We probably think we know what the poles sound like but often that is imagined,' explains artist and researcher Dr Geraint Rhys Whittaker. Dr Whittaker works at the Helmholtz Institute for Functional Marine Biodiversity and the Alfred Wegener Institute in Germany. Some of the sounds recorded are still a mystery and scientists don't yet know what is making them!

## CANgratulations – £10,000 raised!

Cans4city, a recycling scheme based in Essex, has reached a very impressive fundraising milestone - they have raised £10,000! The scheme encourages Exeter football fans to recycle used drink cans whilst also raising money for charity. The campaign was launched in 2005 as a free way for fans and the local community to support and contribute financially to the club and now has more than 20 recycling points at the club's ground and around the city. The football club and its partner charity, Exeter City Community Trust, have collected and recycled more than 12.5 tonnes of aluminium packaging; this is the same as 700,000 cans! The £10,000 raised has gone towards projects and initiatives

run by both organisations, with donations made to a football kit fund for refugee team Exeter United, a mental health awareness programme for the club, a defibrillator, and improvements to the football stadium at St James Park. Justin Quick, Chief Operating Officer at the supporters' trust-owned club, said, 'Every can recycled goes towards funding improvements to the club's facilities or to supporting local community groups and projects. Our next target is to hit one million recycled cans and we'd love everyone to get involved.' Matt Hulland from Exeter City Council, said, 'Cans4City has gone from strength to strength over the years and it's fabulous to reach this milestone'.



Pictured: Fans and Grecian the Lion mascot adding cans to the Cans4City collection. Source: Every Can Counts UK @EveryCanCounts Twitter page





# Bobi, the World's Oldest Dog



**Pictured:** Bobi, the World's Oldest Dog **Source:** Guinness World Records Twitter page

Bobi, a 30-year-old Portuguese dog has been crowned the world's oldest dog! Bobi, who has lived with the same family in Conqueiros, Portugal for the last three decades, was born in the family's woodshed in 1992. His owner, Leonel Costa, entered the pooch into the record books and said it hadn't occurred to him that purebred Rafeiro do Alentejo could be the oldest dog ever as his pets always live a long time! Bobi, who was 30 years and 266 days old on 1<sup>st</sup> February, now holds two Guinness World Records, for the oldest living dog and the oldest dog ever.

The purebred Rafeiro do Alentejo, a dog breed known for being good farm dogs, used to guard property and livestock, normally live about 12 to 14 years. Bobi is already over twice this age! He is described as being very sociable, has never been on a lead and used to happily wander around the family's farm and woodland. Now that he is older, he enjoys lying in his bed after eating and cosy nights by the fire. Bobi has always eaten 'human food' and drinks lots of water. Leonel explains, 'What we ate, they ate too,' he thinks this has helped him to live to be the world's oldest dog!

Last week's topic:

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

It should be based around business, if it makes money for them to be paid the same then they should be.

**Felix**



I think it is terrible that they ever weren't paid the same!

**Emile**

As long as they are both popular then they should be.

**Elliot**

I think they should be paid the same as they do the same job.

**John**

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



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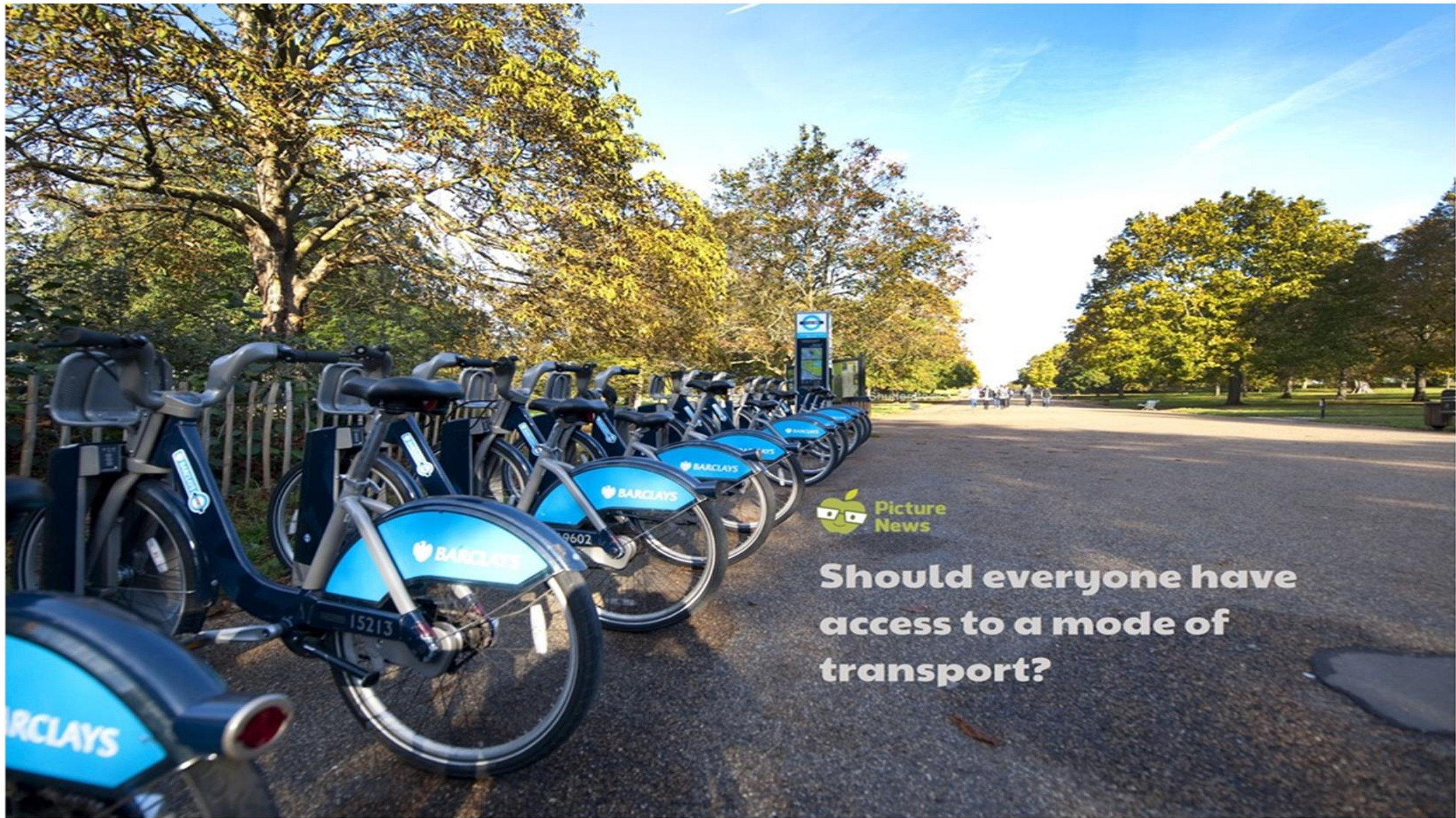
# What's happening in the news this week?



**Let's have a look at this week's poster!**

**20th – 26th February 2023**





**Should everyone have  
access to a mode of  
transport?**



# Let's look at this week's story



Long-term bike hire schemes are on the rise. Several companies have launched services, where users can pay a monthly fee to use a high-quality bike or e-bike, with any repairs or upgrades included and if the bike is stolen, a fixed low fee is paid to give the user security.

It's not just adults who can join in the long-term bike rental trend. London-based 'Bike Club' is aimed at children aged 4 to 12 and has 55,000 active members across the UK and Germany, where it recently launched.



# TAKEHOME



**Should everyone have access to a mode of transport?**



## In the news this week

Long-term bike hire schemes are on the rise. Several companies have launched services, where users can pay a monthly fee to use a high-quality bike or e-bike, with any repairs or upgrades included and if the bike is stolen, a fixed low fee is paid to give the user security.

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### Things to talk about at home ...

- > Do many people ride bikes around your local area? Do you?
- > What do you believe are the benefits of paying monthly to use a bike? Do you think there are any downsides? Is it something you would like to do?

**Please note any interesting thoughts or comments**

**Share your thoughts and read the opinions of others**

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

