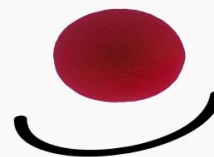


# COMIC RELIEF

## Friday 17th March



### Designated Safeguarding Lead



**Joanne Fennelly**  
Headteacher

### Deputy Designated Safeguarding Leads



**Jennifer de Board**  
Assistant Headteacher



**Laura Cunningham**  
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)**



## **RED NOSE DAY**

### **GREAT NEWS!!!**

Today we have raised £423 for good causes across the UK.



**Simon de Senlis is fundraising for  
Comic Relief ([justgiving.com](https://www.justgiving.com))**

*This link closes on Friday 24th April*

# THE LEGO GROUP & COMIC RELIEF ACTIVITY SHEET



FRIDAY 17 MARCH



**Can you build something to make the people around you smile?**

We're calling on kids up and down the country to get involved in a creative building challenge. Use your imagination to build or draw something that will make someone smile and have a positive impact on the world.



## YOUR CHALLENGE

We need you to get your thinking cap on and show us what you would create to make the world a better place and put a smile on someone's face **(hey, that rhymes!)**. It could be something that helps to support the environment and nature, reduces loneliness, or improves accessibility for those with mobility issues.

Some of our friends that could do with more smiles are Anushri who lives alone in a new area and feels very lonely and Isaiah who lives near a busy road where the air is very polluted. Find out more about them and what you could create for them here: [comicrelief.com/LEGO](https://comicrelief.com/LEGO)

## Dates for your Diary

Date	Year group	Event
28th March	Whole School	Opening of the outdoor classroom by the Mayor and Mayoress of Northampton
30th March	Rowling Class	Recorder performance at 9:30am
30th March	Year 4	Violin and Cello performance at 2:45pm
26th - 28th April	Year 4	West Runton Residential Trip
4th May	Whole School	Whole Class photographs
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 Residential Trip
21st-30th June	Year 6	West Runton Residential Trip



Dear Parents and Carers,

This week it has been wonderful to see children across school showing their resilience and determination in the learning, wanting to improve and knowing that they can achieve, even when things are a little tricky. Throughout the curriculum, the new knowledge that is taught can often be difficult at first, yet we see from the wonderful determination of the children, along with their self confidence in their learning, that they can achieve, even though it's often hard to start with. This learning behaviour allows the children to not worry when facing new challenges and to have the fabulous feeling of achievement when they grasp those challenges and start to achieve.

When looking at the achievement of children from September to now, it is superb to see the progress they have made and the joy they continue to have in their learning.

You should be very proud of your child and their continued achievements. The strength of our continued partnership in their learning and achievements is always appreciated.

Enjoy the weekend and enormous thanks for your ongoing support.

Mrs Fennelly





Keep  
Up  
the  
**GREAT  
WORK!**

## Poster of the Week

This week we celebrated how wonderful everyone is and how much progress everyone has made so far this term and this year.

It was great to stop and think about our great achievements and remember that we are  
**AMAZING!!**



# SIMON DE SENLIS PRIMARY WEEKLY UPDATE – 17TH MARCH



Simon de Senlis  
Amazing Extracurricular clubs

Next term, we would like to run a chess club, if you have a complete chess set you could donate to School, please bring it to the office.

Thank you.



## Exciting News

Our new outdoor classroom will be called.....

**The Queen Elizabeth II Outdoor Classroom**

Congratulations to Lottie Dove for her winning entry.

We will be holding an official opening ceremony by the Mayor and Mayoress of Northampton on March 28th.







## Friends of SdS Upcoming Events

Please find all events on your ParentPay Account

**Wednesday March 22<sup>nd</sup>- Film Night, 3:15pm-5:00pm, Cost: £3** - We will be watching Despicable Me which is always lots of fun! Your child will receive a packet of crisps and a drink.

**Friday March 31<sup>st</sup>- Easter Raffle, Cost- 1 ticket for £1, 10 tickets for £5.** This raffle will include chocolate hampers, easter eggs and other prizes too! Prizes will be drawn on the last day of term- good luck!! The shop will close on Wednesday March 29<sup>th</sup>.

**Friday April 14<sup>th</sup> (within the Easter holiday) Film Fun Morning 9:30am-12:00 noon, cost £5 per child.** Drop your child off with a snack and a drink for them to enjoy time with their friends watching a film and enjoying a playtime together. Cost £5 per child. Teachers will be at this event. The shop will close on Wednesday March 29<sup>th</sup>.





# Simon de Senlis Primary Weekly Update – 17th March 2023

Have you got your tickets yet??  
All available on ParentMail



**FILM NIGHT**

FEATURING:  
**DESPICABLE ME**

**WEDS 22 MARCH 2023**  
3:15pm - 5:00pm

**TICKETS: £3 ON PARENTMAIL**  
**CRISPS AND DRINK INCLUDED**

Friends of Simon de Senlis



**EASTER RAFFLE!**

**£1 FOR 1 TICKET**  
**£5 FOR 10 TICKETS**

**PRIZES INCLUDE CHOCOLATE HAMPERS,  
EASTER EGGS AND OTHER EXCITING GOODIES!**

**TICKETS WILL BE AVAILABLE TO BUY ON  
PARENTMAIL UNTIL 27TH MARCH**

**PRIZES TO BE DRAWN ON  
THURSDAY 30TH MARCH**

Simon de Senlis

Friends of Simon de Senlis



### **Safety**

**If your child is walking to or from home from school on their own, please remind them about simple measures to keep safe-**

**Walk with friends if possible**

**Stay on the agreed route**

**Don't talk to strangers**

**Remember road safety when crossing roads**

**Don't use your phone when walking**

**If you would like to find out more about safety when walking, take a look at the Children's Health website below:**

**[Walking to school safely - Children's Health \(childrens.com\)](https://www.childrens.com/parents/childrens-health/school-safety)**



## Artist of the Week- Esther Mahlangu

Esther Mahlangu is one of South Africa's most renowned artists and brought traditional mural paintings to international attention.

Esther was born in the Mpumalanga province of South Africa in 1935. She had 8 brothers and sisters and grew up with Ndebele culture. It was customary for women to paint the outside of their houses with colourful and elaborate murals. Esther used to watch her mother and grandmother paint and began painting parts of their house when she was just 10 years old.



Ndebele murals use very straight lines, which the women learnt to paint freehand with their finger or a chicken feather. Esther had to practise often to get her lines perfectly straight.

Esther learned to mix her own paints from natural ingredients such as cow dung. She was limited to certain colours including black, white, yellow, brown and red.



Esther was invited to be part of a 1989 exhibition Magiciens de la Terre (Magicians of the Earth) in Paris which showcased artists from around the world. She was given a replica house to paint live in front of spectators.

By 1990, she had been asked to create more murals in public spaces and was exhibiting in 12 countries.

In 1991, she was asked to paint a BMW Art Car with her designs.

In 2004, she collaborated with Nelson Mandela on some paintings.





**Poem of the Week-**  
**Hope Is The Thing**  
**With Feathers**



**Hope is the thing with feathers  
That perches in the soul,  
And sings the tune without the words,  
And never stops at all,**

**And sweetest in the gale is heard;  
And sore must be the storm  
That could abash the little bird  
That kept so many warm.**

**I've heard it in the chilliest land,  
And on the strangest sea;  
Yet, never, in extremity,  
It asked a crumb of me.**



## Inspirational Person of the Week- Hyat Sindi

Hayat Sindi is a biotechnologist and medical scientist. She was born in Saudi Arabia in 1967, before moving to England to continue her education. She became the first woman from the Gulf to be awarded a PhD from Cambridge University in 2001.



In 2007, she co-founded a non-profit company called Diagnostics for All. Her company has developed a low-cost device, no bigger than a postage stamp, which can be used to diagnose disease in people living in developing countries. Her device could save countless lives among people who would not otherwise be diagnosed.



In 2011, Dr Hayat Sindi founded a new organisation named the Institute for Imagination and Ingenuity, which aims to encourage scientific education and innovation in younger generations. In 2012, she was selected to be a Goodwill Ambassador for the United Nations Educational, Scientific and Cultural Organization (UNESCO), encouraging education of young people, particularly women, in STEM fields.



## Musician of the Week- Lucy

The Piano is a Channel 4 series which follows passionate pianists as they perform on pianos in rail stations across England.

The winner of this series was Lucy, who is 13 and has autism and is blind. When playing she follows the rhythm of the music and learns from memory where the keys are as she can't see them. Her performance was outstanding and shows what an inspiration she is to us all. To watch Lucy's wonderful performance, click the link below:

[Lucy - Live at the Royal Festival Hall on C4's "The Piano" - Bing video](#)



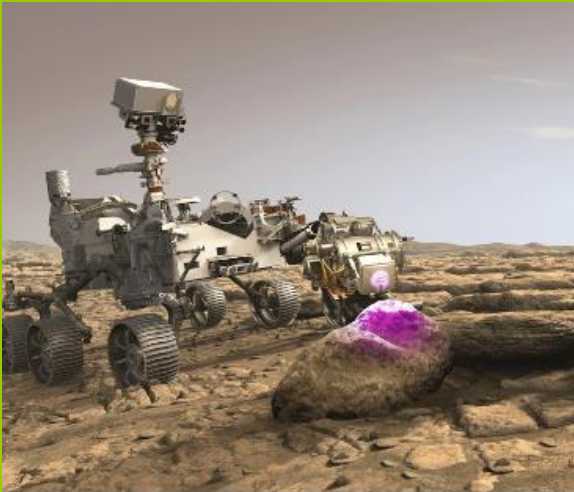




Do you love finding out about the world around you?  
If yes, take a look at the National Geographic for Kids website below:



[National Geographic Kids](https://www.nationalgeographic.com/kids/)



**Welcome to Mars!**



**Make elephant  
toothpaste**



**Make an underwater  
scope**



WOMEN HEROES

**Women codebreakers of  
World War II**





# Story Writing Competition!

Wootton Library are holding a story writing competition for budding authors!  
This competition is open to anyone aged 5 - 16.

The theme is 'Space' and must be less than 500 words. You can email your entry to [woottoncml@gmail.com](mailto:woottoncml@gmail.com) or hand it to anyone in the library.  
All entries must be received by the closing date - April 6<sup>th</sup> 2023.

Please let us know if you enter! Good luck!  
Miss Gedney and Miss Madden

## Rules / Terms and conditions

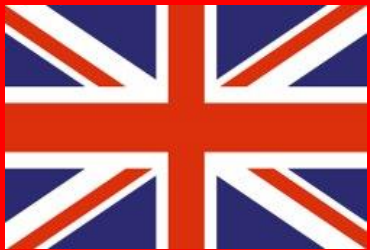
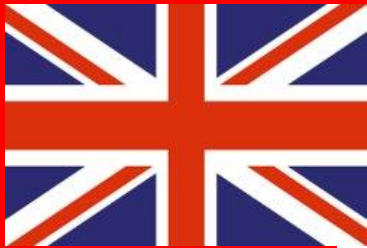
- All entries must be original and written solely by the entrant themselves
- Entries must have less than 500 words
- Entries must be representative of the theme of 'space'
- Entrants must be between the ages of 5 and 16
- All entries must state the name, age and school year of the writer
- The judging categories are Years 1 - 6 (Primary) and Years 7 - 11 (Secondary)
- Prizes of National Book tokens will be awarded to one winner and one runner up in each category
- Only one entry per person will be accepted
- Any entry received after the closing date of April 6<sup>th</sup> 2023 will not be accepted
- By entering this competition, you grant us permission to publish the winning stories on our website and social media platforms





## **The Kings Coronation Badges 2023**

**We are selling 'The Kings Coronation 2023' badges via Parent Mail/ shop from today, at a cost of £1.00 each. Due to our limited supply, purchases are limited, at this stage, to one per child. Prepaid orders will be received and sent home prior to 5th May 2023.**



## Mindful March Calendar

Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today  
[dayofhappiness.net](http://dayofhappiness.net)

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



ACTION FOR HAPPINESS

Happier · Kinder · Together



## 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



## Miss Garrard says...

Take a look at some of these mindful breathing techniques which may help if your child is feeling worried or overwhelmed. This may also be a good tool to use before bedtime if required. Please contact me via the school office or [info@simondesenlis.org](mailto:info@simondesenlis.org) if you feel you need some support and guidance regarding your child's well-being or mental health.

Brain Break Breathing

### Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.

Brain Break Breathing

### Bumble Bee Breaths

Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5. Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



Brain Break Breathing

### Balloon Breaths

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight, and make your belly puff out as if it was a balloon filling with air. Then slowly exhale like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.



## 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 a  
good friend?



## **Make a Natural Nesting Dispenser for the Birds**

- 1. Collect lots of twigs and natural materials.**
- 2. Collect some pliable branches.**
- 3. Twist the branches into a sphere.**
- 4. Use string to attach for a hanger.**
- 5. Stuff your sphere with twigs, leaves and moss etc.**
- 6. Hang in a place where you can see it in your garden.**
- 7. Watch the birds use the dispenser for their nests.**







## Free Textile Exhibition at Abington Park Museum

### Visualise at Abington Museum

Saturday 18 March – Sunday 23 April

This exhibition of textiles and mixed media work has been created by the Visualise textile group. Formed in Northamptonshire several years ago by like-minded artists the group enjoy creating diverse work with stitch as the common thread.



Wendy Bates, Janet Gosling, Sandra Jenkins, Thérèse Kane, Karin Kirk, Sue Latimer, Dora Mack, Mary Martin, Joy Norman, Alyssa Robinson, Jane Stock and Val Taylor meet regularly in Welford, Northamptonshire, with the aim of promoting creativity with rigorous discipline, underpinned by an interest in the history of textiles worldwide. On display are abstract and realistic pieces of art using a wide variety of media: paper, fabric (new, distressed and recycled) and found objects: these are hand and machine stitched, or felted to create art inspired by both the natural world and the built environment. In addition the group will have a selection of accessories, creative packs and cards to inspire and buy.







## Free Military Drop-In at Abington Park Museum

Medals, military and memories

Saturday 18 March

1 - 4pm

Free

Do you have a military ancestor that you would be interested in finding out more about? Do you have a question about the Northamptonshire Yeomanry or Regiment? Do you have a treasured military object that you would like to know more about? Come along and ask our military experts.

Drop-in



**As hedgehogs start to come out of hibernation, what can you do to help them?**





**Did you know that sleep is an essential, core pillar of health and is often under-valued and poorly understood. It's as important as diet and exercise.**

**World Sleep Day is on Friday, March 17th, 2023. It's held on the Friday before the spring vernal Equinox of each year. The theme this year is, 'sleep is essential for health'.**



**Sleep well!**





Dolce believes that listening to parents & pupils is vital for us to continue in improving the pupils lunchtime experience hence we have constructed a parental & pupil survey that we would like you to send out to all parents.

This survey is open now and will close Monday 27th March.

<https://www.surveymonkey.co.uk/r/BKFXLY>





## You are invited!

Come along to our free flood risk and resilience community drop-in event

**Monday 27th March 2023, 2pm - 6pm**

**Abbey Centre, East Hunsbury**

**Flood risk is increasing and, with areas of East Hunsbury experiencing flooding in the past, the Resilience And Innovation Northants (RAIN) project is hosting a free flood risk and resilience community drop-in event, and we invite you to attend.**

On 27th March 2023, the 'Floodmobile' demonstration vehicle will be at the Abbey Centre in East Hunsbury, where our flood resilience experts will be available to hear residents' concerns, and to provide information on flood awareness, preparedness and resilience to those worried about future flood risk.

During the event, our team of flood resilience experts will offer advice on how to make a flood plan, and will show examples of the adaptations that can be made to properties to better prepare for future risk. The Floodmobile is packed with more than 50 examples of practical flood resilience measures, and our team will be happy to answer questions and show how the products work.

With climate change upon us, we must get ready for the unavoidable impacts of flooding by adapting and helping our communities to become more resilient. Our event is an opportunity to learn more about property flood resilience, and what steps can be taken now.

**An appointment is not required; please visit at a time that is convenient to you between 2pm-6pm and speak to a member of our team. If in the meantime you have any questions, please email [RAIN@westnorthants.gov.uk](mailto:RAIN@westnorthants.gov.uk).**

## In assembly this week

This week, in assembly, we found out about the Comic Relief charity and how money raised by holding Red Nose Day helps others. We watched a video about a boy called George who is helped by the money raised. Red Nose Day reminds us how giving can help others.





# Sports – Basketball Challenge

Are you interested in Basketball?

Northants Basketball Club runs Junior Basketball Programmes for boys and girls aged 4 to 18.

All these teams' practice and play in a dedicated £2m Basketball Centre at Northampton School for Girls.

- Follow the link for more information
- <https://www.northantsbasketballclub.net/#/>

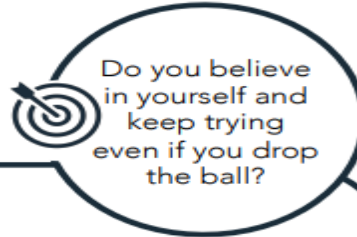


- Try these dribbling skills to improve you game. <https://www.youtube.com/watch?v=CMQp0bwjokw>

Stay active Miss Bland



## Figure of 8 60 Second Challenge



How many times can you pass a ball through both of your legs in 60 seconds?



If you drop the ball, pick it up quickly and carry on counting your score from where you left off.



**Achieve Gold**  
40 times through  
your legs



**Achieve Silver**  
30 times through  
your legs



**Achieve Bronze**  
20 times through  
your legs



## Comic Relief Maths Activity 1: Red Nose Day Roundup

Since 1988, Comic Relief has raised over £1 billion pounds! Assuming the amount raised by Red Nose Day over **15 Red Nose Days** was **£900 million**, let's use these figures to solve the maths problems below.

- If each Red Nose Day had raised the same amount, how much would that be?
- If 75 countries had benefited from the money raised, how much did each one receive, on average?
- If  $\frac{2}{3}$  of the total amount raised had gone to the UK, how much money had the UK received?
- In 2013, Red Nose Day raised £100,331,808. How much more money was raised in the other 14 Red Nose Days?
- The first Red Nose Day raised £15,000,000. What fraction of the total amount raised is this?



## Comic Relief Maths Activity 2: Red Nose Day Danceathon

Comic Relief spends the money raised by Red Nose Day to help people living tough lives across the UK and Africa. In 2015, Dermot O'Leary raised **£1 million** for Red Nose Day by dancing for **24 hours**.

- How much did he raise every hour, to the nearest £?
- How much did he raise every minute?
- How much did he raise every second, to the nearest penny?

WE ACCEPT  
CHILD CARE  
VOUCHERS  
& TAX FREE  
CHILD CARE!

 **PACESETTER**  
SPORTS & WELLBEING

# EASTER HOLIDAY SPORTS CLUBS

3<sup>RD</sup>-6<sup>TH</sup> & 11<sup>TH</sup>-14<sup>TH</sup> APRIL

**REDWELL  
PRIMARY SCHOOL**

**9AM - 4PM**  
**£23.50 PER DAY**

**MULTISPORTS  
& GYMNASTICS**

Wellingborough. NN8 5LQ

**ABINGTON  
PDC**

**9AM - 4PM**  
**£23.50 PER DAY**

**MULTISPORTS  
& GYMNASTICS**

Northampton. NN1 5JS

**KING'S  
PARK SPORTS**

**9AM - 4PM**  
**£23.50 PER DAY**

**MULTISPORTS**

Northampton. NN3 6LL

BOOK 5 OR  
MORE FULL  
DAYS IN  
THE SAME  
ORDER &  
SAVE 10%!

ACTIVITIES  
INCLUDING FOOTBALL,  
DODGEBALL,  
TENNIS, CRICKET,  
BASKETBALL, HOCKEY,  
BADMINTON...AND  
LOTS OF EASTER  
THEMED FUN!

Book online at:

**[WWW.PACESETTERONLINE.CO.UK/HOLIDAY](http://WWW.PACESETTERONLINE.CO.UK/HOLIDAY)**

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

T. 01604 686367 E. [info@pacesettersports.co.uk](mailto:info@pacesettersports.co.uk)





*invites you to a FREE*

# OPEN DAY

SATURDAY 1st APRIL 2023

We are a **registered charity** made up of a group of young people who are **passionate** about the **performing arts** and we are committed to coming together on a **weekly** basis to create work of a **high standard**. You can join us from **Year 1** onwards up until you are 18!



Come and join us for our open day at the **Silhouette Studios** in **Weston Favell Shopping Centre!**

Please visit

[www.silyt.com/open-day](http://www.silyt.com/open-day)  
to sign up!



Our sessions are run by **professionals** who have a lot of **experience** of working in drama, music, dance, songwriting and film. We pride ourselves on the **standard of our work**.



## COME AND JOIN US!

## 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)





# World Cup

## FEMALE FESTIVAL

WELLINGBOROUGH  
OLD GRAMMARIANS  
NN8 6BS

SUNDAY 23RD  
JULY 2023

10AM - 4PM



### Tournament

5-A-SIDE

U9 | U11 | U13

9-A-SIDE

U15

EARLY BIRD  
OFFER  
£20  
P/TEAM  
UNTIL 23/04

### Skill Sessions

5-11 YEAR OLDS

FREE! SIGN UP  
HERE!

ENTER HERE!



FALCON FRANKIE | BOUNCY CASTLE | FACE PAINT | STALLS | REFRESHMENTS

For more information please contact: [Harley.Collyer@NorthantsFA.com](mailto:Harley.Collyer@NorthantsFA.com)



# Female FOOTBALL OPPORTUNITIES

There are a number of different opportunities  
for females to play football around  
Northamptonshire

## OPPORTUNITIES

WILDCATS | SQUAD GIRLS'  
GRASSROOTS | RECREATIONAL  
WALKING FOOTBALL

5-11 YEAR OLDS



12 YEARS OLD +



Scan here!

[www.northantsfootball.com/femaleopportunities](http://www.northantsfootball.com/femaleopportunities)





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.

Rhino Sports Academy is eligible for HAF funding. If your child receives free school meals or is a pupil premium child you can come along to our camps for free. For more information on this please contact us via email or phone and we can book them on.



@Rhinosportsacademy



@RhinoSportsAcad



@rhinosportsacademy

Phone: 07894 713006

Email: [enquiries.rhinosportsacademy@gmail.com](mailto:enquiries.rhinosportsacademy@gmail.com)

## HOW TO REGISTER

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

**[Rhinosportsacademy.co.uk/camps](https://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.

# EASTER CAMP



**MULTISPORTS**

**ARTS & CRAFTS**

**PERFORMING ARTS**

**[RHINOSPORTSACADEMY.CO.UK/CAMPS](https://rhinosportsacademy.co.uk/camps)**



We are pleased to announce Rhino Sports Academy Camps will be held at two different venues this April. Blisworth Primary School and Hunsbury Park 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  
Ages 4-12

Week 1 - 3rd - 6th April - 9am-4pm

Week 2 - 11th - 14th April - 9am-4pm

#### Multisports Camp

##### WEEK 1 & 2

Full Week - £80.00

Full Day - £22.50

Half Day - £14.00

#### Performing Arts & Crafts

##### WEEK 1 ONLY

Full Week - £90.00

Full Day - £25.00

Half Day - £15.00

### HUNSBURY PARK CAMP

Hunsbury Park Primary School, Dayrell Rd,  
Northampton NN4 9RR  
Ages 4-12

Week 1 - 3rd - 6th April - 9am-4pm

Week 2 - 11th - 14th April - 9am-4pm

#### Multisports Camp

##### WEEK 1 & 2

Full Week - £80.00

Full Day - £22.50

Half Day - £14.00

#### Performing Arts & Crafts

##### WEEK 2 ONLY

Full Week - £90.00

Full Day - £25.00

Half Day - £15.00

# THE RHINO SHOP

Order your Rhino clothing from our online store



visit: [rhinosportsacademy.co.uk/shop](https://rhinosportsacademy.co.uk/shop)



# 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)







# 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, set pieces and other footballing techniques.

Players will be challenged in practical exercises to improve the ability to execute in games.

FOR MORE INFORMATION  
info@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.

## 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.



## EFC PLAYER DEVELOPMENT

EVERY MONDAY

Age U7-U10 | 5-6pm  
Age U11-U14 | 6-7pm

EVERY FRIDAY

Age U7-U10 | 5:30-6:30pm

£35 PER MONTH

LOCATION | MOULTON 3G, BRUNTING ROAD, NN3 7QF  
BOOK | INFO@ELITEFOOTBALLCOACHING.ORG



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

# Holiday Fun



## Easter Break 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](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.

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](mailto:msmith@northamptonesco.co.uk) or 07917 535762

### 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
Sports 	Yoga 	Sports 	Circus 	Earls Barton Primary School  Broad Street Earls Barton Northamptonshire NN6 0ND
Arts & Crafts 	Science 	Arts & Crafts 	ISM Music 	
			Pop Choir 	

### 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
Sports 	Yoga 	Yoga 	Circus 	Cedar Road Primary School,  Broadway East, NN3 2PP (access through pedestrian gate to main hall)
Arts and Crafts 	Arts and Crafts 	Games Club 	ISM Music 	
			Pop Choir 	



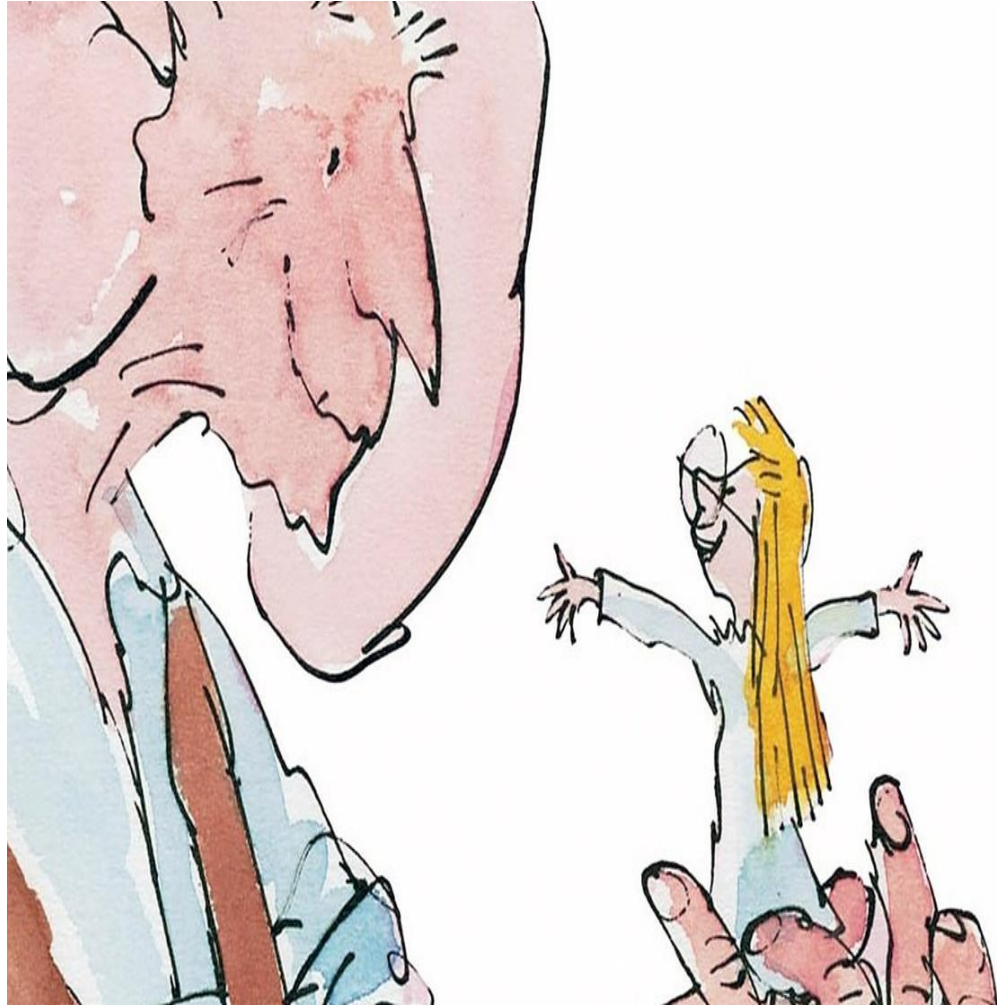
**Save the Date-**  
**King Charles III Coronation**  
**Celebrations- Friday May 5th**  
**1:30pm-3:00pm**





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.





***17TH  
MARCH  
2023***

**SOME  
NEWS FOR  
OUR  
CHILDREN**



## 29 Australian species taken off endangered list



Pictured: Yellow-footed rock wallabies Source: Canva

Australian conservationists are celebrating as a new study has revealed that 29 species, currently on the country's endangered list, have recovered enough to now be removed. The golden, Western barred and Eastern barred bandicoots, Western quoll, sooty albatross, waterfall frog, Flinder's Range worm-lizard, yellow-footed rock wallabies, greater bilby, humpback whale, growling grass frog and

Murray's cod are among the animals that can all be removed from this list, which currently includes 446 species. The research shows that 15 mammals, 8 birds, 4 frogs, a reptile and a fish have increased in population size and distribution, so are no longer considered in genuine need of protection under the Australia's Protection and Biodiversity Conservation (EPBC) Act.

## Super storytellers

BBC Breakfast has announced the return of 500 Words initiative, the UK's most successful children's writing competition. Children have created and submitted over a million stories since 500 Words was initially launched in 2011. Jon Kay from BBC Breakfast, with the help of the pupils and staff from Conway Primary School in Birmingham, announced that this year, there will be two age categories, 5-7-year-olds and 8-11-year-olds. Any child between these ages can enter and there's no need to worry about spelling, punctuation, or grammar. Each entry will be judged on its storytelling and

imagination! The judges this year include award-winning and best-selling authors, Frank Cottrell-Boyce, Francesca Simon, Charlie Higson, former children's laureate, Malorie Blackman, and World Book Day ambassador, Sir Lenny Henry. Charlie Higson, author of the Young Bond book collection, said, 'Have fun with it, there are no rules and what we really want is to see inside those kids' minds and get their personalities through the stories. And I think anyone judging it is going to have huge fun seeing what stories these kids are telling'.

**Would you like to write and enter a story?**



Pictured: BBC Breakfast announcing the return of BBC 500 Words with the help of the pupils and staff at Conway Primary School in Birmingham Source: BBC Breakfast Twitter page.

Share your thoughts and read the opinions of others

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





# No 'scone' left unturned



Sarah Merker, from Isleworth in West London, has eaten a scone at every possible National Trust location in England, Wales and Northern Ireland! She took to her Twitter account 'National Trust Scones' to announce that she had completed her decade-long mission to sample a scone at each of the 244 National Trust properties. The project involved ranking each one on her blog and inspired her to write a book, the 'National Trust Book of Scones' which includes 50 recipes and some interesting historical facts. Sarah ate scone number 244 at the Giant's Causeway, in County Antrim. This is an area of about 40,000 interlocking basalt columns, the result of an ancient

volcanic fissure eruption, formed 60 million years ago. Talking about the experience, she said, '...it's been a weird experience. I don't know what I'd call it - it's more than a hobby. It's taken up a lot of my time and effort over the past 10 years and I'll really miss it.' Out of all the scones that she has tried during the project, Sarah says that she has only had two she didn't like. She also stated that her favourite was a Christmas pudding scone with brandy butter at Treasurer's House, in the centre of York. Her top tip for a delicious scone - it has to be fresh! 'It takes a lot to ruin a fresh scone,' she commented. 'As long as the scone has been baked that day, you can hardly ever go wrong.'

**Have you ever baked scones?**

Last week's topic:

**Will the world become cashless in the future?**

I hope not because computers can make mistakes could be hacked  
**George**



Yes it is true the world will go cashless.  
**Mohammed**


No because we need cash.  
**Coco**

I think yes because cryptocurrencies are getting more famous.  
**Nicole**

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

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

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# Let's look at this week's story



Book publisher, Puffin, has announced that stories by the famous children's author Roald Dahl are going to be changed, making them more suitable for modern times. Roald Dahl is famous for his books, including Matilda, Charlie and The Chocolate Factory, and The BFG. The changes include taking out unkind descriptions of characters' appearance such as 'fat' and 'ugly'. Some people disagree with changes, including the UK Prime Minister, Rishi Sunak and the Queen Consort, Camilla.



## Should Roald Dahl's books be changed for modern times?





# Some information about Roald Dahl



Roald Dahl was born in South Wales on 13<sup>th</sup> September 1916. Before he became an author, he was a pilot for the Royal Air Force and flew during World War II. He also became a spy for MI6!



In 1943, he wrote his first ever children's book. It was called *The Gremlins*, which was about some creatures causing all sorts of mechanical problems on aeroplanes.

He spent around four hours a day writing stories in his garden shed known as his 'writing hut'.

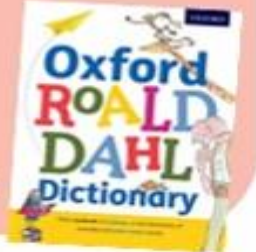


Many of the characters created by Roald Dahl were inspired by people he'd met in real life. The little girl from *The BFG* was named Sophie after his granddaughter!



Roald Dahl invented many new words such as *scrumdiddlyumptious*, *snozzberries* and *churgle*. He called his language *Gobblefunk*. There is even an official Oxford Roald Dahl dictionary, featuring real and imaginary words he loved to use.

Source: Oxford Roald Dahl dictionary by Oxford Dictionaries (Author), Quentin Blake (Illustrator), Susan Rennie (Contributor), Roald Dahl (Contributor)



Roald Dahl died on 23<sup>rd</sup> November 1990. Since 13<sup>th</sup> September 2006 (his birthday), there has been a Roald Dahl Day to celebrate his stories.



**Pictured:** Author Roald Dahl

**Does any of the information surprise you?  
Is there anything else you would like to find out?**



# Examples of things that have changed over time

Laws



The nine protected characteristics of The Equality Act 2010, which are illegal to discriminate against.

Uniforms



Vehicles



Phones



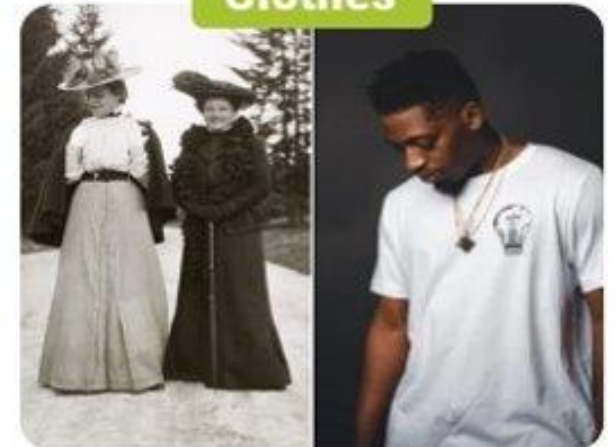
Buildings



Money



Clothes



Can you think of anything else that has been updated for modern times?



# TAKEHOME



## Should Roald Dahl's books be changed for modern times?



## In the news this week

Book publisher, Puffin, has announced that stories by the famous children's author Roald Dahl are going to be changed, making them more suitable for modern times. Roald Dahl is famous for his books, including Matilda, Charlie and the Chocolate Factory, and The BFG. The changes include taking out unkind descriptions of characters' appearance such as 'fat' and 'ugly'. Some people disagree with the changes, including the UK Prime Minister Rishi Sunak and the Queen Consort, Camilla.

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

- > Have you read any Roald Dahl books? Has anyone else at home? Share your thoughts about the changes. Do you think the stories should be updated?
- > Ask someone older what their favourite books were when they were younger. Are they still being read by children today? Why do you think that is the case?

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)

