

PESSPA NEWSLETTER

PHYSICAL EDUCATION, SCHOOL SPORT AND PHYSICAL ACTIVITY

Have you heard the news!!

GWPS has been awarded the Games Mark Platinum Award after demonstrating the integration of physical activity throughout the curriculum. We are very proud to become only the second school in the area to achieve this award.



Year 5 class teacher Tina Balaam with some of the pupils.
Picture: Mark Westley

School's PE provision earns prestigious platinum award

Thomas Malina
thomas.malina@diffpublishing.co.uk

The launch of a new youth football tournament and a regular newsletter celebrating pupils' achievements has helped a Suffolk school to achieve top status for its sports provision.

Great Waldingfield Primary School is celebrating after earning the School Games Mark Platinum Award after demonstrating the integration of physical activity throughout its curriculum, and the benefits this has had to pupils.

It becomes only the second school in the area to receive top billing from the Government-led awards scheme, which recognises schools for their commitment to developing sports and

competition.

Tina Balaam, PE lead for Great Waldingfield, explained that, after obtaining the Gold Award four years ago, they had looked at ways to step up their sports provision even further, while promoting this within the local community.

This includes the launch of a new inter-school football competition in 2021, now known as the Octo League, with eight schools in the Sudbury area involved.

Miss Balaam said the introduction of this league had not only given students another outlet to be active, but had also led to positive behavioural changes in other aspects of their education.

"To have the platinum status is a great success for the school, because it

“To have the platinum status is a great success for the school, because we're creating positive experiences for the kids

Tina Balaam
PE lead, Great Waldingfield

shows we're creating positive experiences for the kids," she told the *Free Press*.

"We cater holistically for their health, and we keep them physically and mentally active. We always try to make lessons active, so they're not sedentary.

"I've got 22 boys in my class and

they're really keen and eager to impress in class to get into the football team, so it has had a positive impact on behaviour in general.

"It's all well and good saying we've got this competition, but they need to show sportsmanship in and out of school, so it makes the pupils think about what they're doing. It has a positive influence on their learning."

In addition to these provisions, parents of Great Waldingfield pupils also receive a newsletter every couple of weeks, highlighting the sporting successes of children in and out of school.

Miss Balaam added that the school in Folly Road aims to build upon this latest award, by aspiring to achieve the Association For Physical Education (AfPE) Quality Mark.

CONGRATULATIONS TO LISTON OUR 2023 SPORTS DAY WINNERS

Newsletter 5 - 21st July 2023

LET'S CELEBRATE INDIVIDUAL SUCCESSES:



On Saturday the 8th of July Burt & Freddie attended their football club's end of season presentation. They received medals and they received the Club's 2022-23 Resilience Award for their continued commitment to football despite the difficulties & upset they have faced this year

Well done Burt and Freddie



Congratulations to Jamie who plays for the Lavenham under 8s football team. He won the trophy for top leading goal scorer - **Keep it up Jamie!**

Sunday 9th July was a great Junior Park Run day for Great Waldingfield students as 8 (plus two ex students) of them ran a PB - all in the same run!

Well done to Poppy, Harry, Rex, Alfie, Ciaran, Finley, Sidney and Connie (shout out also to our ex-students Maisie and Imogen)



Elsie (year 4) has been playing football since she was 1 year old. She plays for Colchester City.

On the 15th July, Elsie played a tournament. Her team came second.

Elsie also achieved the award for bravery.

Congratulations !!



Harry (Year 5) had a really successful evening at the U11 Cornard Dynamos Football presentation evening on 13th July. He won the Player's Player of the Season and the Manager's Player of the Season. He was over the moon!

Congratulations Harry

Harry from Antarctica class was awarded a certificate for working hard at listening and improving his bowling technique, after being given help from the coach. This is his first year of taking part in All Stars Cricket and he is really enjoying the sessions and fun games that they play whilst learning a new sport.

We are so pleased you have found a new sport Harry



Jaxson has written a report about his last race.

If your child would like to write a report about their sporting achievement we would love to include it in our Newsletter



How I got my club 2000 trophy's

The race happened on Saturday the first of July 2023 I headed to the track at seven in the morning and set up in my team's tent by eight in the morning. Went to have my kart checked over to see if it is able to race then at quarter past ten I went out to do qualifying and started 11 overall and first in novices.

After all the other type of karts went and did there qualifying. I did heat 1 which is like a race and seven minutes and had a battle with another kart but at the last second he got past me and started 11th again but this time when I did the rolling start I got up to sixth but somebody clipped the wall and I hit him and went from sixth to last but on the second to last lap I went up the inside of a group and now was first in novices. Then not much happened in heat three only I overtook a kart then in the finale I stayed first in novices and tenth overall then I got both my trophy's and had a photographer take my photo.



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TENNIS CAMPS 2023

Summer Tennis Camps 2023

Wortham Lawn Tennis Club, Long Green, Wortham IP22 1PT

Lavenham Lawn Tennis Club, Bridge Street Road, Lavenham, CO10 9SH

Dates & Times

- Monday 31st July 09:00-14:00 (LAVENHAM)
- Tuesday 1st August 09:00-14:00 (LAVENHAM)
- Wednesday 2nd August 09:00-14:00 (LAVENHAM)
- Thursday 3rd August 09:00-14:00 (WORTHAM)
- Friday 4th August 09:00-14:00 (WORTHAM)
- Monday 14th August 09:00-14:00 (LAVENHAM)
- Tuesday 15th August 09:00-14:00 (LAVENHAM)
- Wednesday 16th August 09:00-14:00 (LAVENHAM)
- Thursday 17th August 09:00-14:00 (WORTHAM)
- Friday 18th August 09:00-14:00 (WORTHAM)
- Monday 21st August 09:00-14:00 (LAVENHAM)
- Tuesday 22nd August 09:00-14:00 (LAVENHAM)
- Wednesday 23rd August 09:00-14:00 (LAVENHAM)
- Thursday 24th August 09:00-14:00 (WORTHAM)
- Friday 25th August 09:00-14:00 (WORTHAM)

Prices

£25 per child per day

Ages

5-14 years

Children will need to come with a lunch, plenty of drinks, sun cream, weather appropriate clothing and spare clothes

Players will be categorised into groups based on both age and ability thus giving children the best opportunity to both learn and have fun at the same time. There will be a mixture of structured coaching alongside fun games and activities to keep children engaged throughout the day. It's a good opportunity for children to get outside in the fresh air and enjoy being active. Mini games like Find the Sweets, Beat the Coach, Multisport, Water Gun Fights and our famous Man Hunt is also included.

HEAD COACH

Kris Jenkins

Please note our sessions on 21st, 22nd, 23rd, 24th and 25th will focus more on multisport



Kris is a Level 4 LTA qualified coach who currently plays for the Norfolk men's county team. Kris also coaches some of the county's top junior players and captains the 18 and under boys County Team. DBS checked and qualified first aider.

Children will be accepted on a first come first serve basis so book in with Kris to avoid disappointment by signing up via our websites below-

<https://clubspark.lta.org.uk/LavenhamLawnTennisClub/Coaching> (Lavenham sessions)

<https://clubspark.lta.org.uk/WorthamTennisClub/Coaching> (Wortham sessions)

Any questions feel free to contact Kris via

Kris_lavenham@hotmail.com

Kris_wortham@hotmail.com

07557967357

SUDBURY BASKETBALL CLUB SUMMER HOLIDAY CAMP

**MON 31ST JULY
FRI 4TH AUGUST
TUE 29TH AUGUST
THU 31ST AUGUST**

From 9am - 3pm Every Day

**For Boys &
Girls**

**PRIZES FOR
skill games,
shooting games**

LOCATION

**ORMISTON SUDBURY ACADEMY
TUDOR ROAD
SUDBURY CO10 1NW**

FOR SCHOOL YEARS 4 - 9 STUDENTS

**£20 FOR 1 DAY,
£36 FOR 2 DAYS,
£48 FOR 3 DAYS,
OR £56 FOR ALL 4 DAYS**

CONSESSION RATE AVAILABLE, PLS EMAIL FOR INFO

**To Register pls email:
wswolvesheadcoach@gmail.com**