

# PESSPA NEWSLETTER

PHYSICAL EDUCATION, SCHOOL SPORT AND PHYSICAL ACTIVITY

## Children's Mental Health Week at Great Waldingfield Primary School

Last week (5th-9th February) was Children's Mental Health Week at Great Waldingfield Primary School. We marked the week with a range of activities aimed at encouraging the children to make their voice matter, in line with this year's theme: "My Voice Matters".

### Monday

We started the week with an assembly launch, where we discussed inspirational children who have made a difference in the world. We were also joined by Joel, a tennis coach from Sudbury, who adapted activities to work with the entire school, from Foundation Stage (EYFS) to Year 6.

### Tuesday

Sophia from Paper Kite Yoga delivered an incredible session to each class, helping the children relax and clear their minds. Sophia also does adult classes for anyone keen to do so (search Paper Kite Yoga on google and her page will come up).

Year 6 also had a visit from PCSO Skeggs, who talked to them about internet usage, including gaming, messaging, and social media. The session was very positive, with discussions on the laws surrounding online behavior and PCSO Skeggs providing advice on staying safe and treating others with respect.

### Wednesday

The highlight of Wednesday was a visit from Hayley and her team from Sudbury Kickboxing which was a completely different and exciting experience for the children. In addition, Lisa Dalton, the school games officer, delivered Boccia and Archery activities for Key Stage 2 (KS2).

### Thursday

On Thursday, Sophie from Sudbury Boxercise introduced the children to a new activity that many of them enjoyed. They had not known what it was beforehand but it turned out to be a favourite for many.

### Friday

To end the week, Amie from Essex Dance Exclusive brought a lot of energy and taught a short routine to the younger years. Then, she introduced breakdancing to the older classes, where they all showed determination and resilience in learning the moves.

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During the week, Philippa Gunn Art visited our school to paint canvases based on the children's history learning, including the Roman Colosseum, Greek Pegasus, Viking ships, and representations of enslavement. The results were amazing, with many budding artists showing their talent.

The aim of the week was to show the children the various ways they can maintain a healthy state of mind and give them strategies to manage their emotions. Through activities such as dance, kickboxing, and painting, they were able to express themselves and communicate with others, showing that they don't always have to use their voice.

We are proud of all the children for participating in these activities and I hope that they can find strategies and activities that they can use in the future if they need to manage their emotions and feelings. This week has been a great success in broadening their horizons and helping them explore different ways to take care of their mental well-being.

**There will be more on this in the Suffolk Free Press, look out for it! Our school will be featuring this week!**



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## Daily guidance

As we explored last week, keeping our body and minds healthy involves lots of different activities...Children and young people aged 5 to 18 should: aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day.

It is great to see so many KS1 bikes and scooters arrive into the shelter each morning. Active travel is a really good way to get some of those active minutes in!

**Maxim** - Ian has been working on Hockey skills in PE with KS2. Next term it will be Netball & Basketball.

Our afterschool dance club had a show for parents to watch their showcase last Wednesday, well done to all children who performed and thank you for your continued support.

## After School Clubs:

**Monday** - Gymnastics (Spaces available)

**Tuesday** - Rugby (Spaces available)

**Wednesday** - Dance (Space available) & Football (Y1,2,3 - Full) & Football (Y4,5,6 - Spaces available)

**Thursday** - Gymnastics (Spaces available)

**Friday** - Fencing (Spaces available) & Art Club

Please contact the school office if you are interested in joining any of these clubs, they can advise you on how to sign up or put you on a waiting list.

## Fencing: Year 4 & 6 PE



Europe class and Asia class have been doing fencing for PE for the last 6 weeks. It has been great fun watching them be pirates and gladiators. Thank you to Little Musketeers for broadening the children's horizons and delivering this niche opportunity.

## LET'S CELEBRATE INDIVIDUAL SUCCESSES:



Well done to Ciaran (year 2) who started 2024 off brilliantly by being awarded Player of the Week at his club for repeatedly demonstrating key/core rugby values. He not only demonstrated great passing and catching skills but also kindness to his other team mates - Well done Ciaran !



We are always looking for children to feature in our newsletter with successes both in and out of school, please send in a picture and a write up to the school office.

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# Sporting clubs outside of school:

» Ages 2-14yrs

maxim  
sports coaching

## WEEKLY CLUBS

GREAT CORNARD & SUDBURY



### WHAT'S ON

#### MONDAY

Sudbury Wildcats  
Girls Football  
5-6pm / 5-11yrs  
(At AFC Sudbury)

#### TUESDAY

Ultimate Dodgeball  
5-6pm / 5-11yrs

#### WEDNESDAY

Cornard Wildcate  
Girls Football  
5-6pm / 5-11yrs  
Yoga Classes  
5.15-6pm / 5-11yrs

#### THURSDAY

Street Dance Classes  
5.00-5.45pm / 3-5yrs  
5.45-6.30pm / 5-7yrs  
6.30-7.30pm / 8-14yrs

Junior Basketball  
5.15-6.00pm / 5-7yrs  
6.00-7.00pm / 8-13yrs

#### SATURDAY

Junior Football  
9-10am / 4-8yrs  
Little Feet Football  
10.15-11am / 3-5yrs  
Little Feet Multi-Sports  
11.15-12pm / 2-4yrs

BOOK ONLINE  
JOIN THIS TERM!



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

## SUDBURY BASKETBALL CLUB

CONTINUING IN 2024

FOR SCHOOL  
YEARS 4,5,6 AND 7

### LOCATION

ORMISTON SUDBURY ACADEMY  
TUDOR ROAD  
SUDBURY  
SUFFOLK, CO10 1NW

ALL COACHES ARE ENHANCED  
DBS CHECKED  
AND  
SAFEGUARDING TRAINED

FIRST  
SESSION  
FREE

DAY AND TIME  
EVERY FRIDAY 4:30PM - 5:45PM

FOR MORE INFO CONTACT COACH JOHNSON AT  
[WSWOLVESHEADCOACH@GMAIL.COM](mailto:WSWOLVESHEADCOACH@GMAIL.COM)

