



WEAVER PRIMARY SCHOOL
WESTERN AVENUE
NANTWICH
CHESHIRE
CW5 7AJ



Headteacher
Mrs Gill Price

Tel: 01270 626335

e-mail: head@weaver.cheshire.sch.uk

WEAVER SPORT NEWSLETTER

September 2017

SPORTS COUNCIL

I am delighted to announce that we have 12 new Sport Councillors from Years 3 - 6.

These are: Eleanor, Joseph and Daniel from Year 6. Adam, Louie and Taylor from Year 5. Emily, Isabel and Nate from Year 4. Eleanor, Evan and Matthew from Year 3.

Their role includes: assisting myself and Mr Gibbons in deciding what competitions we will enter, deciding how to spend the Sainsbury's Active Kids Vouchers and becoming Play Leaders.

A new Sport Council page has appeared on the school website (click on Extra Curricular to find) where you can find information on what the council have been up to.

We wish them the best of luck in the new role.

WEAVER AFTER-SCHOOL ACTIVE CHALLENGE

One of the government's initiatives to try and tackle the obesity crisis that we now face in the UK is the 30:30 Obesity Strategy. This means that schools are now expected to provide 30 minutes of 'moderate to vigorous' activity every day for pupils, with parents being responsible for the other daily 30 minutes.

With nearly a third of UK children aged 2-15 being overweight or obese this is something, that as a school, we are keen to embrace. Becoming more active both at home and at school, will, we feel, have a significant impact not only on physical wellbeing but mental wellbeing too.

In each class from Year 2 to 6, there will therefore be a 'Weaver After-School Active Challenge' chart, where children can tick against their name and the days of the week to show where they have been active for 30 minutes or more at home. They can also write on the chart what activity they took part in.

Then, as part of our weekly Sport Assembly, the councillors will report to the school which class was the most active the previous week. Hopefully, this will inspire and motivate pupils to be active as they can be at home.

Reception and Year 1 children are not being left out either. They will talk to their class and tell them how they have been active outside of school, with the children celebrating what their classmates have done.

It doesn't mean that your child must go out and join lots of clubs - especially as some can be costly and sometimes finding the time in the evening to fit in a club, especially when parents work, can be a challenge in itself!

Your child could therefore go on a bike ride, do some skipping, go for a run, go roller skating, go for a walk or play football in the park. Another great idea is to visit the 'Change4Life' website. They have lots of ideas on how your child can be active. Another clever idea is for your child to take part in the Joe Wicks School Workouts.



INVESTOR IN PEOPLE

Years 2 - 6 have taken part in these workouts in school and they can be found on YouTube and are 20-minute High Intensity Interval Training (HIIT) workouts specially designed for children. Mind you, they are great for adults too...I ached after completing sessions with Year 5 and 6. These can be done in living rooms, bedrooms and don't need any equipment.

SPORTING HERO

Another way that we are promoting being active and healthy is the introduction of the Weaver Sporting Hero Award. Sport Councillors, teachers and teaching assistants will look closely each week at children who they feel have worked hard at being active, both at home and/or at school, and who has gone that 'extra mile'. The final say of who is chosen will be down to the Sport Councillors and they will present the 'sporting hero' with a certificate in our sport assembly.

WEAVER SPORTING GIANTS

If your child has done something sporty or been active outside of school, please send a photograph in of them taking part in that activity. It will then be displayed on our 'Weaver Sporting Giants' display in the hall. This may be a photograph of them in their rugby kit or they may have been on a bike ride, so a photograph of them on their bike would be great. Once again, it is just a wonderful way of celebrating how fantastic our children are.

CLUBS - IN AND OUT OF SCHOOL

Every Tuesday and Thursday Sportscape run after school sporting clubs. With the help of our Sport Councillors, all children in school will have a hand, through a democratic process, in deciding which sports they would like to run in the clubs.

We also have a Key Stage 2 Girls Football Club on Thursdays and Miss Jolene's Dance Club on Fridays.

If you have any queries about clubs outside of school, then please don't hesitate in getting in touch with me. Even if I am unable to point you in the right direction, I may be able to get in touch with someone who can help.

SPORT BOOSTER SESSIONS

On Thursday mornings Mr Gibbons runs a Sport Booster session for children in Years 3 - 6. This session is designed for children who may lack confidence when it comes to sport and exercise and perhaps lack some of the fundamental skills that are needed for their overall 'physical literacy'. The children really enjoy the sessions and we have seen how they have raised confidence.

FINALLY...SOMETHING NOT SPORT RELATED!!!!!!

For those parents who may not know, we collect shoes for the United Shoe Recycling Company. This is a charity that collects used (but clean and in good condition) shoes for people in developing countries. If you have any used shoes/trainers (adults and children's) that are in good condition, then you will find two green boxes in the Year 5 porch area that you can put them in. Put the shoes, paired up, in a carrier bag or with an elastic band round them. As a school, we receive £5 for every box we fill.

Also, if you have any old football boots (moulded)/astro-turf trainers or football socks that your child has grown out of, please feel free to hand them in to me. I like to have a collection of spares for children who may not own any but are taking part in football/rugby tournaments.

Thank you for taking the time to read my rather lengthy newsletter. If you have any questions relating to anything in this newsletter, please come and see me.

Many thanks

Claire Morgan (PE coordinator)