

# EAST HUNSBURY PRIMARY SCHOOL

## *Newsletter*

20th September 2024

### MESSAGE FROM THE HEADTEACHER

Dear Families

What a wonderful week we have had. Our new reception children are really settling in now and it is amazing to see how much they have learnt already! I am sure that they have grown too!

As they are settling in, we are also preparing for our 2025 reception cohort with our new intake tours. If you know of a family with a child due to start school in September 2025, please share our new intake tour dates which can be found by [following this link](#).

#### **House Assembly**

This week started with our first House Assembly of the year. We shared the exciting events that are coming up and a reminder of how children can collect House Points. Everyone was very excited and there is always a magical buzz when we take part in our House events. I wonder which house will be crowned the winners this year?

#### **The Saints are back!**

For a third year running, we have partnered with Saints Rugby and are very excited about all of the opportunities including coaching, stadium visits and tournaments that lie ahead of us. This week coach Jamie returned to teach tag rugby to our Y4 children and Green & Orange! A great time was had by all and some real talent spotted. Keep your eyes out for the rugby tickets we get gifted which we share with you on a 'first come, first served basis'. Ryan (Reception) had a great time watching the rugby with his free tickets. See page 2 for some photos.

#### **Pupil Leadership roles**

Last week, in assembly the children learnt all about how they could apply for one of our Leadership roles in school. I also mentioned this in last week's newsletter, so this is just a little reminder to support your child with their application form or speech if they need it or let us know if we need to do more in school.

#### **Forest School**

This week saw the start of Forest School for children from 6EN-CL and Red class. It is wonderful to see such enriching opportunities for our children and I am sure that they will sleep well after such a busy day!

#### **Who's Been Brilliant?**

Our Brilliance Board is proving a huge hit and really makes you smile when you see a name added. The board is for our whole school community to recognise someone who has been just a little bit brilliant! Here's a few comments from this week's board.

David for his  
super answers  
in Music



# EHPS HOUSE POINTS TOTALISER

	Whittlewood	Harlestone	Everdon	Salcey
This week	129	114	133	106
Grand total	245	230	235	204



## PARKING

We have received several complaints from local residents about inconsiderate and dangerous parking this week.



- DO** park safely and considerately
- DO** be polite to our neighbours
- DO** be a considerate driver and put your children's and other parents' children's safety above everything else.
- DO** your best for your own children by teaching them about road safety.



- DON'T** park across driveways
- DON'T** park dangerously
- DON'T** park on footpaths
- DON'T** park on zigzag lines
- DON'T** block the road

# Attendance News

Whole school average attendance this week was

**97.77%**

We are aiming to be at **96% + every week.**

## REGISTRATION TIME – MAINSTREAM

The register is taken at 08:45am – all children must be in school by this time, ready to learn (not arriving). This means that their coats and bags need to be away and they are in their classroom ready. School gates open at 08:30am.

Children arriving after 8.45am will be marked as 'late' in the register and this will affect their overall attendance marks.

Children arriving after 9.15am will be marked as 'unauthorised absence,' this will also affect their overall attendance marks.

## REGISTRATION TIME – SU

The school day timings are **8.40am - 3.30pm** for ALL children in the SU. This means Blue Class children will start and finish at the same time as all other SU classes. Classroom doors will open at **8.40am** and we will take the register at **8.55am** daily. **This means if your child arrives after 8.55am they will be marked as late.**

	Weekly Attendance	Year Group	Weekly Attendance
Reception	99.56%	1	97.32%
2	95.91%	3	97.98%
4	97.99%	5	97.97%
6	97.64%		

**BE KIND**

**WORK HARD**

**BELIEVE**

#weareEastHunsburyPrimarySchool #wearebrilliant

## Chatter Matters

We are relaunching our Parent Contact group newly named "**Chatter Matters**." If your child has additional needs, is on a pathway to diagnosis or already has a diagnosis and is supported with or without an EHCP then you are very welcome to join us at our "Chatter Matters" sessions. This is a safe space for parents/adults who live with children with additional needs to get together and talk, share worries or concerns and problem solve together. The once termly meetings are held in school and will be on a Friday afternoon. We will have speakers at some of the sessions and others will simply be a "chatter" space. If you are interested in coming along to the sessions **please email Esther Atkinson at [atkinsone@easthunsburyprimary.org](mailto:atkinsone@easthunsburyprimary.org)**



**The first two sessions will be on 27/09/24 and 13/12/24 in the Music Room from 1.45pm - 3.30pm.** More dates, timings and more information will follow soon!

## Who works at East Hunsbury Primary School?

### Meet the Team

Hello! My name is Mrs Wardell and this is my first term at EHPS so everything is very new but also very exciting. I have been a teacher for many years and I am looking forward to carry on my teaching journey at a fabulous school. My role will be to lead PE and Art.

My favourite subject to teach is PE. My passion has always been to get children moving and realise that they are capable of anything! Sport has the power to bring everyone together and being active can sometimes be the easiest way to bring a smile to someone's face.

Ever since I was a little girl, I have wanted to be a teacher. I remember pretending to teach art to my teddies and drive my siblings mad by pretending to be their teacher! After university, I travelled and lived in Australia but I always wanted to return home to pursue a career in teaching. I love being a teacher and every day is different. Teaching children has become such an important part of my life and I can't imagine doing anything else.

When I'm not in the classroom, I'm often found outside running and walking the countryside trails around Northamptonshire or travelling home to Northumberland to spend time with family. I love to travel even though I'm not a fan of flying. I still have so many places I want to explore. An interesting fact about me is that when I was 8 years old, I won a Cadbury's Chocolate competition for painting a brain. My prize was a huge box of chocolates, delicious!



Saturday 19th  
October 2024

12 - 2.30pm

Hotdogs &  
drinks for sale

£6.00 per child (2-16)  
Ages 0-2 and 16+ go free!

[Book your tickets here](#)

**ONLY 50  
TICKETS  
REMAINING**

**BOOK EARLY TO AVOID  
DISAPPOINTMENT!**

**Tickets  
sold out  
last year**

### EHPS SPOOKTACULAR EVENT

PUMPKIN  
TRAIL

ALL  
CHILDREN  
WILL  
RECEIVE A  
GOODIE BAG

APPLE  
BOBBING

FANCY DRESS  
COMPETITION  
(ANNOUNCED FOLLOWING  
WEEK VIA CLASS DOJO)

HALLOWEEN  
SCAVENGER  
HUNT

SPOOKY  
CUPS

DRESS THE  
SKELETON

PUMPKIN  
HOOPLA

SPIDER  
CHOPSTICKS

HOOK-A-  
SPOOK

EYEBALL  
DIG

#### PRIZES

A MIXTURE OF SWEETS AND POCKETMONEY TOYS  
ONCE THEY'RE GONE, THEY'RE GONE

## September Issue



This newsletter focuses on all the amazing events, clubs and groups that families, children and young people can access across the county that are free or affordable to attend.

[CLICK HERE FOR WEST NORTHAMPTONSHIRE'S NEWSLETTER](#)

### Reception Places September 2025

For children who turn 5 from 1st September 2024 - 31st August 2025

- 10th September 2024 Online Applications open
- 15th January 2025 - Midnight Online Applications close
- 16th April 2025 National Offer Day

[Click here to book](#) a tour at East Hunsbury Primary School. You could even come to Forest School!

### Year 6 to Year 7 Transition

- 10th September 2024 Online Applications open
- 31st October 2024 Online Applications close
- 3rd March 2025 National Offer Day

# Do you shop at

# ASDA?



Between **2nd September and 30th November 2024** – every time you shop with Asda using your Asda Rewards app, Asda will donate 0.5% of the value of your shop to your chosen Primary school.

- Download the Asda Rewards app, register and opt-in to Cashpot for Schools (make sure you have the latest version of the app installed)
- Choose our Primary School – either searching by name or postcode
- Shop **instore** across Asda and George, or **online** at Asda.com and start filling your Cashpot as you shop.

## Walk in Wednesday dates

25.09.24	Walk in Wednesday 1 - Reading	08:30-9:00	Classroom
27.11.24	Walk in Wednesday 2 - Christmas	08:30-9:00	Classroom
29.01.25	Walk in Wednesday 3 - Reading	08:30-9:00	Classroom
12.03.25	Walk in Wednesday 4 - Easter Crafts	08:30-9:00	Classroom
07.05.25	Walk in Wednesday 5 - Reading	08:30-9:00	Classroom
18.06.25	Walk in Wednesday 6 - Science	08:30-9:00	Classroom

**Start collecting together your unwanted clothing and shoes**

EAST HUNSBURY PRIMARY SCHOOL

# Raise funds by collecting reusable clothes

RAGS 2 RICHES Schools Clubs Group

**WE ACCEPT CLEAN, GOOD QUALITY, DRY, REUSABLE CLOTHING**

- Adults, Childrens & Babies Clothing
- Jewellery and Accessories
- Paired Shoes and Footwear
- Belts and Handbags

A full list of reusable items is listed on our website [www.raas2riches4schools.co.uk](http://www.raas2riches4schools.co.uk)

**WE DO NOT ACCEPT**

POOR QUALITY ITEMS SUCH AS DIRTY, WET, RIPPED OR SOILED CLOTHES, PILLOWS, DUVETS, CURTAINS, BOOKS CDs OR ANY UNIFORM

If you are unsure what to put in the bags  
**STOP AND THINK**  
**WOULD YOU WEAR IT?**

Please use the clothing bag provided. You can also use any additional bag if required.

Collection Date: **6th November**

Please remember - NO UNIFORM

Facebook, Twitter, QR code icons

Bags will be given out just before October half term. They can be returned to the school **NOT BEFORE TUESDAY 5th NOVEMBER** ready for our collection on **WEDNESDAY 6th November**. Please leave filled bags outside the school office.

# WE ARE



**SEED FREE**

# SCHOOL

**This includes chocolate spreads which contain nuts and sushi which has sesame seeds**

## Harvest

To celebrate Harvest this year, we will be collecting donations of items from the list below for our school Food Bank between **16th and 26th September**. If you are able to donate, please send items to school with your child between these dates. **Please do not send perishable items.**

[Click here](#) to complete the Wellbeing Form to tell us if the Foodbank is something you think that your family would benefit from.

- Cereal
- UHT milk
- Tea
- Tinned meat - corned beef, pies, ham
- Tinned fruit
- Tinned vegetables
- Toilet rolls
- Tinned fish
- Coffee
- Crackers
- Toothpaste
- Shampoo
- Soap
- Baked beans
- Pasta/Rice
- Tinned/packet soup
- Washing tablets/capsules
- Honey/Jam/Marmalade
- Sanitary wear
- Deodorant
- Shower Gel
- Biscuits
- Tins of custard/rice pudding





# CENSUS DAY



To help our school, if your child is in Reception, Year 1 or Year 2 in mainstream or the SU **please order a school lunch for 3rd October** on School Grid even if your child usually has packed lunch and won't eat the school lunch. They can still bring in and eat packed lunch as usual. Part of our school budget is decided on how many infant lunches are **ordered**. School lunch for EYFS & KS1 children is free so you will not be charged. Our meal provider puts on an extra special menu on Census Day. This time it has a Favourite Characters theme - Spongebob, Lilo & Stich, Sonic & Mr Potato Head.

If you haven't logged on to School Grid before or need some help with it, please give the office a call.

## CHARACTER FAVOURITES

Thursday 3rd October 2024

**Mains**

- Spongebob's Krabby Patty with Cheese (Cheeseburger)
- Lilo & Stich's Hawaiian Pizza Adventure
- Sonic's Golden Coins (Vegetable Nuggets) (VG)
- Mr Jacket Potato Head (GF)

**Sides**

- Mickey's All American Fries
- Super Mario Slaw
- Barbie Beans
- Ken's Ketchup
- Spiderman Salad Bar

**Desserts**

- Willy Wonka's Ice Cream Factory (V)
- Gingerbread Man from Far Far Away (VG)
- Fresh Fruit (VG) (GF)

dolce

West Northamptonshire Council

Is your child currently in Year 6?

**Apply for Year 7 at Secondary school**

Application Deadline: 31 October 2024

[www.westnorthants.gov.uk/school-admissions](http://www.westnorthants.gov.uk/school-admissions)

West Northamptonshire Council

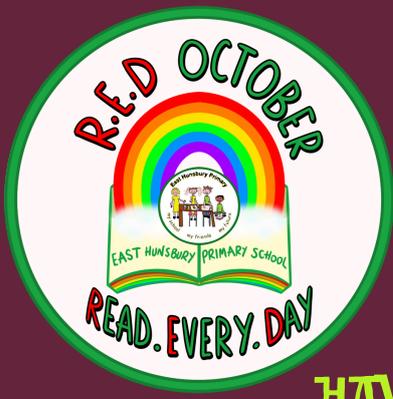
Apply for a school place

Is your child's 4th birthday on or before 31 August 2025?

**It's time to apply for a Reception place**

Application Deadline: 15 January 2025

[www.westnorthants.gov.uk/school-admissions](http://www.westnorthants.gov.uk/school-admissions)



# R.E.D. October

# SPOILER ALERT

## INCOMING AUTHORS!

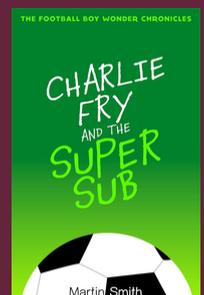
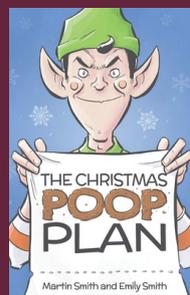
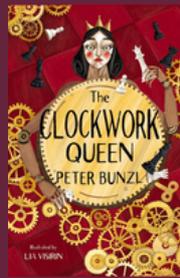
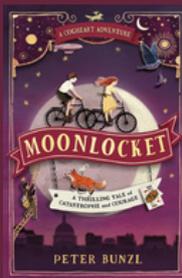
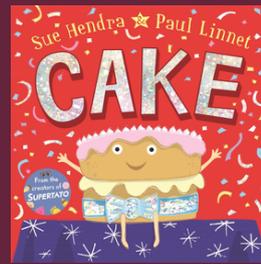
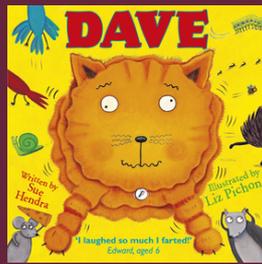
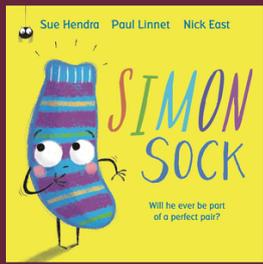
WE'RE SO EXCITED TO ANNOUNCE WE WILL BE HAVING VISITS FROM THESE AUTHORS NEXT MONTH...

**SUE HENDRA**

**PETER BUNZL**

**MARTIN SMITH**

**ABI ELPHINSTONE**





# E-Safety & Wellbeing



## Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers – helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

### PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to communicate or compete with strangers, which creates potential risks. Encouraging your child to play online for a while could provide more insight into particular games, and the parent/carer can then make a more informed choice about your child or send them to school. Beyond your child's own hazards around strangers online, when you discuss this boundary with them.

### FACTOR IN FRIENDS

If your child is a team video game player, the chances are that they'll have other gamers among their social circle. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time, later in the evening, and they may be to extend this once they're together. Try to be fair, and if your child has a challenge for them during screen breaks, it's a nice extra time on their game.

### ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing for shorter bursts rather than marathon sessions (such as role-playing games). Encourage your child to take breaks from the screen, while others (such as siblings or friends) can't be playing. A good break every hour or so is good practice, and you could suggest some things to do, like a walk, reading, or getting some fresh air.

### ENJOY GAMING TOGETHER

Setting time aside to play video games together can be a fun and enjoyable bonding exercise. However, some games may be too intense or stressful for some children or teenagers, but it can be a productive way of encouraging them to play together. Try to find a game that is fun for both, and something to build together. If you're not sure, ask them to try out some of the fun game modes, or the single player, which don't require high skill levels.

### TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss when it's time to stop and take a break, or when they're feeling frustrated or angry. Do they ever get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but it's also a chance to talk about the skills of overcoming a challenge. Try to play with your child, and games that tend to provoke these more positive feelings.

### BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are malicious or abusive. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or when they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable, and what makes the time to become reporting or abusive.

### AGREE SPENDING LIMITS

There's no doubt that gaming can be addictive, and young players often have a hard time stopping. You could agree a limit on how many games they can buy, or how much they can spend on in-game items. You could also agree a limit on how many games they can buy, or how much they can spend on in-game items. You could also agree a limit on how many games they can buy, or how much they can spend on in-game items.

### DISCUSS AGE RATINGS

Children often ignore the age ratings on games, or don't know what they mean. You could help your child by explaining what the ratings mean, and how they can help you decide if a game is suitable for your child. You could also agree a limit on how many games they can buy, or how much they can spend on in-game items.

## Information about how to...

1 Promote safer choices

2 Encourage regular breaks

3 Agree spending limits

4 Discuss age ratings

[Click here for more information](#)

## What are the risks?

1 Potential addiction

2 In game purchases

3 Text chat with strangers

4 Cartoon violence

[Click here for more information](#)

## What Parents & Educators Need to Know about FINAL FANTASY XIV

The video game Final Fantasy XIV launched in 2010, and, despite being critically panned, it saw an overhaul that has made it one of the biggest success stories in gaming. Its huge world, epic story and versatile combat system have continued to draw in new players, but there's a lot that trusted adults need to be aware of – not least the cost of paying monthly to play.

### ALWAYS ONLINE

Final Fantasy XIV is an MMO, which means for many players it's a social game. Much of the world of Apsalar, players create a character in a chosen class and level up by completing quests to gain power and items. The game requires a constant internet connection, whether you're playing on PC, Mac, PlayStation 4, and there's the option to play online.

### VOICE & TEXT CHAT

Final Fantasy XIV lets players send chat messages in-game or to each other over voice chat. On the one hand, that provides plenty of choice for how those enjoying the game can interact with their fellow fans. On the other hand, however, it's easier than in many games to receive unwanted messages from a stranger, with whom you casually share your play time.

### REGULAR EXPANSIONS

As with similar titles in the genre, players can purchase expansions to unlock additional content for the game. Those without the expansions will be locked out of certain new quests and activities, meaning that young people who play regularly and potentially have not read the game's terms and conditions may be ready to buy it as soon as possible.

### IN-GAME PURCHASES & SUBSCRIPTION FEE

Users need to pay £8.99 per month to play Final Fantasy XIV, and there's a free trial of some time before they can start playing. If someone stops playing, they'll lose access to the game until they pay again, and resume where they left off. If a player forgets their subscription fees will continue rolling on automatically.

### MANAGE PLAYTIME

Playtime limits are a great way to counter the addictive qualities of games. The Final Fantasy XIV free trial is a generous one, with no limits on how long someone can play until their character has level 70. That's a significant amount of time for a child to go through the game, complete quests, and see it all before purchasing expansions or subscribing to a membership. They may well move on to something else before you need to spend so much on a family.

### PLAY TOGETHER

The free trial makes it extremely easy to jump into Final Fantasy XIV and play alongside a child, provided they're not over 18. That's a character-smoking 2-year-old that's designed for their primary and early secondary years, but it may also end up becoming a bonding experience for you both and any other family members that want to try it out.

### REMEMBER, IT'S A PEGI 16

Despite its often-repeating nature, Final Fantasy XIV carries a PEGI 16 rating for violence and drugs. Although the latter is due to its character smoking 2 pipes on occasion, there's minimal blood, but characters can attack enemies (and other players) with weapons and spells. Take a look at some gaming advice to see if the content is appropriate for a younger player.

**Advice for Parents & Educators**

VISIT OUR WEBSITE FOR MORE ONLINE SAFETY INFORMATION

BE KIND

WORK HARD

BELIEVE

#weareEastHunsburyPrimarySchool #wearebrilliant

# ANNUAL DATES

Date	Activity	Time
<b>SEPTEMBER</b>		
25.09.24	Walk In Wednesday Reading	8.30 - 9.00am
26.09.24	Year 3 Harvest Assembly	9.30 - 10.30am
<b>OCTOBER</b>		
03.10.24	Character Favourites Census Day	
10.10.24	Hello Yellow (wear Yellow for Young Minds - no charge)	All day
08.10.24	KS1 Reading Information Meeting	4.30pm - 5.30pm
11.10.24	Mufti Day for RED October	All day
19.10.24	Spooktacular	12.00pm - 2.30pm
22.10.24	Reception Individual & Sibling photographs	Morning
23 - 25.10.24	Yr 6 Residential	3 days
<b>NOVEMBER</b>		
06.11.24	Rags to Riches Collection	8.30am
06.11.24	Reception Phonics Information Meeting	9.00am - 11.00am
10.11.24	Remembrance Event - Grangewood Park	10.45 - 11.15
13.11 & 14.11.24	Parents' Evening (All Mainstream)	3.50pm - 6.30pm
13.11.24	SU Parents' Evening	3.50pm - 6.50pm
12.11 - 15.11.24	Bookfair	After school

## NOVEMBER

13.11.24	Positive Noticing Day	all day
15.11.24	Yr 2 to St Benedict's Church	<b>Afternoon</b>
27.11.24	Walk In Wednesday Christmas	8.30am - 9.00am
27.11.24	Simon Aston E-Safety Talk for Families	6.00pm - 7.00pm
30.11.24	Choir Singing at Hunsbury Festive Fair at Hunsbury Library	12.30 - 3.30pm

## DECEMBER

07.12.24	Christmas Fete	10am - 1pm
<b>10.12.24</b>	<b>Reception, Blue &amp; The Nest to West Lodge Farm</b>	<b>All day</b>
13.12.24	Year 2 & Green Class Assembly	9.30 - 10.30am
<b>16.12.24</b>	<b>Reception Nativity</b>	<b>10.30 - 11.30am 2.00 - 3.00pm</b>
17.12.24	Year 1 Carols by Twinklelight	6.00pm - 7.00pm
17.12.24	Christmas Party Day (Christmas Jumpers and Lunch)	All Day
18.12.24	Year 6 & Red Christmas Carols & Crafts	TBC

## JANUARY

16.01.25	Yr 4 Multiplication Check information meeting	4.30pm - 5.30pm
16.01.25	Australia Day Census Day	
28.01.25	Yr 6 SATs Information meeting	4.30pm - 5.30pm
29.01.25	Walk In Wednesday Reading	8.30am - 9.00am

## FEBRUARY

03.02 - 07.02.25	Childrens' Mental Health Week	
11 & 12.02.25	Year 6 Parents' Evening	3.50pm - 6.30pm
13.02.25	Year 1 Phonics Test Information Meeting	4.30pm - 5.30pm
14.02.25	Year 3 & Purple Class Assembly	9.30 - 10.30am

## MARCH

5 & 6.03.25	Mainstream Parents' Evening (not Yr 6)	3.50pm - 6.30pm
05.03.25	SU Parents' Evening	3.50pm - 6.50pm
05.03 - 07.03.25	Bookfair	After school
12.03.25	Walk In Wednesday Easter Crafts	8.30am - 9.00am
17.03 - 21.03.25	Neurodiversity Week	
21.03.25	Odd Socks Day for World Down Syndrome Day	
28.03.25	Year 1 Class Assembly	9.30am-10.30am

## APRIL

02.04.25	Autism Awareness Day - Wear Blue (No Charge)	All Day
02.04.25	SU Show	10.00am-11.00am
22.04 & 23.04.25	Earth Days	All Day

## MAY

07.05.25	Walk In Wednesday Reading	8.30am - 9.00am
12 - 15.05.25	Yr 6 SATS	Mornings
15.05.25	Endangered Species Census Day	
22.05.25	Year 4 Spring Assembly	9.15am - 10.00am
22.05.25	Reception Sports Day	10.15am - 11.45am
22.05.25	Year 6 Sports Day	1.30pm - 3.00pm
23.05.25	Year 5 and Yellow Class Assembly	9.30am - 10.30am

## JUNE

02.06 - 13.06.25	Yr 4 Multiplication Check	
w/c 09.06.25	Yr 1 Phonics Check	
11.06.25	SU Sports Morning	9.30 - 11.30am
18.06.25	Walk In Wednesday Science	8.30am - 9.00am
26.06.25	Sports Day Year 1	9.30 - 11am
26.06.25	Sports Day Year 2	1.30 - 3pm
27.06.25	Sports Day Year 3	9.30 - 11.00am
27.06.25	Sports Day Year 4	1.30 - 3.00pm
28.06.25	Whole School Summer Fayre (Country dancing & Maypole by Years 2, 5, Purple & Yellow)	10.00 - 1.00pm
30.06 - 03.07.25	Yr 5 Bikeability	
30.06 - 04.07.25	Careers & Aspirations Week	

## JULY

04.07.25	Reception & Blue Class Assembly	9.30 - 10.30am
04.07.25	Brilliance Exhibition	TBC
08.07.25	Music Gala	5.30pm - 7.00pm

# JULY

09 - 11.07.25	Yr 3 Residential Everdon	
10.07.25	Sports Day Year 5	9.30 - 11.00am
15.07.25	Yr 6 Leavers' Performance	6.00pm - 7.30pm
16.07.25	Yr 6 Leavers' Performance for toddlers to attend	5.00pm - 6.30pm
17.07.25	SU Yr 6 Leavers' Assembly	9.30am-10.30am
21.07.25	Year 6 Leavers' Party	7.00pm - 9.00pm
22.07.25	Mainstream Yr 6 Leavers' Assembly	10.00 - 11.00am

## AUTUMN ATHLETICS COURSE



Rugby & Northampton Athletic Club are pleased to announce a new 4-week athletics course for young athletes in Northampton and surrounding areas. It runs from **Saturday September 28<sup>th</sup> till Saturday 19<sup>th</sup> October**

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 led by qualified club coaches.

### When

Saturday mornings 10-15 -11-30

### 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 – £10 per 4 week block

Agess – MINIMUM AGE is Yr 3 at school (aged 7+) – MAXIMUM is Yr 9 at school

Places are limited and will be assigned on a first come, first served basis.

To register – please complete this google form

[https://docs.google.com/forms/d/e/1FAIpQLSfILmuTPWQJeq-bH8kpAuUkm6QFyLE6dsbOAOBVB3fdXeRL\\_g/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfILmuTPWQJeq-bH8kpAuUkm6QFyLE6dsbOAOBVB3fdXeRL_g/viewform)

If you have any further questions about the course or the club, please contact us at:

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



## Families, Fun & Fellowship

St Benedict's church (NN4 9UG)

Sunday 29<sup>th</sup> Sept

3.30 – 5.00 pm

Harvest Festival

Explore more, through activities and play about

Harvest Festival

Free Event

Family Fun



We are holding an event to have fun, make things, and celebrate our world.

Crafts, story and food, for families with primary aged children plus brothers and sisters.

Tea, coffee and cake for adults.

Children must be accompanied by an adult.

Please phone or email to book your places:

[admin@stbens.uk](mailto:admin@stbens.uk) or [vicar@stbens.uk](mailto:vicar@stbens.uk)

[www.stbenedictschurchnorthampton](http://www.stbenedictschurchnorthampton)

Free Event