



## CHESSWOOD JUNIOR SCHOOL

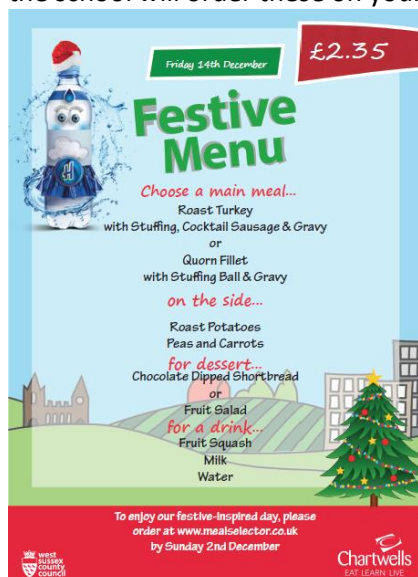
1. Christmas events – All – Action
2. Sports News – All – information
3. External achievement – all – information
4. External events – all – Information

### 1. Christmas events – All – Action

There are still a few space available for the Friends of Chesswood film night, please pop your form into the School Office with the £2 if you would like your child to attend:



If you would like your child to have a Christmas, hot meal on Friday 14<sup>th</sup> December you can now book this online, the deadline to do so is **THIS** Sunday, 2<sup>nd</sup> December. If your child is entitled to Free School meals, the school will order these on your behalf:



## Weekly Communication Edition 15 Friday 30<sup>th</sup> November 2018

Upcoming key dates for the diary (please see diary for extensive list)

Wednesday 5<sup>th</sup> December: GB Athlete visit (sponsored event)

Thursday 6<sup>th</sup> December: Rocksteady Concert

Thursday 6<sup>th</sup> December: Dancemania IX

Friday 7<sup>th</sup> December: Christmas Film (pre-paid event)

## 2. Sports News – All – information

### Indoor Athletics:

2 competitions this week, firstly our Y5 and Y6 teams were in their qualifying round of the WSSA competition and a combined Y5/6 team as guests in the WSSA plate event – so a total of 40 different athletes competed this week.

Both Y5 and 6 teams won their events against Broadwater and The Orchards gaining them access to the Cup Finals (which will now be after Christmas).

The combined team did well finishing (unofficially) runners-up in their event against English Martyrs, Bramber, Whytemead, Heene and Elm Grove.



### Active Advent:

Please find below our Bright Sparks Active Advent Calendar – each day there is a different physical activity to complete. Watch out for our twitter page for the actions if you don't know them and remember to #activeadvent if you want to post your own video of you taking part (and also tag the school too @chesswoodschool)

Good luck and keep active over the advent period.



## Be an Active Bright Spark this Advent





10<sup>th</sup> – 15 sit ups

14<sup>th</sup> – 30 star jumps

2<sup>nd</sup> – 30 seconds of leg drives

1<sup>st</sup> – 15 star jumps

17<sup>th</sup> – Plank for 30 seconds

6<sup>th</sup> – 20 catches with a ball

12<sup>th</sup> – Hop on one leg – 30 secs

13<sup>th</sup> – 15 tuck jumps

16<sup>th</sup> – 25 squats

20<sup>th</sup> – 1 minute – star jumps

22<sup>nd</sup> – 1 minute of leg drives

21<sup>st</sup> – Stork stand for 30

4<sup>th</sup> – 30 seconds of Spotty Dogs

5<sup>th</sup> – 15 squats

15<sup>th</sup> – 1 minute of Spotty Dogs

11<sup>th</sup> – Wall sit for 1 minute

19<sup>th</sup> – 15 press ups

8<sup>th</sup> – 10 press ups

23<sup>rd</sup> – Hop on one leg – 45secs

3<sup>rd</sup> – Plank for 15 seconds

18<sup>th</sup> – 30 sit ups

7<sup>th</sup> – 10 tuck jumps

24<sup>th</sup> – 30 seconds of

- Spotty Dogs
- Star Jumps
- Plank

Can you do all these activities during advent – if you send in a photo of you doing some of the activities you will get 10 House Points – Good luck and keep active over the advent period.

### Club Cancellations:

All Sports Clubs have now finished until January

### Upcoming Events:

Wednesday 5<sup>th</sup> – Sponsored Fitness Circuit Day

Wednesday 5<sup>th</sup> – Y6 A Team Football Vs Vale B (Chesswood)

Thursday 6<sup>th</sup> – Dancemania IX

### Sponsored Event:

We're very excited to be welcoming top athlete Kelly Simm to the school on 5<sup>th</sup> December.

Kelly Simm will be leading a **sponsored fitness circuit with all pupils**, and will follow-up with a talk and question and answer session. The aim of the event is to **inspire the pupils** to take up sport generally, but just as importantly to encourage them to discover and then pursue their **passion in life**.



A sponsorship form has been sent home your child this week to use in order to help raise money for the event. You can also sponsor your child by following the below link:

[www.sportsforschools.org/myevent](http://www.sportsforschools.org/myevent)

As the sponsorship form and online sponsorship page explain, much of the money that is raised will be used to buy **sports equipment** for the school, while also **supporting GB athletes (including Paralympic athletes)**.

Please ensure that **sponsorship forms and moneys** are returned to the school office by **Wednesday 12<sup>th</sup> December**.

Please also make sure that your child/children come to school on the event day with their PE Kits!

Thank you in anticipation of creating a terrific and memorable event.

## 3. External achievement – all – information

We love this wonderful picture of William in Year 6 being presented with the Southern Water Swimming achievers award by Duncan Goodhew and Mike Goody - Well done William, we are all very proud of you.





Please support our School and raise funds for the Friends of Chesswood when you are doing your shopping online this Christmas. You will need to register with [Easyfundraising.org.uk](http://Easyfundraising.org.uk) and select "Friends of Chesswood" as the cause you wish to support and then each time you shop a donation will be made directly from the company to our school with NO COST TO YOU. There is a video guide on the [easyfundraising](http://easyfundraising) website which may help if you have any queries. Thank you



**easyfundraising**  
feel good shopping

**Raise free funds for us**  
every time you shop online this Christmas

amazon.co.uk Argos  
eBay Debenhams  
Booking.com H&M  
Boden next  
Sainsbury's ASOS  
JOHN LEWIS A PARTNER Not on the High Street  
M&S EST. 1884 Expedia  
Apple Currys PC World

#### 4. External events – all – Information



**TWO MAGICAL CHRISTMAS HOLIDAY CLUBS  
IN RAINBOW WOOD, SMALL DOLE**

**The Outdoors Project**

**20TH DECEMBER** - GROTTO BUILD, PRESENT HUNT AND SMORES, WATCH OUT FOR THE GRINCH!  
**28TH DECEMBER** - FIRE LIGHTING, SHELTER BUILDING, WHITTLE A NEW YEAR'S RESOLUTION  
 MEMENTO, END OF YEAR SHOWDOWN MEGA-GAME!

EARLY BIRD DISCOUNT APPLIED UNTIL 30TH NOVEMBER - PLEASE CALL ROB FOR GROUP DISCOUNTS 07931 557 981

