

# NATIONAL FITNESS DAY

1 MILE

### Whole School Activity - Mile a Day Challenge!!!

All the pupils and staff completed a minimum of a mile, jogging, running or walking. We completed this in our classes and it was a really enjoyable event, highlighting that we all can do this, as well as how important it is to do a small amount of exercise on a regular basis. At Ashdon Primary we will commit to this 'keeping fit' by making sure that we do the 'Mile a Day' challenge as well as taking part in our P.E. lessons every week. Healthy Body, Healthy Mind!



### Swimming!

This year, all pupils will have an opportunity to swim!

Autumn Term - Year 5 and Year 6

Spring Term - Reception, Year 1 and Year 2

Summer Term - Year 3 and Year 4

Look at Class 3 enjoying their time at Haverhill!



### Cricket!

This half term, Class 2 and 3 will have the opportunity to have a professional Cricket coach - Chris Scott - to make sure they all understand the terms - bowling, overs, runs, four, six and, most importantly... WICKET! Pupils are working hard to learn the skills and understand these terms as well!

### CHALLLLLLLLENGES!!!!

In Essex, all schools take part in the ANNUAL CHALLENGES EVENTS!! This will take place next Wednesday when pupils will compete against other schools doing the exact same challenges!

We thought it best to use the opportunity to practise these challenges on National Fitness Day! Mr. O'Sullivan was so kind to come and help all our pupils with Mrs. Bidwell during lunchtime play to partake in these challenges!

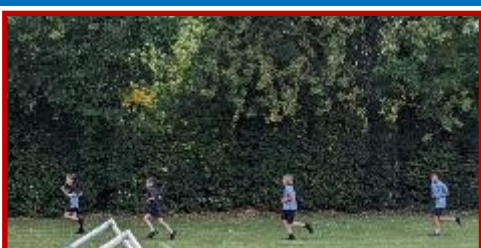
Well done to all our pupils who took part in these challenges and tried so hard to do a great job!

**Reception and Year 1 - Dot-to-Dot Challenge!** Pupils have 30 seconds to run between two tables/chairs 2 metres apart with a whiteboard/paper and pupils make one dot at a time on the paper with a pen!

**Year 2 - Skipping Challenge!** Our pupils have to show how many skips they can do in 1 minute! I think that this is a tricky one, so well done to our tenacious Year 2s! Parents and carers, you might want to practise this at home before next week. :-)

**Year 3 and Year 4 - Figure of 8 Challenge!** Pupils need to run around 2 cones, placed 1 metre apart from each other. They have to run in an 8 formation for 1 minute!

**Year 5 and Year 6 - Tennis Ball Challenge!** Pupils need to stand in front of a wall, 1 metre away from the wall. They need to bounce and catch the ball for 1 minute and see how many times they can bounce and catch the ball!





# Ashdon Primary School

## PTA Messages

22nd September 2023

Dear Parents and Carers,

We have many fun and exciting things planned for the coming year: quiz night, Christmas fayre, the Ashdon run, just to name a few!

### Ways to help our school:

#### **1. Join the PTA:**

If you want to be part of our small but friendly team, please get in touch!

If you are unable to commit to being part of the PTA, you can still help with our events by volunteering for one event, a few or all of them! Every little helps and is appreciated so incredibly much. For more information or just a chat, please come and find us in the playground, ask Ms. Reynecke to point out the PTA members, or email us @ [AshdonPrimaryPTA@gmail.com](mailto:AshdonPrimaryPTA@gmail.com)

### Other ways to help:

#### **2 . Ashdon's Amazon Wish List:**

The school now has an amazon wish list! On this wish list are things that they would need for the children. Doing a bit of online shopping? Please consider adding something from the wish list to your basket:

[https://www.amazon.co.uk/hz/wishlist/ls/O8GZEYSL24XB?ref\\_=wl\\_share](https://www.amazon.co.uk/hz/wishlist/ls/O8GZEYSL24XB?ref_=wl_share) (it should be delivered to the school directly)

#### **3. Use easyfundrasing:**

Remember over 6,000 shops and sites will donate to Ashdon Primary School PTA for FREE every time you use easyfundraising to shop with them. This means you can support the school when you get your groceries, book a holiday or day out, order a take-away, renew your insurance policies or buy anything else – at no extra cost to yourself! If you haven't signed up yet, it's easy and completely FREE. Just visit [www.easyfundraising.org.uk/causes/ashdonprimarypta](http://www.easyfundraising.org.uk/causes/ashdonprimarypta)

#### **4. School Lottery Tickets:**

Do you have your school lottery tickets - with a winner each week from the school, it might not be millions but it's a great way for us to get support for the school. [www.yourschoollottery.co.uk/lottery/school/ashdon-primary-school](http://www.yourschoollottery.co.uk/lottery/school/ashdon-primary-school)

### Dates for your diaries for Autumn Term:

#### **AGM (Annual General Meeting):**

All parents and staff are invited to attend the meeting to review the previous year and vote for the next year's committee.

Date: 17th October

Time: 18:30

Where: Ashdon Primary School Hall

#### **Quiz Night!!**

People can bring their own picnics/snacks and drinks.

We also will have a raffle on the evening.

Cost: £5 per person

Date: 21st October

Time: 19:00

Where: Ashdon Primary School Hall

#### **Christmas Fayre:**

Various stalls

Raffle

Tombola

Refreshments

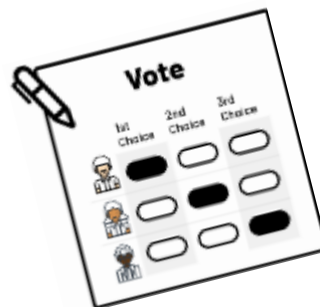
Hot chocolate stand

Carols

Santa's Grotto

Date: 8th December

Other details to be shared nearer the date. :-)



Kind regards,  
Ashdon PTA

## Harvest Festival ALERT!

Dear Parents and Carers,

Please, please, please bring in some tins and packets of food for our Harvest Festival. We will have our **assembly on Friday 29th September at 09:15** where we will display all the gifts we receive from parents and carers. We will have a **competition** between the three classes to see which class can gather the most food for the less fortunate.

Please make sure that you **give/drop the food off at your child's class** and not the office, so that the items can be counted fairly before the Friday Assembly.

We will make sure that we have places to receive these items and might ask a few parents to help drop these items off at specific places.

**The winning class will have a prize that will be revealed on the day of the assembly.**

## Stars of the Week:

Well done to our brilliantly shining 'STARS of the WEEK'!

We are all so proud of your great behaviour for learning and trying!!



## Year 7 Admissions!!!

As you may be aware, the new secondary school admission round **opened on Tuesday, 12 September 2023**, for parents of current Year 6 children to apply for a secondary school (Year 7) place for September 2024. **The statutory national closing date for applications is 31 October 2023.**

Applications can be made online via [www.essex.gov.uk/admissions](http://www.essex.gov.uk/admissions). 99% of parents in Essex applied online last year. All of the application information is available on the website above.

The website also has a copy of the Secondary Education in Essex 2024-25 booklet which contains details of all secondary school admission policies.

## IT Monitors:

Congratulations to our IT monitors who are doing really special IT jobs for Mrs. Dowding!



## House Captains

Congratulations to our 3 House Captains and 3 Vice Captains. We are very proud of you all and know that you will do a great job!



## Attendance Winners!



**First Place: Class 1 = 98.33%**



**Second Place: Class 3 = 94.17%**



**Third Place: Class 2 = 82.00%**

**Well done Class 1 - you are our weekly winners!!! You earned yourselves an extra 10 minutes playtime on Friday afternoon!**

## Important Dates and Events:

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- Wednesday 27th September - Class 1 Teddy Bear Run!!! All Class 1 children to bring in a teddy as they will do a Teddy Bear run in the afternoon.
  - Wednesday 27th September - Essex Sports Challenges will take place during the afternoon!!
  - Friday 29th September - Celebration HARVEST Assembly @09:15 - Mrs Reynolds to lead assembly
  - Monday 2nd October - Jen Shackleton EFT Parent Assembly @ 09:15 (Emotional Freedom Technique) - No Friday Celebration Assembly on 6th October
  - Tuesday 17th October - AGM PTA meeting @ 18:30 in the Primary School Hall
  - Friday 20th October - Last day of Autumn Term 1
  - Saturday 21st October - Ashdon Quiz Night @ 19:00
  - Friday 8th December - Ashdon Primary Christmas Fayre