

# Active News!



Hello everyone and welcome to the penultimate newsletter of the year! I really thought my winter coat would be packed away for another year, but I am not sure if we are quite there yet. We may all need to do a 'sunshine dance' to get Summer started! I wanted to take this chance to say a huge well done to the Year 6 children in completing their SATs and I hope you can now take some time to unwind with lots of fun outdoors. They all certainly looked happy when I saw them whizzing past my classroom window on their scooters and skates.

This half term our value has been 'Ambition'. The children have been able to demonstrate their understanding of this value throughout their PE lessons, and by also taking part in our inter-school competitions. I look forward to every Celebration Assembly, when we get to hear all about the successes of Hopping Hill children both in and outside of school. Basketball definitely seems to be a strength of our children and congratulations to all the Hot Shots children who seem to be winning something every time they compete!

After half term, we will be inviting you into school to spectate your child's Sports Days, so please remember to save those dates in your diaries. There will be 3 sessions over 2 days: Reception and Nursery on the 4<sup>th</sup> of July and the 18<sup>th</sup> of June for the rest of the school. Years 3, 4, 5 and 6 will be in the morning and Years 1 and 2 in the afternoon. It will be lovely to see you all and I know the children always try their best when they are cheered on from the sideline. Thank you for your support over this half term. Stay Active! *Mrs Wardell*



## Outdoor Learning Day



At Hopping Hill, we understand the importance of learning outside, not only for our physical health but also to our mental health. Despite the rain, the children still managed to have a great day taking part in lots of different activities outside. Here is a snap-shot of our day.

### Year 2 Comprehension Quiz using the text *The Last Wolf*





Year 3 Creating Mandalas from nature and creating their own Active Maths Games





Year 5 Kandinsky inspired artwork using chalks



Year 6 and Reception Nature Art and Mini-beast Hunting





# Inter-school Competitions

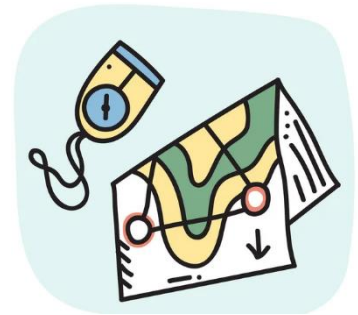


## *Moulton looking lovely in the sunshine!*

Great **hockey** skills were on show recently at Moulton College with teams from years 3,4,5 and 6 playing in mini leagues. 21 children from Hopping Hill pitted their skills against schools from all over the town in 3 separate age/ability leagues. Our year 6 boys team are to be congratulated for winning the top tier with some very tough, closely contested games. Thanks to all the adults who helped get them there.

Northampton Saints would love it if our players came to their Saturday morning sessions. See the end of the Newsletter for details.

Well done to the year 4 team of children who represented Hopping Hill in **orienteering** and team building challenges at The Duston School. Their resilience and teamwork were clear to see.



Well done to the year 4 team that competed in the **Quadkids Athletics** at Moulton College. They all had to do 50m, 400m, long jump and howler throw, followed by a linear team relay. Some really impressive performances from very talented all rounders.

Congratulations to our Year 5 **basketball** team who showed great spirit and aspiration when competing against a field of Year 6 teams, bringing home bronze at the Northampton Schools Sports Partnership event!





**NORTHAMPTON  
SAINTS**

## Year 5 Rugby

The children in Year 5 have been busy harnessing their rugby skills with the Northampton Community Coaches. The aim of these sessions was to provide our children with opportunities to access the game of rugby, whilst also building positive environments for children to achieve and reach their full potential.

After talking to the children, it seems to have been a very positive experience and I am hoping to organise it again for next year. Here are a few photos of their time with the coaches.







# Spot-light Corner!

A huge well done to Eleanor, in Year 3 who has had a fantastic month of dance! She has worked incredibly hard and passed her dance exams with flying colours. In fact, she was awarded distinction across the board in Modern, Tap and Ballet. A super achievement Eleanor!



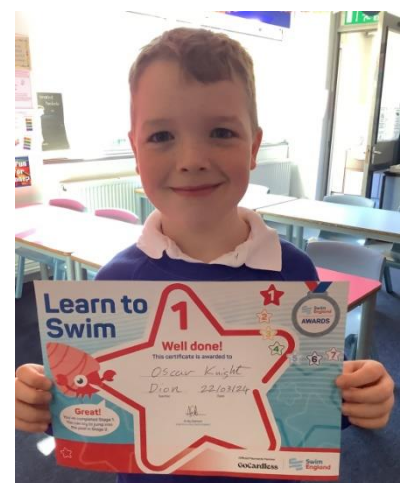
Oliver, from the Sea Otters Class, took part in the 2024 Junior League Round 1 of the Nuneaton & District Junior League in Walsall on 13th April, representing Northampton Swimming Club A team. He swam in four relay races and one individual race (butterfly). Overall NSC A Team finished first. A great result for Oliver's team! At the end of February, Oliver was then asked to join NSC bronze squad and this was the first time he has been selected and competed at regional level. An amazing achievement, and I don't know where he gets his energy from, but we'd all like some!



We are all very proud of Oscar who Frankie, who won the player



Ajeet, also achieved footballing



Well done to Oscar who has completed his stage 1



of the week award for displaying success winning the award of Swimming award.  
abriliant attitude at his football club. 'Player of the Match'. Super!



A huge shout out to Akshayan, Arwint and Carolina who have all been selected to represent their county for basketball. They succesfully got through very competitive trials that took place in Northampton, attended by children from across the county. All three did exceptionally well and were selected by a group of coaches that assessed them against criteria set by England Basketball. They will be attending their first East Midlands Regional basketball tournament very soon and we can't wait to find out how they get on and to follow their basketball journey. Well done from everyone at Hopping Hill!

*Remember, if you would like your child to be mentioned in our spotlight corner then please send a photograph and a brief outline of their achievement to Mrs Wardell through the school email address.*



## Young Leaders



Natalie Lawrence, from Northamptonshire Sport, came to spend the day with our Young Leaders on the 9<sup>th</sup> of May. I was overwhelmed by the enthusiasm of our children, and I know they threw everything they had into learning about how to become a young leader. Next half term, they will work together to plan and deliver a sporting event for our younger children, and will also lead lunchtime activiies.





# Recipe Corner!

[A Month of Healthy Summer Dinner Ideas for Kids \(eatingwell.com\)](http://eatingwell.com) Here is the link to a website with a month of healthy recipes for kids.

BBQ Carrot hotdogs could be my favourite new recipe or why not try the cornflake air-fryer chicken nuggets.



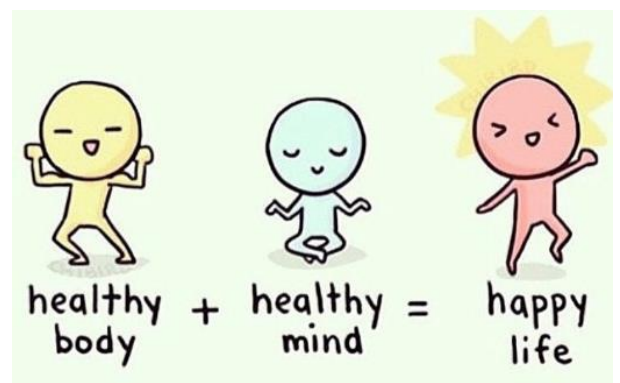
## Ideas to stay Active!



<https://www.northamptonshiresport.org/> Northamptonshire Sport's page is a great way to find out about local sporting events. Want to try a new sport? There are also links to local clubs in your area.

<https://weareundefeatable.co.uk/ways-to-move/being-active-together> This is a great link to give you lots of ideas to get active and connect with others.

<https://www.nhs.uk/healthier-families/activities/> Take a look at this site for lots of activities for children to stay active during the weekends. The 10 minute shakers are perfect for all the family to get involved in, or for children to do on their own. There are also activities for children to do if the weather keeps you inside.



# Being Active at home!

Don't forget to login to your Real PE at Home Jasmine platform. Here is a challenge for KS2 children to see if they can achieve a personal best.

## Ball Handling (Getting Around Us)

**How many repetitions can you make in 30 seconds?**

**Tricky – Passing a ball around your waist**

**Trickier – Passing a ball around your legs in a figure of 8**

**Trickiest – Passing a ball around your waist then around your legs in a figure of 8**

**TOTAL**


### Local Events

Duston Hawks Basketball Club  
07960494890, first session free to try The  
Duston Sports Centre

#### Northampton Saints Hockey Club

Junior Hockey (5-14yrs) Saturdays 9-  
10.30am, Back to Hockey (adults)  
Saturdays 9.30 to 10.30am. All on  
Saturdays at Moulton College

#### Northampton Park Run

<https://www.parkrun.org.uk/northampton/>  
A fun, free and friendly weekly 5k  
community event. Walk, jog, run, volunteer  
or spectate – it's up to you. 9am start, every  
Saturday at lots of locations across  
Northampton, including The Race Course,  
Upton, Brixworth and Salcey Forest. They  
have also announced that they are starting  
a new run at Becketts Park.

<https://www.parkrun.org.uk/northamptonracecourse-juniors/>

Here is also the link to the Juniors Parkrun  
that also takes place in various locations  
across Northampton.

The junior park run is a free, fun, and  
friendly weekly 2k event for juniors (4 to 14  
year olds).

Links to websites and activities to keep you active  
over half term

Northamptonshire Sport

<https://www.northamptonshiresport.org/find-an-activity>

Type in your postcode at the bottom of the page  
to find activity sessions in your area.

Try a 5 minute HIIT workout with Joe Wicks,  
<https://www.youtube.com/watch?v=d3LPrh10v-w>

Stay in and get active!

<https://www.northamptonshiresport.org/stay-active-at-home> If you would rather stay in and  
keep active, follow this link for ideas and online  
sessions for all members of the family.

<https://www.youthsporttrust.org/resources/coronavirus-support/60-second-physical-activity-challenges>

Try one of these activity cards for 60 seconds of  
activity.

A new Cosmic Yoga to try.

[https://www.youtube-nocookie.com/embed/uyj5LooYWyg?playlist=uyj5LooYWyg&autoplay=1&iv\\_load\\_policy=3&loop=1&modestbranding=1&start=](https://www.youtube-nocookie.com/embed/uyj5LooYWyg?playlist=uyj5LooYWyg&autoplay=1&iv_load_policy=3&loop=1&modestbranding=1&start=)

# Joyful June 2024



MONDAY



3 Re-frame a worry and try to find a helpful way to think about it

TUESDAY



4 Take a photo of something that brings you joy and share it

WEDNESDAY



5 Think of 3 things you're grateful for and write them down

THURSDAY



6 Get out into green space and feel the joy that nature brings

FRIDAY



7 Do something healthy which makes you feel good

SATURDAY

1 Decide to look for what's good every day this month

SUNDAY

2 Say positive things in your conversations with others

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together