



NATIONAL SCHOOL SPORT WEEK

National School Sport Week (NSSW), 20th-26th June 2022

The theme for 2022: Belonging – a place in sport for every child

At St Neot, we believe that school sport should be an important part of every child's education and development – every child should feel they have a place to belong. There is so much that all young people can gain from school sport-connecting with others, developing important life skills and improving both their physical and mental health.

Children's charity The Youth Sport Trust started the annual National School Sport Week campaign in 2008 and it has run every year since. National School Sport Week is run in association with European School Sports Day which takes place on 30 September 2022.

During NSSW, all of our children will have at least 2 hours of dedicated PE time, active break and lunch time activities, Sports Evening practise and ON FRIDAY 24TH June all children are invited to take part in Sports Day. This week, Mrs Gouge spoke to the children about NSSW and how important it is for their mental health to be active. She shared a range of mindful breathing techniques with the children and spoke about managing your feelings if you lose a race.

SPORTS EVENING FRIDAY 24TH JUNE 6.00PM—WEATHER PERMITTING



Everyone welcome
Races for all
Barbecue and Ice Creams



HEALTH AND SAFETY



When you are in the staff car park, either dropping off or collecting your child, please keep to the paths and don't let your child run across the car park or climb in the shrub border. There are often vehicles moving in the car park; this week one member of staff had a child run after their car and grab on to the rear bumper.

GUITAR ASSEMBLY

Parents of children who have guitar lessons are invited to a guitar assembly on Tuesday 28th June at 2.30pm in the school hall.

STORYTIME EVENING

We enjoyed an evening of summer storytelling on Tuesday, with 6 stations around the hall, each with a different story. Thanks to the PTA for providing refreshments, and to the staff who gave up their time to read the stories-a total of £44 was raised.

REMINDERS

Could we please remind you that all children should come to school with sun cream applied. We are happy to top this up during the day. They will also need sun hats.

Children should not be coming to school with tattoos or nail varnish as per school uniform policy.

ST NEOT INDEPENDENCE DAY 4TH JULY

We do encourage all our children to show resilience and be as independent as possible as a life skill. On Monday 4th July we will be having an Independence Day in school, we hope parents can support us by encouraging their children to carry their own bags and coats, get their own uniform ready for the day, dress themselves, pack their own bags and remember to read at home, older children to make their own packed lunches and drinks.

NURSERY NEWS

Next week we will be reading a non-fiction book called Seashores, and the sound of the week is 't'. Could we please remind you that all children should come to school with sun cream applied. We are happy to top this up during the day, they will also need sun hats. Children can wear sandals but please ensure they have closed in toes as per nursery policy, thank you.

SCHOOL TRIPS PAYMENTS

Parents of children in Dewey, Loveny and Treverbryn-if you haven't yet paid for your child's school trip could you please make sure payment is made by Wednesday 22nd June, thank you.

HOUSE POINTS THIS WEEK

AYLWARD	DAVY	TREVITHICK
217	144	163
THIS YEAR		
1017	1088	974

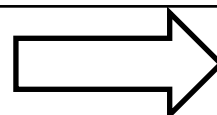
UNWANTED LAPTOPS NEEDED

Do you have any laptops that are in working condition that you no longer need? If so, we would greatly appreciate them so that we can have them converted to chromebooks for the children to use. If you have any questions please speak to Mr Jewell.

We have been requested by local organisations to include the community events detailed below. These are not endorsed by St Neot School.

CLARKS SKIP THE QUEUE-avoid the queues by booking a time slot for your child's show fitting. Please call Clarks Bodmin on 01208 75672

PTO FOR MORE SPORTS NEWS



A young person who is physically active and plays sport on a regular basis will have better...



PHYSICAL HEALTH

- > Cardio-vascular fitness
- > Healthy weight
- > Strength
- > Co-ordination
- > Energy levels



MENTAL HEALTH

- > Happiness
- > Resilience
- > Equipped to tackle anxiety and stress
- > Improved mood through release of 'feel good' endorphins



SOCIAL WELLBEING

- > Less lonely
- > More trusting
- > Improved communication and teamwork skills



BRAIN FUNCTION

Evidence shows being physically active impacts on progress and achievement. It **improves the brain** by stimulating growth in the part of the brain responsible for **learning** and **memory**. Young people's **ability to concentrate** also improves after physical activity.

KS2 INTER TEAM FOOTBALL TOURNAMENT

Last Friday, our KS2 children all participated in a football tournament on the school field. The children played 4 matches each and were split into their house teams of Davy, Aylward and Trevithick. It was wonderful to see more than half of the school having the opportunity to play team sports in a competitive environment. There were 52 goals scored in total and many more saved. The children earned house points for player of the match, scoring goals, helping to set up and tidy the equipment, great teamwork and sitting sensibly in their teams. Brandon was player of the tournament as reported in last week's newsletter. Total team points earned were 99 for Davy, 117 for Trevithick and 157 for Aylward. We hope to run more intra and inter-school tournaments for a range of sports next year. Photos are on the website under pupils.

Elodie: I enjoyed when our team scored goals. We were really joyful and it was good to play against just girls so that we got more of the ball.

Liam: I am in Trevithick and we scored some goals-it made me feel good inside!

