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Recent Sporting Achievements!

This week we have had our Healthy Living Week in school. As we have done so many wonderful things we wanted to do a separate newsletter to tell you all about them. Thank you to all of the children who have come to school this week in their sports clothes, ready to do sport at the drop of a hat! We hope you enjoyed being active all week and that it's something you continue to do.

Links

We have been using the following website for 10 minutes bursts of activity if you would like to use them at home:

Go Noodle website-

<https://www.gonoodle.com/>

The video for the Just Dance version of 'Waka Waka'-

<https://www.youtube.com/watch?v=wXGOP4iOdl0&safe=active>

Yoga ideas for kids-

<https://www.youtube.com/user/CosmicKidsYoga>

Disney 10 minute shake ups-

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

We hope you enjoy using these as a family!

Activities

This week we have taken part in a range of activities some . We have included some photos on the next page:

- Indoor Canoeing which were hired from our Sport Partnership.
- Phunky Foods helped us to make healthy snack choices.
- A chef came in to help some of us make fruit pizzas.
- Year 6 went to deFerrers to carry out some athletics practise.
- Year 3 went to Burton Albion to take part in a multi-skills festival

Competitions

Unfortunately the weather earlier in the week affected some of our plans and the cricket tournament but we enjoyed taking part in some friendly activities in the hall versus Victoria School.

The weather stayed dry for us on Wednesday and we took 3 teams to a Bowls tournament at Washlands Bowls Club. In the words of one of the girls 'we got better as we went on and we learnt a new sport today.

We had a fun time too!

Finally, after Sports Day on Thursday, 8 children from year 3 and 4 took part in an Athletics competition at Edge Hill school. They did brilliantly and were very tired by the end! We are still awaiting the results but one child brought home an individual medal!

Well done to everyone who has represented the school this week- you've done us proud!

Going for Gold

This week we have also had confirmation of being awarded the GOLD school games mark award for the third year in a row!



We are extremely proud of our pupils for their dedication to all aspects of school sport including out of school competitions, in school PE lessons, lunchtime activities and competitions within school time. We rely on parental support for this to happen so we thank you for your support.

