

### Martial Arts, Self Defence and Personal Safety Awareness

Two of our parents, Graham and Suzanne Clunan, who run the Bujinkan Liverpool Martial Arts Dojo, are very generously running free after school classes for our Year 6 and Year 5 children with a view to helping provide a safe transition for our older children to High School. The children have loved the classes so far and found them very beneficial. If your child is in year 6 and missed the first rounds of classes and would like to take part after Easter, please inform their class teacher. Year 5 will receive a letter after Easter.

The Bujinkan Liverpool Dojo is very friendly and family oriented, offering self defence focused Martial arts classes for children and women in particular. If you are interested in finding out about classes, please pick up a leaflet at the school office counter and have a read.

### News

- Congratulations to Annie (4G) and Freya Lannigan (5RM) who have both gained their Level 5 gymnastics awards. Also well done to Anais (5RM) who gained her Level 2 and Lucy Ackers (4G) who gained her Level 1.
- Very well done to Roxanne Canavan (5T) who gained her black striped belt in the martial art of Kuk Soo Won.
- An amazing achievement by Alex Eastwood (5GC) who came 3rd in his first Kick Boxing competition at the Nationals.



- Well done to Olivia Sohl (5RM) and Evie Danson (5RM) who took part in their first gymnastics competition at Park Road.
- Some amazing swimming by Tara Clark (3D) who has just completed her Gold award at the age of 8. She is planning to do some long distance open water swims at Lake Bala in the Summer.
- Good luck to Christy (5RM) who has recently taken up boxing and on a similar note congratulations to former pupil Luca Wilton who has made a successful start to his own boxing career.
- One of our parents (Andy Ehlen) has deservedly won a "Community Coach of the Year" award and has been nominated for a Liverpool Archdiocesan award. Andy volunteered to set up cricket teams in our school which he coached to considerable success.
- Congratulations to Josh Corkrey (6M), Eva Murray (5T), Bailey Smith (5T) and Freddie Mitchell (5GC) who proudly represent Liverpool Schools Football Teams.
- In Summer term some of our infant children will be representing Blessed Sacrament in Athletics and Highland Games which should be fun.
- Well done to Evie Groves and Rihanna from 5RM who took part in a dance show at St Helen's theatre.

If you have any news about sport and dance exploits outside school please write them down and pass them into the School Office or to Mr Murphy.

Netball and Dance Fever will feature in depth in the next Sports Report.



# Blessed Sacrament

## Catholic Primary School

### Parents'/Carers' Newsletter



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Spring 2018

'Aim high — Live life to the full'

John 10:10



Aspirar a tener una vida al maximum



## The Sports Report



### Curriculum

This term the younger children have really enjoyed dance and gymnastics lessons and have produced some great steps and routines. The older children have been improving their basketball and cricket skills, particularly focusing on footwork, shooting, creation of space, marking, bowling with a straight arm and batting with correct technique. There will be inter class cross country, basketball and rounders competitions in Infants and Juniors after Easter which will be very keenly contested.

### Missing Kits

Can I make a plea for all families who have had children representing Blessed Sacrament in sporting events to have a really good look at home and return all missing football and running kits. It is very difficult to keep on top of who has what when there is so much going on and we are missing lots of kits! We have invested heavily in making our children look the part at events and we simply can not afford to replace lost kits. No children will be told off for bringing back missing kits, we just want them back please.

### Daily Mile

We have been trialling a new initiative in Spring Term called 'The Daily Mile' in some classes with the intention of rolling it out to the whole school at the beginning of Summer Term. The Daily Mile started in Scotland and has grown in popularity both in the UK and around the world with some very positive effects on children's health, wellbeing and educational attainment. If you would like to find out more, visit the website [www.thedailymile.co.uk](http://www.thedailymile.co.uk)





## Football



Congratulations to our Year 4, 5 and 6 teams who played some great football and all won their North Liverpool Qualifiers at Liverpool Academy and qualified for the City finals later in April. Also well done to our 'B' teams who gave a great account of themselves. All of you did yourselves and our school proud. Our girl's teams will get a chance to qualify later in the Summer.

The girls and boys' teams have been taking part in the Broadgreen League which has been an excellent experience playing very precise football on relatively tight pitches. Although the league hasn't quite finished all our teams are performing well with the Year 5's in particular a close 2nd to St. Paul's. Stand out games were our girls throwing everything at St. Mary's who we had previously beaten in the cup 7-0. The opposition scored a goal and parked several buses. We completely dominated and just could not get the ball over the line! Our Year 6 team deserved better against unbeaten Blackmoor after leading 3-0 and eventually losing controversially 4-3. Our team and parents were a credit to Blessed Sacrament. The Year 5's put in a superb performance against St. Paul's who have never been beaten, losing narrowly. Our teams have won many games this season but real character was shown in these defeats.

Blessed Sacrament has entered a Summer league at Broadgreen for Year 4 Boys and Girls. We are awaiting the fixtures and dates.

Our Boys and Girls teams are all through to the semi finals of the cup and we will find out who we play after the Easter holiday.

After school football clubs have all been running successfully through Spring Term for Year groups 1 to 6. Year 5 and 6 clubs will finish at Easter to make way for Athletics and Cricket.



## Water Polo

Blessed Sacrament took part in the Liverpool Primary Schools Water Polo Championship at Liverpool Aquatics Centre for the first time. It was a brilliant experience with the children learning and improving rapidly during the competition and winning their last two games. We will definitely be attending next year.

## Swimming

We entered a Year 5 Girls' team in the North Liverpool Championships and all our girls swam superbly to qualify against older children for the City Finals. It was a pleasure to see the swimming technique and resilience of our swimmers competing against mostly experienced competitive swimmers. The girls finished a creditable 8th in the citywide final, 1 point behind St. Cecilia's. We are very proud of you girls! Well done to Tara (Y3), Olivia S, Olivia B, Anais, Evie, Summer, Tilly, Holly, Katie, Chloe and Kaleigh (Y5).



## Cross Country

Olivia Stewart proudly represented Liverpool in the Cross Challenge event at Sefton Park on Saturday November 25th. This is a huge and prestigious race which incorporates the European XC trials and attracts the best runners in the country. Really well done to Macy, Summer, Caoimhe, Minibeth, Eva, Libby, Evie, Gaby, Lily and Lucy who did themselves proud in the same event.

Our Year 6 girls ran superbly to finish 2nd team in the ultra competitive City of Liverpool Champs and the Year 5 girls were an excellent 4th. Harry Fazakerley and Harry Long qualified as individuals for the City champs and both ran superbly finishing 22nd and 27th respectively. Our girls team are currently lying in 2nd place in the league with one race to go and the boys are placed 6th.

The Monday Mile continues to thrive and the early Bird Running Club continues at 8.10am on Wednesday mornings before school. A special mention to Finley Martin Y6 who has gone from not being able to run for even 100m to being able to run for 20 minutes non stop whilst having a conversation! He has shown true resilience. If you would like your child to take part in either of these running clubs, please pick up a letter from the School Office. There are limited places available for those who are interested from Year 2 to Year 6.

