



Sport, Health & Wellbeing Newsletter

At Bramfield we are lucky enough to have a member of the office staff who is passionate about children's health and wellbeing; she promotes healthy living and PE across our School. She has put together a very detailed account of our Summer Term activities from across the School.

Wow, what a year we have had here at Bramfield. It has been my first full year in a sporting role and I have loved every minute. It is great to see every single child taking part in PE lessons, break and lunchtime clubs, after school clubs and competitions for the older children in Ash and Cherry Tree Class. I think it was evident at Sports Day on Friday just how much fun everyone has had. This Term has really shown some of the diverse ways that we promote healthy living and adventurous activities too! Mrs Wharam.

Association Event – Zoolab & Quad Athletics

On Friday 11th May our year 3 & 4 classes from across the Association met up at Brampton for a joint day of activities. In the morning they met Chris who delivered his Zoolab workshop on animals from the rainforest. He brought with him live rainforest animals including Tree frogs, snakes and Geckos which the children were able to touch and handle.

After lunch all the children were mixed into teams across the three schools and competed in a Quad Athletics event. The main four events were: howlers, standing long jump, sprint and a distance race. Children also had the opportunity to try the chest push and speed bounce and record their results. All children were socialising and working together it was a fantastic day!



A BIG Thank You to all pupils, staff, family and friends who cut-out the Sports for Schools Vouchers from local papers and sent in to school.

Special Thanks goes to Mr & Mrs Woolner who bought in lots of vouchers and also counted up all the vouchers for us. In the end we managed to collect an impressive 5,375! (which is considerably more than we managed to collect last year).

Unfortunately we did not make the top 3 schools but we were 1 of the other 70 schools across the region that managed to collect over 1,000 tokens and will receive a sports pack worth over £60 which will be delivered at the start of the autumn term.



CHANCE TO SHINE

Spreading the power of cricket

Just before Easter we had Martin Trimby come into a school assembly to talk to the children about cricket, and in particular All Star Cricket at Yoxford Cricket Club. Martin kindly nominated Bramfield for the Chance to Shine Cricket project and we were lucky enough to have Mr Fergus Morgan come into school for the first half of the summer term to deliver the programme to Year 2 and 3 in their Thursday afternoon PE lesson. All the children got a lot out of the coaching.



After school he ran a cricket club for Years 4,5 & 6. All the children enjoyed the cricket lesson and club and from this some of our pupils have joined the All Stars Cricket at Yoxford Cricket Club.

U9 Mixed Rounders Tournament



CONGRATULATIONS to our Cherry Tree Mixed Rounders team – Dillon, Louis, Harry, Rhys, Freya, Imogen, Chloe, Athene and Kayleigh who took part in the Bungay Pyramid tournament at Earsham on 23rd May. 8 teams took part and Bramfield were in a group with Bungay, Ilketshall and Wenhaston. We won our first game against Ilketshall with two great catches by Rhys and Harry and two full rounders by Dillon and Kayleigh.

We also won our next match against Bungay and in our final match we lost against Wenhaston making us 2nd in our group. We then had to play Holton in a play-off for 3rd place. It was a very close game and we went in to bat first but were unable to get any full rounders. Next Holton batted it was all very tense and ended with Holton winning by ½ a rounder. We came 4th overall which was great.

It was a great tournament and fantastic to see all the children enjoying themselves and working well as a team. Everyone played an important role from bowling, fielding, back stop and batting.

Thanks also to parents and grandparents for transporting the children to the event and supporting them from the side-lines.

MEADOW RUN

The Meadow Run took place on Thursday 11th June and was enjoyed by everyone. There was such enthusiasm from all the children who were encouraging each other to carry on running. Mrs Harvey was greatly impressed by the stamina of some of her co-runners like Edward, Saffron-Rose and Cadan who all kindly said they'd wait for Mrs Harvey if she couldn't keep up



This year we asked if the children could be sponsored for the run and thanks to everyone's generosity we raised a fantastic £1075.50 for our chosen charity Meningitis Now

Thank you!



WAVENEY GYMNASTICS CLUB

On Monday 4th June Oak Class travelled to Lowestoft to join Brampton and Ringsfield children for some fun physical activity at the Waveney Gymnastics Centre.

The children loved jumping off the high platforms into the pits and bouncing around on the trampolines.



Afterwards, while we ate lunch in the gallery, we got to watch some real gymnasts practising their acrobatics and apparatus skills. We were so impressed that some of us have signed up to join the club as a result.

Oral Health Visit to School – Friday 29th June 2018

The teeth brushing workshop made everyone in Cherry Tree think much more carefully about how they brush their teeth and why. We've had reports from parents and children about the difference in attitude to teeth brushing since the workshop proving how effective the workshop was.



Oak class had a visit from the oral health team on Monday 2nd July.

Digby the Dragon told us about the importance of keeping our teeth healthy and we all had a turn at showing off our brushing skills by giving Hatty the Horse's teeth a good clean.

Afterwards we played a game all about making healthy food choices and we all promised to try to save eating sweet treats until after a meal.



Water Sports



On Monday 2nd July, Ash Class set off to Whitlingham Adventure for a day of water sports. The sun was shining, perfect for a day on the water. All pupils and staff experienced both paddle boarding and sailing. Paddle boarding was very exciting, skills were picked-up quickly and in no time at all most pupils were standing on their boards whizzing around the water.



Towards the end of the session a balance challenge was set, many children managed a head over heels from one end of the board to the other, a few rolled off the edge but I think they enjoyed the dip to cool off! Sailing was also thoroughly enjoyed by all. Quidditch in a boat was a new one on me and definitely a hit with the children. All children were towed by a speed boat to the end of the lake and enjoyed a long sailing race back to the centre, the wind was just right allowing all to gain some speed and sail back in the right direction. A fantastic day was had by all.

Tennis Taster sessions for Foundation, Year 1, 2 & 3

Mr George Caplin came in from Lowestoft Tennis club to give Foundation, Year 1, 2 and 3 a free tennis taster session on Monday 2nd July.

Each year group had a tennis lesson with George on the playground and they all received certificates and an invitation to go along to an open day at Lowestoft Tennis Club.

Foundation



Willow Class



Year 3's with their tennis certificates!



Sports Day 2018

I was very excited about Sports Day as it was my first Sports Day out of the School Office!

It was a beautiful sunny day, perhaps a little too hot! First were the flat races for each year group, girls and boys. I have to say that the volunteer judges at the finish line had a very tricky job working out the position of finishes as all the races were very close!

Next it was the turn of a new event – Howlers! This summer term I have had great fun in PE lessons with Cherry Tree and Ash and also after school athletics club with Foundation and Year 1 practicing this event and I can't believe how much progress everyone has made. I am sure every single child got a new PB!

Finally, the relay races which included egg and spoon, scarf, wig & hat and new for this year; Space Hoppers! These were kindly borrowed from Brampton who have this event as a regular in their sports day. To make it interesting no children had practised on the space hoppers as I only collected them the night before! All the children seemed to enjoy themselves on the hoppers so I think this will become a regular feature at sports day! Thanks to everyone for making my first sports day a great event. I look forward to many more sports days.



Hair, Wig & Scarf race



Egg & Spoon



Space Hopper races!



Younger children's race
Female Adult race
Male Adult race

