

# Ladysmith Federation

## Junior School News

Friday 18<sup>th</sup> March 2016

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### Year 3 River Otter Trip

Year 3 had a memorable time at the River Otter last week. We were able to do river dipping, with Jack from the Devon Wildlife team, and found, amongst other things, sand scorpions, pike fish, and sea spiders! We took photos of river features, and made some great sketches. We also measured the speed of the water flow in 2 different places by timing orange peel over 10 metre stretches of river, discovering that the river flows at different speeds in different places. Less successful was the attempt to measure the depth from the bridge. After dropping the stone weight three times, and, unbelievably, the reel of string, we had to just laugh and head back for the coach.

### Year 6 Activity week

The year 6 children have made the most of the amazing weather during their activity week at school.



They took part in a First Aid course called 'Heart Start' led by Matt Upston from St Luke's Sports and Science College on Monday. They learnt essential skills including resuscitation and basic first aid. They spent the day at Cricklepit Mill on Wednesday with the Devon



Wildlife Trust. They have also taken part in archery and fencing sessions run by Premier Sports and they went swimming on Thursday afternoon

### BEAM house



The year 6 children arrived safely at BEAM house in Torrington on Monday and have had an amazing week. They have taken part in archery, quad-biking, abseiling, climbing, rifle shooting, aero ball (basketball on a trampoline!) alongside many other outdoors and adventurous activities. We can't wait to see more photos and I'm sure they will sleep well this weekend! Thank you to all of our new followers on Twitter where parents have been keeping up-to-date with all of the action from BEAM house. It's not too late

to join us – just follow @ladysmithfed.



### School Meals

New menus will be going out today for orders after Easter. They look delicious and the price has been reduced to £2.50 per meal. Orders need to be received by next Wednesday 23<sup>rd</sup> March. Cheques still payable to Devon County Council.

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### Sports Relief

Thank you to all the children (and staff!) who wore sports clothing today and took part in the activities organised by the year 6 children. We raised £149.25 which will go the Sports Relief charity.

**Ladysmith Junior School 01392 255554**

[www.ladysmithjunior.devon.sch.uk](http://www.ladysmithjunior.devon.sch.uk)

Ambition Adventure Achievement

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## Devon Winter Games Cross Country Finals



We are SO proud of Sophie, Lucia, Trudy and Leah who represented Ladysmith at the Devon Winter Games finals at the Torbay Leisure Centre on Thursday. The girls came 9th overall with Trudy coming 12th, Lucia 14th, Sophie 37th and Leah 54<sup>th</sup> out of 90 children! They competed in the cross country finals, running 1.4 miles and had a go at table tennis and rifle shooting too!

This followed a busy weekend for Sophie who travelled to Manchester to represent Great Britain in the national BMX finals! She did amazingly well coming second. This, all after success in Belgium recently at the international championships! We look forward to continuing to track her career into the future.

## Heavitree Park Tennis Coaching

At Heavitree Park Pleasure Ground there is a free tennis session every week on Saturday afternoons from 2pm to 4pm for the local community for all ages and abilities. The session is part of a nationwide scheme run by the charity 'Tennis For Free' to encourage more people to play tennis. It is also in partnership with Exeter City Council and Park Life. In addition, they are running Easter Tennis Camps for all ages and standards. Please see details below.



### Easter Tennis Camps



*Learn how to play tennis and have fun*



*Keep your child active and fit over Easter*



**LTA Level 4 Senior Performance Coach, LTA licensed.**

**Week 1:** Tues 29<sup>th</sup> March to Fri 1<sup>st</sup> April

**Week 2:** Mon 4<sup>th</sup> April to Fri 8<sup>th</sup> April

**Times:** 10am to 12.30pm

**Ages:** 5+

### Prices

**Week 1:** 4 days= £40

**Week 2:** 5 days= £50

**Individual days=** £12.50

**To book or for more information please:**

Go to: <https://heavitreetennis.co.uk/> Call: 07732363378

Email: [jonhami@hotmail.com](mailto:jonhami@hotmail.com)

**All welcome to** a free community day at the University of Exeter Streatham Campus on Sunday 20<sup>th</sup> March 2016.



[www.exeter.ac.uk/diamondjubilee/communityday](http://www.exeter.ac.uk/diamondjubilee/communityday)

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