

Open-minded      Inquisitive      Never Give Up

**This week's Attendance: 93.67 %**

Wishing you a lovely weekend.

For more information and to apply for any of our roles, please follow the link to our website [Vacancies - Berlesduna Academy Trust](#)

## Tag Rugby

On a cold afternoon we ventured to JHS for our latest round of league games.

First up was Northlands which we beat 15-6 followed by Great Berry which we beat 9-4.

Next up was our great rivals Janet Duke which held us to a very tense 8-8 draw before Christmas. The Merrylands team were very keen to play them again and show they were the best. It was an equally tense affair this time but in an another fantastic all round team performance, both offensively and defensively, we won 10-8. As a coach it was a great feeling as the team really rose to the occasion and played their best rugby of the afternoon.

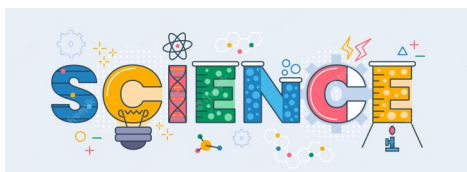
This means we have won every single game this season and drawn just 1 game in all competitions and friendlies.

As the saying goes....

WE ... ARE...TOP OF THE LEAGUE!

I SAID...

WE.. ARE... TOP OF THE LEAGUE!!



### Did you know?

Some Solar Systems elsewhere in the universe have more than one Sun!



This week Ladybird Class have been reading, The way back home by Oliver Jeffers.

Ladybird Class will be reading this book in English over the next few weeks and children are going to write their own versions. The children are learning about Space so they are enjoying reading this book.



## Please find information regarding Snacks and Drinks at Merrylands:

### Snacks

As part of the National School Fruit Scheme all children in Nursery, Reception, Year 1, and Year 2 are provided with free fruit each day. They can also bring in their own fruit or a healthy snack as set out below. In KS2 children can bring their own snack for break time. Below is a list of suitable options that you could provide for your child:

- Fruit
- Vegetables
- Plain Rice Cakes
- Plain Crackers
- Bread Sticks
- Nut Free Granola or Oat Bar

Snacks should not contain chocolate chips, chocolate coating, nuts, artificial sugars and colourings or have a high sugar, fat or salt content eg crisps, fruit winders, pretzels, mini cheddars etc.

If your child has any food allergies, please ensure you have informed the School Office.

### Drinks

Please provide your child with a water bottle daily. If your child is having a packed lunch, please ensure you pack an additional drink in their lunchbox.

**Lunches should not including any Peanut Butter or Chocolate Spread due to sever allergies some children have in school.**

## PHYSICAL EDUCATION



### Plank Challenge

**What you need:** A little space and someone to time.



Get Set 4  
Education

#### How to play:

- Ask someone to time you whilst you hold a plank position.
- Hold the plank with your hands flat on the floor and your shoulders over your hands. Squeeze your stomach muscles so that your hips stay in a straight line.
- Have a go at different times throughout the day and try to beat your time.

**Keep your mind strong.  
You've got this!**



### Sportsperson of the Half Term...

**Alfie Hewett OBE**

#### Who is Alfie Hewett?

Alfie Hewett is a British professional wheelchair tennis player. He was born in Norwich on the 6<sup>th</sup> December 1997. At the age of 6 years old, Alfie was diagnosed with a condition that affected the blood supply to his thigh bones. He started to play wheelchair tennis in 2005 at the age of 8.

#### What has Alfie achieved?

Alfie is an incredibly successful wheelchair tennis player who plays both singles and doubles. He has won a total of 18 Grand Slams in his career so far. He is also a double Paralympic silver medalist. In January 2018, at the age of 20, he became world No. 1 for the very first time.

