



Term 4 Newsletter, April 2019

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Welcome to the fourth newsletter of the 2018/19 academic year. We have had a fantastic fourth term, with children getting excited about the build up to the Easter Holidays

Easter Holiday Courses

We are delighted to be running our popular Multi Sports Courses over the Easter Holidays at the following locations:

Saltford School—Mon 8th, Tues 9th, Wed 10th, Tues 16th & Wed 17th April

Netheravon All Saints Primary—Mon 8th & Tues 9th April

Hardenhuish School—Mon 15th—Thurs 18th April (Trampolining Weds 17th & Climbing and Martial Arts Thurs 18th)

At all of our courses, children of all ability have the opportunity to try a fantastic variety of sports in a fun and engaging environment. To book visit our website: www.upandundersports.co.uk/courses



Bath Half Marathon



Three of our coaches, Rachel, Stuart and Ollie were inspired to take part in the Bath Half Marathon following our team Active Minutes Challenge earlier this year. For Stuart this was his fourth time and as always the day itself surpassed all of his expectations, the weather was beautiful and the crowd was massive. Stuart didn't quite achieve a personal best but is determined to run another soon to achieve this goal. Ollie's training went well and on the day he was really pleased with his running although had to stop at 9.5 miles to get his foot bandaged due to an injury but completed the race and although hard, felt it was worth it in the end. Rachel ran the race with her uncle and after some stop, start training completed the race and had lots of fun along the way. We are very proud of them all!

Also during the week before the Half Marathon we had the opportunity to help one of our schools support one of their pupil's, Harmonie-Rose, in her quest to raise money for the charity *Time is Precious* by completing the half marathon in her wheel chair, supported by a team of people including two of her teachers and her aunty. Harmonie-Rose contracted meningitis and as a result had to have all four limbs amputated. As a school, during PE lessons in the lead up to the half marathon the children cumulatively all ran 13.1 miles and many of the children attended on the big day to cheer Harmonie-Rose on. Our coach Robin who works closely with the school said "She is a truly remarkable young girl, who at 5 years old displays the courage and tenacity most of us can only dream of". We are proud to support such an inspiring and brave young girl.

We Celebrate — Star of the Week



Each week at our after school clubs, we celebrate the achievements of the children through our Star of the Week award and with the permission of parents share these regularly on our social media. We believe this award helps motivate children to be the best they can be during our sessions and children are often very proud to receive the trophy for the week. This term the award has been given for children showing qualities such as excellent listening, improved skills, enthusiasm, enjoyment, resilience, teamwork, clever thinking, leadership, determination, improved technique and being a role model. Well done!