





All the Dashwood news from us - the pupils!

Issue 5 - May 2023



Royal encounters

at Dashwood!

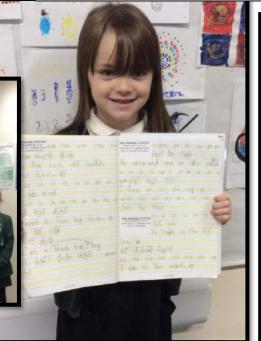


Our sunflowers are growing!

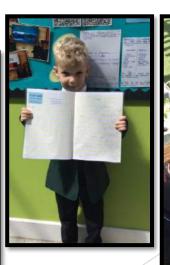


What's been happening at Dashwood in Term 5?

Sharing what each year group has been up to in Term 5









Gardening - planting boxes and sunflowers



Our sunflowers have started growing!

Each class has grown their own seeds and now that the seedlings are strong enough, we have planted some of them outside in our new planting boxes.

Classes have been encouraged to take care of their plants and Angie, from Keter (who kindly donated all the planting boxes), will hopefully judge which class grew the most successful sunflowers.

We look forward to our Gardening/Forest School club next term and caring from our newly planted pots and planters!



Gardening Club

Gardening Club have had a fantastic start to Term 5 starting to sort the new planters ready for the planting of fruit, vegetables, herbs and shrubs! Take a look as you walk though our school and see what is growing!







We have repotted the class sunflowers because they were starting to grow so well and needed bigger pots! The gardening club attendees were so helpful and managed to transplant so many plants with real care!



The Gardening Club pupils have been getting stuck in to make our Dashwood outside space inviting and haven for all of our pupils and mini-beasts alike!







A big thank you to our parent/carer helpers Andrea and Jude who have been a very welcome support in making our garden start to look so wonderful!

Dashwood's 'Big Help Out'

A HUGE thank you to all the pupils, parents, families and staff who joined us for our 'Big Help Out'! The session was such a success with all hands on deck! The sun shone and we got all the planters and pots planted up with an array of beautiful plants, shrubs, herbs, fruit and vegetables! Thank you so much to our Dashwood

community! You are fabulous!



















A team efforts
has meant that
our outdoor
space looks
amazing! A space
that we can all
enjoy, take care
of and feel
proud of!



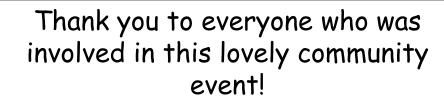




It was so lovely to share the sunshine and make our outdoor space look so fantastic with so many of our families!

























Eco-Warriors Lead Noah shares his logo creation!

It took me just one week to create this designed log piece. To make it, I bought a log from a shop and sketched a pencil design of the Eco-Warriors logo on it. Then I painted and decorated the log with felt-tip pens. After that, I found a suitable place to display my creation!

Report by Noah (Year 5)



Maybe you could get creative inspiration from Noah...

You could try:

- Painting a pebble
- Using natural resources such as twigs and leaves laying on the ground to create collages

...just make sure you don't pick leaves and flowers off of living plants and ask an adult if you are not sure!





Noah, tells us all about why recycling is so important and gives us some tips for how we can all make a difference

=-=-=-=RECYCLING=-=-=-=

One simple question: "Why is recycling important?"

You might just think about saving the wildlife, or perhaps about litter in the ocean. However, there are many more reasons, some of them very unexpected.

- Less than half of the plastic used in the UK is recycled.
- One tonne of recycled paper can save 17 trees.
- Recycling means there is less need to gather new raw materials, a process which causes water and air pollution. Recycled paper creates 70% less air pollution than using raw materials.
- Recycling means we save energy. Saving energy means less carbon emissions.
- Recycling means less landfill, preserving wildlife and the environment in which we live.
- Recycling means less damage to the eco system.

Recycling is absolutely CRITICAL.

How you (yes, you!) can help make a difference:

- Wrap your sandwiches in reusable containers or even greaseproof paper.
- Always use the correct recycling bins.
- Put all those pieces of paper in the paper recycling bin.
- Place those apple cores and banana skins in the food recycling waste instead of sending to landfill.
- Gather up your crisp packets to the right bins and they will be recycled.
- At home, make sure you and your family use the recycling bins provided by the council.

Decomposition Rates:

Apple core – 2 months

Newspaper – 6 months

Tin can – 50 years

Disposable nappy - 450 years

Plastic bottle – 450 years

Polystyrene - 500 years

Glass - 1.000.000 years



Fun Facts:

- The largest rubbish collection in the world is in the middle of the pacific ocean and it's twice the size of Germany!
- The USA, China and Brazil create the most rubbish.
- Each year, the world creates more than 1,000,000,000 tonnes of rubbish.
- The city of San Francisco, California, USA, recycles about 80% of its waste.





Something to do over the half-term break! There is still time to enter the Cherwell District Council competition!

This year marks 20 years since Cherwell District Council started collecting recycling from the kerbside. One of the things they would like to do to celebrate this milestone, is to hold a competition for schools to create a design with the main messaging to be in regard to recycling. They will then judge the entries and the winning design will then be used by their graphics team to make it into a final panel to be used on at least one of their waste and recycling vehicles by early Autumn of this year!

They want you, the pupils, to be as creative as you can and to put your own stamp on this project, therefore being as imaginative as possible!

Here are the information and guidance for entering the competition:

- ▶ The theme is Let's Celebrate Recycling
- Think about what would go into the blue bin at home. The poster below may help you design your own poster!
- Have a think also about what should not go inside the blue bin.
- ▶ Needs to be A3 landscape please ask Miss Gooch if you need some of this size paper!

Portrait

Landscape

The closing date for entries will be 20th June 2023. No entries can be accepted after this time.





phonebooks

and catalogues

shredded

paper

chocolate

and

aerosols

envelopes

(including

tin foil and

foil trays



Celebrating the coronation of our King - Charles III

It was wonderful to celebrate this special time in history together at Dashwood.

King Charles III is passionate about giving back and his coronation was focused on 'service' and volunteering. Pupils enjoyed a dress-up day where families could donate an item for our Dashwood foodbank as a way of supporting other families. Decorated in red, white and blue, the school looked very festive. Pupils enjoyed a special coronation themsed lunch and an array of classroom activities to celebrate the coronation of our King.

As mentioned, we also had our 'Big Help Out' session to come together - pupils and their families - to make our forest school and gardening areas special places for all of our school community to enjoy!





























The build-up to the King's Coronation was full of memorable moments and fun activities!

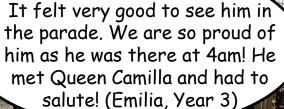
A very special involvement in the King's Coronation!

Emilia and Callie's uncle played an amazing part in the King's

Coronation ceremony...



Emilia and Callie's uncle is an RAF Corporal and, very excitingly, he was involved in the Coronation preparations and the day itself! He had to get up really early to practice, with very long days. All the family are so proud of him!







THE RAF'S ROLE IN THE CORONATION

There were **894** RAF aviators taking part in the ceremony for the Coronation on 6 May 2023.

RAF aviators were on Parade, with hundreds more supporting behind the scenes, including drill instructors, medics, police, drivers, transport managers, armoury staff, chefs, and caterers.



Emilia and Callie's uncle showed commitment to the many hours of practice to ensure that he, and other Royal Air Force aviators, were ready for the coronation parades.

My uncle was not involved in the Queen's Jubilee and really wanted to be involved in the coronation. He felt a bit nervous so was in the yellow zone. I felt so happy for him! (Emilia, Year 3)





Did you know...?

His Majesty King Charles III has had a long relationship with the UK Armed Forces spanning decades. First as the Prince of Wales and now as the British Monarch, he has held a special connection with the Royal Air Force and we are honoured to celebrate and be a significant part of the Coronation of Their Majesties the King and Queen Consort.

HIS MAJESTY'S LIFE IN THE RAF

His Majesty the King took flying lessons with the RAF in a Chipmunk aircraft during his second year of university. In 1971 he successfully completed flying training in the Jet Provost aircraft at RAF Cranwell.

During his RAF training he became the first heir to the throne to conduct a parachute jump. He went on to complete a further seven jumps during his two weeks of training with No.1 Parachute Training School at RAF Brize Norton.

Find out more about King Charles III's experiences in the RAF and what a career in the RAF might be like at: https://www.raf.mod.uk/our-organisation/our-history/anniversaries/the-coronation/

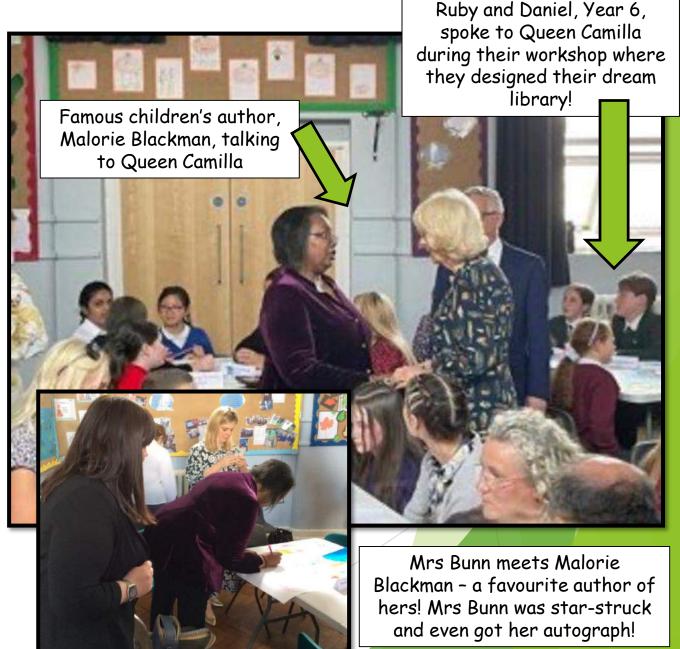


King Charles III when he completed training in the Royal Air Force

Royal Reading!

On Thursday 18th May, Ruby and Daniel (Year 6 pupils), attended the celebration of a project involving a collaboration between the Primary School Library Alliance and the National Literary Trust (NLT).

Shirehampton Primary School in Bristol welcomed Her Majesty Queen Camilla on Her Majesty's first solo engagement since the Coronation, to officially open their new school library, and the first in a series of 50 special primary school libraries to mark the 2023 Coronation...and we were invited. Joined by Mrs Bunn and Miss Gooch, Ruby and Daniel took part in a special workshop where they worked with other pupils from different primary schools from around the country, to design their dream library. We reflected on how fortunate we are at Dashwood to have our new library in 'The Grove' that is filled with so many wonderful page-turners and features our enchanting tree that umbrellas the reading area. Ruby and Daniel's dream library also included a stream and flying books. We'll see what Mrs Gordon-Weeks, our Principal, says about those creative ideas and whether we can get a stream running through The Grove!



An afternoon with royalty!

On the day, we also met Malorie Blackman and Cressida Cowell - two very famous children authors.

Malorie Blackman OBE is a British writer who held the position of Children's Laureate from 2013 to 2015. She writes literature and television drama for children and young adults. A fantastic book of hers, for older children, is Noughts and Crosses.



Cressida Cowell MBE is a British children's author, popularly known for the book series, How to Train Your Dragon, which has subsequently become an award-winning franchise as adapted for the screen by DreamWorks Animation. As of 2015, the series has sold more than seven million copies around the world.







https://www.bbc.co.uk/news/uk-england-bristol-65632254

https://literacytrust.org.uk/news/her-majesty-queen-camilla-launches-national-literacy-trust-coronation-library-initiative-at-bristol-primary-school/

...and children's author Cressida Cowell

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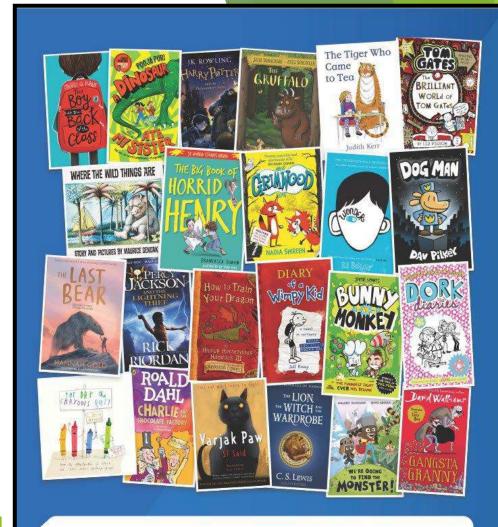
Reading recommendations!

To mark the Coronation of His Majesty The King and Her Majesty The Queen Consort in May, the National Literacy Trust, in partnership with digital bank, *Chase*, ran a very special 2023 Children's Book Celebration to crown the top 23 children's books. They invited all primary-aged pupils from across the UK to vote for their all-time favourite book to create the Chase Coronation Booklist.

We know that reading for pleasure can change future prospects for you, our pupils, and ultimately help you to unlock your true potential. Here are some books to spark your love of reading! Look out for some that you can borrow from our Dashwood library or even our local library in Banbury!

You may also like to read these best-sellers by the authors that we met:

Books by Malorie Blackman	Books by Cressida Cowell
Pig Heart Boy (10 - 11 years)	How to train your dragon (7 years +)
Hacker (10 - 11 years)	Which way to anywhere (8 - 10 years)
Noughts and Crosses (10 - 11 years)	The wizards of once (9 -11 years)
Cloud busting (7 years +)	That rabbit belongs to Emily Brown (3 - 8 years)



The Chase Coronation Booklist

The top 23 books voted for by children across the country to celebrate the coronation of King Charles III and Queen Camilla.







Chase is a trading name of J.P. Morgan Europe Limited, 25 Bank Street, London E14-SP. © National Literacy Trust 2022.
The National Literacy Trust is a positioned charles on 1116/260 (Singland and Misland and SCOM) 944 (Scordon).

Celebrating another royal encounter....an interview with the Jeffery Quaye, OBE



Our DBA News reporters - Daniel, Ruby, Aleah and Olivia, interviewed Jeffery Quaye our National Director of Education and Standards at Aspirations Academies Trust.

Dr Jeffery Quaye, received his OBE from the Princess Royal for services to education on Wednesday 8th March.

Dr Quaye was made an OBE in the King's New Year's Honours list. He felt really proud and humbled to have the honor. Jeffery told us how his Mum had been one of his inspirations; she was a teacher and gave a lot of time to help people. He talked of all of the opportunities he has had over the past 20 years in education. Dr Quaye took his wife and two children to share the special day with him.



Find out more about this story at:

https://www.aspirationsacademies.org/news/a-truly-memorable-day-dr-jeffery-quaye-receives-obe-from-princess-royal/



Our very own Mrs Galloway tells us why she was proud to raise money for charity playing a sport she loves!

I took part in the Andrew Steele Memorial Match to raise as much money as possible for two charities: Cardiac in the Young and British Heart Foundation

The day was incredible; we raised approximately £3,500. The turn-out from friends, family and the Banbury community was amazing!

I was proud to play. Being the only female player involved was scary but also was an amazing achievement.





We are all really proud of Mrs Galloway! Thank you to all those who went to watch and support her in this memorable match for a fantastic cause.

Celebrating Science: Dashwood's Science Fair

It was great to share all of our science experiments and learning in Term 4 with each other and our families!

Pupils from Reception to Year 6 displayed their science learning and experiments in the hall for our Science Fair. There was a fantastic array of outcomes: powerpoint presentations, posters, experiment reports and fact files to share learning and findings that covered many different topics and driving questions:

Reception: How can we change the shape of solid chocolate?

Year 1: What material will make the best rain cover?

Year 2: How can we ensure our sunflowers bloom?

Year 3: What do plants need in order to survive?

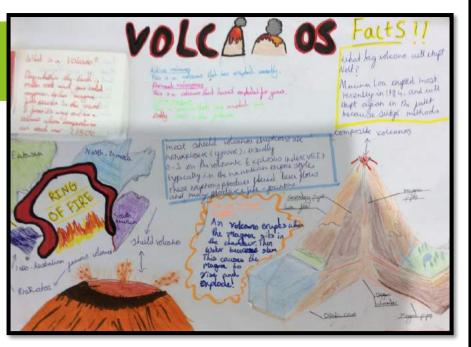
Year 4: States of matter - why is water so amazing?

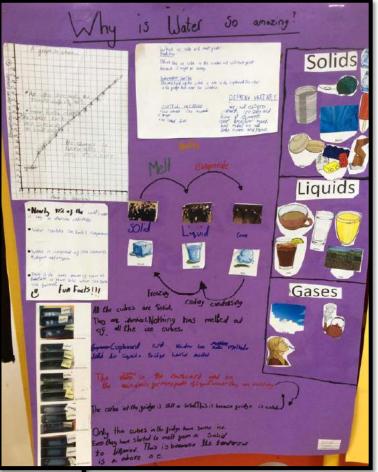
Year 5: Volcanoes and earthquakes

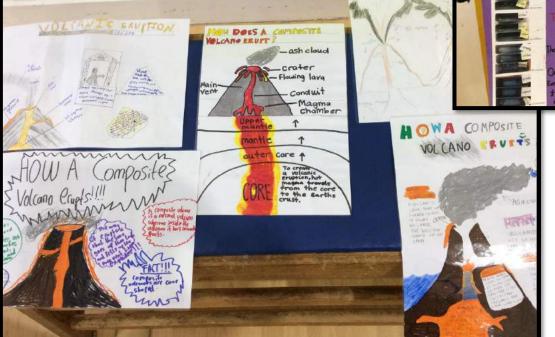
Earth and space

Year 6: Microorganism Mould Experiment

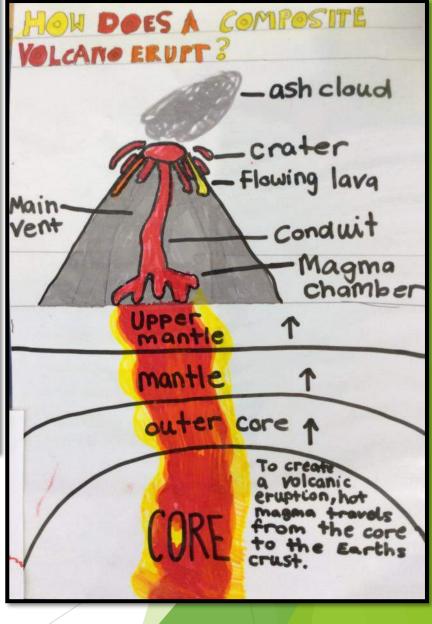




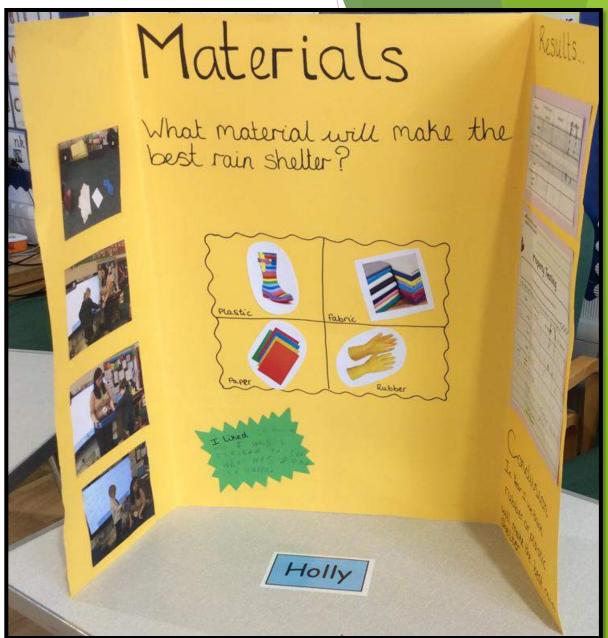




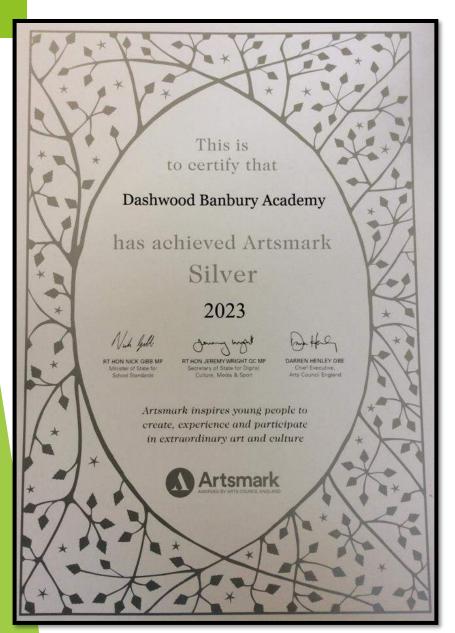
Just some of the super investigations and projects created!







Celebrating our Dashwood Silver Artsmark!



We are delighted to have been awarded our Silver Arts Mark award in recognition of our growing work at Dashwood and commitment to the Arts. Our recent submission of our Statement of Commitment and Statement of Impact were assessed and we are so pleased to share this feedback from our assessors with you:

Art is clearly a strength at Dashwood Banbury Academy. Much thought and planning has gone into designing an art curriculum which links art with other subjects in an authentic way that pupils can relate to. The study of a range of local and international artists representing different countries and cultures supports pupils to understand the richness and diversity of society. Pupils draw on their knowledge of artists studied to write biographies as part of their I Am an Author work in English. In Geography, Year 5 study the artist Beatriz Milhazes when learning about South America, whilst in Music and Dance pupils learn to compose salsa beats and dance steps.

The willow-woven tree whole school project sounds wonderful and provided opportunities for pupils to learn new skills such as willow weaving, structure strengthening techniques, paper layering to bond and strengthen, painting and designing. School leaders have supported the professional development of the Art Lead who has benefitted from training delivered by the North Oxfordshire Cultural Education Partnership. The Art Lead has built teacher confidence by modelling visual art skills through an inhouse CPD programme. This has resulted in an increasing number of staff feeling more confident in delivering visual art sessions.

Dashwood's Got Talent

Over 100 pupils braved the Dashwood's Got Talent auditions and demonstrated their spirit of adventure and bravery in front of Ms Beaumont. She had the tricky job of choosing the fifteen finalists from the very large pool of talent that we have here at Dashwood!

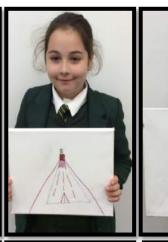
This Dashwood News was written before the final but here are the very brave and confident children who entered the auditions. Well done to them all!











































































































Well done to everyone who auditioned for Dashwood's Got Talent! It is wonderful to have such talent shared! Whatever your talent, keep practicing and keep enjoying!

How we learn about the importance of the British Values at Dashwood we

Tolerance of different cultures and religions

At Dashwood, we are a diverse community 'Growing together'.

With respect, we celebrate the similarities that we share and the differences that with have.

Rule of Law

We respect the rules of our class, our school and law in our society and of our country.

Our three school rules: Ready, Respectful, Safe help us to respect the rules that are there to keep us safe.

Democracy

At Dashwood we all have a say. We debate, we vote and we lead.

We believe that everyone has the right to be heard and we respect one another's opinions even if we do not agree.

British Values

Dashwood Banbury Academy

Mutual Respect

We respect others and expect them to show us respect in return.

We build respectful relationships and friendships based on honesty and trust

Individual Liberty

We know that humans have rights and that these should be equal and fair.

No one should be discriminated against and we are protected under the Equality Act 2010.

Our Vision

- Inspire, motivate and encourage everyone to dream big, be creative and become lifelong learners
- Create a sale place where people take risks, make the right choices and challenge themselves to improve
- Ensure we have high expectations and aspirations for all
- Offer opportunities to experience the world, communicate, build friendships and create a brighter future
- Develop a culture of respect, integrity and compassion
- Equip pupils to be resilient, confident, self-assured young people who are ready for what their future holds in an ever-evolving world.
- Believe in inclusion ensuring the community works together in unity

Our 3 Guiding Principles

Self-Worth, Engagement and Purpose

We talk about the British Values a lot in school...through our assemblies and in class.

The British Values allow us to try to create environments free from discrimination, intolerance and hate. They help us to challenge prejudice and stereotyping. We learn to be up-standers rather than bystanders; to have a voice but to share it in a respectful way. Rather than 'tolerance' we prefer to talk with pupils about everyone belonging and being accepted equally for their uniqueness. We celebrate difference; it is what makes Dashwood the very special place it is.

Miss Gooch, Vice Principal

Nursery - Cherry Class



Cherry class have enjoyed growing their own tomato plants, peppers and alliums! Their garden looks beautiful!







In Term 5, Cherry Class have been learning all about minibeasts! Centered around their story, The Very Busy Spider, the children have been very creative making paper plate bugs and potato prints where they learned lots about different patterns.





Report by Lacey and Amber (Year 5)

Nursery - Plum Class

Mandy Greaves, Plum Class teacher, told us: 'We are using the story 'Sharing a Shell' to teach our Plum Class pupils all about the importance of sharing. Just as they are growing, pupils need to learn how to make sure they think of others and not just their own needs.'

Jasmine, a Plum Class pupil told us: 'We are learning to share. I feel excited about this because at the start of the story 'Crabby Crabby' did not have a home but someone shares with him.'

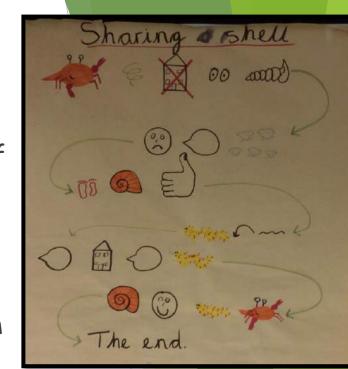
Amelia: 'I like sharing a shell with my friends; it makes me happy to see them happy.'

Reporters: Olivia and Daniel (Year 6)

Photographer: Simao and Freyja (Year 6)

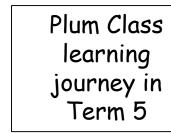




















Reception

Reception classes, Peach and Pear, have been having lots of swashbuckling fun learning all about Pirates and what is Under The Sea!

Here is what some of the pupils had to tell us:

Tomas - 'Today I was learning about number blocks - it is great fun. I love numbers!'

Bella - 'We have been practicing all of our sounds - today we practiced 'May I play' - the ay sound.'

Reporters: Ruby and Aleah (Year 6)

Photographs: Rosie (Year 5)







We have had a great term learning all about pirates and what it is like under the sea!



Year 1 are learning about light and shadow. Here is what Holly and Hazel class pupils think to this term's learning.

Soren: 'I love doing science and learning about shadows. We have also been learning the story of Little Red Riding Hood.'

Olivia: 'In maths today, we have learned about number lines.'

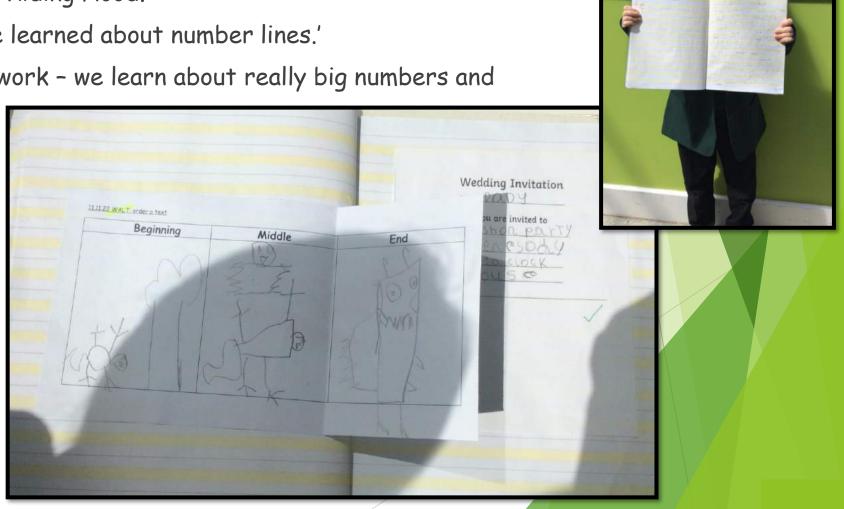
Oscar: 'I like doing my number work - we learn about really big numbers and

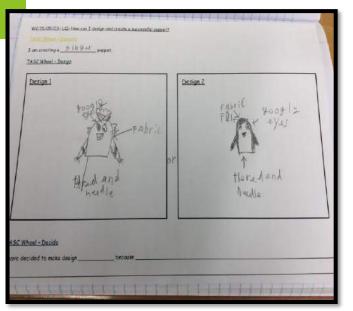
number bonds too.

Reporters: Ruby and Aleah (Year 6)

Photographs: Rosie (Year 5)

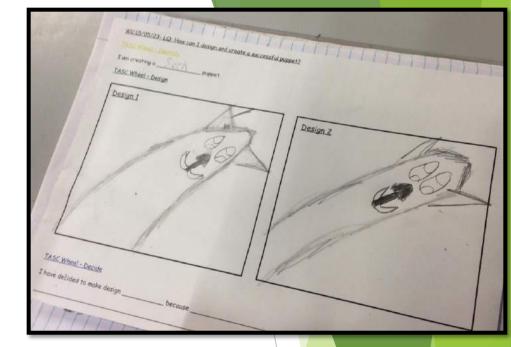




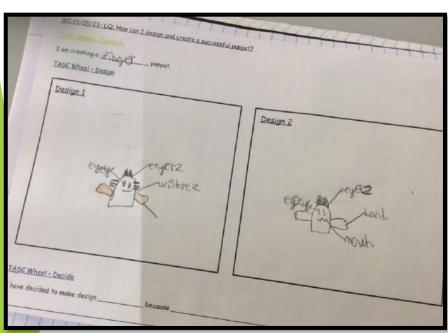


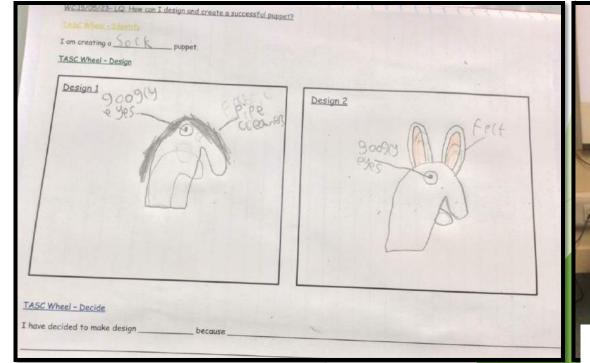
Logan (Year 2) told the DBA News all about Year 2's learning journey in Term 5.

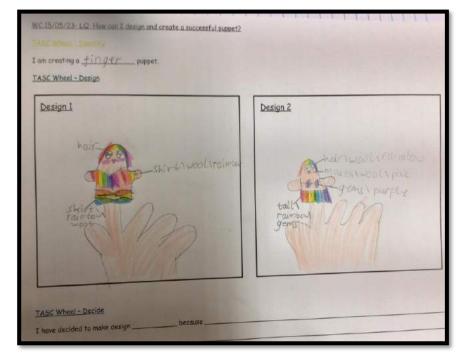
'We have been learning all about puppets. I was really excited to make them and then play with them. We could make a shadow, finger or hand puppet. I feel overjoyed to have learned about puppets!'

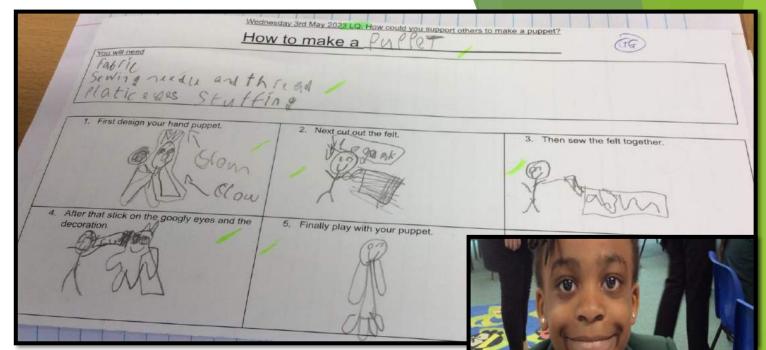


Reporters: Olivia and Daniel (Year 6)











Olivia:

'It has been really enjoyable learning about puppets and making them. I felt really independent and proud of myself!'

Etta:

'I really enjoyed our puppets topic because I learned to sew!'

Orlando:

'I loved decorating my puppet!'

Lydia:

'I enjoy that we can do a puppet show with the puppets we made!'

Rafe:

'In our story this term, someone steals the puppets! So we have been making some more to replace them. We will do a puppet show!'

Pupils in Year 3 have been learning all about canals and rivers, especially the Oxford Canal and River Cherwell locally.

Mika, Year 3, told us all about keeping safe around water. 'Water safety is really important. We have learned what to do if you if you fall into open water such as the canal. You can use the orange ring to help someone out of the water if they fall in. This will help them to float. Cold water shock can be really dangerous - huddle up and find a nearby branch to pull yourself up out of the water. A really good way to grow your confidence around water is to learn to swim!

Mrs Leaver, Silver Birch teacher, told us: 'The canal in Banbury was made in the late 1700's. They had to build it as cheap as possible and provide employment and entertainment. They used horses to pull the canal boats in the early days.'

Reporters: Naail and Laurie (Year 5)

Photographs: Noah C (Year 5)











Celebrating some super Year 3 home-learning projects!

Pupils in Aspen and Rowan have been learning all about our environment and how to protect it.

Some pupils highlights in Year 4:

Tomasz really enjoyed designing the animal sanctuary.

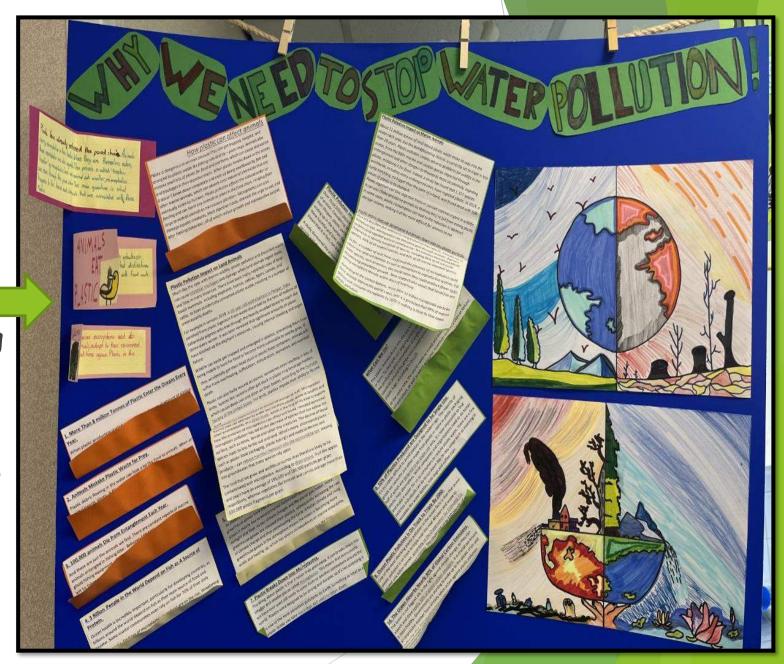
Hanna loved making her homework project about stopping water pollution.

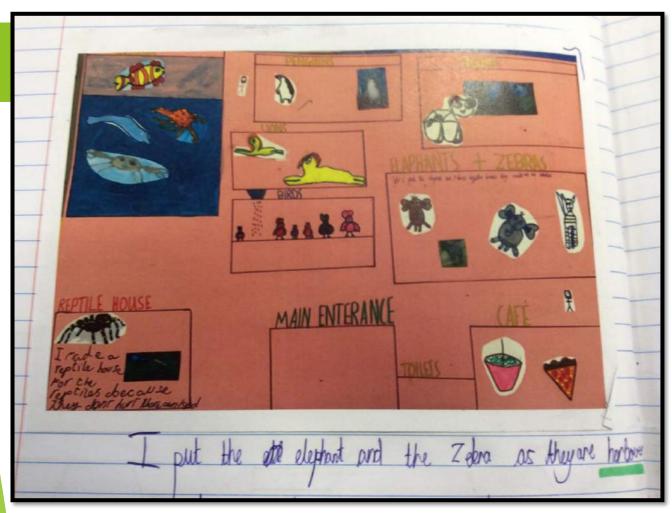
Finlay: 'I enjoyed thinking of ideas to help the planet.'

Lexi really enjoyed designing her own zoo!

Interview by: Noah P-N

Photos by Ignacy





Celebrating some super Year 4 home-learning projects!



Year 5 had an amazing time on their team building day this term. They solved problems, communicated with each other, they were resilient and used their initiative.

Most of all they had a huge amount of fun!







Year 6 - taking their SATs in their stride!

We are so proud of all of Year 6 pupils who really did take the SATs tests in their stride. They were calm but all gave it their best and we are very proud of each and everyone of them for their effort during the week but also all year! They are certainly a great bunch!

Olivia and Annabelle described their experiences:

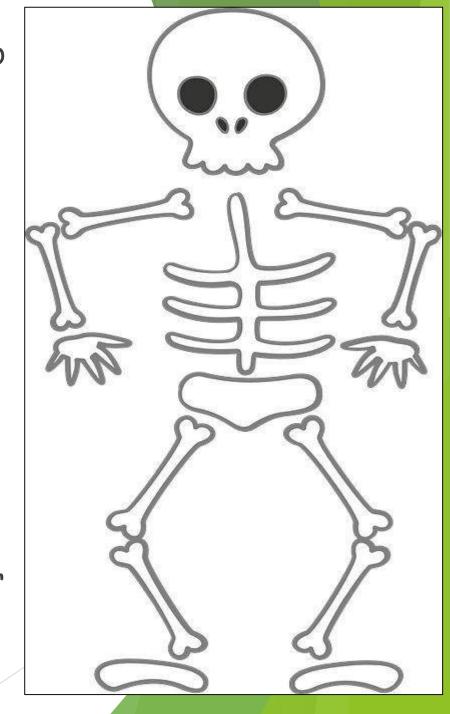
At first we were nervous but now that the SATs are over, we feel successful and we feel calm. Our advice for the Year 5's ready for next year, would be to not feel too scared or nervous. You realise once you have completed your first test, that they are actually alright and there is no need to be worried. The teachers are really supportive and the week actually feels quite fun because it feels like a team effort.



Year 6 have been working hard after their SATs to end Term 5 and have been enjoying learning all about the human body in their science lessons. They have learnt all about the skeletal system, the digestive system and the circulatory system.

Using their scientific knowledge, Year 6 pupils wrote their own newspaper reports all about an humans and have extended this to write explanation texts, from an aliens perspective, detailing how humans are formed.

The have loved joining in with their PE sessions too and completed an inter-house competition as a year group, where blue house came out on top! All pupils worked hard to earn points for their houses.

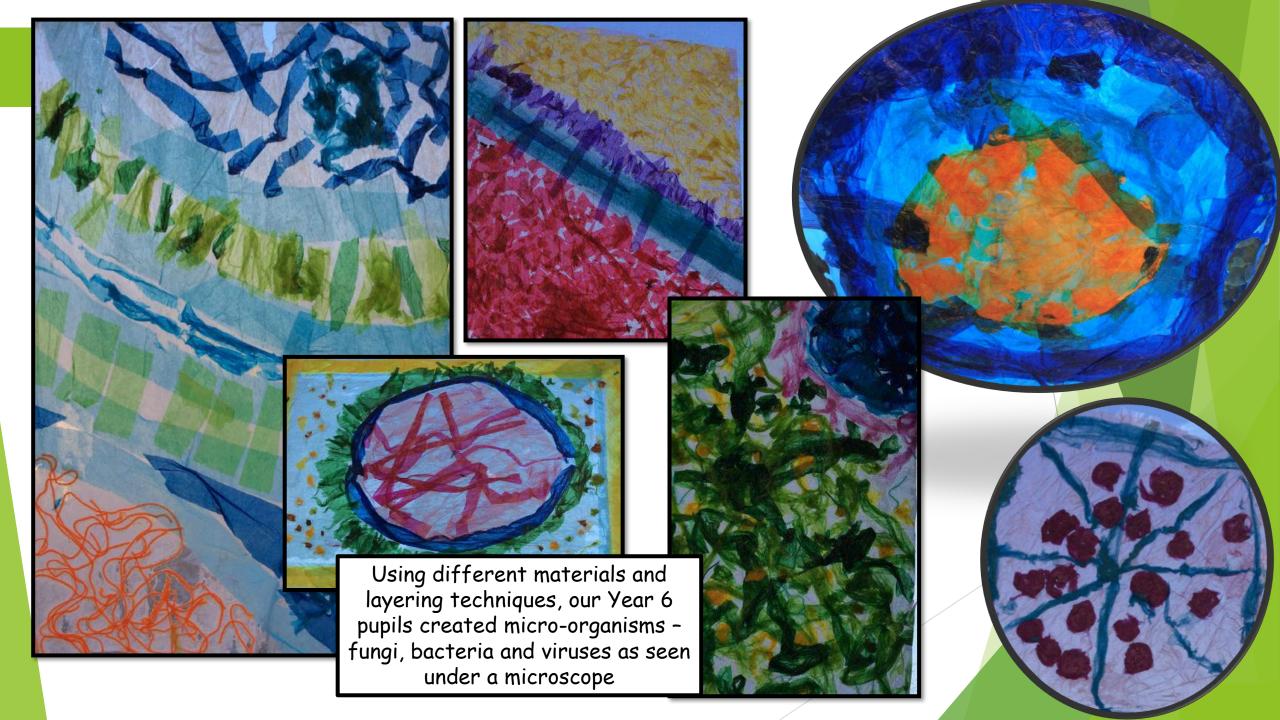


Year 6 Art through science - a creative celebration

Year 6 had a super learning journey last term finding out all about micro-organisms! They studied the features of a virus, of bacteria and of fungi.

Pupils learnt about microscopy and the images it creates and working with teachers from Wykham Park created their own micro-organism art. Pupils loved the individual and large-scale pieces that they created! It has been wonderful to share their creations and learning around the school for all to enjoy!





Sporting News

Swimming

This term, we have seen more amazing progress in the swimming pool. So many of our Year 5 and 6 pupils are working towards their 25 metres and every child is making excellent progress because of their resilience. Pupils in Beech Class, Year 4, have now started to go to swimming sessions and we have already seen some super progress with four pupils already achieving their 25 metres! Well done to Daniyal, Freddie, Nathan and Jessica! Well done to Jenson (Year 5) who also achieved his 25 metres this term after putting in so much effort! Well done to all of our pupils for their determination in the water!

If you can go swimming with an adult at home, it really helps you gain confidence in the water and make good progress too! Spiceball swimming pool is nearby, open to the public daily and offers swimming lessons too.

Please contact Spiceball on: 01295 257522 for more information.

The open air pool, Woodgreen, is now open too for the summer. It is a wonderful place to spend a day or pop in for a swim! Find out more at:

https://www.leisurecentre.com/woodgreen-leisure-centre/swim/swimming-pool-timetable

Cricket Festival - Banbury Cricket Club

On Thursday 18th May, some of our Year 6 boys and girls took part in the North Oxfordshire School Sports Cricket Festival at Banbury Cricket Club. Supported by Mr Shaw and Mrs Galloway, the day was filled with many cricket matches and sunshine!

Dashwood Girls' Team	Dashwood Boys' Team
2 nd Place	3 rd Place

Both teams played with passion and super teamwork - supporting and cheering one another along. They have also showed a key characteristic of team sports which is fair play; always congratulating the other team. We are very proud of all the players!

Olivia tells us why she loves sparing

I love sparing! It is really exciting to attend my martial arts class each week because I have made so many new friends. The teachers make it really fun!

Each week, we have to mix up what we learned in martial arts and turn it into quick moves. You may think that martial arts and sparing are the same but you would be wrong! In martial arts you use pads so that you do not hurt your partner and to protect one another. In sparing, you make more contact (although we still do not hurt one another). It tests your skill, agility, concentration and reflexes. Sparing is at the same place that I do my martial arts at.

The teachers are great; they make sure that we have lots of friends and support. I am the youngest but they all tell me that height doesn't matter but that it is all about the effort and speed you put into it. All of the teachers say that I am patient and have speed that they were not expecting!

Maybe you could try and join a martial arts club and give sparing a go!

Olivia attends the following martial arts club:

Banbury College every Monday, Tuesday, and Friday at 6.00 pm.

Banbury Freestyle Martial Arts is suitable for all ages and abilities, from 6 to 65. For more information: https://www.freestylemartialarts.com/banbury or call 0333 4567 585



London Marathon superstar!

Daniel Hill (Year 6) interviewed his Mum, Clare McNulty, about her recent London Marathon experience

Interview with my Mum - The London Marathon 2023 By Daniel Hill

So, why did you decide to run the London Marathon?

In 2018, I read a story in the Banbury Guardian about a local girl, Grace Connor, who tragically died from mitochondrial disease aged three, only one month after falling ill. Your sister Grace was the same age and the story really touched my heart. I decided I would like to raise money for the Lily Foundation, a fantastic UK charity that funds research into mitochondrial disease to find a cure, and provides invaluable support for sufferers of the disease and their families. I entered the London Marathon ballot that year and after a few years of rejections, was delighted to get a 'You're In!' email in October 2022. The marathon was to take place on April 23rd 2023, exactly five years to the day Grace gained her angel wings, so I believe it was meant to be - I felt so grateful to be able to run.

How did your training go?

It was tough! I started from scratch - even learning how to breathe properly took me four weeks! I followed the London Marathon beginner's training plan, which is 16 weeks long, but I gave myself 24 weeks as I could only run three times a week. I built up very slowly and learnt about the importance of good nutrition and strength training. I also had fantastic support from my friends and family - including you, Daniel!



How did you feel on the day?

Nervous and excited! I injured my achilles in mid-March so the last 6 weeks of training did not go to plan. I had only reached 16.3 miles for my longest run and the aim is to get to 20 miles. I didn't want to defer my place as the date was so significant. It was also forecast to rain heavily, which had me worried. I expected I would be doing a lot of walking in soggy trainers because of the injury.

How did you do?

When I entered, I estimated it would take me 5 hours and 45 minutes to get round. I came in at 5:42:11, which was fantastic, given I walked a lot, high fived all the children and generally enjoyed the carnival atmosphere on the course! Hearing my name shouted out all the way round made me feel fantastic and inspired me to keep going, especially when it became very tough over the final six miles. I have raised over £2,200 for the Lily Foundation for #TeamGrace, which is just incredible!

Would you do it again?

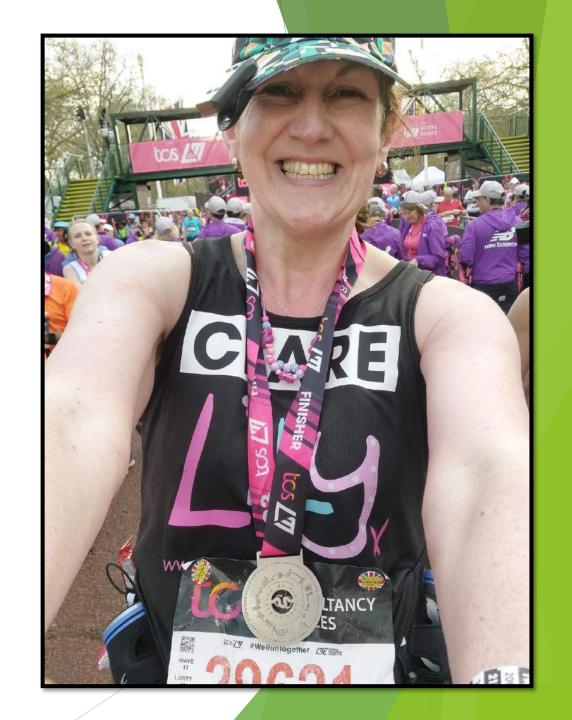
I got the running bug - I've already entered for next year! I'd love to do it without injury and get under 5 hours. Anyone can run a marathon if they put their mind to it - like the Dashwood song goes - You've got the Power in YOU!

You can find out more about the amazing work the Lily Foundation do here:

https://www.thelilyfoundation.org.uk/

If you would like to support The Lily Foundation, the link to my fundraising page is here:

https://www.justgiving.com/fundraising/clarey2311



Amber's auntie also ran in the London Marathon this year!

My aunty is Fiona Brady and she came in 12,000th place in the London Marathon (WOW!). There were some 50,000 runners this year...a huge achievement!

My aunty was so excited to be running in this famous race and we could not wait to cheer her on in London!

I asked Daniel what he thought about his Mum running in the Marathon:

'I am so proud of my Mum because it is a massive accomplishment! She trained so hard and could not wait to run!'

Report by Amber (Year 5)

Running Jokes

Why did the marathon runner end up in jail? For resisting a rest.

When is the best time to run a marathon?

During Lent. That's when you fast.

Why did the pen lose the race?

Because it was stationary.

Why couldn't the lemon finish the marathon? Because it ran out of juice.

Why does someone who runs marathons make a good student? Because education pays off in the long run!



A day at the races!

After learning about and following a racehorse called 'Bless Him', Brody and Kal's Mum felt a connection to him because of her own experiences. One day, she was talking to her dad about it as he's the reason she has horse racing in her DNA. Her Dad said she should write to the owner of the horse and tell him her story and the connection she felt to 'Bless Him'.

So that's exactly what she did last year! The owner of the horse replied and was touched by her email. They exchanged a few more emails at the time but then at the beginning of this week he emailed and asked if she would like free tickets to go and see 'Bless Him' at Newbury. Of course! A once in a lifetime opportunity! So off they went last weekend! They got to park in the owners car park, had access to the owners' lounges and restaurants and the owners' balcony which is right at the end on the finishing line.

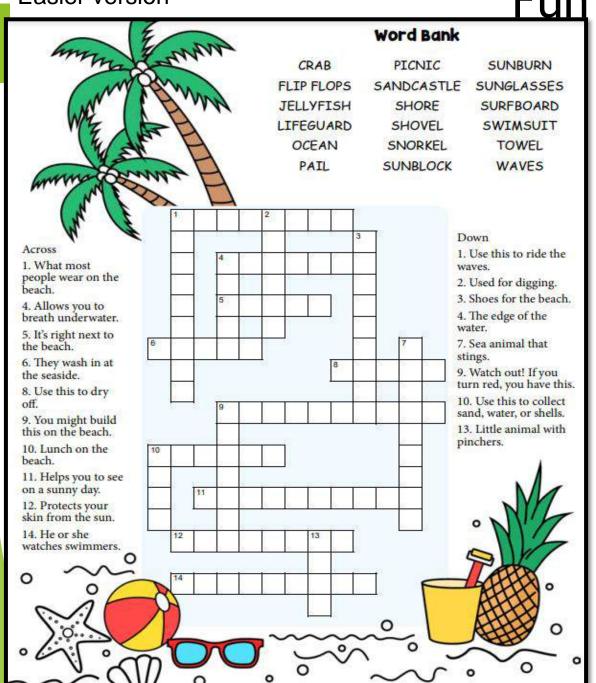
Kal, Brody and their older brother, Thomas, had a fabulous time and the sun was shining. After 'Bless Him' ran his race they all got to meet him and met his owner and trainer too. Truly a magical day! Just shows what can happen if you make contact with people.

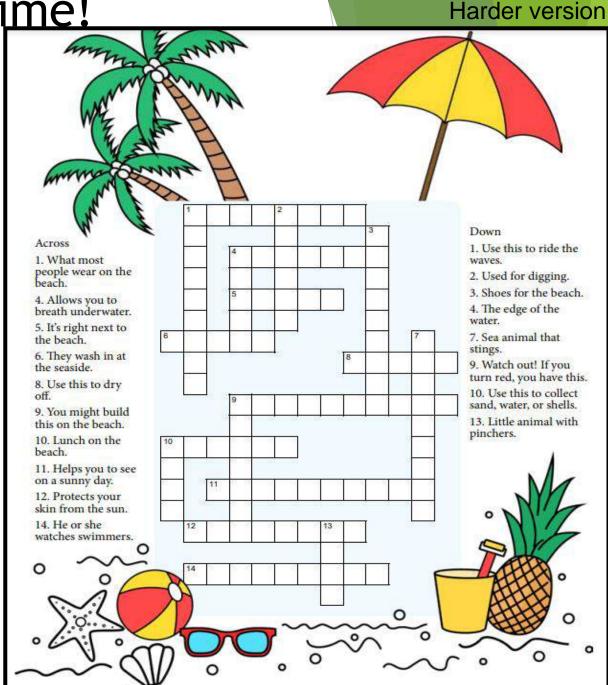
Brody chose the best horses with two first place winners!

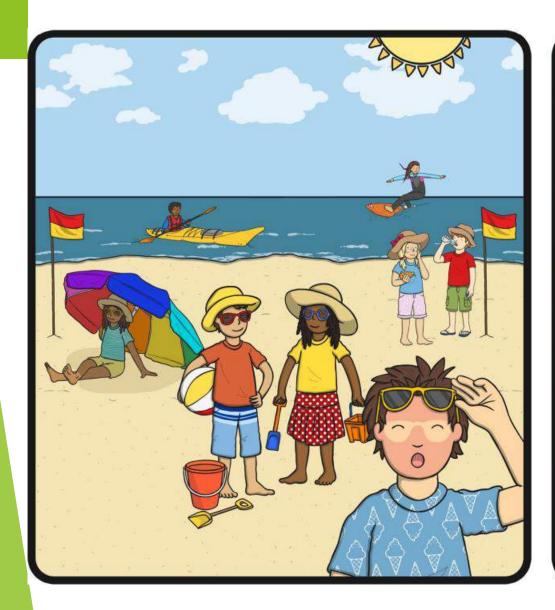


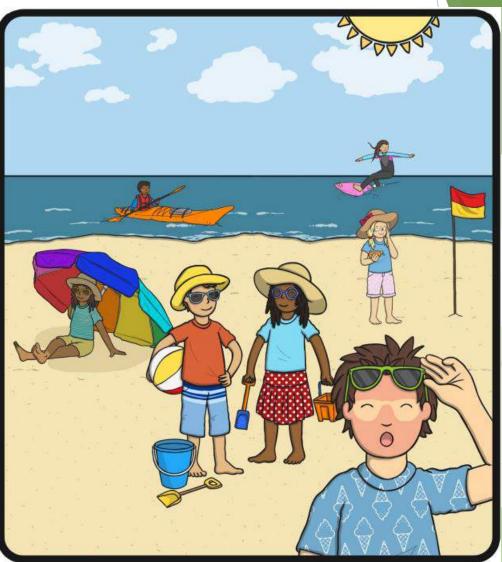


Easier version Fun Time! Harder









'Spot the difference' and colour me in!

Can you spot the 8 differences between the two pictures?

'Knock Knock' Jokes

Knock, knock.

Who's there?



Cow says who?

No, a cow says mooooo!

Knock, knock.

Who's there?

Tennis.

Tennis who?

Tennis five plus five.



Who's there?

Stopwatch.

Stopwatch who?

Stopwatch you're doing and let me in!



Who's there?

Ketchup.

Ketchup who?

Ketchup with me and I'll tell you!

Knock, knock.

Who's there?

Who.

Who who?

I didn't know you were an owl!



DBA News needs you!



Thank you so much to all those who have written and sent in an articles for one of our DBA Newspapers! We love hearing from you and sharing your news!

- Have you got a news story for us?
- Do you want to write an article to share with us all?
- Any photos of family or religious celebrations? We would love to see and share them!
- Is there something we could share that is happening in our local community?
- Would you like to report on a recent class trip?
- Any jokes to make us giggle?
- Got a good book review to share and inspire others?
- Competition ideas?
- Do you go to a club or are a member of a team or group and would like to share your talent?
- Have you got some thing to share that you are proud of?

If the answer is 'YES!', pop your idea, your story/article on a piece of paper and hand it to either Ruby Scott - Year 6 - or Miss Gooch, or email it to the school office for the attention of Miss Gooch office@dashwood-aspirations.org

We would love to hear from you!

Wishing all of our pupils and families a very happy half term break!