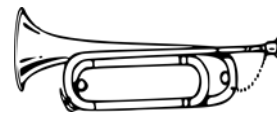


The Brompton Bugle



GOING FOR GOALS



This term's Children's Newsletter has a "New year, new you" Going for Goals theme. Our team of enthusiastic and eager Young Journalists have carefully selected a range of articles to ensure that your termly newsletter is informative, interesting whilst reporting on news that YOU want to read.

As always we have regular sections to give you updates on school activities **but should you wish to have a story of your own reported then please let the team know and they will interview you and publish YOUR news!**

My goal this year is to get fitter. I am going to achieve this by getting outside to play football more and making sure I exercise 3 times every week.

My goal this year is to improve my skills in BMX. I have set myself a target of getting to the "Worlds". I will achieve this by dedicating my weekends to practising.

We have been thinking as a team about setting ourselves some goals.

My goal this year is to qualify for a competition in dirt biking. To do this I will need to practice my skills lots! It will be a challenge but I am up for it.

What will your goal be?

We are going to work together to challenge each other to keep going with them.

It won't always be easy... but we will keep you updated with our progress towards them.

I have set myself a challenge to qualify for the international squad for sailing. I will need to practice a lot but as it is something I really enjoy I am looking forward to the challenge.

I am setting myself a challenge to be better at looking after my cats at home. I am going to wash up their food bowl and make more of an effort to play with them each day.



WHAT IS A GOAL?

A goal is an aspiration or a target that you set yourself.

To set yourself an achievable goal it is a good idea to use SMART targets:

S mart	Be reasonable with the decision
M easurable	Make sure you can measure your progress against something
A chievable	Work towards something that is challenging but achievable
R ealistic	It has to be something you can achieve
T ime the month	Set your- self a start and finish time e.g. by the end of the month



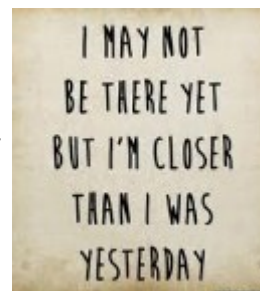
NEW YEAR
NEW ME...

You might have heard the phrase,

But, how do you think of a New Year Resolution?

Well... start by thinking back to last year and something that you didn't go as well as you had hoped. A good example might be that you didn't have the neatest of handwriting last year—therefore, you can set yourself a goal to improve your handwriting this year. Break this down into a series of steps, e.g. start by forming your letters clearly, sitting them on the line and then begin to join them. Be prepared to be resilient; changes don't happen overnight!

If you need any help setting a goal then you can always ask one of the Brompton Bugle team. You can recognise us from our lanyards.



Term 3 Whole School Value

Well done to Lucy in Year 4 who won the Term 3 value of enthusiasm.

The Term 4 whole school value is **Resilience and optimism**. This fits in perfectly with our going for goals themed edition!



Why Is Resilience Important?



See if you can set yourself a SMART target and commit to a goal. If you are optimistic then this will help you to have a stronger growth mindset.

Top Tip:

Use our magic word... Yet!

1. Write three things you can't do or have trouble doing.
2. Write 'yet' at the end of each sentence.
3. Now write what you can do to work towards achieving your goals by adding, 'but I can...'

Keep us up-to-date with your progress by telling someone in our team. You might make it into our next edition! **REPORTED BY CHARLIE**

In the Spotlight

Interview with Mrs Mason

At the beginning of Term 3 Mrs Mason announced in assembly that for her 2019 goal she would try and get fitter this year.

We caught up with her to find out how her goal is going...

How are you getting on with your goal?

I am fairly pleased so far. I've lost some weight, but I haven't been able to get to the gym as much in the last few weeks as I would have hoped.

What made you set your goal?

I got a bit lazy over the Christmas holidays and felt unfit.

What would you like your end result to be?

I would like to feel fitter and establish a healthier lifestyle that becomes part of my daily routine.

How are you going to change your routine so that you can fit the gym into your daily schedule?

I am hoping to visit the gym more on my way home from work now that the evenings are getting lighter.

What are you hoping to achieve in Term 4?

I would like to lose a bit more weight.

Reported by Tabitha and Emily



Going for Goals Wordsearch

Can you find the hidden words?

M	E	A	S	U	R	A	B	L	E	A	A
S	T	R	Y	D	L	C	H	Y	I	J	G
F	K	L	M	C	B	H	T	R	E	E	O
D	S	Y	B	N	M	I	S	R	P	E	A
H	F	T	P	L	N	E	C	S	E	A	L
T	G	F	J	K	L	V	C	E	N	X	Z
O	L	W	S	S	M	A	R	T	U	H	J
E	I	B	C	X	K	B	L	U	S	D	I
H	M	F	R	E	A	L	I	S	T	I	C
L	E	N	O	N	S	E	S	R	E	A	Z
K	S	U	C	C	E	E	D	G	P	G	E
J	L	N	O	I	T	U	L	O	S	E	R

MEASURABLE

SMART

ACHIEVABLE

TIME

REALISTIC

GOAL

RESOLUTION

STEP



LIVING WITH TYPE 1 DIABETES

MY BLOG by Ashpreet

Living with diabetes isn't as bad as people might think. Although I do sometimes have moments when I think "Why me?".



People with Type 1 diabetes need to take insulin several times a day via injection.

I am trying not to let it take over my life. My lifestyle hasn't changed much because I am as active as I was before. I do gymnastics, dance, PE and loads of sports. The only change I make is to make sure I inject myself with insulin before I eat anything with carbohydrates in. When I am hungry in-between meals, I eat cheese and fruit because they do not contain carbohydrates so I don't have to inject myself, which makes it easier. Diabetes can be a bit frustrating because when you are having a party with your friends you can't just pick up some food and eat it. Instead, I have to choose wisely and inject myself first. Also, I cannot leave any food on my plate because my sugar levels might get low. The only thing I like about diabetes is that I get to have a sugary snack when my blood sugars are low! **Yippee!** What I don't like about that though is the feeling that I get when my sugar levels are low. It makes me feel dizzy and I can get really bad headaches. Diabetes can be inconvenient at times but... **My goal is not to think about it and to enjoy my wonderful life!**

Meeting Alicia Barnett!

Introducing Alicia Barnett, **my cousin** and a terrific athlete

Alicia Helen Barrett is a British hurdler and MY COUSIN! She competed in the women's 100 metres hurdles at the 2017 World Championships in Athletics and made her Commonwealth Games debut in the Gold Coast in 2018 where she joined the other athletes in Team England's athletics squad to compete at the Carrara Stadium in the 100m hurdles where she qualified for the finals.



"Setting a goal is very important in life. It helps you to aim higher and if you work hard enough you can achieve it."

She has set her goals incredibly high and has worked extremely hard to achieve them. Her first really big race was the Athletics World Championships. After her success she was selected to represent the country at the Commonwealth Games where she came eighth. During this race she was placed in a lane next to a Nigerian runner. She knew that her opponent would "get out and go hard". Alicia said "I was watching her in training. She was so quick to the first hurdle that I decided to use her as my own goal."

As you can see everyone has different goals. No matter how hard or easy they are to achieve. Alicia set herself a goal to try to keep up with the Nigerian athlete she was racing against. Even though she didn't achieve this she tried and that's what counts.

Reported by Emily

Once upon a time, there was a girl named Miranda and a lunchbox named “Lunchbox”.

Miranda’s mother never had time to make Miranda a packed lunch. So, Miranda had to do it herself. As you can imagine, she packed her lunch with chocolate, toffees, crisps, a chocolate spread sandwich on white bread (with the crusts cut off) a can of Coke and one grape. Now, of course, Miranda knew the risks of a lunch like this, especially every day. Her teeth were rotting away, her belly was becoming too large for her t-shirt and every time she ate lunch the risk of heart disease increased. But, when Miranda went to the cupboard to get a bar of chocolate, one bar turned into two and then two bars turned into four and after that she couldn’t help herself. She was addicted to sugar, so no matter how much sugar she ate, she always felt like she needed more. She quickly became one of the worst people at school for going on rampages in the canteen, demolishing every treat she could find. Her concentration in class deteriorated because she was too hyperactive. However, one day, after lunch, Miranda forgot to put her lunchbox back on the trolley. A boy named Sakim later picked up Miranda’s lunchbox and hoping to return it to its owner walked around, asking who it belonged to. Not finding the right owner, he kept the lunchbox. Sakim was the opposite to Miranda. He packed his lunchbox with an egg and cress sandwich on brown bread (with the crusts on) and every type of veggie that would fit. Sakim had perfectly white teeth, a near on 6 pack and a healthy body. While Sakim is sitting quite happily eating his lunch, Miranda is still trying to remember where she put her lunchbox! The moral of this story is be more Sakim than Miranda. Remember to eat a healthy balanced diet and run a couple of laps of your garden every once in a while.

To help you be more **Sakim**, why not try my recipe for...

EGG MUFFINS—Makes 6 (suitable for freezing)

♦ You will need:

- ♦ 4 eggs
- ♦ 1 small carrot, grated
- ♦ 1 small courgette, grated
- ♦ 1 handful spinach leaves, destemmed and chopped
- ♦ 1 finger of cheese, grated
- ♦ Seasoning
- ♦ Olive oil

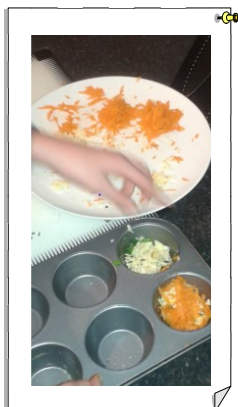


The Healthy Lunch Box

An inspired recipe by Alex

Step 1: Preheat oven to 180°C

Step 2: Grease 6 holes of a muffin tin with a little olive oil



Step 3: Divide the carrot, courgette, cheese and spinach between the 6 muffin holes.

Step 4: In a separate bowl beat the eggs and add any seasoning you like

Step 5: Add the egg to the muffin tin, dividing it between the 6 filled sections



Step 6: Place in the middle of the oven and bake for 20 minutes until firm and golden



Step 7: Fill your tummy with this eggcellent lunchbox snack!

Have you got any healthy recipes you would like to share? Alex would love to hear from you!





On 24th January 2019, 18 children walked to Medway Park accompanied by Mrs Bass & Mrs Ralph to compete in a schools athletics festival. When they entered the hall, excitement and nervousness filled the auditorium.

As they sat down and changed into their green bibs to represent BWPS, our athletes soon felt a sense of pride to be ambassadors.

Samara in Year 3 said *"I'm excited to be in my race, I can't wait!"*.

With the warm up completed the children were energised and keen to run. Kyron in Year 4 said *"The warm up was so much fun. We had to do a lot of jumping"*.

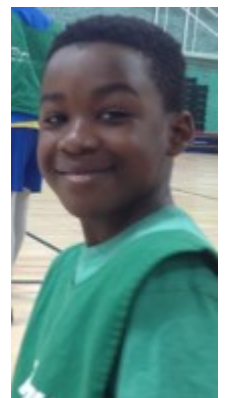


There were 2 different types of races: Field and Running. Each athlete contended in 4 races. The obstacle race was the first race. Our athletes listened attentively to instructions before taking to the track where they were spurred on by a cacophony of cheering.

Other races included the hurdles, over and under, vertical jump, triple jump, javelin and relays

All of our athletes did exceptionally well with some exemplary individual performances.

We demonstrated great team work and sporting behaviour. Well done to everyone who took part.



WE CAME 14TH OUT OF 28 SCHOOLS