

EAST HUNSBURY PRIMARY SCHOOL

Newsletter

7th November 2025

MESSAGE FROM THE HEADTEACHER

Dear Families

Welcome back everyone. I hope that you had a nice half-term holiday. It's now officially Autumn 2 and we are back learning our new topics and getting ready for, dare I say it... Christmas. We've included our Christmas Events later in the newsletter so that you know when to pack the Christmas jumper, get ready for the nativity or prepare for the party day.

Assembly and remembrance

The week started with an important assembly all about remembrance. I led the usual welcome back and reminder of our behaviour expectations and then Rowena, from St Benedict's Church, came in to talk to us about the importance of remembering. The children learnt all about why we have Remembrance Day, when it is and the meaning behind a poppy. Did you know that the leaf of a poppy should always be pointing to 11 o'clock to represent the 11 o'clock on the 11th of November when the peace treaty was signed.

I was very impressed with how respectful our children were during this assembly.

Football – County Championships

Just before the holiday a group of KS2 children represented the school at a football tournament at Moulton College. They were amazing and played brilliantly as a team. Their conduct and effort was second to none. So much so – they never lost a game which means that they are now through to the County Championships in January! Well done everyone.



More sport... Year 3 House Intersports

Thursday was a very exciting day in school – it was our first Interhouse Sports Competition and it was the turn of Year 3 and Purple class from The Hive! They took part in a Dodgeball tournament, expertly organised by Coach Cook and Mrs Wardell. Throughout the tournament demonstration of our school values and rules earned children Proud Points but then the overall winners claimed the House Points. Well done to Whittlewood who were the overall champions but a huge congratulations to every child that took part and showed their very brilliant best!

1st: Whittlewood

2nd: Harlestone

3rd: Salcey

4th: Everdon

Well done to the Play Leaders for supporting the teachers with the organisation and delivery of this event.



Cross Country

Even more sporting success – this week 18 children across KS2 took part in a cross-country event. This is the first time we have participated in this competition and the children did brilliantly. Year 4 is the year group to watch for future runners with Erik coming 20th out of over 100 children. Whatever their result they crossed the line with a smile on their face and we are very proud of their resilience.

School Parliament

I am very lucky to be leading the school parliament this year. In our first week, they were given the questions: What do you like about school and what do you not like about school? It was wonderful to hear how much they loved their lessons, the trips and equipment in school. We will now be focusing on the things that they did not like, for example, people breaking things or the hall floor not being cleaned after lunchtime. Pupil voice is very important and I am privileged to be able to change these things for the better for our children.

Their next question to ask their class was about safety – what makes them feel safe or unsafe. I will be listening carefully to these responses.

That's it for this week – it is a long term running up to Christmas but an exciting one. Please know that my door and email is always open if you ever have any questions or concerns but also I have amazing leaders who can also help you:

- Miss Rachael Stryjek – EYFS leader – stryjekr@easthunsburyprimary.org
- Miss Megan Clancy – Years 1 and 2 leader – clancym@easthunsburyprimary.org
- Mrs Cath Wardell – Years 3 and 4 leader – wardellc@easthunsburyprimary.org
- Mr Alex Kemp – Years 5 and 6 leader – kempa@easthunsburyprimary.org

Have a nice weekend.

Ms Pennington

REMEMBRANCE EVENT

Mrs Landeman and Miss Stryjek took a small group of children to Hunsbury Library on Thursday to lay poppies for Remembrance Day.



Attendance News

Whole school average attendance this week was

94.96%

We are aiming to be at **96% +** every week.

	Weekly Attendance	Year Group	Weekly Attendance
Reception	94.91%	1	95.56%
2	95.47%	3	95.82%
4	91.44%	5	95.18%
6	96.70%		



How to report your child's absence

Call: 01604 677971

Email: absence@easthunsburyprimary.org

We cannot authorise holidays during term time so please do not book them.



WE NEED YOUR TOKENS!!!

YOU CAN VOTE UNTIL

31st December 2025

We're delighted that our application to the Tesco Community Grants Scheme has been successful! You will need to make a purchase of any value in a TESCO store and add the blue token to the Community Grant Scheme box in the Tesco store. You will receive one token per transaction and it's not necessary to purchase a carrier bag in order to receive a token. **The project with the highest number of blue token votes across our region will receive £1,500, the second placed project £1,000, and the third placed project £500.** We will be putting the money we are awarded towards the Changemakers quiet shaded area on the playground.

You can vote for EHPS in the following TESCO stores:

- Abington Express, 348 Wellingborough Rd NN1 4EX
- East Hunsbury Express, Butts Rd, NN4 OUE
- Northampton South, Clannell Rd, NN4 OJF
- Northampton 13-15 Abington St, NN1 2AN
- Northampton St Edmunds Express,
- Portland Pl, Wellingborough Rd, NN1 4DR



THANK YOU

FOR PLANTING TREES

East Hunsbury Primary School

This is to certify that your school has planted 225 trees
by taking part in JUST ONE Tree Day 2025-2026.

During the next rainy season, your seedlings will be transported to their carefully selected new homes where they will be planted and nurtured over the coming years, removing approximately 69.3 tonnes of carbon dioxide from the atmosphere over the next 25 years.

With your contribution we will be able to help global reforestation efforts clean the air we breathe, clean the water we drink, increase biodiversity, protect against deforestation, improve livelihoods and most importantly combat climate change.



BOOK fair

The Scholastic Book fair will be in school from **12th - 14th November** from 3.30pm each day and during Parents' Evening (access via the front office). You'll be able to browse over 200 of the books your children really want to read, from award-winners and new releases to beloved favourites and bestsellers, all at amazing prices. Plus, for every book bought, you help to earn FREE books for our school! You can pay with cash or securely online at the fair (you will need to bring your phone and payment card with you).



West Northamptonshire Council

Apply for a school place

Is your child's 4th birthday on or before 31 August 2026?



It's time to apply for a reception place

 **Application Deadline:**
midnight on 15 January 2026

 westnorthants.gov.uk/school-admissions

Reception Places September 2026

- 10th September 2025 Online Applications open
- 15th January 2026 - Midnight Online Applications close
- 16th April 2026 National Offer Day

[Click here to book](#) a tour at East Hunsbury Primary School.

Year 6 to Year 7 Transition

- 10th September 2025 Online Applications open
- 31st October 2025 - Midnight Online Applications close
- 2nd March 2026 National Offer Day



OUR FUTURE LEADERS

Play Leaders



This year the play leaders will be supporting the Sports Coach, Mr Cook and PE Lead, Mrs Wardell, helping children in KS1 and Reception at lunchtime play, engaging them in activities and teaching them new games.

The Play Leaders will support our annual sports days and help with intra-school competitions across the year, promoting physical health and being and raising the profile of PE.

These are are play leaders from across the school: Justin, Maizey, Adam, Celina, Colin, Millie, Sophie, Olivia-Grace, Luisa.





November Issue



This newsletter focuses on all the amazing events, clubs and groups that families, children and young people can access across the county that are free or affordable to attend.

[CLICK HERE FOR WEST NORTHAMPTONSHIRE'S NEWSLETTER](#)

EHPS HOUSE POINTS TOTALISER

	 Whittlewood	 Harlestone	 Everdon	 Salcey
This week	359	275	168	225
Grand total	1742	1667	1406	1338

WE ARE A SCHOOL



*This includes chocolate spreads
which contain nuts and sushi
which has sesame seeds*

MINDFUL MEDITATION

Plan for tomorrow. This not only gives you more time in the morning, but it also makes your life calmer and simpler, allowing you time to plan ahead.



MUFTI FRIDAY 28TH NOVEMBER



The Friends of EHPS ask you to donate an item to be part of a Christmas Hamper. The hampers will then be raffle prizes. Winning tickets will be drawn at our Christmas Fete on Saturday 6th December 2025.



In exchange for these items, your child can come to school in mufti clothes on Friday 28th November.

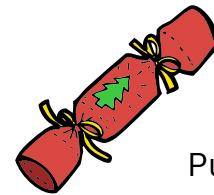
Lists will be put up on outside classroom windows for you to sign up. If you don't sign up, please do still bring in something from the list. Please check the sell by dates. **If you donate alcohol this must be handed to a member of staff by an adult.**



Sweet biscuits



Savoury biscuits/crackers



Christmas Pulling Crackers



Crisps/snacks



Panettone



Christmas Pudding



Bottle of wine/alcohol



Jam



Sweets
Chocolates
Selection box



Mince Pies



Notebook and pen



Popcorn



Chutney



Non alcoholic drink



Christmas cake



Cheese straws



Hot Chocolate



Scented Candle



Hand wash



EHPS Christmas Fayre

Sat 6th December

11am – 1pm

Name the Teddy, Christmas Raffle

Chocolate Tombola, Games,

Christmas stalls,

Refreshments, Santa's Grotto

and much more!

Special performance by EHPS choir

Come and join the festive fun!

FREE ENTRY

Top TIPS

on how to keep your child
healthy at school this winter

- Make sure your child is up to date with their vaccinations
- Remind your child of basic hygiene measures

**Click here to
find out
more**

BOOK NOW



Christmas
LUNCH

If your child would like school Christmas lunch, please order on School Grid by 9am on Wednesday 10th December.



Remember to nominate your child for a shout out if they have done something amazing – then we can put them into our newsletter.



We are supporting the Royal British Legion Poppy Appeal. You can come to the school office before or after school with your child to purchase items or send money into school so your child can make a donation during the day.



Vaccines help protect what matters most

- Illnesses like measles and whooping cough spread easily between children who are not vaccinated.
- Check your child's red book or speak to your GP surgery to see if they have missed any vaccines.

Check your child's vaccines are up to date

Scan the code for more information



STAY STRONG. GET VACCINATED.

Make sure your child is protected this winter

We know protecting your child's health from serious disease is incredibly important.

That is why the NHS offers free vaccines to safeguard against illnesses like measles, whooping cough and flu.

Such infections can have a huge impact on your child's life. They can miss out on school, be hospitalised, and even experience life-long complications.

Vaccines work by causing the immune system to remember the specific infection targeted in each vaccine. If your child comes into contact with an infection their body will recognise it and quickly respond to fight it off.

Vaccines available

- Measles, mumps and rubella (MMR)
- Whooping cough
- Flu for children aged between 2 and Year 11
- COVID-19 for children in a clinical at-risk group
- HPV vaccine for children from Year 8

For the first time the flu vaccine for 2-3 year olds is being offered in local pharmacies.

It is important to take up a vaccine as soon as it is offered for the best protection. However, if your child has missed one, it is never too late to ask to catch up.

If you do have any questions or think your child may have missed a vaccine, speak to your GP or health visitor. They can address any concerns and guide you through the vaccination schedule.

Visit [Vaccinations Integrated Care Northamptonshire](#) for more information and local booking and walk-in opportunities.



Did you know you can also follow us on [Instagram](#)?

East Hunsbury Primary School

What's coming up this

Christmas?

NOVEMBER

19

Hunsbury Library
Festive Fair
11 - 4pm. EHPS Choir
singing 2 - 3pm

NOVEMBER

28

Mufti for Christmas
Hampers

DECEMBER

2

Reception & Blue
to West Lodge
Rural Centre
All day

DECEMBER

4th

The Nest to
Riverside Hub

DECEMBER

6

Christmas Fair
School Hall
11am - 1pm

DECEMBER

9

Reception Nativity
10 - 11am

DECEMBER

10

Reception Nativity
2 - 3pm

DECEMBER

16

Yr 1 Carols by
Twinklelight
5:15-
6:15pm

DECEMBER

17

Walk in Wednesday
Christmas theme
8.30 - 9am

DECEMBER

18

Whole school Christmas Party
Day with disco. Christmas
jumpers and party clothes can
be worn. Donations will not be
requested.

DECEMBER

18

Christmas Lunch

Book on School Grid by
9am on 10th December

DECEMBER

17

Yr 6 & Yellow Class
Carols & Crafts with
parents
2.00 - 3.15pm

DECEMBER

19

Super Special Secret
Performance 9am
Whole School

Walk in Wednesday dates

17.12.25	Walk in Wednesday 2 - Christmas	08:30-9:00	Classroom
21.01.26	Walk in Wednesday 3 - Reading	08:30-9:00	Classroom
11.03.26	Walk in Wednesday 4 - Easter Crafts	08:30-9:00	Classroom
29.04.26	Walk in Wednesday 5 - Reading	08:30-9:00	Classroom
24.06.26	Walk in Wednesday 6 - Science	08:30-9:00	Classroom

[Click here to
read the FEHPS
Chair's Report](#)



Who works at East Hunsbury Primary School?

Meet the Team

Hello!

My name is Mr. Clarke, and I am in my seventh year of teaching at EHPS. I am incredibly honoured to have worked at this wonderful school for so long—time truly flies!

Currently, I teach Year 5 and am the Science lead. I believe that learning is about providing as many opportunities as possible in life. My goal is to teach children the importance of success and to encourage a strong growth mindset — believing in themselves, working hard, and always showing kindness. I feel very fortunate to have witnessed so many children grow and thrive at EHPS, which is one of the many reasons I love teaching so much.

In my spare time, I enjoy spending time with my family, especially my wife, whom I married this April, and our cat, Barney. I have a passion for various sports and enjoy reading biographies of athletes to learn about their lives. However, I also love reading children's books; I am currently reading *The Fate of Podkin One-Ear* by Kieran Larwood, who we were very lucky to have met as part of our RED October this year.

A fascinating fact about me is that when I was 10 years old, clowns from a circus taught me how to juggle!

Who's been brilliant this week?

You Are Brilliant!

WB 3/11/25

Mrs Heavens, children
and staff for achieving
the PSQM! 😊

All the cross-country
runners! Well done! ☆

Well done to all
the children who ran
their socks off at the
Cross Country! ☆

Mrs Wardell, Mr Cook,
Miss McIntyre for
being extra supportive
and organising a great
afternoon at Cross Country! 😊

Purple Class - for trying
lots of different fruits
and vegetables! 🍌 🍌

Mr Guilder and Mrs Dechastelain
for an amazing
RED
October

Kin,
for kindness
and support
of a pupil.

Miss Davison and
Mrs Nornington for
raising so much
for the one tree
project and to the
children who donated.

Kindness shoutouts

Grace TC3
Caleb (Y3)

Be Kind. Work Hard. Believe.



Mufti Days

28.11.25	Donations for Christmas Hampers	
18.12.25	Christmas Jumpers/Party Day	No charge
13.03.26	Donations for Chocolate Hampers	
20.03.26	Wear odd socks for World Down Syndrome Day	No charge
27.03.26	Autism Awareness Day - Wear Bright Colours	No charge
21.05.26	UN Cultural Diversity for Dialogue and Development – wear something/colours which reflects your culture	No charge
16.07.26	Mufti for winning House (winning House announced on 13 th July)	No charge

How many have you completed? Have you started a scrapbook to document your activities?





E-Safety & Wellbeing



Contents

Online Safety Newsletter

Nov 2025

CapCut

CapCut is a video editing app. Their services are intended for those over the age of 13 (those under the age of 18 must have consent from their parent/legal guardian). It is rated as 13+ on the App store.

What can I do on CapCut?

CapCut is used as a video and image editing tool allowing users to edit their videos/images as well as add music, sound effects, text and stickers.

What should I be aware of?

- The templates are user generated, therefore they may not always be appropriate for your child to view, for example may contain adult themes.
- CapCut includes access to a library of music that can be used within videos that may include explicit lyrics.
- Premium content – CapCut does include in-app purchases/monthly subscriptions to allow users access to premium content.

Further information

Internet Matters have created this useful guide:
<https://www.internetmatters.org/whatsapp-apps-and-platforms/skills-building/capcut/>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version:
<https://www.knowstext.co.uk/november-2025-primary>

WhatsApp Update

School WhatsApp groups

Are you part of a parent WhatsApp group at your child's school? These groups can be useful for sharing information and reminders, but it is important to use them thoughtfully. Here are some tips on how we can ensure they remain positive and respectful:

1. Be considerate – we know messages can sometimes be misinterpreted so carefully think about what you share. These groups should not be used to share criticisms of the school, staff or other parents and children. Any concerns should always be discussed with the school directly.
2. Don't spread rumours – avoid sharing any gossip within the group.
3. Protect privacy – do not share photos or videos of other children.
4. Think before you send – be mindful of the time and if the message is necessary for everyone.

Our children watch how we communicate, so let's model healthy, online communication to them.

WhatsApp Channels

Users should be at least 13 years old to use WhatsApp. If your child is using WhatsApp, then you should be aware of WhatsApp Channels. Channels are a one-way broadcast tool used by companies and individuals to send updates to followers. WhatsApp Channels can be found on the Updates tab. From here you can view a whole host of channels, including channels that will not be age appropriate and may include adult content.



You cannot switch off access to channels and there is no age rating associated with the channels so you would have to access them to know what the content truly is. Clicksafe highlight what you should be aware of:
<https://www.clicksafe.eu/en/news/was-sind-whatsapp-kanaele-und-was-muss-sen-when-beachten>

Find out more about WhatsApp channels in general here:
<https://faq.whatsapp.com/549900540675125>



WhatsApp



Age ratings



Online Roasting



Techosaurus

[Click here for more information](#)

Advice for parents



Encourage kindness



Validate feelings



Spot the signs



Teach allyship

[Click here for more information](#)



[VISIT OUR WEBSITE FOR MORE ONLINE SAFETY INFORMATION](#)

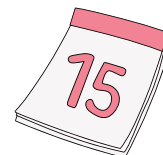
BE KIND

WORK HARD

BELIEVE

#weareEastHunsburyPrimarySchool #wearebrilliant

ANNUAL DATES



Below you will find all of the dates we know so far for the whole of the academic year. We hope that these will support you in your family forward planning. As we are releasing these dates so far in advance, they may change but if they do we will colour any additions or amendments in red so that you can see them and communicate changes in advance. We do hope that you find this useful.

Date	Activity	Time
NOVEMBER		
w/c 10.11.25	Antibullying week	
11.11.25	Reception Phonics Information Meeting	9.00am - 11.00am
12.11.25	Positive Noticing Day	All day
12 & 13.11.25	Parents' Evening (Mainstream including Nest)	3.50pm - 6.30pm
12.11.25	The Hive Parents' Evening	3.50pm - 7.00pm
12.11 - 19.11.25	Bookfair	After school
21.11.25	Yr 1 Trip	9.00 - 2.30pm
27.11.25	Yr 4 Ukuele Performance	2.45pm - 3.30pm
28.11.25	Mufti - Christmas Hamper Donations	All day
29.11.25	Choir Singing at Hunsbury Festive Fair at Hunsbury Library	2.00pm - 3.00pm
DECEMBER		
02.12.25	Reception & Blue Trip	All day
05.12.25	Yr 2 & Green Class trip	12.30 - 2.00pm
06.12.25	Christmas Fete	11.00am - 1.00pm

08.12.25	Year 2 & Green Class Assembly	2.30pm - 3.30pm
09.12.25	Reception Nativity	10.00am - 11.00am
09.12.25	Year 5, Red & Yellow Class Trip	All day
10.12.25	Reception Nativity	2.00pm - 3.00pm
11.12.25	iRock Concert	2.45 - 3.15pm
16.12.25	Year 1 Carols by Twinklelight	5.15pm - 6.15pm
17.12.25	Walk In Wednesday Christmas	8.30am - 9.00am
17.12.25	Year 6 & Yellow Christmas Carols & Crafts	2.00 - 3.15pm
17.12.25	End of term reports to families	
18.12.25	Christmas Party Day (Christmas Jumpers and Lunch)	All Day
19.12.25	END OF TERM	
22.12.25 - 2.01.26	CHRISTMAS HOLIDAY	
JANUARY		
05.01.26	TRAINING DAY	
15.01.26	Census Day All Reception, Yr 1 & Yr 2 Book school lunch via School Grid	
15.01.26	Yr 6 SATs Information meeting	4.30pm - 5.30pm
20.01.26	Yr 4 Multiplication Check information meeting	3.40pm - 4.40pm
21.01.26	Walk In Wednesday Maths	8.30am - 9.00am
27.01.26	Choir to Young Voices	
30.01.26	Kindness Workshop - 52 Lives	Morning

FEBRUARY

06.02.26	FEHPS Bingo Night	5.30 - 7.30pm
09.02.26	Year 3 & Purple Class Assembly	2.30 - 3.30pm
09.02 - 15.02.26	Childrens' Mental Health Week	
10 & 12.02.26	Year 6 Parents' Evening	3.50pm - 6.30pm
10.02.26	Year 1 Phonics Test Information Meeting	3.30 - 4.30pm
16.02 - 20.02.26	HALF TERM	

MARCH

4 & 5.03.26	Mainstream Parents' Evening (not Yr 6)	3.50pm - 6.30pm
04.03.26	The Hive & Nest Parents' Evening	3.50pm - 6.50pm
04.03 - 11.03.26	Bookfair	After school
11.03.26	Walk In Wednesday Easter Crafts	8.30am - 9.00am
13.03.26	Mufti Day in exchange for Chocolate	
16.03 - 22.03.26	Neurodiversity Week	
19.03.26	iRock Concert	2.45 - 3.15pm
20.03.26	Odd Socks Day for World Downs Syndrome Day	
21.03.26	Easter Cafe	11.00 - 1.00pm
23.03.26	Year 1 Class Assembly	2.30 - 3.20pm
23 or 24.03.26	Yr 5 Shakespeare Production	
24.03.26	Yr 6 & Yellow Faith Tour	All day
25.03.26	Reports go out to families	

26.03.26	The Hive Show	9.30 - 10.30am
27.03.26	Autism Awareness Day - Wear Bright Colours (No Charge)	All Day
30.03 - 10.04.26	EASTER HOLIDAY	
APRIL		
22.04.26	Earth Day	All Day
29.04.26	Walk in Wednesday Reading	8.30 - 9.00am
MAY		
11 - 14.05.26	Yr 6 SATS	Mornings
18.05.26	Year 5 and Yellow Class Assembly	2.30pm - 3.30pm
21.05.26	Census Day All Reception, Yr 1 & Yr 2 Book school lunch via School Grid	
21.05.26	UN Cultural Diversity for Dialogue and Development – wear something/colours which reflects your culture	
25 - 29.05.26	HALF TERM	
JUNE		
01 - 12.06.26	Yr 4 Multiplication Check	
04.06.26	Reception Sports Day	9.30 - 11.00am

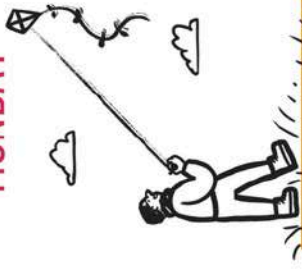
08 - 12.06.26	Yr 1 Phonics Check	
10.06.26	SU Sports Morning	9.30 - 11.30am
13.06.26	Northampton Carnival	
16 or 17.06.26	Yr 5 NMPAT Festival	
18.06.26	Year 6 Sports Day	1.30pm - 3.00pm
19.06.26	Class Photos	All Day
22.06.26	Reception & Yr 6 Height & Weight checks	Morning
22.06.26	Sports Day Year 1	9.30 - 11am
22.06.26	Sports Day Year 2	1.30 - 3pm
24.06.26	Walk In Wednesday Science	8.30am - 9.00am
25.06.26	Sports Day Year 3	9.30 - 11.00am
25.06.26	Sports Day Year 4	1.30 - 3.00pm
26.06.26	Careers Fair	TBC
27.06.26	Whole School Summer Fayre (Country dancing & Maypole by Years 2, 5, Purple & Yellow)	11.00 - 1.30pm
29.06 - 02.07.26	Yr 5 Bikeability	

JULY

29.06 - 02.07.26	Yr 3 Residential Trip	(2 nights per class)
02.07.26	Yr 4 & Orange Class Assembly	2.30 - 3.30pm
03.07.26	Music Gala	5.30pm - 7.30pm
06.07.26	Reception & Blue Class Assembly	2.30 - 3.30pm
09.07.26	Yr 5 Sports Day	1.30 - 3.00pm
09.07.26	iRock Concert	2.45 - 3.15pm
14.07.26	Yr 6 Leavers' Performance	6.00pm - 7.30pm
15.07.26	The Hive Yr 6 Leavers' Assembly	9.30am-10.30am
15.07.26	Yr 6 Leavers' Performance for toddlers to attend	5.00pm - 6.30pm
15.07.26	End of year reports go to families	
16.07.26	Mufti for winning House	
16.07.26	Year 6 Leavers' Party	7.00pm - 9.00pm
17.07.26	Mainstream Yr 6 Leavers' Assembly	10.00 - 11.00am
17.07.26	END OF TERM	

New Ways November 2025

MONDAY



3 Get outside and observe the changes in nature around you

TUESDAY



4 Sign up to join a new course, activity or online community

WEDNESDAY



5 Change your normal routine today and notice how you feel

THURSDAY



6 Try out a new way of being physically active

FRIDAY



7 Be creative. Cook, draw, write, paint, make or inspire

SATURDAY

1 Make a list of new things you want to do this month

SUNDAY

2 Respond to a difficult situation in a different way

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times

ACTION FOR HAPPINESS

Happier · Kinder · Together



YOUR YOUTH CLUB IS CHANGING!

ART & CRAFTS • SPORTS • FREE TIME

Danes Camp
Leisure Centre

FREE YOUTH CLUB*

Every Tuesday

7-13 years, 5.30pm-7pm

Flexible drop-in session -
drop in at any time
and stay for as long
as you like!



Funded by:



East Hunsbury
Parish Council

Danes Camp Leisure Centre, Clannell Road, NN4 0RX



WWW.TRIOLOGYACTIVE.CO.UK

OR CALL US ON: 03330 439 900

*Please note these sessions
are only available for
children and young people
residing within the East
Hunsbury Parish. You will be
asked to supply an eligible
postcode to attend.

St Benedict's Church
NORTHAMPTON

CHRISTMAS TREE FESTIVAL



WHY NOT ENTER
OUR BEST DRESSED
CHRISTMAS TREE COMPETITION

THEY CAN
BE REAL,
ARTIFICIAL
OR
HOMEMADE



ENTER AS
A FAMILY,
SCHOOL,
GROUP OR
BUSINESS

SAT 6TH DEC 10AM-6PM

For more details and to enter contact:

admin@stbens.uk

Trees to be in St Benedict's Church by Friday 5th Dec

