



## Bengeo Achievement Bulletin

Bulletin No 3

May 2021

### Sophie, calmly puts her First Aid skills to use!

When out for a meal, Sophie (Beech class) heard a man shout 'she is choking!'. Sophie remained calm but approached the lady immediately asking her if she was choking and then getting her to try to cough. She then followed the procedure she had been taught last year, whilst learning First Aid, and slapped the lady firmly on the back, this action resulted in the trapped food coming out. Sophie remained with the lady, helping her to control her breathing until she felt well again. Sophie's mum says she is very proud of Sophie ... and so are we! This is amazing, and goes to show how important knowing first aid is, for children as well as adults. Sophie, you should be super proud of yourself!

### That's rubbish!

Elliot and Sadie from Willow class went litter picking in the woods near school, after school last Monday. They weighed the rubbish, which came to 6kg and consisted of general food wrappers, glass, cans, rope and wire. They wanted people to think before dropping rubbish and also to pick up anything that might cause harm to wildlife or that creatures might get stuck inside. This is a wonderful thing to do Elliot and Sadie, we are very impressed. We hope that others will follow your advice to put all rubbish in a bin, or take it home with them. Well done to you both!



### DOUBLE KARATE SUCCESS!

Isabelle and Freya (both in Laurel class) have both worked hard at their karate moves and following a grading, have both achieved an orange belt! Superb girls!



### PLAYING UP A YEAR AT ARSENAL LADIES!

Olivia (Cedar Class) has again been offered a place with Arsenal Women FC Academy, and will be playing up a year in the U12's next season. This will be her third season with Arsenal and in a 'lockdown' interrupted 20/21 season, Olivia has scored 9 goals so far including a hat-trick against Watford in April. We are super impressed Olivia—wishing you luck for the coming season!



### CAKE SALE for the Isabel

#### Hospice



Olivia, Anna and Freya, from Year 3, decided to host an outdoor bake sale at Easter to raise some pocket money. They raised a whopping £100 and decided instead of keeping it, to donate the money to the Isabel Hospice - all off their own backs! What a lovely thing to do and very selfless! You should be very proud of yourselves girls!

### Medals for Amelie!

While in lockdown in March and April, Amelie in Oak Class entered a number of virtual dance competitions, representing her dance school 'Chance 2 Dance', and was thrilled to win 5 gold medals, 3 silvers and 1 bronze. Wow Amelie, what a marvellous achievement - very well done!



### Grade 2 TAP for Grace!

In lockdown Grace (Juniper Class) has managed to pass her Grade 2 Tap Dance exam with a merit! This is a great achievement Grace, and with a merit too! Superb!

