

AUTUMN TERM • ISSUE 10 • FRIDAY 15 NOVEMBER 2019

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This week's

Lothersdale Legends

have been awarded to:

Reception ~ Oliver Dixon
Year 1 ~ Lizzy Smith
Year 2 ~ Violet Long-Guest
Year 3 ~ Matilda Rooke
Year 4 ~ Amber Harper
Year 5 ~ Millie Gallagher
Year 6 ~ Logan MacNamara

*** YEAR 6 AWARD ***
This week's Year 6 Award goes to
JACK CLARKSON

☆ ☆ ☆ ——— ☆ ☆ ☆

Health & Safety Update!

Before School Supervision

We would be grateful if parents/carers, who are on the playground supervising their children before 9.00am, could ensure children remain in the main playground and not venture through the gates into the main entrance area, where the tables and steps to the front entrance are located.

This not only helps keep your children safe, but also supports the teaching staff, who are working with children from 8.30am in the classroom adjacent to this area.

Many thanks for your support.

**Deadlines &
Reminders for w/c
18 November 2019**

It would be really helpful if requested reply slips/payments etc. could be returned by the stated deadlines to enable us to process the paperwork effectively this week.

- Mon** - Class 4 ~ Reading Plus at 8.30am
 - Please return any outstanding Data Collection Sheets today (see below)
 - Deadline for the return of the LSA Request for Help form and Home Baking Request form
 - Deadline for the return of the Y5/6 Craven Football Final reply slip (selected pupils)
 - Deadline for the return of the Class 4 SCS Clay Workshop reply slip (selected pupils)
 - Deadline for the return of the Christmas Concert reply slip
 - Deadline for the return of the Christmas Lunch & Christmas Party reply slips (pupils on pack-ups only)
- Tue** - Year 6 ~ Spelling Plus at 8.30am (selected pupils)
- Wed** - Class 4 ~ Reading Plus at 8.30am
 - Danielle Brown MBE to visit school (see below)
 - Y5/6 Craven Football Final at South Craven School at 3.45pm (selected pupils)
- Thu** - Class 4 ~ Numeracy Plus at 8.30am
- Fri** - Class 4 ~ Reading Plus at 8.30am
 - Class 3 swimming lesson
 - LSA Winter Shopping Event at Lothersdale Village Hall from 7.00 to 9.00pm

EXTENDED SCHOOL'S ACTIVITIES ~ w/c 18 November 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
Book Club 3.15 - 4.00pm	Art Attack! 3.15 - 4.00pm	Drama KS1 & KS2 3.30 - 4.30pm	Art Club 3.15 - 4.15pm	Football 3.15 - 4.15pm
Get Groovy 3.15 - 4.15pm	Netball 3.15 - 4.15pm	Running Club 3.15 - 4.15pm	Farming & Nature 3.15 - 4.15pm	
Newspaper Club 3.15 - 4.15pm	Woolcraft 3.15 - 4.15pm		Supersports 3.15 - 4.15pm	

The member of staff/activity provider will bring the children out to the main playground at the end of each session to ensure a safe handover to parents/carers

**General
School
Updates**

Please find detailed below general updates for your information. If you have any queries regarding any of the content below, please contact the school office.

Remembrance Service at Lothersdale Village War Memorial ~ Sunday 10 November
 Members of the School Council, along with other pupils from Lothersdale Primary School, represented the school at the Remembrance Ceremony at the village war memorial on Sunday 10 November 2019.



Millie O, Layla and George B read out the fourth stanza of the Laurence Binyon poem, *For the Fallen* and the *Act of Remembrance* on behalf of the School Council.

Alfie and Betsy laid the wreath at the foot of the memorial on behalf of everyone at Lothersdale Primary School.

Please see the message below from the Reverend Gill Hall from Christ Church, Lothersdale:

'Could you please pass on my thanks to the children who were willing to give up their time to come to the service at the War Memorial yesterday and to the staff who came with them. It was a well-attended service. The presence and contribution of the children is a positive way of passing on to the next generation the need to remember those who died in war and also the need to work for peace throughout the world. Thank you to everyone. Regards, Gill'



Mrs Robinson, Miss Gallagher, Mrs Bateman and Miss Thompson were extremely proud of



all the children who took part. Thank you to all our pupils and their parents/carers who were able to come along and attend this poignant Remembrance Service and to everyone for supporting the British Legion Poppy Appeal by buying poppies and wristbands in school. We will let you know how much we raised once the Royal British Legion send us confirmation.

Christ Church Lothersdale ~ Church Organ Appeal

Please see message below from Christ Church, Lothersdale:

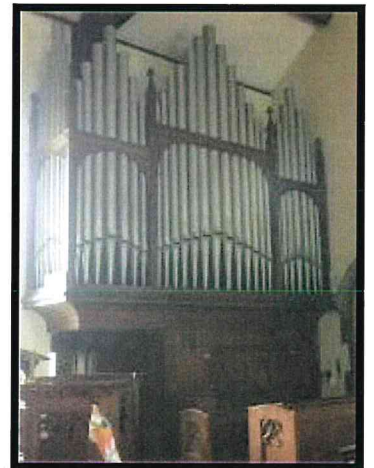
'Thank you for school's great donation of £140 towards the cost of repairing our Church organ.

Please pass on our thanks to all staff, children and parents for their generous donations. With your help and a grant from the Parish Trust we have been able to meet the cost of the repair without needing to further deplete our reserve.

Thanks again for your help from all at Lothersdale Church.

Doug Hall

Treasurer Lothersdale PCC'



Childhood Immunisations ~ Flu Vaccination Programme



If your child did not have the flu jab in school last week, please find attached information regarding local Drop In Flu Clinics where you can take your child to be immunised.

Anti-bullying week in our school ~ w/c 11 November 2019

This week all the children have been learning about 'Change Starts With Us', with the idea being 'Small change. Big difference'. Whether it is verbal, physical, online or in-person, bullying has a significant impact on a child's life well in to adulthood. By making small, simple changes, we can break this cycle and create a safe environment for everyone.



We had a very colourful collection of socks in school on Tuesday, when we wore 'odd socks' to support this year's Anti-bullying message.

Children in Need ~ Friday 15 November 2019

What a spotty and yellow day we've had! The School Council are very grateful to everyone for supporting their fundraising efforts for Children in Need today. The children have enjoyed classroom activities, including Pudsey art.



We've had lots of entries for the Colouring Competition and the winners will be announced in assembly on Monday.

Today's donations have raised £147.00. If you haven't contributed towards our fundraising effort yet and still wish to do so, please bring in your donation on Monday 18 November 2019.



Visitor to School ~ Danielle Brown MBE ~ Wednesday 20 November 2019

Danielle Brown MBE is a British competitive archer, who started archery on her fifteenth birthday after her disability stopped her from taking part in the sports she loved. Three years later she was on the Great Britain team, jumping in as World Number 1 and hanging onto that position for the rest of her career. Danielle won gold at the Beijing 2008 Paralympic Games and retained her title in London 2012, as well as winning five World Championship Titles. She became the first disabled person to represent England at the Commonwealth Games (and win gold) as an able-bodied athlete.

Danielle has also co-authored 'Be Your Best Self' with nine-year-old Nathan Kai, with the view of helping children raise aspirations and develop the resilience and confidence to be the best they can be. Above all it lets children know that they are unique, valuable and important and that we can achieve our dreams if we work hard and develop our strengths and weaknesses.

We are very proud to have Danielle back in school ~ not only because of her fantastic achievements, but because she was brought up in Lothersdale and attended Lothersdale Primary School! We look forward to having her in school to talk to the children. Please see attached information sheet and order form if your child would be interested in reading the book.

Christmas Newsletter



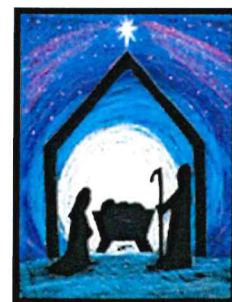
Our Christmas Newsletter has been sent out via bookbags today which details all our events taking place over the Christmas period. We would be grateful if parents/carers could ensure reply slips (*where applicable*) are returned by the stated deadlines to help us with administration over this busy period.

Christmas Concert at SCS ~ Tuesday 10 December 2019 ~ Seating Allocation

Within the Christmas Newsletter there is a letter regarding our Christmas Concert arrangements and seating allocation.

Seat reservations are allocated through the South Craven booking system, which will go 'live' at 6am on **Wednesday 20 November 2019** via the following link:

<https://www.ticketsource.co.uk/southcraven>



If there is a problem with the system once online then you will be directed to South Craven's technician to help sort out any technical issues. Please be aware that Lothersdale Primary School will not be able to allocate seating as we do not have access to the booking system. Please do not contact South Craven School to discuss, or increase, seating requirements. The ticket limit has been set due to the capacity of the theatre for health and safety compliance.

All tickets are free of charge and the school will be asking for donations on the night to go towards its nominated charity.

There is a limited number of Accessible Seating available, which has not been included on the online booking system. Please contact Mrs Ellison in the school office and she will arrange to book these seats with South Craven School on your behalf.

LSA Christmas Card Project



Thank you to those parents/carers who have placed orders for Christmas cards made from your child's artwork. All the orders have now been sent onto the printers and we are therefore unable to accept any late order forms. You can, however, order direct from the company via the details on the order form if you still wish to place an order after today.

LSA School Movie Night ~ Thursday 14 November 2019

Thank you to all those children who came along to our Movie Night after school yesterday and we hope you had an enjoyable time. The younger children were able to watch the movie in the main hall and the older children were in Class 3, with each group choosing a film to watch out of two offered to each group. Class 1 & Class 2 opted to watch "The Secret Life of Pets" and Class 3 and Class 4 chose "Aladdin" as their preferred film. You helped raise approximately £250 towards school funds. We would also like to thank all the mums and dads who helped out at this event. Well done everyone!



Forthcoming LSA Events

Christmas Wreath Workshop ~ Monday 16 December 2019

Parents/Carers have the opportunity to take part in a Christmas Wreath Workshop in school on Monday 16 December from 7.00pm. Further details have been sent out with the Christmas Newsletter today. If you wish to take part, please pay via your child's ParentPay account and note that places are limited to 20.

Christmas Raffle

Thank you to all those parents/carers who have been super organised and donated items for the Christmas Raffle. Please continue to bring in your donations for our hampers as follows:

Class 1 ~ Stationery items

Class 2 ~ Chocolate items

Class 3 ~ Craft items

Class 4 ~ Christmas trimmings/wrapping paper/cards/tags/bows/ribbon etc



Class boxes will be available in the main reception area from next week so that you can place your donations accordingly.

If parents/carers can offer prizes for the main 'festive raffle' ie. theatre tickets, restaurant vouchers, etc then please contact an LSA representative. All donations will need to be received by Friday 6 December 2019.

Raffle tickets will be on sale from next Friday, 22 November, and a raffle ticket book will be sent home via your child's bookbag to sell to friends and family. Raffle tickets will also be available to purchase at the Winter Shopping Event (22 November), the Christmas Fair (30 November) and the school Christmas Concert (10 December 2019). Thank you for your support.



Christmas Fair ~ Saturday 30 November 2019

Our Christmas Fair will take place on Saturday 30 November 2019 from 11am to 2pm and we would be grateful if you could help us make this event a huge success by supporting us in either helping out on the day, baking or providing items for the tombola. Please remember to return the reply slips on Monday 18 November 2019 if you have not already done so. Thank you to all those parents/carers who have already offered their support.

Class 1 Updates from Mrs Bateman

Please find detailed below Class 1 updates from Mrs Bateman. If you have any queries, please contact the school office in the first instance.

Class 1 ~ Diwali

Last week Class 1 learnt all about the Hindu festival of lights (Diwali). The children particularly enjoyed the story of Rama and Sita and making candle pots (divas) from scratch using salt dough, paint and glitter. They were very excited when Mrs Bateman lit the diva lamps!



Class 1 ~ Phonics Sessions for Parents/Carers



Thank you to all those parents/carers who were able to come along to the phonics sessions held in school this week. This was a follow up to the Curriculum Evening held last half-term. If you would like any further support with reading or writing for your child, please speak to Mrs Bateman.

Class 1 Handwashing ~ Wednesday 13 November 2019

On Wednesday Class 1 welcomed Jane from the school nursing team, who talked to all the Reception children about the importance of handwashing.

They learnt that they need to wash their hands after sneezing, handling pets and using the toilet; before eating and when hands are dirty or muddy.





They also learnt to clean hands properly by using warm water, soap and, most importantly, to ensure hands are dry after washing as germs like wet hands! In school we also use hand gel after drying.



Jane brought along an ultra-violet box and the children put hand gel on their hands, put their hands in the ultra-violet box so they could see the gel on their hands and then washed and dried their hands and put them back in the box to see how well they had washed off the gel. They were all given a special Handwashing Certificate at the end of the session!

Class 4 Updates from Mrs Fawcett

Please find detailed below Class 4 updates from Mrs Fawcett. If you have any queries, please contact the school office in the first instance.

Class 4 ~ Clay Workshop at South Craven School ~ Wednesday 27 November 2019

Letters were sent out yesterday to those children who expressed an interest in taking part in this year's Clay Workshop at South Craven School. Please ensure the completed reply slip is returned to school by Monday 18 November 2019 to enable us to confirm numbers with South Craven School.

Sporting Events

Please find detailed below information regarding sporting events taking place out of school. If you have any queries, please contact the school office.

Y5/6 Craven Football Final ~ Wednesday 20 November 2019

Letters were sent out on Wednesday to our Y5/6 Football Team regarding the Craven Football Final taking place next Wednesday, 20 November 2019. Please ensure reply slips are returned to school on Monday 18 November if you have not already done so.

Y5/6 Sportshall Athletics ~ North Yorkshire Trials

Information has been sent out today to all children in Class 4 regarding North Yorkshire Trials taking place at local schools. If your child is interested in athletics events such as running, long jump etc or would like to have a try at new sporting activities then these opportunities might be of interest to them.

Please note that parents are required to book places and take their child/ren to the events as they are independent of school this time. If you require any further information please contact Dave Paver - 01937581165.

School Office Information

If you have any queries regarding any of content below, please contact the school office.

Data Collection Sheets

We still have outstanding Data Collection Sheets and would be grateful if you could sign and return the sheet(s) if you have not already done so.



If you were unable to attend your Parent Consultation session, or did not receive an envelope when you attended your consultation, please call into school to collect your child's data collection sheet from the school office.

We would be grateful if they could be returned on Monday 18 November 2019 if you have not done so already.

School Website Updates

Remember to look on our School Website for further information on what is happening around school! New postings on our website this week are listed below:

Friday News

Community Noticeboard

We are delighted to be able to promote community events in our Friday News that may be of interest to our families and friends. If you would like us to promote a local event please pass the details to the school office by Wednesday to be included in the Friday News of that week.

Wild about Lothersdale ~ Gardening for Hedgehogs

Please find attached information sheets from the Looking after Lothersdale group which provides information on hedgehogs and how you can make your garden 'hedgehog' friendly.

Christ Church Lothersdale Café Church ~ Sunday 17 November 2019



Christ Church Lothersdale welcomes you to their Café Church Service on Sunday 17 November 2019 at Christ Church, Lothersdale. Breakfast is served at 9.00am followed by church worship at 9.30am. Everyone is very welcome to come along and take part in this relaxed atmosphere.

Pendle Karate Academy ~ Karate 4 Kids

Please find attached flyer regarding Karate sessions for your child, for your information.

Keighley Women's Refuge (Bradford Women's Aid)

Please remember we are linked up with Christ Church Lothersdale to support Keighley Women's Refuge. Please leave any donations you may wish to bring in towards this charity in the corner unit in the main reception area ~ this collection will be ongoing until further notice. Please feel free to bring in items when you can.



The Women's Refuge provide home starter packs when the families are rehoused, which comprise the following (new) items: *Toiletries, cleaning products, cleaning equipment, kitchen equipment (eg pans, plates, mugs), food items (long life food items are ideal, eg tins and packets of food)*. If you are able to donate any of the above, they will be gratefully received. Many thanks.

Diary of Events

If you wish to promote a community event in our diary below, please contact the school office. Please note there may be circumstances in which these dates are subject to change:

School Events:

- Wed 20 Nov 2019 - Visitor to school: Danielle Brown MBE
- Wed 20 Nov 2019 - Y5/6 Craven Football Final at SCS at 3.45pm (selected pupils)
- Fri 22 Nov 2019 - LSA Winter Shopping Event at Lothersdale Village Hall from 7pm
- Tue 26 Nov 2019 - Class 3 ~ Come Dine With Me ~ 12 noon
- Sat 30 Nov 2019 - LSA Christmas Fair in school from 11am to 2pm
- Tue 10 Dec 2019 - Whole School Christmas Concert at South Craven School ~ 6pm
- Fri 13 Dec 2019 - Save the Children: Christmas Jumper Day
- Fri 13 Dec 2019 - Last Class 3 Swimming Lesson this term
- Fri 13 Dec 2019 - All Extended Schools Clubs finish for the autumn term
- Mon 16 Dec 2019 - LSA Christmas Wreath Workshop in school at 7pm (to pre-book)
- Tue 17 Dec 2019 - Christmas Lunch
- Thu 18 Dec 2019 - Christmas Party Day ~ non-school uniform day
- Fri 20 Dec 2019 - Save the Children: Christmas Jumper Day
- Fri 20 Dec 2019 - School breaks up at 3.15pm
- Mon 6 Jan 2020 - School closed for Staff Training
- Tue 7 Jan 2020 - School reopens
- Tue 7 Jan 2020 - Pantomime performance in school: Beauty and the Beast
- Fri 10 Jan 2020 - Class 3 Swimming Lessons restart
- Wed 15 Jan 2020 - Deadline for online submission of application for a primary school place for September 2020

Food Allergy Warning

Please remember Lothersdale Primary School is a Nut Free Zone



DROP IN FLU CLINICS

NO APPOINTMENT NEEDED

JUST CALL IN TO SEE THE CHILDHOOD IMMUNISATION TEAM

KNARESBOROUGH CHILDRENS CENTRE - PINK ROOM

Manor Road, Knaresborough, HG5 0BN

18/11/2019 15:00 - 16:30
16/12/2019 15:00 - 16:30

SKIPTON CHILDRENS CENTRE

Brougham Street, Skipton, BD23 2ES

27/11/2019 15:00 - 16:30
18/12/2019 15:00 - 16:30

THE HYDRO SWIMMING POOL

Jenny field Drive,
Harrogate, HG1 2RP

30/10/2019 10:00 - 14:00
23/11/2019 10:00 - 14:00
14/12/2019 10:00 - 14:00



IF YOUR CHILD IS AT PRIMARY SCHOOL AND THEY HAVE MISSED THEIR FLU VACCINE, PLEASE DROP IN TO ONE OF THE CHILDHOOD FLU CLINICS ABOVE



Be Your Best Self

Author Visit

We are very excited about visiting your child's school with our new book *Be Your Best Self: Life Skills For Unstoppable Kids*. It's been written by double Paralympic gold medallist Danielle Brown MBE and nine-year-old Nathan Kai. Nathan is a member MENSA, jiu-jitsu national and European medallist and grade 4 pianist. Nathan wanted a book that would help him become the best he could be but there was nothing out there, so he asked if we could write one together.

Danielle is looking forward to visiting your school on **Wednesday the 20th November**, speaking about what being your best self means, her Paralympic journey and a short reading from the book. She will also do a Q&A session where the children will get the opportunity to see her gold medals.

If your child would like to order a book, Danielle would be happy to sign it. The book is available in hardback and costs £12.99. If you are interested in purchasing a copy please fill out the below and return to the school. We are happy to accept cheques to 'Being Your Best Self Limited' or cash payment.

Danielle and Nathan

Be Your Best Self Order Form

To be your best self means loving who you are, feeling confident in your own skin and achieving your fullest potential.

What are your BIG dreams? Maybe you'd like to be a scientist, an award-winning journalist, play in a rock band, swim in the Olympic Games, groom dogs, own a bakery or even help to run your country? We all have different dreams, that's what makes us unique. But whatever it is that you want to do the skills you'll need to achieve your goals are the same. This exciting new book helps children and young people to practise these core skills and provides a survival kit for them to dip into when they need extra help or motivation. Some of the themes explored are: goal setting, growth mindset, perseverance, getting organised and learning to fail well.

No need to worry if you don't yet know what it is that you are passionate about or what 'success' means for you. Perhaps you just need some help boosting your confidence, staying positive or some extra help with getting through the twists and turns of everyday life.

Name of School	Name of Pupil	Quantity Required

W: www.beyourbestself.global

E: info@daniellebrown.co.uk

WILD *about* Lothersdale!

Gardening for Hedgehogs

The hedgehog is one of the most easily recognized, characterful and charming of British mammals yet they are rapidly disappearing from the wild – in the 1950's the British population was 30 million, current estimates are that of 1million.

Hedgehogs are normally solitary and nocturnal. During spring and summer they sleep in temporary nests, waking at dusk to hunt for food, climbing low stone walls, fences and even swimming across water. They are very noisy with their snuffling and grunting as they shuffle through undergrowth. An adult hedgehog has 3-5000 spines, a tail and can live for 6 years.

They eat beetles, earthworms, caterpillars, snails, slugs – so a very welcome ally in the garden. They are also partial to birds' eggs, frogs, baby rodents and in autumn soft fruit is eaten. They need to weigh at least 650g by late autumn in order to survive their hibernation. Supplementing their diet through autumn can help top up their fat stores – leaving out DRY cat biscuits (IAMS chicken flavour is

a favourite), or wet cat food – again chicken flavour along with plenty of FRESH drinking water in a shallow saucer with a bit of gravel in to stop evaporation. Please DO NOT feed mealworms, milk, cheese or bread as they are intolerant to these foods.

Springtime is breeding season. If you hear loud snorting and puffing at night (similar to Saturday night revellers!) in the garden it may be the male (boar) hog attempting to woo his female (sow) by circling her (sometimes for hours!) trying to persuade her to mate. After mating the male leaves, taking no part in rearing the young. Hoglets are born from May onwards in litters of up to five. Their spines are sheathed beneath their skin at birth, then emerge over the first few hours. By July, the hoglets will leave the nest to forage with their mother, becoming independent and solitary from August onwards, and along with all hedgehogs hibernating from November to March.

Lothersdale has quite a few hedgehogs and our gardens are an ideal habitat for them, but we can do more to help. Here are a few tips for making your garden a safe place for them:

1. Create 'hedgehog highways' by creating a 13cm x 13 cm hole in your garden fences or walls.

2. Avoid slug pellets. Hedgehogs are natural 'pest controllers'.

3. Make pond and other water features, hedgehog-friendly.

Although hedgehogs are good swimmers, they cannot climb out of step sided ponds. If you cannot create a shallow area, then make a ramp from plank wrapped in chicken wire. Provide clean drinking water in shallow rimmed water bowls with gravel in to reduce evaporation.



4. Create a garden with a variety of plants that attract plenty of natural hedgehog food - choosing plant species that are attractive to a range of creatures (www.rhs.org.uk/perfectforpollinators). Mulch beds with home grown garden compost to encourage earthworms and woodlice. Fallen leaves make perfect nesting material. Leaving patches of longer grass encourages insects. A bug hotel out of logs and hollow stems creates habitats for 'hogfood'.

5. Purpose built hedgehog homes (<https://www.hedgehogstreet.org/help-hedgehogs/hedgehog-homes/>) for them to nest in and hibernate. Essentially this is a box with a hinged lid and tunnel entrance. Locate them in undergrowth and cover with leaves/soil. Ensure entrance does not face north or north east, to keep it draught free. Place some leaves/straw near the entrance to encourage occupancy!

6. Think 'Hedgehog' when working in the garden. Check the area where you plan to cut, strim or mow. Check for hidden hedgehogs, before lighting bonfires. Move bonfire material to another part of garden, prior to lighting.

7. Provide artificial food (see previously) and fresh water. Set up a feeding station by cutting a hole in a storage box, weighing down the lid with bricks, to deter foxes/cats. To deter rats, do not put out grain-based foods on the floor.

8. Dispose of litter responsibly – so many hedgehogs are injured by thoughtless litter disposal getting trapped in discarded tins and jars.



HEDGEHOGS IN NEED OF HELP:

- LETHARGIC – seek veterinary advice.
- FLIES ON THE HOG – definitely needs professional help
- WOBBLY – if they are wobbling as they walk seek professional help
- HOGLETS – if seen out in the day without an adult and/or squawking – take advice from your local vet.
- OBVIOUSLY INJURED/TRAPPED – take the appropriate action and contact your local vet for on-going advice.

FIRST AID FOR HEDGEHOGS:

- Use gardening gloves or a folded towel to gently pick up the hog and put into a high sided box with a WARM – NOT HOT hot water bottle underneath a thick towel. Place another towel over the hog.
- Bring the box indoors to a quiet place.
- Offer a small amount of hedgehog food as previously described and some water – do not force feed.
- If it is a small hog – check nearby for others that may be from the same litter who may also be in trouble. Call either your local vet or the British Hedgehog Preservation Society (01584 890801) www.britishhedgehogs.org.uk

Finally take care on the roads – hedgehogs are nocturnal – their natural defence is to roll into a ball – this is no match for a speeding motor vehicle.

Thanks to www.wildaboutgardens.org.uk , Sally Floyd and Cath Wilson for additional information.

Paul Whitaker



KARATE 4 KIDS



**FUN &
FITNESS
FOR ALL
ABILITIES**



**FULLY
QUALIFIED
TUITION**



**CLASSES
FOR AGES
5+**



Join us today at: PENDLE KARATE ACADEMY

Call: 07825 511 120 - See reverse for details, times and venues.

FIRST LESSON IS FREE - NO CLUB MEMBERSHIP REQUIRED

**THE ULTIMATE IN SELF DEFENCE
BUILD SELF CONFIDENCE
LEARN DISCIPLINE & FITNESS**

KARATE 4 KIDS

**CLASSES
FOR AGES
5+**

**JOIN US AT
ONE OF 4 VENUES**

Earby Youth and Community Centre

Friday 6.15-7.15pm,
Sunday 11.30-12.30pm
New Rd, Earby, BB18 6XA

West Craven Sports Centre

Sunday 10.00-11.00am
Kelbrook Rd, Barnoldswick, BB18 5TB

Walton Lane Community Centre

Friday 7.45-8.45pm,
Sunday 1.15-2.15pm & 2.15-3.15pm
Walton Lane, Nelson, BB9 8BW

Railway St Community Centre

Saturday 10.00-11.00am,
Sunday 4.00-5.00pm
Railway St, Nelson, BB9 9 AH

**1ST LESSON
IS FREE**

**NO MEMBERSHIP
REQUIRED**

**EXPERIENCED
INSTRUCTOR**

I am a **Black belt** 4th Dan with over 35 years karate experience. I have competed and have won medals at Regional, National & International Championships

- ✓ Qualified and insured as a senior Club Instructor
- ✓ Qualified in emergency first aid
- ✓ CRB Checked
- ✓ Child Protection Policy
- ✓ Anti-Bullying policy
- ✓ Health & Safety Policy



**Now an official
Olympic sport
for Tokyo 2020**



Come to one of our clubs: PENDLE KARATE ACADEMY

Call: 07825 511 120 - www.pendlekarateacademy.co.uk E: khurshidismail10@gmail.com



Lothersdale Primary School
*ensuring all pupils
achieve their
full potential*



Lothersdale Primary School
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