



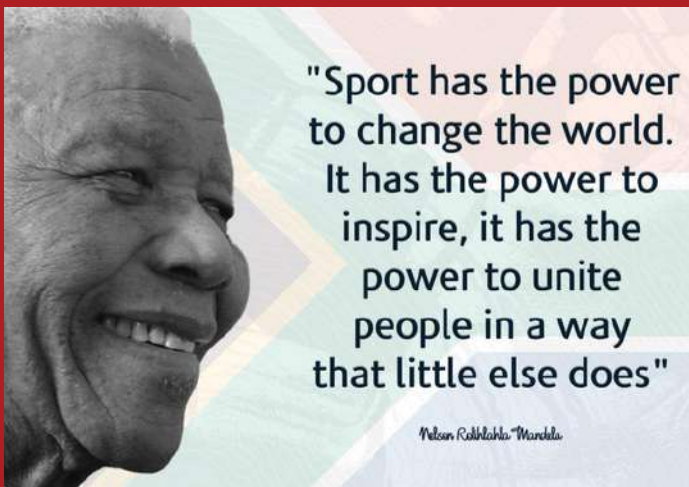
# Term 5 Viking Newsletter

Dear Viking Families,

We reach the end of another hugely successful term for all of the schools in the Viking Academy Trust and I would like to thank all of you who have contributed to the outstanding learning experiences of our pupils during the last six weeks. It has been a pleasure to work alongside parents, staff and children and to witness such a thriving community at work.

Time flies... It seems unbelievable that we return after the holiday to the final (and my personal favourite) term of this academic year. Term 6 is the best time of year to work in primary education and to be a child in a primary school. I am sure you all remember the idyllic days with the sun beating down, children enjoying playtime on the field, with daisy chains and games with friends, leading to lifelong memories being forged. It is also the sportiest time of year with sports days, another time that I am sure you can all recall from your school days. Although sport is not for everyone, it is undoubtedly beneficial for all of us, if we are to maintain our health. I may not look like it but I run at least three times every week and have completed four marathons, I know that my exercise regime is good for my physical health, but it is essential for my mental health. Hopefully all of the sporting opportunities that the Viking children have will lead to a lifelong love of health and fitness, certainly a key aim of all the Viking schools.

A healthy work-life balance is also essential for our mental health as well as enabling us to give our best to our jobs and we offer many things to the Viking staff that enables them to do that. This coming term, we are encouraging, as many as want to take part, the opportunity to complete a 'Couch to 5k'. This will culminate in a celebratory 5k on the 28th June, when the hard work of training will bear the fruit of running the required distance. We have over 80 staff members signed up and I will keep you up to date with how the training is going!



For the children, our annual Viking Games is an opportunity to bring our schools together within the field of sporting endeavour. Our family of schools come together under, this year a very soggy Viking umbrella, where the children were able to perform with each other, and against each other, in a way that will foster collaboration, healthy competition, perseverance, whilst cloaked in a spirit of mutual respect for fellow performers.



**Ramsgate**  
Arts Primary School





Sport is unique in that it can bind people together, both across and within societies, and the Viking spirit shone through this week, even when the sun didn't. I was so proud of the way that the children performed, even if trying to organise a competition for 500 children in an indoor space isn't classed as one of a teacher's favourite activities. A huge congratulations to our Sports Coaches and PE leaders from across Viking as well as to every child that participated in our 2024 Viking Games.



New for this year's Viking Games... Inspired by the strength of comradery displayed by New Zealand's 'All Blacks' Rugby team when performing the 'Haka', we introduced our very own Viking 'anthem'. Using Rocky's 'Eye of the Tiger' as our inspirational backing track, Viking children now have a simple (but mighty) dance routine – another thread that unites us.

Watch out in Term 6 as children and staff will be starting the day with the Viking Anthem as our 'Wake and Shake' and I am told... parents and younger siblings are invited to join the early morning fun!

A huge thank you to Ramsgate Arts Year 5 children, Mrs Piper and to Lizzie, RAPS Dance teacher, for choreographing the routine - which will forever become part of the fabric of Viking!

## [LINK TO VIKING WARM UP DANCE](#)

Getting Better Never Stops is one of Viking's best used phrases. This is true for children, parents and staff alike. We know there are always things we could do better and we strive to seek to find the little things, the 1% marginal gains, that will continue to elevate the quality of education we deliver for our children across Viking. We are proud to involve our families in the future direction of our schools and ask you to please take 5 minutes to complete a short survey telling us what you believe has gone well this year and the areas that we can improve upon. Click [here](#) to complete the short survey.

On behalf of the staff teams working at Chilton, at RAPS and at Upton, I wish you a lovely May half-term. May the sun shine brightly allowing us the opportunity to maximise Thanet's beautiful beaches and parks.

With my warmest wishes

Mrs M Lewis  
Executive Headteacher

