

Welcome to our end of term newsletter. This edition is full of information which will keep you up to date with events and experiences within school.

### Reminders:

Key information related to our school can be found at...

www.tulip-cit.co.uk

. Branded uniform can be ordered throughout the academic year from Nationwide School Uniforms <a href="https://www.nationwideschooluniforms.co.uk/school-uniform/primary-school/tulip-academy-spalding.html">https://www.nationwideschooluniforms.co.uk/school-uniform/primary-school/tulip-academy-spalding.html</a>

Please remember alternative uniform items can be purchased from local supermarkets and/or clothing stores. Further information relating to the schools uniform expectations can be found at...

https://tulip-cit.co.uk/uniform/

As always, our staff continue to show such dedication towards their work, our school and our pupils. This term we have continued to see progress towards school-based targets to ensure we are providing an engaging, supportive and ambitious offer for our pupils. Thank you to each and every staff member for their continued hard work and dedication to our school.

We wish all pupils, staff members, parents, carers and friends of Tulip Academy a relaxing and enjoyable Easter break. We will return to school on **Monday 17<sup>th</sup> April.** 

Matthew Bloodworth-Flatt Claire Moore Will Scott





At Tulip Academy Spalding, we are fully committed to inclusion and continue to develop innovative and effective systems of support that are underpinned by a strong inclusive ethos. This ethos respects and values individual difference; capitalises and builds on strengths; celebrates success and achievement; recognises, understands and responds supportively to individual needs and limitations; continually reviews and revises practice in order to ensure the highest possible standard of provision.

Our Inclusion Team brings together a wealth of experience and specialist training to support the needs of children at Tulip Academy Spalding. Team members work together with pupils, parents, carers and external professionals to overcome barriers to learning thereby maximising pupils opportunities for success.



Amanda Barber Waterside Campus



Olivia Casey Springview Campus



Jackie Walsh Waterside Campus



Kim Hayman Waterside Campus

### It's time to move!

Our new building at our Waterside Campus is nearly complete and pupils will be using this space after the Easter Holidays. Please keep you an eye on ParentMail for more pictures as well as a guide and social story for your child (this will come during week two of the holidays).



# **Fundraising and Events International Day**



#### Welcome to China Town!





#### WOWI

What an incredible International Day at Springview Campus! The theme was 'China' and pupils were immersed in all things Chinese!

The school hall was transformed into China Town, with professional decorations which included over 200 Chinese lanterns, a red and gold balloon arch (loved by all!) and a Chinese dragon hanging from the ceiling!

The school funded a workshop run by Primary Workshops for Schools and the focus of this was a traditional Lion Dance performed for pupils in small groups, followed by an opportunity to experience and investigate the 'lion' further, through sensory and tactile exploration. The pupils also had an opportunity to role play the Lion Dance with the experts, staff in school and their peers.

The highlight though, was almost certainly the Chinese buffet, which was brought on site by a local Chinese restaurant. Foods included spring rolls, sweet and sour chicken, beef in black bean sauce, chow mein, egg fried rice and so much more! It was wonderful to see so many pupils trying 'new foods'. Some also 'had a go' with the chopsticks provided!

Additional activities which took place in classrooms included Chinese themed bingo, sensory and tactile tuff tray exploration, Chinese cookery and China themed art and craft activities.



### **Football Tournament Success**

### Football Newsletter

### **Spring Term**

Pupils from Tulip Academy Waterside Campus have had an excellent term regarding football.

### KS3 Football Team



Pupils from KS3 are in exceptional form as they remain top the League.

Tulip Academy have managed to secure a 3-2 victory against Greenfields and a 7-5 win against Ambergate to keep their unbeaten streak going!



### **KS4 Football Team**



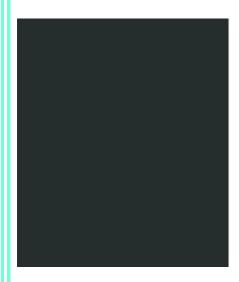
KS4 pupils are currently sitting in second place in the Lincolnshire SEN league after a narrow 6-5 defeat to Greenfields and a 6-6 draw with Ambergate. Pupils are showing excellent perseverance and sportsmanship.



### **Girls Football Team**

Tulip Academy Girls have also had an excellent start to their footballing journey. Tulip Academy faced Ambergate in a friendly match where pupils showed excellent perseverance and attitude.

### **Visit from Posh and Boston United**



### **PUFC & BUFC**

In addition, Tulip Academy has been able to welcome in Boston United Football Club to aid in the delivery of 12 football sessions for both KS3 and KS4 pupils.

Tulip Academy also had the fantastic opportunity to welcome Peterborough United Football Club to the school, Bobby Copping was supported by Peter Burrow who gave a whole school assembly and provided pupils and staff the opportunity to attend three football matches each.

Tulip Academy is thankful to both clubs for the opportunity.

### **Easter Egg Donations**

Tulip Academy have been working with our friends from Americold, a Spalding based company. Americold specialises in providing temperature-controlled storage and distribution. Brian, Andrea and Rachel from Americold visited Waterside Campus last term and wanted to sponsor Tulip Academy for this academic year. The company has already kindly donated over 250 Easter Eggs for all pupils at Waterside and Springview and there are plans to organize a summer Tea Party next term and provide resources for the Forest school. The school was also presented with a cheque for £500 which is incredibly generous from Americold. We are delighted to be able to work alongside and form wonderful relationships with the generous people from Americold.



### **FOTA Update**

#### Hello all.

Our recent Bingo night was a great success! It was well attended by parents, carers and pupils from both campuses and raised an amazing £205.15! Parents and carers were also able to give us their thoughts on events they would like to see in the future so we keep your eyes peeled!

We held a 'stay and play' for the pupils at Springview Campus, spending time dancing, doing karaoke and playing outside on the trampoline. It was a lovely evening.

Our next planned fundraiser is a quiz night being held on Friday 19<sup>th</sup> May so keep an eye out on ParentMail for information about this!

**Shannon Chambers** 

Chair of FOTA



# **Staying Safe!**

If your child is worried, there are many people within school, who they can speak to.















Claire Moore Senior Deputy Headteacher Designated Safeguarding Lead



Will Scott
Deputy Headteacher
Designated
Safeguarding Lead



Matthew Bloodworth
Flatt
Headteacher
Deputy Designated
Safeguarding Lead



Toni Wand Lead Teacher Deputy Designated Safeguarding Lead



Amanda Barber Inclusion Mentor Deputy Designated Safeguarding Lead



Olivia Casey Inclusion Mentor Deputy Designated Safeguarding Lead



Outside of school you can still let school staff know you are worried by clicking on our 'Feeling Anxious or Worried' online form. This can be found on our website within the Pupil Zone.

If you feel you can't talk to someone in school, you can email the safeguarding team at CIT.

Email at: safe@cit.co.uk

The NSPCC have a wealth of information and resources to support parents and carers with keeping their child safe and supporting their development from childhood to adulthood. <u>Click here</u> to access information related to the following topics.

Healthy Relationships
Gender Identity
Sexuality and Sexual Orientation
Sexual Behaviour in Children



There is further information your child can read to help keep them safe on our school website.

https://www.tulipcit.co.uk/wpcontent/uploads/2022/07/Lets -Keep-Safe-Booklet.pdf



# Strawberries class news



Strawberries class have been focusing their learning on animals and their habitats. We have also been incorporating learning about healthy and unhealthy foods during our cooking sessions. Work experience has been successful with more pupils joining in.















This term we have started to focus on yoga in our PE sessions which Strawberries have thoroughly enjoyed.



Strawberries class have been amazing in their cooking sessions for breakfast club and at college.















We have also taken part in whole school events such as celebrating and fundraising for Red nose Day,
International day and World book Day.

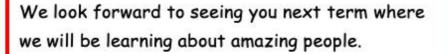








Strawberries staff hope you have a lovely Easter half term!







### Pears Class Newsletter Term 4 2023



Pears Class have enjoyed an amazing term, filled with a variety of activities. We loved International day, seeing the Chinese Lion Dance then creating our very own dancing dragon. In Pears class we also enjoyed making shadow puppets on International Day.











Pears Class have also really enjoyed our yoga sessions with Laura from Tilley's Yoga.

These sessions give us the opportunity

These sessions give us the opportunity to learn breathing techniques to calm us and stretch our aching muscles.







We have also engaged with lots of amazing work activities. We are looking forward to an exciting return after Easter, when our topic will be Buildings!

We wish you all an amazing Easter Break and hope you all have lots of fun with your friends and families .









### Tea tasting

This term in English Hazel class are focusing on the book 'Cloud Tea Monkeys'. They experienced several different types of teas to taste and gave their feedback.





MFL Chinese International day

你好 Nǐ hǎo

Hello from Hazel class!!
The pupils attended a
workshop at school
learning traditional
Chinese dancing with
fans and umbrellas and
even a Dragon! They
had a lot of fun!



### Power Plant

Hazel class visited the Spalding Power Station and were given a tour of the plant. They attended a safety meeting, viewed the advanced technology, and saw the gas turbines and generators which power 1 million home every year!



### World Book Day

The pupils of Hazel class enjoyed a trip to the Bookmark in Spalding where they explored the various books, engaged in a storytelling from English and exchanged their book day vouchers for a book of their choice!



### Humanities

During Religious Education Hazel class have explored the various cultures and traditions from Judaism, Christianity, and the Muslim faith.



# Forest School News!

Pupils confidence around campfires and equipment has grown massively! Pupils have also enjoyed songs and stories around the fire!





# Forest School News!



# **Elder Class**



A busy, but very productive start this term. Our year 11 Elder pupils have been starting their exams and have shown excellent behaviour and determination in each of them.

For English they have completed both a written exam and one for reading. Next term we will be starting work towards their speaking and listening exam. This will be for both Elder groups.

Elder class have been working extremely hard in maths too. They have taken both their first calculator and non-calculator exams.

Elder have also been studying fractions this term, as well as decimal fractions.

In PE Elder have been practicing their football skills with Mr Woodward.

This term they have been learning all about dribbling, passing, ball control, coordination and, most importantly, teamwork. They have also been practicing their penalty taking and scoring skills against the teacher.



In PSD this term we have been studying travel training. Elder have been learning how to read maps, how to understand transport timetables and how to behave safely and sensibly when out and about using public transport. They have learnt how to read road signs and what they mean. Elder have taken trips into town by walking and putting their road safety sense into practice.











Elder this term has really excelled with their studies at Boston college.

They are continuing to learn about a whole variety of subjects.

We have a group studying auto repairs and mechanics in one part of the college, we have another learning all about health and beauty. In animal care they have been studying, amongst other animals, snakes, rabbits, lizards, Hermit crabs and spiders. Over in media studies they have been creating animations, posters and leaflets as well as photography. We also have students who have been preparing incredible food items in the catering department.













# BOOK DAY

Birch class went to visit Book mark in the town centre, the pupils used their vouchers and picked some amazing books. The class were lucky enough to be able to have some warm cookies and Juice provided by the store. Mr Mason was also in a hungry mood and bought the class sausage rolls which were yummy!





# Chinese day

The whole school were lucky enough to experience Chinese dancing and traditions such as carrying the special Chinese Dragon.

# English

Birch class have been learning 'The adventure of Robin Hood.' The class have really enjoyed the topic and this can be seen in their big write, which was to rewrite the Robin Hood story their own way. There has been some interesting stories to say the least!



### Wishing you a

# Happy Easter.



DWishesMse.co



As part of our English work we have been looking creative writing and speech. We designed our own monsters and then used our descriptive language skills to describe the monsters! We then used our knowledge of speech marks to make our monsters have a conversation.



In Maths we have been learning about fractions.

We started with the basic fractions ¼, ½, and ¾. Then moved to the more difficult ones.

Very soon we began to further our skills into ordering fractions and finding equivalent fractions.

Cherry class put in amazing effort with their maths this term!

Our MFL topic this term has been all about China.

We were very lucky to have a visitor come into the school to provide us with a Chinese Dragon Dance Workshop.

The students prepared for this by making their own dragons to decorate the hall and enjoyed taking part in the workshop too!



In DT we focused on making clocks. First, we planned our designs and then painted and decorated our clocks with pictures. Finally, we assembled the clock mechanism, so we all had our very own working clock. Don't they look great!



As the term came to an end, Cherry
Class went on a well-deserved school
trip to Flip Out! Throughout the term,
Cherry Class worked together to earn
pom poms for making positive choices,
being kind to one another and working
as a team!



For Humanities this term we have been learning about
The Victorians. We have learnt about how life was
different for Victorian children. We were shocked to
learn that children would all of been working by now
and that if they did not work and were lucky enough to
be wealthy then they would have been expected to pay
for the privilege of attending school! (Some disagreed
that that being a privilege)

Students also enjoyed a lesson from a Victorian Workshop, where they experienced a lesson as it was taught back then!





# **Ash Class News**

### Snow-way!

Ash class loved spending time outside in the snow. Sadly, it didn't settle but we had great fun dancing around and playing in it, even if only briefly.







## Cookery

Cookery this term saw us celebrating pancake day, making sausage rolls and our favourite cornflake cakes!

### **Topic**

In our topic lessons before half term, we were looking at climate change and the weather. We experimented with ice painting, looking at the melting ice. As a class, working in teams, we created our own recycling and rubbish bins and sorted our rubbish into the correct bins.











# Sycamore Class





During this term Sycamore class have been very busy concentrating on their exams.

In English they have done both reading and written exams and are preparing themselves for speaking and listening after the Easter holidays.

In Maths they have also been taking exams which included calculator and non-calculator papers.

The class have worked extremely hard which we are very proud of.

# boston:college



Pupils have continued with their days out to Boston college on Fridays, in preparation for September when pupils will transition from school into a post 16 placement.

Sycamore class thoroughly enjoy their days out to college and always have interesting stories about their days when they return to school.

Some of sycamore class have already secured a placement for September, and others are in the process of applications and interviews. All pupils have been very proactive in the process of applying to colleges.

The Life Skills course has involved identifying one's own strengths and weaknesses in order to share knowledge or develop/improve skills regarding personal care, independent living and welling being strategies.

Peter says: "This course has really prepared me for a brighter future and potentially running my own house." Eimantis says: "It is making me happy, preparing me for the future."







# **Lime Class News**

Middle School have been learning all about the body and how it works in Science. They took part in a practical activity exploring how the body works looking at the digestive system.

They also explored how smoking can harm your body.







Students took part in an International Day exploring China. They enjoyed writing Chinese letters for their names, finding out some fun facts, exploring the Great Wall of China using kinetic sand and took part in some Chinese Dancing.





Lime class took part in World Book Day can you guess who they dressed



Students enjoyed experiencing the snow. Shame it didn't stay!











Lime Class are looking forward to their well-earned break.

Hope you all have a great Easter





## **Oak Class**



This term we have been learning about environmental issues. We have explored issues such as climate change, different types of pollution, global warming. Students have walked to the local river to investigate if there is evidence of pollution in the river. We have learnt about how the different environmental issues have a devastating impact on both plants and animals.









During our Art and DT lessons The Oak class have made animal models using recyclable materials, posters related to saving the planet and made collages and pictures from recycled magazines and newspapers.

Snow day!









During spring term 2, we have been learning about learning about notable people, such as Alexander Graham Bell, King Charles and Thomas Edison and reading the book called hidden figures. Through reading this book, oak class have explored issues related to equality and segregation in the history of the world. We even learnt how to make a circuit to



Some of Oak class had fun dressing up for world book day.





In Maths we have been learning about money. Oak have had fun learning about the value of coins and notes as well as having opportunities to spend money in real life situations.

# Rowan Class

Time is ticking on, it's the end of Term 4 already. In craft lessons we have made some great clocks, hopefully in prize position at home.



In Science this term we have been working on the topic of 'Separating Materials'. Everyone has had lots of hands on opportunities, exploring Science equipment through sieving, filtering, evaporation and chromatography to investigate processes.

### International Day

As part of MFL we have spent a day focussing on China, learning about traditions and celebrations, trying out chopsticks and having a workshop to teach a dragon dance.



We have celebrated World Book Day having had several characters appear for the day in our classroom! Rowan class took part in a book quiz hunt in the Forest School area to discover more about books.



Rowan class team wish you a lovely Easter break.

Keep up the reading everyone and over the holidays earn

even more reading points!



### Mangos Class News Term 4



Just what another lovely term Mangos class have had! As part of the terms topic 'Pirates', the class Communication story has been focused on 'Peter Pan.' We've caught flying Tinkerbells, mark made in fairy dust and explored slimy textures to represent Mermaids in the lagoon.



Tulip Academy celebrated MFL day and engaged with activities all about China! Mangos class enjoyed using their senses to explore the Chinese buffet!



We also celebrated one of our favourite days—World Book Day! Stories by the author Roald Dahl were explored and The Twits beard made for finding some interesting objects!

Our next topic is Movies and Musicals



Have an enjoyable, safe and happy half term! Mangos class team





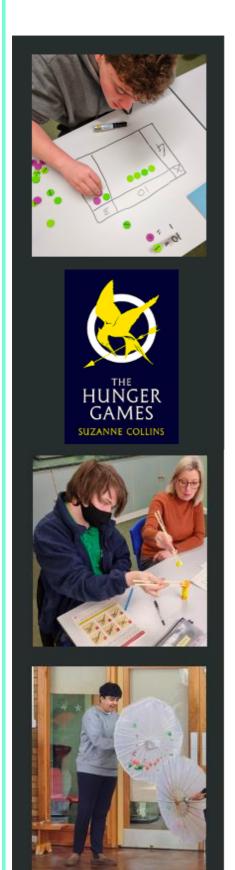














### **Spring Term**

This term Maple class have been deeply engaged in their recent studies. In English, pupils have been focusing on the gripping novel 'The Hunger Games', while in <u>Maths</u> the focus has been on multiplication and division. We are proud of the perseverance shown by Maple class as they continue to grow both intellectually and emotionally.

### International day - China

On Tuesday 18<sup>th</sup> March, pupils from Maple class took part in an international day focused on China. The day was filled with excitement as pupils had the opportunity to learn about Chinese culture and traditions. As part of the day, Maple worked on their fine motor skills by learning how to use chopsticks. In addition, they had the chance to learn a traditional Chinese dance.



### SNOW

Pupils from Maple class also had the excitement of snow in early March! This gave pupils an excellent opportunity to build and develop friendships whilst playing safely on the school field.





# Píneapples Class News



Well, it's been another fun learning journey this term; Pineapples have thoroughly enjoyed our topic of 'Transport and Journeys', with the highlight being our local educational visits into the community to develop our knowledge of 'road safety'. Pineapples listened exceptionally well to the adults they were working with and remembered the special rules when next to or crossing roads.

Hop on board and enjoy a tour of our learning!



In our Physical Development lessons we have been learning how to follow a trail. Some of us, used the picture images on a map of the school to help us drive our team buses around, overcoming obstacles en route whilst also collecting clues along the way! All aboard!

For our History learning we have been identifying and communicating different modes of transport. We really enjoyed the transport hunt around school!













Our topic next term is Buildings'.



Have a wonderful Easter holiday! Kelly, Jo, Nikki, Gosia, Abí and Fíona







### Grapes Class Newsletter March 2023



This term the learning for Grapes Class has focused upon 'Pirates'. We have enjoyed being pirates of our ships, digging for treasure and watching parrots. Our physical development sessions have included walking the plank and knocking over the pirate skittles!

























We have celebrated Chinese new year, experiencing a dragon dance and a Chinese style buffet in the hall!









This term we have celebrated World Book Day, dressing up in our favourite costumes and walking down the catwalk







When we return after Easter, we will be exploring our new topic of Movie and Musicals!









### Apples Class

Term 4 Space!



















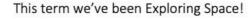












Over this term we have explored all of the different elements that space has to offer! We have explored the individual planets using our senses, baked "space" rock cakes and even tried to "blast off" into space on the trampoline!



This term we have also enjoyed lots of different experiences such as World Book Day, Red Nose Day and our Chinese Day—We are so proud of Apples for their participation through all of these "out of the ordinary" days!































Next term our topic in Apples Class will be:



Mini-Bearty!



















# Willow

English- This term we have been working on instructional writing around the theme of keeping healthy. The students have been creative making there own character sandwiches, showing us there Fortnite dance moves and making inventive cures for a variety of illnesses. They have also been reading The Infinite and used this to help them describe characters, learn about narative voice and creating their own naratives around the power of time travel. The students have created some weird, wild and imaginative storues that they were keen to share with the class.











Other subjects- In humanities students have been looking at Hinduism. They have explored the mains beliefs, festivals, deities, and the holy books. Students have had the opportunity to make some traditional Hindu foods and been very brave in trying new flavours. Students have also looked at the Victorians during history. They have compared Victorian schools, homes and jobs and seen how difficult it was living in Victorian times especially if you were poor. They took part in a Victorian school workshop so they could experience what it was really like. In PHSE this term Willow class have taken part in directed drawing and talking sessions led by Mrs Franks. This involves the students drawing a picture around a given theme or question. Students are then given the opportunity to share what they have drawn and answer questions around the pictures. The students have shown great respect during these sessions and increased their listening and turn taking skills.

In craft students have designed and made their own clocks. They were extremely pleased with the end results.

Students have also taken part in our Chinese international day. They wrote their own names in Chinese symbols, taken part in a Chinese dragon dance workshop and tasted a variety of Chinese foods.































# **Beech Class**

Beech Class have had a great forth term of the academic year, pupils have worked really hard and have been incredibly supportive of one another. The class participated in China International Day and also took part in a World Book Day, it was lovely to see the pupils amazing costumes.



Pupils really enjoyed their recent trip to the local power station, pupils found the trip really informative. They had the opportunity to ask various questions and were given a guided tour. Pupils should be proud of the way in which they conducted themselves during the visit.



English – The topic this term for English has been dreams. Pupils have continued to develop their discussion skills based upon this topic and have produced some lovely PowerPoint presentations. Thank you for sharing all your hopes and dreams. Pupils have also worked hard on practicing their phonics skills. It has been amazing to see their enthusiasm within lessons and the progress they have made.

Maths – This term pupils have been learning all about multiplication and division, continuing to work with tens and ones and use bar models.



Computing - This term pupils have been developing their skills in excel, creating some fantastic 100 squares, showing their skills when formatting spreadsheets to include using autofill features, filling cells with colour and adding gridlines.



### Forest School

Pupils have made cheese toasties in forest school, each had different roles in this process. Some pupils helped light the fire, whilst others prepared the bread and cheese to create a delicious warming feast. On another occasion pupils made hot chocolate, they worked together as a team to make some scrumptious sweet hot chocolate.





Thank you, Beech Class, for another great term, well done!! Hope you all enjoy the Easter holiday, you have all worked so hard!!

Miss Jeff, Mrs Deathridge and Miss Chambers



Thank you to those pupils who helped to tidy and clean an area within forest school.

Thank you for your help!





This term our topic has been Transport & Journeys!

Plums class have incorporated our topic into lots of exciting and interesting learning activities throughout the past six weeks. During our PSHE lessons we've been focussing on 'road safety'. We created our very own 'Spring View road' on our playground including a zebra crossing, a pelican crossing and even a bus stop! Plums class took turns to use vehicles and be pedestrians. We practiced crossing the 'road' safely at the different crossings in preparation for our walk into the community were we practised on the real roads and paths.

Whilst out in the community, Plums went shopping for our **DT** lesson where we prepared and cooked a stir fry, with the focus being **healthy foods**!













For Science this term we were focusing on electricity. Plums explored a variety of household appliances, including a toaster, an electric whisk, a blender and a hoover! We also investigated circuits and built our own using crocodile clips, batteries and light bulbs!

In **History** we revisited our topic and focussed on **transport and their environments**. Plums explored various activities with transport based tasks; including sorting activities, Lego, toy vehicles and a playmat, an art based hot air balloon task and an 'old and new' treasure hunt around school!













We hope you have a lovely Easter break! Plums are super excited to begin horse riding again in the new term, with RDA!

Elaine, Sue, Teddy, Megan & Nicola











# **Term Dates 2022 - 2023**

### Term 4 starts Monday 17<sup>th</sup> April and finishes on Friday 26<sup>th</sup> May.

	SEPTEMBER					OCTOBER						NOVEMBER						DECEMBER						
Monday		5	12	19	26			3	10	17	24	31		7	14	21	28			5	12	19	26	Г
Tuesday		6	13	20	27			4	11	18	25		1	8	15	22	29			6	13	20	27	
Wednesday		7	14	21	28			5	12	19	26		2	9	16	23	30			7	14	21	28	
Thursday	1	8	15	22	29			6	13	20	27		3	10	17	24			1	8	15	22	29	
Friday	2	9	16	23	30			7	14	21	28		4	11	18	25			2	9	16	23	30	
Saturday	3	10	17	24			1	8	15	22	29		5	12	19	26			3	10	17	24	31	
Sunday	4	11	18	25			2	9	16	23	30		6	13	20	27			4	11	18	25		
	JANUARY					FEBRUARY						MARCH						APRIL						
Monday		2	9	16	23	30		6	13	20	27			6	13	20	27			3	10	17	24	
Tuesday		3	10	17	24	31		7	14	21	28			7	14	21	28			4	-11	18	25	
Wednesday		4	11	18	25		1	8	15	22			1	8	15	22	29			5	12	19	26	
Thursday		5	12	19	26		2	9	16	23			2	9	16	23	30			6	13	20	27	
Friday		6	13	20	27		3	10	17	24			3	10	17	24	31			7	14	21	28	
Saturday		7	14	21	28		4	11	18	25			4	11	18	25			1	8	15	22	29	
Sunday	1	8	15	22	29		5	12	19	26			5	12	19	26			2	9	16	23	30	
	MAY					JUNE						JULY						AUGUST						
Monday	1	8	15	22	29			5	12	19	26			3	10	17	24	31		7	14	21	28	
Tuesday	2	9	16	23	30			6	13	20	27			4	11	18	25		1	8	15	22	29	
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Thursday	4	11	18	25			1	8	15	22	29			6	13	20	27		3	10	17	24	31	
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Sunday	7	14	21	28			4	11	18	25			2	9	16	23	30		6	13	20	27		