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21 March 2019

Dear Parent / Carer

### **Sporting News**

This term's newsletter aims to update you on recent sports fixtures and to inform you about future sports events. It certainly is a celebration of a busy sporting school!

### **Sports Science Week**

Last week the whole school enjoyed our biennial 'Sports and Science Week'. The week started with a visit from Mike Mullen, a BMX half-pipe champion, who took an inspiring assembly for the whole school, followed by an amazing tricks display in the playground. The pupils in Years 5 and 6 all enjoyed BMX workshops with Mike; some learned to perform tricks, whilst others learned to ride a bike. On Wednesday, Mark Denchfield, a former semi-professional basketball coach, led skills sessions for some of the KS2 pupils.

On Thursday, Peter Bakare, a team GB Olympic volleyball player, led our sponsored fitness event for the whole school. The fitness circuit was challenging, but great fun and we are looking forward to finding out how much money the children have raised. Thank you to all those families who have supported this event; we plan to use the funds raised to ensure our swimming pool is in the best possible working order for the summer term. We hope that the children are inspired by the life stories of sportsmen such as Mike Mullen and Peter Bakare, who both faced challenges in their rise to success, but are testament to the power of a growth mindset.

During the week, some of the Key Stage 1 classes tried new wellness activities; the children learned some yoga postures and some mindfulness techniques to help them manage their own emotions. Frazer McArdell from the 'Fit House' ran a family fitness session after school; parents and children participated in a variety of fun games and fitness challenges together. Coaches from the 'Fit House' also delivered health and nutrition talks to pupils in Years 1 and 2. Years R to 6 participated in an orienteering event held in our extensive school grounds. Teams sprinted to find the controls hidden all around the site and raced to be the first to find them all. We decided to postpone the orienteering event on East Common, as high winds causing branches to fall were a potential risk to safety. This event has been rescheduled for Friday 26 April.

In a week that was packed with exciting sporting and scientific activities, there was much to engage and excite. We hope that all pupils enjoyed trying new sports and are motivated to lead healthy, active lives.

## **Curriculum News**

All KS2 pupils continue to benefit from input and support provided by Mrs Lucy Godfrey in their Games lessons. The children's fitness levels and skills in a variety of outdoor sports are improving under her guidance. Please ensure your children have the correct PE kit for their Games lessons outside. Children may wear black or maroon jogging bottoms and a school sweatshirt or fleece if the weather is cold; hockey / football socks should also be maroon or black. A large number of our children take part in sporting activities outside school and wear 'skins' in colder weather; children in KS2 may wear these under their PE kits during games lessons or when representing the school in sports fixtures, but we do ask that they are black or white. For extra-curricular sports that take place during school hours – such as Cross Country Club and Years 5 and 6 football, school P.E. kit should be worn. For extra-curricular sports that take place outside school hours, children may wear their own sports clothes if they wish. Please ensure that children in Years 1 and 2 have trainers for their Games lessons, these provide better support and grip for outdoor PE than plimsolls.

## **Sporting competitions**

Our school football teams are enjoying another extraordinary season. Both our girls' and boys' U11 teams became County Champions in November for the second year running and will shortly play in the SE Regional Finals at Greenwich, whilst also continuing to progress well in their district cup and league competitions. Our U10 team are also having a great season and are currently awaiting their cup semi-final.

The highlight so far though has to be our U11 boys' team, who eased through the early rounds in the EFL Kids Cup and won the chance to represent Wycombe Wanderers in the Regional Finals by beating Danesfield in the local final played at Wycombe's home ground, Adams Park. At the Southern Regional Finals, the boys continued to impress and, by beating Southend United in the final, qualified to represent Wycombe Wanderers for the South of England in the Grand Final on 26 May at Wembley Stadium. The boys' team has also qualified for the National Futsal semi-finals which take place in Birmingham next week.

The netball club has now resumed after the winter and we have a number of fixtures in the near future. We play a friendly match against Chalfont St Peter on Thursday 28 March and a tournament at Burnham Grammar School on Monday 29 April.

The swimming gala at Wycombe Abbey, which was postponed due to snow in January, took place yesterday and we have more good news! Historically, we have performed extremely well at this competition and this year we came 1<sup>st</sup> overall, with the boys' team qualifying to represent South Bucks in the county finals in July.

A and B hockey teams from Year 4 recently participated in matches against Holtspur School; both teams played well and I am pleased to report that the A team has qualified for the county finals.

We continue to celebrate many of our children's sporting activities and successes on our Twitter feed @GXSchool – do follow us for our latest news and highlights!

The last cross country competition took part in Lowndes Park, Chesham in November. The children represented our school admirably and we achieved several medals, both for individual and team performances. Unfortunately, the meet at Hervines Park in Amersham was cancelled due to snowmelt causing the ground to be dangerous. The 'School Aid' run planned for this month was

also cancelled due to the course being unavailable. Our strongest runners from Years 5 & 6 entered the Buckinghamshire Schools Athletics Association Cross Country Championships at Stowe School in February. This is a long and challenging course and we are extremely proud of all the runners who represented our school. I am proud to report that 2 runners qualified to represent Buckinghamshire in this year's National Schools Cross Country Championships in Loughborough, on Saturday 23 March 2019; we wish them good luck.

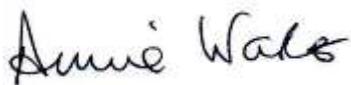
### **Save the date...**

Our annual Family and School Cross Country competition will take place on **Friday 17 May** on East Common in Gerrards Cross. This has proved to be a very popular event and the number of families participating has increased year on year. Please do put this date in your diaries!

### **Extra-curricular Sports**

We continue to offer a wide and varied extra-curricular sports programme. This term, the following extra-curricular sports will be offered - football, hockey, netball, cross-country, gymnastics, golf, tennis and rugby tots. The timetable for these can always be found on our website under Curriculum / Extra-curricular activities, and letters are now being sent out regarding our Summer Term programme.

Yours faithfully

A handwritten signature in black ink that reads "Annie Ware". The signature is written in a cursive style with a large initial 'A'.

Annie Ware  
PE Subject Leader