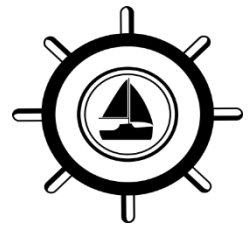


# Whitstable Junior School

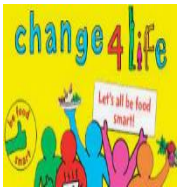
Sports Newsletter- Terms 5 and 6 2023



Welcome to our last sports newsletter of the academic year: celebrating the children's incredible sporting achievements and highlights from the last few terms. Without doubt, all of the children have shown incredible teamwork, determination and resilience throughout all of the sporting events and during their PE lessons; they are such an inspiration to us all. I would also like to say a huge thank you to Mr Kidd, Mrs Reed, Miss Lodge and Miss Oliver who have run sports clubs and taken many children to sporting competitions throughout the year.

Mrs Roy

## Change for Life After School Club:



Mrs Dean and Mrs Browning thoroughly enjoyed running our Change for Life Club this year, which has become so popular that we have extended the offer to include all year groups this year, for the entire year! The children have had so much fun sampling a wide variety of nutritious and delicious food from around the world, all presented in a fun and interesting way. During term 6, the children also began growing their own food in order to design different meals with. They have also been out and about improving their fitness levels on the multi-sports pitch.



## Inclusive Sports:

Throughout the year, we have been lucky enough to have Joe Theze from Inclusive Sports join us every Tuesday afternoon to provide additional sporting enrichment activities in order to promote the fun and benefits of sport; during the past few terms' Joe has completed circuit training, athletics and striking and fielding practice. He will be back next year to continue working with our children; promoting a variety of different of sport.



## Swimming:

This year, for the first time since COVID, we have ensured that every child has had access to a full term of swimming lessons at our local swimming pool. Every child has had so much fun developing their ability to swim, no matter their starting point. By the end of term 6, 80% of the children in year 6 could swim confidently and over a distance of at least 25 metres and using a range of strokes effectively, as well as being able to perform safe self-rescue. The instructors all commented on how dedicated the children were to making progress; becoming the best swimmer that they could, which is so important considering where we live.

## Upper School Rounder's Competition at Herne Bay High School:

It was a privileged to take Year 6 to an exciting rounders competition that really demonstrated their amazing team work and fielding skills. The event was held during the afternoon, with 16 other primary schools all competing. I was in awe of how amazing their fielding skills were; such accuracy in getting the ball from the

back-stop to first base- we ended up with quite a crowd of people watching as we got members of the other team out again and again! It was just magic to watch!

### **Athletics Festival at HBHS for year 3,4 and 5**



During the penultimate week of term 6, I had the pleasure of taking a group of both year 4 and 6 children to an Athletics competition. It was a fun-filled few hours where the children took part in a variety of throwing, jumping, sprinting and relay races. Both the year 4 and 6 children were impeccably behaved, respectful to each other (and the other children competing) as well as being so encouraging of one another. Year 4 came 8 out of 16 schools which



was fantastic. We must also say a huge congratulations to James in year 6 who ran the 600 meters race and won!!! He showed great determination and super running ability; ensuring he paced himself in order to maintain the stamina required to win!!



### **Sports and Fitness Week 2023**

The entire school community had an amazing week as they embraced new skills, challenged themselves to achieve their personal best and worked together as a team.

We were so lucky to be able to launch the week with a long awaited visit from Reuben Harris, who currently plays for the Team GB tennis team. He shared his remarkable and courageous journey and his aspirations for the future. We



wish him so much luck for the future. It really made the children think about how important it is to keep striving for your dreams!

Then on Monday after school, we held a 'teachers versus the school netball team'. It was a closely fought match that ended with the Netball team winning 6 goals to 5! We must do better next time!!



Throughout the week, our awesome Sports Crew also began each day with motivational 'Wake Up and Shake Up' routines on the school playground. Children were able to join in for as long as they liked before going off to class to be registered; the sun shone and the music resonated around the playground, which made for a great start to each day.

After break and lunch, the teachers then modelled and taught various classroom yoga positions that helped to calm, focus and enhance the well-being across the school. During the week the children also explored how they can keep healthy and fit, investigated influential Sports People and discovered new and exciting sporting activities. The classes were also encouraged to see how far they could run during the course of the week. Each class was challenged to run around the playground and keep a total; a huge well done to 4CR who ran an amazing 499 times around the playground; totalling 99,800 meters in a week. Fantastic! As a school we ran a total of 232,000 meters which is more than 5 marathons! Amazing!



We also held an intra-house competition, where each year group competed against one another in 4 different games: basketball, cricket, hockey and handball. Amazingly, our talented year 3 classes won each event – making them the overall winners of the competition! Well, Done Year 3!

On Thursday, we held our Sports Day on our lovely multi-Sports Pitch. It was so wonderful to see all of the children taking part as a team as well as individually, enjoying a range of group challenges in the carousel, followed by mixed sprints and relays. Our Sports Crew and House Captains did an outstanding job of running each event, encouraging the children to do their best and keeping track of scores. Without doubt, the experience was enhanced by the wonderful parent/carer support as well as our amazing well-being team who were on hand to support any children that felt overwhelmed. Great memories and achievements were had by all and of course a huge well done must go to the winning team: Ash House!



Lastly, we must congratulate the winners of this year's Sporting Awards, in recognition of their team work, skill and enthusiasm. Well, Done to Dugee, Neve, Robert and the girls football team; you have shown such talent!



Thank you for taking time to read our final Sports Newsletter for the year. I hope you all have a wonderful summer and I look forward to next year and creating even more opportunities for the children at WJS to enjoy sport, be more active and discover their talents. If you have any questions, please do not hesitate to contact me via email.

Kate Roy

July 2023