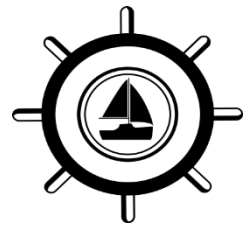


Whitstable Junior School

Sports Newsletter- Terms 5 and 6 2024



Welcome to our last sports newsletter of 2023 – 2024. As I reflect on the year, I feel a sense of pride over how well our children have represented WJS in all of the sporting competitions, leagues, and events that have taken place both on-site and at different schools. Competing is not just about winning, it is about showing respect and support to others and developing an enjoyment of being active. Without a doubt, no matter what the occasion every child in our school has demonstrated these qualities in abundance; they are such an inspiration to us all.

I would also like to say a huge thank you to all of the adults who have run an After School Club this year. Without your commitment, the children would not have the huge range of activities to choose from, nor the opportunity to increase their active minutes every day. I would especially like to say thank you to Mr Emptage, Miss Nicholls and Mrs Reed who have run sports clubs this year ensuring the children were able to develop their team spirit as well as their skill set.



I would also like to say Congratulations to Mrs Reed who has passed her Level 1 Sports Coaching- a great asset to the team!

Lastly, it is with delight that I can share that we have maintained our Gold Sports Mark again this year – please read our Press Release statement at the end of this letter that explains more about the award which we have maintained since 2021/2022

Mrs Roy

Change for Life After School Club:

Being healthy is not just about being active, it is also about engaging in a love of eating a healthy, balanced diet. We are a healthy school, and we need to ensure that our children know the value of eating a balanced diet.



This year, Mrs Dean and Mrs Browning have ensured that children from every year group have had access to this amazing club, all year long and I would like to take this opportunity to thank them for their time and effort; ensuring that the children are inspired to try new foods. 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. 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 and Ben from Inclusive Sports join us every Monday, Tuesday, and Friday. Ben has been working with children to support their engagement both in and outside of the classroom and Joe has been working with different groups of children to help overcome barriers to engaging in sport, from training the football teams to engaging the girls in sport to working with our Nurture group.



This term, we have also funded the Inclusive Sports After School Rounders Club which was sold out for both terms and ensured that we were able to take part in the rounders league organized by our School Games Organiser, Hannah Small, from Herne Bay High School.

Swimming:



As we are a Coastal School, we are passionate about providing all of the children with the opportunity to develop their swimming ability, with the target of each child being able to swim 25 meters or more and be able to carry out basic water safety rescue.

Therefore, all year groups have attended swimming lessons during the summer term; children in years 3 and 4 swam in Term 5 and the children in years 5 and 6 swam during Term

6. As we wish to support our community the children have received swimming lessons from the instructors at Active Life Whitstable 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, 76% of the children in year 6 could swim confidently and over a distance of at least 25 meters and use 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; and becoming the best swimmers that they could, which is so important considering where we live.



Rounders, Netball, and Football Teams

We have increased the opportunities for the children to take part in low-stakes, competitive team games against different schools by developing the football, netball and rounders teams.

This year, we have ensured that anyone in year 6 could sign up to be part of the football teams and then they were coached during lunchtime by Mr Emptage (LSA), Mr McCalla (Year 6 parent) and Joe (Inclusive Sport). We had over 75% of year 6 involved in the league and I was in awe of how well they worked together as a team. To help with the transition, the year 5 children have already signed up to be part of the teams for next year and have taken part in a few friendly games against the Endowed and Herne Bay Juniors.



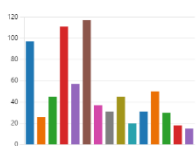
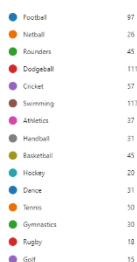
Mrs Reed has coached the upper school netball team all year during her after-school club and also during school time. They were awarded Team of the Year in our Sports Celebration Assembly due to their commitment, respect and passion that they have displayed throughout all of the games they have played.

Lastly, Joe from Inclusive Sport has been coaching the whole school rounders team and for the first time we have taken part in the Rounders League against 6 other schools; I was amazed at how strategic they were, as they worked as a team to get their opponents out!

Results from our Pupil Voice Survey 2024

What has been your favourite PE/Sport that you have been taught this year?

[More Details](#)



As the opinions of our children matter and help to shape the sporting offer that we provide, we have completed a Sports Survey to find out more about what the children have enjoyed this year. It was pleasing to learn that 95% of the children at school enjoy sports at WJS, with their favourite sport being swimming. dodgeball and/or football. Children said that they like sport because: *it is fun and gets them in good shape, it keeps them entertained and they like working as a team.* 68% of the children complete some type of sports activity outside of the school day, with over 90% of children stating that they are active every day for over an hour, with 84%

walking or biking to school and home again. The after-school clubs are as popular as ever, with the favorites being: dodgeball and football with Mr Emptage. Ideas for next year are: 'cheerleading club, swimming club, gymnastics, and karate club.. so watch this space to see what we manage to organise.

Olympic-Themed Sports and Fitness Week 2024



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. Throughout the week, our awesome Sports Crew and House Captains began each day with a motivational 'Wake Up and Shake Up' routine 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, learned about the history of the Olympics, investigated influential Olympic Athletes and Sports People and discovered new and exciting sporting activities. The classes were also

encouraged to see how far they could run during the week as we attempted to run to Paris for the Olympic Games! Each class was challenged to run around the playground and keep a total; well done to 6M who ran a total of 26, 158 kilometres! So, we easily made it to Paris and back which is only 543km from Whitstable!



We also held an intra-house competition, where each year group competed against one another in 4 different games: netball, cricket, rounders, and handball. I was so impressed with all of the children who demonstrated respect, kindness, positivity and skill in all of their games. Well, Done to 5H who won overall; scoring the most points.



On Thursday, we held our Olympic-themed Sports Day, which was launched with a procession with the classes representing a different country by holding up their country's flag, and our Olympic Torch (carefully made by Craft Club) was carried on and held by Poppy, who has demonstrated all of the WJS values throughout her time at WJS. We were then entertained by a fantastic dance performance by children from across the school.



It was then so wonderful to see all of the children taking part 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 a 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: Willow House!



Lastly, we must congratulate the winners of this year's Sporting Awards, in recognition of their teamwork, skill and enthusiasm. It was a great way to end the year by celebrating all of the achievements of the different teams and individuals. Well, Done to Sophia for being awarded the 'Outstanding Effort in PE' award and Sonny for being awarded the Ellingham Cup for being an amazing sporting role model.



Thank you for taking the 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 2024