

**St Helen's College**  
**2008/9 Sports Review of the Year**

It has been another fantastic year of sport! Our pupils have represented the school extremely well this year in many events and competitions, showing good sportsmanship and commitment and gaining honours and medals in throughout the year. Here is a summary of our sporting year at St Helen's.

### **Netball**

Our girls play Hi Five Netball in the local leagues and 7 a side Netball against other independent schools. This year's netball team has continued the tradition of St Helen's performing very well in this sport. In the local Uxbridge and District Primary Schools Hi Five League the team played very well throughout the season to remain undefeated, winning the league for the 2<sup>nd</sup> year running.

In February and March the team took part in some local Hi Five Netball Rallies. The first was a District girls tournament and our girls played well to reach the semi finals before getting knocked out in a very close match by St Bernadette's. The second was a mixed tournament and although the girls played well they were unable to qualify for the knock out rounds. Based on the good performance in the local league and the girls rally the team qualified for the borough Netball Rally and played well against some strong teams from across the borough.

In matches against other independent schools our team fared well, playing Northwood College and the A team winning 7 – 1 and the B team winning 1 – 0. The team had close matches against Langley Manor and teams from Reddiford, Alpha Prep, St Christopher's and Orley Farm also.

Well done the girls in year 5 and 6 who played in the teams this year;  
Lauren Fletcher, Kimran Kaley, Sydney Bunting, Rebecca Ryan, Hannah Mahon, Paige Churchill, Sophie Mayger, Tomi Oludemi, Simran Sharma, Guneet Sawhney, Kaveri Bagga, Yasmeen Hussein, Zara Jagroo, Manisha Thind, Carys Wilkinson, Danielle Doran and Sophie Lawrence.

### **Football**

Our boys' team played very well this year in the Uxbridge and District Primary Schools Small schools League. The team were in the top half of the table throughout the season and performed consistently well.

At the Packham Cup 5 a side Tournament held in November the team played well to reach the semi finals but just lost to Oak Farm 2- 0. At the Peter Lawrence Cup 7 a side Tournament held in March the team only scored one goal in the groups stages and so were unable to progress further.

Well done to the year 4, 5 and 6 boys who played in the team this year. Thomas McKinlay, Alexander Hattam, Amrit Sidhu, Jai Sidhu, Ashish Mehta, Myles Manning, Michael Aguis, William Shepherd, Rajun Gill, Dilraj Rai and Isabella Sibley who showed the boys how to score goals!

### **Handball**

Uxbridge and District Primary Schools Handball Competition held in January is a great opportunity for pupils to try out this exciting Olympic sport popular in Europe. St Helen's had two teams in this mixed event and both our teams did well. The A team reached the knockout rounds facing Oak Farm B team in the quarter-finals and winning in an eagerly contested match only to face Oak Farm A team in the semi-finals! After a close match Oak Farm A won 8 – 7 and progressed to the final to become the eventual tournament champions. Well done to all 14 team members.

### **Tag Rugby**

For the second time this year we entered a team into the local schools sport partnership mixed year 5 tag rugby festival and year 6 tag rugby festival. The teams attended extra training sessions prior to the events with Mr Lewis and this paid off at the festivals. The teams played very well, scoring some super tries and being organised as a team in defence. The year 6 team played well as their festival finishing just outside the medals in some challenging weather conditions! At the year 5 event held in the Easter holidays St Helen's played very well and in an exciting semi final match against Oak Farm the team narrowly lost 5 - 6 but secured the 3<sup>rd</sup> place in 3<sup>rd</sup> and 4<sup>th</sup> place playoff. Many congratulations to all the team members in year 5 who were Luke Moore, Joshua Stidder, Thushen Sivabalan, Aaron Bhattoa, Dilraj Rai, Jeevan Randhawa, Arjan Gill, Sachin Marwaha, Rishi Sekhri, Manisha Thind, Seema Taank, Kiran Cheema and Jessica Buckley and the year 6 team who were Kimran Kaley, Paige Churchill, Simran Sharma, Thomas McKinlay, Myles Manning, Sydney Bunting, Alex Hattam, Evan McKellow, Michael Aguis and Jagsukhbir Johal.

## **Swimming**

At the Uxbridge and District Primary Schools Swimming Gala in May our team of Year 5 and 6 swimmers did very well giving a good performance.

Many of our swimmers qualified for the finals after heats in four out of six individual events and both the relay events. However in the finals there was very strong opposition from some talented club swimmers and our teams Sydney Bunting, Myles Manning, James Fan, Maya Bhandari just missed out on a medal position finishing in 4<sup>th</sup> place in the final of their individual events. Congratulations to the Medley relay team of Alexander Khan, Myles Manning and Sydney Bunting who won a bronze medal in the final! Other team members who swam very well included Thushen Sivabalan, Danielle Doran and Charlotte Phillips.

Once again for the eighth year in succession St Helen's College received the Carol Boyle Trophy, awarded for the best swimming achievement by a Year 5 year group in the district. Over 95% of the children in year 5 were able to achieve their KS2 National Curriculum award and swim 25m. Well done Year 5!

Some of the girls from year 5 and 6 also took part in a swimming fixture at Northwood College in the Spring term.

## **Cross Country**

The cross country team took part in the BIG FEST Event for the first time held at Bara Hall Park in Hayes in the Autumn on a Sunday. The team committed to training regularly in preparation and performed very well on the day running against club runners in the pouring rain! Our runners gave a good account of themselves and Isabella Sibley in year 4 won the girls U11's event.

The team also put in a good performance at the local Uxbridge and District Primary Schools Cross Country Championships in the Spring Term. The team consisted of year 4, 5, & 6 pupils and everyone tried very hard indeed competing against over 80 children from the local district. Isabella Sibley and Ariana Jung from year 4 and Myles Manning from year 6 finished in the top 10 and the boys' team finished in 4<sup>th</sup> place thus some of our runners qualified for the whole borough finals held at Sacred Heart School in Ruislip after the snow had melted in February. At the borough finals the competition was tough and our runners tried their best with Isabella Sibley just missing out on a medal finishing in 4<sup>th</sup> place, running against year 6 girls! Myles Manning finished in 16<sup>th</sup> place and the boys team finished in 7<sup>th</sup> place out of 11<sup>th</sup> teams and to their delight finished higher than our great rivals Oak Farm! Well done to all our cross country runners who also included Thomas McKinlay, William Shepherd, Adam Valman, Aadam Jung, Sachin Marwaha, Joshua Stidder and Jagsukhbir Johal, Susannah Lee and Donjeta Lumley.

## **Rounders**

Unfortunately the District Primary Schools Competition was unable to go ahead this year despite two attempts to play. On both occasions bad weather stopped play after only a few balls being bowled!

Our year 5 and 6 girls played in several friendly rounders matches in the summer term against Northwood College and Langley Manor and they took part in a rounders tournament at Royal Masonic School too competing against larger independent schools including Haberdashers', St Helen's School, Berkhamstead and Orley Farm. The experience was extremely valuable and team improved in each match.

## **Cricket**

For the first time this year St Helen's entered a girls only team into the borough cricket competition in the summer term and the girls played very well reaching the finals with some terrific play defending runs on the boundary and striking the ball with confidence. It was a very close final against Breakspear School and despite a valiant effort by our team we were just defeated. Well done to Lucy Roach, Sowmiya Jegatheesan, Kaveri Bagga, Priya Saini, Manisha Thind, Kiran Cheema, Jessica Buckley and Lauren Fletcher.

Our mixed cricket team entered the Hillingdon borough cricket competition held at Harefield Cricket Club in June. The team played outstandingly well and reached the final to play Whiteheath from Eastcote. It was a well contested match and our team was just defeated by 51 runs. Well done to Alexander Hattam, Tom McKinlay, William Shepherd, Michael Aguis, Amrit Sidhu,

Jai Sidhu, Kiran Cheema, Kaveri Bagga, Jessica Buckley and Ashish Mehta also trained with the team but were unable to attend the competition.

### **Athletics**

Athletics is an all year sport at St Helen's as our pupils aspire to emulate the heroes of last years Beijing Olympics.

We participated in the 3 local schools sport partnership indoor athletics competitions in the Autumn and Spring term. Teams from year 4, 5 and 6 made up of 12 pupils in each team participated in a variety of throwing, jumping and running events. These events are always very exciting and have a great atmosphere with teams and supporters cheering loudly throughout the event. All our teams did very well indeed but finished in 2<sup>nd</sup> place at each competitions night only just behind our nemesis Oak Farm each time!! Year 4 team members were Thomas Slade Smith, Oliver King, William Shepherd, Priyam Patel, Dominick Mahon, Daniel Pitts, Ariana Jung, Kavita Dhillon, Megan Gray, Hannah Ruby, Isabella Sibley and Susannah Lee. Year 5 team members were Rishi Sekhri, Dilraj Rai, Aaron Bhatoo, Sachin Marwaha, Joshua Stidder, Alexander Khan, Sowmiya Jegatheesan, Yasmeen Hussein, Charlotte Phillips, Kaveri Baggi, Maya Bharal and Danielle Doran. Year 6 team members were Amrit Sidhu, Aadam Jung, Evan McKellow, Jagsukhbir Johal, Myles Manning, Thomas McKinlay, Hannah Mahon, Maria Dungarwalla, Danielle Saint, Lauren Fletcher, Kimran Kaley and Sydney Bunting. Well done everyone!

We also took part in a Triangular Athletics event for the first time in the Summer term hosted by Oak Farm. Pupils from years 3,4,5 and 6 took part in track events including sprints, hurdling, distance races and relays. Our pupils did extremely well competing against Oak Farm and Ruislip Gardens schools both of which are large schools and have many more pupils per year group to draw from. Our team finished in 2<sup>nd</sup> place behind hosts Oak Farm and were able to win a number of gold medals.

At District Sports held recently in the Summer term our team was able to build on the good results gained in last years' event and surpass them! Thirty pupils from years 3 – 6 took part in this event against 7 other small schools from our local district. Our team members gained medal positions in 21 of the 30 events at district sports this year; 10 gold medal positions, 7 silver medal positions and 4 Bronze medal positions.

Individual gold medals were won by Fehintola Soyinka, Dominick Mahon, Kimran Kaley, Myles Manning, Tom McKinlay, Sydney Bunting, Danielle Doran and Anna Moroz.

Individual silver medals were won by Alexander Khan, Chloe Fletcher, Oliver McKinlay, Susannah Lee, Isabella Sibley and Aadam Jung.

Individual bronze medals were won by Ariana Jung, Maya Bharal, Dilraj Rai and Thomas Slade Smith.

Relay medals were won by our Year 3 and 4 teams who won gold in magnificent style and our year 6 team won silver. Team Members were Jack Butterworth, Navraj Sekhon, Chloe Fletcher, Fehintola Soyinka, Oliver King, Dominick Mahon, Ariana Jung, Isabella Sibley, Aadam Jung, Thomas McKinlay, Myles Manning, Kimran Kaley, Sydney Bunting and Emma Wearing.

It was a great performance by all 30 members of the team, which contributed to the team bring back two team shields this year, winning the relay shield for the second year and winning the track shield for the first time and finishing in 2<sup>nd</sup> place in the field shield and overall shield.

In addition to this the following St Helen's pupils broken District sports records and are current record holders; Kimran Kaley yr6 girls 80m, Myles Manning yr5/6 800m, Anna Moroz yr 3 speed bounce and Tom McKinlay yr6 Long Jump.

### **Tennis**

Pupils from year 3 and 4 took part in a Borough tennis competition in June. The pupils played mini tennis red, a scaled down version of the tennis, and we had two teams in the competition. All our players were able to play confidently and the teams finished in 1<sup>st</sup> and 2<sup>nd</sup> place! Well done to Oliver King, Dominick Mahon, Anna Moroz, Isabella Sibley, Bryn Jones, Juvraj Sawhney, Jacob Longbottom, Hannah Ruby and Chloe Fletcher.

Many of our pupils took part in our school tennis tournament in the summer term across years 3 to 6. Inspired by the success of Andy Murray there were many entertaining matches played.

The year 3 mini tennis red girls' runner up was Chloe Fletcher and the champion was Anna Moroz the year 3 mini tennis red boys runner up was Dhillon Pandya and the champion was Jack Butterworth. The year 4 mini tennis orange girls' runner up was Hannah Ruby and the champion was Isbaella Sibley, the year 4 mini tennis orange boys runner up was Thomas Slade Smith and the champion was Oliver King. The year 5 mini tennis green girls' runner up was Carys Wilkinson and the champion was Zara Jagroo. The year 5 mini tennis green boys runner up was Dilraj Rai and the champion was Joshua Stidder. The year 6 tennis boys runner up was Thomas McKinlay and the champion was Alexander Hattam.

### **Hockey**

For the first time this year some of our hockey players took part in a friendly tournament at Orley Farm school in Harrow. Our Mixed team played well and found the morning of hockey most enjoyable team members were; Jessica Buckley, Priya Jandu, Carys Wilkinson, Ashish Mehta, Ashwin Bhatia, Teerath Sian, Alexander Hattam and Yasmeen Hussein.

### **Gifted and Talented**

Some of our pupils have been able to participate in some gifted and talent sporting sessions this year both at school and through partners in the local community. Pupils have been able to access sessions in football, badminton, netball, athletics and girls cricket, girls football.

### **Thank you**

Thank you to all our pupils who have made the commitment to give up their lunchtimes or after school time and even holiday time to attend trials for teams, practice sessions and matches. We are very proud of your achievements this year! Thanks also to parents for supporting all the various sporting events this year, helping with transportation and cleaning kits!!

Sharon Walker  
Head of PE & Games



