



St HELEN'S COLLEGE

St Helen's College **2010/11 Sports Review of the Year**

It has probably been the best ever sporting year for St Helen's; in my 17 years at the school we have not triumphed as much as we have this year. Fantastic team successes and outstanding individual performances throughout the year have led to a very crowded trophy cabinet. I hope you enjoy reading this summary of our super year of sport. Miss Walker

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 4th year running.

In February and March the team took part in some local Hi Five Netball Rallies. The first was a District Mixed tournament and our all-girl team played well to reach the semi finals before getting knocked out in a very close match by Oak Farm. The second was a girls' tournament and we entered two teams into the event. The B team played very well and gained valuable experience, but although the girls played well they were unable to qualify for the knock out rounds. The A team however continued their winning formula from the league and stormed through the group stages undefeated to reach the quarter finals, semi finals and eventually the final to play Hillingdon school. In a very close and exciting match the St Helen's girls were able to win 4 – 3 and take the cup!! This was the first time St Helen's have won the rally cup, having reached the final on several occasions over the previous years. It also meant that St Helen's won the double, league and cup, for the first time.

By winning the girls' rally the team qualified for the borough Netball Rally held at Newnham school in Ruislip. The team played very well once more and progressed to the semi finals to play Dr Triplett's school. In a close match St Helen's narrowly lost finishing in third place overall and winning bronze medals.

Other 7 a side matches were also played this year against Langley Manor giving the girls valuable experience of the 7 a side game ready for progress to secondary school netball in Year 7.

Well done the girls in Years 5 and 6 who played in the teams this year; Isabella Sibley, Susannah Lee, Chloe Adams, Hannah Ruby, Saloni Singh, Lauren Ruffle, Ariana Jung, Tamara Lim, Ella Godzawa, Irati Pindiya, Joey Wong, Ambika Shih, Jessica Stickley, Chloe Fletcher, Govina Nandhra, Anna Moroz, Ekambir Kaur and Preet Moonga.

Football

Our footballers had a super start to the first half of the season: they played 6 and won 6, scoring 16 goals and conceding 2. The team played Rabbsfarm, Heathrow, Cowley St. Laurence and Harmondsworth in the league and St. Catherine's and Oak Farm in the cup. They continued their very good form in the second half of the season, winning all their league matches to win the league undefeated for the first time in St Helen's history. The team also continued a successful run in the cup competition reaching the final on Wednesday 9th March 2011, a day which will go down in history for the St. Helen's College football team as they clinched the cup title, beating St Bernadette's 2-0 in the final at the famous Oak Farm stadium. The game kicked off with us against the wind so it was going to be tough however we defended superbly as a team all round the pitch, so 0-0 at half time was a great result. The second half kicked off and we were in control. Suddenly we broke forward with Issy finding TJ who drove into the box and smashed a left foot shot which flew above the keeper's head into the back of the net. The crowd went mad. Five minutes later a great move came down the right through TJ and Will who pulled it back to Issy who finished sublimely - 2-0 - game over. St Bernadette's came at us but our defence stayed rock solid. Seconds later the ref' blew and we were champions! Our second half performance was amazing with us completely dominating the game and playing great football which was a joy to watch. This was a great achievement from the team with every player giving 100 per cent.

Team: Harry Belvoir, Tejan Kaley, Ollie King, Dominick Mahon, Daniel Pitts, William Shepherd, Isabella Sibley (capt), Tom Slade-Smith, Gavin Sokhi.

Girls football continues to grow at St Helen's and the girls' football team took part in the borough school girls 7 a side tournament in November at the new astro pitches at the Hillingdon Leisure complex. At the tournament they won all their matches in the group stages and progressed to the final to meet the girls from Dr Triplett's. A solid and inspired performance led superbly by captain Chloe Fletcher ensured the girls won in the final to win the cup for the second year. The girls really could 'bend it like Beckham'!

The success of the team at the borough tournament meant qualification for the county finals held in February at The John Lyon School. The top girls' teams from across the county came to compete and the girls from St Helen's played incredibly well battling through group matches to the final. In the final they faced Lavender School from Enfield who were a physical but skilful team and despite being under pressure for most of the first half the St Helen's girls battled and were able to score a goal just before half time to lead 1 - 0. The second half started well but as Lavender scored an equaliser our goalie was injured and was unable to carry on. Sadly the Lavender team really got into their stride and scored a further 3 goals to secure victory. I was very proud of the girls; they way they played, how they supported each other and the resolve they showed to compete.

Well done to the girls' football team; Isabella Sibley, Sophia Shirazi, Tia Basterfield, Jessica Stickley, Chloe Fletcher, Anna Moroz, Sufi Mosehi, Emily Hannis and Lauren Skippins.

Emerging football talent from Year 4 was also on display this year in a friendly fixture against Buckingham College. The A team won 4 - 3 in a closely contested match and the B team won 3 - 1. The future is looking bright for football at St Helen's.

Tag Rugby

This week St. Helen's hosted their inaugural tag rugby fixture at home against Reddiford School from Pinner. Two teams of boys and girls from Years 5 and 6 took part in four matches against two teams from Reddiford. Our A team played the Reddiford A team in a very close match just winning 25 - 20; they then played the Reddiford B team comfortably winning 45 - 15. Our B team played the Reddiford B team losing 45 - 10 but in a much closer match lost to the Reddiford A team 45 - 20. The matches were really entertaining to watch and both teams displayed the Olympic values of respect and determination throughout. More matches are planned for next term.

At the beginning of the Summer term the A team entered two local tournaments. The first a District tournament against local schools was very exciting and the A team reached the final to play Oak Farm. In a very close match our team lost by just one try to receive silver medals. The next tournament was the Borough Tournament for all 60 schools across the Borough to participate in. After winning all our group matches we progressed to the semi finals to play Newnham School. The team played extremely well and after full time the match was tied. In extra time it went to a golden try sudden death and unfortunately Newnham just squeezed through to score the winning try. Our team were presented with Bronze medals for their efforts. Mr Lewis was very impressed with the defence work of the team and looks forward to next season.

Cross Country

The district cross country competition took place in February with over 80 boys and 60 girls from Uxbridge and district schools taking part. Our team, made up of pupils from Year 4 to Year 6, did very well over the 2km distance in rather windy conditions. Our boys gave a very good account of themselves, especially the boys from Year 4 who competed for the first time in this event. The boys team finished 7th in the team competition and our best individual performance in the boys race was from William Shepherd from Year 6 who finished 8th, a terrific achievement. However the girls' team was outstanding both as a team and individually. All our girls finished in the top ten, running just like the great Kenyan teams, they ran the course together and finished one after another! Isabella Sibley finished 1st, winning the gold medal, Annabel Coombes 5th, Ariana Jung 7th, Anna Moroz 8th and Jessica Stickley 9th. Out of field of 60 runners this was a tremendous feat and ensured the girls' team won the team competition to receive gold medals and the cross country cup. All the girls and William qualified for the Borough cross country finals in March.

At the Borough event the top runners from all 60 primary schools across Hillingdon Borough participated with approximately 80 girls from 14 schools taking part in the race over a 2km distance. Many congratulations go to Isabella Sibley, who is the 2011 Borough Cross Country Champion. It was another gold medal for Isabella to go with her District cross country gold medal. Isabella ran magnificently and led the race from start to finish, holding off a strong challenge in the last straight from a girl from St. Swithun Wells School. Isabella held steady though and kicked strongly breaking the resolve and the challenge of the St. Swithun's girl. Isabella took the title comfortably by some distance! Isabella ran with other members of the St Helen's

team at the Borough cross country finals. Good performances were also seen from other team members: Annabel Coombes 10th, Jessica Stickley 29th, Anna Moroz 38th and Chloe Fletcher 41st. Our team did very well and only narrowly missed out on bronze medals, finishing in 4th place overall. A super achievement by the girls.

Handball

The 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 progressing to the semi finals. The A and B team closely lost eagerly contested matches against Oak Farm teams in the semi-finals. Well done to all 14 team members.

Hockey

St Helen's hosted a friendly hockey fixture on Monday against Botwell House School for our hockey club players. Our teams played very well and were able to win both matches on the astroturf at Brunel University. The A team won 5 - 0 and the B team won 1 - 0. Very well done to all our hockey players!

Swimming

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

Many our swimmers qualified for the finals after heats, in a couple of individual events and both the relay events. However in the finals there was very strong opposition from some talented club swimmers but Hannah Ruby won a bronze medal in the backstroke final for the second year. Congratulations also to the Freestyle relay team of Harry Ghosh-Roy, Alexander Ranson and Maya Jandu and the medley relay team Jack Butterworth, Preet Moonga, Anna Moroz and Alex Atherton who narrowly missed out on a medal finishing in 4th place.

Once again for the tenth 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!

Rounders

We took two teams to the District Primary Schools Competition this year and both teams played well to in group matches however the B team missed out on qualifying for the knockout rounds. The A team did progress and managed to defeat St Bernadette's on route to the semi final to meet St Andrew's. Our team really played as cohesive unit when fielding and showed great team spirit as the evening continued. In the semi final our team played well but were just defeated by St Andrew's. Well done to team members Tom Slade-Smith, Saurav Khera, Bryn Jones, Dominick Mahon, Ollie King, Issy Sibley, Chloe Fletcher, Jessica Stickley, Anna Moroz, Annabel Coombes, Gavin Sokhi, Juvraj Sawhney, Daniel Pitts, Harry Belvoir, Jacob Longbottom, Sophia Shiriza, Joey Wong, Priyal Patel, Megan Grey and Irati Pindiya.

Cricket

Six boys from Year 6 successfully won the primary indoor 6-a-side cricket competition at Harlington sports centre on Monday afternoon, beating St. Catherine's and Dr. Triplett's in the group stages and Oak farm in the final. All three matches were won very easily with St. Helen's scoring big totals and bowling extremely straight and on a good length making the ball very hard to hit. All six boys contributed with both bat and ball making it a real team effort, ably captained by William. Team: William Shepherd, Jacob Longbottom, Gavindeep Sokhi, Saurav Khera, Bryn Jones, Dominick Mahon.

Our team also played in the summer borough cricket tournament in June and played very well to progress to the semi finals narrowly losing.

Basketball

In June, six of our pupils took part in St. Helen's College's first ever international fixture, hosting teams from Wales in a basketball tournament. Two teams from the Bridgend area in South Wales travelled up to London for an inaugural basketball tournament. St. Helen's hosted the event in conjunction with Whitehall School and the two school teams had the opportunity to meet and train together prior to the event on Saturday. Through the local school sport partnership we were able to use the new sports hall at Guru Nanak School in Hayes for the event. The children played very well and really enjoyed taking part. Matches were very close and play swung from end to end in gripping matches. Our team came third after drawing 6 - 6 in their final match against Whitehall school. After the matches the children invited their visiting opponents from Wales, and their parents, to join them in an after match tea which was a lovely opportunity for everyone involved,

players, parents, teachers and coaches, to mix informally. Congratulations to Ollie King, Dominick Mahon, Fahad Motiwalla, Ambika Shihn, Jacob Longbottom and Anna Moroz for taking part and playing so well and many thanks to their parents for supporting this event. We hope to make this international event a regular summer term fixture in the future.

Athletics

We participated in the local schools sport partnership indoor athletics competitions in December. A Year 6 team made up of 12 pupils in the 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. Our team did very well indeed and our team performed very well to finish in 3rd place in the heat.

In June some fifty St. Helen's children from Years 3 to 6 took part in an athletics meeting at Oak Farm School. The event was a great opportunity for our pupils to practise some of the running events they have been practising in PE this term in preparation for Sports Day and get, in some cases, their first experience of competitive sport representing their school. Pupils from Ruislip Gardens School competed at the event with our pupils and Oak Farm pupils. In some very close finishes our pupils performed very well, gaining many 1st, 2nd and 3rd places and contributing to our team finishing in 2nd place overall behind Oak Farm. Everyone who took part gained some valuable experience in preparation for Sports Day and District Sports.

At the end of the summer term 30 St Helen's pupils from years 3 to 6 took part the in District Sports Athletics at Hillingdon Leisure Complex. Track, Field and relay events were competed in as the crowds in the grandstand cheered. Individually many of our pupils did particularly well winning a total of 23 gold medals, 4 Silver medals and 3 bronze medals. In addition some of our pupils were able to break District records in the events they took part in; new records were set by Tejan Kaley in the year 5 Boys 70m, Brendan Emmanuel in the Year 4 Boys standing Long Jump, Jessica Stickley in the Year 5 girls Vortex Ball throw and our Year 4 and Year 5 relay teams set new records too. However the biggest record the fall was in the year 5/6 girls 800m event where Issy Sibley broke the District record by 15 seconds!!

Gold medals were won by, Tejan Kaley, Issy Sibley, Brendan Emmanuel, Jessica Stickley, Toby Finch, Huey Howard, Emily Hannis, Fayotomi Goodluck, Jack Butterworth, Arseny Samoylov, Chloe Fletcher, Anna Moroz, Dominick Mahon, Brun Jones, William Shepherd, Ariana Jung and Susannah Lee.

Silver medals were won by Ariana Jung, William Shepherd, Reenal Shah, Maegan Surendran and Kavita Dhillon.

Bronze medals were won by Millie Butterworth, Chloe Fletcher and Joshua Wakefield.

In the team competitions St Helens did very well too, finishing 4th overall, 3rd in the Field Event shield, 2nd in the Track event shield and winning for the fourth consecutive year the Relay Shield. It was a super evening of athletic endeavour by all St Helen's pupils who took part. Well done a super team effort!!

Tennis

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

The Year 3 mini tennis red girls' runner up was Amiya Shihn and the champion was Aneka Bhandari. The Year 3 mini tennis red boys runner up was Dylan Yatigamma and the champion was Kiran Pandya. The Year 4 mini tennis orange girls' runner up was Sufi Mosefi and the champion was Reenal Shah. The Year 4 mini tennis orange boys runner up was Huey Howard and the champion was Brendan Emmanuel. The Year 5 mini tennis green girls' runner up was Chloe Fletcher and the champion was Anna Moroz. The Year 5 mini tennis green boys runner up was Harry Ghosh-Roy and the champion was Alex Atherton. The Year 6 tennis girls' runner up was Annabel Coombes and the champion was Issie Sibley. The Year 6 tennis boys' runner up was Dominick Mahon and the champion was Ollie King.

Multi-skills Festivals

All the pupils in Years 2 and 4 took part in a local school partnership multi skills festival hosted at Bishopshalt School in May. The children participated in many different sports skills and fun activities with children from three other local schools gaining individual stickers as they moved from activity to activity. All pupils enjoyed themselves and had lots of fun.

London Mini Youth Games

Many of our pupils were selected to represent the London Borough of Hillingdon in the London Mini Youth Games at Crystal Palace at the end of June. Congratulations to Bryn Jones who was selected for the hockey team, Chloe Fletcher, Isabella Sibley and Jessica Sticklely who were selected for the football team, Ariana Jung who was selected for the netball team and Dominick Mahon, Fahad Motiwali, Ollie King, Jacob Longbottom, Anna Moroz and Ambika Shihn who were selected for the basketball team. Borough honours for all!

Middx County FA School of Excellence

Congratulations to Isabella Sibley who has secured her place once again this year in the Middx. County Centre of Excellence.

Sports Personality of the Term

Pupils in Years 4, 5 and 6 considered and nominated many deserving candidates for the prestigious Sports Personality of the Term. Our Windsor and Cambria sports captains and vice captains then met to review the nominations and discuss who is a worthy recipient for the term. This year's winners have been;

Autumn – Tejan Kaley

Spring – Issy Sibley

Summer – Anna Moroz

Thank you

Thank you to all our pupils who have made the commitment to give up their lunchtimes or after school time to attend trials for teams, practice sessions and matches. We are very proud of your achievements this year! My thanks also go the sports captains who have really supported sport at St Helen's this year, often behind the scenes.

Thanks also to all the many staff members who have lent a hand to ensure our pupils have the opportunity to participate in the many events we offer at St Helen's. And finally thanks to parents for supporting all the various sporting events this year, helping with transportation and cleaning kits. Your support is really important to the children and much appreciated.

So I encourage all our pupils to keep practising their skills over the summer ready for next year and I wish all our leaving sportsmen and women even sporting success in the future.

Miss Walker