

# RELAY

S L O U G H  
SCHOOL SPORT NETWORK

*enjoy, participate, succeed*

The newsletter for the Slough School Sport Network

December 2018

## 7th Young Ambassador Conference at Westgate

The Westgate School was the stage for this year's SSSN Young Ambassador Conference, now in its 7th year too and this year we welcomed over 60 YAs....our biggest cohort yet!

We welcomed students from; Baylis Court, Beechwood, Ditton Park Academy, Eden Girls, Khalsa, Langley Grammar, Long Close, Slough & Eton, St Joseph's, Westgate and Wexham.

The day was kicked off by 2-3 Degrees very own Director Carl Konadu who set the stage for the YAs for the day, talking about 'readiness' for what the YAs were about to encounter not just on that day but in life.

We then kicked on into a carousel of workshops with some of the SSSN's most valued partner organisations; Advocacy PE's, Jason Elwell delivered a lively session on Communication and the Power of Language, Carl delivered a very engaging session on 'Fail Big'.

Our wonderful colleagues from Mars Wrigley Confectionary UK, Alex Hunter-Dunn and Active Slough's Gavin James did a great session on where your volunteering can take you and also those top tips about how to set yourself above the rest – all super important skills

needed for life!

We were also very proud to welcome back Slough's own Fadumo Olow, former Slough & Eton pupil, YA, National YA, Olympic 2012 volunteer and now Aik Saath staff member and excitingly a candidate on the new BT Sport young journalist programme.

It was great for Fadumo to share with the new YAs her experiences of being a YA and being in 'their shoes' and showing that anything is possible if you take every chance you come across.

We ended the day by the YAs getting stuck into some planning with their teachers, deciding what they wanted to do back in their schools, making a plan and working out how much money they would need to go and ask their Head Teachers for in order to provide more sporting opportunities for their peers.....watch out Head Teachers they are coming after your budgets!!

The YA day is always a massive highlight of the SSSN calendar and this year was no exception and we can't wait to see what the new 60 are set to achieve this year and in the future....good luck class of 2018!



MARS  
VOLUNTEER  
PROGRAM



Active Slough



**Have a sparkling Christmas and success in the New Year**



# Autumn 2018



## Competition Corner

As always a quiet start to the term with just two competitions before October half term.

The first was the Year 3 & 4 Football with over 150 pupils taking part in a football tournament hosted by Penn Wood School on 2<sup>nd</sup> October.

Winning team Holy Family will go onto the Level 3 Competition in March representing Slough.

The second event was the Year 10 & 11 Table Tennis hosted at Westgate School. It was a small competition of just 5 teams from Westgate and Langley Grammar Schools.

Following half term there were plenty of competitions starting with three badminton events. The Year 3 & 4 badminton was first where the format for this was the SMASH Festival and 12 schools took on the ten activity stations.

The school with the highest points was Montem who go onto the Berkshire School Games. This was swiftly followed by the Year 1 & 2 SMASH Badminton Festival at Eden Girls School where Lynch Hill scored highest.

The Year 10 & 11 badminton tournament completed the badminton events with Wexham winning the Year 11 Boys and Westgate winning Year 10 Boys competitions.

On 13<sup>th</sup> November over 450 pupils took part in the Primary Sportshall Athletics event at Herschel Grammar. A great event with excellent leaders from Herschel Grammar supporting the running of the day.

The Year 3 & 4 event was in the morning with Lynch Hill winning gold and the Year 5 & 6 event in the afternoon saw

another victory for Lynch Hill and progressing to the Berkshire School Games Finals.

A Change 4 Life Festival took place at Langley Grammar on Monday 19<sup>th</sup> November which saw over 75 pupils taking part from seven schools. No scoring taken at this event as it is non-competitive with schools trying to beat their score over two rounds.

The first of our inclusive events this term was the Ks1 & 2 Boccia event at Lynch Hill Academy. We had 30 teams across 12 schools taking part in this popular event. Overall winners Cippenham Primary will go onto to represent Slough at the Berkshire School Games in March.

A second Sportshall Athletics event took place for Year 8 pupils at Langley Grammar on 29<sup>th</sup> November.

The schools that qualified for Berkshire Schools Games were St Bernard's for both girls and boys, Westgate for girls and Langley Grammar for boys.

A new competition for this year is the Team Gymnastics for those in Year 1 up to Year 6. This was a new format replicating what is run at Schools Games and it proved to be a success.

Two sessions took place across the day at Herschel Grammar with some excellent coaches and leaders from Airborne Gymnastics and Creative Academy assisting in the day. This was a progressive event with the following schools going onto the Finals in March – Castleview, Priory & Lynch Hill.

The final event of term will be the Ks3 & 4 Boccia at Arbour Vale school on 11<sup>th</sup> December. 12 teams from four schools entered in to this event with Arbour Vale winning overall and progressing the Berkshire School Finals.





## Berkshire School Games – Bisham Abbey

27<sup>th</sup> March 2019

Schools currently qualified to represent Slough are:

Holy Family (Year 3 & 4 Football)

Montem (Year 3 & 4 Badminton)

Lynch Hill (Year 3 & 4 and Year 5 & 6 Sportshall Athletics)

Cippenham Primary (KS 1 & 2 Boccia)

St Bernard's & Westgate (Year 8 Girls Sportshall Athletics)

Langley Grammar and St Bernard's (Year 8 Boys Sportshall Athletics)

Castlevale (Year 1&2 Gymnastics)

Priory (Year 3&4 Gymnastics)

Lynch Hill (Year 5&6 Gymnastics)

Arbour Vale (KS 3&4 Boccia)



## Upcoming Competitions for Spring 2019

Year 1 All Stars Cricket – 17<sup>th</sup> January 2019

Year 5/6 Hockey – 21<sup>st</sup> January 2019

Year 5/6 Netball – 4<sup>th</sup> February 2019

Year 2 Indoor Cricket Skills – 7<sup>th</sup> February 2019

Secondary Indoor Rowing – 15<sup>th</sup> February 2019

Tag Rugby (Yr 3/4 & 5/6) – 1<sup>st</sup> March 2019

Infant Legacy – 5<sup>th</sup> March 2019

Year 7/8 Girls Football – 6<sup>th</sup> March 2019

Change 4 Life Festival (yr 3&4) – 14<sup>th</sup> March 2019

KS 1&2 New Age Kurling – 19<sup>th</sup> March 2019



Yolanda Gutteridge is now on maternity leave. She will be replaced by Ben Wills who starts on 7th January 2019 and Ben can be contacted on [BWills@wexham.slough.sch.uk](mailto:BWills@wexham.slough.sch.uk)



# Iqra Sports News

## Gold Kite Mark

Iqra is proud to announce that the school has achieved the Sainsbury's School Games GOLD Kite Mark for the 4<sup>th</sup> consecutive year.

Iqra is one in only a handful of schools in Slough to achieve this status. Every year the school strives to be the best school in Slough and further afield in delivering outstanding sporting opportunities to all its pupils. Iqra has excelled in achieving the highest award.

The Sainsbury's School Games Mark is run by the Department of Culture, Media and Sport (DCMS) and is implemented and developed by the Youth Sport Trust and Sport England. The Mark rewards schools for their commitment to and the development of competition, school sport and physical education throughout the year.



## The Daily Mile running track

The pupils were really excited to meet Rion Pierre (G.B. Athletic) who came to the school to officially open the daily mile running track.



The Daily mile scheme is designed to enable every pupil plus staff members to walk for 15 min or a mile each day. Research shows that by doing exercise each day pupils become more alert, more attentive and are able to retain more information which leads to a positive mind set. The pupils use their initiative and challenge themselves to walk or run as far as they can in each session. The

Daily Mile track is another fantastic way for our pupils and staff to actively lead a healthier life style.



## Chance to shine cricket programme

At Iqra, we really believe that sport can play an important part in developing children's life skills and working with Chance to Shine to promote cricket across all age groups has been very powerful.

Our children are more confident in their abilities not just on the sports field but also in their everyday lessons. The pupils love to play cricket and by bringing in professional coaches to deliver a wide range of different skills it really harnesses the power that sport can have on young people's lives.



## Football Festival

Pupils from years 3 and 4 participated in the first Slough Schools Sports Network festival of the year. The pupils played against other schools from Slough in a fun but competitive Football festival. All the pupils had a fun time and enjoyed scoring lots of goals.



## Gymnastics coaching

A professional gymnastics coach is coming into the school to deliver a 10 week programme to the whole of reception and year 5. The pupils are having a great time learning all about the key elements such as flexibility, balance and co-ordination.



## CPD Opportunities

The autumn term saw a fair few CPD opportunities being covered from Netball & Yoga to Real Leaders and a NQT PE Training day. For spring there are a number of CPD opportunities scheduled in:

- Yoga and Mindfulness – Tuesday 15<sup>th</sup> January, Windsor
- FA Active Literacy – Tuesday 22<sup>nd</sup> January, Wexham
- Real PE (Day 2) – Wednesday 23<sup>rd</sup> January, Wexham
- Berkshire Inclusive PE Course – Monday 28<sup>th</sup> January, Maidenhead venue
- Real Leaders – Tuesday 29<sup>th</sup> January, Venue TBC
- PE Subject Lead Twilight – Wednesday 13<sup>th</sup> February, Wexham
- Cricket CPD – Wednesday 20<sup>th</sup> March, Venue tbc
- Tennis CPD – Thursday 21<sup>st</sup> March, Montem





# Family Funs at Littledown School

After the huge success of previous programmes, we have started our fifth after school Family Funs club which takes place every Wednesday. Well done to all the pupils and parents who are attending!

Each week the pupils and parents are set a physical challenge to do at home to work on their core fundamental skills.



## Wexham 'Girls Active' Leadership Programme

This term a group of Year 8 and 9 girls from Wexham School have been leading weekly physical activity sessions for Key Stage 1 and 2 girls from Wexham Court Primary School every Thursday afternoon after school.

The purpose of this programme is to get girls motivating and supporting other girls to develop positive experiences of participation in regular physical activity and it is proving to be a great success with over 20 young girls keen and eager to get active every week.

Four of the leaders from Wexham have now achieved their 'Youth Sport Award' from the Youth Sport Trust after accumulating 10 hours of voluntary coaching which is great for them to add to their profile.



**ENGLAND**  
SCHOOLBOYS UNDER 18  
v

**WALES**  
SCHOOLBOYS UNDER 18  
**A Centenary Shield match**

Competed for by all the 5 home nations annually.

**At ARBOUR PARK  
COMMUNITY STADIUM,  
SLOUGH**

**FRIDAY 8<sup>th</sup> MARCH 2019**  
**Kick Off 7 pm**

**This will be preceded by a Primary Schools  
Festival on the pitch at Slough**

**Tickets will be on sale in the new year  
- all schools will be circulated.**



# BOBiCATS

have arrived!

BOB the BOBiCat has arrived at Slough Town and he's on the look out for new boys and girls to come and play football at his new BOBiCats Football Centre!

This exciting new Centre provides young children with disabilities who are aged 4-8 with the opportunity to play regular, fun and engaging football.



Hi kids, I'm  
BOB the BOBiCat!



Date/Time:

Saturdays, 9:00am - 10:00am



Venue:

Arbour Park Community Stadium  
Stoke Road, Slough, SL2 5AY



Contact:

Kay Lathey (07792 126124)  
kay.lathey@gmail.com



To find out more about our new  
**BOBiCats Disability Football Centres**  
please contact Jonathan Coles at Berks  
& Bucks FA via **01235 558450** or email  
**Development@Berks-BucksFA.com**





# SLOUGH HOCKEY CAMP



## DATES FOR 2018/19

24<sup>th</sup> & 25<sup>th</sup> October '18

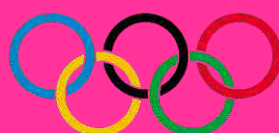


20<sup>th</sup> & 21<sup>st</sup> December '18 Indoor Camp

20<sup>th</sup> & 21<sup>st</sup> February '19

10<sup>th</sup> & 11<sup>th</sup> April '19

29<sup>th</sup> & 30<sup>th</sup> May '19



Run by former international  
& GB Olympian Kali Takher

Ages 8-12 & 13-17  
Boys and Girls

10am-4pm

1 day - £35  
2 days - £60



Fun and technical  
coaching for all  
abilities



Book early as places are limited. Application form available to download from:  
<http://www.pitchero.com/clubs/sloughhockeyclub>  
E-mail: [tickhockey@yahoo.co.uk](mailto:tickhockey@yahoo.co.uk) Or call: 07974809904 for more information

# Active Slough



OVER 100 HOURS OF ACTIVITY!

A programme of sport and physical activity! Regardless of age or ability there's something for everyone.

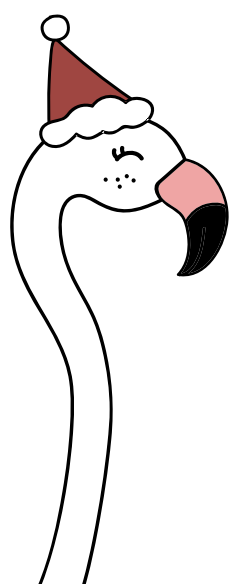
www.slough.gov.uk  
**Slough**  
Borough Council

**7 January to  
7 April 2019**



## Active Teen 12-17 years

Kayani Camp Boxing Club	MON 17.30-18.30	Britwell Centre, Wentworth Avenue, SL2 2DS	FREE	
Girl's Netball	MON 18.00-19.00	GDT Tennis Centre, Salt Hill Park, Bath Road, SL1 3SS	£2	
Basketball	MON 19.00-20.00	Lynch Hill Enterprise Academy, Stoke Road, SL2 5AA	£3	
Boy's After School Football	TUES 15.30-17.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£2	
Girl's Cricket	TUES 19.00-20.00	Britwell Youth & Community Project, Wentworth Avenue, SL2 2DH	FREE	
Judo	TUES 19.00-20.00	Singh Sabha Sports Centre, Stoke Poges Lane, SL1 3NY	£4	
Girl's Cricket	WED 16.30-18.00	Singh Sabha Sports Centre, Stoke Poges Lane, SL1 3NY	FREE	
Judo	WED 17.30-19.00	Montem Leisure Centre, Montem Lane, SL1 2QG	£4	
Junior Cricket (13-16yrs)	WED 18.30-20.00	Slough & Eton School, Ragstone Road, SL1 2PU	FREE	
Indoor Rugby	WED 18.00-19.00	Beechwood School, Long Readings Lane, SL2 1QE	FREE	
Table Tennis	THUR 17.15-19.15	Cippenham Table Tennis Club, Cippenham Lane, SL1 5AH	£3	
Teen Futsal	THUR 17.30-18.30	Ditton Park Academy, Kings Reach, SL3 7UX	£3	
Teen Football	THUR 18.00-19.00	Manor Park Muga, Villiers Road, SL2 1NP	FREE	
parkrun	SAT 09.00	Upton Court Park, Upton Court Road, SL3 7LU	FREE	
PALS Football	SAT 10.00-11.30	Arbour Park Stadium, Stoke Road, SL2 5AY	FREE	
Self Defence	SAT 10.30-12.00	Upton Lea Community Centre, Wexham Road, SL2 1NP	£2	
Parkour (12-15yrs)	SAT 12.45-13.45	The Orchard (Creative Academy), Stoke Poges Lane, SL1 3NY	★	
Jazz (12-17yrs)	SAT 12.45-13.45	The Orchard (Creative Academy), Stoke Poges Lane, SL1 3NY	FREE	
Teen Basketball (14+)	SAT 15.30-17.00	Langley College, Station Road, SL3 8BY	£2	
Open Session: Rowing & Kayaking	SUN 11.00-13.00	Jubilee Riverside Centre, Slough Road, SL1 2BP	£6	




















## Active Tots 2-5 years (must be accompanied by an adult)

Parent & Toddler Trampolining	MON-FRI 10.00-11.00	Salt Hill Activity Centre, Bath Road, SL1 3SS	£6	
Polar Cubs (Ice Skating)	TUE 11.00-12.00	Slough Ice Arena, Montem Lane, SL1 2QG	£4	
4 Your Future Soccer Academy	WED 18.30-19.30	Weekes Drive Community Centre, Tamarisk Way, SL1 2UW	£7.50	
Polar Cubs (Ice Skating)	THU 11.00-12.00	Slough Ice Arena, Montem Lane, SL1 2QG	£4	
Street Dance (3-6yrs)	SAT 10.15-11.25	The Orchard (Creative Academy), Stoke Poges Lane, SL1 3NY	★	
4 Your Future Soccer Academy	SAT 11.00-12.00	Weekes Drive Community Centre, Tamarisk Way, SL1 2UW	£7.50	
Parent & Toddler Trampolining	SAT 09.45-10.45	Salt Hill Activity Centre, Bath Road, SL1 3SS	£6	
Parent & Toddler Trampolining	SUN 09.45-10.45	Salt Hill Activity Centre, Bath Road, SL1 3SS	£6	











# Active Junior 5-11 years (must be accompanied by an adult)

Street Dance	MON 16.30-17.30	Langley Pavilion, Langley Road, SL3 8BS	£2	
Junior Hockey	MON 17.00-18.00	Willowbrook Centre, Eton, SL4 6HL	£3	
SSE Wildcats Girl's Football (5-9yrs)	MON 17.00-18.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£2	
Boy's Junior Football (5-12yrs)	MON 17.00-18.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£2	
4 Your Future Soccer Academy	MON 18.30-20.00	Powerleague, Ragstone Road, SL1 2PU	£7.50	
Judo	TUES 18.00-19.00	Singh Sabha Sports Centre, Stoke Poges Lane, SL1	£4	
BBFA Little Lions Football (5-7yrs)	WED 17.00-18.00	Willowbrook Centre, Eton, SL4 6HL	£1	
Junior Cricket (8-12yrs)	WED 17.30-18.30	Slough & Eton School, Ragstone Road, SL1 2PU	FREE	
Bhangra Dance 'Mum & Kids'	WED 19.00-20.00	Wexham Parish Hall, Norway Drive, SL2 5QP	£2	
Junior Cricket	THUR 16.15-17.45	Beechwood School, Long Readings Lane, SL2 1QE	FREE	
Family Fitness Camp	FRI 16.45-17.45	Willowbrook Centre, Eton, SL4 6HL	£3.50	
4 Your Future Soccer Academy	FRI 18.30-20.00	Powerleague, Ragstone Road, SL1 2PU	£7.50	
Street Dance (7-11yrs)	SAT 10.15-11.15	The Orchard (Creative Academy), Stoke Poges Lane, SL1 3NY	★	
Self Defence	SAT 10.30-12.00	Upton Lea Community Centre, Wexham Road, SL2	£2	
Parkour (7-11yrs)	SAT 11.30-12.30	The Orchard (Creative Academy), Stoke Poges Lane, SL1 3NY	★	
Junior Rugby (7-13yrs)	SUN 10.00-12.00	Slough Rugby Club, Upton Court Rd, SL3 7LT	£2	
Taekwondo	SUN 12.30-13.30	Slough & Eton School, Ragstone Road	£5	
























For more information about any of the Active Slough programmes contact us:

 [activeslough@slough.gov.uk](mailto:activeslough@slough.gov.uk)  
 01753 875784  
 [www.slough.gov.uk/activeslough](http://www.slough.gov.uk/activeslough)  
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# Active Life (low intensity activities for adults)

Healthy Walks	MON 10.00 (1st & 3rd Mon of month)	Salt Hill Park, Bath Road, SL1 3SS	FREE	
Healthy Walks	MON 10.00 (2nd & 4th Mon of month)	Upton Court Park, Upton Court Road, SL3 7LU	FREE	
Seated Exercise	MON 14.45-15.15	Cippenham Library, Elmshott Lane, SL1 5RB	£1	
Yoga	MON 17.00-18.00	Chalvey Community Centre, The Green, SL1 2SP	£2	
Healthy Walks	TUES 10.00	Black Park, Black Park Road, SL3 6JJ	FREE	
Classic Aerobics	TUES 09.45-10.45	Langley Pavilion, Langley Road, SL3 8BS	£3	
Yoga	TUES 10.45-11.45	Britwell Centre, Wentworth Avenue, SL2 2DS	£2	
Yoga	TUES 11.00-12.00	Brook House, Chalvey, SL1 2TX	£1	
Healthy Walks	WED 10.00	Grand Union Canal, Red Lion Car Park, SL3 7EN	FREE	
Seated Exercise	WED 10.30-11.00	The Curve, 1 William Street, Slough SL1 1XY	FREE	
Walking Football	WED 11.00-12.00	Arbour Park Stadium, Stoke Road, SL2 5AY	£3	
Seated Exercise	WED 12.15-12.45	Polish Roman Catholic Church, Pitts Road, SL1 3XH	£1	
No Strings Badminton	WED 18.00-19.00	Montem Leisure Centre, Montem Lane, SL1 2QG	£2	
Pilates	THUR 14.45-15.45	Britwell Parish Hall, Long Furlong Drive SL2 2PH	£2	
Healthy Walks	THUR 10.00	Salt Hill Park, Bath Road, SL1 3SS	FREE	
Yogalates	THUR 10.00-11.00	Upton Lea Community Centre, Wexham Road, SL2	£2	
Seated Exercise	THUR 12.30-13.00	Colnbrook Village Hall, Vicarage Way, SL3 0RF	£1	
Pilates	THUR 11.00-12.00	Manor Park Community Centre, Villiers Road, SL2	£2	
Yoga	THUR 17.00-18.00	29 Church Street Resource Centre, Church St, SL1 1	£2	
Seated Exercise	FRI 10.30-11.00	The Curve, 1 William Street, Slough SL1 1XY	FREE	
Pilates	FRI 17.00-18.00	Chalvey Community Centre, The Green, SL1 2SP	£2	
Healthy Walks	SAT 10.00 (2nd & 4th Sun of month)	Upton Court Park, Upton Court Road, SL3 7LU	FREE	
Yoga	SAT 10.30-11.30	Langley Pavilion, Langley Road, SL3 8BS	£2	