

# RELAY

SLOUGH  
SCHOOL SPORT NETWORK

enjoy, participate, succeed

The newsletter for the Slough School Sport Network

July 2018

"On behalf of the Network I would just like to wish you all a wonderfully relaxing summer break and in particular wish Caz Nolder, PE Subject Leader at Castleview Primary School, a very relaxing retirement! Caz has been part of the furniture for school sport in Slough for as long as I have been here and many years prior too, her passion, enthusiasm and smile will be missed by us all very much and Caz we wish you an amazing retirement and thank you massively for everything you have done to inspire young people not only at Castleview through PE and sport.....you are one in a million and will be missed greatly!"

-Laura



## Castleview - Victory at last and a fond farewell!

We have entered teams in as many Network competitions as we could possibly manage this year to meet the criterion of greater opportunity for the less active and many more of our children have benefited from this approach. Those participation medals round their necks after each competition have meant a great deal more than merely winning!

However, over the years we have always striven to compete to win in Kwik Cricket competitions and it is in this sport that we have had our best results with several county qualifications, a couple of regional representations and one National Championship. This year, however, we were deprived of our Year 6 players for a residential trip on the day of the Kwik Cricket event and our Year 5 team gamely struggled through their group but faded fast against



better opposition in the Quarter Final.

But all was not lost! Our newly recruited Year 4 team came to the rescue with a stunning performance at the Y3/4 Kwik event, winning every match through to a Final against Western House. A very exciting experience indeed, for they set about business immediately, scoring 96 runs and setting the opposition an impossible target against their equally determined bowling and fielding. Worthy winners and we are very proud of them! Our first Gold Medals of the season!

A particularly poignant day for their teacher and coach as I am finally retiring after 20 years at Castleview.

### A Short History

Slough School Sport has come a long way since I

**Continued on page 2...**

**Have a fantastic sporting summer!**



# Castlevew - continued from front page

joined the fray in 1998 - a time when the Network wasn't even a twinkle in Government eyes!

A few secondary and primary teachers got together with the Slough Sports Development Officer

I have so enjoyed being a part of the SSSN and am delighted that Castlevew has reached Gold standard in the School Games awards. Long may the organisation continue to work its magic on our

community of schools in Slough.

For myself, I know I am leaving Castlevew PE in the good hands of Charlie Barton who many of you already know quite well. It remains only for me to say goodbye to all of you with whom I have worked and wish you continuing success in all your sporting endeavours.

One footnote: Do not think that the cricket field is now wide open - Charlie is on the case with a very promising team of Gold winning Year 4s moving into Year 5 for next year!

- Caz Nolder  
July 2018



of the day, Emma Fitzgerald, and decided we needed to create more of a sports community across the Borough - several meetings at TVAC resulted in the inauguration of the Slough PE Development Organisation, which was still in its infancy when national funding suddenly became available and we were swiftly superseded by the new School Sports Partnership.

Slough school sport began to flourish with more inter-school competition and the introduction of SPOs - designated secondary teachers linked with primary schools to foster and support their PE staff. Some of you, I'm sure will recall the last SDM, Nadeen, who's retirement made way for the arrival of one Laura Fear - a significant moment because soon the scene was about to change and it looked as if funding would be withdrawn altogether leaving the Sports Partnerships high and dry.

Laura took up cudgels and fought tooth and nail, successfully finding sponsors 'to keep the show on the road', through sheer determination and a firm belief in the product. Between Laura (Fear) Brookstein and Laura Goodall's unstinting efforts, the establishment of the SSSN, the arrival of realPE and the Sainsbury's School Games Mark we have come a long way in Slough school sport.

Young people aged 11-19 (up to 25 with LDD) who live in Slough can be nominated for an award in our 6 categories including the Slough Voluntary Sector Young Volunteer Award

Returning 8th of November

**SLOUGH YOUTH AWARDS**

**NOMINATE NOW**

@ [www.slough.gov.uk/SYA](http://www.slough.gov.uk/SYA)

For general enquiries or if you are interested in sponsorship opportunities contact us

01753 875510  
[sloughforyouth@slough.gov.uk](mailto:sloughforyouth@slough.gov.uk)

THE CURVE sloughcvs Slough Council

# Spring Round-up

## Competition Corner

Spring was a busy term with Primary competitions including Hockey, New Age Kurling, High 5 Netball, as well as some festivals such as the Tag Rugby, Change 4 Life and All Stars Cricket.

There were three competitions for the secondary schools starting with the indoor rowing where Langley Academy and St Bernard's dominated.

In the Year 7&8 Girls football competition Langley Academy progressed onto Berkshire School Games. The Boccia was a very small competition of 5 teams from Arbour Vale and Eden Girls Schools. Lots of matches for everyone with Arbour Vale progressing through to the Berkshire School Finals.

### Primary competitions

**Infant Legacy** - Over 100 infants from 10 schools taking part in this event where teams made their way around different activity stations.

**In 2 Hockey** - 160 pupils taking part in this popular competition. Fantastic young leaders from Langley Grammar who umpired the matches. Winning teams to go through to Berkshire School Games were Lynch Hill and Western House.

**New Age Kurling** - 15 teams from across 10 schools. This competition was great and was a first sporting competition for many of the young people who took part. Hosted by Eden Girls school, the leaders from the school were excellent in running the matches. A very close final to finish with Western House winning and going



through to finals in the summer.

**Tag Rugby** - with 30 teams taking part across the age groups this is by far our biggest event. Postponed due to snow the festival finally took place at Slough Rugby Club with 289 participants. Schools were selected to go to Berkshire Schools Games based on who demonstrated TREDs values best. Iqra and Holy Family were picked to represent Slough.

**High 5 Netball** - 20 teams from 15 schools meant this competition was very popular with 168 young people taking part. Hosted by Langley Grammar with leaders from both Langley Grammar and Slough & Eton this event. The winning school was Montem who progressed to the Berkshire Finals.

**Change 4 Life Festival** - Almost 100 year 3&4 pupils from 9 different schools took part in this festival at Langley Academy. The schools went around different activity skills stations including a healthy eating station.

**All Stars Cricket Festival** - Berkshire Cricket delivered an excellent festival with a morning and afternoon session so 123 infants could take part.

### Secondary Competitions

**Indoor Rowing** - once again held at The Langley Academy and organised by Nigel Weare. 4 schools took part with 6 new records and every school coming home with a medal. St Bernards emerged as winners for the girls teams and The Langley Academy were victorious in the boys teams.

**Boccia** - A very small competition of 5 teams from Arbour Vale and Eden Girls Schools. Lots of

## Spring Round-up (continued)

matches for everyone with Arbour Vale progressing through to the Berkshire School Finals.

Yr 7 & 8 Girls Football - 9 schools took part with 97 girls between them. Hosted and refereed by leaders from Wexham School. Winning school was Langley Academy who went through to Berkshire School Games.

### Berkshire School Games - Bisham Abbey - 21st March 2018

There was a good Slough representation at Bisham Abbey for the Winter Games. A number of schools were successful in medalling:

#### Gold Medals:

Boccia for Arbour Vale  
Polybat for Arbour Vale

#### Silver Medals:

Smash Badminton - Lynch Hill Primary  
Boccia - Littledown  
Year 7 Netball - St Bernards

#### Bronze Medals:

Girls Football (Yrs7/8) - Langley Academy  
Hi Five Netball - Montem  
Sportshall Athletics (Yr 3/4) - Lynch Hill



Competition  
Corner

## Summer Round-up

The summer term has been jammed packed with nearly 2-3 competitions every week with lots of progressive competitions to schedule in before the Berkshire School Games.

The term kicked off with Infant Athletics with nearly 100 year 1&2 pupils taking part in a circuit of athletics activities at St Joseph's School.

The first Mini Tennis competition for years 3&4 came next with Lynch Hill just beating Godolphin Juniors to a place at Berkshire School Games. A week later at the Orienteering competition Godolphin Juniors ended up narrowly taking the Gold from Lynch Hill and going through to school games.



The ever popular Quad kids took place on a sunny day at Langley Grammar school with 15 schools taking part. Lynch Hill and Western House topped the results and went through to Berkshire School Games.



The cycling competition finally took place at the end of May after being arranged twice due to poor weather. The sun was finally shining as four schools took on the twisty cycle track at Marish Primary. Godolphin Juniors and Iqra dominated and were joint leaders going into the relay where Godolphin just took the Gold.

The first of the cricket events at Slough Cricket club was Yr. 3&4 Cricket Skills. Over 170 pupils took part in morning and afternoon sessions run by Berkshire Cricket. Best points of the day were from Priory and



## Summer Round-up (continued)

Penn Wood. The next two cricket competitions were both qualifiers for the Berkshire School Games with a lot of high quality Kwik Cricket taking place.



The mixed competition had 18 teams taking part across 13 schools with winners Lynch Hill and Montem going through to the Level 3 competition. The girls' competition involved over 100 girls across 11 teams. The winners going through to level 3 are Lynch Hill and Western House. The final competition for year 3&4 wasn't a progressive to level 3 but still had 12 teams taking part with Castleview taking home the gold.

After half term we ran our first ever Tee ball festival for Year 1&2 which was a great success and saw over 70 participants go around a circuit of activities related to tee ball and softball.



The last two progressive competitions before Berkshire School Games were the Tri Golf at Wexham Golf Club with Western House & Montem going through and the Year 5/6 Tennis at Salt Hill Park with Western House winning the tournament.

Only two secondary competitions took place over June. First was Quad kids for Year 7 where nearly 100 pupils took part in a separate boys and girls competition at Herschel Grammar. St Bernard's took gold for the boys with girls have a draw for first place with Westgate and St Bernard's. Next up was New Age

Kurling and with only two schools, Arbour Vale and Eden Girls involved in this competition it meant that the 4 teams all played each other. The winning school Arbour Vale progressed onto the Berkshire School Games.



### Berkshire School Games - Bisham Abbey - 27th June 2018

We had a large Slough representation at Bisham Abbey for the Summer Games. A number of schools were successful in medalling:

**Gold:**

Arbour Vale - New Age Kurling; Lynch Hill - Year 3&4 Tennis; Western House - Year 5&6 Tennis; St Bernard's - Year 9&10 Girls Indoor Rowing; Langley Academy - Year 7&8 Boys Indoor Rowing

**Silver:**

Western House - New Age Kurling; Arbour Vale & St Joseph's - Unified Basketball; St Bernard's - Year 7&8 Girls Indoor Rowing

**Bronze:**

Penn Wood - Cricket Skills Year 3&4; Langley Academy - Year 9&10 Boys Indoor Rowing

# Iqra Sports News

## Try Golf

Pupils took part in a fun Golf festival being hosted at Slough Golf club. The pupils went around 8 different stations having a go at various different activities. All the pupils had a great time.



## Skate Boarding

"Super cool, this is so much fun!" Year 6 pupils had a chance to try out Skateboarding. A professional Skateboarding coach came to the school and gave a master class on how to stand and ride a board. All the pupils loved it and can't wait for their next session.

## Chance to Shine - Cricket Programme



Iqra is hosting the Chance to Shine Cricket programme. The concept is to introduce as many children to the game of Cricket in a fun action



packed way. Pupils are having coaching from a professional Cricket coach. They are learning all the skills necessary to play the game, but the most important

thing is that they are having fun.

## The FA. Skills programme

Pupils in year 5 are enjoying taking part in the professional Football coaching sessions. The pupils are learning all about different skills, fair play and leadership qualities. The pupils are building up to a mini competition and trying to improve on their own personal goals. Let's see which team wins?



## Kwik Cricket

Pupils from years 3,4,5,6 went to the Kwik Cricket festival at Slough Cricket Club.

The pupils had to play matches against other schools. Everyone had a great time and played really well.



## Berkshire School Games - Change 4 Life

Pupils represented Slough in the Berkshire School games being hosted at Bisham Abbey. The pupils were invited as they had shown outstanding attributes in fair play and sportsman ship. The pupils had an amazing time and were proud to represent Iqra at the games.



## Berkshire School Games - Tag Rugby

Iqra represented Slough in the Berkshire School Games county finals being hosted at Bisham Abbey. The pupils were selected for their fair play and sportsman ship in the S.S.S.N. Tag Rugby competition. The pupils were really proud to represent not only the school but also their county. Everyone had an amazing day and really enjoyed the experience.



# Littledown School Sporting Updates 2018

Over the year, pupils at Littledown School have been involved in a variety of sporting activities. These have included reward visits, curriculum activities, after school clubs and special days.



Reward activities and curriculum activities included; horse riding, ice skating, swimming, mini golf, golf lessons and street dance.

Pupils really enjoy taking part in these activities and it's great to see them participating in activities that they may not always have the chance to do out of school.

The year 6 pupils took part in a New Age Kurling tournament which they thoroughly enjoyed.

Year 5 pupils took part in a Boccia competition where they



qualified in the Slough heats and went on to represent Berkshire and came second. Congratulations to year 5!

Year 6 took part in a "Quad Kids" Athletics competition. They tried lots of sports, such as long jump, sprinting, distance racing and throwing events. The boys had lots of fun and competed hard!

Through the Slough Sports Network Littledown has worked with an Athletics coach and staff took part a twilight session on Yoga.



Littledown have continued to run their after school Family Funs club. Well done to all the pupils and parents who have participated! We will be running our next course in September.



# Youth awards return to the Curve

Slough Youth awards returns to the Curve on 8th November. This exciting event aims to celebrate and recognise the massive contributions young people make to our community and will also include performances showcasing the amazing talent of local young people.

Nominations are now open and young people aged 11-19 (up to 25 with learning difficulties or disabilities) who live in Slough can be nominated. There are six award categories: Young Artist, Sportsperson,

Inspiration, Environmentalist, Entrepreneur and Volunteer, groups can be nominated in most categories except volunteer and inspiration.

We hope that you will feel inspired to nominate young people for an award ensuring they receive the wider recognition that their achievements deserve.

To find out more or to nominate a young person please visit [www.slough.gov.uk/SYA](http://www.slough.gov.uk/SYA). Entry is free and via short web form, the nomination deadline is 21st September.

# Standing up for better health



## ACTIVE MOVEMENT

Active Movement, the pioneering new behaviour-change programme that reduces sitting time and adds movement to everyday routine in school and at home, is completing its first year across schools in Slough.

Developed by sports medicine expert Dr Mike Loosemore MBE, the concept recognises that countering children's increasing sedentary behaviour by integrating movement into classrooms, lessons, the school environment and homelife can have significant effect on physical and mental well-being energy levels, attainment and even obesity.

Schools as diverse as Wexham and Eden Girls Secondary, Castlevie, Claycots, Wexham Court Primary and Montem Academy plus Chalvey Grove Children's Centre have all undertaken elements of the 12-month programme designed for the respective age groups yet linked to ensure the behaviour



change is maintained throughout childhood.

Regular changes in class such as standing up to answer questions, has been complemented by walks between schools, special SATs support, active reading events, homeworks, and challenges.

Children are even selected to help drive the programme in class. Schools are also connected as seen by the creation of the Active Walk at the Salt Hill Playday event on August 1st for all to attend.

Feedback from all participants have shown the programme to be fun and easy to implement as well as improvements in energy, concentration, behaviour and activity levels.

As a result, further Slough schools are to be involved in the programme as of September.

# Owzat for a great day!

We arrived at Eton College at 1:30 on the 12th June to what was a beautiful day and setting. We didn't have long to prepare and swiftly played our first game against Holyport.

We won the toss and elected to bat first. Holyport, considering their small year group size showed great endeavour but Herschel Grammar School batted well scoring 96-0 in 7 overs with four of our batsmen retiring at 20.

In the second innings HGS showed excellent consistency with the ball and bowled our opponents out for 36.

Our second game was against Ditton Park Academy. We knew this would be a sterner test and we would have to perform towards our best to come out victorious. We batted first and scored 87-0 in 7 overs. Again, we showed our skill set in the field and our squad depth.

With the format being that every outfield player had to bowl 1 over many teams found this a struggle and is one of the major contributing factors to our success on the day. We managed to restrict Ditton Park to 40 in their 7 overs.

After our second game we paused for lunch. Eton put on a great selection and it was nice to meet players from other schools. Following lunch we played our final pool game against Beechwood.

For the third time in three games we altered the batting order so to allow everyone a chance to get to the retirement score of 20. The change in order did not seem to effect the outcome however, with HGS getting 86-0 in 7 overs. Jaskaran achieving the retirement score in an unbelievable 4 balls; hitting 3 fours and 1 six (which counted for 8 in this format).

We then continued our good bowling to bowl Beechwood out for 16.

In the final, we played Langley Grammar School who topped their group.

LGS won the toss and opted to bat first. This would provide a different challenge for us and in our previous matches we had set a target. Herschel bowled well and managed to reduce Langley to 46 in their 7 overs.

The established opening pair of Huzaifa Yousafza and Huraira Arif then went out and batted in their accustomed aggressive style and chased the total down in 4 overs and won the tournament.

It was a really enjoyable day and for us to go through the tournament not losing a single wicket is something we are very proud of. It was a proud moment to go up and receive the Eton 8 aside trophy and proud for the school to be champions of the inaugural competition.

**Huzaifa Yousafzai 8H**



Slough RFC will be hosting a 'Kids First' coaching evening and curry night on Friday 31st August to share good food and good practice with local rugby coaches and PE teachers.



## KIDS FIRST Coaching Evening and Curry Night for all involved in youth rugby U7-13s Friday 31<sup>st</sup> August 2018 7pm @ Slough RFC



Join us for good food and great discussion on:

- Providing a safe and enjoyable environment where children can learn, build confidence and character
- Coaching through games to develop creativity and core skills in individual players
- Championing the Core Values, inspiring a lifelong bond between children, adults and our sport
- Providing equal opportunity and realistic expectations of our children and their parents
- How to deal with difficult situations, and challenging behaviour
- Transitioning through age grades
- Engaging with parents
- Putting children at the heart of everything we do

Aimed mostly at school yrs 3- 8 but older age group coaches are also welcome. For further details or if this is something you would be interested in attending, please contact: maryblumbers@gmail.com

Slough RFC, Upton Court Park, Slough SL3 7LT  
For details and RSVP: maryblumbers@gmail.com

### During the school summer holidays Slough Borough Council's Active Slough team will be delivering sport and physical activity sessions.

All of the sessions are free to attend for all children aged 5-16 years old. Children under the age of 8 must be accompanied by an adult for the duration of the session.

All of the sessions are weather dependent. Please keep up-to-date via our social media pages or if in doubt give us a call on the day.

Multi-sports could include any of the following activities: football, rounders, kwik cricket, netball, frisbee golf, basketball or orienteering.

These sessions will run alongside the existing Active Slough programme.

*Special thank you to Decathlon Slough who are very kindly donating equipment to support the programme.*

### For more information on any of the sessions, please contact Active Slough:

01753 875784

activeslough@slough.gov.uk

www.slough.gov.uk/activeslough

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**DECATHLON**

**Active Slough**



## School's out!



Monday 23 July - Friday 31 August 2018

Monday	Langley Memorial Park, SL3 8HF	13.00-14.30	Multi-sports
	Arbour Park Stadium, SL2 5AY	16.00-17.00	Girls Football 5-16yrs
Tuesday	Salt Hill Park, SL2 3SS	13.00-14.30	Multi-sports
	Arbour Park Stadium, SL2 5AY	15.00-16.30	Boys Football 11-16yrs
Wednesday	Monksfield Recreation Ground, SL2 1QT	13.00-14.30	Multi-sports
	Arbour Park Stadium, SL2 5AY	14.00-15.00	Boys Football 5-11yrs
	Britwell Parish Hall, SL2 2PH	17.00-18.00	Boys Boxing 11-17yrs
Thursday	Mercian Way Recreation Ground, SL1 5UH	13.00-14.30	Multi-sports
Friday	The Cherries Green Space, SL2 5TS	13.00-14.30	Multi-sports
	Monksfield Recreation Ground, SL2 1QT	13.00-14.30	Multi-sports
	Arbour Park Stadium, SL2 5AY	17.00-18.00	Boys Football 11-16yrs



No need to book in advance, simply turn up in sportswear and bring a drink.



# SPORTS EDUCATION WEEK

13TH - 28TH OCTOBER 2018



## YOUR WEEK TO R.I.S.E!

Reach your potential. Inspire new participants.  
Sustain your club. Expand your skills.



✉ mekaya.gittens@getberkshireactive.org ☎ 01628 472 851 🐦 @GetBerksActive

👉 [www.getberkshireactive.org](http://www.getberkshireactive.org)

### SPORTS EDUCATION WEEK | 13th OCT - 28th OCT

Course Name	Venue	Date	Time	Cost
Level 2 Award in Multi-Skills Development in Sport	Cotswold Leisure Centre, West Berkshire	13/10/18 14/10/18 17/11/18	10:00:00 - 18:00	£175 - £230
KS1/2 Invasion Games (Teacher Course)	Great Kingshill Primary	15/10/2018	12:00 - 14:00	£25
Safeguarding and Protecting Children Workshop	Park House School, Newbury	15/10/2018	18:30 - 21:30	£36
Youth Mental Health First Aid	Britwell Community Centre, Slough	15/10/2018	17:00 - 20:00	£25
Coaching and supporting people with a neurological disability	Stoke Mandeville Stadium	16/10/2018	18:30 - 21:00	£25
KS2 Gymnastics (Teacher Course)	Stokemandeville Stadium	16/10/2018	12:00 - 14:00	£25
KS3/4 Volleyball (Teacher Course)	TBC (Wycombe District)	16/10/2018	17:00 - 19:00	£25
How to Introduce the FUNDamentals in Sport	Katesgrove Children Centre, Reading	16/10/2018	17:00 - 20:00	£20
Managing Challenging Behaviour	Coley Park Community Centre, Reading	17/10/2018	18:00 - 21:00	£25
KS2 Gymnastics (Teacher Course)	Great Kingshill Primary	17/10/2018	12:00 - 14:00	£25
KS3/4 Volleyball (Teacher Course)	TBC - Aylesbury	17/10/2018	17:00 - 19:00	£25
KS1/2 Invasion Games (Teacher Course)	Stokemandeville Stadium	18/10/2018	12:00 - 14:00	£25

For a full list of courses, and further information visit our website at [www.getberkshireactive.org](http://www.getberkshireactive.org)

### SPORTS EDUCATION WEEK | 13th OCT - 28th OCT

Course Name	Venue	Date	Time	Cost
UKCC Level 1 Badminton Coaching Course	Wycombe Leisure Centre	20/10/18 - 21/10/18 - 04/11/18	09:30 - 16:30	£225
Safeguarding and Protecting Children	Bisham Abbey NSC	21/10/2018	09:30 - 12:30	£40
Time to Listen: Welfare Officer Training	Bisham Abbey National Sports Centre	21/10/2018	13:00 - 16:00	£36
Volleyball Activator Course	Trinity School, Newbury	21/10/2018	11:00 - 15:00	£45
How to coach the fundamentals of movement	Wycombe Leisure Centre	22/10/2018	18:30 - 21:30	£25
National Pool Lifeguard Qualification Course	Wycombe Leisure Centre	22/10/18 - 26/10/18 (Exam 27/10/18)	09:00 - 17:00	£200 - £240
Managing Challenging Behaviour	Britwell Community Centre, Slough	24/10/2018	17:00 - 20:00	£25
NUCO First Aid In Sport	Park House School, Newbury	25/10/2018	18:30 - 21:30	£36
Safeguarding and Protecting Children	The Hub, High Wycombe	25/10/2018	19:00 - 22:00	£40
Youth Mental Health First Aid	TBC - Reading	25/10/2018	18:00 - 21:00	£25
Wheelchair Basketball Grade 1	Kennet Leisure Centre, Thatcham	27/10/18 - 28/10/18	10:00 - 18:00	£165
Emergency First Aid	The Hub, High Wycombe	28/10/2018	09:30 - 13:30	£60
BOX Instructor Course	Windsor Leisure Centre, Windsor	TBC	10:00 - 18:00	£100

For a full list of courses, and further information visit our website at [www.getberkshireactive.org](http://www.getberkshireactive.org)

Get Berkshire Active and Active-In are leading on this jam packed programme, which involves a variety of sport specific courses, workshops and events!

Are you a sports coach, volunteer, club, leader, teacher, professional or officer? Or aspiring to be one? If so, then our Sports Education Week is for you!



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👉 [www.getberkshireactive.org](http://www.getberkshireactive.org)