



Over The Bar



2020-21
ISSUE 1
SEP-DEC
JB, AA, BA

Sheffield Skipathon 2020-21



In November over 70 Schools in Sheffield signed up to be part of the #SheffieldSchoolsSkipathon.

HBJ were with a few others right at the front of the queue with Mr. Adebola even doing a [promo video](#)! A few HBJ pictures even featured in the Sheffield Star (23rd Nov).

Throughout the week each day focused on one of the 5 ways to wellbeing: Learn, Connect, Take Notice, Give and Be Active.

Videos were shown to allow beginners and advanced skippers the chance to develop and beginner [Effie C](#) in J2 wowed Mr. Adebola and J7 with her side swing skills.

It was amazing to see so many pupils across Sheffield getting involved and it's estimated that 16,000 children took part in Skipping week across the city.

A huge thank you must go to Chris and Jodi at the Skipping School as well as the Sheffield Schools Get Active group (including our very own Points Learning Network).

The success of the Skipathon will hopefully mean that the Sheffield Schools Skipathon is likely to become an annual event. We're already looking forward to what we can learn for next year.

Seventeen children competed from HBJ at the first race of 2020/2021 **Schools Orienteering** at Shirebrook nature reserve. It was great to see five new Year 3's competing and giving it a go!

Evan S had a fantastic run and won the Year 4 Boys' category. Jack B had his best run yet and came 2nd in the Year 5 Boys'. Other top results were Esme C who came 4th and Lucy Laura M who came 6th in the Year 5 Girls' run. Rory K came 6th in the Year 6 Boys' run.

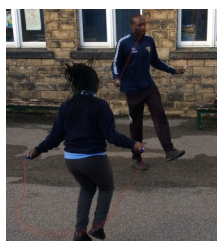
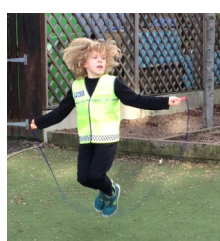
League events happen on Saturdays and can be signed up for using this link: [SYO entries](#). When all returns to "semi-normal" we would love to get more Hunters Bar children competing! (Jack Year 5)

Bikeability

In October 36 pupils from Year 6 took part in Bikeability, a cycle training programme aimed at pupils gaining practical skills and understanding how to cycle on today's roads.

HBJ pupils had the option to join three different groups; Learn to ride, Level 1 (developing cycle handling and prepare riders for cycling on the road in an off-road environment) and Level 2 (developing riders' skills and confidence for cycling on single-lane roads and simple junctions with moderate motor traffic flows).

Bikeability gives pupils the skills and confidence for all kinds of cycling and hopefully we've helped prepare some of our pupils to deal with short journeys such as cycling to the local shops or to school!



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4 life
Eat well Move more Live longer

Did you know...

You'll find traffic light labels on most food & drink. These labels use red, amber & green colour coding to help us understand what's inside our food so we can make healthier choices when shopping.

There is also a Change4Life food scanning app for [Apple](#) & [Android](#) devices. Just find a food or drink barcode to quickly see what's inside. You might be surprised by what you find!



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Interactive News

Did you know that our newsletter has been upgraded and now includes Hyperlinks? (An icon, graphic, or text that links to another file or object)

Try clicking on some of the pictures or text that is underlined to see if it takes you to a website that can give you further information. Why not try it out below.



Sheffield's sweet enough

'Sheffield's Sweet Enough' is an exciting initiative aimed at helping our children, young people and families reduce their intake of sugar. Using compelling facts and ideas for simple food swaps, it is designed to help schools, families, community workers and businesses to make a pledge to cut down on sugar.

A range of materials, available to download free on the website. Pupils are invited to become 'Sugar Detectives'. The content is designed to help children learn more about the different types of sugar, how much is too much, the worst food and drink culprits, and how they can make healthier choices.

Check it out via the dedicated website here:



HBJ Football Update

Sheffield Boys' Trials

Eight pupils from HBJ were invited in July to trial with the U11 (current Year 6's) and U12 (current Year 7's) squads at the end of the 2019-20 academic year. The trials took place in October with the U11 trials having over 130 pupils sign up to attend. Congratulations to Jamie C in Year 6 who was selected for the final U11 squad.

McDonald's Fun Football Centres

Fun Football is back! McDonalds partnered with The FA to run a series of free football sessions for kids aged 5-11 with sessions taking place over the summer until Sun 11 Oct. Sessions included one hour coaching each week from FA-qualified coaches. They were mainly aimed at children who weren't currently playing although everyone was welcome and the sessions focused on footballing technique.

Ameer (Year 5)

I have been attending the McDonald's sponsored football training sessions at Goals Soccer Centre. It is fun and lasts an hour each Saturday. The coaches are very nice and help you if you can't do something. We have learnt skills for the first half of the session and for the last half we have a football match. There are a good mix of boys and girls from different parts of Sheffield. I would rate it 3/5 stars because the age groups could be split into older and smaller children to make it fairer.



HBJ Sports Council

Sports Councillors hold a very important role within school sports at HBJ. As well as giving their insights into sport/PE lessons they are also a focal point for pupils within their class to share their sporting information and ideas (to then share with Mr. Adebola). After a PE lesson they give the teacher 30 seconds of feedback to explain understanding of the learning question and if they thought it was achieved as well as letting staff know what they enjoyed and anything they felt can be improved.

Currently councillors are helping Mr Adebola look at breaking down the school curriculum in socially distanced meetings.

J1-BS

J4-LB

J7-HK

J10-GH

J2-AB

J5-HH

J8-AA

J11-LF

J3-AG

J6-CMF

J9-CC

J12-SM

