



# Over The Bar



2019-20  
ISSUE 1  
SEP-DEC  
AF & DW

## British Orienteering Champions!

As you may know, our school is one of the best in the country at orienteering. In the past we have been awarded many trophies. And yet again, the orienteers returned from a British championship with silverware.

On Sunday 17th of November, 16 pupils from Years 3-6 travelled to Slough to compete in the British Schools Orienteering Championships.

The competition is an excellent opportunity to compete at a large, national event.

Our year 6 girls came first and our year 6 boys came painfully close to a bronze medal.

The year 5 girls did not have a

full team, however the pair that did compete, came 7th; an incredible score since they had not done much orienteering before. The Year 5 boys came 4th, trying their very hardest to achieve their goal.

Everyone who competed scored points. When added up, those scores helped HBJ in becoming British Orienteering Champions!

We would like to congratulate all the pupils that competed as together we all became British Orienteering Champions, something that we can be very proud of!



This year we have had the pleasure of inviting Sheffield United Community Foundation into HBJ. Some of our pupils have been able to enjoy having them teach us on a regular basis.

Our Year 5 pupils were taught about healthy lifestyles with the *Move and Learn, Health and Exercise Programme* at the start of the year. Year 4 and 6 students have had coaches from SUCF delivering the *Premier League Primary Stars project*. They have helped us develop lots of skills in Handball. We are very grateful for their time and support that they have given to our pupils.

## HBJ making a racquet!

Over this term Hunters Bar Juniors have had pupils compete in Badminton (Year 6) and Table Tennis tournaments hosted by the Sheffield Federation for School Sports (SFSS). As well as this we have a Tennis and Squash lunchtime club and have had a Badminton after-school club hosted by Mrs. Amin and Mr. Adebola for pupils who declared an interest in competing for the school. There will be opportunities in the new year for pupils to take part in Table Tennis and Badminton...watch this space...



change  
4 life  
Eat well Move more Live longer

Did you know a MacDonald's Strawberry milkshake has 74 grams of sugar in it (20 sugar cubes!!). A Starbucks caramel hot chocolate has 94 grams of sugar in it (25 sugar cubes!!).

The maximum recommended daily intake of sugar for a 4-6 year old is 19 grams (5 sugar cubes), a 7-10 year should have no more than 24 grams (6 sugar cubes) and for 11+ you should have no more than 30 grams (7 sugar cubes).



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## Sports news and information

We have been updating our school sports page on the Hunters Bar Juniors website.

Pupils have been writing about the events we have been going to and this information is available on the sports page by clicking this hyperlink.

### PE and Sport News

For all the latest news, check out our [School Games website](http://www.huntersbarjunior.co.uk).

You can also check out our sports newsletter publication below.

Go and visit [www.huntersbarjunior.co.uk](http://www.huntersbarjunior.co.uk) and see what else we've been doing.

### Up and coming Sports Events

**Bouldering-Competition-7th Jan**

**Orienteering-Whirlow brook hall-11th Jan**

**Gymnastics- Ponds Forge-17th Jan**

**Y6 Football Vs Nether Edge-24th Jan**

**Cross Country 6-Norfolk park-25th Jan**

**Cross Country 7-Concord park-8th Feb**

**Orienteering-Botanical Gardens-8th Feb**

**Y3/4 Football festival-26th Feb**

**Table Tennis Event-28th Feb**

**Cross Country Championship-29th Feb**

**Aqua Festival 4/5th Mar**

## HBJ Football Update

### ESFA Cup

On Thursday 3rd October HBJ took the Year 3/4 boys and girls to compete at Concord in the ESFA cup. Throughout the tournament, both the girls and boys only conceded one goal and both teams qualified for the next round on the 23rd of October at Goals Sheffield. This proved to be a tougher test for both teams, with the girls going out in the group stages and the boys losing in the semi-final to Ecclesall 1-0. Both teams should be really proud of their achievements and the fantastic way they played throughout the tournament.

### Premier League Schools Cup

On October 23rd, the Premier League Schools Cup gave our Year 5 and 6 pupils a chance to represent HBJ. The mixed team played 11 games and sailed through the group stages joint top with St. Maries. They went through to the quarter finals where they had a tough game against Montenev Juniors who we had beaten 1-0 in the group stages. Montenev changed their playing style and managed to grab a 0-0 draw. Penalties followed and then sudden death penalties and unfortunately this would be there undoing.

The girls started the day winning their first game with only 4 players against 6! From that point, on they began to grow in confidence with some fantastic performances. They made it to the Semi-finals against Montenev Juniors where they lost 3-0 although they had some good chances to take something from the game. A learning experience for both teams. They can both be very proud of themselves with some fantastic football being played on the day.



## Lunch time and after school clubs

Hunters bar Juniors give pupils a lot of opportunities for extra curricular sport and activities during lunchtimes and after school. This is often the perfect opportunity for pupils to take part in what they love in the form of a club. We run many clubs such as Gymnastics, Just Dance, "Jammy Dodgers" Dodgeball Club, Cross Country, French, Makaton, Times Table Rock-stars and Art club to name a few. At Just Dance you get the perfect opportunity to show off your skills on the dance floor and dance along to some of your favourite tunes with one week being just dance and one week being led by three of our Year 6 pupils: Hannah, Isabella and Emma.

"Dancing club helps me express what I love"- Hannah J10.

Pupils love having something to occupy their lunchtime with and new ideas are welcome all the time.



Jo from Yoga Nature runs our after school Yoga Club on a Monday afternoon, 3:30 - 4:30 pm. She currently has 5 spaces left before the club is full. If you are interested please collect a leaflet from the letter rack in the reception area or speak to the school office.