



Over The Bar



2020-21
ISSUE 2
JAN-MAR
JB, AA

Running In Remembrance

It was with sadness the passing of Councillor Midgley was announced on 29th March 2020.

Pat Midgley, who had been a Labour councillor in Sheffield for 33 years, was elected in 1987 for Nether Edge and represented the area for eight years before moving to Manor ward. Many might not be aware that she also served as Lord Mayor of Sheffield between 2000 and 2001!

Although this brought sadness to not only the Midgley family but to many across Sheffield this moment also helped to inspire her grandson to do something tremendous.

Jude (J11) declared he would run 40km in 20 days to raise money for his Nan's top 3 charities - ASSIST, St Wilfreds and the S2 foodbank. These were 3 causes really close to her heart and he wanted to raise some funds in her memory.

This challenge was completed by Jude with a day to spare on a snowy 10th February but this

only spurred him on and he then decided to run 60km in 30 days. Sunday 21st February was the final day and Jude clocked up an impressive 65km in total! He was joined by friends for the final run (see cousin Rider-who joined on numerous occasions-(J11), Milo (J3) and Milo's dad below).

Councillor Midgley's passing was picked up by numerous media outlets in Sheffield and beyond with the The Guardian, Examiner and BBC all publishing remembrance pieces on her. It's only fitting then that Jude has had his exploits covered by the [Star in an article on the 17th Feb.](#)

Jude's initial target of raising £150 was smashed and he raised an impressive £2585. A brilliant achievement and a fitting tribute to a woman loved by many across Sheffield and beyond.



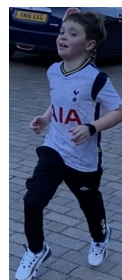
Fund raising in J2

Toby & Sam were both inspired to be active and raise money for two different charities:

Toby's inspiration came from Mr Watson's rights & responsibilities assemblies (as well as all the good work being done by Marcus Rashford). Toby believes that everyone has the right to not go hungry and challenged himself to run 2km everyday for 30 days. He raised an amazing £1238 for FareShare!

Inspired by Captain Tom Moore, for Sam's 8th Birthday he set himself the task of cycling 20 miles. He completed 21 miles on the 27th of February & has raised £579 for the Osteogenesis Imperfecta Therapy Fund (part of the Sheffield Children's Hospital Charity)

Fantastic work from both boys raising a combined £1,817 (by being active). To find out more information and check out their Just giving pages [click here for Toby](#) & [click here for Sam](#).



[Bags of Taste](#) is a non-profit organisation with the goal of making cooking accessible, inspiring and affordable by offering virtual mentored cooking courses. You'll learn to cook dishes that are quick to make and packed with nutritious ingredients that are budget-friendly and easy to find.

The course is **entirely free** and comes with the home delivery of an ingredients bag. Although it's aimed at adults lots of people enjoy getting their children involved. Set your own pace with lots of attention and support from a cooking mentor.

They are particularly keen to connect with people who are unemployed, on benefits or struggling with food costs.

Please register your interest for the course via email shelf-field@bagsoftaste.org or text/WhatsApp/call 07926452014.



change
4 life
Eat well Move more Live longer

Did you know...

From October to March, we can't make vitamin D from sunshine. It's best to take a vitamin D supplement for healthy bones and muscles, kids and grown-ups just need 10 micrograms a day. You can get vitamin D from most pharmacies and supermarkets.

<https://nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>



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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 attending 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](#).

You can also check out our sports newsletter publication below.

Go and visit www.huntersbarjunior.co.uk and see what else we've been doing.

Sheffield Food Works

Food Works is largely self funding. 75% of their bills are paid by contributions made by individual customers and supporters. Over the first lock-down period they prepared more than 10000 meals & 9000 boxes of groceries for people in Sheffield. Boxes are available from different [locations](#) including [Sharrow](#) & the [Wybourn](#). You can buy these online in advance or over the counter in the hubs for a minimum donation of £1.

You can also help by being a generous customer as giving more than £1 doesn't take food away from others, (it provides them with the income to do more!) Or making a [donation](#) (not everybody has to be a customer).

Check it out via the dedicated website here:

<https://thefoodworks.org/>



Beat The Street

Coming to Sheffield this summer Beat the Street is a fun, free game which has been designed to get children and communities moving and help embed physical activity into everyday life.

Once you have your Beat the Street card and swipe Beat Boxes across your community, you can earn points, win prizes and discover more about your area by walking, cycling, running, rolling or scooting. The **contactless** Beat Boxes mean that players can collect points **without touching surfaces**.

There will be hundreds of pounds worth of prizes, including prizes for winning schools and teams as well as plenty of lucky spot prizes which could be won by any registered player taking part in the game. There will also be the chance to see which school can **climb to the top of the leaderboard** and be crowned winner of the competition!

This initiative has previously been set up in 7 different cities (Bridgewater, Clay Cross, East Renfrewshire, Eastbourne, Forth and Clyde, Salford and Trowbridge) and has recently come to [Derby](#) and [Hamilton & Blantyre](#) with [Barnsley](#) and [Rotherham](#) games coming soon. There have been over 1.3 million participants across the UK, Ireland and beyond who have taken part in Beat the Street so far!

The [Sheffield game](#) is due to start on 16th June and will run until 28th July. [Click here for more information on how to play](#)



Active Screen Time...

Whilst it may be harder to avoid screen time at the moment, why not consider active games that incorporate body movements into gameplay? Nintendo is best known for its Mario and Zelda games, but the latest version of the console (Nintendo Switch) also offers a variety of fun "exergames" too—active games that incorporate body movements into gameplay. The system's controllers, "Joy-Cons", are motion-controlled, and game designers are coming up with all kinds of creative ways for players to get moving and have fun.

Active games include titles like Just Dance (for ages 10+), [Ring Fit Adventure](#) (4+), [Zumba Burn it Up!](#) (10+), [ARMS](#) (7+) and [Nintendo Labo kits](#) (6+). Whilst these video games can't replace outdoor active play and the benefits that come with it, they can help our screen time be more active.

