



# Over The Bar



**2021-22  
ISSUE 3  
APR-JUL**  
BA, HA, GA, GW,  
ZW, TST, AP, EJ, EG

## Orienteering champion (M10)

Over the Easter weekend Louis attended the Jan Kjellström International Festival of Orienteering 2022 in South Wales. This was a four day event with different orienteering disciplines on each day:

Fri April 15th - sprint at Swansea University campus

Sat 16th - Middle Distance event at Clydach Terrace

Sun 17th - Long Distance event at Pwll Du

Mon 18th - relays at Caerwent

There were three medals up for grabs: sprint, JK championship (combined times for days 2 & 3) and relays.

Louis won the sprint and he also won the combined days so he is the JK sprint champion and the JK champion. His relay team came second (by 4 secs) to take the silver medal on Monday.

His times were: Sprint 1.9km: 7:56

Middle distance 2km: 16:57

Long distance 2.8km: 21:22

Overall JK results (days 2 and 3 combined): 38:19

A link to all of the results can be found using the hyperlink in the title above (M10 age category and in the mini-relay - his team was called SYO Bee Happy)

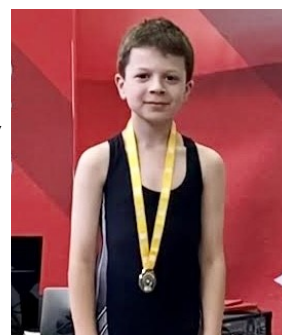
Congratulations Louis!



## Gold medal in Olympic weightlifting

We are proud to announce that Stefan (Year 3) won Gold at the English Age Group Championships 2022 in Olympic weightlifting held at Oldbury Academy, Oldbury on 30th April.

Stefan has been training very hard at the Hallam Barbell Weightlifting Club since 2019 and in the last 6 months he has been training twice a week. He is very proud that his hard work has paid off!



## Yorkshire Girls Representative Cricket

As a result of much hard work and commitment (training with the YCB development programme) over the winter months, Eva Venn was considered for selection for the Yorkshire Girls County Cricket U11 Squad (for the 2022 season). She had been training with them and attended a county session on April 19th.

The ever increasing numbers of women and girls playing cricket means that standards are rising quickly.

Therefore, to even be considered for selection for the county team, especially for one such as Yorkshire with its large cricketering population, is an outstanding achievement.

We are delighted to tell you that after her trial on the 19th Eva was selected as a representative of the Yorkshire Girls County Cricket U11 Squad and has already been involved in a few games!



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Eat well Move more Live longer

### Did you know...

Research shows that nearly 28% of pupils in Reception are overweight or obese, rising to over 40% of pupils in Year 6. The NHS Food Scanner app is a handy health hack to make it easier for families to find healthier food and drink options.

[NHS Food Scanner App download \(Google/Apple\)](#)

## Flag Football

On Friday 20th May 10 pupils from Year 5 went to take part in the NFL Flag Football festival at Concord Sports Centre.

Flag Football is a non-contact version of American football, where tackles are made by pulling off flags which all players wear on their hips. You score 6 points for a touchdown with either a 1 or 2 point bonus to take afterwards.

Once we got there we received our replica shirts for the tournament (Dallas Cowboys) and we had the opportunity to have some photos with some of the Sheffield Giants kit on (Shirts and Helmets). We found out that we would be playing 3 competitive games against other schools. We won our first and third game 6-0 & 36-14 respectively but lost the second game 8-6. Unfortunately due to losing the second game we missed out on the semi finals by one loss (2 points-one bonus play!!). As we were out of the semi finals we had the chance to play some friendly games against two other schools we hadn't met during the group stages. We won both of these to round off the day before the trophy and medals ceremony.



A brilliant day with the team playing 5 games (3 competitive and 2 friendlies) and only losing one. We also were the highest scoring team (in a single game) with a score of 36-14. Our MVP's (Most Valuable Players) for the day were Evan S (J8) & Thomas S (J9).

## SFSS Athletics

After qualifying On Thursday 26th May, seven Year 6 pupils went to compete in the SFSS City Athletics Finals at the Sheffield Hallam University City Athletics Stadium on Thursday 30th June. Eight pupils were down to attend but Teegan unfortunately injured her arm falling off her skateboard meaning that Eva (who was already competing) stepped in for the girls relay team.

A brilliant evening of athletics was halted by a washout as torrential rain hit at about 6pm and continued throughout the night. All the following races were cancelled including the 150m & all the finals due to the track being too wet. Some success came for HBJ before the rain, as Eva came second in the rounders ball throw, splitting up a Dobcroft top 3.

A huge thank-you to Mr. A Fairweather, Mr. C Fairweather and Mr. Vickers who assisted over the two events in helping organise the children and marshal events for the SFSS.



## Hunter (the Hero)

We were given the opportunity to design a penguin for IceSheffield. Over the past few years, their penguins had become a little tired and worn out due to the 1000's of local children they have helped learn to skate. We were chosen as one of fifty Sheffield schools to have the opportunity to name, design and paint a penguin. Once completed our penguin would be taken back to iceSheffield to help even more local children learn to skate.

A huge thank-you to Mrs McGregor (& her mini army) for taking charge and helping to create Hunter (the Hero). A busy week with SATs & a delayed paint delivery but an amazing job done & we're sure you'll agree! Make sure you look out for Hunter if you go ice skating and please get a picture and tag us on [Twitter](#) and [Facebook](#)! [Check out Mrs Maycock & Hunter here.](#)

Penguin Facts:

**Name:** Hunter the Hero, **School:** Hunter's Bar Junior School, **Favourite country:** Ottawa, **Favourite sport:** Ski-Jumping, **Favourite hobby:** Watching old films (at the dive-in), **Favourite drink:** Latte, **Favourite food:** Chilli dogs, **3 personality traits:** Kind, Helpful, Cheeky





## Cricket Festival

On Tuesday 7<sup>th</sup> June 2022, our Year 3/4 cricket team went to Hollinsend Cricket Club to play in a Cricket Festival hosted by Points LN & Forges SSP. We took 2 teams of 8 pupils with four Year 3 pupils given the chance to come and have the playing experience.

In cricket there are many different ways to get someone out. If you hit the stumps when bowling then the opposite batter would be out, if you caught the ball then they would be out as well. If the batter on the other team hits the stumps when going to hit the ball, they would be out too.

When we got there we listened to the rules of cricket and who was going to be on. Our teams were in Pools 3 & 4. The team in pool 3 faced Hallam 1 & Norton Free, whilst the team in pool 4 faced Hallam 2 and Monteny in competitive games. We also played each other in a friendly with Mundella School.

One of our teams got into the semi-finals against Hallam, but unfortunately we lost by a few runs.

Despite the final result it was a great day and we had lots of fun!



## KS2 orienteering event

Orienteering Results 2022 (47 teams – approx. 235 children) can be found by clicking the Hyperlink (in the title above)

On Thursday 19<sup>th</sup> May 59 pupils went to Westfield Secondary School to take part in the Key Stage 2 Orienteering event.

This was a team relay (Star Relay-not an individual event) with a maximum team of 5 members. Each individual runner / pair started at the circle and went off to a different checkpoint. At the checkpoints you had to whole punch the score card and then get back to the control table to get allocated your score. After this your scorecard and map were passed onto the next team runner to allow them to do the same. There were 12 different checkpoints spread around Westfield Schools field which meant everyone had to complete two checkpoints (minimum).

This is generally different to individual Orienteering as it wasn't electronic and you had to return each time. You also had to be careful hole punching the card as the hole-punches had a number of different patterns to make sure that people couldn't cheat. This meant you had to be careful as a team in making sure you went to the correct control. As we were in teams you always had someone spurring you on which was nice and very encouraging as some pupils were trying this for the first time.

Highest HBJ teams position: Y3/4-Boys-2nd place (12 Teams), Y3/4-Girls-5th place (9 Teams), Y5/6-Boys-4th place (11 Teams), Y5/6-Girls-7th place (10 Teams).



## Colour Smash

On Friday 17<sup>th</sup> June, 18 Year 5 pupils attended the Colour Smash at Olympic Legacy Park (Sheffield) in an event hosted by the Yorkshire Sport Foundation and Move More Sheffield (on the hottest day of the year so far!).

The event was part of the Sheffield Olympic Legacy in Action Weekender which aimed to showcase all that Sheffield has to offer on the back of the Olympics (10 years ago!) This included facilities and infrastructure, but also included celebrating the PE and School Sport Networks that we have in the city and the amazing work that goes on in schools to keep children moving more each day!

The pupils travelled to the event via mini-bus and were given a free T-shirt upon arrival. They enjoyed some "holding" activities (including a Penalty Shootout, Hula-Hooping, Hurdles and Standing Long Jump), before heading over to the start line with other Year 5/6 pupils for their run. As soon as the race started a smoke machine started the paint coverage for all the pupils on the starting line!

Thank you to Mr. Bainbridge and Mrs. Williams for helping to facilitate a great day out as well as every pupil who took part in the Year 5 running club throughout this academic year.



## Sheffield Schools Get Active 2022 Awards

We are delighted to announce that Hunter's Bar Juniors were awarded the School Games Award (Westfield School Games Hub) at the recent Sheffield Schools Get Active Awards. The evening was a celebration of Physical Education, School Sport and Physical Activity taking place across Sheffield Schools this year, with a brilliant opening speech by Rachael Mackenzie (World Thai Boxing Champion & ABA England Boxing Silver Medallist pictured below).

As an acknowledgment of all the hard work, staff and pupils were invited to the awards evening which was held at the English Institute of Sport on Tuesday 5th July 2022.

Mr. Adebola was presented with an award, which was to celebrate the success of our school across the academic year. Although there are 17 categories a school can be nominated in, this award is one that is chosen by the SGO's (School Games Organisers) meaning that four School Games Awards are given out for each Hub and schools are selected rather than nominated.



### Platinum award!

We are delighted to announce that Hunter's Bar Juniors have achieved the School Games Platinum Mark Award for the 2021/22 academic year.

The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward and recognise school's engagement (provision and uptake) in the School Games against a national benchmark and to celebrate keeping young people active. We are delighted to have been recognised for our success.

HBJ is extremely proud of our pupils for their dedication to all aspects of physical activity and school sport, including those young volunteers, leaders and officials who make our events possible.

We are committed to using the School Games to try and engage those young people who haven't previously been active or represented our school and to try and ensure that all our students have a positive experience and want to try out new activities beyond school too in our community. We believe in the power of physical activity and school sport as a school and give opportunities to those young people that need it most either as a participant, leader, official or volunteer. As part of our application, we were asked to fulfil criteria in the areas linked to the five School Games outcomes and we are pleased that the hard work of everyone at our school has been rewarded this year.

A special thanks to HBJ staff, parents, external after-school & Lunchtime club providers and everyone else who has helped us over the academic year!





## **Orienteering league**

After 9 races HBJ finished top of the league! League Results can be found here: [School League Results 2021-22](#)

Individual pupils accolades are as follows: Siri placed 3rd in the G4 (Girls Year 4) group whilst Louis placed 1st (B5 group) which, both use the white course. Lucy-Laura placed 3rd (G6) and Jack.B also came 3rd (B6) which were on the Yellow course. We also had some success in the Year group leagues with G4 (Y4 girls) placing first, B4 placing second and both G6 & B6 placing first.

We have a strong history of being strong competitors at Orienteering and since 2014 Hunter's Bar Juniors have won 6 out of the 7 League titles.

A huge thank you to all the parents who have supported their children over the course of this academic year taking them to and from events. Without you none of this would have been possible and all the staff at HBJ would like to show their appreciation everything you've done for your children.

With the British Schools Orienteering Championships being held in Sheffield (Graves Park) next year (Sunday 20th November 2022), it would be great to get a few more people trying out orienteering.

If you are interested in participating, please get in touch with [Mr. Adebola](#) (and he will point you in the right direction).



## **HBJ Football Update**

(Full reports and further pictures can be found by using the Hyperlinks.)

**Y6 Boys vs Nethergreen:**

On the evening of Friday 13th May, we participated in a training session and mini match down at King Edwards with Nethergreen. This was in preparation for Nethergreen representing Sheffield United in the Utilita Kids Cup (a national tournament for junior footballers which offers children the once in a lifetime opportunity to play at Wembley Stadium!) against Luton Town on 29th May.

**Y5/6 Boys and Girls vs Nether Edge:**

On Wednesday 8th June we took two teams to play a football game against Nether Edge school. A girls team containing Y4-6 pupils & a boys team containing Y5-6 pupils went to play two Year 6 sides. In 5 mini-games the girls won 2, lost 2 and drew 1 and the boys lost 2, drew 2 and won 1 game. Many thanks to Mr Bennett & Mr Gough (Nether Edge) for helping to facilitate this & U-Mix Centre Sheffield for hosting us.



**Y6 Boys League Finals:**

On Thursday 16th June, our Year 6 team had a great day of playing football in the SFSS League Finals at Sheffield United Academy. One win and a loss in the group stages put us into group B. We ended up runners up in this group placing us as the 5th best team in Sheffield (on paper) A bit more luck (or better finishing!) & it could have been a more successful day but runners up in group B wasn't bad. Evan S played up as the only Year 5 in this competition.





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[www.huntersbarjunior.co.uk](http://www.huntersbarjunior.co.uk)

## Sports news and information

We continually update our [school sports page](#) on the Hunter's Bar Juniors website.

Pupils write about the sporting events we participate in and this information is available on the sports page (Hyper-linked above) or you can click the picture below to go directly to our school games website.



## Good Gym

GoodGym have been making a contribution to improving quality of life for older people: over 1 million people aged 65 and over admit to always or often feeling lonely, and 17% of those living alone see family and friends less than once a week. [You can read stories about Sheffield runners and coaches here.](#)

GoodGym is now open to everyone in 59 areas across the UK. We want to rival the success of gyms, getting people all over the world off treadmills and into their communities. [Check out Sheffield's upcoming events here.](#)



## Sports Day 2022

After two years without one our annual sports day was held at Goodwin Sports Centre on (a glorious day of sunshine) Friday 8th July.

The winners were Sapphires who just pipped Emeralds (previous winners) to the title and the trophy is on top of the trophy cabinet for all to see.



Thank you to all the HBJ staff, HSA, parents, K.E.S VII Sports leaders and Sports Sheffield staff for their help (on the day and in the lead up!) as this helped to ensure a smooth and fun filled event for all involved.

Also a huge thanks to the Melanoma Fund who provided sun cream and Irwin Mitchell (specifically Kate.R) who provided prizes for the children.



## Get Your Kids Moving?

Even if your children enjoy time in front of screens, it doesn't mean it always has to be sedentary time. There are several ways to keep your youngsters moving at home while also using digital devices.

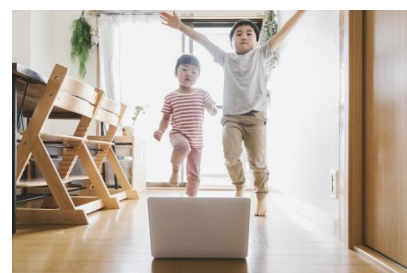
**Walkr**-Your child will use their daily steps to power a spaceship! The more steps they perform each day, the further they will make it through the galaxy. Free to download, but parents might want to be aware of the in-app purchases available and adjust settings for that option.

**Super Stretch Yoga**-The Super Stretch Yoga app teaches kids the importance of breathing and movement. Your child can collect stars and take pictures as they progress through the app.

**UNICEF Kid Power**-offers up short, fun videos on its website to get little ones moving. It's free to sign up for, and you can play over 150 different Kid Power Up videos on any device that connects to the internet.

**Move to Learn**-five-minute activities to get your children moving. If you're home-schooling or just want to add a short movement break into your kid's day,

**GoNoodle**-Engaging activities with catchy music. GoNoodle has various playlists that focus on dancing, coordinated movement, and meditation exercises.



\*Adapted from an [ActiveforLife](#) article.