

# 'REFRAMING THE DREAM'

Dacorum School Sports Network Newsletter

Volume 10 Issue 1

Autumn 2023

*In this newsletter you can read in more detail the work that DSSN Member Schools have been doing this term. We would like to wish those leaving us good luck in their new roles, and welcome on board new staff and schools to the network. We look forward to working with you all next term with lots more exciting opportunities available to all 'DSSN' Schools.*

*We wish you a very Merry Christmas and a Happy New Year to you all.*

*Clare & Chloe*



everyone  
ACTIVE

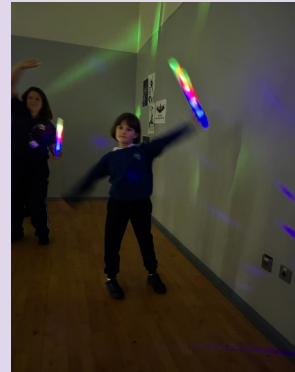
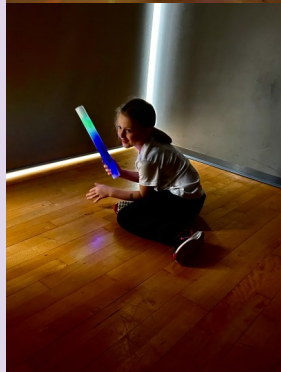
## Glow Dance

We listened to feedback from schools and pupils. "More alternative activities at venues we can walk to"

Glow Dance was created. Coach Amanda from Proud as a Peacock Fitness delivered our 4 glow dance sessions at Ashlyns, JFK and Longdean.

The pupils all loved being able to dance to the music and wave their glow sticks around and do a bit of fitness work at the same time. think the staff secretly enjoyed joining in too.

The 4 days worth of glow dancing saw over 500 children take part—with 2 more days booked in January for schools in Tring, and Grove Hill we cant wait to strut our stuff again!



## Autumn Term Events & Competitions

<u>Cross Country</u>		<i>Boys</i>	<i>Girls</i>
<b>Longdean</b> Results from the Compete Category	3	Bovingdon	Kings Langley
	4	Kings Langley	Kings Langley
	5	Kings Langley	Chambersbury
	6	Kings Langley	Chambersbury

<u>Cross Country</u>		<i>Boys</i>	<i>Girls</i>
<b>Ashlyns</b> Results from the Compete Category	3	Greenway	Thomas Coram
	4	Bridgewater	Greenway
	5	Greenway	Thomas Coram
	6	Bridgewater	Bridgewater

<u>Cross Country</u>		<i>Boys</i>	<i>Girls</i>
<b>Adeyfield</b> Results from the Compete Category	5	Bovingdon	Hammond
	6	Bovingdon	Boxmoor

## Cross Country

This year DSSN ran multiple cross country events across different secondary schools. 1802 students participated across all venues.

The races were split into 3 tiers Compete -Aspire & Develop - Inspire & Engage. All Boys and Girls competed separately.

Thank you to Longdean, Ashlyns and Adeyfield leaders for helping to run all the cross country events.



## Year 2 Multi Skills



Throughout October and November DSSN ran a fun & active year 2 event—They have taken part in the Inspire & Engage Multi Skills festival at both Hemel Hempstead and Berkhamsted leisure centres, sponsored by Everyone Active.



All Children took part at trying a carousel of activities, including speed stacking frisbee, beat the beanbag, kurling and more.

Well done to all schools that signed up for this event and the 918 year 2 pupils that took part.

Thank you to sports leaders from Kings Langley, Laureate, & Ashlyns for supporting the events.



## Autumn Term Events & Competitions

### KS2 CAN DO Festival

On Wednesday 29th November The Dacorum School Sports Network ran an Inclusive CAN DO sports event. The event was for students on the SEND register.

Pupils took part in a range of activities throughout the day including Seated Volleyball, Archery, Speed Stack, Blaze Pods and more.



We had a great turn out this year with 8 schools attending. All pupils had a great day developing their skills in a range of sports as well as interacting with children from different schools. A huge thanks goes to Inclusion Champions and Sports Leaders from Adeyfield, the PE Apprentices, Herts Disability Foundation and St Albans Partnership and School Games Organisers for helping to deliver the activities.

Well done to all schools who participated in this event and to the pupils for being FAB-U-LOUS!



### KS1 CAN DO Festival

On Wednesday 6th December The Dacorum School Sports Network ran an Inclusive CAN DO sports event for KS1 Pupils who are on the SEND register.

Pupils took part in a range of activities throughout the morning including Relay Races, Boccia, Speed Stack, Blaze Pods and more.



Well done to St Roses and Lime Walk for attending and thank you to Adeyfield leaders and Inclusion Champions for delivering the activities.



## Autumn Term Events & Competitions

### Tag Rugby

This years year 5 and year 6 Tag Rugby event organised in conjunction with Saracens Sport Foundation took place on Wednesday 11th November at Camelot Rugby Club. We had 10 schools with 288 participants for year 5 in the morning and 12 schools with 312 participants for year 6 in the afternoon. All schools had a great day and learnt lots of new rugby skills!

Thank You to Kings Langley leaders and Saracens for running the event.



### Koboca Results Inspire and Engage new event!

Headteacher Emma Fleet at Dagnall School completed the Koboca survey and as a result found out that her pupils really wanted to represent their school in sport—However being such a small school they don't always match up with size or ability with other schools—Clare McCawley reached out to the network, and several schools replied offering to play against Dagnall in various Football or Netball events. Chris Payne at Belswains took it one step further and invited both Dagnall, and Bedmond Academy (although not a DSSN school is in a trust with Hammond and Bovingdon) for an afternoon of mixed football, netball and basketball shootout. Lots of Christmassy fun was had by all—we are looking forward to our Easter themed event.



## DSSN Activity Ambassadors

DSSN joined together with St Albans and held its Ambassadors training for local primary schools at the Herts Sports Village this year. It was great to see so many schools engaged and taking part.

This year we were joined by Ella Beaumont, a GB Wheelchair Basketball Player, who shared with us her journey and inspired all pupils to be the best Activity Ambassador they could be.

Throughout the session all leaders gained a clear understanding of their new roles and responsibilities within school.



### Potten End School— Sharing their Ambassadors News

'Our AA's have made a great start to this year. We have 4 children who have supported a number of events including:

House Cup - they supported our PE coaches in delivering the first house cup event of the year.

Sports Assembly - the AA's shared with the children their roles and their ideas for this year - all the things they would like to do.'

Two of our AA's also attended a football tournament for year 4 at Lockers Park School. Supporting me to manage the team.

### **Message from the Y6 Sports Ambassadors**

This year the sports leaders are: Alba, Emily, Daisy, Louis, Harvey and Steve. Last Friday, we went to Herts University to have our ambassador training and met a famous World Championship basketball player who plays for Great Britain called Ella Beaumont. We are hoping to do more eco-friendly sports activities in the future and we have already started doing some lunchtime activities.



### **Football match report:**

**Thomas Coram V Little Gaddesden** - Last Friday we played a football match against Thomas Coram. It was a tough match and it ended in a 0 - 0. We are now looking forward to our next match against Albury.

**Little Gaddesden V Aldbury** - Update from the Aldbury match: Little Gaddesden won 5 - 1 in the pouring rain!! Well done to the whole team.

# LEADERS' NEWSLETTER

Edition 1

November 2023

Reported by: Luke and Joe



Welcome to the first edition of our leaders' newsletter where we can celebrate and share everything going on behind the scenes at St Paul's. It's been a busy few weeks!

## SCHOOL AMBASSADOR SECTION

Our team consists of Pip, our leader; Amelia, the eco-warrior; Evie and Jude, the site managers; Elenin, our wellbeing representative and Lui and Toby, the photographer and IT Techies.

We recently did a litter pick and were pleased with how tidy the school is. Partly we must thank Mr Woods for keeping it so organised! Pip has been busy making value keyrings for every celebration assembly, whilst Elenin and Amelia have been creating certificates to recognise pupils who work at their wellbeing or being eco-friendly.

**ECO CHALLENGE FROM AMELIA: when you leave a room, turn off the light! BE A GLOBAL CITIZEN!**



## PLAYGROUND PATROL AND PLAY LEADERS NEWS

The playground is always a fun and active place to be when we are around! We have created fun games and challenges to help everyone keep busy.

## SUBJECT LEADERS' SPECIAL

We have been busy creating pupil surveys so we can find out how children feel about different subjects at school.

Alice, maths lead, met with Mr Varney to plan a fun maths day in January where we will play board games that involve maths skills!

Each week we are choosing a subject to celebrate and selecting a STAR in that subject! Look out- it could be you!

## COMPUTING STAR OF THE WEEK WAS:

George G - Year 3

Selected by Lui, our computing subject-leader.

## SPORTS COMMITTEE CELEBRATIONS



The DSSN have kept us busy recently with a number of competitions and we are so proud of how everyone has got on. **Netball League Matches-** against South Hill we won 15-7 and Amelia and Evie were players of the match. We also beat Grove Road- last year's superstars, 9-3! Maisie and Alice were star players!



**Girls' Table Tennis-** both teams showed resilience and teamwork at this SCHOOL GAMES event. They all managed to win at least one game. Go girls!

**Boys' Table Tennis-** They came 4<sup>th</sup> in their group and showed resilience!

**Cross Country Festival-** Year 3, 4, 5 and 6 took part in this festival and everyone persevered. Year 5 and 6 came 2<sup>nd</sup> overall, Year 4 came 5<sup>th</sup> and Year 3's Aspire and Develop team came 1<sup>st</sup>! Well done everyone.

**District Cross Country-** We came 4<sup>th</sup> overall! Ollie came 8<sup>th</sup> out of about 60 which is incredible!

**Slam Jam-** both our teams showed honesty and courage and our A team won the district event so will represent Dacorum at the County event on Nov 30<sup>th</sup>. In that event, they showed great resilience, but came bottom of their group, but managed to win their play-off against Rickmansworth Park. Exceptional!

**Football League Matches-** Year 5 boys team won 8-0 vs Lime Walk Primary they also beat Kings Langley! Girls' football team have played their first match against Bridgewater and lost 5-2 but played very well. Yr6 mixed team had a tournament winning 5-0, 10-0 and sadly losing their last one.



The Sports Committee attended a training day last month and were lucky enough to meet Paralympian, Elle Beaumont, and we were allowed to hold her Olympic torch!

Early in the term, we enjoyed the inline skating day and Year 5 and 6 were lucky enough to have workshops. We learnt how important it is to fail before getting better, and how to be courageous and show resilience!

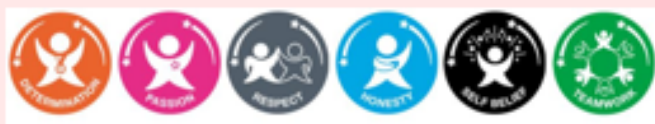
**CHALLENGE:** We want you to complete 60 mins of physical activity every day (on top of PE lessons). Let us know how you get on at [sportscommittee@stpauls909.herts.sch.uk](mailto:sportscommittee@stpauls909.herts.sch.uk)

**CHALLENGE:** We challenge you to try a new sport and start taking lessons on that sport! Good Luck! Send photos of you trying that sport at [sportscommittee@stpauls909.herts.sch.uk](mailto:sportscommittee@stpauls909.herts.sch.uk)!



### IN OTHER SPORTS NEWS:

Emma and Florence from Year 2 qualified to perform at the Disney Stage at Disneyland Paris next year!



## HOUSE CAPTAIN'S NOTICES

We have held two house meetings so far and have enjoyed getting to know the team. We are making up house songs, prayers, flags and animals to help us all feel like we belong to a group. We hope you try your hardest!

### Half Term Cup Winners:

4<sup>th</sup>: Diamond (HC: Nat and Millie)  
3<sup>rd</sup>: Amethyst (HC: Dylan and Albie)  
2<sup>nd</sup>: Sapphire (HC: Oscar and Isabelle)  
1<sup>st</sup>: Ruby (HC: Tommy and Beth)  
Well done on all the merits you have received!

**CHALLENGE: Aim to achieve your BRONZE AWARD by CHRISTMAS by giving 100% to everything!**

**For anyone in Diamond House, Nat and Millie have asked you to create an anti-bullying poster because it was anti-bullying week recently.**

### PANTO NEWS

CONGRATULATIONS to all the children who took part in Dick Whittington last weekend! They gave a fantabulous performance with awesome singing and dancing! CHALLENGE: Next year, let's get more boys involved!

## HISTORY STAR OF THE WEEK WAS:

Elliott in Year 4

Selected by Dylan, our history subject leader.

## MUSIC STAR OF THE WEEK WAS:

Hugo, Yr4 for his amazing ukulele playing

Selected by Olive-Rose, our music subject leader.



## Email addresses to contact us:

### House Captains:

[amethyst@stpauls909.herts.sch.uk](mailto:amethyst@stpauls909.herts.sch.uk)  
[diamond@stpauls909.herts.sch.uk](mailto:diamond@stpauls909.herts.sch.uk)  
[ruby@stpauls909.herts.sch.uk](mailto:ruby@stpauls909.herts.sch.uk)  
[sapphire@stpauls909.herts.sch.uk](mailto:sapphire@stpauls909.herts.sch.uk)

### Sports Committee:

[sportscommittee@stpauls909.herts.sch.uk](mailto:sportscommittee@stpauls909.herts.sch.uk)

### School Ambassadors:

[schoolambassador@stpauls909.herts.sch.uk](mailto:schoolambassador@stpauls909.herts.sch.uk)

For more news, look on the school website, check out Mr Varney's weekly newsletter and look at our noticeboards around the school grounds.  
Remember to email us with any news!



From our sponsors



**EVERYONE**

**CAN LEARN A  
LIFE SKILL!**

**SPACES  
AVAILABLE  
NOW!**

**AWARD-WINNING  
SWIM LESSONS  
FROM THE UK'S LEADING PROVIDER**

- ✔ Learn from four months old
- ✔ Lessons available 7 days a week, 50 weeks a year
- ✔ Access to Aqua Passport to view child's progress
- ✔ Pay monthly by Direct Debit
- ✔ All teachers are Swim England or equivalent qualified
- ✔ Free swimming in public sessions

Find a lesson and enrol online today at  
[www.everyoneactive.com/swim-lessons](http://www.everyoneactive.com/swim-lessons)



## The Fair Play Promise

**Good sport is about positive attitude. You can set the right tone, and help make the game a success. Play your part - play fair!**

### The Fair Play Promise for Players

- Play by the rules
- Never argue with an official
- Work hard to do my best at all times
- Be a good sport and recognise good players and good plays by all involved
- Remember to thank my coach, the officials, the opposition and supporters
- Help others in my team when I can
- Avoid putting people down or bullying them

### The Fair Play Promise for Officials

- Control the game in a fair and positive manner
- Be consistent and fair in my decisions
- Modify my approach to suit the participant's level of ability
- Help players understand the rules by explaining decisions where appropriate
- Do what I can to make sure that everyone enjoys the game - including myself
- Encourage Fair Play and not tolerate foul play of any kind and always be firm but friendly

### The Fair Play Promise for Parents

- Encourage my child, and other people's children, in their efforts in sport
- Insist that my child plays within the rules and by the Principles of Fair Play
- Respect my child's efforts equally regardless of whether she/he has won or lost
- Display self-control on the sideline, always be positive and never shout at or ridicule players
- Watch my child play and let him/her enjoy the game
- Show my appreciation to people who volunteer their time so my child can play
- Remember that my child plays sport for his/her reasons not mine
- Be a positive role model for my child
- Never place undue pressure on my child to play or perform
- Make an effort to understand the rules of the game

### The Fair Play Promise for Supporters

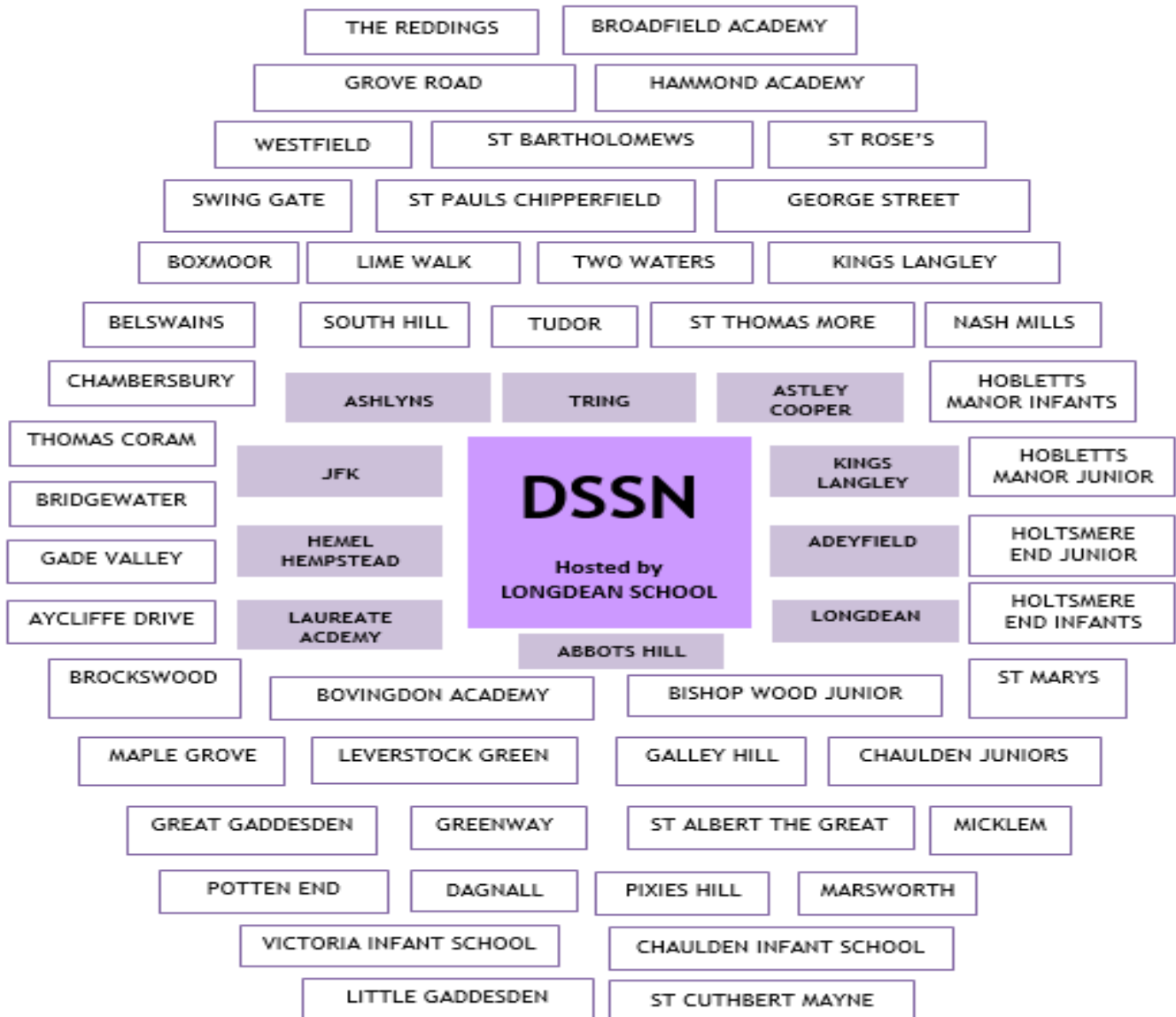
- Remember that people are involved in sport for fun and enjoyment
- Support and applaud good performance from all competitors
- Make an effort to understand the rules of the game
- Learn the difference between supportive and abusive comments and rule out the latter
- Accept the decisions of officials and coaches
- Display self-control on the sideline, always be positive and never shout at or ridicule players
- Show my appreciation to people who volunteer their time to make sport happen. Remember that we are all capable of making mistakes

## CODE OF CONDUCT

### Each Pupil Should:

- Observe normal school rules
- Co-operate fully at all times with any adults involved in the competition
- Fulfill any tasks or duties set prior to and during the event
- Participate fully in all activities during the event
- Be punctual at all times
- Not leave their group without permission
- Always return to any agreed meeting point at agreed times
- If granted any indirectly supervised time, be in groups of not less than two pupils
- Avoid behaviour which might inconvenience others
- Be considerate to others at all times
- Respect all requirements made by school staff, event organisers and accompanying adults
- Behave at all times in a manner which reflects credit on self, to the party and to the school
- Abide by rules and regulations of the venue
- If in doubt on any matter, consult with an appropriate adult
- Accept that a full written report of any misconduct will be forwarded to the head teacher and the parent(s)/carer(s)
- Arrive at the appointed meeting place properly equipped for participation in the fixture/event

# Dacorum School Sports Network



everyone  
ACTIVE



Clare McCawley  
Dacorum School Sports Manager  
Longdean School  
Rumballs Road  
Hemel Hempstead  
Herts  
HP3 8JB

Telephone— 07921 660933  
Email—c.mccawley@longdeaqn.herts.sch.uk  
Website— www.dacorumschoolsportsnetwork.co.uk  
Twitter—@DSSN42  
Facebook—DS SN