

HELENA ROMANES SCHOOL

PE Newsletter

Updates on all sporting events



Swimming (All years)

HRS attended the Bishop Stortford and District swimming gala on Thursday 16th January. All the swimmers were excellent at representing the school, ensuring they were organised, helping with timing and events and even coaching others who were new to the event. This reflected in the end results taking home 3rd place for the boys, 4th place for the girls and 3rd place overall against 12 other schools from the local area. The swimmers should be extremely proud of their achievements, well done to you all.

Schools Cross Country (All years)

Mac and Luke represented the NW Braintree Schools in the County Championships and performed admirably. Mac H secured 15th place on the 11th of January with a strong finish time of 18 minutes and 15 seconds. This performance earned him a spot in the upcoming Southern Championship in just a couple of weeks, where he'll have the chance to compete

at an even higher level. Congratulations to him on the achievement and best of luck in the championship!



Luke and Mac NW Braintree Schools District Squad Cross Country team

Football (All years)

After a busy 6 weeks since December we are delighted to say Year 11, 10 and 9 are undefeated and have all qualified for the NW Braintree Schools semi-finals to be played by the 28th February. All will have home draws and further details released once we have the fixture dates confirmed. Many thanks to Mr Adeyemi, Mr Allum, Mr Wilkinson, and Mr Mills for supporting and managing the squads over a busy period.

Unfortunately the cut off date for fixtures was moved and Year 7 & 8 just missed out on qualification and we are building for next season already.

Sixth form -

Vs. Sigma Sixth 3

Helena Romanes Sixth Form faced a tough challenge on their away trip to Sigma Sixth, who sit at the top of the league. With only 11 players available for the match, the boys were already up against it, but they showed remarkable hunger and dedication throughout the game. Despite being under pressure, they created several chances before the break, showing they could compete with the league leaders.

As the first half neared its end, Sigma scored a goal in the dying minutes to take a 1-0 lead into the interval. The second half saw both teams continue to play with intensity, and the game became increasingly heated, with some fierce challenges prompting the referee to reach for his cards.

Sigma extended their lead to 2-0 after a controversial moment when a foul on Ryan was not awarded by the referee. With nothing to lose, the Helena Romanes boys pushed forward, going for broke. In doing so, they conceded a third goal, following a VAR review that confirmed the ball had crossed the line.

However, the team didn't give up. From a corner, Oliver managed to guide the ball past the Sigma keeper and into the back of the net, bringing the score to 3-1. While the match

ended in defeat, the team showed immense character and can hold their heads high after a much-improved performance that they can be proud of.

Year 10 -

Vs. Notley high school

Helena Romanes faced Notley High School in challenging conditions, with the pitch proving difficult for both sides. From the outset, Helena Romanes struggled to find their rhythm, particularly after having to kick off immediately upon arrival, without much time to adjust to the conditions. The game turned into an end-to-end battle, with the poor surface contributing to a disjointed flow of play.

Despite the challenges, Helena Romanes managed to break the deadlock when Josh A scored a crucial goal, putting them 1-0 up at halftime. The focus during the break was on recovering composure and regaining concentration for the second half. However, the team faced a setback when Mr. Adeyemi had to leave due to a prior commitment to parents' evening, leaving the team without his usual guidance.

Without their leader on the sideline, the team made a few uncharacteristic mistakes, one of which led to a penalty for Notley High. They capitalized on the opportunity, slotting the ball away to equalise at 1-1. Despite the frustration of conceding the penalty, the game ended in a 1-1 draw, with the team walking away with a point rather than feeling like they had lost out on three. It was a hard-fought match under difficult circumstances, but the focus remained on taking the positives from the draw and looking ahead to the next challenge.



Vs. Alec Hunter

Helena Romanes School faced Alec Hunter in a thrilling match away at Alec Hunter, where the game began with an unexpected twist. Alec Hunter started the match with only 9 players, giving Helena Romanes an early advantage. However, despite going 1-0 down early, the team remained composed, with Mr. Adeyemi trusting in the process and encouraging his boys to keep pushing forward.

It wasn't long before the effort paid off, as Josh A netted the equaliser, making it 1-1. As the game progressed, Alec Hunter was able to field their full squad with the return of their missing players, leveling the playing field. But Helena Romanes quickly took control, with Harry C scoring the go-ahead goal, followed by a stunning long-range shot from Declan G that left everyone in awe.

With the momentum firmly in their favour, Helena Romanes continued to dominate. Further goals from Harry, Josh, Archie, George, and Teddy solidified the lead. Declan added another brilliant strike to his tally, leaving the final scoreline at 9-1. The commanding victory ensured Helena Romanes stayed at the top of the table, a testament to their resilience, teamwork, and clinical finishing throughout the match

Year 9 -

Vs Notley High

The Year 9 football team played their first game of the season against Notley High School, marking the beginning of an exciting journey. With impressive performances during training, Mr. Cheema had a wealth of talent to choose from, which made team selection a tough yet promising task.

The match itself was fast-paced and full of action, with both teams going back and forth, creating an exciting end-to-end encounter. Two penalties were awarded in the game, one for each side, adding further drama to the match.

A big shout-out goes to Mr. Mills, who filled in and took charge of the team on the sidelines for his debut as coach. His leadership helped guide the team through a challenging match. Strong individual performances from Joseph, Charlie, Jake, Tino, Joshua, Charlie, and Alexander were crucial in securing the win, as their contributions both defensively and offensively stood out.

In the end, Helena Romanes came out on top, winning 3-1 and earning all three points. It was a fantastic start to the season, and the team's impressive display will surely give them a huge boost moving forward. Their teamwork and individual brilliance didn't go unnoticed, and the victory laid a solid foundation for the rest of the season.

Year 8 -

Vs. Great Notley

Great Notley High School travelled to HRS on Monday to face the Year 8 team in what would turn out to be a one-sided affair. The game began with the home side, HRS, asserting their dominance early on. They quickly took the lead and maintained control for the entire first half. Notley struggled to find their rhythm, unable to create any significant chances.

The first half saw a standout performance from Ben F, who scored a remarkable hat-trick, putting HRS in a commanding position. With another goal from a different player, the hosts went into the break with a solid 4-0 lead.

In the second half, despite making several substitutions and positional changes, HRS' superiority remained unchallenged. One of the most notable changes was moving Dom M from center-back to a center-forward role, a decision that immediately paid off as he netted two poacher's goals. The goals continued to come thick and fast, with HRS continuing to pile on the pressure.

Ultimately, the match ended with a deserved 8-0 victory for HRS, who had been in control from start to finish.

Vs. Alec Hunter

HRS fielded a much-changed lineup for their Friday trip to Alec Hunter, where they put in a strong performance to secure a 1-2 victory against a physically imposing side.

The match began with HRS taking an early lead, courtesy of a clinical finish from Harry, who volleyed home a well-timed cross from the right-hand side. The team then showed resilience, defending solidly to maintain their advantage going into the halftime break.

In the second half, HRS continued to play better football but faced a tough challenge from the physicality of their opponents. Alec Hunter responded by pulling one back, leveling the

score at 1-1. However, HRS refused to let up, and they regained the lead when Ben capitalised on a scramble in the box, poking the ball home to make it 2-1.

Despite the tricky pitch and difficult opposition, HRS showed great battling spirit and fully deserved the win, showcasing both composure and determination throughout the match. Credit to Mr. Wilkins for achieving the victory for Year 8.

Year 7 -

Vs. Honywood

In an exciting and closely contested match between Helena Romanes School and Honywood, the game was an end-to-end battle. Helena Romanes dominated possession throughout, but Honywood's goalkeeper was in outstanding form, making crucial saves to keep the score level at 0-0. Honywood always posed a threat on the counterattack, and without the brilliant performances of James H in goal for Helena Romanes, they could have easily been trailing.

The match remained tight until the final minute when Frankie kept his cool and scored a dramatic goal, finding the net just one minute from full time to give Helena Romanes a 1-0 victory. A special mention goes to Finlay, who captained Year 7 in their home debut. The entire team, including James, Charlie, Jacob, Archie, Frankie, Finley, Finley, Marco, Liam, Oliver, and Joseph, all delivered strong performances, with James earning the well-deserved Man of the Match honors.

Vs. Notley High

With a large number of Year 7 students eager to make the football team, Mr. Cheema decided to create three separate teams over the course of three days, allowing each group to play a match in order to help narrow down the players for the squad. To make the experience more engaging, Mr. Cheema gave each team a team name, and the Year 7 Leopards were the first to hit the pitch.

The Leopards played away against Notley High, with the primary goal being to give all players a fair opportunity to showcase their skills. The game proved to be an exciting, end-to-end affair, reminiscent of a fast-paced Premier League match, such as Spurs vs. Manchester United. Due to limited time for a proper warm-up, the match kicked off immediately, adding to the raw intensity of the game.

Despite the enthusiasm and effort shown by the Leopards, the final score ended 6-2 in favour of Notley High. However, the game provided Mr. Cheema with valuable insights into both the strengths of the players and areas for improvement. It was a great first step in evaluating talent, and Mr. Cheema was able to use the match as a learning experience to help guide future selection decisions for the squad moving forward.

Rugby (All years)

Year 10 -

Vs. Westcliff High school for boys

The Year 10 rugby team found themselves in the quarter-finals of the Essex county Rugby Cup, facing a massive challenge against Westcliff High School for Boys, the reigning champions. Mr. Cheema knew it would be a tough match, but also understood that for his team to reach the semi-finals and keep their hopes alive for the ultimate prize, they would need to be at their absolute best.

As the team made their way down to Southend, they stayed focused and determined, keeping their eyes firmly on the task ahead. The match was an exciting showcase of skill and intensity from both teams, with Westcliff High demonstrating their speed, power, and quick-thinking throughout the game.

Despite a strong effort from the boys, it was Westcliff who ultimately triumphed with a commanding 46-0 victory. Their dominance on the field was clear, but the effort and

determination shown by the Year 10s didn't go unnoticed. While the result was disappointing, the team remains proud of their journey and the progress they've made. They are determined to come back stronger next year, ready to build on the experience and push for success in the future.



Left to right, back row: Noah, George, Jacob, Harry, Ollie, George, Seb, Harry, front row: Mac, Harry, Archie, Charlie, Oliver, Luis, Tai, (not shown Joe)

Basketball (All years)

Sixth form - In a thrilling league basketball match last night, the Sixth Form team clinched their first competitive victory with a narrow 17-20 win over Joyce Frankland School. The game, which remained tightly contested throughout, was decided in the final minutes when James P sunk the decisive basket with just a minute to spare. Sam D's exceptional performance earned him the well-deserved title of Man of the Match. This victory marks a

significant achievement for the Year 12 team, who delivered a memorable first win in a hard-fought battle on the court. Huge congratulations to the following players: Sam D (Captain), James P, Elliot W (Vice-Captain), Joe R (Vice-Captain), Ewan Z, Rufus G , Quinn C, Ryan D and Oliver W.

Netball (All years)

On Wednesday 15th January, the Year 7 girls played their first school fixture in netball. We played two squads, with 14 girls representing the school. They did an amazing job, working hard, demonstrating excellent teamwork and communication. Overall, their efforts paid off bringing home a 14-7 win and a 8-1 win. This is a great start to the netball season and hopefully many more successes to come. Well done girls!

U16 Helena Romanes Girls vs Sweyne School: An Epic

Quarter-Final Clash in the Essex School Netball Cup

In what was an exhilarating and dramatic quarter-final of the Essex School Netball Cup, the U16 Helena Romanes Girls' team faced off against Sweyne Park School in a thrilling encounter that had everything a netball game should – intensity, skill, and moments of brilliance. Due to the unpredictable weather, the game had to be moved indoors, but the atmosphere remained electric, with both teams giving their all in pursuit of a coveted semi-final spot.

Miss Booth's side entered the game with a strong sense of confidence, having enjoyed a string of impressive results in recent fixtures. Their aim was clear: to book a place in the semi-final and continue their fine form. From the outset, the game was fast-paced and competitive. The Helena Romanes girls showcased their trademark teamwork and tactical

play, making it clear they weren't going to back down easily. Every pass, every interception, and every goal was hard-fought.

Sweyne Park School, however, were a determined opponent, matching Helena Romanes' intensity step for step. With both teams refusing to give an inch, the game swung back and forth. The tension was palpable, and the thrilling exchanges had spectators on the edge of their seats. As the final whistle blew, it was Sweyne Park School who emerged victorious, narrowly edging out Helena Romanes by 31-29.

While the result was disappointing for the Helena Romanes team, the game was a reflection of their growth and determination throughout the season. Despite falling short of a semi-final berth, this narrow defeat serves as an important moment of reflection for the squad. The team's resilience and ability to challenge one of the best were evident, and it is clear that they are capable of bouncing back stronger.

Miss Booth and her team can take pride in the performance, knowing that with hard work, they can aim for the finals in future competitions. Well done to all the girls involved for putting on an entertaining and memorable game that showcased the best of school netball.

The journey isn't over, and Helena Romanes will undoubtedly use this setback as motivation to push forward and come back even stronger next season.



Special mentions

An update on both Danny S and Jessica M, who have made it into the respective squads and gained their Essex Pin badges.

U14 Boys

Danny Seward (forward):



Danny played his first game for Essex in November and scored the first goal in their U14 County match. We wish him well as he has gone on to represent Essex again and earned his Essex County tie.

U16 Girls

Jessica M (central midfield)

Special mention to Jessica as she is playing for the U16s and has only just turned 15. She played against Bedfordshire Schools on Saturday 2nd November and scored the first two goals in a 5-0 win. Jessica is pictured below in her Essex FA shirt, well done!

