

HELENA ROMANES SCHOOL

PE Newsletter

Updates on all sporting events



Football (All years)

Sixth form -

Vs. Colchester sixth form

Helena Romanes High School, riding high from their recent victory over Southend, made the trip to Colchester with optimism in the air. The boys were in high spirits, confident in their abilities, and eager to build on their momentum. The fixture was against Colchester Sixth Form, and the players knew it would be a challenging match.

The game kicked off with HRS taking control early, pressing well and looking the more dynamic team in the opening minutes. However, Colchester remained composed, working hard to regain possession and trying to establish their fluid passing style. Despite HRS's early dominance, the match took a sudden turn when the team's captain had to come off due to a recurring injury. This setback put the boys on the back foot, as they had to reorganize and adjust their tactics.

Although HRS created some promising chances to take the lead, they struggled to capitalise on these opportunities. Jamie, who had been solid throughout the game, made some crucial saves to keep his team in it. However, in a moment of madness, he misjudged a shot from Colchester's winger, leaving the ball to slip past him and into the net. That error put HRS 1-0 down, and things went from bad to worse shortly before the break as Colchester doubled their lead, making it 2-0 at half-time.

The second half saw HRS pushing for a comeback, continuing to create chances, but they couldn't convert any of their opportunities into goals. Colchester, meanwhile, showcased some excellent team play and quickly capitalised on HRS's defensive lapse, with a well-timed switch to their pacey winger, who sealed the victory for Colchester with a well-executed goal.

Despite the disappointing result, HRS can take a lot of positives from the match. They were missing several key players, and the resilience shown, even when facing adversity, bodes well for future games. Will, who stood out for his consistent performance, was deservedly named Man of the Match.

Now, the boys must quickly put this game behind them and focus on their next challenge: a tough match against Chelmsford next week. With a quick turnaround, they'll need to regroup and refocus if they are to bounce back.

Special thanks to Mr Adeyemi.

Sixth Form Football Team's Close Encounter with Chelmsford College

The Sixth Form football team recently faced off against Chelmsford College at the Billericay Stadium in a high-stakes match, with vital points on the line as the boys aimed to stay clear of relegation and push up the table. The excitement was palpable on the journey to the game, as many of the boys were playing against former friends, making for an intense and eagerly anticipated encounter.

From the start, the boys dominated possession and played with confidence, creating numerous chances. Despite their efforts, the game seemed to take a frustrating turn as questionable refereeing decisions throughout the match made it difficult for them to break

through. In the final minutes, a narrow 1-0 defeat was handed to us, much to the dismay of the team, as they had given everything on the field.

Fatigue played a significant role, as the boys were up against a Chelmsford side who train more frequently, a challenge we are keen to overcome. Despite this, the team held their heads high, knowing they had given their all and performed admirably under the circumstances.

Looking ahead, the team is fired up and eager for redemption, with the return match against Chelmsford scheduled for April 2nd at Helena Romanes School. The boys are determined to seek revenge and secure the points they need to climb the table.

We're incredibly proud of the boys' effort and attitude, and we can't wait to see them back on the pitch ready to bounce back stronger!

Year 11 -

Year 11 Football Squad Triumphs in District Cup Final

The Year 11 football squad delivered an outstanding performance on Friday evening, clinching a 2-0 victory over Heddingham School in the District Cup final at Sudbury AFC. With this remarkable win, the team secured their fourth consecutive District Cup title, extending their undefeated streak in this competition.

Huge congratulations to Mr. Allom and the entire squad for their dedication, skill, and teamwork throughout the season. Their continued success is a testament to the hard work and commitment they've put in, and this latest triumph adds to the legacy they've built over the years.

Well done to all involved – a well-deserved achievement for a talented group of players!





Year 10 -

Year 10 Football Team's Semi-Final Battle Against Notley High School

The long-awaited semi-final match for the Year 10 football team saw them face a determined and well-prepared Notley High School. Despite missing a few key players, Mr. Adeyemi remained confident that the boys had enough to progress to the final.

The match was a scrappy affair, with both teams cancelling each other out early on. It quickly became clear that the team to score first would likely have the advantage. Unfortunately, HRS were not as sharp or hungry as their opponents, and Notley High capitalised on this, taking the lead with a second-ball strike past goalkeeper Sebastian to make it 1-0. At halftime, the team was down by one.

A spirited team talk during the break fired the boys up, and they came out for the second half with renewed energy, creating a few chances to level the score. However, Notley did everything in their power to waste time and employed some gamesmanship, taunting and aggravating our players. Their hunger and desire were evident once more when their player sprinted past two of our defenders to score a decisive second goal.

The match ended 2-0 in favor of Notley, who showed more passion and desire on the day. While it's disappointing to be knocked out, the boys will take this as a learning experience and come back stronger, determined to retain the title that has been ours for 3 out of the past 4 years.

A special mention goes to Nathan, Riley, and Mac for their outstanding work ethic throughout the game. Their never-give-up attitude was evident and appreciated, and they led by example, never backing down.

We're proud of the boys and will be ready to bounce back next season!

Year 9

The Year 9 team, pictured below, reached the final but unfortunately lost 3-1 to Ramsey Academy. However, given that we had lost 10-1 to the same opposition last year, the boys can be incredibly proud of their performance. They showed tremendous character and determination throughout, battling back to win the second half 0-1.

Had we taken our chances, we truly fancied our chances of completing the comeback. The Ramsey goalkeeper made two outstanding saves that kept us from getting that elusive second goal, denying us the opportunity to level the match.

Tino's goal 10 minutes into the second half was a testament to the team's resilience, and from that point on, we kept possession and played some very attractive football. Although we couldn't find the equaliser against a tiring opposition, the progress made by the squad is undeniable.

Overall, we are absolutely delighted with the team's progress. This performance bodes well

for the future and is a solid foundation for continued improvement. Well done to the boys for their effort and commitment!



Backrow: Harry, Jake, Ollie, Charlie (Capt.) Albie, Lewis, Charlie, Danny. Kneeling: Luca, Ollie, Alex, Liam, Alfie, Joe (Capt.) Tino, Joshua.

Girls Football

We fielded our first U15 squad in the BSSD competition, and the girls performed admirably throughout. With just a little bit of luck, especially in the 5-a-side format, we could have made it to the semi-finals. Given that this was our first competition, we are thrilled with the results, particularly considering that two players were making their debut at this level. The future looks very promising!

Here are the results from the competition:

- St Mary's W 1-0

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- Freman College L 0-1
 - Joyce Frankland L 1-2
 - SWCHS D 1-1
 - Herts and Essex D 0-0

Overall, the team showed great potential, and we're excited for what's to come. Well done to all the girls for their hard work and effort!



Back row: Lily, Evie, Lexi, Arlia, kneeling: Charlotte (7) Ruby, Florrie (7).

Rugby (All years)

Year 7 -

Boys' Rugby Tournament at New Hall School – A Strong Showing Despite Early Setbacks

The boys recently took part in a rugby tournament at New Hall School, where they played

three games in their group. Although the day started with some challenges, the team showed great resilience and made strong progress as the tournament went on.

In their opening match against Beckett Keys, the boys started slowly, giving away early chances, and quickly found themselves chasing the game. Despite battling hard throughout, the slow start ultimately cost them, and they were defeated 10-30.

The second match saw the boys face a strong and physical Maldon side. However, they responded well, attacking the spaces and taking a 2-try lead. Unfortunately, two more opportunities to score went begging as the boys lost the ball over the line. Maldon capitalised on this, counterattacking and using their physicality to overpower our lads in the second half, leading to another loss, 10-25.

In their final game against William Edwards, the boys put everything together. With counterattacks flowing and possession working in their favor, they got physically stuck in and used their pace out wide to dominate. Their hard work paid off, and they emerged victorious with a 25-20 win.

Overall, we are delighted with the boys' progress throughout the tournament. While there were some setbacks, their potential is clear, and we're excited to see how this squad can develop into a strong team moving forward.

Results:

- Beckett Keys: L 10-30
- Plume: L 10-25
- William Edwards: W 25-20

Well done, boys, and keep up the hard work!



Left to right, back row: Daniel, Curtis, Josh, Harrison, Reed, Ethan, Oscar,
Front row: Jacob, Seamus, Jacob (Capt.) Sebastian, Charlie.

Year 11 -

Year 11 Boys Rugby – Essex 7s Tournament Report

The Year 11 Boys Rugby team had an impressive showing at the Essex 7s tournament on Friday, making it all the way to the Bowl Final. Their performance throughout the competition was nothing short of remarkable, and they demonstrated excellent teamwork and determination every step of the way.

Group Stages: The boys kicked off the day with a strong start, securing victories in all three of their group matches:

- Gt Baddow – Won 21-5
- Beaulieu – Won 19-7

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- Castle View – Won 26-7

Their dominance in the group stages secured them a spot in the semi-final, where they continued their winning streak.

Semi-final: In a thrilling semi-final match, the team triumphed over Woodbridge with a 28-19 victory, propelling them into the Bowl Final.

Bowl Final: The final was an intense affair, and after a nail-biting 12-12 draw at full-time, the game went into extra time with a 'golden try' rule in place. Unfortunately, they were narrowly defeated in this tense final, finishing as runners-up.

Though they fell short in the final, the team can be incredibly proud of their achievements, finishing ranked 10th overall in Essex 7s – a testament to their skill, hard work, and determination.

A huge congratulations to the team for their excellent performance and dedication. Well done, lads!



Special mention to - Gene (Capt), Zachary, Ali , Zac, Alfie, Jacob (Capt), Oliver, Henry, Klaudiusz, Thomas, Sebastian, Mac

Hockey (years 7 & 8)

HRS VS Stebbing - Training Game

The Year 7 and 8 squads played exceptionally well against Stebbing in their training game tonight. The teams put in a lot of effort, working hard to build their knowledge of the game and developing their confidence as a unit. Their teamwork was evident as they scored many goals throughout the match.

Although Stebbing fielded a younger side, they brought a tough challenge to the students. However, the Year 7 and 8 players remained strong, sticking to their game plan and working brilliantly as a team. Their use of space and structure on the court was particularly praised by the opposition's coach, highlighting the effective strategies the teams employed.

The students who played in the match should be incredibly proud of their performance, both as individuals and as a group. Their dedication, teamwork, and determination were clear, and they truly showcased their potential for future games.

Special thanks to Miss Lucas.



Netball (All years)

Year 7 -

Netball districts

Helena Romanes School's A & B Teams Compete in Bishop's Stortford Districts

Helena Romanes School's A and B girls' I teams recently competed in the Bishop's Stortford Schools Districts, and both teams showed exceptional determination and teamwork throughout the competition.

The A team played with great skill and dedication, securing 1 win, 1 draw, and 2 losses. Although the results didn't go entirely in their favour, the team gave it their all, with some excellent performances on the field. They demonstrated resilience and a never-give-up attitude, which led to moments of real success.

The B team faced a tough challenge but showed immense growth, especially from some of the girls who are new to the sport. Despite suffering three losses, they managed to score two goals, which is a fantastic achievement and a sign of their progress. For many of the girls, it was a valuable learning experience that will help them develop further in the future.

Throughout the competition, both teams worked incredibly hard, supporting each other in the most challenging moments. Their camaraderie and encouragement for one another were truly inspiring and showcased the spirit of teamwork that is at the heart of Helena Romanes School.

We're proud of both teams for their efforts and the positive attitude they brought to the competition. They have laid the foundation for even greater success in the future!

Vs. Honywood

On Tuesday, 4th March, the Year 7 girls played an outstanding match against Honywood. From start to finish, they showcased their dedication and commitment to the game,

demonstrating excellent teamwork, confidence, and a positive attitude. The girls supported one another throughout the match, constantly pushing each other to perform at their best.

Each player displayed confidence in their positions, playing to their individual strengths, which allowed the team to function cohesively and work towards success. Despite Honeywood bringing their A-game, the Year 7 girls were determined and executed their strategies with precision, ultimately securing a well-deserved victory with a final score of 11-4.

A special mention goes to Millie, who was named Player of the Match for her exceptional contribution to the team's performance. The girls' sportsmanship and strong representation of HRS in Netball were commendable, and their efforts were truly reflective of the hard work and passion they put into the game. Congratulations to all the girls on a fantastic win!

Special thanks to Miss Lucas.



Yr 7 vs Avanti Netball Match Report

On Tuesday 25th March, 16 Year 7 girls took to the court for a friendly match against Avanti. They demonstrated impressive determination and effort throughout all of their games. For some players, this was their first opportunity to represent the school in netball,

while for others, it was an exciting chance to build on the skills they had developed during training over the course of the year.

The girls worked incredibly well as two teams, showcasing teamwork and communication. They scored some fantastic goals, reflecting their growing confidence and skill. Although both teams were unable to secure a win, they put up a strong fight, displaying resilience and sportsmanship until the very end.

This match marked the final game of the season, and the girls should be very proud of their performance. They gave it their all, and it was a wonderful way to end a successful season of netball.

Results -

- A team lost 23-5.
- B team lost 4-2

Special mentions -

Special Mention to James M

Huge congratulations to Year 10 student, James M, who finished his season with the Essex Hockey Under 15s in style yesterday. James was an integral part of the Essex team that triumphed in the Regional Championships, where they faced off against four other county sides from across East England.

Essex dominated the competition, winning all four of their games to secure the Championship title. James played a key role in the team's success, scoring the winning goal in a 1-0 victory against Hertfordshire, which sealed their place at the top.

We are incredibly proud of James and all that he has achieved. After a challenging period of sitting out his Under 13 season due to injury, James has worked tirelessly on his game over the past two seasons, showing resilience, dedication, and a true passion for hockey. His hard work has truly paid off, and we couldn't be happier for him and the entire team.

Well done, James! Your commitment and perseverance are an inspiration.



Football

Danny S and Jessica M (both pictured below) made it into their Essex FA squads and gained their Essex Pin badges. Both of them have become established members of their squads and performed admirably, a short update is below.

U14 Boys Danny S (forward):

Danny played in the recent County semi-final which they were victorious.



U16 Girls Jessica M (central midfield)

Year 10 student, Jessica is playing for the U16's. She played in the last group stage match against Hertfordshire on 14th March. Essex won 6-0 with Jess scoring 2 goals & 1 assist. A great display and Essex go through to the semi final.

