

HELENA ROMANES SCHOOL

# PE Newsletter

## Updates on all sporting events

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### Football (All years)

#### Sixth form -

#### [Helena Romanes Sixth Form Clinch Commanding 3-0 Victory Over Chelmsford College](#)

Helena Romanes Sixth Form delivered a statement performance at home with a resounding 3-0 win over Chelmsford College, showcasing their growing strength and cohesion as a team.

From the first whistle, Helena Romanes asserted control, displaying remarkable composure and a technical masterclass across the pitch. The opening goal came courtesy of Thomas, who capitalised on early pressure to give the hosts a deserved lead. Oliver doubled the advantage with a clinical finish, and Russell sealed the victory with a well-taken third, capping off a dominant display.

The midfield dictated tempo with precision, while the defense remained resolute, snuffing

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out any threat from the visitors. It was a performance that not only secured three points but also hinted at a promising season ahead in the division.

A special mention goes to debutants Sid and Joel, who slotted in seamlessly and added fresh energy to the squad. Their contributions reflect the depth and potential within this evolving team.

With momentum building and confidence high, Helena Romanes Sixth Form look poised to make waves this year.

### **Year 11 -**

#### Helena Romanes Edge Richard Hale in English Schools Cup Thriller



The Year 11 boys' football season kicked off with a hard-fought victory against Richard Hale in the National Cup.

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A tense first half featured a very open game with both teams creating chances, but failing to capitalize.

Eventually, HRS broke the deadlock. Luke was rewarded for his tireless running and industrious pressing as he chased down a seemingly innocuous back pass. Charging down the keeper's kick, the ball fell into his path. Luke applied a cool finish from 25 yards, sending the capacity crowd wild on the HRS grass terrace.

The second half proved to be even more competitive than the first, as Richard Hale laid siege to the HRS goal. Only some resolute defending kept the lively Richard Hale front line at bay. Eventually, the dam burst, as HRS conceded a penalty midway through the second half. Despite goalkeeper Riley R getting a hand to the shot, the ball just about squeezed across the line.

However, the indefatigable HRS spirit was on full display. The team showed more grit than a salt spreader in January and wrestled their way back into the game. With three minutes to go, HRS secured victory with a well-worked goal. After a slick passing move, Harry threaded a pass through the eye of a needle and sent George L racing through on goal. With a deft finish, George L slotted the ball past the onrushing keeper.

Jubilant celebrations greeted the final whistle as HRS secured their place in the next round. They progress to a tricky away tie versus Great Baddow.

Well done to all the boys involved, and thank you to the fellow students, parents, and staff who came to watch!

## **Year 7 & 8**

### Helena Romanes Year 7 & 8 Girls vs Davenant School – English Schools Competition

The Year 7 and 8 girls from Helena Romanes travelled to Davenant School for an exciting fixture in the English Schools Football Competition. Spirits were high and the team's bubbly energy was evident from the first whistle.

Helena Romanes started strongly, dominating possession and creating early chances. Their efforts paid off just five minutes in when Milena finished off a well-worked team move to give the visitors a deserved lead.

Momentum stayed with Helena Romanes until a defensive error allowed Davenant to equalise. The home side capitalised on the shift in energy and went on to take control, eventually securing a 5-1 victory.

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Despite the score line, there were plenty of positives to take from the performance. The girls showed great teamwork, resilience, and enthusiasm throughout. As the team turns its focus to the league, there's much to build on and reflect upon.

Players of the Match: Milena – for her early goal and attacking drive, and Charlotte – for her tireless work and leadership on the pitch.



## **Rugby (All years)**

### **Year 11 -**

#### Year 11 Triumph at Rugby Festival!

Last Thursday, our Year 11 rugby squad took part in the highly anticipated Rugby Festival—and they did not disappoint! Competing in the B group, the team delivered a string of

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dominant performances, showcasing skill, teamwork, and determination to emerge as group champions.

Match Results:

- Beckett Keys – Win 19-0
- Castle View – Win 12-0
- St Nicholas – Win 22-0
- Chelmer Valley – Draw 12-12

The team's defensive strength was unmatched, conceding only 12 points across all fixtures. Their attacking flair was equally impressive, with standout tries and relentless pressure throughout the tournament.

Individual Honours:

- *Man of the Tournament:* Noah – for his leadership and all-round excellence on the pitch.
- *Tackle of the Tournament:* Harvey – delivering a game-changing hit that turned heads.
- *Try of the Tournament:* Tai – a dazzling solo effort that sealed the win against St Nicholas.

Huge congratulations to all involved—your hard work and sportsmanship made HRS proud!

## **Hockey (All years)**

### Year 7 & 8 Girls Hockey vs Gosfield

The girls came together to play the first game of the year against Gosfield. Although having not played together the girls came out strong. They were determined to bring a good game to Gosfield and that they did. Milena carried the team at the back through her excellent block tackles regaining possession. Elsie made some excellent runs up the widths of the pitch. Imogen and Delilah created countless opportunities in the middle of the pitch and Eliza and Ashlee worked hard to prevent progression of the opposition. The girls aim was to come out with a goal and the roar of joy that came when this was

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achieved was terrific. Although the game did end in a loss, the girls should be proud of their efforts, hopefully bringing the same energy into our second fixture of the season. Well done girls!

### **13/10/25 HRS vs Stebbing Mixed Yr 7 & 8 Hockey**



Our Year 7 & 8 mixed hockey team took the pitch today to play Stebbing in their second fixture of the year. The students worked really hard to progress the ball, create space and create amazing opportunities that lead to a 6-2 win for the team. Special mentions go to Elsie, Olivia, Billy, Tyler, James & Eliza who all scored for the team. A shout out to the defense (Emilee, Ashlee, Luke & Milena) for holding a solid line creating lots of progressive play for the team to use that contributed to the overall result.

### **Netball (All years)**

#### **U12s Netball Essex Cup Vs Great Baddow**

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The U12s showed up to their first game as a team with a fighting spirit. The girls having only trained together were determined to be successful in their first game of the season. The team worked hard to create opportunities that lead to multiple successful shots and goals throughout the game. The team took home victory on this occasion, winning their first cup game.

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### U12s Netball Essex Cup Vs Gosfield

The girls took the success of the first game and were determined to come out with a win in their second game for the cup. The team worked hard to create opportunities to allow for some excellent shorts from Sophie. The team grew from strength to strength and although on this occasion were not able to take the win they represented HRS well and should be really proud of their efforts.

### U14s Netball Essex Cup vs Robert Clack 9/10/25

The U14s represented HRS in the Essex Netball Cup in their first game against Robert Clack. The girls worked hard training across the half term to build up to playing in the Cup. The game was tough, both sides looking to grab the win. HRS should have tremendous resilience, effort and team work, leading to goals for Melody in the 3rd and 4th quarters. The girls were unlucky taking the loss on this occasion but will come back strong ready for their second cup game in a weeks' time. Well done U14s!



## **6 Netball Results**

Wow what a fantastic term for the U16 girls' netball team. The first term is always busy with County Cup fixtures and tournaments but we have seen some beautiful, fast netball played in each match.

## **National Schools Netball Tournament**

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This is a tournament held every year and teams put out their strongest players. Two schools from each district will go through to represent NWE in the County Stages. We had a tough draw with SWCHS in our group and their first game. It was so close, all square at half time with nothing to choose between the winners. It would come down to the clock. The girls were outstanding and pulled off a draw at 8-8, but they had a chance to win. They won the rest of the games in their group, so moved through to the semi-final to face Gosfield School. This game went right to the wire and was basically won on the last centre pass which unfortunately was not ours. So a dramatic finish saw us fractionally lose the game 8-7.



### **County Cup Competition**

This saw the girls with two tough opposition teams to play.

The first match saw us play a strong team GBHS, which the girls just fell short in. They defended brilliantly and also took their chances in front of goal.

In the second match they took on Gosfield School (a team they narrowly lost to in their previous tournament) so the girls were up for revenge and were really focused. What a game they played: fast, fluent netball, plenty of goals scored from all across the D, great movement up and down the court as well as brilliant interceptions to turn over the ball. Victory was sweet with a 37-16 win. This should put the girls through to the next round of the competition.

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## **U16 NWE District Tournament**

The girls were on a high following their recent performances, knowing that a similar display of sublime netball would give them victory. The speed of movement of each player, the fast passing of the ball and some excellent one handed controlled catches in the D's gave them victory in every single match. Beating Forest Hall, Notley, Ramsey, Honeywood, Hedingham and Alec Hunter. In one match of 12 minutes the girls pulled off a 22-0 victory.



Huge congratulations go to the whole team.