

HELENA ROMANES SCHOOL

# PE Newsletter - Spring Term 1

## Updates on all sporting events

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### Helena Romanes Sixth Form Football

#### Division 3 Cup Quarter-Final Victory: A Statement Win Against Chelmsford College

Helena Romanes sixth form squad produced a performance full of quality, determination, and big-game composure as they defeated Chelmsford College in the Division 3 Cup quarter finals. It was a match that showcased both individual brilliance and collective strength — the perfect recipe for knockout-stage success.

#### A Dominant Display Across the Pitch

From the opening whistle, Helena Romanes set the tempo.

Key performances across the team ensured control in every area of the pitch:

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- Chris was outstanding, influencing play with confidence and delivering one of the moments of the match with a superb cross *on his weaker foot*, perfectly placed for Jamie to finish at the back post.
  - Rufus lit up the game with a *wonder strike*, a goal that will be talked about for a long time and one worthy of any cup tie.
  - Ethan, Thomas, and Oliver all delivered fantastic displays, combining work rate, intelligence, and composure to keep Chelmsford College under constant pressure.

Every player contributed to a performance that reflected the team's ambition and belief.

### **A Win That Sends a Message**

This wasn't just a victory, it was a statement.

The sixth formers showed they can rise to the occasion, handle pressure, and produce moments of real quality when it matters most.

With this result, Helena Romanes advanced confidently into the semi finals, where they will face Shoeburyness in what promises to be another thrilling encounter.

### **Eyes on the Prize: Semi-Finals Await**

The team now stands just one step away from a place in the final.

Momentum is building, belief is growing, and the squad is ready to push further.

### **Let's make history**

The journey continues — and this team is ready for it.

### **Year 7 Futsal-**

Monday 12th January the Year 7 boys travelled to Notley High School for the annual NW Essex district futsal tournament. With strong teams from all the competing schools HRS managed to qualify from their group into the semi finals, despite a slow start with some good performances and claiming victories against Heddingham and Forest Hall in the group stages and beating Alec Hunter in the semi final. The team eventually lost out in a close

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final, losing 1-0 to a strong Honeywood School, despite having chances of their own to claim the victory. The picture below shows the squad of boys that performed so well in the tournament.



*(photo above) Year 7 boys' futsal team*

### **Year 7 & 8 girls' futsal tournament**

Helena Romanes School girls' futsal team delivered an exceptional campaign this season, finishing top of the league ahead of five other competing schools. Their performances throughout the group stage were marked by teamwork, determination, and impressive technical ability, earning them a well-deserved place at the top of the standings.

As group winners, the team progressed to the final, where they faced Notley High School, the tournament hosts who finished second overall. The final was a tightly contested match,

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with both sides showing great skill and resilience. Despite a strong display from Helena Romanes, Notley managed to secure a narrow 1-0 victory.

There were standout contributions across the squad, with two players earning special recognition:

- Ivy, who finished as the top goal scorer of the entire tournament, thanks to her sharp attacking play and consistent finishing.
- Emily, who delivered a series of outstanding performances in goal, keeping the team competitive in every match with her confident shot-stopping and composure under pressure.

Although the final result didn't go their way, the team should be incredibly proud of their achievements. Finishing first in the league and reaching the final reflects their hard work, talent, and commitment. It has been a fantastic campaign and a brilliant showcase of the sporting spirit at Helena Romanes School.



*(Photo above) Year 7 & 8 girls' futsal team*

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## Helena Romanes U14 Girls' Football

### District League Drama Ends in a 2-2 Draw — League Winners & Semi-Finalists!

The U14 girls delivered another memorable performance this week as they faced New Rickstones Academy in a tense and eventful district league fixture. What began as a dominant display turned into a test of resilience, teamwork, and character — and the girls rose to every challenge thrown their way.

From the first whistle, Helena Romanes looked sharp, confident, and in complete control.

- Milena, Ivy, and Lily combined brilliantly throughout the match, carving through the opposition with clever movement and composed passing.
- Their efforts paid off as the team surged into a 2-0 lead, showcasing some of their best attacking football of the season.

At the back, Evie was a rock in defence, reading the game superbly and shutting down threats before they could develop.

In goal, Emily put in a standout performance, making crucial saves and organising the team with maturity beyond her years.

### Unexpected Twist: Forced Off the Astro

Just as the girls were building momentum, the match took an unexpected turn.

A double booking meant the team were asked to leave the astro earlier than agreed, forcing the remainder of the game to be played on grass — and in rapidly fading light.

The conditions shifted dramatically, but the girls refused to let it break their spirit.

New Rickstones Academy took advantage of the change in environment, pushing hard and managing to pull two goals back. Despite the pressure, Helena Romanes continued to fight for every ball, showing determination and teamwork right to the final whistle.

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The match ended 2-2, but the scoreline doesn't tell the full story of the grit and quality the girls displayed.

### **League Champions & Semi-Final Bound!**

The draw was enough to:

- Secure top spot in the league,
- Confirm the team's place in the district semi-finals,
- Highlight just how far this squad has come.

Every player contributed to a performance full of heart, skill, and resilience. The team should be incredibly proud of what they've achieved so far and there's plenty more to come as they head into the knockout stages.

A huge congratulations to the entire squad.

Your teamwork, attitude, and commitment continue to impress, and the whole school is behind you as you push on toward the semi-finals.

### **Year 11 - Girls' Football**

A big well done to Jessica M who continues to train with Chelsea FC.

Jess has a contract for the Chelsea under 16 Women's Academy football team as their striker. She has already scored many goals for her team including a winning goal in Paris where her team won a big tournament against teams such as PSG, Arsenal, Juventus to name a few.

Since then the under 16's have got through to the semi final of the Junior Premier League PGA Cup and Jess is already developing extremely well as a player in the short five months she's played for Chelsea.

Jess has recently been selected to train & play for the under 18's which is a fantastic achievement at 15 years old and it being her first season in the academy. We are delighted to announce Jessica has been offered a 2 year contract to join Chelsea FC U18's starting from July 2026 a massive achievement for Jessica and the family, well done! We look forward to Jess's football development and success for the future.



Photo: Jessica M

### **Anri E 2019-2024 - update**

Anri joined the Saracens girls' academy in 2024 and has now established herself as part of the U18's squad. She is continuing to develop as a player under the Saracens academy pathway and beginning to play on a regular basis. We wish her the best of luck on her rugby journey.



Photos above (Anri in action)

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### **Year 11 Rugby**

The Year 11 Squad plus Tobie (Year 10) played their last 16 Essex Cup fixture against a strong Campion XV, who have won the competition. We lost 64-0 but the boys battled to the end and never gave up and could have scored at least 4 tries if the ball had gone to hand or bounced the other way.

The boys have qualified for the Essex Plate and are in the quarter finals to be played this half term, we have a home draw so watch this space and all support would be welcome.

### **Year 10 to 7 Rugby**

We have had over 30 boys training on a Thursday lunchtime (skills) and after school Thursday, (contact and games). Year 9 &10 have got a squad and were due to play some fixtures but these have been postponed and hopefully will be re-arranged.

Year 7 & 8 played Gosfield on Tuesday 3rd February and acquitted themselves very well with the game going into the last minute 25-30 to Gosfield. We kept the ball well and were metres from their try line when a penalty infringement meant possession was given to Gosfield who then ran the length of the pitch to score the final try, score ending 25 - 35 to Gosfield.

A very spirited performance considering half the squad were Year 7 and for most their first game of rugby, it bodes well for the future.

In March, we will be entering the Essex 7's and training will continue on a Thursday a select few will be invited to extra training for the 7's sessions.



## **Netball (All years)**

### **U12 Essex Netball Cup Vs Burnt Mill**

The Yr7s played their knockout round game against Burnt Mill on Wednesday night. The girls played amazingly, working as a team to ensure they were first to the ball and producing the shots on target needed to get them through to the next round. After the final quarter the girls came home with a 17-7 win, taking them through into the next stages of the Essex Cup. Well done girls you should be proud of your performance.



Photo above: Year 7 Netball team

## **Swimming (All Years)**

### **Bishops Stortford and District Schools Swimming Gala**

At the end of January, we took 24 pupils out to represent HRS at the district swimming gala. The pupils were excited and keen to bring their best. All students were excellent, swimming three races each, a Medley relay, Freestyle relay and their individual stroke events. The students should be proud of themselves, some even pushing close to breaking their own personal best times against the district's strongest swimmers. Overall, the competition was a huge success with the girls taking 5th place and the boys 3rd place out of the 11 schools attending. Out of all the schools, HRS were placed 2nd in the competition.

All swimmers should be really proud of their achievements, well done all.



Photo above: HRS swimmers

## Special mentions -

### Huge Congratulations to James M!

James wrapped up his season with the Essex Hockey Under 15s yesterday in spectacular fashion. As part of the Essex squad, he helped lead the team to victory in the regional championships competing against four strong county sides from across the East of England.

Essex won *all four* of their matches to claim the Championship title, and James delivered a truly unforgettable moment by scoring the winning goal in a tight 1-0 match against Hertfordshire. A clutch finish when it mattered most.

What makes this achievement even more special is the journey behind it. James has put in tremendous effort over the past two seasons, rebuilding his game and his confidence after missing his entire Under 13 season through injury. His resilience, dedication, and hard work have paid off in the best possible way.

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You have every reason to feel incredibly proud of him. This is a milestone he's earned through grit and passion, and it's only the beginning of what he can achieve.

