

HELENA ROMANES SCHOOL

PE Newsletter

Updates on all sporting events



Football (All years)

Year 7 Boys football -

[HRS narrowly lose out to Bishop Stortford High school for boys in the final](#)

Helena Romanes were invited to compete in the Bishop's Stortford District 6-a-Side Football Tournament, facing a strong field of schools including Bishop's Stortford High, Hockerill, Avanti, Saffron Walden County High, Birchwood, Leventhorpe, St Mary's and others. It's widely regarded as one of the toughest local competitions, which made the boys' performance even more impressive.

Group Stage Success

Across five group matches, the team showed real quality and resilience:

- **3 wins**
 - **1 draw**
 - **1 narrow defeat**
-

These results placed HRS **top of the group** and secured a well-deserved place in the semi-finals.

Semi-Final: HRS vs St Mary's

The boys delivered a confident and composed performance, winning **2-0** and booking their place in the final. It was a controlled display that highlighted both teamwork and individual skill.

Final: HRS vs Bishop's Stortford High

The final lived up to expectations. Bishop's Stortford High came in as favourites, but HRS matched them for intensity, tempo, and quality throughout. In a fiercely contested match, we were unfortunately edged out by a last-minute goal.

Despite the result, the boys earned huge respect. Bishop's Stortford staff commented that **HRS were the only school to score against them across all seven of their matches**, a testament to the team's attacking threat and determination.

The squad thoroughly enjoyed the tournament and showed they can compete with the strongest schools in the district. Going toe-to-toe with the favourites and pushing them to the final moments is something the whole school can be proud of.

Mr Adeyemi and the team are already looking forward to the next opportunity to face them again.



HRS are into the final !!!

Helena Romanes produced a brilliant performance to beat Honywood School, securing a well-deserved victory after racing into a 2–0 lead early in the match. That fast start set the tone, and the boys never looked back.

Honywood are always a tough opponent, with several of their players representing the North West Essex district team, so this fixture had that real Manchester City vs Arsenal intensity, two strong sides going head-to-head with quality all over the pitch.

But on the day, HRS came out on top. The boys showed composure, teamwork, and a competitive edge that made the difference. It was the kind of performance that shows how far they've come and how high their ceiling really is.

They absolutely deserve the praise, and the confidence from this win will only push them further in the games ahead. The final will be played on Tuesday 24th March vs Maltings.



Year 7 boys final -

HRS Boys Crowned Champions After Dominant Final Performance

Helena Romanes went into the final brimming with confidence, having already beaten Maltings 4-1 earlier in the competition. With the match hosted at Alec Hunter Academy on their impressive new 4G astro, the stage was set for a thrilling showdown.

HRS struck first through captain Sid, who delivered yet another outstanding performance in an HRS shirt. Maltings responded quickly, levelling the score at 1-1, but the boys didn't let the setback shake them.

Just before half-time, HRS were awarded a free kick—and what followed was pure magic. William stepped up and unleashed a stunning strike, a goal Mr Adeyemi described as one of the best he's ever seen. That moment of brilliance sent HRS into the break 2-1 ahead.

The second half saw HRS take full control. Euan added to the tally, and Sid grabbed his second of the match, sealing the victory and putting the game well out of Maltings' reach.

A 4-1 win in the final, and only one loss across the entire competition, is a testament to the team's hard work, resilience, and quality. Full credit to the boys for a fantastic campaign and a well-deserved triumph.



Year 7 girls football -

HRS win the league

The HRS girls have enjoyed a phenomenal season, finishing top of the league after winning every single game they played. Their consistency, teamwork, and determination have been outstanding from start to finish.

What makes their achievement even more impressive is the impact they've had beyond their own age group. Several of the girls have stepped up to play for the Year 8 and Year 9 teams, showing maturity, confidence, and a willingness to challenge themselves against older, more experienced players. That kind of character is rare especially so early in their time at HRS.

Mr Adeyemi is incredibly proud of everything they've accomplished this year. Their attitude, commitment, and passion for the game have set a brilliant example for others to follow, and this unbeaten season is only the beginning of what they can achieve.



Year 8 girls futsal -

HRS narrowly losing 1-0 to Notley in the final

The HRS girls delivered a fantastic performance at the Notley High 5-a-side tournament, battling their way all the way to the final and only narrowly missing out to the hosts in a tight, competitive match.

What made the run even more impressive was the blend of experience and youth in the squad with Year 7 players stepping up and holding their own against older, physically stronger teams. Their confidence, bravery, and willingness to compete at that level says everything about the character of this group.

Throughout the tournament, the girls' effort, teamwork, and support for one another were outstanding. Their spirit didn't go unnoticed, and they represented HRS with pride from the first whistle to the last.

A brilliant showing from a brilliant group and a sign of even bigger things to come.



Barclays premier league

We were fortunate to be invited to the Barclays Premier League for Girls event through the FA and Active Essex, an incredible opportunity for our players to experience the game from a wider, more professional perspective.

Throughout the day, the girls gained valuable knowledge about how the female game is developing, the pathways available to young players, and the growing opportunities within

women's football. They engaged brilliantly, asked thoughtful questions, and showed a real desire to learn and improve.

Events like this are more than just workshops, they help our girls understand how far the women's game has come and how far they themselves can go. Their enthusiasm and maturity made the school proud, and the experience will only strengthen their confidence and ambition moving forward.

A fantastic opportunity, and one the girls truly made the most of.



Rugby (All years)

Year 11

The year 11 squad took part in the Essex 7's held at Eaton Manor RFC on 2nd March. We were invited to participate in the A section. We lost both group games against stiff opposition and notable rugby schools, Southend High School and Belfairs however the boys pushed both of the schools to their limits and did not take the chances they created and in 7s you are punished very quickly if you do not score.

We ended up playing in the Shield semi-final against Coopers Coburn and lost in the last seconds of the game 17-22.

Once again the boys were a credit to the school and the year group and we look forward to the Semi-final of the Essex Plate 15 aside competition. The squad are pictured below;

Results:

Southend High School L 12-36

Belfairs L7 - 21

Shield Semi-final v Coopers Coburn L17 - 22





Year 7

The year 7 squad took part in the Essex 7s held at New Hall School on 4th March. They played three games. Their first experience of 7s and they acquitted themselves very well being a fast, pacy but small side (physically) we moved the ball quickly and they demonstrated some great passing and running skills. Unfortunately we created lots of opportunities but did not finish them. All the games were tight affairs and could have gone either way but the boys' defence and tackling was superb and with better finishing we could have ended up in the knockout stages.

They were a credit to the school and their year group and have lots of potential, I look forward to working with them, well done boys!

Emerson Park L 5-10

Cecil Jones L 10-20

Emerson Park L 15-10





Netball (All years)

U12 Semi-Final Essex Netball County Cup

The year 7 girls played their semi-final match in the Essex cup this week against Fitzwimarc. They came out strong in the first quarter holding back the shots from the opposition and keeping it at a steady 1-1. Unfortunately the girls were not able to keep this going, across all four quarters but did show some excellent determination and resilience throughout the whole match. In the end the girls were unable to retain the draw leading to a loss. Yr7 you should be proud of your efforts to get this far! Well done U12s.



Yr 7 Friendly against Gosfield

The girls teamed up to take on Gosfield in their third friendly of the season. The team showed excellent teamwork and determination in the first half of the game, with goals from both Matilda and Sophie. The defense worked hard to hold back the formidable goal shooter, working hard to limit the goal scoring and regain possession. The overall game was very successful with 8 goals scored between shooters, but unfortunately the win went to Gosfield in the end. Excellent effort from all the pupils and great preparation for their upcoming district tournaments. Well done Year 7.



Year 8 Bishop Stortford Districts

This year we took 2 squads to the Bishop Stortford Districts at Herts & Essex School. The girls have been working hard at training across the year to build to this moment. With both squads in with a chance of winning the plate, they worked hard in the spring sun to bring success home for the school. The B team, led by captain Elsie, most of whom this was their first tournament for the school played exceptionally well, with shout outs to Imogen and Katie who demonstrated some excellent defending skills & Elsie who scored the first goal for the team. They should be so proud and have come so far across the year with their netball skills. The A squad, led by Captain Grace played to their strengths, showing excellent control of the court. Our shooters (Melody and Liana) did an amazing job working together to produce lots of goals. This was the best I have seen team play showing, determination, teamwork and communication to ensure that they maintained possession where possible. This amazing effort from the team led them to 4 wins and 1 draw at the tournament, ensuring the girls took home 1st place winning the plate in the A category for HRS.

I have been so impressed this year with all our Year 8 Netballers and for them to win this victory is an amazing achievement, you should all be so proud of yourselves.





Year 7 Bishop Stortford Districts

We were able to take two year 7 squads to the Bishop Stortford netball districts this year. This was the girls first experience of a district level Netball Tournament. They came raring to go, with the A squad being led by Captain Abigail and the B squad by Captain Matilda. Being their first year the girls were met with the challenge of a random draw on the day. This led to a tough level of competition in their pool. Both teams demonstrated excellent defensive skills, in and around the D, pushing for turnovers in possession where possible. Unfortunately, the formidable Stortford schools were a tough side to face, which did lead to a loss across the games and a draw. However, the A squad were not going down without a fight with goals from the shooters (Abigail, Sophie and Emily). Both sides should be so proud of their efforts this year. They play their final rallies at the North West Essex meet in the coming week. Well done Year 7!

