

# ST. JOHN'S SCHOOL



# SPORTS NEWSLETTER 2023

## Contents:

- Netball
- Cricket
- Football
- Hockey
- Indoor Athletics
- Fencing
- Horse Riding
- Father's Day
- Bikeability
- Sports Day
- Results
- Saturday Football

# P.E. DEPARTMENT

Across the Prep. and Senior School, pupils have had the opportunity to access 22 different sports throughout the year. This diverse curriculum allows the pupils to engage with a range of different individual and team activities, with the hope of them finding a sport that they can enjoy and thus encourage life-long participation.



## Prep. School Sports List

- Netball
- Hockey
- Cricket
- Football
- Fitness
- Gymnastics
- Horse-Riding
- Basketball
- Yoga
- Tennis
- Fencing
- Skiing
- Rounders
- Athletics
- Indoor Athletics
- Multi-Sports
- Short Tennis
- Swimming

## Senior School Sports List

- Netball
- Hockey
- Cricket
- Boys' Football
- Girls' Football
- Handball
- American Football
- Tennis
- Rounders
- Table Tennis
- Short Tennis
- Badminton
- Aerobics
- Fitness
- Boxing
- Athletics
- Basketball
- Swimming



# GIRLS' NETBALL

## St. John's crowned U15 girls' District Netball Champions

The U15 girls' sailed through the group stages with some convincing wins over their opposition. They looked strong in defence, conceding only 5 goals in the entire tournament.

The shooters performed well in the circle, keeping their percentages high, in particular, the final, where they scored a whopping 12 goals between them.

The centre court dominated the play, linking the attack with defence well, which allowed St. John's the best chance to gain possession and convert our chances.

It was an outstanding afternoon of netball and a huge congratulations to all involved.

A particular mention to our goal defence A. Patterson who was awarded Player of the Tournament by the hosting school. Well done girls!

## GO TEAM!



### U12 Girls

All netball teams participated in the Enfield Borough Netball Leagues. They represented the school with enthusiasm and had some impressive performances against tough opposition.

Fixtures are an opportunity for the pupils to develop their physical skills within the sport, but also to develop positive relationships within their teams, building a strong understanding of resilience, patience and co-operation.



### Senior Girls finished their season undefeated!



### U16 Girls



# CRICKET



**2023 Cricket Youth Games**

St. John's Prep. School entered an U11 mixed team into the Enfield Borough Tournament, who came runners up earning them the opportunity to represent Enfield in the London Youth Cricket Games Festival.

The pupils enjoyed learning about the game, working together and developing their cricket skills.



**The team finished Runners up in the Enfield Borough Tournament**



# CRICKET

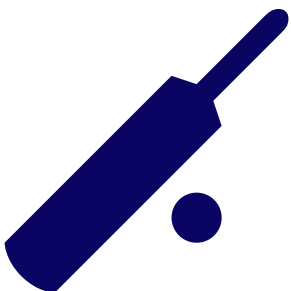


## Girls U11 Enfield Cricket Festival



For the first time, St. John's Prep. entered the Girls Enfield Cricket Festival. With some outstanding individual performances and great team cohesion, the girls finished Runners Up in the competition.

This was some of the girls' first experience of a cricket match, other than their preparations in lessons. A great time was had by all, well done!



# BOYS' FOOTBALL

## U14 Boys' ISA National Champions 2023

The U14 boys' were crowned 6 a-side ISA National Champions at Nottingham University.

A mixture of U13 & U14 boys represented St. John's in the ISA National Championships in February. They were crowned National Champions after beating Red House in the final.



The U14 and U16 Boys' Football both made good progress in the ESFA PlayStation National Cup, making it to the Semi-Finals in their respective competitions.



# BOYS' FOOTBALL

## St. John's Prep. School Qualify in Regional Round and Reach National ISA Finals at St. George's Park

St. John's Prep. School took a team of U11's to play in the ISA London Qualifiers for the National finals held at St. George's Park (the home of England Football).

After winning the qualifiers in a convincing fashion, the St. John's team were excited about heading to St. George's Park.

In the National Round of the tournament, they performed well on the day, making it all the way through to the finals, but finished the day as runners up.

This was a fantastic achievement for all involved. The team will take away some fond memories of their accomplishments over the two days.



# GIRLS' FOOTBALL

ESFA introduce Girls' Football competition for the first time.



St. John's jumped at the opportunity to enter an U15 girls' team into the new ESFA National Cup.

This marks a positive change in womens' sport, as this is the first time the ESFA have run a competition for young women. Following St. John's successes in the boys' competitions, the girls entered with high spirits and determination. The team made it through to the second round of the competition, which was a good achievement for their first attempt.

We go again next year!





# INVITATIONAL HOCKEY MORNING



Pupils from St. John's Prep. School joined with other schools from the area to participate in a fun filled morning of hockey at Broxbourne Hockey Club. The morning was hosted by National League coaches and pupils learned some new and exciting skills!

They had the opportunity to play some mixed matches at the end of the morning to showcase the new skills they had learnt.



# ISA INDOOR ATHLETICS



St. John's Prep. School attended the ISA Indoor Athletics Competition at the Peter May Sports Centre.

St. John's entered an U11 girls' team and an U9 boys' team, taking 15 pupils in total to the competition.

This was an inclusive event with all pupils taking part in all field events, as well as the under/over relay and the obstacle race.

The U11 girls finished 6th overall and the U9 boys finished in 3rd place!

**A particular mention to A. Shah who was the overall winner of the U9 boys Javelin throw and L-A. Thomas-Gwam who won the U9 boys Long Jump competition.**

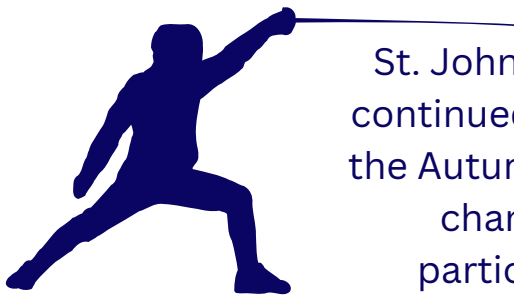
It was a fantastic day for all involved, the pupils put lots of effort into their preparations and this was the first time the School had entered an ISA competition; we made quite an impression!

Field Events: Standing Long Jump, Standing Triple Jump, Vertical Jump, Chest Push, Javelin and Speed Bounce.

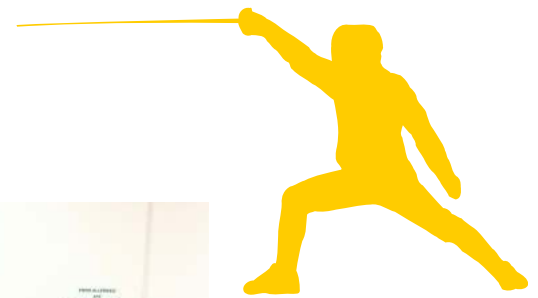
Track Events: 1+1 relay, 2+2 relay, 4x1relay, 6 lap paarlaf, obstacle relay and over/under relay.



# FENCING



St. John's Prep. developed more skills as they continued their after-school fencing club during the Autumn and Winter Terms. They enjoyed the chance to further their skills as well as participate in some healthy competition



# HORSE RIDING



The F3 pupils got the opportunity to go to Trent Park Equestrian Centre to do some horse riding in their games lessons.

They had a lovely time, learning how to care for the horses as well as developing the technique of riding a horse.

The pupils got the opportunity to ride different horses each week and had lessons with the qualified and very experienced instructors.



# FATHER'S DAY TENNIS TOURNAMENT



Well done to the Quillings and the Christou's who made it through to the final



This year, we welcomed back the brilliant Father's Day Tennis Tournament.

Alongside Mr. Rock, the tennis coach, St. John's Prep. hosted the annual event, which made its re-appearance following the pandemic.

The morning consisted of fun-filled activities for the Prep. 1 - UT where the fathers actively participated in a range of fun games, designed to not only build the young peoples tennis skills, but provided opportunities for the pupils to create wonderful memories with their parents.

Following these activities, the F1-F3 pupils participated in a friendly tennis tournament, where pupils partnered up with their fathers to play doubles for the title.



Congratulations to Andreas and his Father, who won the tournament!





# BIKEABILITY

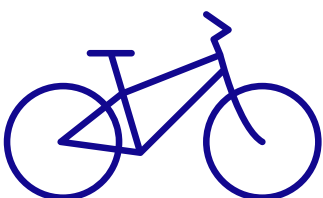
In the week beginning 24th April, Upper Prep. School children took part in Bikeability training. Children participated in a cycle course, either at a beginner's level, providing basic riding skills, or Level 1 course for those wishing to learn new skills.

The activities covered off-road training and included preparing themselves for a journey; checking the cycle is ready; set off, slow down, turn round; and pedalling safely with turns and control.



The training was provided by four high level instructors from the Hertfordshire Cycling Team and the children thoroughly enjoyed their experience.

The week was a huge success, and all children improved their cycling skills, becoming more proficient riders while having good fun and showing enthusiasm. Each pupil received a certificate, a badge and a life skill! After all ... you never forget how to ride a bike.





# SENIOR SCHOOL SPORTS DAY



St. John's Senior School came together as a community to celebrate sport. Every year, new stars emerge and the level of competition rises, reminding us all that with hard work and dedication anything is achievable.

Athletes, staff and all the supporters play their part in creating an atmosphere for success, making Sports Day a highlight of the school calendar. Athletes strive to retain titles, break records and work together to gather points to be crowned the winning house. Supporters and Staff join the festivities at the end of the event in the annual Teachers vs. Parents Tug of War.

This year was another shining example of how sport unites and provides a platform for individual and team achievement. A huge congratulations to all the pupils for their hard work in training and preparing for the event, and all the incredible performances on the day.





# SENIOR SCHOOL SPORTS DAY





# SENIOR SCHOOL SPORTS DAY



**A. Akarakiri & A. Aliadiere holding their respective trophies for Male and Female athlete of the day.**



*Congratulations*



**I. Ibrahim and I. Beales collected the trophy as representatives of the Moles. All points from the track and field disciplines were added together. Well done to the Moles!**

# PREP. SCHOOL SPORTS DAY



# PREP. SCHOOL SPORTS DAY



# FIELD RESULTS

\*Any results in gold are new records\*

Year Group	Event	1 <sup>st</sup> Place	2 <sup>nd</sup> Place	3 <sup>rd</sup> Place
Pre-Prep (Girls)	Bean Bag Throw	Eleni Stokes 6.40m	Smahi Ashwin 5.00m	Athena Kavallaris 4.80m
Prep-Prep (boys)	Bean Bag Throw	Leonardo Diviani 7.00m	Gianluigi Callegari 6.70m	Raajan Patel 6.69m
Prep 1 (Girls)	Bean Bag Throw	Isabella Lewis 5.17m	Adriana Sharifi 4.14m	Abigel Noh 4.10m
Prep 1 (Boys)	Bean Bag Throw	Kuzey Yavuz 7.67m	Theo Callegari 7.65m	Thomas Constantatos 7.02
Prep 1 (Girls)	Quoit Throw	Adriana Sharifi 5.97m	Isabella Lewis 5.48m	Mila Yiannakis 5.17m
Prep 1 (Boys)	Quoit Throw	Theo Callegari 7.42m	Ferran Cakir 7.07m	Christian Kounnis 6.82
Prep 2 (Girls)	Bean Bag Throw	Emily Ofori 6.70m	Fodiana Constantinou 6.30m (2 <sup>nd</sup> )	Isla Nolan 6.30m (2 <sup>nd</sup> )
Prep 2 (Boys)	Bean Bag Throw	Zayn Bewley 8.20m	Cagan Guven 7.50m	Jarvis Hui 7.20m
Prep 2 (Girls)	Quoit Throw	Nya-Rose Doherty 7.70m	Emily Ofori 7.50m	Fodiana Constantinou 6.80m
Prep 2 (Boys)	Quoit Throw	Cagan Guven 10.30m	Zayn Bewley 9.90m	Xavier Ball 8.20m
LT (Girls)	Bean Bag Throw	Penelope Avraamides 9.70m	Madoka Kimura 9.30m	Temi Aderoju 9.10m
LT (Boys)	Bean Bag Throw	Sebastian Thomas-Gwam 18.00m	Isaac Shaikh 14.80	William Dolman 13.00m
LT (Girls)	Quoit Throw	Ayla Chawda 9.20m	Penelope Avraamides 8.20m	Sophia Markou 6.20m
LT (Boys)	Quoit Throw	Sebastian Thomas-Gwam 14.50	Isaac Shaikh 12.20m	Wang Ngai Lau 10.20m
UT (Girls)	Bean Bag Throw	Chloe Ofori 10.70m	Nina Croad 8.70m	Estela Neza 7.20m
UT (Boys)	Bean Bag Throw	Javell Lewis-Kenny 14.20m	Ares Desoisa 12.20m	Danny Capsalis 11.10m
UT (Girls)	Quoit Throw	Shreeya Wadhar 10.10	Chloe Ofori 10.00m	Nina Croad/Sienna Anam 9.20m
UT (Boys)	Quoit Throw	Tryphonas HadjiIoannou 14.40m	Marios Christou 12..50m	Atsuto Koyama 11.80m



# FIELD RESULTS

\*Any results in gold are new records\*

Year Group	Event	1 <sup>st</sup> Place	2 <sup>nd</sup> Place	3 <sup>rd</sup> Place
F1 (Girls)	Shot Putt	Harley Bush 5.98m	Rhea Hui 5.90m	Emel Kaptan 4.07m
F1 (Boys)	Shot Putt	Aavyan Ahir 7.73m	Aaron Shah 7.57m	Laurence-Anthony Thomas-Gwan 7.10m
F1 (Girls)	Quoit Throw	Harley Bush 11.40m	Rhea Hui 11.00m	Emel Kaptan 9.80m
F1 (Boys)	Quoit Throw	Laurence-Anthony Thomas-Gwan 21.30m	Aaron Shah 16.70m	Hani Peto 15.60m
F1 (Girls)	Standing Long Jump	Rhea Hui 1.56m	Oluwataramisore Bayode 1.40m	Harley Bush 1.32m
F1 (Boys)	Standing Long Jump	Laurence-Anthony Thomas-Gwan 2.01m	Ethan Ratcliffe 1.59m	Aaron Shah 1.58m
F2 (Girls)	Shot Putt	Nefeli Yi-Papoulidis 7.95m	Beren Yavuz 6.68m	Elisabella Tang 6.50m
F2 (Boys)	Shot Putt	Artin Herfeh 9.30m	Arthur Dolman 8.70m	Junchi Chen 7.70m
F2 (Girls)	Quoit Throw	Nefeli Yi-Papoulidis 13.20m	Beren Yavuz 12.00m	Evra Cakir 11.10m
F2 (Boys)	Quoit Throw	Roman Croad 20.70m	Artin Herfeh 18.00m	Matvei Konovalchik 17.60m
F2 (Girls)	Standing Long Jump	Beren Yavuz 1.62m	Anna Ballone 1.60m	Elisabella Tang 1.45m
F2 (Boys)	Standing Long Jump	Lennox Mowbray-Lahuerta 1.74m	Roman Croad 1.70m	Junchi Chen 1.65m
F3 (Girls)	Shot Putt	Skyli Saravanapavan 9.58m	Anjali Bakrania 8.68m	Alana Perera 8.35m
F3 (Boys)	Shot Putt	Ethan-James Tang 11.69m	Leo Alladiere 10.68m	Alexander Wilkinson 9.30m
F3 (Girls)	Quoit Throw	Anjali Bakrania 19.50m	Lola Koukakis 18.30m	Emily Bandoni 18.10m
F3 (Boys)	Quoit Throw	Alexander Wilkinson 22.30m	Ethan-James Tang 21.60m	Rohan Bakrania 21.40m
F3 (Girls)	Standing Long Jump	Yumo Li 1.60m	Aleena Muhammad 1.47m	Zara Shah 1.39m
F3 (Boys)	Standing Long Jump	Ben Neza 1.79m	Leo Alladiere 1.73m	Kamron Quilling 1.70m



# PREP. SCHOOL OVERALL HOUSE RESULTS

House	Water Rats	Toads	Badgers	Moles
Sports Day	105	121	100	66
Field Events	51	90	58	64
Total	156	201	158	130
Position	3rd	1st	2nd	4th

After adding up the final scores, taking into consideration both the track and field events, the scores were extremely close.

A huge congratulations to the Toads, who finished in first place with a total of 201 points. Second place was Badgers with a total of 158 points. In third place were the Water Rats with 156 and in 4th place with a final score of 130 points were the Moles.



# PREP. 1 & PREP. 2 SATURDAY FOOTBALL



Football sessions for Prep. 1 and Prep. 2 have been held on Saturday mornings.

This has provided a wonderful opportunity for the pupils to kick-start their football journey early, aiming to enhance their skills as they progress into the Senior School.

Our ultimate goal is to nurture these young talents and guide them towards becoming competent players, much like some of our Senior School Scholars.



# SUMMARY

As another school year closes, we reflect on the progress the pupils have made. Through their P.E. and Games lessons the pupils have shown dedication to their activities, working hard to strive for the best and represent the school with passion.

Congratulations to all the pupils on their achievements .

We wish everyone an active, healthy summer and look forward to seeing you all at the start of the new academic year.

P.E. Department

