



ST. JOHN'S PREP AND SENIOR SPORTS NEWSLETTER 2025/2026



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SPORT AT ST. JOHN'S



**ESFA NATIONAL
CHAMPIONS 2025**



SPORTS DAY 2025



6TH FORM SPORTS



TOURS



OUR PREP SCHOOL SPORTS





PHYSICAL EDUCATION

MEET THE TEAM

Our passionate and experienced P.E. team are dedicated to inspiring every pupil to lead healthy, active lives. From the classroom to the playing field, we encourage teamwork, resilience and confidence in everything we do.



Mrs. Henderson

HEAD OF GIRLS' P.E.

Specialism:
Netball



Mr. Heracleous

HEAD OF BOYS' P.E.

Specialism:
Football



Miss Raby

Specialism:
Football



Mr. Phillips

Specialism:
Basketball



Miss Garvey

Specialism:
Dance





Lunchtime and Prep Sports Clubs

St. John's Prep and Senior School

Life at St. John's gives pupils plenty of opportunities to stay active, build confidence and enjoy sport every day.



Lunchtime Clubs

Lunchtime clubs include quick-reaction games such as table tennis and basketball, alongside activities that build focus and discipline, including boxing, badminton, chess and sports analysis.



Prep Clubs

Prep clubs offer even more choice, from fencing and horse riding to cricket, indoor rock climbing and dance. Each one encourages pupils to try new things, build their skills and feel proud of what they achieve.



Prep School Favourites

The Prep School also offers popular clubs such as multi-sport, football, ninja skipping, netball and yoga.



“

Together, these clubs help make St. John's a place where children feel happy, supported and excited to be active every day.

”



MULTI SPORT CLUBS

At the Preparatory Multi Sport Club, lunchtimes turn into bright, active sessions where children try a wide mix of sports and playful challenges. From fast-paced games to simple team tasks, they build quick thinking, movement skills and a sense of working together. Fun moments like bubble chasing or aeroplane competitions add creativity and laughter.

Through these activities, the children learn how to share roles, listen to each other and think as a group. Passing, defending and planning together help them grow in confidence and communicate more clearly.

Leadership appears in different ways. Some children guide small groups, others offer support, reset equipment or help organise activities. These experiences help them discover their strengths and build trust.

The Multi Sport Club has become a meaningful part of school life, giving children a warm place to play, experiment and grow together.





SUMMER CLUBS

St. John's Prep and Senior School

Cricket, Rounders and active summer fun



Our summer clubs are returning with plenty of excitement for both our Prep and Senior School pupils. Much-loved activities such as rounders and cricket will be back, offering fun sessions where pupils can build skills, grow in confidence and enjoy happy afternoons together.

There are also opportunities for competitive matches in both rounders and cricket, with pathways into borough competitions and the London Youth Games for those who want to challenge themselves further.



*Fun, skill-building
and summer sport
for every pupil.*





EXTRA-CURRICULAR CLUBS

Prep School & Senior School | Summer Term 2026

A wide range of sporting opportunities to build confidence, skill, teamwork and enjoyment.

At St. John's Prep and Senior School, our extra-curricular programme gives pupils the opportunity to stay active, develop new skills and enjoy sport beyond the curriculum. From multi-sport and tennis to cricket, football and rounders, there is something for all ages and interests.



TENNIS



CRICKET



FOOTBALL



ROUNDERS



MULTI-SPORT

PREP SCHOOL CLUBS

Day	Time	Location	Club	Year Group	Teacher
Monday	12:10 p.m. – 12:40 p.m.	Prep School	Multi-Sport	Prep 1	Mr. Phillips
Tuesday	13:10 p.m. – 13:40 p.m.	Prep School	Multi-Sport	UT	Mr. Heracleous (Ms. Raby)
Tuesday	15:30 p.m. – 16:15 p.m.	Senior School	Cricket Club (Max 16)	F1 / F2 / F3	Mr. Phillips
Wednesday	12:45 p.m. – 13:10 p.m.	Prep School	Multi-Sport	LT	Mrs. Garvey
Thursday	12:40 p.m. – 13:10 p.m.	Prep School	Multi-Sport	Prep 2	Mrs. Henderson (Ms. Raby)
Thursday	15:30 p.m. – 16:15 p.m.	Prep School	Tennis	F1 / F2 / F3	Ms. Raby



Prep Club Notes

- Greens and both sets of trainers must be brought along with a water bottle.
- Lunchtime clubs: only trainers required.

- Prep Cricket Club: pupils must bring greens and trainers (white trainers in case of wet weather).
- Pupils attending Prep Cricket Club must be collected from the Senior School.

SENIOR SCHOOL CLUBS

Day	Time	Location	Club	Form	Teacher
Monday	3:30 p.m.	Senior School (Sports Hall)	Tennis (Girls)	1st – 4th Form	Mrs. Henderson, Mrs. Garvey, Miss Raby
Tuesday	3:30 p.m.	Senior School	Tennis (Astro) Boys	1st and 2nd Form	Miss Raby
Wednesday	3:30 p.m.	Senior School (Main Pitch / Astro)	Disney Football Squad	1st, 2nd and 3rd Form	Mr. Heracleous, Mr. Phillips
Wednesday	3:30 p.m.	Senior School	Tennis	3rd and 4th Boys	Mrs. Henderson, Miss Raby
Wednesday	12:45 p.m. – 1:30 p.m.	Senior School	Cricket	All forms	Mr. Heracleous
Thursday	3:30 p.m.	Senior School	Rounders	4th and 5th Form (Max 25)	Miss Garvey



For further information about sport and extra-curricular opportunities at St. John's Prep and Senior School, please contact the P.E. department.

Spinning, Horse Riding and Dance Clubs

Our local leisure centre welcomed Year 10 for an exciting spin class that brought plenty of energy and smiles. The students pushed themselves through a mix of fast-paced cycling and steady endurance sections, showing great resilience throughout. Beyond the physical challenge, the session offered valuable time for them to build friendships, learn new skills and enjoy working together in a supportive setting. Their effort made the whole experience memorable.



Horse Riding Club

The horse riding club at Gillian's Riding School became a highlight of the term for our senior school children. From the very first session, they were welcomed into a warm and supportive environment where each child could learn at their own pace. They began with simple groundwork, meeting the horses, understanding their habits, and helping with daily tasks around the yard. Once mounted, they practised steady trotting, slowly finding their balance and learning how small movements can guide a horse in gentle, calm ways.

As the weeks progressed, their growing confidence opened the door to trying cantering, which quickly became the most exciting part of each lesson. Alongside riding, the children enjoyed the peaceful countryside setting, the chance to unwind, and the joy of forming real connections with the horses. With every session, they discovered new strengths, gained independence, and gaining independence and developing expertise in the sport.



TINY TITANS: BUILDING THE FOUNDATION

FROM FINE MOTOR MAGIC TO FUTURE ALL-STARS



In our Pre-Prep department, we believe that every great pupil athlete starts with a single, purposeful movement. For our 3 and 4-year-olds our focus is on developing the fine motor skills and physical literacy that turn curious toddlers into confident St. Johnians.

Why the Little Things Matter

Every activity in our multi-sports sessions helps little learners stay active and build strong movement habits. From simple throws to short sprints, children discover how their muscles work and how their bodies feel when they try something new.

As they practise these small skills each day, they grow stronger, steadier and more aware of how to use their bodies. These moments lay the groundwork for a lifelong love of being active.



NETBALL SUCCESS

Winning Feeling



U13s –

Enfield Borough League Winners



Senior and U14s –

Enfield Borough Tournament Winners



U16s –

ISA Regional Final Winners



Sisters in Sport





Netball Teams Shine in a Season of Success

CHAMPIONS



It has been an excellent year for our girls' netball teams, who delivered outstanding performances across all age groups.

The U13s were crowned Enfield Borough League Champions, showcasing their teamwork and determination throughout the season. Meanwhile, both the U14s and Senior team triumphed in the Borough Tournaments, adding further silverware to the School's impressive collection.

The U16s capped off a remarkable year by reaching the ISI Regional Finals, proving once again the depth of talent and commitment within our netball programme.

A huge congratulations to all the players and Mrs. Henderson for an unforgettable season on court!



U13s –

Enfield Borough
League Champions



U14s –

Borough Tournament
Winners



Senior –

Borough Tournament
Winners



U16s –

ISA Regional
Finals

COURT, TURF & TABLE:

THE HEART OF OUR SPORTING CURRICULUM

From court control to lightning-fast reflexes, our court and table sports—Basketball, Badminton, and Table Tennis—provide students with dynamic ways to develop speed, strategy, and precision.

We focus on mastering fundamental techniques, fostering teamwork, and building the physical conditioning needed to compete and thrive at every level.

BUILDING SKILLS.
BUILDING CONFIDENCE.
BUILDING CHAMPIONS.



TURF



COURT



TABLE



St. John's
PREP AND
SENIOR SCHOOL

FENCING ARRIVES

AT ST. JOHN'S SENIOR

This term, students at St. John's Senior School were introduced to the exciting and skilful sport of fencing as part of the Fifth Form P.E. curriculum.

Often described as "physical chess," fencing combines speed, strategy, discipline, and respect — and our students embraced the challenge enthusiastically.



During the introductory sessions, students were taken through the fundamental skills of sword play, learning footwork, balance, coordination, attack, and defence techniques.



It was wonderful to see such a high level of interest from the group, with students applying themselves positively to both the discipline and enjoyment that fencing offers.



The sessions also provided opportunities for friendly competition amongst peers, with students quickly developing confidence and tactical awareness.



A number of students showed real promise and potential within the sport, alongside a clear desire to continue developing their skills further.



“Fencing encourages resilience, concentration, respect, and self-control, making it an excellent addition to the wider P.E. curriculum.”



DISCIPLINE

Focus and control in every move.



RESILIENCE

Perseverance on and off the piste.



RESPECT

Honouring opponents and the sport.



STRATEGY

Think ahead. Move with purpose.



FOOTBALL LATEST

IFE IBRAHIM

SENIOR ARSENAL DEBUT

St. John's Senior School graduate Ife Ibrahim made his senior Arsenal debut on January 28, 2026, in a 3-2 UEFA Champions League victory against FC Kairat.

A moment of pride for Ife, his family, Arsenal FC and the entire St. John's community.

DEBUT HIGHLIGHTS

- Came on in the 78th minute
- Composed and confident
- Helped secure a 3-2 victory
- A dream realized on football's biggest stage



NATIONAL CHAMPIONS

On the road to glory.
Every match. Every moment.



ESPN DISNEY WORLD CUP

Representing at the
highest level.



NEW SEASON

New challenges.
New goals.
Same determination.



ST. JOHN'S PREP AND SENIOR SCHOOL

INSPIRING MINDS. BUILDING FUTURES.



LEON SCARLETT QPR DEBUT AT 16

Former St. John's Senior School student



Congratulations to ex St. John's Senior School student Leon Scarlett, who made his debut for QPR at just 16 years old.



The Wales international is not just a talented football player, he also achieved 8 A* - A grades (Level 7-9) in his GCSE exams.



We wish Leon all the best in his career.

★ ACHIEVEMENTS



WALES
INTERNATIONAL



QPR DEBUT
AT 16



8 A* - A
GCSE GRADES



• *Talent, dedication and excellence.* •



2025 has been nothing short of spectacular for the footballers of St. John's Prep and Senior School, as our teams have brought home an unprecedented haul of silverware and etched their names into the School's proud sporting history.

Across age groups and competitions, our players have shown skill, spirit and determination, proving once again why St. John's is one of the top footballing schools in the country.

ESFA U12's National Champions

Our Year 7 team led the charge with a breathtaking run to become ESFA National Cup Champions the pinnacle of school football in England. This achievement marked the school's third national title overall, setting the tone for the rest of the school. On their way to glory, they also secured the County Championship, the ISA National Championship, and the ISA Regional Championship, completing an incredible quadruple of titles in a single season. To cap it all off, they also triumphed in the London Colney Youth Tournament, further showcasing their dominance and consistency throughout the year.



ISA U11's NATIONAL CHAMPIONS

Not to be outdone, our Under 11's shone on the grandest stage of all, becoming ISA National Champions at the iconic St George's Park, home of England Football. This historic victory the first time in the school's history that the Under-11s claimed a national title was a proud moment for the youngest players at St. John's, demonstrating the strength of our football programme from the ground up and inspiring future generations of players to dream big.

U13s: Fighting Spirit

Our Under-13s enjoyed a season to remember, reaching the National Semi-Finals — falling just short of another national final but showcasing outstanding football throughout the campaign. They also swept the board locally, winning both the County Championship and the Borough Championship, underlining their quality at every level.





Snow Much Happiness

Morzine Ski Trip | Prep & Senior School

Every year, our Prep and Senior School, led by our Principal Mrs. Tardios, heads to the beautiful French Alps ski resort of Morzine for a week of snow, fresh air and adventure. Whether pupils are trying skiing for the first time or returning to improve, the trip always gives them moments they remember fondly.



1. Hitting the Slopes

From the first morning on the slopes, the energy is high. Instructors guide the groups through simple movements, helping them build confidence at a comfortable pace. It is inspiring to watch how quickly everyone grows. Some pupils arrive with no experience and, by day four, are skiing down the wide stretches of the French Alps with huge smiles.



2. Evenings to Remember

After an active day outdoors, the evenings bring a different kind of treat. Pupils head back to the hotel for a warm welcome and a four-course meal that feels well-earned after hours of skiing. There is time to chat, relax and share stories from the day before heading out again for even more fun. Swimming in the hotel pool becomes a regular activity, offering a refreshing way to unwind.



3. The Magic of Morzine

Morzine itself adds to the magic. The village is full of charm, with glowing lights, cosy streets and friendly places to explore. Pupils wander through small shops, take in the mountain views and enjoy the peaceful atmosphere that makes Morzine one of the most loved ski destinations in Europe.



4. Memories That Last

By the end of the week, pupils return home with new skills, new friendships and memories that stay with them for years. The Morzine ski trip continues to shine as a highlight of the school calendar, offering experiences that build confidence, joy and a lasting love for the mountains.



Confidence

Building skills and believing in yourself.



Friendship

New bonds and memories that last.



Adventure

Embracing challenges and seeking new heights.



Memories

Moments to treasure forever.



DESTINATION SPORT.
LIFELONG MEMORIES.



CHAMPIONS

Disney Memorial Day Soccer Tournament

— ORLANDO 2026 —

WINNERS OF THE DISNEY MEMORIAL DAY FOOTBALL WORLD CUP



We are proud to announce that St. John's School has been crowned **CHAMPIONS** of the Disney Memorial Day Football World Cup!

A fantastic achievement that reflects the hard work, determination, teamwork and sportsmanship of our incredible players and coaches.

An experience our pupils will never forget.

TOURNAMENT HIGHLIGHTS



Competed against top international teams



Played in the Disney Memorial Day Football World Cup



Stayed at the Rosen Shingle Creek Hotel



Enjoyed visits to SeaWorld Orlando, Universal Orlando Resort and Disney Springs



Built lasting memories, friendships and team spirit

WHY ST. JOHN'S SPORT LEADS



Ambitious sporting opportunities



Excellent coaching and high standards



International experiences that build confidence and independence



A strong culture of teamwork, pride and enjoyment

★ WELL DONE TO OUR CHAMPIONS! ★



St. John's Prep and Senior School | Football | Tours | Opportunity | Excellence

CHINA TOUR

A TOUR LIKE NO OTHER



Our school's football and cultural education tour to China created an unforgettable adventure for the students who travelled across Beijing, Chengdu, and Chongqing. Each stop offered something new to learn, experience, and enjoy.

A key part of the tour was the chance to visit local schools. St John's students played friendly football fixtures that were full of energy and excitement. These games were more than just matches; they became moments where two groups of young people shared their love of sport and built connections that crossed language and distance.

Away from the pitch, the cultural activities were just as meaningful. Students learned how to make traditional Chinese lanterns, taking part in a creative tradition that has been passed down for generations. They explored markets, heard new sounds, and discovered customs that helped them see the world from a wider point of view.

The group also visited some of China's most treasured landmarks. Walking along the Great Wall felt like stepping into a story from long ago. The Temple of Heaven and the Forbidden City offered glimpses of ancient architecture, beauty, and history.

By the end of the trip, the students returned home with new friendships, stronger confidence, and memories that will stay with them forever. The tour was not just a journey across a country, but a journey of growth and discovery.



SPORTS DAY

2025

Records, Rivalry & School Spirit



2025 Prep and Senior Sports Day was nothing short of spectacular, as the entire St. John's community came together to celebrate sport, determination, and fun in the sun. The energy was electric, with students of all ages showcasing their skills across track and field events — and delivering performances to remember. Incredibly, several school records were smashed this year. The javelin saw a remarkable throw that redefined what's possible, the shot put record tumbled thanks to sheer power and technique, and the girls' 60-metre sprint produced a lightning-fast run that etched a new name into the record books.

The track was alive with cheering teammates and supportive families, creating an unforgettable atmosphere that highlighted the best of St. John's school spirit.

Alongside the competitive track and field events, the day was filled with memories in the making. The food truck areas buzzed as parents and staff enjoyed the sunshine and supported the students from start to finish.

One of the standout moments, as always, was the Parents' Tug of War — a light-hearted but fiercely contested tradition that drew plenty of smiles and even more applause. The day concluded with medals and plenty of proud faces, a fitting end to a day.

Congratulations to all our record breakers, participants, and of course, our supportive parents.



Throwing Events



In the lead-up to Sports Day, St. John's Senior School athletes were already rewriting the record books in the javelin and shot put. Morakinyo set a new 1st form record, and Charlie delivered a strong performance to secure gold in the boys' competition. Their achievements were part of a growing wave of progress across the field team, with younger athletes stepping up and showing promising talent ahead of the main event.



ISA SPORTS VOLUNTEERS



St John's Students Shine as Volunteers at the ISA National Athletics Championships



Dedicated students from St John's Senior School had the privilege of volunteering at the ISA National Athletics Championships held this week at the iconic Alexander Stadium in Birmingham. The event brought together some of the most talented young athletes from across the country and provided our students with a unique opportunity to experience the organisation and delivery of a major national sporting competition.



Working alongside professional athletics officials, our volunteers played an important role in ensuring the smooth running of the championships. Throughout the day they assisted with a variety of duties, supporting event staff, athletes, coaches and spectators. Their professionalism, enthusiasm and willingness to help wherever needed did not go unnoticed, with many officials commenting on the positive attitude and maturity displayed by the St John's team.



One of the highlights of the day was the opportunity for our students to meet and spend time with GB international athlete Alex Bell. Alex took the time to engage with the volunteers, sharing her experiences of competing at the highest level and offering words of encouragement. Her humility, dedication and passion for athletics left a lasting impression on our students. As both an elite athlete and an outstanding ambassador for sport, she proved to be a fantastic role model, demonstrating the commitment, resilience and positive attitude required to achieve success.



Volunteering at such a prestigious event offered invaluable experience and enabled students to develop a wide range of transferable skills including communication, teamwork, leadership, problem-solving and organisation. It also provided a behind-the-scenes insight into the dedication and planning required to stage a national sporting championship.



The students embraced every challenge presented to them and represented St John's Senior School with distinction. Their commitment, reliability and attention to detail reflected the values that we seek to promote throughout the school community. They were a credit not only to themselves and their families but also to the wider St John's community.



We would like to extend our sincere thanks to each of our volunteers for their hard work, dedication and support throughout the event. Their contribution helped make the championships a success and demonstrated the positive impact young people can have when given opportunities to serve and lead. Everyone at St John's Senior School is incredibly proud of their achievements and looks forward to seeing more students take advantage of similar opportunities in the future. Their efforts this week have been an outstanding example of service, commitment and community spirit.



SERVE • SUPPORT • INSPIRE • SUCCEED



THANK YOU FOR READING

— ST. JOHN'S PREP AND SENIOR SCHOOL —

SPORT MAGAZINE



Celebrating excellence, effort and opportunity
across every level of school sport.

From classrooms to competition, we are proud of
every Saint who represents the school with
commitment, resilience and ambition.



EVERY MATCH. EVERY MOMENT. EVERY SAINT.



Thank you for supporting St. John's sport.