



The PE and Sports Magazine for Jack Hunt School

December 2015



## Annual Sports Award Evening Celebrates Sporting Success

Our annual Sports Awards Evening held on Thursday 12 November celebrated a fantastic year of sport, showcasing the many achievements of students from Year 6 to Year 13. Jack Hunt staff and students were delighted to be joined by members of our partner primary schools who had also nominated students who had excelled in sport this year.

Special guest, Olympic Gold Medallist, Tim Baillie was invited to present the awards before sharing his journey to Olympic Gold at the London 2012 Games. Tim represented GB at the U23 World championships before deciding to switch to the double canoe where he teamed up with Etienne Stott. After a disappointing Beijing Olympics in 2008 they changed the way they trained and adopted the mantra – 'Behave professionally in everything you do, make the best of every situation and train to be your best'. Their hard work paid off when they won Gold in 2012.

Two of the school's most prestigious awards – 'The Linda Dingle Award for the Best Higher Sports Leader' was won by Summaya Manji (Year 13) for her leadership and volunteer work in both Jack Hunt School and the local community.

'The Best Sports Person in the Junior Athlete Education (JAE) Programme' was won by Jamie Scholes (Year 11) who has taken a step up from being a National finalist in swimming to achieving his first International selection this year. Not only does he spend many hours training and competing, but Jamie has also completed the Bronze Duke of Edinburgh Award which requires 6 months of community volunteering.

Assistant Headteacher, Chris Game said: "The evening was extremely successful and a huge well done to all the category winners and students who received commendations. Having Olympic Gold Medalist Tim Baillie speak at the evening was really inspiring. I am sure his motivation and dedication will encourage our athletes to keep working hard to achieve their own sporting and personal goals."



### Other Category Winners:

<b>Best Boys Team:</b>	Year 11 Football Team
<b>Best Girls Team:</b>	Year 7 Trampoline Team
<b>Best Sports Person in A Level PE:</b>	Alice Dolan
<b>Best Dance Leader:</b>	Jessica Pedro and Uhupa Hangeri
<b>Best Junior Leader:</b>	Tom Nash
<b>GCSE PE:</b>	Edith Prosser
<b>Best Sports Person in BTEC Dance:</b>	Chloe Garner
<b>Best Sports Person in BTEC PE:</b>	Humza Nadeem

<b>Most Improved in KS3:</b>	Kamile Skukauskaitė
	Lina Valinciute
	Karolina Ramutyte
<b>Most Improved in KS4:</b>	Daniel Cole
<b>Highest Attendance in KS3:</b>	Jake Lawless
<b>Highest Attendance in KS4:</b>	Jessica Lines



**JACK HUNT SCHOOL (TRUST)**  
A Specialist Language and Sports College

# THE POWER OF WATER

Water makes up over two-thirds of the healthy human body, so it is really important that we drink water regularly to avoid dehydration. When the water content of your body is reduced, it upsets the balance of minerals (salts and sugars) in your body, which affects the way it functions. The amount of water you need to drink varies to each individual and is dependent on your age, size, weight, physical health and whether it is a hot day or not. It is always recommended that drinking water little and often is the best way to stay hydrated.



## MORE REASONS TO DRINK MORE WATER

- ◆ **Increases Energy and Relieves Fatigue** : Since your brain is mostly water, drinking water helps you think, focus and concentrate better and be more alert
- ◆ **Flushes Out Toxins** : Helps to get rid of waste products through sweat and urination
- ◆ **Maintains Regularity** : Helps to aid digestion as water is essential to digest your food and prevents constipation
- ◆ **Boosts Your Immune System** : Helps to fight against viruses and many other ailments
- ◆ **Natural Headache Remedy** : Helps to relieve and prevent headaches which are commonly caused by dehydration
- ◆ **Puts You in a Good Mood** : When your body is functioning at its best, you will feel great and be happier
- ◆ **Improves Skin Complexion** : Helps to moisturise your skin, keeps it fresh, soft, glowing and smooth.

**Saves You Money!** : Water is FREE!

## Oscar Sadikot Achieves Hockey Success!

Oscar has had a fantastic end to 2015. In early September he was selected to play for England at the Sainsbury School Games in Manchester.

This was followed in December by Oscar and the U18 indoor squad playing in the East of England Championships at St Albans. They beat all 4 other counties to be crowned East of England champions. They will now go onto the National finals on 23/24 January at Nottingham Trent University. And the outdoor U18s have made the last 8 in the country, with the next round being played in February. We wish both teams the very best of luck.



## Winning Performances take Students to the Finals

The Peterborough Schools Table Tennis (Singles) competition took place on Tuesday 8 December, again hosted at Jack Hunt School. Six schools from across the city competed in the U13 and the U16 Competition. Jack Hunt School had two students competing in both age groups. Students had to play 5 matches to reach the semi-finals. In the U16 age group both Amardeep Singh and Wilson Wang made the semi-finals, while Hasan Kabir made the U13 semi final. All three students won their semi final and made it into the final.

Hasan, representing the school for the first time and competing against a Year 8 boy from Hampton school played some excellent shots and took control of many rallies. The game was tied and 1 set each and went into the deciding set. The Year 8 student from Hampton was just too strong at times eventually winning the final set 11-7.

A repeat of the 2014 final saw Amardeep Singh take on Wilson Wang. Both had completely dominated all of their matches and rarely dropping a set. Amardeep took the first set with Wilson fighting back to take the second. Tied a 1 set each the match went into the deciding set. Some outrageous rallies and some awesome shots from both students left onlookers in awe. Amardeep took an early lead, however Wilson did not want to be a runner up 2 years running and came from behind to take the final set 11-9. An outstanding display of Table Tennis, demonstrating determination and courage along the way.





## Young Ambassador Conference.

The initial training for the Bronze Young Ambassadors took place on Friday 16 October. This training is led by members of the Jack Hunt School Young Ambassador team. The students plan and organise the activities for the new group of primary Young Ambassadors. They focussed on health and wellbeing, including looking at 'What is in your drink' and setting up Change4Life clubs.

A Young Ambassador's role is to:

- ◆ increase participation and healthy lifestyles in their school
- ◆ promote the positive values of sport in and through sport
- ◆ be a role model in advocating PE and school sport
- ◆ be the young people's voice on PE and school sport in their schools and communities



## PEER Ambassadors.

Ten students from across the Jack Hunt Cluster took part in a national training camp as PEER Ambassadors. This was held at Nottingham Trent University and hosted by Jack Hunt School Platinum Ambassadors and members of National Steering Group for Young Ambassadors, including Year 13 student Sumayya Manji.

A PEER Ambassador bridges the gap from primary to secondary ambassadors and empowers students with the responsibility of increasing participation numbers of students who may not already attend sports clubs. The students enjoyed working with the students from the University and took some great ideas that they would like to implement within their schools.



## Peterborough Cross Country Competition

The Peterborough Cross Country competition held at Ferry Meadows saw nearly 60 Jack Hunt students taking part. All students tried really hard and for some it was the furthest they had ever ran. The students were a credit to the school and extremely well behaved and managed to achieve some outstanding results; Highlights include;

- ◆ Ellie Piccaver – 2nd
- ◆ Ollie Oakley – 6th
- ◆ Connor Cassar – 9th
- ◆ Liam Stokes – 10th
- ◆ Khadija Painda – 10th
- ◆ Alice Taylor – 12th

Well done to all students that competed.



## Sports Leaders Have had a very Active Year

Sports leaders in Years 10, 12 and 13 have been active in leading various sports festivals and competitions for the Cluster Primary schools in order to gain experience of leading for their Level 1, 2 or Higher Sports Leaders Awards Qualifications.

Students have led classes of 30 in multi skills and fitness circuits, while Years 12 and 13 have had to lead over 120 students at a time in Dodgeball and Kingball events. The students are beginning to understand the barriers and problems that arise when working with such large groups but are learning to deal with them as they develop their leadership skills.

As we move into the spring term the Year 12 students will begin to lead multi-skills sessions for the foundation and KS1 students from across the Cluster. While the Year 13 students are volunteering and working with students from Heltwate School, a Special School for pupils with Learning Difficulties, where they lead activities and sports for them as extracurricular activities.



## Jack Hunt and Students Recognised for their Contribution to Sport

On November 26 at the 10th annual Living Sport Awards, Jack Hunt was recognised for its continued Outstanding Contribution to Sport whilst Year 11 student Jamie Scholes won Young Sports Performer of the Year.

The evening, hosted by Sue Dougan from BBC Radio Cambridgeshire, saw talented sportsmen and women, coaches, volunteers, organisations and clubs come together to recognise and celebrate sporting achievements across Cambridgeshire and Peterborough. The guest speaker was Paralympian, Rob Richardson who having captained the GB Sitting Volleyball team at London 2012.

Once again it was another fantastic night for Jack Hunt School as we were proud to receive a special award for 'Outstanding Contribution to Sport', in recognition of our continued work with junior athletes and with developing Sports Leaders both in school and the local cluster community.

Year 11 student, Jamie Scholes came away with the Young Sports Performer of the Year Award for his amazing swimming results. Jamie, a member of the City of Peterborough Swimming Club, specialises in backstroke but also competes in freestyle events. He has recently won a gold and two silver medals at the British Championships in Sheffield and also represented England in an International meet in Italy. Jamie remains one of the fastest in the country in backstroke events in his age group.

Assistant Headteacher Chris Game, who received the Outstanding Contribution Award on behalf of the school, said *"It was really fantastic for Jack Hunt School to receive this Award. Being recognised for our continued outstanding work from an organisation like Living Sport is a real honour. It was excellent to see the achievements of Jamie Scholes and former student James Fox celebrated. They have both had wonderful seasons and I know they have worked, and continue to work very hard to be the best they can be"*



## GET SET for COMMUNITY ACTION

Year 12 students Sam Bates and Olivia Nunziata, who are part of the Jack Hunt School Young Ambassador programme, attended National training for the Get Set Network at Villa Park. Jack Hunt School was chosen from thousands of applicants to become 1 of 100 schools across Britain and Ireland to become a Champion School in the run up to the Rio Olympic and Paralympic Games.

Throughout the outstanding work of the Legacy Project and continued use of the Olympic and Paralympic Values, Friendship, Excellence, Respect, Equality, Determination, Inspiration and Courage the Young Ambassador team will now look to engage 5 other secondary schools across the city to work with and deliver various community opportunities and activities, while working with students to volunteer at these events. The city wide training will take place at Jack Hunt School on Thursday 11 February from 9.30am – 2.30pm. Anyone interested in being part of the 'Get Set for Community Action' Working Group, please see a member of the PE Department.



## TOM NASH KEEPS ROWING TO SUCCESS

Year 11 student, Tom Nash was nominated at the recent Peterborough Education Awards, which honours local teaching staff and students and received a Special Commendation for Outstanding Sporting Achievement. Tom said "It is really nice to be recognised for my achievement and hard work as I have been rowing since the end of Year 7. "

On Sunday 13 December Tom also took part in the British Indoor Rowing Championships at the Lee Valley Velopark at the Queen Elizabeth Olympic Park. He competed in a team with 2 boys from Maidstone and a student at Bourne Grammar making up the required team of four. The boys who compete at J16 level, won silver in the Junior Open Team Relay - the winners were J18 (two years older than the Tom's team). He has enjoyed a short break over Christmas before starting training in the New Year ready for the Eastern Region Trials coming up in April.

