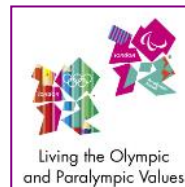




Activate

The PE and Sports Magazine for Jack Hunt School



March 2016

GET SET for COMMUNITY ACTION

'Amazing, Fun, Exhilarating, Loved It, Inspired' – Just a few of the words used by Year 5 students from across the Jack Hunt Cluster to describe our first Health and Wellbeing day held on Monday 29 February.



The aim of the day was for children to come and experience a range of different and new activities as well as spend time in the interactive zone, where they had the opportunity to find out about healthy living, sustainable travel and community clubs from local providers. The pupils enjoyed having a go at 'pedal power' – cycling to operate a smoothie machine or turn flashing lights green to show how much power they were generating. They also found out about the positive impact exercise can have on their lives and the lives of their families and, learned how much sugar there is in the food and drink they normally consume each day.



The Year 5 pupils came together to take part in a range of taster sessions including; Tri Golf, Table Tennis, Basketball and Cricket led by community coaches running clubs at Jack Hunt School or in our local community.

Club Professional, Adam Chamberlain, from Peterborough Milton Golf Club, led the TriGolf sessions indoors. This was an activity that many of the students had not experienced before but something they really enjoyed. Health Ambassador, Cameron from All Saints Primary, commented that, *"Aiming at the big target was the best because we could hit the ball as hard as we liked, my grandad plays golf and it's something I would like to try more of"*.



Archway Peterborough Coach Steven Gray and men's county Champion Adam Jepson, who run the table tennis academy at Jack Hunt School, commented *"This is great, it's so good to see so many young people having the opportunity to experience table tennis. It would be great to see some of these students coming along to the academy during the week as it seems like they've had a really good time and taken lots of information away with them."*



Asda Community Champion, Jo Frost, commented *"It's great to get out and speak to so many young people, it's the best part of my job. I was really surprised though how little the children knew or understood about sugar in food and drink. Hopefully today will have opened their eyes a little and make them think next time when they pick up a can of Coca Cola at the shops."*



The students all received a goody bag containing freebies and giveaways as well as flyers and information about getting involved in each of the activities they experienced during the day.

If you would like further information about any of the activities please contact Hannah Oliviero or Elizabeth Almond at ealmond@jackhunt.net or on 01733 263526 ext 170.

A big thank you must go to all of the community sports club providers and the information stands who supported the day.



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

Bitter Sweet – The Sugar Trap!



In the UK, we consume far too much sugar every year. The problem being that we often don't know we're eating it or how much. Most of us know that sweet stuff should be eaten in moderation, but some food and drinks contain a surprisingly high amount of sugar, which means you could be consuming much more than you should.

This can result in us eating more sugar than our bodies can handle.

If we consume more sugar than we need, our liver converts the excess into fat. Some of this fat is stored around the body including around our organs. This is why eating too much sugar can lead to many health issues, including weight gain, an increased risk of diabetes, heart disease and liver disease.

Tooth decay is also more likely, as bacteria in our mouths feast on the sugary foods we eat and produce acids that dissolve our tooth enamel.

Spotting high-sugar foods

The total amount of sugar contained in a product can be found on its nutritional label. Working out how much sugar is in your food or drink can be confusing, as it appears in many different ways apart from 'sugars', such as sucrose, glucose, fructose and honey.

You can find out how much total sugar is in a product by looking for the 'carbohydrates' (which will 'of which sugars' will appear under) or 'sugars' figure. (Added sugars shouldn't make up more than 5% of the total energy (calorie intake) you get from food and drink each day. This is about 30g of sugar a day for those aged 11 and over.

More than 15g of total sugars per 100g means it has a high sugar content, 5g of total sugars or less per 100g means it has a low sugar content.

Fizzy drinks often have a high sugar content and it is important you consider this before drinking them. Water or unsweetened juice drinks are a far better option and, for maintaining good hydration.



Get Sugar Smart

To help you find out how much sugar is in your food join the Change4Life Sugar Smart! initiative and download the 'Sugar Smart!' app which will tell you exactly how much sugar is in your food and drink – www.nhs.uk/Change4Life.



Excellent Performance at KS4 Badminton Championships



On Thursday 11 February eight KS4 students took part in the KS4 Badminton Schools Championships which included all the top performing schools from the region. Both teams of four competed extremely well reaching the semi-finals and ended the tournament having achieved third place overall. An excellent result for both teams.

Well done to: Boys team: Tyler Moses, Armardeep Singh, Luttfah Sharifi and Zen Malik and the Girls team: Sakina Painda, Tayla Jade-Harris and Crystal Wadge and Marieta Fisherova.



Ellie Piccaver – Cross Country

Ellie has had a very successful cross-country season this year producing some excellent results.

Back in December she competed at the Peterborough Schools Cross country Championships and finished 2nd in the Intermediate girls (Year 10 & 11) race. As a result she qualified for the Cambridgeshire Schools where is finished in 12th position. She then went on to compete at the Anglian Schools Cross-country at Boston where she finished in 30th position.

As a result of this fantastic achievement she is now first reserve to compete at the English School Cross-country Championships. Well done Ellie!



Get Set for Community Action Event hosted by Jack Hunt

The Jack Hunt Young Ambassadors and Higher Sports Leaders have been very busy getting involved with the local community and our Cluster Primary Schools as part of the GET SET for Community Action! The students are looking for community providers to work with and engage a variety of community groups in small projects in the run up to the Rio Olympics and Paralympics. In doing so they are continuing the Olympic Legacy of London 2012 and giving back something to the local community.

The school and students hosted a training event in January for four other schools; Stanground Academy, St John Fisher, Marshfields and Hampton Academy to help them to engage within their community.

They took part in a variety of workshops and seminars and looked at ways in which they could overcome barriers and challenges they may face in order for these projects to be successful.

The students and staff are now developing a project aimed at engaging our students in working with the local community through possible sporting opportunities – whether local clubs for all age groups; primary schools etc.

The Get Set for Community Action team at Jack Hunt School are looking to;

- Run at least two projects between now and the start of the Rio Olympics in September 2016. Whether these be sporting or cultural they would like to get out into the community and begin this work.
- They are currently linking with Age UK and Inspire Peterborough to collaborate ideas on how they can get involved in the projects.
- The main aim is to develop Community cohesions, students confidence, organisational, leadership skills, while providing greater opportunities for the community user groups.



Year 7 & 8 Netball Competition

The Year 7 and 8 Netball teams attended the annual Peterborough Schools Netball Tournament at Arthur Mellows school on Tuesday evening. The girls played really well and improved with each game they played. Despite all their hard work and excellent teamwork they did not progress through the competition.

Although disappointing not to make the finals, the girls learned from playing other teams, tried new positions and are already eagerly anticipating next year's fixtures.



Gymnastics Success

On Tuesday 2 February, 70 students from across the city gathered at Phoenix Gymnastics Centre for the Peterborough Schools Gymnastics Championships. The competition was two-fold, with an individual floor and vault competition for gymnasts who train regularly with clubs outside of school, alongside a team gym competition for groups of students who enjoy gymnastics and only take part in school.

As well as Jack Hunt students competing successfully in both competitions, a separate group of student volunteers did an excellent job of facilitating the smooth running of the event, as scorers, judging assistants, photographers and warm up marshals.



The Jack Hunt girls competed very well and came joint 3rd in the Team Gym competition and there were some excellent individual performances. It was wonderful to see how much gymnastic talent Peterborough has and for the gymnasts to be able to compete representing their schools. Well done to every one that took part in the competition and helped to run such a successful event.

Top Jack Hunt performances were: Chloe Peacock who came 1st in Advanced Floor and 3rd in Advanced Vault and Katie Morton who came 2nd in Advanced Floor.

Year 8 team - Sinead Gray, Jasmine Peake-Martin, Jess Silva and Paige Boreham.

Year 7 team - Kira Hughes and Lucy Scotney.

Team Gym: Kira Hughes and Lucy Scotney, Kyra Brown and Laura Rodrigues, Wanessa Wisniewska, Abbi Nicholls, Suzanna Omar, Paige Boreham, Sinead Gray, Jess Silva, Jasmine Peake-Martin.

Individual Competitors: Ebony Baxter, Katie Morton and Chloe Peacock.

School Ski Trip

In February half-term 16 students accompanied by Mr Cooke, Miss Bracken and Mr Gilligan embarked on a monster journey to Italy for the first Jack Hunt Ski Trip in many years. They arrived in Italy after 23 long hours and after a quick luggage drop off, they walked down to the local ski shop for a ski fit.

Each day the students received 5 hours of ski tuition. There were 11 beginners who worked tirelessly all week and by the end of the week they could comfortably ski the blue and red runs. They had a brilliant attitude all week.



There were 3 intermediate girls who were placed in a group with students from other schools. They had all done a few ski lessons before they went, either at Tallington on the dry slope or at Milton Keynes in the snow dome. We were all surprised how quickly the girls took to it on the first day and how well they progressed throughout the whole week. They represented the school very well, always being the most polite and enthusiastic students in the group.

Finally we had 2 advanced skiers who spent the whole week skiing the resort, they again were sometimes with other students from other schools but were also lucky enough to have an instructor to themselves on more than one occasion. Again they both represented the school very well and spent most of their time working on technique and skiing the more difficult slopes on the mountain and did so with ease. Staff again took it in turns to go with this group and were also able to get a few tips from the instructor on how to improve.

We also had the opportunity to take part in activities outside of skiing. Sledging was a big hit with everyone and we competed in races with lots of students ending up in the ditches in fits of laughter. Swimming was also a massive highlight for most of the students, we popped across the border into Austria to a local pool that boasted an array of slides, a lazy river and an outside pool which was a real sight to behold as it was snowing all night. This was also an important night to recuperate the legs after 2 tough days skiing.

To read more about the skiing trip please visit Mr Cooke's blog and the 'Latest News' section of our website.

Action Packed Day for Sports Relief!



The day started with many students arriving in their PE Kit and very kindly donating £1 for the privilege. The day was filled with an Inter-House Rowathon, £1 challenges and Staff vs Sixth Form volleyball, all taking place to raise money for Sport relief 2016!

The all-day Inter-House Rowathon took place in the gym with students in each year of each house completing 50 minutes of rowing as a team to travel the furthest overall distance. Sports Reps and Young Ambassadors from each House were on hand to support the younger students, and act as motivators and organisers. There was an excellent team spirit and a determination to want to beat the other houses was clear to see from all! The Heads of House and House staff also took part adding valuable kilometres to the final House scores!

Overall the students rowed over 180 miles in 36 hours of rowing! The overall winners were Kennedy with 52,567 metres (winning 10 house points for each student) closely followed by Curie who rowed 51,367 metres (8 points per student) and Mandela with 49,372 metres (6 points per student). Well done to everyone who took part, and the Sports Reps for organising the event!

During lunch the Higher Sports Leaders organised a range of £1 challenges including the Crossbar challenge, a 30-second basketball shoot-out and roll-a-£1 challenge. Each of the challenges were to try and win an Easter Egg!

The day was rounded off with the annual Staff vs Sixth Form volleyball match. This was an eagerly anticipated re-match with much hype from the Sixth Form students who were looking to avenge the 3-0 defeat earlier in the year. Some excellent rallies and great blocking from the Sixth Form team resulted in a far tighter game, however, the number of outstanding shots from Mr Rasib ensured a 2-1 victory for the staff!

Well done to everyone involved for being outstanding 'Good Sports' for such a worthy cause! And, for raising over £500 on the day.



HOUSE	P1	P2	Beak	P3	P4	P5	LUNCH	P6	TOTAL
						HOH SPORTS LEADS	HOH SLT	Sixth Form	
BENDEL	8412	7147	2364	8984	8939	4536	7285	40,062	47347 4
EINSTEIN	7411	6725	2069	7997	6664	4349	8657	39,243	43899 6
CURIE	7811	6540	2681	9499	9061	5392	10413	40,954	51367 2
KENNEDY	8920	7698	2267	9726	9538	4755	9663	41,804	52567 1
MANDELA	6523	7571	2566	9467	9186	5077	8976	38,381	49372 3
NIGHTINGALE	7368	6232	2345	8738	7499	4914	7499	37,006	44595 5



Jack Hunt Cheerleaders Open Spring County School Sports Games

On Thursday 17 March the Jack Hunt Cheerleading team had the honour of performing at the Opening Ceremony of the Spring County School Games. In January we found out that not only were they performing in the Opening Ceremony at the St Ivo Indoor Centre near Cambridge but they were opening the whole event as one of the first acts to perform.

They had been nominated following the fantastic job of opening the Jack Hunt Sports Awards Evening. The audience was made up of 500 disabled and able-bodied athletes, Young Leaders, members of the local Council, Sports Ambassadors and England Netball star Lindsey Keable (pictured with girls).

As it was such a special occasion, the team created a new routine for the event and the girls worked really hard practicing twice a week for over 10 weeks leading up to the event. The girls performed the routine extremely well, with beaming smiles and lots of energy which was commented on by numerous members of audience afterwards. Miss Bracken, PE Teacher said *"They were a pleasure to take and did the school very proud."*

The Higher Sports Leaders were also at the St Ivo Centre, having volunteered to assist in the delivery of the AbilityPLUS games at the Spring County School games. They helped students with varying degrees of disabilities in Polybat, Boccia, New Age Curling, Table Cricket and adapted Netball.

The organisers of the event Living Sport commented: *"Thank you for so many of your sports leaders volunteering, their help in motivating the students and running the events is invaluable and really make the running of the games an exciting opportunity for the students. Without their help we would struggle to run these events."*



Year 12 Sports Leaders support City Disability Games

In February, Year 12 Higher Sports Leaders ensured a fun and motivating experience for the students of Heltwate and COPASS Schools when they took part in the City Adapted Multi Sports Competition.

The students with varying degrees of disabilities competed in new age curling, poly-bat, table cricket and boccia. The students really enjoyed the games and working with our Higher Sports Leaders.

All HSL students are required to volunteer in various sports settings, and working with children with Disabilities is one of them.

Sarah Abbs (Year 12) *'It's so different from working with able bodied children. This experience was so rewarding I really enjoyed it. I had to help one student in particular who had difficulty holding the bat and directing the ball. He gained such a sense of achievement just from returning the ball. It was great.'*

Well done to all our Higher Sports Leaders who took part.

