

PE & SPORT NEWSLETTER



Newsletter Number: 3

TIS THE SEASON TO BE JOLLY!

Term 2 is wrapping up, and I extend warm wishes for a Merry Christmas and a Happy New Year. Our focus on Respect underscores caring for ourselves, each other, the environment, and our community. As Matthew 7:12 advises, "Do to other what you would have them do to you." Well done to all the children who were sponsored for the Great Athletes Fitness Circuits, after payment fees for the event we received an Equipment Voucher of £1352!! The children will now decide through Pupil voice what equipment will be chosen for lunchtimes.

Youth Sport Trust has created the Well School Check. We will look to review the wellbeing areas we need to improve as a school for staff, children, and a school community and try and implement them in the future at St John. Information of the Well Check is attached to this newsletter. Lastly, every Thursday morning our Sports Leaders are enjoying their Real Leaders program and learning about the keys skills needed for leadership.



FOOTBALL SUCCESS!

We have had a very Football focused term with all our competitions and fixtures being football and we have seen great success by winning the lot! On November 10th, St John's entered three teams in the Carterton U11 Boys Football Competition, Team A did fantastic to not concede a goal and go onto to win the competition with a fine 2-0 win over Gateway with Oliver Cormack-Goth scoring the brace and Archie Hampton making fantastic goalkeeper saves. Well done boys, they will go on to a Oxfordshire tournament representing Carterton. The Team B and C showed brilliant effort and represented the school showing all our values.

It was the girls turn for U11 Girls Football Competition on November 17th with the girls also not conceding a goal, drawing with Gateway 0-0 and a brilliant 1-0 victory over Edith Moorhouse with Girls Football Captain Florence Isherwood scoring the winning goal and sending the team into the West Oxfordshire competition next year.



FESTIVALS & FIXTURES

Year 4 attended Dance a Festival, providing excellent opportunities for LKS2 to engage in. I take pride in Year 4's accomplishments in the dance festival, where they skillfully incorporated learned moves into their P.E dance sequences. Year 4 boys played mini 5 a side competitive and development match vs Carterton Primary School.

Year 6 have again been invited to compete in the Witney & Eynsham U11 Boy's & Girl's Football league for a second year. Our U11 Boys first game was against Hanborough with a fantastic 11-0 win with Archie Hampton scoring 4 goals! Their second league game was against Tower Hill at home and the boys won 8-0, another brilliant performance!



PE UPDATE

Our overarching learning goals emphasised social skills across all year groups, focusing on sharing and encouraging in KS1, while KS2 delved into positive feedback and supporting peers.

I had the privilege of attending a training course with the Royal Ballet to improve my knowledge of Dance and bring fresh ideas to the curriculum for each class. We have been putting into practice what I have learnt from the course and Year 3 have been exploring the ballet performance of 'Alice in Wonderland'. The children have shown creative and expressive dance routines.

In KS1, we honed jumping and landing skills, integrating seated balances in Real Core PE, showcased in games like Jungle Adventure. Dance lessons involved creating shapes and movements.

For KS2, hockey skills were explored with thrilling intra competitions. Mr Dobinson from Witney Hockey came to visit again this school year to lead and teach Year 6 extra Hockey skills. Real Core PE lessons Year 5 explored a new invasion game called 'steal my treasure' which helped develop balance and agility skills. Year 6 learnt the invasion game of Kabaddi.

Unfortunately, I am still finding children that forget PE kit. A P.E kit is vital for lessons to avoid unhygienic alternatives. As we return in winter, please ensure all children have black tracksuit bottoms/leggings and a grey or black sweatshirt for outdoor P.E. Wishing everyone a Merry Christmas and a safe, Happy New Year! Bring on 2026!

Best Wishes

Mr Lamb

PE & Sports Teacher



WHAT'S ON?

Christmas Clubs & Camps:

- Brize Norton School Holiday Club- Monday 29th- Friday 2nd Jan 9am-4pm (8am-5pm extra) OX18 3PL,
- Next Generation Soccer Schools, Mon 22nd - Tues 23rd Dec, 9.30-3pm, Windrush Primary, OX29 7DL



St John
the Evangelist
C E PRIMARY SCHOOL

Introduction

We know that unhealthy, unhappy children don't learn. At the same time schools are being asked to do more with less whilst dealing with a growing physical and mental health crisis. Put simply, our education system needs to adapt and think differently to meet the needs of our pupils and provide the support our educators require.

What is a Well School?

A Well School still has high expectations, but places just as much emphasis on health and wellbeing as it does on academic performance. It understands that children and young people are more effective learners when they are happy and healthy, and that staff are better educators when they are genuinely supported. Well Schools take care of the health and wellbeing of their pupils and staff to create a culture which allows everyone to reach their potential.

Why Well Schools?

The evidence shows that there is a clear link between improved physical, social and emotional health, higher levels of wellbeing, academic attainment and other educational outcomes particularly with those pupils facing the greatest inequalities.

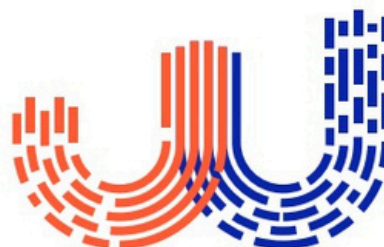
This will result in the following over time:

- Increases in progress and attainment
- Improvements in physical and mental health
- Increased attendance
- Higher self-efficacy
- Increased executive function
- Improved behaviour
- Reduced exclusions
- Improved job satisfaction
- Increased staff retention

Evidence²³ shows that happier teachers and happier children make for better learning environments.

We face three big problems in the UK that is affecting the education outcomes we want for every child:

1. Poor staff wellbeing and a lack of agency in young people.
2. A significant decline in young people's physical and mental health.
3. Young people not having the essential skills they need for the digital world they live in.



Steps to Success

The Well Schools Steps to Success are informed by what schools and trusts have done to improve the health and wellbeing of their school communities. It helps the education sector understand what works to impact on the health and happiness of staff and pupils, and achieve positive education outcomes by addressing the health and wellbeing challenges they face.

The guide supports schools and trusts to take action across their school, or group of schools, and how to implement the Well School approach based on their context and needs of the pupils, staff and community.

A Well School

Well Culture.

Wellbeing is put at the heart of school life and enables everyone to thrive and achieve their potential.



- ♥ School Leadership
- ♥ Wellbeing Measurement
- ♥ Community Engagement
- ♥ Inclusion and Diversity
- ♥ Physical Environment



Lead Well.

Staff and pupils are empowered to shape and lead their school

- Staff voice and pupil voice
- Workload support
- Professional development
- Wellbeing governance
- Staff wellbeing



Move Well.

Every pupil is prepared physically and mentally for learning and for life

- Physical education
- Extracurricular provision
- Daily physical activity
- Competitive opportunities
- Activity delivery



Live Well.

Every pupil is equipped with the essential skills to thrive in a digital world

- Leadership opportunities
- Volunteering
- Educational visits
- Health and wellbeing curriculum
- Mental health support