

HELENA ROMANES SCHOOL

PE Newsletter - December 2025

Updates on all sporting events



Football (All years)

Year 11 -

Yr 11 boys vs East Bergholt

The Year 11 boys of Helena Romanes School bowed out of the National Cup in the Round of 64 after a spirited performance against East Bergholt, where their upbeat energy and focus set the tone for an end-to-end contest filled with moments of brilliance; despite their determination, East Bergholt took the lead with a controversial goal as the referee ignored the linesman's offside flag and later doubled their advantage to make it 2-0, while Helena Romanes thought they had pulled one back from a corner only for the referee to disallow the goal for offside a decision strongly disputed by Mr Adeyemi and the boys on the bench, who felt the referee had sought out a reason to cancel the strike ultimately leaving the final score at 2-0, but the team can take pride in their resilience, spirit, and refusal to give up.

Year 7 -

Helena Romanes School produced a scintillating display of attacking football, overwhelming Forest Hall with a commanding 7-1 victory. From the first whistle, the team set the tone with sharp passing, relentless pressing, and clinical finishing.

Leo's Impact Off the Bench Introduced in the second half, Leo made an immediate impression. His energy and movement unsettled the Forest Hall defence, and he capped his performance with two superbly taken goals. A true game-changer, his contribution underlined the squad's depth and attacking options.

Daniel's Debut in Goal Making his first appearance between the posts, Daniel showed composure and confidence. He dealt calmly with Forest Hall's few chances, commanding his area well and distributing the ball intelligently. A debut to be proud of, laying a strong foundation for future performances.

Dominating Team Performance Helena Romanes controlled possession throughout, moving the ball with pace and precision. The midfield dictated play, the defence stayed disciplined, and the attack was ruthless. Every player contributed to the team's dominance, ensuring Forest Hall were left chasing shadows.

This was a statement win for Helena Romanes School. The 7-1 scoreline reflected not only their attacking prowess but also their collective spirit and determination. With Leo's brilliance, Daniel's promising debut, and the team's relentless drive, the match will be remembered as one of the season's standout performances.



Year 8

The Year 8 boys played in the National Cup first round and lost to a strong Saffron Walden Side. We are in the NW Schools District competition and have had one convincing win against Forest Hall and one lost against New Rickstones. We have games coming up against Maltings and Notley High School. We are hoping to make the semi-finals if we win the next two games.

Year 10

Year 10 have had a frustrating season whilst the lads have been training very well and with great numbers out we have not transferred this into our matches. We have drawn two and lost one and probably should have won at least two of the games.

We have a crucial game against Notley High School on Friday 19th December (the last day) at 1.30pm. Keep going lads the hard work will pay off!



Helena Romanes Year 7 Girls Crowned League Champions!

The Year 7 girls at Helena Romanes School have enjoyed a truly remarkable season, storming to victory in their league with style, determination, and teamwork. Their journey was nothing short of inspirational, as they finished unbeaten, winning all three of their matches with confidence and flair.

Unbeaten Champions

- The girls showcased skill and resilience throughout the campaign.

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- Each game highlighted their growing strength as a team, with outstanding performances across the pitch.
 - Their final fixture against New Rickstones Academy was a thrilling contest, ending in a hard-fought 3–2 victory that sealed their unbeaten record.

Special Mentions

This success was built on the commitment and talent of every player. A huge congratulations to: Daisy-Mai, Isabelle, Amelie, Lois, Mabel, Milena, Amelia-Rose, Elsie, Jemima, and Emily.

Each of these players contributed to the team's triumph, whether through goals, defensive heroics, or sheer determination. Their teamwork and spirit have set a fantastic example for future seasons.



Netball (All years)



U16 Schools County Cup Netball results

Following the success of previous results the girls were put through to last 16 KO stages of the Plate competition. This again saw the girls playing an away fixture at Burnt Mill Academy. The first quarter saw the teams tied at 5-5. Moving into the next 2 quarters it was nip and tuck with neither team breaking away and only 1 goal separating with HRS 1 goal to the good. A huge effort in the final quarter saw the girls pull away at the start scoring 5 goals before a reply. A great last effort saw a performance giving the girls a 26 - 18 **WIN**.

A fantastic result, which will mean the girls will be into the quarter finals after Christmas playing Fitzwimarc School. Well done girls and have a fantastic Christmas

U14 Netball Vs Mossbourne 10/12/25

The U14s were ready for their knockout round of the Essex Netball Cup. They went in with a positive attitude and were eager to come out with a win. They played well with Melody scoring for the team. The team were proactive in inputting lots of skills that have been built on across the term in training. Lily and Millie worked hard to produce options in the centre third. Beth and Grace defended against the opposition's attack. Unfortunately, the game ended in a loss for the squad. However, they should be proud of their efforts to get through to this round. This is just the start of the netball season with friendlies, districts and more to come in January.



Basketball (All years)

We have only started this term but we have over 30 boys attending on a Friday from year 7s to 13 and have entered some squads into the District tournaments, we will continue next term from January to March.

This week December 12th we are involved in the Braintree NW Schools District Basketball tournaments. Year 10 took part on Thursday 11th December and played against three other schools. They won their first game and lost two others and came third overall in the District. They have only trained in the last three weeks and they have much potential, well done to the lads who were a joy to take to the tournament. Special mention to Henry who is in year 9, who had the ability to play up an age group. Our player of the tournament was Alex K. Well done to the whole squad, pictured below.

Results:

Rickstones W 3-2

Maltings L 8-2

Notley L 13 -0

The squad below is;

Standing; Sonny, Leon, Alex, Arthur, Jerrye

Kneeling; Henry, Caleb, Alex

Year 11 played their tournament on Friday 12th December with a depleted squad having lost two of their players. With limited time to warm up the boys were put in the deep end having to play two games back to back. The boys contested well and created many chances, with great movement from Fletcher and Harry B and control provided by Luke and Henry but we did not take all the opportunities in all of their games. We missed the height on the offensive rebounds particularly and the lack of finishing meant they lost games they should have won but the experience will stand them well into the next term's games. Our player of the tournament was Fletcher S.

Results:

Hedingham L 12-2

Rickstones L 4-2

SWCHS L 12-6

Maltings L 5-4

Swimming gala

On Tuesday 9th December our swimmers and Sports Leaders supported students and staff in the Primary Schools District SEND gala. Once again our ambassadors led the way and were a credit to the school, thank you and well done.

Amelia, Thea, Amelia, Jenson, Joseph, Amber, Abbie, Darcy, Ava, all pictured below.

