18th December 2018 - First Edition

Burnt Oak Junior School's

Sports Report

Having fun, keeping fit, playing fair

Welcome to our first issue!

The road to Wembley.

Burnt Oak's football team are hoping to bring it home.
See page 5

Inspirational Champions

Ella reports on Paralympian Andy Barrow's visit to Burnt Oak

In November the GB Paralympian Andy Barrow visited Burnt Oak. He spoke to us all about the importance of keeping fit, looking after our health & eating the right foods.

Andy, a local boy grew up in New Eltham and attended Chislehurst and Sidcup Grammar school.

At the age of 17 he broke his neck in a badly engaged scrum and spent months in intensive rehabilitation sessions. He still had a huge passion for rugby and not being able to use his legs didn't stop him from playing.

He began playing wheelchair rugby in 1998 as a hobby and found he was really good at it. He started playing professionally and became captain of GB rugby team.

Andy Barrow's Career highlights:

- **Three Paralympic games.**
- **Three world championships**
- **Five European championships; the team won three consecutive gold medals.**

What is your greatest achievement?

It was gaining my independence after my rugby accident. Learning to deal with my disability and through my journey I became an inspirational speaker.

What does your role as an inspirational speaker include?

Going into different schools and talking to people about what it is like not to use your legs. Andy encourages young people to sit on the floor with him to experience this. He also encourages that to stay healthy people should be aware of foods with high sugar content and to only drink water.

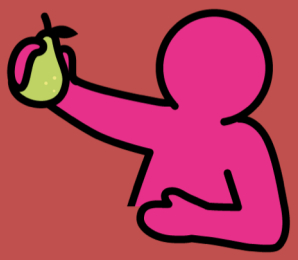
Comments from the kids:

"I really enjoyed Andy's talk . He was so brave and such a nice, confident person who could achieve anything."

18th December 2018 - First Edition

Food and drink swaps for a healthier diet

Try these small changes when you have your next meal or drink, or when you open the kitchen cupboard or fridge.



- Swap pasta for wholewheat pasta
- Make your own porridge oats instead of pre-made versions or granola
- Swap low-fat yoghurt for Greek style – it's lower in fat and sugar. Low-fat yoghurts contain a lot of added sugars.
- Swap plain jacket potatoes for sweet potatoes
- Swap white bread for wholegrain
- Swap crisps for popcorn
- Swap fizzy drinks and fruit juices for water

Healthy Schools

18th December 2018 - First Edition

Burnt Oak's Fabulous Football Team

Joy of six

In one of the first football games of the season the Burnt Oak team triumphed in a **6-1 epic win against Birkbeck.**

Burnt Oak posed a real threat up front with a strong midfield and tactical passing skills. The defence was barely tested during the game and goalkeeper Oscar Johnson stood tall in goal.

Mr Brown was an excellent stand-in coach for the team and gave strong guidance from the touchline. What can be said with confidence is this is an impressive start from the team and we're excited to see how the season unfolds.

The same team went on to **thrash Holy Trinity 6-1** two weeks later in the Kevin McCarthy Cup. The next draw for the cup takes place in January.

Watch out for Burnt Oak's CHRISTMAS Buzz! ... published this week!

Pets in Hats Competition Winner!

Celebrating Burnt Oak Buzz's Team 1.

Freddy Pedro's Story.

Video and audio links.

Burnt Oak rocks Bluewater!

Christmas toy suggestions.

Puzzles, competitions and more!

Our Spring Term vision.

Find all editions of Burnt Oak Buzz on their webpage here: Burnt Oak Buzz!

The Road To Wembley

The Burnt Oak team recorded their **biggest win ever** at competition level to go through to representing Charlton Athletic against other London boroughs. The final is to be played at Wembley.

William was captain and together the team played seven highly competitive games to reach the final against Sheringham. The team played valiently throughout the day and every player dug in and gave it everything they had. George Lapslie, Charlton's first team player, presented the winners' medals and had a chat to the boys afterwards. They were also given tickets to Charlton's home game against AFC Wimbledon on Sat 15th December.

You can see more detail on our powerpoint here:

Questions asked to George Lapslie

What car do you drive? Answer: Audi

What FIFA rating are you? Answer: I have no idea

How far can Burnt Oak go?

Updates of the team's progress in the next issue of Sports Report.

Follow this link to find next year's International Calendar: 2019 Sporting Events

Netball Team

The Burnt Oak netball team played Birkbeck in a very exciting 5-a-side match on 10th October.

Rohan played a central role in getting the ball to the goal shooters and Ella and Jacob scored some magnificent shots. Bethan and Chloe were strong in defence and in a game where we had no substitutes, the team were dynamic in both performance and stamina.

During every quarter the score changed dramatically and it was intense right down to the final whistle in which Burnt Oak secured a 5 - 4 victory.

Upton Match

On Tuesday 4th December we played a home game against Upton School, Bexleyheath.

As Upton were our guests, they started. The match began really tightly as Burnt Oak missed an early chance, but they never gave up and the first quarter ended 0-0.

We had all to play for in the second quarter as Lilybelle and Chole were running down the wing and passing the ball to each other. When suddenly Lilybelle got a goal for BOJ, that didn't stop Upton as they hit the ring twice, but it went out. From the line Bethan passed it to Sophie who passed it to Chloe. Then Lilybelle got the ball, scoring another two for Burnt Oak.

The third and fourth quarters were great for Burnt Oak as Lilybelle, Jacob and Bethan all got on the score sheet. However Upton never gave up and scored three goals.

Finally the full-time whistle blew and Burnt Oak had won 9-3. We were a team, we used good sportsmanship and Miss Smith and Miss Moore were great coaches. **By Jacob**

BE ACTIVE

Respectful Team Win Hockey Award

The hockey team played their first match in the 4 x 4 tournament at Erith School.

The team played exceptionally well against other schools and Miss Moore was extremely proud of them as they had only had a short time training together.

Burnt Oak were ecstatic to win the Respect Award from all the coaches, teachers, school games organiser and centre staff. They also won the plate (which was league number 3 out of 5).

In the Spotlight

Bethan & Sophie interviewed Burnt Oak's fantastic PE specialist teacher, Miss Moore.

What was your favourite subject at school?
My favourite subjects were PE and science.

When you were younger what did you want to be when you grew up?
Growing up I wanted to be a PE teacher because I was very sporty.

How did you get into sports?
I ran the mini marathon twice and got young ambassador of the year.

Do you have a sports idol?
Yes I do, Jessica Ennis-Hill and my PE teachers at school.

What is your favourite sport to watch?
It's football.

What is your favourite healthy snack?
Definitely raisins.

What are your favourite sports to teach?
My favourite sports to teach are gymnastics and athletics.

Badminton Festival at Hurstmere School

By William

Excitedly nine of us went to the badminton festival at Hurstmere on the 19th November. There were eight other Bexley schools taking part and lots of different activities, which were led by Hurstmere year 9 Sports Leaders.

Some of the activities were throwing giant shuttlecocks, balancing balls on racquets and hitting shuttlecocks over the badminton net, while another group on the other side had to catch them with large fishing nets.

My favourite part was when we received a gold plaque at the end for Burnt Oak's sporting games contribution throughout the year.

Speed Stacking Festival

Seven children from years 3 & 4 took part in the speed stacking festival at Hurstmere. Led by the enthusiastic year 8 sports leaders the children participated in lots of fun team events alongside other Bexley schools.

Change 4 Life is all about making a difference.

The Pioneer Football Friendly

Girls' Team

The girls' first match of the season was a friendly against another Pioneer school, Redhill. The team played well with some great shots one end and some spectacular saves from Annie Caldecott in goal.

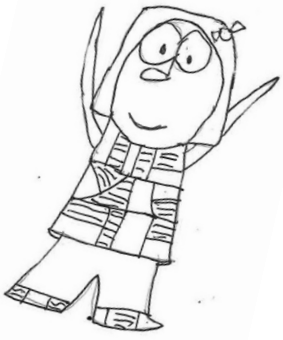
We lost 9-0 but it was an excellent display of team unity and resilience. The girls are eager for their next game.

Boys' Team

At the other end of the field the boys' B team was also in action. They played Redhill and ran their socks off defending and attempting shots on goal.

The score was 6-0 to Redhill but the boys showed good sportsmanship and their great team spirit shone through.

CONNECT



Digisports Club Autumn Term Update

Mr Barrett and Miss Moore have been piloting an innovative new club this term, called Digisports. Digital Leaders have been filming Sports Champions taking part in sport, such as gymnastics, in both normal time and slow motion. The children then edited the film, identifying mistakes and explained how improvements could be made, allowing people to watch the film to learn how to do the movement or sport correctly.
You can see a short video showing this here:

#ChildLed #EmpoweringChildren #Innovation

Digisports is taking a break in the Spring Term, but hopes to return later this year.

Huge thanks to our fantastic PE Teacher Miss Moore for organising all of the first term fixtures – it's been a busy one. A special thanks to Miss Smith and Miss Farrer for their hard work and weekly commitment coaching netball and girls' football respectively.

Thanks also to the parents who came to support the teams.
Mrs Smith for her fabulous support and input, and our amazing children who have contributed articles for our first edition. We salute you all.

Mrs Brand – Sports Editor

SPORTS