

Physical Education

Thank you to all students who have attended PE clubs this term and worked really hard to learn new skills and tactics, which has resulted in great performances in matches, competitions and tournaments. Here are a snippet of some of your successes.

TRAMPOLINING:

Zonal Round (Cardiff)

19 students made the long journey to Cardiff in January.

All 5 teams finished in the top 3 (x2 teams = 1st Place , x2 teams = 2nd Place, x1 team = 3rd Place)

Individuals - Lily, Mirelle, Bonnie, Isabella, Florence, Chloe and Ellie-Rose all finished in the top 5. Freya finished as Zonal champion.

National Finals (Derby)

All 16 students performed brilliantly in a very big and intimidating arena at the National finals.

Year 7-9 Advanced teams came first and second. Bonnie also came second individually.

Year 7-9 Intermediates (all year 7 students) came a very creditable 5th.

Year 10-14 Advanced were crowned National champions.

Mirelle also came 3rd individually.



SPORTS HALL ATHLETICS

A massive congratulations to the Year 7 & 8 Indoor Athletics teams who won every event on the track and came away as District Champions.

What a great way to start the athletics season!



NETBALL LEAGUE:

Well done to all students who represented HGS in the league at TPS over Autumn and Spring term.

3 year groups made it through to the finals.

Here are the results:

Year 7 - 2nd

Year 9 - 1st

Year 10 - 1st

Well done to all who played!

Year 7 - 2nd place	Year 9 - 1st place	Year 10 - 1st place
Charlotte G Lexi C Ella J Bethany R Niamh T Jessica T Alice R	Phoebe H Sophie G Abbie C Lucia H Lauren R Isabella H Madeleine B Audrey C	Isobel R. Bea T-W Millie C. Ellie R. Lilly H. Alex W. Anna S. Rosie S.

Y7 District Tournament

Well done to our Y7 Netballers who came first in the district tournament conceding very few goals all afternoon!

Ameira, Alice, Issie, Bethany, Charlotte, Ella, Elsie, Tabby, Charlotte & Niamh



Y8 District Tournament

Well done to our Y8 Netballers who finished 2nd place.

Everyone played fantastically and fought hard for turnovers. It even went to golden goal in the semi final; well done to Lucy for shooting so well under pressure.

Harriet N, Eve M, Elyn F, Phoebe J, Millie W, Milly C, Lucy W, Isabella



Y9 District Tournament

Well done to our Y9 Netballers who came 1st, conceding very few goals the whole tournament. It was a great team effort.

Phoebe H, Sophie G, Abbie C, Lucia H, Lauren R, Isabella H, Madeleine B, Audrey C, Sophie J

Y10 District Tournament

Well done to our Y10 Netballers who finished 3rd overall at the district tournament. Everyone played exceptionally well! We look forward to seeing you at Senior netball next year.

Isobel R, Millie C, Alex W, Ellie R, Bea T-W, Lily H, Rosie W, Neve S



SCHOOLS COUNTY CROSS COUNTRY:

Well done to Bethany R and Melody L (Y7), Haysan S and Harriet N (Y8), Hannah P and Poppy C (Y9), Neve S (Y10), Sarena S, Hannah C (Y11) and Fran H (Y13) who all ran well over a challenging course. Special mention to Haysan who finished 7th in the Junior Girls race.



INDOOR ATHLETICS

The County Athletics teams were recently invited to the Herts Indoor Athletics Championship at the Lee Valley Stadium.



Year 8 District Tournament

Well done to the Year 8 who came away as champions at the indoor hockey district tournament. They won all their matches and finished the tournament with an impressive 6-1 win against St Francis!



Y9 District Tournament

Congratulations to our Year 9 hockey team who after a very close match, came away with gold in their indoor hockey tournament. Congratulations on a great season!



Senior District Tournament

The senior hockey team (Years 10 –13) demonstrated outstanding skill, teamwork, and determination throughout the competition, resulting in a superb victory! A fantastic achievement - congratulations to all involved!

Isobel C, Elsie B, Esme P, Isadora M, Lyla T-W (Captain), Emelia K, Faye L, Imogen R, Ellie R

FOOTBALL

Y7-10 Football League

Well done to all students who represented HGS in the league at TPS over Autumn and Spring term. Here are the final results:

Year 7 2nd



Year 8 1st



Year 9 1st

Year 10 2nd



Friendly against Kingshott for Year 7/8



Futsal

We had a number of teams compete at the District Futsal tournament and the standard was extremely high. Congratulations to the Year 9 and 10 teams who came away as District Champions and now progress to the County finals in April.





District Tournament

A massive well done to the Year 7's who worked incredibly hard and put in a fantastic performance at their first District Tournament.



Congratulations to the Y9 football team who after a series of fantastic performances finished 1st at the district tournament. Thank you for all your hard work and dedication this season.



Well done to the Year 10s who finished 4th in the district tournament. The standard was high, the girls showed great team spirit.



Congratulations to the Year 11 football team on what was an amazing performance at the District tournament. You showed fantastic teamwork and perseverance and despite having no GK or substitutes you still came away with silver after narrowly losing the final 1-0.



SWIMMING DISTRICTS

A phenomenal performance from our swimmers this year!

Results as follows:

Junior (Years 7/8) - 4th

Inter (Years 9/10) - 1st

Senior (Years 11-13) - 1st

Overall..... 1st



The following students will be representing North Herts in an inter-district swim gala in Watford on Friday April 17th:

Charlotte D (Year 7) Emily B (Year 9) Millie B (Year 9) Ella P (Year 10) Lily K (Year 10)

INDIVIDUAL ACHIEVEMENTS

Mia S and Eleanor O

Mia and Eleanor have been playing in the U16 England Player Development Group.



Annushka M - Karate

Congratulations to Annushka who won karate-ka (student) of the year for 2025.



Holly C-K - Sailing

NHEBSC Ladies of the Lake

Holly overcame the fear of sailing solo to tackle windy conditions on International Women's Day



Neve S - Cross Country

Neve's team finished 3rd in the U15 race at the Hertfordshire County Cross Country Championships.



Sarena S - Cross Country/Athletics

Sarena finished the cross country season by representing Hertfordshire in the U17 girls category at the Inter Counties Championships in Nottingham. She kicked off the athletics season by winning the Hertfordshire Indoor County Athletics Championships U17 1500m.



Haysan S: Cross Country

Haysan represented Hertfordshire in the U13 girls category at the Inter Counties in Nottingham. She also won the Hertfordshire Indoor County Athletics Championships U17 1500m.



Fran H - Athletics

Congratulations to Fran who came second in U20 400m at the Herts County Indoor Championship.



Mrs Symeou - Cambridge Half Marathon

Well done to Mrs Symeou who completed the 13.1 mile course around Cambridge in a personal best time of 3 hours and 15 minutes.



LOWER SCHOOL GYMNASTICS COMPETITION

It was an absolute delight to see Year 7 and 8 competing in the annual gymnastics competition. Overall house winners were:

GYMNASTICS COMPETITION RESULTS <i>Year 7</i>		GYMNASTICS COMPETITION RESULTS <i>Year 8</i>		GYMNASTICS COMPETITION RESULTS <i>Year 7 & 8</i>	
1 ST	PANKHURST	1 ST	AUSTEN	1 ST	TERESA
2 ND	BRONTE	2 ND	JEWEL	2 ND	AUSTEN
3 RD	TERESA	3 RD	TERESA	3 RD	JEWEL
4 TH	CURIE	4 TH	FRANK	4 TH	BRONTE
5 TH	FRANK	5 TH	ROSA	5 TH	FRANK
6 TH	AUSTEN	6 TH	BRONTE	6 TH	ROSA
7 TH	JEWEL	7 TH	CURIE	7 TH	CURIE
8 TH	ROSA	8 TH	PANKHURST	8 TH	PANKHURST
CONGRATULATIONS ALL!		CONGRATULATIONS ALL!		CONGRATULATIONS ALL!	

HOUSE LEAGUE

Well done to all students who participated in house football and netball this term. Please find the results below.

NETBALL FINAL RESULTS <i>Year 7</i>		HOCKEY FINAL RESULTS <i>Year 7</i>		HOCKEY FINAL RESULTS <i>Year 8</i>		NETBALL FINAL RESULTS <i>Year 8</i>	
1 ST	AUSTEN	1 ST	AUSTEN	1 ST	FRANK	1 ST	BRONTE
2 ND	TERESA	2 ND	JEWEL	2 ND	BRONTE	2 ND	CURIE
3 RD	JEWEL	3 RD	PANKHURST	3 RD	ROSA	3 RD	FRANK
4 TH	BRONTE	4 TH	TERESA	4 TH	CURIE	4 TH	TERESA
5 TH	CURIE	5 TH	CURIE	5 TH	TERESA	5 TH	AUSTEN
6 TH	ROSA	6 TH	ROSA	6 TH	PANKHURST	6 TH	JEWEL
7 TH	PANKHURST	7 TH	BRONTE	7 TH	AUSTEN	7 TH	PANKHURST
8 TH	FRANK	8 TH	FRANK	8 TH	JEWEL	8 TH	ROSA
CONGRATULATIONS ALL!		CONGRATULATIONS ALL!		CONGRATULATIONS ALL!		CONGRATULATIONS ALL!	

Wishing you all a fantastic Easter break. We are taking 91 students to Holland on sports tour to play hockey, netball and football!

Please be aware that we will be launching a new [clubs timetable](#) next term. Please encourage your child to attend. Clubs will begin week commencing 20th April. We look forward to seeing you all.