

This term has been jam-packed with sporting activities and fixtures. It has been a fantastic opportunity for me to get to know so many students as I take over as Acting Head of PE.

Many of you who have participated in our extracurricular activities and represented the school in friendly matches, district tournaments, and other events deserve congratulations.

Let us celebrate a few of our achievements.

Dance

On Monday 4 March, we showcased the outstanding accomplishments of our Year 11 GCSE Dance students with the captivating Evening of Dance performance. In preparation for their exam a few days later, each student presented their exam piece with flair and commitment. Congratulations to Daisy B, Sienna S, Isla M, Freya B, Freya T, Esme S, and Imi N for their performances. Well done to all!



Well done to our Year 11 Sports Leaders, who delivered multi-activity festivals to Years 3 & 4 pupils from Whitehill Junior School. The students planned exciting activities such as parachute games, relay races and throwing accuracy competitions, which the Whitehill pupils thoroughly enjoyed taking part in. Feedback from Whitehill staff about our Sports Leaders has been very positive and they look forward to returning next year.



Trampolining

Our trampolinists have been travelling the country competing in the BSGA National Schools competition. Their final stop was Telford, where the Intermediate team were crowned as National Champions. A special mention also goes to Eve S who came away as individual National Champion. A fantastic achievement by all. - well done for your remarkable achievements.



Sports Hall Athletics

In the Secondary Sports Hall Athletics competition Year 7 finished in 2nd place and Year 8 won the Gold medal! Well done to Ilona A, Jessica P, Lilly H, Mya P-B & Maisie G in Year 8, and Izzy K, Lucia H, Ivy K, Poppy C, Allegra B, and Tilda B in Year 7.



Cross Country

In the County Cross Country Championships, Hanna P, Milli B and Grace W (Y7), Jess M and Neve S (Y8), Emily H, Hannah C, Edythe O and Indiya Q (Y9), Juliet A and Anouska B (10), Charlotte H and Rose F (Y11) all produced very creditable performances. The

outstanding performance of the day was from Sarena S (Year 9), who finished in 4th place in Junior Girls, and Abi M (Year 12), who finished 7th in Senior Girls. Both were selected to represent Herts at the English Schools National Competition.



Netball

In the District netball tournament, our Year 9 team won all but one game in their pool which took them through to the semi finals. Our players fought hard against The Priory School but lost narrowly by 1 goal, placing 4th overall. Well done to Evie C, Nia K, Edythe O, Tilly M, Rowan S, India H-M, Kushi U, Ava K, Molly B & Indiya Q.



The Year 10 team produced an outstanding performance, winning all but one of their games at the District tournament. A well deserved 2nd place for the team. Well done to Ava D, Lucy A, Emilia S, Bethany D-C, Lydia H, Kezia K, Lexie W, Lila G & Chloe A.



Our Year 8 netballers came 5th overall at the District tournament this term. Player of the tournament decided by the students was Bea T W, who showed great versatility, playing out of position for most of the evening. Well done to Amber F, Isobel R, Georgina S, Lilly H, Olivia B, Millie C, Ilona A & Bea T W.

Well done also to the Year 7 netball team who won Bronze medals at the District tournament. All students played very well so please congratulate Audrey C, Phoebe H, Isabella H, Abbie C, Lauren R, Hannah P, Poppy C, and Millie B.



Football

Congratulations to our Year 9 football team who won their District tournament! With goals from Izzy, Nia, Emily and Lottie the team remained unbeaten throughout, well done all!



Congratulations to Year 7 who came 2nd and 3rd in the District futsal tournament. I'd like to take this opportunity to say a massive well done to Year 7 who have had a fantastic first season representing the school and have shown real dedication and commitment to training every week. Looking forward to next season already.



A big well done to the Year 8s who came 2nd in the futsal District tournament where they were also competing against Year 9s. A huge congratulations to all Year 8s who have played this year, it's been another fantastic season!



Congratulations to the Year 9s who became futsal District champions! They then went on to represent the County and finished a respectable 4th with lots of very close games but continued to show great teamwork and determination. Well done to all.



We are very proud of our Year 10s who are now futsal County champions. This is a special achievement as they also competed against Year 11s. You all showed such skill, determination and teamwork and not to drop a single game in the tournament was incredible. Thank you for what has been a great season!



A special mention must go to Maia P who was awarded player of the tournament for the County finals. Well done and rightly deserved!



Badminton

Well done to Year 8s and 9s who participated in badminton friendlies this term! This is the first time HGS has had badminton matches against other schools and hopefully we will have more matches academic year. Well done to Rhea K, Anika R, Ekam K, Kayla Y, Nikki P, and Nevaeh D.



Swimming

Well done to the swimming teams who competed in the District swimming gala. Many individual and team medals were won. In terms of team results, Juniors and Intermediates placed 2nd, and the Senior team came 3rd. Overall HGS came in 1st! Well done to Lily K, Mia S, Isadora M, Millie B, Sarena S, Lucy W, Florence F, Kushi U, Molly G, Ellie C, and Rose F.



Lily K, Mia S, Kushi U, Sarena S, and Isla F were selected to represent the District at the swim gala at Watford. All swimmers performed very well throughout the night with Kushi and Sarena winning a bronze medal in the 200m freestyle relay.



Hockey

We did very well at the Year 8 District tournament this year. Well done to both our teams; the A Team finished 1st and the B team finished 3rd overall.



Our Y10 hockey teams were outstanding throughout their District tournament and dominated to finish 1st and 2nd. A special thanks to Elsa S for taking on the role of goalkeeper & making some fantastic saves.



Year 7 & 8 Gymnastics Competition

On Thursday 21 March we held the annual Years 7 & 8 Gymnastics Competition. This event is a longstanding tradition dating back 108 years. We are incredibly proud of the displays of aspiration and perseverance from you all. Year 8 students that won a Gold medal were 8A (green), 8J (blue), 8T (purple) and 8B (red). The Year 7 group pieces were the highest scoring in the history of the competition with 7A coming in 1st place. In the individuals category, Daisy M from 7T placed 2nd and Jemima H from 7R came 1st. In the pairs section, 7R won Silver & 7C won Gold. The groups of four was won by 7C with 7A gaining 2nd place.

Overall, 7A came 2nd with 7C and 7R tying in 1st place. In Year 8, 3rd place overall was 8A. There was a 0.1 point difference between the 1st and 2nd place positions - 8J taking Silver & 8B winning Gold.







GYMNASTICS COMPETITION RESULTS

Year 7

- 1ST** CURIE
- ROSA
- 3RD** AUSTEN
- 4TH** JEWEL
- 5TH** FRANK
- 6TH** BRONTE
- 7TH** PANKHURST
- 8TH** TERESA

CONGRATULATIONS ALL!



GYMNASTICS COMPETITION RESULTS

Year 8

- 1ST** BRONTE
- 2ND** JEWEL
- 3RD** AUSTEN
- 4TH** CURIE
- 5TH** PANKHURST
- 6TH** ROSA
- 7TH** FRANK
- 8TH** TERESA

CONGRATULATIONS ALL!

YEAR 7 POINTS TOTALS





















	Group	Pairs	4's	Ind
7A	8.6	7.9	7.9	4.7
7B	8.0	7.3	7.4	4.3
7C	8.3	8.2	8.2	5.0
7F	8.1	7.6	7.4	4.9
7J	8.3	7.6	7.5	5.2
7P	7.9	7.2	6.7	4.6
7R	8.2	8.0	7.8	5.7
7T	7.6	6.7	6.0	5.4

YEAR 8 POINTS TOTALS

	Red	Green	Blue	Purple
8A	8.3	7.6	6.4	6.9
8B	8.7	7.1	6.3	7.9
8C	8.1	7.4	6.3	7.3
8F	6.9	6.7	6	7.3
8J	7.5	6.8	7.6	8.0
8P	7.1	6.7	7.3	7.2
8R	7.0	6.4	7.5	7.1
8T	8.0	0	7.1	8.2

House League

As well as clubs and fixtures, we have had our ongoing House League at lunchtime on Fridays, which is always a joy to referee! Well done to the Sports Prefects for getting your form netball and hockey teams organised, and out in the wind, rain and sunshine this term! Please see the results below for Year 7 netball and Year 8 hockey. There are still matches to be played after Easter for Year 8 netball and Year 7 hockey so they will be shared at a later date.

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

Next term, our Year 10 Sports Leaders will be organising the tennis and rounders House League as part of their Level 1 qualification. They are looking forward to working with you all.

Individual Achievements

Lily-Rose C was vice-captain of the England Under 17s team for the Euro Girls 2024 roller-hockey tournament. Her team competed against the Italian, German and Swiss national sides, winning Silver. Congratulations on this incredible achievement.



Congratulations to Miss O'Leary who won the Lyrical/Contemporary category at the ICC British Open to become a National Champion!



Anna M came 2nd in her category in a speed-skating competition in Solihull. Well done! She is also a founding member of a new Hertfordshire team based in Stevenage.



Fran H recently represented the County at the Hertfordshire Indoor Athletics Championships winning triple jump and 800m. Her 800m time was the best this season

(2.34.05). Well done Fran.

Sarena S came 4th in her age group at the Hertfordshire Cross Country Championships. She has been selected to represent the county at the Nationals in the near future. Well done.



Closing Message

Mrs Gales recently had a beautiful and healthy baby boy. We send our best wishes to her as she enters this new chapter in her life as a parent. She will very much be missed during her maternity leave and I want to take this opportunity to thank her for her hard work providing you all with extracurricular opportunities in the lead-up to her leave.

Miss Jacobs has recently been appointed as Acting Assistant Head of PE. Congratulations, you will be brilliant in your new role and your experience within PE at HGS will be very valuable.

Please join me in wishing Miss O'Leary the best of luck as she travels to America to compete in the ICU Dance Worlds with Team England Jazz. Miss O'Leary was a Hitchin Girls' School student herself. We also wish Harriet T in Year 12 the best of luck as she too heads to America to compete in the ICU Cheerleading Worlds with Team England Junior.

Both show that with hard work and dedication, you can represent your country in your chosen sport or activity. We will be watching and cheering you on from here!

This Easter break 92 students will be travelling to Valkenberg in Holland for a five-day sports tour. Students will train and compete in their chosen sport of netball, hockey or football. We thank Mrs Edwards for many hours that have gone into preparing for this trip. I look forward to updating you with the results.

A new timetable for extracurricular PE will be shared with you via Google Classroom for the summer term. We are always looking to expand our provision and we will see the introduction of golf and cricket this year. We look forward to seeing you at lunch and after school.

Miss Shaw & the PE Department