



November 2021

#HealthyBodiesHealthyMinds Newsletter

Dear Parents/Carers/Children,

I hope you have had a restful half term break and are looking forward to another exciting half term of PE and sport. It has been brilliant to see such high levels of engagement in our PE lessons, extra-curricular activities and competitions so far this year and I cannot wait to see this continue through the school year. We have already made a great start this year with our continuing #HealthyBodiesHealthyMinds initiative and there are more amazing events scheduled. Thank you for your support with the PE and sport curriculum so far.

Mr Smith – PE Lead

Spirit of the Games

As a school, we are threading the School Games Values throughout our PE curriculum. These values are self-belief, honesty, passion, respect, determination and teamwork. I am very proud to see so many of our children showing these positive sportsperson values in our PE lessons, extra-curricular clubs and competitions.



“Don’t be afraid of failure. This is the way to succeed.” - LeBron James

Mr Johnson

At Poulton Lancelyn, we are very pleased to welcome Mr Johnson as a full-time member of our school this year. Following many years of work with the school, he has developed amazing relationships with both staff and children. Mr Johnson’s contribution to the PE and sport curriculum has been invaluable and his passion and drive continue to be an inspiration to so many members of our school community. Thank you so much Mr Johnson – we look forward to more amazing PE lessons, clubs and competitions this half term.

Bike It, Walk It, Scoot It Breakfast

We were thrilled to be able to bring back one of our most popular #HealthyBodiesHealthyMinds events this year. All children were welcomed into school early to enjoy a healthy breakfast with friends following an active travel to school. As a school, we have been promoting active travel to and from school including walking, cycling, scooting and parking and striding. Our children have been doing such a great job with active travel that our school came first in both the local area and the entire country during National Walk Month for our engagement!



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Staff Continuing Professional Development

Our staff are committed to developing a quality, progressive PE curriculum, including delivering excellent PE lessons and leading extra-curricular opportunities. This year, we are developing our staff knowledge and skills within PE through a new partnership with Co-op Academy Bebington. Staff are attending regular training sessions and we are supported by one of their teachers, Mr Lewis, in school with our PE lessons on a Monday.

Competitions

After competitive sport came to a standstill for over a year, it has been wonderful to see our children having opportunities to attend competitions. We have held many competitions within PE sessions and we have attended competitions against other schools. You can read some match and event reports below.

Houlihan Cup (vs St. Peter's Heswall) – 19.10.21

Last night, twelve very skilled Y6 boys took on the excellent school, St. Peter's. This was only our first match of the cup and the year but we treated it like any other.

It was some students' first time representing the school and they did it amazingly. It was a great start after being 3-0 up after ten minutes. It finished 7-0 at half time and we were all buzzing to get more. It was completely raining goals and we knew we could catch some more.

The other team fought hard until the end. Their coach was very kind and never said a negative thing. A few minutes in, we had already scored two more. It was difficult for the other team as they did not have a set keeper but our own keeper, Jack, was great.

After the full time whistle blew, we were announced as the winners with a final score of 13-0. We could not have done it without the wonderful coaching of Mr Johnson. We all showed great sportsmanship and effort throughout the game and came back with the victory.

Team: Jack C, Harry D, Matt B, Noah D, Caleb B, Michael P, Toby J, Jack N, Tom G, Jake H, Charlie T, Cameron B

Written by: Cameron B – Sports Ambassador



Tranmere Tournament – 20.10.21

Our first match was against Riverside and the final score was 2-0 to Poulton Lancelyn, with a goal scored by George and a goal scored by Mason. Unfortunately, we then had a two-match rest when the heavens opened and we got drenched to the skin! The next match was against Greasby, which we lost 1-0 due to the fact that we were all freezing cold and dripping wet. Following a further two-match break we played Birkenhead Prep after some rigorous warm up exercises and we managed a 0-0 draw. Finally, we played St Peter's (Noc) and defeated them 4-0 with Mason scoring a hat-trick and Jack scoring the fourth magical goal. Our coach, Mr Johnson, was tremendously proud of each and every player.

Team: Jack N, Jake H, Tom G, Toby J, George B, Mason L, Sam S, Kristian K, Alex B

Written by: Toby J – Sports Ambassador



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Cross Country (Birkenhead Park) - 07.10.21

We were excited to attend the first cross-country event in almost two years yesterday after we attended events way back when we were in Year 4. On the way there, the heavens opened so we felt a little worried and nervous at first, but it brightened up as soon as we arrived at Birkenhead Park. The course was flat but also slightly longer than the course at Arrowe Park. A superstar team of Year 4, 5 and 6 boys and girls arrived at the event and we listened carefully to the organiser's announcements first. We were glad to have Mrs Reese, Miss Marsden and Mr Smith there to cheer us on alongside our parents.

First was the Year 6 girls race, where all five girls (Scarlett, Hermione, Lexie, Lyra and Sarah) ran strongly and represented our school amazingly. Afterwards, the Year 6 boys were up and, alongside us, Jack competed in a blisteringly quick-paced race. We were so glad to see the rest of our teammates from Year 4 and 5 cheering us on. As the afternoon progressed, the Year 5 boys (Fred, Oliver and Joseph) and Year 5 girls (Lottie, Sophie and Lauren) raced excellently – they should all feel very proud of themselves. Finally, after a long and nervous wait, Year 4 boys (Austin, Felix, George, Thomas, Josh and Jacob) and Year 4 girls (Scarlett, Isabelle and Poppy) took to the course. They all raced incredibly in their first school cross-country race and represented our school with passion, pride and resilience. In particular, Poppy should get a special mention. After a fall at the beginning of her race, she powered up the rankings to complete the race in 17th place out of nearly 100 girls. What a brilliant show of determination!

Overall, our team have shown excellent strength and team spirit and we are proud to part of this amazing team. We cannot wait for the next races throughout the year.

Written by: Matt B and Charlie T, 6PS



The Remainder of the Autumn Term

Well done to all children who have taken part in sports clubs so far this year. These clubs will be continuing for a further few weeks. After Christmas, further club details will be shared. We are looking forward to Challenge Week (w.b. 08.11.21), organised by our Year 6 Sports Ambassadors. We also have further competitions, such as Futsal, planned. In addition, after its brilliant success last year, we are excited to announce that the Santa Dash will be returning this year. Further details will be shared in the forthcoming weeks.

Cross Country (Arrowe Park) - 21.10.21

The second cross country event of the year took place at Arrowe Park, a course which many previous runners know to be very tough. Fortunately, the weather remained on our side throughout the event. It was great to see previous runners coming back to compete again as well as lots of new runners coming to their first ever cross country race. As always, our children represented our school with passion, determination and pride and ran flawlessly. Mr Dakin, one of the event's organisers, commended our children for their teamwork, fairness and efforts during the event. Thanks to Mrs Coull for supporting our runners and helping to organise our team. There will be more cross country events in the new year so we cannot wait to carry on practising.