

Together we follow Jesus' footsteps in our living and learning.

Article 17: Children have the right to access information

ST CHARLES' SPORTS SUPERSTARS!

Welcome back to St Charles' Sport News – our first edition of the year!

What a sporty start we've had at St Charles'! From amazing individual achievements to brilliant teamwork, it's already been a busy and exciting half-term.

There has been so much going on ... football tournaments where our teams showed off their fantastic skills, cross country, special visitors teaching us the rules of American Football, and even hula hooping workshops that got everyone spinning! That's not all! A group of children are now training to be Playground Leaders, helping to run fun games and challenges at breaktimes. Keep reading to find out all the highlights, match reports, and celebrations from this half-term, we can't wait to share the amazing sporting adventures we've had so far!

Did you know?

Only 49% of children across the country are meeting the government's guideline of doing one hour of exercise each day. At St Charles', we've decided to change that! To help us kickstart the year in a more active way, we've been wearing Moki bands. These clever wristbands track our steps throughout the school day. Pupils have been making a fantastic effort to move more, especially during break and lunchtimes, to help their classes become the most active in school!

To celebrate all this effort, special medals were awarded to the children who achieved the highest number of steps in each class. A big well done to our step superstars – your energy, effort, and commitment to staying active are truly impressive.



Junior Great North Run

Kicking Off the Sporting Year – The Junior Great North Run!

The sporting year at St Charles' always starts with the Junior Great North Run, and this year was no exception. So many of our pupils took part, making it a fantastic event full of energy and determination.

We had some incredible individual achievements with children from St Charles' taking some of the top spots! Also a special shout-out to Penny, who, alongside her family (and Chief the dog!), raised over £2,500 for Motor Neurone Disease – an amazing effort! As if that wasn't exciting enough, Penny even got the chance to meet Joe Wicks!



Playground Leaders

In playground leaders we have been learning lots of new games so that we can introduce them to the rest of the school after half-term. We have lots of time to practice as we meet on Thursday straight after school. There are only a few of us at the moment but I would definitely recommend your child (or if you are a child reading this) should join!

You might be thinking, "Why should I believe you? Why should I join playground leaders?" Here are some reasons:

- It is lots of fun!
- You play and invent LOTS of games
- You get to help people have fun
- You get to meet other children from other classes and make new friends.
- Come along and find out how much fun it is! You will love it

Now that we know all these games and have these skills we are going to be teaching them to all the children in the year groups. We already tried one challenge when people had to jump over a line (KS1) or a hurdle (KS2) and see who could do the most jumps! It is such a fun club and we can't wait to put all our skills into practice. Playground leaders is not just about games – it's about helping others have fun and making playtime the best part of the day!

By Isobel (Year 5)



Cross Country

We had an amazing time at cross country – especially since the weather was much better than last year! Every single person did such a great job. What made this year extra special was that some people earned a certificate for their place (Olive was 10th, Ruairi was 3rd, Grace was 9th and Florence was 5th!). I was so pleased to be there as it is my last year at St Charles' – it made it feel even more special! It was such a fun afternoon, and the Year 3s did really well as it was their first time and it's a very tricky course. I am really grateful to the teachers and parents who helped, as we couldn't have done it without them. Overall, it was a fantastic day and we all had so much fun – even if we were completely exhausted at the end!

Penny Year 6



American Football

We recently had a visit from Coach Ben, who last came to see us in the summer to teach handball and the New Zealand haka. This time, he returned to introduce us to the exciting world of American football! Here's what we thought about the session...

This half-term, a coach called Ben came in to do American Football workshops with us. We did a really fun warm up about getting out of bed and flying to America to play American football. We also learnt different techniques, like how to hold the ball. I really enjoyed the workshop.

Amelia Year 5



American football was really fun. We learnt how to hold and throw an American football. We even learnt how to score a touchdown. It was the best and I'd love to do it again.

Natasha Year 4



It was great doing the American football as it was something new that I have never tried. It really was fun – I especially enjoyed learning how to throw an American football.

Arthur Year 6

Hula Crazy!

We did a hula hooping workshop, it was really fun! We learnt how to do cool tricks such as 'crisscross' and jumping in the hoop. Everybody learnt so many new great things, one was how to move your body properly when hula hooping, people think you should move it round in a circle but you're actually meant to go forward and backwards. It was a great lesson; I'd love to learn more tricks!

Ruairi Year 4



We think the workshop was very fun and exciting because we learnt how to do different skills like the angel of the north, aerial, in and out, neck hooping and hula hooping on your ankle! We also enjoyed building a hoop house! We have been sharing our skills with KSI since the workshops too which has been really fun.



By Odeh and Arlo Year 5

I really enjoyed the hula workshops! My favourite skill was learning how to crisscross – you have to crisscross your legs really quick while still spinning the hula hoop! I also liked trying to jump up and down while still hula hooping, it was a little bit hard but I was really good at it.

By Nancy Year 2



ESFA U11 Cup

This half-term, our U11 girls' football team took part in the ESFA Cup, competing for the chance to represent the county in a national competition. The tournament got off to a flying start, with our girls scoring high wins in their first matches, which secured their place in the next round against tougher opposition.

But tougher competition was no match for our team! With confident victories against each opponent in the next round, they advanced to the final against Central Middle. Knowing it would be a challenging match, the girls once again rose to the occasion, securing a hard-fought 1-0 victory.

What an incredible team! Their fantastic midfield, clinical strikers, solid defence, and outstanding goalkeeper meant they won every match they played while keeping a clean sheet. As a result, they will now represent Newcastle City in the next round of the competition.

We are all extremely proud, not just of their amazing football skills, but of their professionalism, teamwork, and sportsmanship on the pitch. They truly are a formidable force!



U11 Boys Football

This half-term our team have been very busy. With a new team for the new year, most of our players were representing St Charles' for the first time, although a few team members had played last year. We certainly did not disappoint!

Our first competition was the ESFA Cup, where we faced three local schools including Gosforth Junior High where we were beaten 2-1. We played fantastically, finishing with a loss, a draw, and a win, narrowly missing out on reaching the next round. We carried on our enthusiasm into the first round of the Simpson League, recording a win, a loss, and a couple of draws. We even got ourselves a draw against Gosforth Junior High which was a proud moment.

Mrs Mills said, "With each game, their confidence grows, and they are really coming together as a team. Their resilience, determination, and teamwork are truly impressive!"

By Alfie and Lucas Year 6



Sport Stars!

We came together for an exciting assembly to celebrate our fantastic sporting achievements. The event was a great way to highlight the enthusiasm, teamwork, and determination our students have shown in a variety of sports. From tournament wins and medals to personal milestones and new skills, there was plenty to applaud! A huge congratulations to all of our teams and athletes for representing the school so proudly.

Congratulations to Maria, who displayed remarkable perseverance by finishing 11th in the cross country event while recovering from an injury. Competing while wearing a protective boot is no small feat - an outstanding example of dedication and resilience. Well done, Maria!



A huge well done to Jacob, who claimed the top spot on the St Charles' Moki leaderboard as the most active student! During just his break and lunch times, he managed to rack up an impressive **14,000 steps** - all while wearing his Moki band. What an incredible achievement and a great example of staying active during the school day!

We are delighted to congratulate our Year 4 boys and Year 5 girls cross country teams, who finished an impressive 2nd and 3rd overall! Their commitment, perseverance, and teamwork were outstanding, making this a truly memorable achievement.



Autumn 2 Clubs

Exciting New Clubs Coming Next Half Term!

We're thrilled to announce some fantastic new clubs launching next half term - there's something for everyone to enjoy!

EYFS & KSI Multi-Sports Club – Wednesdays After School

Our friends from the Rugby Minis team will be hosting a fun-filled Multi-Sports Club for KSI pupils! Children will take part in exciting games and activities designed to build coordination, balance, and teamwork — all while having a brilliant time. These are key skills they can put into practice both in PE and beyond!

Friday Fitness Club – Friday Mornings (Before School)

Start the day with a bang! Children can join the Rugby Minis team for an energetic fitness session to get hearts pumping and minds ready for learning. It's a great way to boost energy, confidence, and focus — all before the first bell!

Rugby Club for Years 3 & 4 – Fridays After School

To round off the week, pupils in Years 3 and 4 can join our brand-new Rugby Club, run by Newcastle Sport Service. This exciting, non-contact version of rugby is perfect for learning new skills, working as a team, and most importantly - having loads of fun!

Even better, children who take part will have the chance to represent our school at a Rugby Festival at the end of the club, competing against other local schools!

We can't wait to see our pupils getting active, having fun, and trying something new!

Returning Clubs

Some of our popular clubs will also be returning next half-term! If your child already has a place, they can continue as usual. If not, don't worry - new spaces may be available! Simply check the club sign-up link for more details on how to join in.