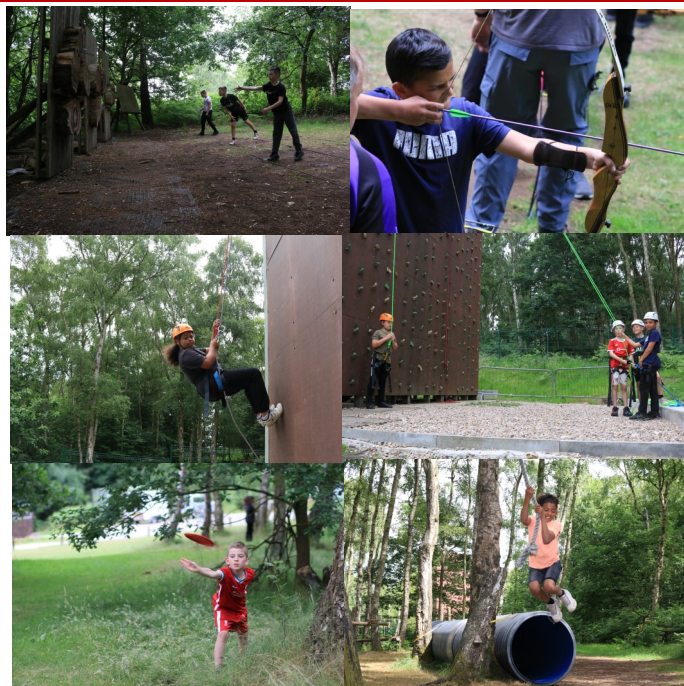




School Sports Newsletter - Summer 2022

ADVENTURES AT DRUM HILL

For many years now, Roe Farm pupils in year 6 finish their time at the school by taking part in a residential trip to the Scout Camp at Drum Hill. This venue gives our children not only the chance to create some final memories to cap off 6 years at Roe Farm, but they also get to try Outdoor Adventure Activities that they otherwise wouldn't get chance to. Orienteering, abseiling, tomahawk throwing, archery, fire-building, fire safety and much more. Each class gets to spend 3 days and 2 nights with a very rigorous yet rewarding timetable. This year however, the same opportunity has been offered to our year 4 pupils. Even though the trip has been set up as a taster for this year group, they still stay in the bunkhouse of Drum Hill and take part in similar but less intense OAA activities, warming up, so to speak, for their big excursion when they get to year 6. We'd like to thank all families for their support in giving our young people these unique opportunities. Take a look at some of the exciting snaps of the adventures, opposite.



TAG RUGBY - ROE FARM INCHES FROM GLORY!

Roe Farm fell painfully close to securing the schools first ever league title. The year 2021-2022 has been one of the most competitive Tag Rugby seasons to date with the final games of the season deciding the final standings. Over the year the Roe Farm Renegades, as they like to be called, have committed to training every week. Come rain or shine they have been out there every Monday evening perfecting their strategy for the games over the year. Mr Woodhouse spoke proudly of the team "I cannot fault the team this year." There has been a great balance again, with a mixture of boys and girls across years 5 and 6. This group have been the definition of the word TEAM. Great leadership from the likes of Deon Millward in year 6 backed up with a great positive role models in the form of Bobby Langley and Oscar Crofts. Just a pleasure to work with. Perhaps one of this years biggest success stories being that Oscar has continued his development in this sport by joining Derby Rugby Club out of school.

Roe Farm finished 2nd in this years league, trailing winners Breadsall by just 2 points. Roe Farm suffered just one defeat all year. They did however take with the success of winning this years Tag Rugby Festival as part of the DCCT calendar.

Green Tag Rugby

	P	W	D	L	PTS
Breadsall	14	12	1	1	39
Roe Farm	14	10	3	1	37
Cav Close	14	9	2	3	34
Firfield	14	7	1	6	29
St Albans	14	5	2	7	26
Meadow F	14	6	0	8	26
Ashgate	14	2	1	11	19
Griffe Field	4	0	0	4	4





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SPORTS DAY 2022 THANK YOU!

On behalf of all our children, teachers and board of Governors we would like to extend a huge thankyou to everyone who took the time out of their day to come and cheer their children on at this years Sports Day. After 2 years of restrictions and guidelines from the government it was great to get back to normality with this super annual event. All of our participants were a credit to the school with how they participated, behaved and treated each other throughout all the events they took part in. This year we tied sports day into our school sports week which saw Great Britain athletes come in to school to deliver an inspirational assembly on reliance followed by PE lessons throughout the school day. We also had the chance to take part in a real archery session and wrapped up the week with a fun treat using the obstacle course inflatables. Congratulations to all our children in the 'Green Team', who were crowned overall winners of this years sports day. We look forward to next year where we can hopefully make sports day even bigger and better than ever. Take a look at some of the best images from sports week 2022!



HEALTH BREAKFAST OPTION: SUMMER FRUIT PORRIDGE

For this recipe you will need:

- 200g high-fibre porridge oats
- 1 litre 1%-fat milk
- 80ml cold water
- 4 tablespoons low-fat natural yoghurt
- 1 apple, cored and thinly sliced
- 40g frozen raspberries, thawed (fresh are also fine)

To make it follow these instructions:

- * Put the porridge oats into a saucepan with the milk and water. Heat, stirring constantly, until the porridge thickens. Reduce the heat and simmer for 3 to 4 minutes, still stirring.
- * Share the porridge between 4 serving bowls and top with the yoghurt, apple and raspberries. Serve immediately.

