



School Sports Newsletter - Autumn 2022

DCCT SPORTS CALENDAR OFF AND ON THE WAY!

The 2022-23 Derby County Community Trust events calendar is well on the way now and Roe Farm have entered a variety of teams in a range of sporting activities and festivals. This years calendar features a lot more festivals aimed at giving children new experiences in sport with a view to sparking new interest. However, there are still the regular events in which children can get stuck into, competitions against other schools with the aim of reaching those elusive County Final Events. In addition to this, there are a lot of inclusive plus events opening doors for children with Special Educational needs and disabilities. We look forward to sharing more stories as the academic year continues.



PERFECT START FROM TAG RUGBY

The Roe Farm Tag Rugby team has once again got off to a perfect start to the 2022-23 campaign. Having played 8 games in the first half of the season, Roe Farm have topped the table with 8 wins. They now have to resume training in the next few weeks to prepare for the DCCT tournament and the second half of league competition which restarts in February.

One really pleasing feature of this years squad is the number of girls taking part from both year 5 and 6. The uptake and participation from this years girls is phenomenal and we hope we can continue to build on this.

In other Tag Rugby news, former students Oscar Crofts and Braydon Naylor have continued their rugby careers after leaving us. Both now compete for the u14 Derby national league team which is full contact rugby. Check out the pictures opposite. We are glad we have planted that seed and you have ran with it and continued your journey in sport.



School Sports Newsletter - Autumn 2022

TRAILBLAZING THROUGH SCHOOL

Roe Farm were visited this half term by two superstars from the Derby 'Trailblazers Basketball Club'. Derby's elite basketball club are currently undefeated in all competitions at this stage of their 2021-22 campaign. American Malcolm Smith was one of the schools visitors, a 6'5" forward from Tennessee, USA. He was joined by London born Raheem May Thompson who has been with the club a while now and is a fan favourite with his athletic slam dunks and highlight plays. Both athletes shared their story in assembly and much to the children's delight, took part in a shootout competing against each other.

Perhaps the best part of the visit however, Roe Farm school were given 50 tickets to gain free entry to a home game for children. We were delighted to see that many families took advantage of this. It was a great opportunity for children to experience elite sport. Check out some of the shots of our children at the game opposite.

The Trailblazers will be returning to our school again this year to offer another opportunity. If your family missed out this time around. Stay tuned for more information in the coming months!



HEALTH WATCH - TUNA AND BEAN JACKET

Ingredients:

- * 1 Baking Potato
- * 1 tin of cannellini beans
- * 1 small tin of tuna (drained and flaked)
- * 2 tea spoons of tomato puree

Directions:

- * Pre heat the oven at about 200 degrees
(Make sure you get an adult to help with this part for safety)
- * Prick the potato multiple times around the skin. Ask an adult to put the potato in the top part of the oven for an hour.
- * While you wait mix the beans, tuna and tomato puree in a dish. Chopped peppers go nicely with this too.
- * When the potato is cooked ask an adult to cut it in half and put half a teaspoon of butter in each half to melt. While it's cooling add your filling to the top of each half.
- * Sit at the table and enjoy. Eat the skin too as it's good for you and is full of fibre.

