

STM SPORT NEWS

FOR MORE INFORMATION PLEASE SEE OUR WEBSITE:
[HTTPS://WWW.ST-MICHAELS.BARNET.SCH.UK/SCHOOL/](https://www.st-michaels.barnet.sch.uk/school/)

Welcome to the January 2023 edition of the STM Sports News.

These newsletters will be released after every half term to update you on all the incredible news and achievements!

NOTICES

- After school clubs are weather permitting (especially if the sports hall is out of use). We will notify students and parents, at our earliest convenience if clubs are cancelled.

CONGRATULATIONS...

- to the Year 7 football team for reaching the quarter finals of the Borough Cup. Well done and good luck!



UPCOMING FIXTURES

24th Jan -

Year 9 Netball v Archer (A)

26th Jan -

Year 9 and 11 Netball v Compton (H)

2nd Feb -

U15 Cricket Tournament

7th Feb -

Year 11 Netball v Wren (A)

Year 7 Netball v Wren (H)

Many more fixtures after half term!

RUNNING THE SHOW



Another huge congratulations to all the students from Year 7-11 who took part in the Barnet Schools Cross Country championships at the Stone X Stadium in November. cAnother great day at the cross country, determination was shown by all students as they ran in the cold damp weather. Impressive performances by all, well done!

EXTRA CURRICULAR CLUBS

There has been a few changes to the clubs this term, please take a look and come to as many as possible!

	Before School 8-8.30am	Lunchtime 1.15-1.45pm	After School 3.35-4.30pm
Monday		Year 9 and 10 Cricket club Year 8 & 9 Football Teams	Year 8 & 9 Netball Teams Year 7 Football Teams
Tuesday	Table Tennis	Year 7 and 8 Cricket club	KS4 Netball Teams KS4 & KS5 Badminton
Wednesday	KS4 Volleyball	Year 8 & 9 Football Teams	KS3 Badminton Sign up via PE Office
Thursday	GCSE Badminton	Basketball	Year 7 Netball Teams
Friday		6Th Form	KS4 & KS5 Badminton



FROM DOWNWARD DOG...

With the sports hall out of action, some classes have been lucky enough to take part in Yoga and meditation during their PE lessons.

There are many physical and mental benefits of yoga and meditation and we found it important for our Year 10 and 11 students in particular to take this time to unwind and find some peace of mind away from exam and homework stress!



...TO NETBALL IN THE FOG

When the courts have been ice-free and the sky was clear of rainclouds, we have been outside on the courts playing a range of sports including basketball, netball and football.

Outside of lesson time, the girls have come to netball club and showed unbelievable commitment when playing in the fog and rain! Well done to you all.

MRS INNES IS IN DEEP WATER!

Year 11 GCSE students have been going to Barnet Copthall to prepare them for their swimming assessment as part of their practical

Mrs Innes took to the water and channeled her Rebecca Adlington! What a great role model.



WHAT A RACKET!



KS4

On Tuesday 17th January, St. Michael's sent 4 KS4 teams to the Barnet Championships at Cophall Girls Schools.

6 schools participated, with 10 teams entered in the tournament.

Our year 10 girls reached the final where they met our year 11 team. It was a very closely fought final, with our Year 11 girls holding out to become Barnet Champions.

With brilliant performances all round, St Michael's finished 1st, 2nd and 3rd place! Well done to all the girls who played, and proudly represented the school.

St Michael's remains Barnet Champions for 3 years running. What an excellent school achievement.

Medal winners:

1st - Stephanie, Marina, Federica and Malena

2nd - Amanda, Kripa, Alessia and Rachel

KS3

Our KS3 badminton team participated in the Barnet Schools' Badminton tournament on Thursday 18th January 2023.

All students who participated showed great competitive edge and the tournament was played in good spirits.

Our Year 9 team consisting of Faye, Leah, Lily and Angelene came third and achieved bronze medals. Well done!

Lottie, Michelle, Kaya and Nicole made up one of our Year 8 teams and they came 2nd, leaving the tournament with silver medals! Fantastic achievement.

Well done to all students who represented St. Michael's.



10 WAYS TO BOOST YOUR CONFIDENCE



SET GOALS FOR SELF ESTEEM



Self-esteem is enhanced when you set a goal that's meaningful and important to you, and you follow through to make it happen. If you want to set yourself up for success, make sure your goals are **SMART**

FACE YOUR FEARS

Each time you face a fear and move forward, you will gain more confidence in yourself.

If you're afraid you'll embarrass yourself or you think that you're going to mess up, try it anyway. Tell yourself it's just an experiment and see what happens.



KNOW YOU WILL FAIL ... AND KNOW THAT IT'S OK

You've got to make mistakes to **learn** and **grow**. Of course, it is disappointing at the time but try not beat yourself up over it.

You mistakes as an opportunity to get it right next time.

SURROUND YOURSELF WITH SUPPORTIVE PEOPLE

Spend time with people who make you feel good about yourself, who make you smile and support your goals.

Avoid those who trigger your negative thinking.

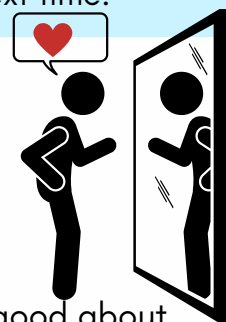


BE NICE TO YOURSELF

Speak to yourself the same way you would speak to your friends.

Positive self-talk makes you feel good about yourself and the things that are going on in your life.

Can you write down 3 things you are good at?



Don't compare yourself to others



Do what makes you happy



Exercise daily.

Physical activity releases serotonin - our feel good hormone



What do you love to do in your spare time? Is it to get outside and enjoy the outdoors? Or do you live for lying on the sofa and watching TV? Whatever it is you love, create space for it, because you need time to enrich your life and to recharge to be your best self.



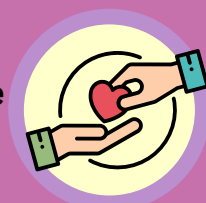
Hobbies



Time with family and friends



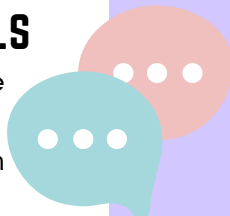
Spend time outside



Acts of kindness

PRACTICE YOUR COMMUNICATION SKILLS

Make an effort to speak to new people or practise writing emails. When you feel good about your communication skills, you're mastering how to gain confidence with every interaction you have.



THE WELLBEING HUB



HOWZAT!!!



A huge congratulations to our Year 7 and 8 cricket team who progressed to the next round of the U13 Indoor Girls' Cricket Regional round, winning the North London schools' tournament. Special mention for Sophia who showed great batting skill and Lucrezia who showed a great all round performance with her bowling, batting and fielding.

LIFE IN THE FAST LANE.

Over the summer holidays, year 11 student Bea went to the English National Swimming meet, as well as swimming in the open water nationals!

Bea also swam her way to a silver medal at the London regionals in November and has recently taken part in the England National Winter Championships in Sheffield.

Well done and good luck in the rest of your competitions Bea!



COME AND LET US KNOW OF ANY OF
YOUR SPORTING ACHIEVEMENTS!