

# Airy Hill Sports Crew's Post



Autumn Term 2025

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Welcome to the very first edition of the Airy Hill Sports Crew's newsletter. We will publish this once a term, to celebrate all things active - both inside school and in the children's own time.

This is driven by the fact that the Government Medical Officer and the NHS recommend that children should be active for at least 60 minutes per day. There are many reasons why, here are a few:

- Builds confidence and social skills
- Develops co-ordination
- Improves concentration and learning
- Improves health and fitness
- Improves sleep
- Makes you feel good

To help children achieve and celebrate this, we run the 30:30 challenge in school. If your child wants to know more about this, they can see their Sport's crew class representative. The Sports Crew is made up of two

children from Years 6, 5 and 4. Each Crew member is responsible for a class and will liaise with them for any 30-30 updates, the next challenge sheets and reporting back to me for completion of wristbands etc. Also, any different activities the children would like to see in school can also be passed on to their Crew representative.

Meet the Crew...



From Year six are Eleanor and Joshua, Year 5 – Eadie and Lucas and Year 4 Ollie and Cece.

As a rights respecting school, we always have our children's best interest at heart. With the children asking for different activities in school and talking to their class representative, we are following Article 12 – respect for children's rights. By providing sports, PE access and the 30:30 challenge, we are adhering to Articles 24 (Health, water, food, environment) and 31 (rest, play, cultural arts).

If you would like to acknowledge your child's active achievements away from school in future newsletters, please email Mrs. Frankland via the email address at the top of this newsletter, with a photo and a brief description.

## School Sport

**September** brought a great start to the sporting year with both the girl's and boys' football teams winning their tournaments. All the KS2 children represented the school at x-country (a big shout out to Isla, Elsie, Nate and Emmy) and all Y2 took part in the multi skills event.



**October** began with the well-attended Octoberfest (again well-done Nate, taking first place in your age group) and our Y5 /6 Tag Rugby team were triumphant with first place in their Whitby School Tag Rugby tournament. Unfortunately, bad weather saw race 2 of the X-Country postponed until next year.



**November** Well done to our indoor athletics team. After a great performance by the team at the first Primary Schools Event, they finished as very close runners up.



Congratulations to our Y5/6 Basketball Team, who took first place in the final after a closely fought game.



**December** -The Airy Hill dodgeball team thoroughly enjoyed the primary school's dodgeball event. They worked well as a team, supported each other, and learned new skills. We are very proud of you all.

**Airy Hill's Active at Home Super Stars**

Wow! What a talented bunch of active children Airy Hill has. A big thank you to parents who have forwarded pictures and details of what their children have been up to in their own time.

First up is Charlie, taking part in the Colebrook Production - Something Wicked. Charlie dances contemporary and commercial (the only boy in his class) and takes a musical theatre class, as well as acro. How awesome is Charlie?



Next, we have Lola winning the boxer of the week certificate. Lola has been boxing for over a year now and absolutely loves it. Lola does not let her epilepsy stop her from doing what she loves. Way to go Lola!

Molly was awarded MVP – Most Valuable Player of the Month, in her basketball team. Molly has been playing basketball for just over 6 months and is one of only a few girls on the team. This is a fantastic achievement, and everyone is very proud of her dedication and hard work in training sessions. Well done, Molly, keep up the great work.





Here is our very own sports crew member Joshua. In karate, he has won the black belt award three times, for an excellent stance and super listening to his sensei. This week Josh had his first grading and came away with his first 2 yellow tags for his white belt. He was also awarded a trophy and certificate for the most improved student. Brilliant work Josh!

Evan loves to go boxing on Monday nights. Here, they teach discipline and techniques that can only be used inside the boxing facility. He has been attending for just over a year. In that time, he has grown so much, just by sitting and watching from the sidelines or getting involved. Keep up the good work, Evan.



Next up, we have Maggie from Year 1. Maggie absolutely loves her dancing lessons. Last weekend she was awarded her certificates for her ballroom exams, which she completed in July. I think that smile shows us just how pleased Maggie is. We look forward to seeing your progress, Maggie.

To complete our Airy Hill Active at home superstars for this term, we have Travis from Year 3. Travis loves martial arts and attends the

Evolution Martial Arts club in Whitby. Here is Travis receiving his yellow belt at his latest grading.

