

Brentwood Prep School

Sport Weekly

w/c 2nd December 2024

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Last Week's Glimpses of Brilliance



**Miss S Le Blancq,
Director of Sport
(Prep)**

As the festive season approaches, excitement is building for next week's series of House Sport during normal games sessions, hockey for the girls, and rugby for the boys. Please can we remind all pupils to bring in their house t-shirts for these events on the following days:

Year 3 – Monday 2nd December

Year 4 – Thursday 5th December

Year 5 – Wednesday 4th December

Year 6 – Monday 9th December (during Period 1 & 2 PE lesson)

The purpose of House Sport is to promote teamwork, hard work, leadership, and provide every pupil with the opportunity to engage in healthy competition and represent their house to earn points. The pupils and teachers have been working exceptionally hard throughout the Michaelmas Term to prepare for the House event, and it is evident that the energy and enthusiasm are palpable. Polite reminder that there are no spectators for House Sport events as they are an internal fixture.

Essex County Finals U11A Boys' Football

On Tuesday afternoon, our 11 boys a team went to play at Billericay town football club in the prestigious Essex FA Moffatt Cup, This is a 7-a-side tournament Featuring the winners of various district qualifying tournaments.

The Brentwood boys played some outstanding football to top their group and qualify for the semi-finals. Another performance of high quality saw us reach the final. Sadly, Though that was where we met our match as we were beaten 1-0 in very tightly contested final by a strong Sunnymeade Primary School side.

Last Week of Term – Christmas Challenges (Monday 9th December – Friday 13th December)

In the final week of this term pupils will be rewarded for all their efforts in PE this term with "Fun Splash" in the swimming pool, so please ensure they have their swimming kit. Pupils will also be enjoying the festivities in Games sessions by engaging in a wide range of Christmas themed activities in hockey and rugby. Events such as "capture the snowballs" and "shoot at santa" will provide a light-hearted atmosphere, allowing all pupils to enjoy the spirit of Christmas whilst engaging in healthy competition. Pupils will need their normal Games kit for sessions.

Next week's fixtures

w/c 02.12.2024



Sport	Team	Event	Venue	Venue Details	Date	Start Time	Collection Time
Football	U11A Boys	St Thomas	H	Senior School	3rd December	14:30	15:50

There are no Games on 6th December in the afternoon as we have our Years 4, 5 and 6 Carol Service

Please note, all team sheets and further details can be found on SOCS

Visitor Information - Parking

We welcome spectators to watch the matches. Thank you in advance for your cooperation, support and patience as navigate through our processes and procedures.

As parents, you are aware of the congestion that occurs at particular times of the day within the vicinity of the school and the parking limitations on and around our site. In order for us to continue to facilitate safe spectator viewing at future fixtures and events, it is incumbent on everyone to follow the parking instructions as issued by school staff, whether they be PE Department Staff, Porters, Car Park Wardens or Office Staff. To correspond with other local schools (our opposition), we have to run the majority of our fixtures in the afternoon, which leads to an inevitable clash with our usual collection time and therefore we have to try and maintain a balance between those parents wishing to spectate at the fixture or event and those parents arriving for regular collection.

Visiting parents will not be allowed to park in any of our designated car parks but we will attempt to offer limited parking to visiting parents on the corner of the Heseltines Playing Fields - no Brentwood parents should attempt to park in this area.

Should you wish or need to park off site, Pay & Display is available at Sainsbury's Car Park and, of course, we would love to see as many people as possible arriving on foot or by bicycle. Regardless of arrival method, all access to the playing areas (fields or astro) will be on foot via the green gates either side of the entry to the Groundsman's Shed off Middleton Hall Lane. There will be no access at all through the School grounds (so please do not call via the intercom) and those who do park in Higgs Gate A Car Park will be required to walk around to these entrances. Furthermore, there will be no access to visitor toilets on site. Please work with us to help make this work.

As a parent/guardian, I will strive to always:

- Encourage my child to play within the rules and respect officials' and coaches' decisions, never arguing with or harassing coaches, officials or other spectators or using inappropriate language;
- Ensure that my child understands that School sport commitments are as compulsory as curricular commitments such as lessons and that playing for the School and with one's teammates is a real privilege that takes priority over other sporting engagements, including club fixtures;
- Help my child to understand that competition is about both winning and losing and that results should be accepted with good grace and without undue disappointment;
- Promote this code of conduct to other parents, carers and supporters;
- Support my child's efforts and performance, giving positive comments that motivate and encourage continued efforts and participation, never criticising or ridiculing my child or other children for making a mistake or losing a game;
- Be a good role model – applauding positive play by both my child's team and their opponents and thanking the coaches, officials and other volunteers;
- Help my child to recognise good team and individual performance and the importance of skill improvement and good sport rather than simply winning;
- Teach my child to respect the rights, dignity and worth of all people involved in sport, regardless of gender, race, colour, disability, sexuality, age, occupation, religion or political opinion;
- Ensure that technology, such as smart phones or tablets, and related social media, such as Facebook, are used responsibly and do not bring into disrepute or cause offence to children, coaches, officials, volunteers or the School;
- Ensure that my child arrives on time and is collected promptly at the end of training and fixtures, informing the School in advance (when possible) if my child is unavailable for callendared School sport.



Brentwood School's Code of Sporting Conduct

Brentwood School's Code of Sporting Conduct is driven by its core values of integrity, teamwork, participation and excellence. Our code requires the highest standards of conduct from everyone involved in sport to ensure that their behaviour and actions embody our values of virtue, learning and manners. When they are involved in School sport, the enjoyment and safety of your child is of paramount importance to us. Every child will be encouraged and asked to ensure that their behaviour and actions meet the values and standards expected of them at all times. As parents/guardians, you are also asked to support our Codes of Conduct and embrace the spirit of sportsmanship.



Head Injuries & Concussion

Knocks on the head are common in Rugby. Fortunately most of these do not result in concussion. Concussion is a complex process caused by trauma that transmits force to the brain either directly or indirectly and results in the temporary impairment of brain function. Its development and resolution are rapid and spontaneous. Ultimately if you are unsure at any stage if a player has a head injury or is concussed you should seek medical attention.

Listed below are some of the possible signs of concussion:

Headaches – It is only normal after a blow to the head to suffer a mild headache. There could be some bruising or mild swelling over the scalp which may be tender, but this doesn't necessarily mean a player has concussion. If the headache seems to be getting worse this could be a cause for concern so seek medical attention.

Drowsiness – means they cannot be roused. It can be common for players to want to sleep for a short time (especially children) and it will be okay to let them do so. If there are further concerns you can wake them a few times during the night, especially if a knock on the head has happened just before bedtime. If, on the other hand, they are difficult to wake or show signs of confusion, seek medical attention.

Other Symptoms – Confusion, unsteadiness, memory loss and convulsiveness.

If players show any signs of the above they should seek medical attention. These are merely guidelines as you know your student better than anyone else, but please remember signs and symptoms could take up to 48 hours to develop and should be monitored.

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