



## **Sports Newsletter - April 2024**

Dear Parents, Carers and children of The Willows,

A short month in school this time with a few things postponed due to the rain we have had.

Sisters to celebrate with some amazing things they have made and an interview with our lovely Mrs Stevens.

Lots of lovely out of school sporting successes including new sports that we haven't seen before which is amazing to see!

Look out for fun run application letters next week for our Fun Run in June!

Please continue to email me your out of school sporting successes -  
[ssmalley1@willowsprimary.com](mailto:ssmalley1@willowsprimary.com)

Miss Smalley

### **April's results**

Our amazing girls football team travelled to Uttoxeter for the 3rd round of the Staffordshire Cup.

We drove in the sunshine hopeful that the weather would hold. The pitch conditions weren't the best due to wet, long grass and it was a tight game with every weather being experienced throughout. The girls dug deep and scored the winning goal in the last 60 seconds! We are now through to the semi-finals of the Staffordshire Cup which will be played in May.

The girls also played their final game of the Town league against Ash Green winning 8-0. Big shout out to Maria who went over to the goalie from Ash Green at half time to give her some encouragement as she was upset.

The girls are now through to the city finals which is in June.

## April's results

Miss Tellwright took these 5 superstars to the city cross country event where they ran as part of the Stoke Team!

Isabelle came 5th, Daria 21st and Lizzie 29th. Then Bradley came 11th and Jude came 42nd.

Stoke came second overall! Top job!

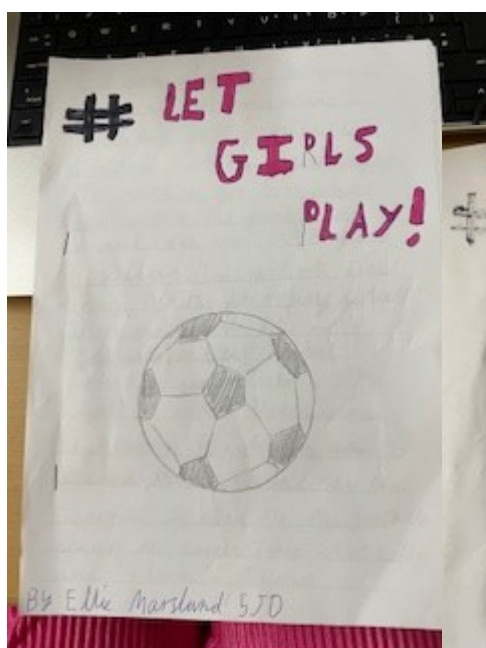


Tonight and 14th May we have the year group cross country races so I will put those results on the May newsletter.

# The amazing Marsland girls!

Ellie and Annabelle are in years 5 and 3 at The Willows and both LOVE sport!

Ellie made the below booklet as part of #letgirlsplay day and Annabelle has made the below PowerPoints at home. They are both amazing girls and love flying the flag for sport!



Let girls play is very special for me because I absolutely love football. Football makes me feel happy. In football you learn about teamwork. The people who inspire me are the England Lionesses. In a book I read says, "Girls don't play football" (girls play with dolls not footballs, skirts). Football isn't a female sport. This book is called three Lionesses by Cheryl R. Johnson. When I opened this book and saw that I wanted to read on. My favourite player is Lauren Hemp, Lucy Kelly and Alessia Russo.

All about the Lionesses:  
The Lionesses have won the world cup 2022 here in England and made it to a world cup final, which means England is a very strong team.  
What I love about football:  
I love football because there's always room for improvement.  
What we should do to make a difference?  
From 1921 to 1970, the FA banned girls football so every girl who was born or a child in that time

Girls don't play football. Girls just need to keep playing and to never give up. Don't let people tell you what you can and can't do.

SO...

# LET GIRLS PLAY!



WHAT HAPPENS TO OUR BODY  
IF WE DO SPORT

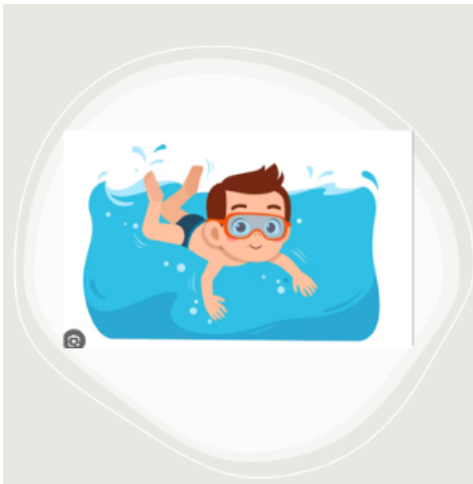
Football

If you play football, it gives you better heart health, bigger muscle mass, reducing of body fat, better strength, stamina and speed and a better use of concentration and coordination. It also boosts your socialness and confidents.



I love football

I support Man  
city.



My sister is in the swimming team and her name is Ellie. I have interviewed her and here is what she said in her words: I like the team because I made new friends I also like racing people. I would rate the team a 9 out of ten.

## Out of school sporting successes



## Out of school sporting successes



### **How was your run?**

It was good because I was a little worried this time as I had had a year off running. I was a little worried. There was a lot of support on the course, lots of choirs and musicians which was lovely.

### **How many runs have you completed?**

I think I've done 7 half marathons now, lots of 10k's and I have done 2 thunder runs where you are in a team, as part of a team you run for 24 hours to run as many 10K's as you can as a team. A team of 5 or a team of 8 which was good fun but not much sleep!

### **What races have you done?**

London landmarks 3 times

Stafford half twice

Potters half - first race

Wrexham half

Thunder run

### **How did you feel after the race?**

Thankful that it was over and I have now retired! Again! I was very pleased it was done, I only did it because my best friend wanted to. I did it to support her. I had a little cry as I came over the finish line because I was so relieved it was over.

### **What did you do to train?**

We did at least 2 runs during the week of about 4 or 5 miles and then a longer run at the weekend. That started at 5 miles then we got up to the 13 increasing each week. We did about 13 miles about 4 weeks before the race.

### **How did you cool down? Recover?**

You should do lots of stretches and do a little walk to help your muscles but I don't I go in and have a cup of tea! Mr Stevens does great cool downs but I don't!

### **What advice would you give to others?**

It doesn't matter how late you start, I only started running in 2017 when I was about 38 years old. Running/exercise was never a big thing and I came to it quite late, if you have a goal just go for it. I ran the Potters half for Lucas' Legacy which is what drove me.

### **Who did you raise money for and why?**

### **Would you do it again?**

At this point I am going to say no. However, I would never say never! Maybe!

### **What was the best landmark you ran past?**

There are some fantastic landmarks in London. St Paul's you go round a few times. We started at Trafalgar Square. Each year the medal is a different landmark with the route inside the medals. You finish on Westminster Bridge seeing Big Ben as you come in.

### **Who did you raise money for and why?**

This race I was raising money for Tommy's a charity that supports babies and small children. My target was £350 and we managed to raise over £500. In the past I have ran for Lucas' Legacy as well.

