

## **The LONG Shield**

The Long Shield is awarded for Sporting Potential. It is not always obvious when children are young who are going to have sporting success – some children are late developers.

However, it is very easy to see those pupils who enjoy PE, work hard, show determination and perseverance. These are qualities that go a long way to help achieve sporting success.

The Long Shield recipient certainly has sporting ability and they are already combining their talent with those other most important qualities. I have also been impressed with their leadership skills. They display good teamwork. They are not content to just settle for 'OK' – they want to do better and push themselves to improve their standard of performance.

I am happy to announce that there are two winners of the Shield this year, both showing the skill and attitude that make them deserving winners of the Long Shield....

**Ruby Rolfe and Henry Hall**