



PE Newsletter *14th September- 25th September 2026*

Year 9

Year 9 Boys Football



Stowmarket U14 boys played their first round County Cup game against Hartismere on Wednesday for the first time on the pristine new Astro pitch.

The game started slowly for the boys, with an early corner for Hartismere being converted to make it 1-0. After this, the boys started to defend very well with some solid defensive displays from Finley and Jackson at centre back. We had a few opportunities through the first half with some great play between the midfield of Korey and Reagan feeding our tireless striker Jake and wingers Lucas and Zac. However, despite the hard work, we ended the half 1-0 down.

After tweaking the formations and tactics at half time, the boys pushed on in the second half. Year 8 boy Ezra stepped up a year group to help the boys out and was fantastic in his debut for the team, with some neat passing and play with the midfield and Josh who came on in the second half and provided great support in the attacking areas. 10 minutes into the second half, Josh had the ball on the left wing and played a wonderful ball to the back post where the tenacious Jake was at the there to nod home the header to make the game 1-1. Stowmarket really pushed on after this with some tireless pressing and tidy passing. The ball then was being well played in and around the box between Reagan, Josh, where Ezra, on his debut, on his right foot curled an excellent shot in to the top corner to make the game 2-1. After this, the whole team defended excellently with some excellent tackling and defending from Max, Oscar, Dylan, Finley and a last second tackle from Jackson to keep the Hartismere pressure at bay. A massive shout out must go to Dylan Grocott as well, who throughout the

game made some excellent saves from range and one on one to keep the game level and at 2-1. A huge congratulations goes out to him for stepping up and being a safe hands between the sticks.

The boys held on to ensure a thoroughly impressive 2-1 win against a very strong Hartismere team to win the game and progress to the next round of the cup!

Mr. Swann and Mr. Popham could not have been any prouder of the boys and how well they played and fought to win the game. Our man of the match was incredibly tough to pick as they all played amazingly, but, for his non stop pressing, tireless running throughout the game, and scoring the equaliser, Jake takes the award for his fantastic display.

Congratulations Stow High and on to the next!

- Mr. Swann & Mr. Popham

Year 11

Year 11 Netball



On Tuesday 15th September, the Year 11 girls competed in their first netball fixtures of the year, travelling to Thurston to play the first half of their league games against County Upper, Thurston and Sybil Andrews.

The girls were an absolute pleasure to take on the fixture, showing a fantastic attitude, excellent teamwork and great sportsmanship throughout the afternoon. The added bonus was that they won all three of their games, making it a brilliant start to their Year 11 netball league campaign!

There was some excellent work in the attacking third from Alamea, Lucy and Gracie, who worked well together to create scoring opportunities. They were supported brilliantly by Ellen at centre, who consistently fed some excellent balls into the attacking third.

When tested, our defence responded really well, with Izzy and Leah at the front and centre of some excellent defensive work.

A huge well done to all the girls involved. The team will now look forward to playing the remainder of their league fixtures, as well as competing at the County Tournament in a few weeks' time.

Well done, girls!

Other news!

Summer Success!



A huge congratulations to Logan Durler in year 9 who competed at Wimbledon over the summer break!

After the first two days of matches he managed to come second in his box, which qualified him for the top 24 knockout the following day. He unfortunately lost that match, but it was a fantastic achievement to win matches at Wimbledon and reach the top 24!

He was treated like a top level athlete, getting free gifts, having a allowance to spend on food in the players' restaurant, use of the players' changing rooms, plus a tour of Centre Court, the broadcasting box and grounds . A truly memorable experience for him!

Well done Logan!

Year 7 Success

Congratulations to the following year 7s who have been competing at a high level in their sports outside of school. We look forward to them sharing more of their success over the next 5 years!

- Chloe Clifford - has been selected to represent Team GB at the 2026 Unified World Championships in Carrera, Italy.
- Ollie Herbert - Plays football for Norwich City and been selected to play for the Welsh national team!
- Izzy Legg - A competitive high level tennis player.

Upcoming Fixtures

Tuesday 29th Sept

- Year 11 Girls football @ SHS (3:30-4:30pm) J Howland

Wednesday 30th September-

- Year 7, 8 and 9 girls football trials @ SHS Astro (3:10-4:10pm) J. Howland

Thursday 1st October-

- Year 10 Boys football @ Stowupland (4:00-5:30pm) W.Swann/ T. Popham-Cooper
- Year 9 Netball League @ KEGS (3:10-5:45pm) F. Harvey