



PE Newsletter 28th September- 2nd
October 2026

Year 9

Year 9 Netball



On Thursday, our Year 9 netball team travelled to KEGS for a fantastic tournament, producing some brilliant performances and showing great teamwork throughout.

We started strongly with a 3–3 draw against County. Abi was named POM after some outstanding defending against a particularly strong and tall shooter.

Next up was Thurston, where the team secured an impressive 7–1 victory. Lily P earned POM for her amazing interceptions and excellent work across the court.

Our final game was an incredibly close contest against KEGS, with the team narrowly losing 4–3. Lola was POM thanks to her fantastic feeds into the D and some excellent attacking play.

A special mention must also go to our shooting duo, Olaya and Emily, who produced some lovely shooting throughout the tournament.

A brilliant afternoon of netball with plenty to be proud of. Well done to everyone who played!

Year 10/ 11

Year 10 and 11 Girls Football



The Stowmarket High School Under-16 girls' football team faced Thurston on Tuesday afternoon in the first round of the County Cup, with a mixture of Year 10 and Year 11 students taking to the pitch. With the team needing to gel quickly, the girls made an excellent start and showed great composure on the ball from the opening whistle.

Stowmarket started the stronger of the two sides, dominating possession and moving the ball around the pitch with confidence. Their pressure eventually paid off when **Sienna** broke the deadlock, giving Stowmarket the confidence to push on.

The goals continued to flow, with **Sienna** adding another before **Isla** and **Ava** also found the back of the net. Stowmarket went into half-time with a commanding 4–0 lead, having played some excellent football and created numerous opportunities.

Thurston came out strongly in the second half and changed their approach, pressing Stowmarket much higher up the pitch. This caused a few errors and allowed Thurston to get themselves back into the game with two quick goals.

However, Stowmarket remained composed and continued to play some lovely football. The girls showed excellent movement off the ball, passing into space and allowing the forwards

to run onto the ball. Sienna completed her hat-trick, while **Willow** added herself to the score sheet to restore Stowmarket's control of the game.

The goal fest wasn't over, though, as Thurston added another two goals of their own. With the final play of the game, **Ava** dances through the defence on a solo effort to cap off an entertaining afternoon of football and secure a 7–4 victory for Stowmarket.

A special mention must go to **Lylah**, who had an excellent game in goal and made several important contributions throughout the match. **Lillie F** also deserves huge credit for an impressive performance at centre-back, helping to organise the defence and deal with Thurston's attacking pressure.

Overall, it was a fantastic team performance from the girls. Despite being a mixture of Year 10 and Year 11 players who had to gel quickly, they showed great attacking quality, movement and determination to progress to the next round of the County Cup.

Upcoming Fixtures

Tuesday 6th October:

- Year 10 girls Futsal @ SHS (3:10-5:00pm) J.Howland
- Year 8 Girls Netball @ Thurston (3:10-5:45) G.Whitfield
- Year 8 Boys Football @ SHS vs Ixworth (3:10-4:30) L.Andrews
- Year 9 Boys Football @ Stowupland (3:10-6:00) W.Swann

Wednesday 7th October:

- Year 7 Boys Football vs Year 8 Boys Football @ SHS (3:10-4:30pm) L.Andrews

Thursday 8th October:

- Year 11 boys football @ Farlingaye (4:00pm-6:00pm) T.West