



## PE Newsletter 24th-28th March

## Year 7

### Year 7 Girls Rugby



In the middle of the week, the Year 7 girls participated in their first rugby tournament of the year and delivered an outstanding performance for their first ever set of games together. Throughout the competition, they showcased exceptional skill and teamwork, with standout contributions from Brenda, Ruby, Olaya, and Sapphire. Well done to all that were involved.

### Year 7 Girls Football

The girls faced a challenging afternoon in their semi-final against a formidable Kesgrave side, who came out with a strong start. Despite being put under pressure several times, Ruby had an exceptional game, making crucial saves against a relentless attacking force. Emily showed great determination, working tirelessly to break down Kesgrave's well-organized defence, while the entire team had to dig deep, staying solid at the back throughout the match.

The second half saw a marked improvement, with Brenda making some powerful runs that kept the opposition's defence on high alert. Her energy and drive were key in creating a more competitive edge.

While the final score didn't fully reflect the effort and resilience shown by the girls, they can now shift their focus to the West Suffolk Cup final, where they will aim to give it their all.

## Year 8

### Year 8 Boys Handball



On Monday, the boys played a handball fixture against King Edward, Sybil Andrews, and Mildenhall. They put in a strong performance, winning two out of three matches with victories over Mildenhall and Sybil Andrews. Their only defeat came against the eventual champions, King Edward.

Bailey Ling was in top form, scoring multiple goals, while a special mention goes to Preston Morley for his outstanding goalkeeping. The team worked hard and played exceptionally well together.

## Year 9

### U14 Netball



The girls faced a tough afternoon of matches against some new opposition, but they showed great determination throughout. With a few new players stepping up to fill key positions, the team worked well together and gave their all until the final whistle. Kerri was outstanding, dominating both in attack and defence, while Maisie's performance in the centre was exceptional. She linked up brilliantly with Alamea, who helped feed the ball to Isla for some excellent shooting opportunities. A special mention goes to Phoebe and Robyn, who stepped up and filled in seamlessly, contributing greatly to the team's effort. It was a fantastic display of teamwork and resilience from everyone.

## Year 10

### Year 10 Netball



On Tuesday afternoon the U15 netball team competed in the County State Competition taking part in the U16 tournament - and they did not disappoint! Despite competing against an older age group they delivered an outstanding performance, finishing with one win, two draws, and just one loss.

Missing a few key players, the team showed incredible determination and teamwork. They started strong with a win against Kesgrave, Molly Fountain and Rich Calabio were putting in the hoops. Our next game we drew with Bungay, some brilliant defending from Poppy Healy and Freya Underwood kept us in the game. We took a loss from Northgate and finished our final game with a draw against Thurston.

This impressive performance highlights the squad's potential and resilience. Competing a year up is no easy task, but the girls proved they were more than capable. A fantastic effort and I'm excited to see where they come next year. Well done, girls!

## Year 11

### Year 11 Netball



Earlier this week, the U16 netball team competed in the County State Competition, their final tournament of the year. Having already secured victory in their league and finished third in the County Finals earlier in the season, the team was determined to end on a high. True to form, they delivered an outstanding performance throughout, dominating their matches and securing impressive wins against Farlingaye, TGS, Hartismere, and Kesgrave.

Outstanding play was showcased across the court, with Jasmine Randall and Martha Hardcastle controlling the midcourt. In the defensive third, Poppy Harrod and Eve Caldwell were relentless, shutting down opponents with strong interceptions and tight marking. Whilst in our attacking third, Danielle Taylor and Clara Owen-Stiff were in top form, converting opportunities with confidence, while Chloe provided excellent support as a dynamic wing attack.

It was a fantastic team effort to cap off an incredible season!

### Fixtures next week:

**Monday 31st March:**

- Year 7/8 girls handball @ SHS (3:10-5:00pm) J.Howland

**Tuesday 1st April:**

- Year 10 and 11 girls football vs Stoke @ SHS (2:30-3:45pm) J.Howland