



PE Newsletter 31st March- 4th April

Year 7

Year 7/8

U13 girls handball



After securing their place in the Regional Final earlier this month, the U13 girls put on a dominant display at the West Suffolk Finals on Monday. Facing off against County Upper High and St Benedict's High, the team showcased their skill, determination, and teamwork.

The girls took on St Benedict's first, followed by County Upper, and they controlled both games from start to finish. Their relentless attacking play led to two convincing victories. Faith Powell and Keri Nauvunivuni were outstanding in attack, netting a series of superb goals, while Mollie Bonnett's tireless work on the wing kept the pressure on the opposition. Matilda Aldous was a force to be reckoned with in the Pivot position, demonstrating excellent movement and control.

A special shout-out goes to Year 7 Ruby Appleby, who stepped up at the last minute to fill in as goalkeeper in the absence of our Year 8 shot-stopper.

A fantastic performance from the whole squad—well done, girls!

The girls attend the U13 Regional Schools Finals in Essex during the first week back after Easter. We wish them all the luck.

Year 10/ 11

U16 girls football

On Tuesday, the U16 girls' football team squared off against Stoke High School in the quarter-finals of the County Cup. The team, consisting of a mix of Year 10 and 11 players, was further strengthened by Year 9 standout **Ava Chapman**, who stepped up to the challenge.

The first half was a tightly contested affair, with both teams enjoying spells of possession. However, it was Stoke who broke the deadlock with a brilliant hat-trick from their star player in a remarkable 10-minute burst.

Stowmarket responded with resilience and determination. As the game progressed, they began to impose themselves, making it increasingly difficult for Stoke to play their usual game. The turning point came when **Martha Hardcastle**, using her blistering pace, broke past Stoke's last defender and coolly slotted the ball into the net.

Despite a final scoreline of 6-1, the Stowmarket girls can hold their heads high. Their commitment and spirit throughout the game were commendable, and they never stopped fighting. Ava Chapman was deservedly named Player of the Match for her commanding performance in the centre of midfield. It was great to see the return of **Charlotte Buckle** to the left wing.

For the Year 11 players, this marked their final football match representing the school. Well done to all involved.



All Years

Cheerleading Workshop

On the schools drop down day 60 girls signed up for a cheerleading masterclass. The students were fantastic throughout the day and learnt loads of new skills whilst creating their own routine. Well done to all involved.





Fixtures after Easter:

Wednesday 23rd April:

- U13 Girls Handball Regional Finals @ Herts and Essex High School (7:30am- 5:00pm)
J. Howland

Thursday 24th April:

- U15 Girls Handball Regional Finals @ Herts and Essex High School (7:30am- 5:00pm) J.
Howland