



Learning,  
Respecting,  
Caring

### Prayer for hope

Dear Lord,

Jesus, as we hear the story of your coming, and we wait on your promise to come again, we ask that you show your presence among us here and now. Help us to find our rest in you. Be our strength and consolation, and bring joy to our longing hearts. By the power of the Holy Spirit, fill us with your joy and peace, and help us to abound in hope. In

Jesus' name,

Amen.



*"Sports do not build character. They reveal it."*

Heywood Broun



Regan (Year 7) recently achieved first place in the British Gymnastics U12's National Setwork Finals .

In November, Regan achieved first place in the **British Gymnastics Under 12's National Setwork Finals** event. Competing at elite level, his incredible result and amazing accomplishment, means Regan has now been ranked as the No.1 U.12 in Great Britain. Furthermore, Regan has secured automatic selection for next year's GBR squad — well done!

## County Champions!



Some great news coming from the Basketball camp, as our **Year 9 Girls team** progressed through the local areas competition, despite defeat in our opening game.

Bouncing back with two successive victories against *Westbourne and Copleston* meant we progressed into the **County finals** held on 4 December.

As the Girls entered the County finals with belief, we were simply unstoppable playing some dominant Basketball. The group really shone on the day to get two victories against strong opposition meaning we were crowned **COUNTY CHAMPIONS!**

### Pictured above

#### **Left to right:**

(Olivia; Imogen; Brooklyn; **Natalia**; ©; Violet; Michelle; Claire)

### County Final results

*St Alban's 85-24  
County Upper*

*St Alban's 88-66  
Claydon*

**Well done team!**

## WHAT ELSE HAS BEEN HAPPENING?

Most recently, our U12 girls football team have suffered successive defeats.

Our new Y7s, who have been superstars in training, lost against a very strong Kesgrave side before narrowly losing out to Claydon in a game that could have gone either way.

Keep working girls!

### Player of the Matches :

V Kesgrave (Ava)

V Claydon (Falisha)

## WHATS UPCOMING?

Check out some of our upcoming fixtures & events!

### Sports Hall Athletics

Venue: Suffolk One

U12 & U13 Girls 19th Jan

U12 & U13 Boys 21 Jan

### 5-a-side Futsal

Venue: Suffolk New College

U13 Boys: 18th December

U12 Girls: 29th January

### 6th form Football (HOME)

v Felixstowe (17th Dec)



## Key Stage 3 Football

A huge month of success has seen around 50+ students attend our weekly after-school **Monday (Boys) and Thursday (Girls) football** sessions.

If your child is interested in coming along, all years are welcome and it is **free** to attend with no pre sign-up required—just bring along a PE kit including *boots and shinpads* with the desire to partake and enjoy!



**Pictured above** are our hugely talented **U14 Boys** team who are due to host **Stoke High School** in their upcoming 1/4 final of the **South Suffolk Cup**.

In the **County Cup**, we were overcome for the third season in a row by a strong Woodbridge High School side. Despite previous scorelines being more broad, this time proved far more competitive where we enjoyed large spells of possession. Despite creating numerous chances, we eventually bowed out of the competition on penalties following a 1-1 draw (goal by Taeshawn) within normal time.

## Other Football news...

Elsewhere in football, our **U16 Boys** side have had mixed results, losing comprehensively to **Felixstowe Academy** in the South Suffolk Cup. However, the team recovered well in the **County Cup** to produce a 5-star performance to defeat **Woodbridge High School**, setting up a potential mouth-watering tie against County Cup favourites, **Copleston**.

**Pictured below, Tafari**, who scored a **hat-trick** in the recent victory against Woodbridge High School.



Meanwhile, our **Y8 boys** team have had a strong season so far, going undefeated in the County Cup, awaiting to host **Alde Valley**, but unfortunately losing out 3-2 in the last-minute against **Claydon** (Quarter-final of the South Suffolk Cup).

## ELSEWHERE in SPORT

Throughout November & December, we have been competing in the Regional Badminton events, which have taken place at Inspire Suffolk,

Pitting ourselves against a number of local schools, our **U16 Girls** (*made up of Y10 students*) finished impressively in 3rd position, missing out on the semi-finals due to set difference.

Meanwhile, the **U14 Boys** side placed in a respectable 5th position from 8 schools, obtaining equal wins and losses across the afternoon, whilst facing some experienced County players along the way.

Finally, the U14 Girls (*Didi; Lakshna; Christy; Joshitha*) just missed out on a semi-final place after finishing 3rd in their group. Despite winning numerous games, they narrowly missed out in their final match after losing 15-14 in one of their singles matches,, which resulted in an overall 2-1 loss. A valiant effort girls– hard luck!



## Avid Indoor Climbing

Recently, we have taken a number of Year 9 students over to **Avid Indoor Climbing** as part of a reward for their regular involvement as either a *Sports Council* member or their commitment to sport and PE this academic year.

The students were given a 30-minute instructors led-session before carrying out 1 hour of free climbing at the facility learning varying techniques to explore different wall climbs.

If your child is interested in signing up as a **Sports Council** member, they should speak to Mr Deacon (Head of PE) for more details. This applies to students from Year 9 and above.

**Pictured below** are some of the students who joined us on the trip.



**Pictured below** are the **U16 Boys** team (*Alvin; Kye; Zakir; Lucas*) who reached the semi-finals of the **Regional Badminton** event held at Inspire, before being knocked out by eventual winners *East Bergholt*—well done team!



## CROSS-COUNTRY

### SPORTS LEADER

This term, our new Year 10 **Sports Leaders** have been working towards their Level 1 certificates, whilst some of the Year 11s have been working towards level 2.

As part of the course, students have acquired the skills to devise their own games, aimed at developing components of fitness for our 7 and 8 students.

In addition to this, we have held two successful separate Sports Leader events with local primary schools .



Pictured below is **Oliver** of Year 11, who finished inside the top 30 runners within his age category to progress into the Cross-Country finals, which are due to be held in January at Woodbridge High School.



After holding an in-house Cross-Country trial afternoon at school, we were able to select an elite team of performers to compete in the recent Schools event, which was hosted at Royal Hospital School.

The group who were taken across to the event didn't disappoint as 6 of our 14 runners made it through to the next round of the competition—very impressive!

This was based on finishing inside the top 30 positions within their age groups, amongst a host of nearly 300 runners overall.

Progressing through to the finals at Woodbridge High School in the New Year are Augustine; Aiden (both Year 7); Ellie (Year 8); Imogen & Ephram (Year 9) and Oliver from Year 11. Well done to Miss Seager for her support towards the team of students who showed full commitment and endeavour to brave the conditions!



### Sports Leaders

Pictured below, our Year 10 Sports Leaders before leading a session with primary students.



## EVOLUTION of ST ALBAN'S RUGBY CONTINUES!

### Sport Sense Basketball

*One of our key focuses this term has been strengthening our Basketball links within the area.*

*With an endless talent of Basketball hopefuls throughout many of our year groups, we have strived to do more with our extra-curricular programme this term.*

**Anton Dixon** of Sport Sense (Pictured below), who has coached in both China and USA is currently delivering group sessions to our Year 9 and 10 students on a weekly basis honing their skills.

Moving forward, we hope to extend this programme out to our younger students here at St Alban's and continue another promising partnership that enables our young people to thrive within another sport.

As Rugby continues to evolve here as part of our extra-curricular programme, we were fortunate enough to have Rob (Ipswich YM Coach) and his expertise in delivering a high quality 'rucking' lesson to our Year 8s. We now look forward to the New Year, in what will hopefully continue the growth of our partnership!



Our Year 8 Netball team who finished 2nd in a recent tournament



# EXTRA-CURRICULAR PROGRAMME



## EXTRA CURRICULAR ROTA 2025-26 (January-February)



	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Week 1 &amp; 2</u></b> <b>LUNCHTIME</b> <b>(Sports Hall)</b> <b>1:15 – 1.55pm</b>  <i>To Note: Students</i> <i>NEED trainers!</i>	<b>Badminton</b>  Year 10/11  <i>Staff lead:</i> <i>Mr Deacon</i>	<b>Basketball</b>  Year 7/8  <i>Staff lead:</i> <i>Mr Deacon</i>	<b>Badminton</b>  Year 7/8  <i>Staff lead:</i> <i>Mrs Ward</i>	<b>Basketball</b> <b>Badminton</b>  Year 9  <i>Staff lead:</i> <i>Miss Seager</i>	<b>Basketball 3v3</b> <b>Super League</b>  Year 10/11  <i>Staff lead:</i> <i>Mr Deacon</i>
<b><u>Week 1 &amp; 2</u></b> <b>AFTER-SCHOOL</b> <b>3:15-4:15pm</b>  <i>To Note: Students</i> <i>should be in full</i> <i>PE kit.</i>	<b>Netball Y7-11</b> <b>Sports Hall</b> <i>Miss Seager</i>  <b>Boys Football</b> <b>Y7-11</b> <i>Male PE staff</i>  <b>Boys Rugby Y7-11</b> <i>Ipswich YM Coach</i> <i>Sports Field</i>	<b>Inter House</b> <b>Competitions/</b> <b>School Fixtures</b>	<b>Staff Meetings &amp;</b> <b>School fixtures</b>  <b>Basketball &amp;</b> <b>Badminton</b> <b>(Sports Hall)</b> Y11 & 6 <sup>th</sup> form PE team	<b>Badminton;</b> <b>T/Tennis &amp; P'Ball</b> <b>(Sports Hall)</b> <b>Y7-10</b> <i>Mr Kelly</i>  <b>Girls Football</b> <b>Y7-11</b> <i>Mr Deacon</i> <i>Mrs Ward</i>	<b>Basketball</b> <b>Y9-10</b> <b>Sports Hall</b> <i>Sport Sense</i>  <b>Girls Rugby Y7-11</b> <i>Ipswich YM Coach</i> <i>Sports Field</i>

To note: All clubs are free to attend

In P.E this term (Jan-Feb) we are learning...				
<b>Year 7:</b> <b>Rugby (Boys)</b> <b>Netball (Girls)</b>		<b>Year 8:</b> <b>Badminton (Boys)</b> <b>Fitness (Girls)</b>		<b>Year 9:</b> <b>Fitness (Boys)</b> <b>Badminton (Girls)</b>
<b>Year 10 Core PE:</b> Competitive: Football/Rugby Mixed 1: Sports Leaders (Level 1) Mixed 2: Net/Wall		<b>Year 11 Core PE:</b> Competitive: Football/Rugby Mixed 1: Sports Leaders (Level 2) Mixed 2: Net/Wall		

To support your child's learning, we ask they bring in the correct PE attire for the sport and weather conditions. Indoor sports (**Netball ; Fitness & Badminton**) require the St Alban's PE kit of *green polo shirt; black shorts and trainers*.

Outdoor sports (**Rugby and Football**), we ask that the following items are additionally brought in:

COMPULSORY: Football or Rugby boots; Shinpads

ADVISORY: Gum shield (Rugby ONLY); Black trousers & PE jumper; towel (to dry off with in poorer weather)

# Students of the Month

The PE team have been delighted with the term thus far and below have selected their **Students of the Month**, who have been celebrated for a number of reasons including:

- Excellence in leadership
- Outstanding efforts to continue own development within PE lessons
- Consistently applying positive attitudes towards staff and peers

## Year 7



Elijah



Augustine



Anna

## Year 8



Nhyirah



Nigel

## Year 9



Lucas



Leila



Iziah



Josh

## Key Stage 4 Students of the Month



Naraye: WJEC Sport



Lotachi: WJEC Sport



Zygis: WJEC Sport



Charlie: WJEC Sport

# UNDER THE SPOTLIGHT

Pictured **right**: Back row: *Ellie; Libby; Ava; Aniah; Melody; Lucy*

Front row: *Kaitlin; Ella; Sophie*

The team recently took part in the 5-a-side Futsal event at Suffolk New College. A special mention to **Lucy** who recorded 4 goals in 3 matches, including a hat-trick at Woodbridge High School.



Pictured **right**:

Top row: *Sasha; Alishia; Praise; Freyja; Melody; Lillia; Olive*

Bottom row: *Ella; Freya; Ellie*

The Year 8 Girls netball team recently won their regional tournament held at Northgate High School.



Pictured **left**: *Immy; Sophia; Lacey; Lily; Michelle; Caitlan; Nylah; Mareeta*

Our Year 9 Girls Netball team displayed their excellence at the local regional event with 5 wins and 1 draw from their 6 matches, defeating *Ipswich High School; Stoke; Claydon; Kesgrave and Chantry* along the way.