



Learning,  
Respecting,  
Caring

Dear Lord,

We praise you in this Easter season. Change our lives, change our hearts to be messengers of Easter joy and hope. We make our prayer through Jesus Christ, our risen Lord forever.

Amen



*"We are human beings, at the end of the day. Success and failure are a part and parcel of our daily lives."*

Hima Das  
400m sprinter



Shannon, (Year 11) has recently qualified to play for Suffolk in the U16 National Schools Table Tennis Championship this coming April!

## ABOUT US

The purpose of this newsletter is to inform our wider school community of the student experiences here within sport at St Alban's Catholic High School.

We aim to provide termly updates of a range of information that includes:

- *Sporting achievements*
- *Extra-curricular opportunities*
- *Learning journeys*

## Shannon shines!

Our very own Shannon, who represents Britannia Table Tennis Club, has recently made headlines, after qualifying to represent Suffolk in the upcoming under 16 National Schools Championship finals.

This incredible feat now means Shannon will participate in the individual event due to take place in Wolverhampton next month!

A fantastic achievement to you Shannon!

**Pictured below are the U16 Boys Basketball team who finished runners-up at the Suffolk Schools event.**



### Sports Council

This year has seen a total of 19 Y8-11 students form our newly developed Sports Council team.

Their willingness to get involved has developed skills to empower them in a number of ways including:

- Coaching at clubs
- Officiating fixtures
- Writing match reports
- Leading Inter House events

Going forward, we would love to expand our team and open up further opportunities. If any current Y8 / Y9 students are interested in finding out more, please visit Mr Deacon .

## SPORTS LEADERS UPDATE

### WHAT'S HAPPENING:

See below some of the stand out fixtures and events, which will be taking place next term.

#### Football fixtures

U12 Boys Tournament TBC

Girls Football week @ITFC:

U13 - 10 June

#### Athletics

Y7-10 May / June Dates TBC

#### Inter-House Tournaments

Y8 Badminton 29th April

Y9 Badminton 30th April

#### Sports Day

Tuesday 15 July

Throughout the course of the year, the P.E department have worked extremely hard to upskill our Year 10 and 11 students during **Core PE** lessons, developing a range of roles and responsibilities within a **Sports Leaders** unit. Last month, we were fortunate enough to welcome a number of Year 6 students from local feeder school, **St Marks**. During this time, our newly appointed Level 1 Year 10 leaders were able to devise and deliver a highly engaging set of activities for students across the afternoon.

Furthermore, we have also seen relationships strengthen amongst our own students. A different set of young leaders executed a brilliant carousel of original games to our new year 7 students, where various skill components were developed.

Next up for our team of leaders will see an exciting term ahead, whereby we will see the return visit of **St Marks** alongside **St Johns** students!



Pictured middle bottom are groups of Year Y7 students engaging in various physical activity games led by Year 10 Sports Leaders. Middle left shows **Jaydon** (Y10) leading by example, whilst top left and below are students from one of our feeder schools (**St Marks**), who are participating in hybrid games.





# MATCH REPORTS

## Year 10 Inter-House Handball

We were blessed with an excellent display of high-quality handball from many of our Year 10s who played their part during a 3-team round robin tournament.

The sport, which combines elements of Netball & Basketball, showcased our huge array of sporting talent amongst both boys and girls within the year group whilst balancing tremendously, both sportsmanship and competitiveness.

The pink team (pictured below), who were both undefeated and victorious on the evening,, proudly show off their winners medals alongside the other competitors.



## Y7 Boys Football

In a recent home friendly fixture against Kesgrave, it was an opportunity to explore new players within the group by combining a team of experienced regulars who have played throughout the season, alongside some of our other committed and enthusiastic weekly trainers.

After a strong start to the game, where influential midfielder, **Izaiah**, was pulling the strings, we somehow went down a goal against the run of play. This wasn't to upset the side in any way as we continued to show fluency and control throughout the next stage of the game. With our strong attacking players in **Theo P**, **Nhyirah** and **Noah**, it looked inevitable that we would go onto score the next goal, however, the Kesgrave goalkeeper was in unbeatable form, pulling out save after save to prevent the onslaught.

With this inspired performance by the opposition goalkeeper, it was Kesgrave who would go on to score against the run of play just before half-time, leaving us 2-0 down and contemplating in our thoughts following large periods of dominance.

### **Half Time: St Alban's 0-2 Kesgrave**

As we rang the changes with an entirely new side for the 2nd half, we again found ourselves beginning the game on the front foot. **Gabriel** and **Nichols** both had half-chances to reduce the deficit before our opposition began to take a foothold on the game. In a rampaging 15-minute spell, Kesgrave managed to score five unanswered goals, despite the best efforts of **Oli** in goal, who managed to make a couple of smart stops to keep the score line down. A special mention goes to **Vincent**, who led the captaincy like a true champion in showing a positive attitude to contest for every ball and then apply simple and effective passes within a number of positions throughout the afternoon.

### **Full Time: St Alban's 0-7 Kesgrave**

## **Y7 Girls v Kesgrave**

On a glorious afternoon over at Kesgrave High School, we were treated to an absolute goal fest between the two attacking based teams.

Kesgrave came out of the blocks quickly, scoring twice in the opening minutes to lead, and undoubtedly this could have been more if it wasn't for some last ditch defending and good fortune by both **Libby** & **Maisie**, who rotated between the sticks.

However, St Alban's found their rhythm and became attacking minded as they created chances. Eventually, one of these chances was taken, as a goalmouth scramble eventually found **Ella** who fired in first time to reduce the deficit.

Despite the promise, it was Kesgrave who finished the half stronger as they scored twice more before half-time, punishing some errors where we tried to play out.

### **Half Time:**

#### **Kesgrave 4-1 St Alban's**

As we rotated in the 2nd half, both in personnel, formation and playing positions, we saw an immediate impact. Both substitutes, **Kaitlin** & **Samara** showed real endeavour and ruthlessness to score with their first chances and bring the game back to 3-4.

With 10 minutes still left to play, St Alban's were fore filing their potential as a team, winning more tackles and 1 interceptions higher up the pitch, but to no avail. As the game drew to a close, Kesgrave scored a deciding goal to finish off the afternoon's entertainment.

### **Full Time:**

#### **Kesgrave 5-3 St Alban's**

A special mention to **Ellie** & **Lucy**, who were sensational all afternoon!

# UNDER THE SPOTLIGHT

MRS WILLIAMS

HEAD of TECHNOLOGY

**How long have you worked at St Albans?**

I trained here in 2014 and got a job here in 2016, so I have been here for 9 years now.

**What are your favourite things about St Albans?**

The students here are amazing, hard-working, kind and enthusiastic.

The amount of opportunities for students – school production, sports, trips and clubs.

**What message would you have for our young people trying to learn new things?**

1. Don't compare yourself to others
2. Learning new things takes time, don't be hard on yourself if things fail!
3. Celebrate the small wins!



**Something we may not know about you.**

Before I became a teacher I was a fashion designer.

**Describe yourself in three words:**

Organised, creative, enthusiastic

**If you had an elephant, which you couldn't sell or give away, what would you do with it.**

Keep it as a pet for my children!

## EXTRA-CURRICULAR ROTA...begins after Easter

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Week 1 &amp; 2</b> <b>LUNCHTIME</b> 1:15 – 1.55pm</p> <p>To Note: Students ONLY need trainers!</p> <p>Lunchtime clubs will run until the May due to Y11/13 exams</p>	<p><b>Basketball &amp; Badminton</b></p> <p>Year 11</p> <p>Mr Roche</p>	<p><b>Basketball &amp; Badminton</b></p> <p>Year 7 &amp; 8</p> <p>Mr Roche</p>	<p><b>Basketball &amp; Badminton</b></p> <p>Year 8 &amp; 9</p> <p>Mr Deacon</p>	<p><b>Basketball &amp; Badminton</b></p> <p>Year 11</p> <p>Mr Deacon</p>	<p><b>Basketball &amp; Badminton</b></p> <p>Year 10</p> <p>Miss Seager</p>
<p><b>Week 1 &amp; 2</b> <b>AFTER-SCHOOL</b> 3:15-4:15pm</p> <p>To Note: Students should be in full PE kit.</p>	<p><b>Netball</b> Y7-9 Miss Seager</p> <p>-----</p> <p><b>Football (Field)</b> Y7-9 Mr Deacon Mr McLellan</p>	<p><b>Inter-House Competitions</b></p> <p>Mr Deacon Mr Roche</p>	<p><b>School Fixtures and/or Meetings</b></p>	<p><b>School Fixtures</b></p> <p><b>Badminton</b> (until May) Y7-10 Mr Kelly</p> <p><b>Cricket</b> All Years Mr Deacon</p>	<p><b>Badminton</b> (until May)</p> <p>Y11/6<sup>th</sup> form Mr Deacon</p>