



Learning,
Respecting,
Caring

Dear Lord,

We pray that Pope Leo XIV be strengthened in his ministry. May he continue building bridges that connect us to one another. May he be an example of faith, hope and love. We pray that you give him joy in his work and a renewed fervor for your Gospel message. May he never lose sight of Christ who walks before us and among us.

Amen.



"Sport can create hope when once there was only despair."

Nelson Mandela



Summer (pictured above) recently finished 2nd in her 100m sprint race at the Area School Athletics event. Pictured below: Year 7 Boys Football team.

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*

Fun in the sun!



Recently, we hosted a 6-team Year 7 Boys Football tournament, which involved both Copleston and Felixstowe Academy.

Our two sides represented us proudly in the 7-a-side tournament, that eventually saw **Felixstowe A** win the event!

The **A team** boys produced a magnificent run of three wins from their final 4 games to finish a close second!

However, the **B team** were less fortunate, finishing in 5th place after being beaten by a single goal within 4 of their 5 fixtures.

Date for the diary

SPORTS DAY

Tuesday 15 July

Contingency plan

Thursday 17 July

2024 winners:

Audrey House

WHAT'S HAPPENING:

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

Football fixtures

U15 Boys v Ormiston TBC

U13 Girls Football week

@ITFC: 10 June

Athletics

Y7 Wed 25 June

Y8 Tues 17 June

Y9 Tues 10 June

Sports Leaders Event

Year 10 leading Year 6
St Marks & St Johns
students on Wed 11 June

Sports Day

Tuesday 15 July

Contingency day:

Thursday 17 July



BADMINTON TOURNAMENTS

In the month of May, we carried out inter-house Badminton events with details of the winners below:

Year 8 winners: Jacob S & Adam Z (both 8JE)

Year 8 runners-up: Archie P & Lucas Woods (both 8PG)

Year 9 winners: Noah W (9BD) & Jeffrin G (9DW)

Year 9 runners-up: Jithu J (9WI) & Roger (9DW)

Year 11 winners: Senon B (11IB) & Prince A (11TO)

Year 11 runners-up: Kielan S (11RB) & Craig M (11RB)

Pictured below are some of our year 11 competitors!



STAFF ON THE MOVE!

Some of our staff (pictured below) recently competed in the **London Landmarks** (LLHM) & **London marathon** runs!

Mr Manning (Left) completed the London Marathon in just 2 hours 29 minutes, finishing inside the top 150 runners - WOW!

Mr Deacon (Central) raised £600 for Dementia UK in the London Landmarks, finishing inside the top 450 places with a time of 1 hour 29 minutes.

Mrs Williams: (Right) raised an impressive £650 for CLAPA completing her first ever marathon run in 5 hours— a great achievement!





YEAR 10 ATHLETICS

On a hot summer's afternoon in May, we took a strong; competitive squad over to compete at *Northgate High School* in the **Area Schools Athletic** event.

Historically, this has been a team event, however, this year it was run as an **Individual Athletics competition** with some of the participants and their results listed below:

Boys

100m: Alfonso (2nd) & Tafari (3rd)

200m: Mekhi (2nd) & Kadir (4th)

300m: Stephane

800m: Oli (6th from 18)

Long Jump: Kyerese & Mekhi

High Jump: Riley

Relay participants: Alfonso/ Aman/ Kadir/ Khamanai/ Mekhi/ Kye/ Taeyon/ Rafael

Girls

100m: Summer (2nd) & Kaitlin (4th)

200m: Tiana & Arona

800m: Eva (3rd)

Javelin: Poppy & Arona

Long Jump: Gabriella

Relay participants: Eva / Summer / Kaitlin / Amy / Tiana / Stephy / Arona

As a summary, the competition was well organised with many schools participating from around the County, enabling some of our best athletes to compete against each other in many fantastic Athletics events.

Both our participants and supporting students were a testament to our school, demonstrating humility in victory and gracefulness in defeat, whilst supporting our ethos in both respect and care throughout.

Well done team to everyone involved, including the staff, and in particular, to the individuals whose efforts; attitudes and conduct throughout was terrific throughout!

Moving forward into the next month of Athletics, June will provide opportunities for our Y7-9 students, who will visit Northgate in similar fashion on the below dates:

Year 7: Wednesday 25 June

Year 8: Tuesday 17 June

Year 9: Tuesday 10

If your child is interested, please see a member of the P.E department to register interest and sign up for the competition which includes events from below.

Track events: 60m/ 100m / 200m / 300m / 800m / Relay

Field: Discus/ Javelin/ Shot Putt/ Long Jump/ Triple Jump/ High Jump

Relay: 4x100m

Please note that a student may compete in one track, one field and one relay ONLY!

Rounders Championship Series 2025

Throughout the term in Year 10 Core P.E lessons, students have been split into 12 teams, working together to compete for a '**Finals**' position, due to take place next month.

The tournament is separated into two leagues of 6 teams, made up within the X and Y half classes.

Within each group, the 6 sides face each other over 5 weeks, with only the top 2 performing sides making it through to the next stage of the competition.

Points are awarded not only for winning their matches, but the ability to score '**Bonus**' points through *strategic game-play; effective communication and sportsmanship*. This approach aims to promote our core values here at St Alban's of '**respecting; learning; caring**'.

Following completion of the group stages in May, the semi-final encounters will then be scheduled to take place next month before crowning the eventual champions!

**Past Winners:
2024: Red Sox**

UNDER THE SPOTLIGHT

Mr McLellan

Head of Year 9

How long have you worked at St Albans?

I started in September 2024.

What is your current role within the school?

Head of Year 9

What are your favourite things about working at St Albans?

The school community

The sense of enjoyment students have in their lessons

The kindness that people show towards each other

What advice would you have for our young people when considering their future?

Remember that we all make mistakes

Remember that being kind to someone is scientifically proven to make you feel better about yourself

Something we may not know about you.

I love to cook, although I would never describe myself as a chef.

Describe yourself in three words:

Passionate

Principled

Optimistic

If you were stuck on a desert island what three things would you take with you?

Coffee; a football; my family



Mekhi Hilling

Year 10 Student

As a Year 10 student, what option subjects have you selected this year?

I picked Sports/Coaching, Wood technology, Business Studies

Explain your favourite thing about being a St Alban's student?

The multi-culturalism of staff and students!

Who is your biggest inspiration for learning?

The sports (P.E) department

As a student studying Sport, describe what you most enjoy about the subject?

Being able to learn about the importance of sports and learning how to teach/help others.

Something we may not know about you.

I learnt Karate for 8 years!

Describe yourself in three words:

Outgoing; Artistic; Caring

If you had a pet elephant that you couldn't sell or give away, what would you do with it?

Play football with it, ride it in public, my transport, live in the garden

