



Learning,
Respecting,
Caring

Prayer for friendship

Dear Lord,

I pray for my friends happiness. May they feel your joy in every step they take. Fill their days with laughter, their hearts with peace and their soul with gratitude. Let your love guide them to a full life with blessings and contentment.

Amen.



"Everyone's dream can come true if you stick to it and work hard."

Serena Williams



After over 10 years as *Head of Physical Education*, Mr Roche (pictured above) will sadly be leaving his role. We thank a true team player for his services!

September 2025 marks a changing in the guard as Mr Deacon steps into position as Head of PE from Mr Roche.

We will miss the support of the popular and inspiring Mr Roche, who has been hugely influential within his role to both staff and students throughout his tenure.

Thank you from

The PE Team

Sports Day 2025!



Tuesday 15 July saw us host our annual Sports Day event, which epitomised the true diverse community spirit of St Alban's.

From wellie-wanging to inter-house sporting events (*Badminton/Netball/Football*) many of our students immersed themselves in friendly competition to score points for their houses.

Meanwhile, other students from lower school and 6th form were involved with raising money through various food and activity stalls.

Pictured above is our opening ceremonial 'Dinosaur' race amongst 6th form students.

Sports Day Winners

Year Trophies

Year 7: Edmund
Year 8: Magdalen
Year 9: Avila
Year 10: Audrey

Overall House Winners:

Audrey

YEAR 10 ROUNDERS CHAMPIONSHIP SERIES 2025

WHAT'S HAPPENING:

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

Football fixtures

U12 7-a-side Tournament
Monday 29 September

Inter-House Competitions

Year 7 Handball 16th Sep
Year 8 Handball 23rd Sep

Indoor Rock Climbing (Avid)

Y9 Wed 22 October
(up to 14 students)

500m Rowing Challenge

8th–12th September
All Years welcome!

Year 9 Badminton 7th Oct
Year 10 Badminton 14th Oct
Year 11 Badminton 21st Oct

More fixtures will be announced in due course, as we await some exciting draws for the Netball / Badminton / Football



Following on from the *group stage of our annual Year 10 Rounders Championship Series*, we celebrated our finals afternoon with a full crowd of Year 10s supporting their peers to watch the best two sides of the competition. In a tense final between the **Yankees & Rockies**, where only 2 runs separated the sides in the first innings, it was the **Yankees**, who fielding expertly to claim the 2025 title!



2025 WINNERS: NEW YORK YANKEES (pictured above)

Results:

Semi-Final

New York Yankees 32 – 28 Detroit Tigers

Colorado Rockies 27– 29 New York Mets

3rd v 4th place play-off

Detroit Tigers 39–29.5 New York Mets

Final

New York Yankees 32–31 .5 Colorado Rockies

Highest Run Scorer: Szymon S

Most Valuable Player: Poppy A

EXTRA-CURRICULAR



As we prepare for a new year, our extra-curricular Sports programme continues to grow.



We are delighted to say that we are working in partnership with **Ipswich YM Rugby Cub**, who will be offering our students qualified coaching on a weekly basis from **Monday 15 September**.

All years will be welcome to freely attend sessions:

- **Boys Rugby—Monday after-school**
- **Girls Rugby—Friday after-school**

Furthermore, we will continue with other after-school activities such as *Football; Badminton & Netball* clubs, which aims to promote participation and develop a range of technical and tactical skills for your child in a safe and nurtured environment.

To note:

- All clubs begin from **Monday 15 September**
- All clubs are **FREE** to attend
- After-school clubs finish around **4.15pm**
- Boots are compulsory for Football & Rugby (Trainers acceptable on hard pitches)

Year 10 student, Lotachi recently represented Suffolk in the **National Schools Track & Field Athletics Championships**. Lotachi made the final of the Long Jump competition and placed in 6th overall with a PB jump of 5.19m.



EXTRA CURRICULAR ROTA 2025-26

SEPTEMBER to DECEMBER



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

P.E Uniform update

2025-26

Recently, there has been a re-launch of the school's uniform policy including changes being made within P.E lessons.

Amongst the expectations, we aim to encourage a sense of equality and cohesion through students wearing consistent P.E uniform that supports the learning environment, whilst maintaining inclusivity and safety.

Please share the below with your child regarding expectations around P.E behaviour & uniform:

- Students arrive on the courtyard and line-up in pairs
- Students should arrive to lessons in **school** uniform and NOT P.E kit
- Students to change within 7 minutes in preparation for the lesson to begin & meet staff member in their designated learning space.
- Students provide their best efforts and attitudes throughout all lessons
- Must wear at least one branded piece of PE kit with the school logo
- Shorts must be black and knee-length and logo-free (no team badges)
- Gym/Cycle shorts are not acceptable.
- All jewellery should be removed and hair tied back.

Expected indoor uniform



To note, students are expected to wear white or black socks and may wish to wear their St Alban's logoed jumper or trousers (see from outdoor item list below).

Expected outdoor uniform



To note, students may wear trainers where the pitch is of a hard surface, or alternatively, metal studded boots where the pitch is of soft condition.

Meet the P.E Team



Mr B Deacon

Head of P.E

**Specialist Sports:
Football & Tennis**



Miss C Seager

**Specialist Sports:
Netball & Dance**



Mrs D Ward

**Specialist Sports:
Surfing & Rounders**



Mr A McLellan

**Specialist Sports:
Cricket & Football**

UNDER THE SPOTLIGHT



Miss Duxbury
Teacher of English

How long have you worked at St Albans?

Nearly three years.

What is your current role within the school?

English teacher within the fabulous English department 😊

What are your favourite things about working at St Albans?

Students- Some of the best students I have worked with so far in my career.

Staff- They make the job even better! When I started everyone just wanted to help and I will always be grateful for the kindness shown at a time when you feel nervous starting a new job.

Mrs Keating-Fedders and her amazing baking skills, the carrot cake is the best I have ever had!

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

Take every opportunity you can and ask questions, be curious. You never know where things may take you...

Something we may not know about you.

I have a 'slight' phobia of milk!

Describe yourself in three words:

Chatty, organised, supportive.

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

Matches, hammock and a good book! I might have to be there for a while...