



PE Newsletter *27th Sept- 1st Oct*

Its great to finally be back doing some fixtures and clubs! Attendance to sports clubs have been excellent, whilst we have also had over 120 students attend football trials!

YEAR 7

Year 7 Netball

The year 7 netball team had their first ever game for SHS this week! They were up against Westley Middle in Bury St Edmunds. They got off to great start and by the end of the first quarter, the **Darci Palfrey & Danielle Taylor** shooting combination had us 5-0 up. Some fantastic defence work from **Freya Underwood** and **Poppy Healy** meant that Westley had very few chances, so at half time we were 9-0 up. A few changes were made to end the game which allowed captain **Layla Peckford** to get some shots and **Rich Calabio** continuing her great link between defence and attack. An amazing 19-0 win for their first game together! All round fantastic play from all, well done girls.





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Year 7 Boys Football

The Year 7 boys football began life as a school team in a league match against Stowupland, a fierce local derby against our local rivals. The game did not disappoint and was a fantastic entertaining match played in great competitive spirit with our boys being the better side and were very unlucky not to come away with all 3 points!

SHS started very fast and with great press from the midfield and defence pushing up, camped in the half of Stowupland and created many chances. The games first goal came half way through the first half with some excellent play in midfield from **Oscar** and **Jasper** who threaded a ball through to **Jack** who was brought down and rightly so, the ref awarded a penalty. **Bobby** stepped up and smashed the ball into the roof of the net for 1-0. 5 minutes later and the game was 2-0 to SHS with again some good work in midfield laying a through to jack who was through on goal and he was calm and neatly slotted the ball into the bottom corner for 2-0. Right on half time, SHS conceded a goal completely against the run of play which was very harsh on SHS considering they had dominated the 1st half.

HT 1-2 Stowmarket

SHS started the brighter of the two teams and dominated the half. **Jimmy** did not touch the ball for the 1st 20 minutes of the half but Stowmarket could not put the game to bed despite excellent chances to do so from **Ralphie, Oscar** and **Jack** as well as some long range efforts from **Harry** and **Jasper**. Stowupland made changes to push for the draw and despite SHS defending brilliantly all game, Stowupland got their late equaliser on in the last minute of the game, again against the run of play where a clearance fell to their midfielder who hit a strike which was parried well by Jimmy but fell to the Stowupland striker who reacted quickest to slot home a good finish.

A very good performance from the year 7 boys considering it was their first game playing together and definitely did not deserve to come away with only a draw. They represented the school brilliantly and a performance to be proud of!

Thanks to co-manager **Mr Andrews** for playing such an enthusiastic role!





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YEAR 8

Year 8 Netball

Year 8s had their first netball match for SHS this week. The girls had two solid teams made up of quite a few who now play outside of school. **Chloe Price** got off to a great start playing Centre, allowing the B team to take the lead by half time, then continuing the lead to win the game 6-4. Great defensive play from **Lauren Spacie** in particular.

The A team worked hard against a very tall and well drilled team. They ended with a 4-4 draw which is a good result considering the down pour of rain they dealt with. **Eve Caldwell** had an outstanding game in GD against a very strong opposition. Well done girls, great effort all round.



YEAR 9

Year 9 Netball

The year 9s took to the court on Thursday for their first netball game since year 7 where they faced KEGS. The game was very even for the first third as the scores were level at 4-4. We played with much more confidence in the second third, with **Evie Chenery** feeding some excellent passes into our shooters, **Harriet Croft** and **Georgia Lodge**. The second third finished with SHS ahead at 10-6. Their final third was their best, as they ran away with the lead to come out 14-7 winners. An excellent start to their league- Well done girls.



Year 9 Residential Trip

At the weekend **Miss Howland, Miss Whitfield, Mr Wise, Mr D** and **Mr S Smith** had the pleasure of taking some year 9's to Bawdsey Manor. Our thanks must go to the group of students who were an absolute pleasure to take away for the weekend!



























YEAR 10

Year 10 Netball

The year 10 girls took to the netball court in their first league game of the season where they face KEGS on Thursday. They started well and took a 9 goal lead in the first third, with some excellent shooting from **Madison Skoulding** and **Kacie Crowfoot**. KEGS upped their game in the second quarter and brought the score within one, 14-13. They managed to keep their cool in the final third and came out of the game 20-16 winners. Well done :)



YEAR 11

Year 11 Netball

The year 11's returned to the netball court this week as they attended the West Suffolk Finals. Having been undefeated since year 7, the girls went into the tournament determined not to break this streak! The girls lived up to their reputation as they convincingly beat TGS, County Upper, Stour Valley and Culford and in the penultimate game were able to beat KEGS by 1! By winning all of their games the girls have qualified for the County Finals, which are due to be held on Saturday 13th November at Rushmere Sports Ground.

Special mentions must go too:

- **Maddie Chenery, Ella Markwell and Shona Mills**, for their outstanding shooting! They hardly missed the target all day!
- **Madison Skoulding and Lillia Prior**, who both played up an age group or a second year in a row and held their own



Year 11 Boys Football

The Year 11 boys won their opening game of the season with a comfortable 5-1 victory over TGS. They started the game against a strong head wind and struggled to get out of their half in the first 15 minutes, with TGS taking an early lead due to a mix up at the back. From this point on they battled well as a team to reduce TGS to playing long balls over the top that the back four and **Freddie** in goal dealt with well. As the half progressed they grew in confidence and started to cause TGS more problems, eventually getting an equaliser through a close range finish from **Riley**. They went in at half time 2-1 after **Callum** scored off his back just before the break.

The second half was one way traffic and the boys soon made it three with a powerful header from captain **Sonny Larke**. The fourth goal courtesy of another set piece as **Rowan** found space at the back post and headed home from a corner. The goal of the game was the last to be scored and came from man of the match **Rowan**. He cut in from the left, going past several TGS players, and fired into the bottom corner from 20 yards.

Overall an excellent team performance and some real positives to take into next week's game against County Upper.



Fixtures Next Week:

Monday 4th October:

- **Year 8** Boys Football - Away @ Stowupland, 3:10-5:15pm. (T.WEST)

Tuesday 5th October:

- **Year 11** (B) Netball - Tournament @ SHS, 3:10- 5:00pm. (G. WHITFIELD)
- **Year 9** Boys Football - Away @ St Benedicts , 3:10-5:30pm. (D. WISE)
- **Year 7** Football Trials (**GIRLS ONLY**) 3:10-4:10pm (J.HOWLAND)

No Year 7/8 Netball club afterschool (due to fixtures)

Wednesday 6th October:

- **Year 9** (A) Netball - Tournament @ TGS, 1:00- 5:30pm. (J. HOWLAND)
- **Year 10** (A) Netball - Tournament @ TGS, 1:00- 5:30pm. (G. WHITFIELD)

Thursday 7th October:

- **Year 11** (A) Netball- Away @ County Upper, 3:10- 5:30pm. (J. HOWLAND)
- **Year 10** (B) Netball- Tournament @ Sybil Andrews, 3:10- 5:30pm. (G. WHITFIELD)
- **Year 11** Boys Football - County Upper @ SHS, 3:10-5:00. (T. WEST)

No Year 9/10 Netball club afterschool (due to fixtures)