



## PE Newsletter 21st-25th April

**Year 7/8**

U13 Girls Handball- Regional Finals



On Wednesday, the Year 8 girls' handball team travelled to the Regional Schools Handball Finals at the Herts and Essex Sports Centre, representing Suffolk against top teams from across the region.

In the group stage, they faced strong competition from Thorpe St Andrew, Alameda, and hosts Herts and Essex. The opening match against Thorpe started off nervously, but the team found their rhythm, securing a hard-fought draw thanks to two goals from Keri Nauvunivuni.

Building on that momentum, the girls delivered a confident performance in their second game against Alameda. With a quick start and composed play, they cruised to a 3-1 victory—Keri once again finding the back of the net for all three goals.

Their final group game pitted them against the tournament favourites, Herts and Essex, with Stowmarket stepping in as underdogs. The crowd surprisingly swung in our favour, and the support seemed to lift the girls. They shocked the favourites by taking the lead three times, with Emily Williams scoring one and Keri adding two more. Despite their impressive effort, a late surge by the opposition's standout player saw Herts edge the match 5-3.

Thanks to results going their way—including a key loss for Thorpe—the girls advanced to the semi-finals, where they met a undefeated team from Group B. Undeterred, the team put on a defensive masterclass. In a tense, end-to-end battle, both sides came close—hitting the crossbar and having goals disallowed. Goalkeeper Lylah White was exceptional, pulling off several vital saves to keep the score level. However, a momentary lapse in concentration with just 39 seconds left allowed the opposition to sneak a winner. It was arguably the match of the tournament and a performance to be proud of.

The team finished an impressive third overall in the region—a remarkable achievement!

Special recognition goes to Emily Williams and Olaya Lopez, who both played a year up.

## Year 9/ 10

### U15 Girls Handball- Regional Finals



On Thursday, the U15 girls' handball team attended the Regional Handball Finals after convincingly winning their county round. Here they faced tough competition from Herts and Essex, Sprowston, and Samuel Whitbread in what proved to be a highly competitive pool.

The girls were unlucky in a few of their matches but showcased great determination and skill throughout. In their opening game against Sprowston, the team battled to a 2-2 draw, with both goals coming from the outstanding Phoebe Fox. While they were pleased with their performance, they felt the game was one they could have won, given the chances they created.

Their second match, against Samuel Whitbread, was another nail-biter. With the score tied at 4-4 near the end of the game, a goal by Freya Underwood was disallowed, and shortly after, their opponents scored the winning goal, leaving the girls with a tough 5-4 loss.

In their final game, the team faced the eventual winners, Herts and Essex. Despite their best efforts, the opposition's superior technique ultimately secured them the win, but the girls never gave up and fought until the final whistle. Well done to Lucy Beckley who scored the goal of the game!



A huge well done to the entire team for their hard work, excellent attitude, and relentless effort throughout the day. Special mention to Ella Turner for her outstanding saves in goal, which kept the team in several matches. As well as Phoebe Fox and Danielle Taylor who were the team's top scorers and to Gracie Williams and Izzy and Lucy Beckley, who played up a year, adding significant value to the team.

## Year 11

### Year 11 Boys Football



On Thursday, the Year 11 boys' football team battled it out in the semi-final of the West Suffolk Cup against St Benedict's. It was fantastic to see staff and students out in support—especially with this potentially being the team's final school game.

St Benedict's struck first, capitalising on a spell of early pressure within the first 10 minutes to take a 1-0 lead. However, our boys responded brilliantly, showing composure and determination. With some excellent build-up play and quick passing to break through the press, Harvey Dunnnett found the bottom corner to level the score.

Buoyed by the equaliser, the momentum stayed with Stowmarket. Nicholas Wright, finding space in the box, coolly slotted home his first goal for the school to put us 2-1 up.

The remainder of the game was tightly contested, with both sides creating chances. Goalkeeper Chris Howell came up big on several occasions to keep Stowmarket in front, while at the other end, Harry Patterson was unlucky to have a goal ruled out in a controversial offside decision. Benedict's found the equaliser just before the half time whistle.

The second half was a tense affair, with everything to play for. In the closing stages, it was St Benedict's who managed to edge ahead, taking their chances late on in the half to seal a narrow win.

Although the result didn't go our way, the team should be proud—not only of their performance in this match, but of their commitment and representation of Stowmarket High School throughout their time here. Well done boys!

## Fixtures next week

### Tuesday 29th April:

- Year 11 Rounders vs Debenham (3:10-4:30pm) *J.Howland*

### Wednesday 30th April:

- Year 8 Boys/ Girls Volleyball @ County High (3:10pm-5:45pm) *C.Andrews*

## Other news:



Stowupland Falcons Football Club are looking for some more GIRLS to join, especially in year 7 and 8.

If anyone is interested in attending training or playing next season if they could contact Jez birt - [jezbirt@hotmail.co.uk](mailto:jezbirt@hotmail.co.uk).