



PE Newsletter 13th-17th October

Year 7

Year 7 Netball

Our Year 7 netball team put on a dominant display at the Suffolk League Tournament this week, playing four outstanding matches against Great Cornard, King Edwards, Thurston, and County.

The girls showcased incredible skill, teamwork, and determination, winning all four games convincingly. Across the tournament, we netted an impressive 34 goals while conceding just 2! A testament to the team's defensive organisation and attacking flair. Special mention goes to Holly, whose brilliant goalkeeping earned her two clean sheets and played a vital role in keeping opposition chances to a minimum. In attack, our dynamic trio of Eloise, Darcy, (not sure if this is their names!) and Charlotte combined superbly, linking up with pace and precision to break through defences and keep the scoreboard ticking over. Their communication and energy were second to none. Our versatile squad, **Mila, Alys, Roux, Ada, and Joss**, rotated through a number of positions throughout the tournament, all

showing fantastic adaptability, composure, and team spirit. Whether in defence, mid-court, or supporting the attack, they consistently made an impact and demonstrated excellent tactical awareness. This was a brilliant team performance across the board and gives us plenty of confidence and excitement as we head into the next round of league fixtures. Well done, girls, a fantastic effort and well-deserved success!



Year 8

Year 8 Boys Football - U13 West Suffolk Cup Tournament

This week the Year 8 Boys participated in the West Suffolk Cup Cluster Tournament, hosted at Stow High.

We started the tournament with a comfortable victory against Ixworth, with some great goals scored by **Jake Cox, Jake Fox, Korey Haxell and Josh Mercer**. The final score in this game ending 5-0 to Stow High. Special shout out goes to **Regan Sharpe** who surprised everyone with his incredible performance in this game and all others with great passing and tackling throughout (The StowHigh Pirlo)

Our next game was a tougher fixture against Thurston B. With a much changed team, we conceded early on trailing 1-0 for a large portion of the game, but was very strong defensively with **Max Mayhew, Camron Stiff, Albert McSloy and Dylan Hook** doing well. As well **Tommy Aldous** doing great work too. Then, **Jake Fox** came to the rescue with an exquisite goal from the right hand side going into the top corner making it 1-1. We tried to find the second, but the game ended 1-1.

Next up, the boys played against local rivals Stowupland. Early on in the game we conceded a penalty which they converted making it 1-0 and a lot to do to turn the game around. We pushed for a goal until the very end, with great work in the middle of the park from Korey

and Finley Foster. With the game about to end, **Josh Mercer** scored the crucial goal to make it 1-1 with the very last kick of the game, rescuing a point for Stow High.

Our final game was against Thurston A. We dominated the game from the get go, with goals from **Korey Haxell, Jake Fox** and **Jake Cox** giving us an important 3-0 win.

We ended the tournament undefeated with 2 wins and 2 draws. However, this was not enough as Thurston B won their 3 other games, meaning we finished second in the tournament and unfortunately did not advance to the semi-finals in March.

Myself and Mr. Popham could not have been prouder of how the boys played. We were excellent in every game and thoroughly deserved to progress to the semi-finals. We look forward to our next game we will play as I am sure with more training and minutes as a team, we can achieve some great things this year and beyond.

Well done and a massive thank you to the following students:

Jake Fox, Camron Stiff, Oscar Tricker, Korey Haxell, Josh Mercer, Zak Berry, Callum Durrant, Regan Sharpe, Jake Cox, Max Maywhew, Albert McSloy, Finley Foster, Dylan Grocott, Kason Hawes, Dylan Hook, Riley Allum, Lucas Williams.

Year 9

Year 9 Boys Football

Year 9 Boys Progress in County Cup with Hard-Fought Win Over Thurston

The Year 9 boys' football team put in a fantastic performance on Wednesday as they faced Thurston in a tightly contested County Cup clash.

Both sides created plenty of chances in a fast-paced and evenly matched game. **Jack Miller** gave the team a crucial lead with a well-taken goal right on the stroke of half-time. In the second half, the boys showed great discipline and determination, defending solidly to maintain their advantage. Having lost 4-2 to Thurston last year, this victory marks a brilliant turnaround and shows the team's continued improvement.

With this result, the boys now progress to the third round of the County Cup. Well done to all involved!

Sports Leaders



Thank you to **Matilda Aldous, Isla Green, Seth Green, Caleb Green, Bailey Ling and Oliver Bird** who helped run the Primary School girls football event. The students were excellent throughout - thank you for your help.

Year 9 Girls Futsal

On Thursday, the Year 9 girls took part in a local futsal competition, facing off against Stowupland and Debenham.

The tournament kicked off in style as the girls delivered an outstanding performance in their opening match, securing a dominant 8-0 victory over local rivals Stowupland. **Lylah White** was in sensational form, netting five goals and proving to be a constant threat throughout the match. In their second game, the team needed a win against Debenham to progress to the next round.

Despite a determined effort and some outstanding saves from goalkeeper **Keri Naivunivuni**, Debenham came out on top and advanced in the competition. **Keri's** heroics in goal kept the scoreline close and earned her well-deserved praise. Although the result didn't go their way in the end, the girls showed great teamwork, skill, and determination.



Year 10 and 11

Year 10/ 11 Girls Football



Year 10 & 11 Girls Narrowly Miss Out in County Cup Clash

On Monday, the Year 10 and 11 girls' football team took on Thurston in the first round of the County Cup. It was a tightly contested match, with both teams evenly matched and creating chances throughout.

Danielle Taylor was a constant attacking threat, testing the Thurston keeper multiple times with powerful shots, all of which were impressively saved. At the back, the defensive trio of **Phoebe Fox, Poppy Healy, and Freya Underwood** put in a solid performance, standing strong and shutting down several dangerous attacks. **Ava Chapman** and **Sienna Scott** Showed excellent skill and determination in the midfield, Providing our strikers with multiple opportunities from some excellent through Balls.

As the clock ticked down, the score remained 0-0, with neither side able to find the breakthrough. Unfortunately, with just minutes left on the clock, Thurston took advantage of a late opportunity and slotted home a low shot into the bottom corner.

It was a heart breaking result for the girls, who worked tirelessly and showed real determination throughout. They were incredibly unlucky not to come away with at least a draw.

For the Year 11s, this match marked their final appearance representing the school football team. A huge thank you and well done to all of them—especially those who have proudly played since Year 7.

Special mentions go to **Ella Lynch**, who stepped in at the last minute when the team was a player down, and to **Ella Turner**, who showed great skill in goal for the first time, making some outstanding saves.

Year 11 Boys Football

U16 County Cup – First Round

Ixworth 0 – 6 Stowmarket High

Tuesday, Away at Ixworth – Wet Conditions

Stowmarket U16s made a strong start to their County Cup campaign with a commanding 6–0 win away to Ixworth, despite yet another evening of rain and tricky conditions.

The boys started brightly, creating several early chances before the breakthrough came. **Jasper Piper** was brought down when clean through on goal — a challenge that looked a certain red card, but the referee opted for just a yellow. **Jasper** stepped up to calmly convert the penalty and give Stow the lead.

The second goal came from relentless pressure, with **Robbie Scopes** chasing down a long ball and forcing an error from the keeper before finishing confidently into an open net. **Robbie** soon had his second, dribbling past three defenders and slotting home from just inside the box in a brilliant solo effort.

Stow's fourth came via **Jasper** again, who latched onto another through ball and finished off the inside of the post. Moments later, **Jasper** turned provider, unselfishly squaring the ball

for **Robbie** to complete a first-half hat-trick — a superb team goal and a 5–0 lead at the break.

Stowmarket continued to dominate after halftime, but the narrow pitch, small goals, and uneven surface made clear chances harder to come by. Despite this, the team kept pushing, and the sixth goal finally arrived. **Harry Lewis** showed great awareness to pull the ball back for **Ryan Seager**, who made made up for his free kick, finding the bottom corner.

Ixworth's only real chance came late on, but **Jimmy Johnson** preserved the clean sheet with a superb diving save low to his left.

A strong all-round performance from the team, with **Oscar King** showing his usual flair and control in midfield, and **Jacob Minchin** marshalling the defence with composure and discipline.

Final Score: Ixworth 0 – 6 Stowmarket

Stowmarket progress comfortably into the second round.

All Years

Cross Country





On Thursday, students from across the school attended the area cross country competition held at the Royal Hospital School.

A huge well done to all the runners, especially those students that qualified for the next round by running in the top 50 in their age group.

Year 7-

- **Aaliyah Copland - 27th**
- **Charlotte Hooper- 28th**
- **Kian Frewin- 43rd**

Year 9-

- **Seth Green- 27th**
- **Isla Green- 23rd**
- **Will Hubbard- 17th**

Year 10-

- **Maisie Ablett- 26th**



Fixtures Next Week:

Tuesday 21st October:

- Year 9 Boys Football @ TCC (4:00-5:30pm) *C.Andrews*
- Year 11 Boys Football @ SHS (3:10-5:15pm) *D.Wise*

Wednesday 22nd October:

- Year 11 Boys Football @ SHS (3:30-5:00pm) *D.Wise*
- Year7 Boys Football @ TCC (3:10-6:00pm) *L.Andrews*

Thursday 23rd October:

- Year 11 Netball @ SHS (3:30-5:00pm) *F.Harvery*
- Year 10 Boys Futsal @ SHS (3:10pm-5:15pm) *T.West*