



PE Newsletter 24th- 28th November

Year 7

Year 7 Girls Football



On Monday, the Year 7 girls' football team had the fantastic opportunity to play at Portman Road.

They faced a strong line-up of schools from across the county, all competing for the chance to represent Ipswich Town in the Regional Finals.

Throughout the tournament, Stowmarket took on Thurston, Sybil Andrews, St Joseph's College, Chantry, East Bergholt, Hadleigh, and Northgate. The girls delivered an excellent set of performances, finishing with three wins and three draws, placing them joint second overall.

With only the top two teams progressing to the final, qualification came down to goal difference. Unfortunately, Stowmarket narrowly missed out — just one goal separated them from a place in the final and the opportunity to advance.

Player of the Tournament was awarded to Ada Healy, who was outstanding in defence throughout the day, showing consistency, composure, and determination in every match.

A brilliant effort from the whole squad!

Year 7 Netball



The girls went to Thurston this week for the next round of the western Area Tournament.

They got off to a good start against King Edwards and at half time had a 1-1 draw. Despite some strong defence from Alys, Elouise and Charlotte, who continued to intercept the oppositions passes and shots, our girls just couldn't get the shot in the second half and narrowly missed out with a 2-1 loss, which was acceptable as King Eds ended up being overall winners. The second game up against Thurston saw the girls back to their normal standard and with some lovely centre court play from Joss and Ada the girls came away with a strong 5-1 win. Next was TGS, which was a close game throughout; Immy, Mila and Roux working hard to feed that ball into our shooters. A close and frustrating loss in the last minute of 3-2. The girls finished the evening with 3 strong wins and some lovely shooting from Sophia, Eloise and Immy with final score cards of 6-0, 3-0 and 8-0. A fantastic afternoon of netball, well done girls!

Year 7 Boys Futsal



The Year 7 boys put in an impressive showing at Tuesday's futsal tournament, taking on strong local sides including Debenham, Thomas Mills and Stowupland.

They opened the competition in style, producing a disciplined and energetic performance to secure a 2–0 victory over a talented Thomas Mills team. Their second fixture saw them come up against Debenham in a tightly contested match. Despite creating chances and keeping the game competitive throughout, the boys were edged out 2–0. In their final match, they rose to the occasion against local rivals Stowupland, delivering a confident 3–0 win thanks to a superb hat-trick from Ezra Brown. Although the team performed admirably across all three games, they narrowly miss out on qualification for the county finals. Congratulations to Debenham, who were crowned overall winners. Well played, boys!

Year 7 Boys football

On Wednesday, Stowmarket took the long trip to Samuel Ward for their second round county cup match on a bitterly cold afternoon in what turned out to be a thrilling match.

Stowmarket started slowly but defended resolutely with Finn Thomas making some brilliant saves. Stowmarket then took the lead through an excellent individual goal from Ethan Anderson. Samuel ward then pegged Stow back right on half time with a fine strike from their midfielder. Second half and Stowmarket upped their game and retook the lead through some great skill from Ezra Brown who won a penalty and converted it himself, only for 10

minutes later, Samuel Ward equalising through an excellent free kick. With both teams looking for the win and creating chances, no team could score so penalty kicks had to decide the winners. Despite the heartbreak of penalties in the last game, Stowmarket came out on the other side this time coming out 8-7 winners, showing unbelievable courage and determination. Stowmarket progress through to the last 16 of the county cup where they will play Kesgrave away after xmas.

Year 7 Girls Futsal



On Thursday, the Year 7 girls' futsal team competed in the area tournament, aiming to secure their place in the county finals. They started strongly with a tight match against Hartismere, edging a 1-0 victory thanks to Aaliyah's composed finish with just three minutes remaining.

Next up were local rivals Stowupland, where the girls produced a dominant performance. Controlling the game from start to finish, they scored an impressive eight goals in the 10-minute match. Aaliyah was on outstanding form, netting six, with Charlotte Hooper adding the other two.

In their final game, the girls faced Debenham and once again showcased their speed, teamwork and attacking quality. Quick, sharp play saw them take an early 3-0 lead, with Aaliyah and Charlotte sharing the goals. Although Debenham pulled one back, the team held firm to secure a confident 3-1 win.

There was excellent defensive work throughout from Ada Healy, and some outstanding goalkeeping from Joss Pepper, who made crucial saves when called upon.

With three wins from three, the girls now progress to the county finals after Christmas, where they will take on the best teams from across Suffolk.

Well done to all involved—and congratulations to Aaliyah, named Player of the Tournament for her exceptional technical ability and all-round impact on the pitch.



Year 8/9

Year 8/9 Girls Rugby



The u14 girls head to Stowmarket rugby club on Wednesday afternoon for the Suffolk develop rugby tournament. Led well by Maisie the girls got off to a cracking start showing strength in their runs and commitment to tackles. Strong runs from Liv, Maisie and Lylah saw a number of tries and with amazing tackling from Emily and Olaya the oppositions were held back. The girls went on to play a further 3 games and went from strength to strength, with Matilda and Emily adding to the tries and Bow, Brenda and Abbie putting in some strong try saving tackles. With support from Kerri on the sideline, the girls listened to tips and tactics well and Olaya took the lead brilliantly with Maisie out for injury. Ruby and Ella worked well in the centres and made some great runs against some hard opposition. A

fantastic afternoon where they should all be very proud of themselves, I look forward to the next competition. Well done all!

Year 10

Year 10 Boys Football

West Suffolk Cup Semi-Final

Stowmarket 2–1 Mildenhall

Stowmarket's Year 10 boys booked their place in the West Suffolk Cup final with a hard-fought 2–1 win over Mildenhall, overcoming difficult conditions and a frustrating first half to produce a brilliant comeback.

Despite *dominating* the opening 40 minutes—stringing together sharp passing moves and carving out multiple clear chances—Stowmarket somehow found themselves trailing 1–0 at the break. Mildenhall capitalised on one of their few attacks, and with the rain pouring down and the wind swirling across the pitch, Stowmarket went in feeling they should have had more to show for their efforts.

The second half saw more of the same pressure, and eventually it told. Midway through the half, Leyton drove into the box and unselfishly squared the ball across goal, where **Lewis Randell** arrived with perfect timing to slot home the equaliser and breathe new life into the team.

But Lewis wasn't done. With the game on a knife-edge and conditions worsening, he produced a moment of real cup-tie brilliance. Picking up the ball about 20 yards out, he struck a sensational effort that flew into the top corner—a goal worthy of winning any semi-final.

In the closing minutes, Stowmarket defended with determination, seeing out the contest in the wind and rain to secure a deserved victory and a place in the final.

A superb team effort in testing conditions—and a match-winner that will be remembered for a long time.

Fixtures next week:

Monday 1st December:

- Year 10 Boys football @ SHS (2:30-4:00pm) T.West
- Year 9 Girls football @ Ixworth (2:00-4:00pm) F.Harvey

Tuesday 2nd December:

- YU14/U16 Trampolining @ Suffolk New College (9:00am- 3:00pm) J.Howland
- Year 10 netball @ TGS (3:10-5:45pm) G.Whitfield

Wednesday 3rd December:

- Year 7 netball training @ SHS (3:10-4:10) G.Whitfield

Thursday 4th December:

- U16 badminton @ SHS (3:10-5:30pm) J.Howland