



Athletics Championship 2022

The annual Stranraer Academy Athletics Pentathlon Championship took place this year under a modified format where S1-S3 pupils took part over 3 separate days. Unfortunately, the senior phase Championships were unable to take place due to the SQA exams and study leave.

The results at all year groups were close with some of the placings decided by just a few points. The overall House Champions and winners of the Tannock Trophy were Glenapp with an impressive tally of 1192 points. Well done to everyone who took part and competed with good spirit and excellent sportsmanship! The PE Department would like to thank all staff and pupil helpers who assisted on each day to ensure the event ran smoothly and successfully!

S1 Results

Girls Champion: Rosie Thomson
Girls Runner Up: Maddy Erksine

Boys Champion: Jake McColm
Boys Runner Up: Alistair Beverage



S2 Results

Girls Champion: Mirren Gibb
Girls Runner Up: Molly Irvine-Watson
Boys Joint Champions:
Gregor Agnew & Finlay Schofield
Boys Runner Up: Zac McCutcheon



S3 Results

Girls Champion: Emma Barrowman
Girls Runner Up: Armanii Andrews

Boys Champion: Finlay Nelson
Boys Runner Up: Rowan Harbottle





FOOTBALL - U13 Gordon Cup Champions!

Well done to the Stranraer Academy U13 boys football team who lifted the Regional Cup after a dominant 9-0 win over Dumfries High School yesterday. It has been a brilliant season for the Under 13's who have also won every league game they have played. Well done boys!

Goalscorers: Owen McCalmont (3), Niall Tilston (2), Jake McCole, Logan MacKenzie, Archie Kiltie, Fraser Lindsay.

Man of the Match: Owen McCalmont



FOOTBALL - U15 Hunter Shield Champions!

Congratulations to the Stranraer Academy U15 boys who lifted the Hunter Shield on Tuesday 31st May after defeating St Josephs College 3-0 in the final!

The boys played to a very high standard and worked exceptionally hard to counter a strong, physical St Joseph's side who were also very competitive.

Goalscorers: Adam Wilde, Cameron Dewar, Josh Kelly.

Man of the Match: Ally Hilferty



Back row L-R: Cameron Dewar, Adam Wilde, Taylar Dargie, Rowan Harbottle, Ally Hilferty, Alfie Whorlow, Scott Miller, Ashton Wilson.

Front row L-R: Ben Palmer, Dylan Marshall, Josh Kelly, Robin McAuley, Thomas Murdoch, Braiden Wilson, Zac McCutcheon, Finlay Brown, Innes Jack.

Sports Results & News



FOOTBALL - U16 League

The Under 16 boys football team only managed to fulfil 3 fixtures over the season due to travel constraints and SQA exams. Despite missing out on a few fixtures, the boys enjoyed an unbeaten run for all 3 of their completed matches in the Regional league. The results are as follows...

WIN 3 - 1 Wallace Hall Academy **WIN 8 - 2** Douglas Ewart H.S. **WIN 4 - 0** St Joseph's College



Athletics - D&G Regional Athletics Results

On Wednesday 15th June, pupils from Stranraer Academy represented the school in the Regional Athletics Championship at Dumfries. Our athletes did themselves proud with everyone competing to a high standard against the best D&G has to offer! Well done to everyone involved!

S1

Jake McColm - 1st Shot Putt

S2

Josh Kelly - 1st High Jump, 3rd 800m

Zac McCutcheon - 2nd 800m

Scott Miller - 2nd Shot Putt

Luke McGarrie - 3rd Shot Putt

Mirren Gibb - 1st 800m

Sophie Lowe - 3rd High Jump

S3

Finlay Nelson - 3rd 100m

William Teears - 2nd High Jump

Laura Donnan - 3rd 800m

S4-6

Emily Ferguson - 3rd 100m, 3rd Long Jump

Ailsa Erskine - 1st Long Jump, 1st 1500m

Abi McKinstry - 1st 400m

Kerr Lyon - 2nd 1500m



S2 boys' relay - 3rd

S4-6 girls relay - 1st

Sports Results & News



NETBALL - Regional League Results

The netball league split schools into three pools. Stranraer was in pool three along with Dumfries High school, Dumfries Academy (A) and Dumfries Academy (B).

Juniors

Home - Stranraer Academy **8-13** Dumfries High School
Away - Dumfries Academy (A) **31-3** Stranraer Academy
Away - Dumfries Academy (B) **13-5** Stranraer Academy

Seniors

Home - Stranraer Academy **30-10** Dumfries High school
Away - Dumfries Academy (A) **30-11** Stranraer Academy
Away - Dumfries Academy (B) **21-21** Stranraer Academy



NETBALL - Junior Netball Festival (S1-3) – May 2022

Teams from across the region played in the festival which was played at King George V pitches in Dumfries. The morning session comprised of pool games. The results are as follows:

Stranraer Academy **1-4** Dumfries High School
Stranraer Academy **3-1** St Josephs College (B)
Stranraer Academy **0-5** Douglas Ewart High School
Stranraer Academy **6-2** Dumfries Academy (B)

Following the pool games, the afternoon session was split into three competitions: Shield, Plate and Bowl.



Stranraer Academy played in the Plate competition and the results are as follows:

Stranraer Academy **1-4** Castle Douglas
Stranraer Academy **0-4** St Josephs
Stranraer Academy **0-2** Langholm
Stranraer Academy **2-1** Wallace Hall

Mirren Gibb was nominated as player of the team!

Well done to all of the girls who took part!



Sports Results & News



NETBALL - P7 Transition Netball Session

Primary 7 pupils were invited to a training session in June to meet the S1-3 girls and coaches and play some games together.

There was an encouraging turnout and we look forward to seeing you all again after the summer!



NETBALL - Coaches Thanks

A big thank you to Corinna Erskine and Irene Kennedy who generously volunteered and gave their time to work with the senior and Junior girls throughout the year.

Their commitment, energy and enthusiasm was very much appreciated by the girls are looking forward to seeing you again in the new term in August.



GOLF - School Golf Championship

The annual Stranraer Academy Golf Championship was held under a slightly adapted format this year. Each competitor had to submit a card over a 3 days window at the start of June. The rounds were played at Stranraer Golf Club and we would like to thank the club for accommodating our pupils for this annual competition.

After some favourable weather, some really competitive scores were submitted and the winner of the John Monteith trophy was Harry Lockwood with an impressive 75 scratch score. Well done to everyone who competed!





RUGBY - Regional 10's Festival

Our U14s boys and girls rugby teams took part in a regional 10s festival in Stewartry at the beginning of May with both teams playing great rugby and displaying grit and determination throughout. The boys competed well, playing better as the day went on and having some close results against strong opposition. The girls played superbly all day, with some brilliant individual performances and a great team spirit. The team is a mix of newer players and some with more experience who really helped support teammates and kept morale and confidence high. This showed in the games with some great results that meant the girl's team has qualified for the regional finals next week! A fantastic achievement for a group that is just coming together, but one that is thoroughly deserved. Thank you to the 'Shire coaches that have worked so hard with them this year!



The girls then went on to play at the regional finals at Farm Park Dumfries. Read more below!

RUGBY - U14s Girl's Regional Finals

Well done to the U14 girls team who competed at the Regional Finals on Thursday 12th May. First up for us was Moffat (the eventual winners of the competition) this was a tough opener for us against good opposition, we were a bit slow to get going but we soon started to play our rugby with a few good carries and tackles made. Tries by Rhianna, Aylie, Lizzy, Leah & Rachel kept us in the game but Moffat won 9-5 in the end.

Next up was Northwest CC. Again, another hard game with both sides carrying the ball well. Some good work in the middle of the pitch saw us start to break tackles and make ground with the girls supporting each other and starting to ruck well. Tries by Rhianna, Leah, Erin, Rachel Abbi, Lizzy x2 and Louise x3 saw us through from our pool in 2nd place.

Lockerbie were next up for us in the 2nd place play off. It was a great game of rugby - a really physical encounter with both teams tackling well. Some great lines being ran some of the carries were fantastic with Lizzy taking the ball at pace into contact Lockerbie were having to team up with 2 players tackling to stop her! A close game saw Lockerbie edge it with the score 11-10. Tries by Aylie, Erin, Rhianna, Louise x3 and Lizzy x4.

We're really proud of the girls and they continue to improve game by game. Well done!





ATHLETICS - SDS Sports Hall Athletics Championships

Team D&G travelled to Grangemouth on 12th May to compete in the Scottish Disability Sport National Sportshall Championships. The team performed outstanding finishing in first place winning the trophy and gold medals. This is the first time Team D&G has won this event!!!

The team was selected from the regional schools disability sportshall event in April with Nialle Henry and Logan Spiers from Stranraer Academy being chosen to represent D&G. Well done to both boys on their excellent achievement!





ATHLETICS - SDS Junior Athletics Championships

Seven competitors were selected from Stranraer Academy to compete as part of the 44 person Dumfries and Galloway team at this year's event in Grangemouth. It was a very early rise and a cold wet day but the team competed admirably under the conditions. Overall, Dumfries and Galloway amassed 38 medals, of which Stranraer Academy won 10! The results are as follows:

Nialle Henry - Silver - Boys 100m
- Gold - Boys long jump band A
- Silver - Boys softball throw band A

Logan Speirs - Bronze - Boys 100m
- Bronze - Boys shot putt 5kg

William Ferguson - Gold - Boys softball throw band A

Conar Ogston - Silver- Boys long jump band D

Andrew Brown - Bronze- Boys 100m
- Gold - Boys softball throw band B
- Bronze - Boys long jump band E

Well done to all who participated.



PE Department Information



PE Department Expectations

Every changing area and working area within the PE Department has a copy of the PE Expectations on display. These serve as a reminder to pupils about what is expected of them when working within the PE Department. These expectations run in addition to the overall school expectations to ensure a safe, productive and enjoyable learning environment is created for all pupils.

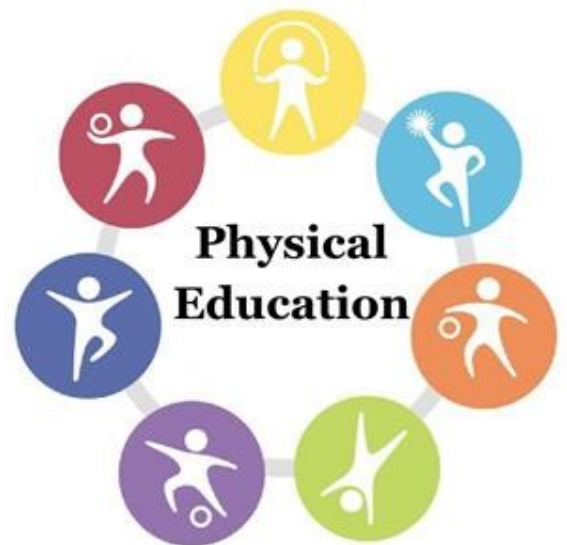
<h3>In PE at Stranraer Academy</h3> <p>We:</p> <ul style="list-style-type: none">• Bring appropriate kit and change quickly• Leave mobile phones in changing rooms• Try our best• Listen well• Follow instructions• Manage equipment carefully• Respect others in lessons and in changing Rooms	<p>We do not:</p> <ul style="list-style-type: none">• Arrive late• Misuse equipment• Talk over other people• Disrupt the learning of others• Leave the area without permission <p>Respect Wellbeing Resilience Responsibility Cooperation Determination Problem Solving</p>
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Why do we do PE?

At Stranraer academy our aim is to prepare pupils for life through physical education.

This means using sport and physical activity to develop skills and qualities, such as resilience, communication, cooperation and problem solving. For this reason, we expect pupils to bring PE kit and participate in all lessons.

Even with injury or illness we want pupils to participate by doing adapted practices, assisting others, or having a helping role within the lesson. This allows pupils to develop areas above and others like responsibility and leadership.



S1-3 Activity Blocks 2022

In **S1-3** pupils will experience various indoor and outdoor, individual and team activities that last 4-6 weeks each.

In **S1-2** swimming will be reintroduced for 2022, and will be carried out in the double periods only. When swimming we have pupils work width ways across the pool and ask pupils to work at a depth they are comfortable with.



PE Department Information



PE Department Uniform

Stranraer Academy is encouraging pupils to wear the following PE kit:

Tops: Plain black, white or blue top

Bottoms: black shorts/leggings/tracksuit bottoms

Stranraer Academy affiliated kit also available using the link below. Purchases of this kit from the link generates funds that will be used to support the PE Department for purchasing equipment, extra-curricular team strips as well as other things that the department needs.

https://www.directsoccer.co.uk/club-shops/s_-_v/stranraer-academy

Other items not listed in the club shop can also be ordered and customised with the Stranraer Academy school crest. To support the department and generate funds from an item not listed in the club shop, please add the Stranraer Academy Club Token to your order, which is free. The token can be found using the link below:

<https://www.directsoccer.co.uk/stranraer-academy-token-94820>

The screenshot shows the Direct Soccer website interface. At the top, there is a navigation bar with the Direct Soccer logo, a search bar, and contact information. Below the navigation bar, there are several tabs: FOOTBALL KITS, FOOTBALLS, FOOTBALL EQUIPMENT, BAGS, TROPHIES, CLUB SHOPS, CLUB TOKENS, and a prominent CLEARANCE SALE button. The main content area is titled 'STRANRAER ACADEMY CLUB SHOP' and features a welcome message. Below the message, there are two tabs: 'Football Equipment' and 'Footballs'. The 'Football Equipment' tab is active, displaying a grid of items for sale. Each item is shown with a product image, a price, and a '2 colours' indicator. The items and their prices are:



- Stranraer Academy #ST01 - T-Shirt: £11.96
- Stranraer Academy #ST03 - Shorts: £8.21
- Stranraer Academy #ST05 - Tracksuit Pants: £14.96
- Stranraer Academy #ST07 - Girls Tracksuit Pants: £26.21
- Stranraer Academy #ST08 - Training Top: £17.96
- Stranraer Academy #ST10 - Rain Jacket: £19.46

Changing Area Checklist






PE Noticeboard

All changing rooms in the PE Department now have a Changing Area Checklist posted on every door. The checklist features important reminders that will ensure time is not wasted and that each lesson can get off to a positive start. This is especially important with the introduction of 45 minute single period classes for 2022/23, as there will be reduced working time in these lessons. It is important that pupils follow the expectations and use the checklist so that they can contribute to the smooth running of each lesson.



Physical Education Department






Have you got your kit?

Yes? - Great, get changed quickly


No? - Before you go in, speak to your teacher and go check spare kit.



Changing time - 5 Minutes

45 minute periods means pupils have **5 minutes** to get changed at the beginning and end of lessons.

This is necessary to get enough teaching time each lesson.





Mobile Phones

Also out of respect for others, **pupils should not use phones in changing rooms**, for any reason.

This ensures everyone feels safe within these areas.

Remember to leave your phone in the changing rooms during the lesson. They will be locked after everyone is changed quickly and out.



Be ready for the lesson - take everything you need

- Water
- Jacket (if outside)
- Inhaler (if needed), etc

PE Noticeboard

The PE Department has a large noticeboard on the street across from the PE Staff Base. The noticeboard contains valuable information for pupils regarding:

- Extra-Curricular Clubs
- Sports Fixtures
- Sports Results
- Department Notices

All pupils are encouraged to look at the noticeboard regularly for updated information.



PE Department Information



PE Department Facebook Page

Keep in touch with the latest news, fixtures and other extra-curricular information by following the PE Department Facebook page.

Find us at <https://www.facebook.com/StranraerPE>

...or simply by searching for **Stranraer Academy PE Dept** in the search bar...



Celebrating Success! Do you have anything to share with us?

A large number of our pupils take part in various extra-curricular sporting activities. The PE Department are always keen to promote and celebrate pupil sporting success - so please let us know of any sporting achievements you attain out with school time.

For example, in the past we have had success in curling at national level, to showjumping and even British level Tetrathlon!

Whether it is representing your club, region or country, winning or qualifying - we'd love to hear from you!



PE Department Strava Group

The PE Department is all for encouraging regular exercise out with school and a good way to record walks, runs, bike rides or any other activities is to use Strava.

Strava is a well known, leading health and fitness tracking app that is completely free to download and use.

You will find the club in the free Strava app - search for 'Stranraer Academy Activity Club'.

Information on how to add certain activities to the weekly leaderboard is in 'posts' in the club.

