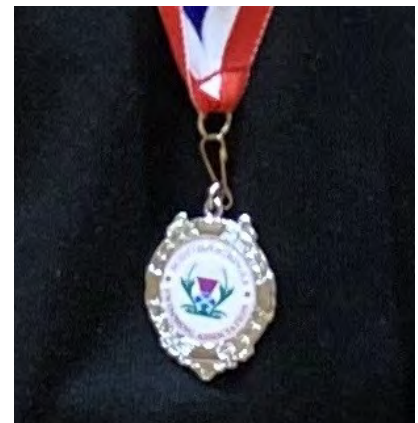




## [Molly Swims to National Silver!](#)



Congratulations to Molly Irvine-Watson on winning Silver for the 100m Freestyle in the Scottish Schools Swimming Championships!

As we reported at the end of last term in our last newsletter, the Regional Qualifying times were used in the form of a "virtual meet" in lieu of an actual race meet. The Regional Championships provided the platform for the top 20 times in Scotland for each event to be ranked and set the final results.

Molly's time of 1:03:31 was fast enough to gain 2nd place in the U15 Girls 100m Freestyle event, which is a fantastic achievement.

Well done Molly!





## Athletics Championship 2023

Pupils took part in the annual Athletics Pentathlon Championship on Wednesday 7th June 2023. With the weather gradually improving as the day progressed, the Championships were a success featuring a fantastic atmosphere and great House ethos. Inch House were victorious and crowned overall winners of the coveted Tannock Trophy. Individual titles are listed below. Thank you to all pupils, senior helpers and staff who helped organise the event and make it a continual success.

### S2 Girls



**Champion: Olivia Turtle**  
**Runner Up: Miley Adams**

### S2 Boys



**Champion: Murray Williams**  
**Runner Up: Reece Edgar**

### S3 Girls



**Champion: Rosie Thompson**  
**Runner Up: Tegan Fox**

### S3 Boys



**Champion: Jake McColm**  
**Runner Up: Calvin McDowall**

### S4 Girls



**Champion: Sofie McCutcheon**  
**Runners Up: Sophie Lowe**

### S4 Boys



**Champion: Louie Clarke-Sloan**  
**Runner Up: Zac McCutcheon**

### S5/6 Girls



**Champion: Abbie Arkless**  
**Runners Up: Kalyon Fox & Jessica Maxwell**

### S5/6 Boys



**Champion: William Teears**  
**Runner Up: Callum Thomson**





## Stranraer S1's Lift the Stuart Binnie Trophy!

On Wednesday 3rd of May S1's from Stranraer Academy took part in the inaugural Stuart Binnie and James Hannay memorial tournament at Palmerston Park in Dumfries. Both Mr Binnie and Mr Hannay were fantastic ambassadors of schools football and this was a great way to remember the time, commitment and support they gave to the sport in Dumfries & Galloway. In tribute to both men, the tournament features a Large schools trophy named after Mr Binnie and a small schools trophy named after Mr Hannay.

The 7-a-side tournament involved all schools from the region, with 18 boys and girls representing Stranraer Academy in two teams. Each team was in a group of 9 and the format was a round robin allowing the teams to play each school in their group. One of the teams finished the tournament with record of 2 wins, 2 draws and 4 defeats meaning that they ended up finishing in mid table and unfortunately, did not progress to the finals.

However, the other Stranraer team finished with a record of 5 wins and 3 draws meaning they progressed to the semi-finals as group winners. In the semi-final it was a local derby against Douglas Ewart H.S. The team played magnificently and ended up winning the match 3-0. In the final they played Dalbeattie High school who had barely conceded a goal all tournament and won all but one of their games. Stranraer knew this would be a tough test and it proved to be with the game ending in a draw despite many chances at both ends. The tournament would be decided by penalties, with Dalbeattie prevailing on this occasion. Stranraer missed two of their three penalties but the effort from the players was fantastic and it was really unfortunate as both penalties were extremely well struck.

With Stranraer being classed as a large school and Dalbeattie a small school, this meant that both teams received a trophy.

At the end of what was a brilliant day of football, Stranraer Academy travelled west along the A75 as the first winners of the Stuart Binnie trophy which is extremely fitting in the circumstances.





## Under 13's Retain the Gordon Cup

Stranraer came back from 1-0 down at half time to win 3-2 in an exciting final on Tuesday. A fairly even first half, in which Stranraer had the better attacking possession, was finished with Dumfries High School scoring 30s before the break.

Similarly to the semi-final, Stranraer again had to regroup at half time. 5 minutes after the restart Nathan Lockwood won the ball off the defender on the left hand side, he put in a quick low cross which Aeron Baxter got to in front of the Dumfries goalkeeper to slot past and level the score 1-1.

With heads lifted and more of the ball, Finn McLean scored a long range effort 7 minutes later to put Stranraer ahead for the first time in the game. Stranraer continued to have more of the ball and create some good chances. However, with 9 minutes left Dumfries levelled the score 2-2 with a break away goal.

The game was in the balance at this point but with 5 minutes remaining, Ruben Harker played a long range ball over the defence into the path of Aeron, he collected the ball just inside the box, took one touch and finished calmly past the keeper. Stranraer back in the lead at 3-2 the game was seen out for the last few minutes.

A fantastic performance from all the boys involved, well done and well deserved!





## Regional League Results

On Monday 6th March, our U13's, U14's and U16's played home league matches against Dumfries High School. Two draws and a win were recorded. Details for each match are as follows:



### **U13 Stranraer 3 - 3 DHS U13**

Goalscorers: Jonny Wither, Aeron Baxter, Finn McLean  
Player of the Match: Jonny Wither

### **U14 Stranraer 3 - 3 DHS U14**

Goalscorers: Owen McCalmont, Logan McKenzie, Marley Cash  
Player of the Match: Niall Tilston

### **U16 Stranraer 4 - 1 DHS U16**

Goalscorers: Alfie Whorlow, Adam Wilde, Zac McCutcheon  
Player of the Match: Scott Miller

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## Under 18's Girls Regional Team

Congratulations to Ailsa Erskine and Charley Hilferty who were selected to play in the first ever D&G Girl's U18 squad. Both girls played with the team on Thursday at Palmerston Park against Glasgow. The final score ended 2-1 to Glasgow but all girls played well and conducted themselves admirably.





## U18 New Football Kit

The U18 boys have recently received a brand new senior football kit, as shown below. We are sure everyone will agree that the boys look smart in their new kit!



## School Golf Championship

The annual School Golf Championship took place on Friday 26th May 2023 at Stranraer Golf Club.

The winners were as follows:

Champion—John Monteith trophy winner (best scratch score)

**Harry Lockwood - 86**

Handicap section (best stableford score)

**Struan Young—50pts**

**Mason Bell—37pts**

**Duncan Barrowman—34pts**

Well done to all pupils who took part!





## Team D&G Scottish Champions

Stranraer academy sent 9 young people to the Regional disability sportshall event at D&G college in Dumfries: Tylor Alexander, Miles Foster, Myley Lowden, Donna McCutcheon, Conor Ogston, Ayliegh Robinson, Ruby Smellie, Logan Speirs and Jasmin Young.

All pupils had a great day participating and meeting new people from other schools across the region. From this event, ten pupils were selected to represent Team D&G at the Scottish championships, of which two were selected from Stranraer Academy- Logan and Tylor.

After a great championship, Team D&G retained their title for the 2nd year in a row finishing in first place in Scotland! Fantastic achievement for the team of 10 from Annan Academy, St Joseph's College, Stranraer Academy, Cummertrees Primary and Newington Primary.

Well done to everyone who took part, all doing their best for the team and showing great sportsmanship.





## Regional & National Disability Athletics

Ten young people were selected to represent Stranraer Academy at the Regional Disability Athletics event in Dumfries. All pupils participated in long jump, softball throw and shot putt and sprinted in either the 50m or 100m race.. All pupils had a fantastic day mixing with pupils from other schools and enjoying the event.

Five pupils were selected to participate in Grangemouth as part of the Dumfries and Galloway regional team: William Ferguson, Logan Spiers, Tylor Alexander, Andrew Brown & Daniel McDevitt. The boys had to participate in 3 events then their scores were added together.

Although it was a very long day with an early start, all boys had great success and achieved medals for their category.

William- Silver  
Logan - bronze  
Andrew - bronze  
Tylor - Gold  
Daniel- Gold

Fantastic effort and achievement from all who participated at both events.





# Cross Country & Curling



## Regional Cross Country Success!

The Dumfries and Galloway Regional Cross-Country Championships made a welcomed return after a break due the covid pandemic and was well attended by all secondary schools in the region. Stranraer Academy had 28 pupils from S1-6 competing in this year's event at Dalbeattie High school. The weather conditions were favourable for the most part but the ground conditions could be described as a bit heavy to say the least...in other words, muddy! However, this did not deter the participants to try their hardest and Stranraer Academy had many successes. All Stranraer Academy runners can be commended for their effort on the day with several being placed within the top 10 in their race.

Congratulations go to:

**S1 Girls:** Olivia Turtle - 2nd place

**S1 Boys:** Murray Williams - 3rd place, Reece Edgar - 9th place

**S2 Girls:** Ruth Turtle - 5th place

**S3 Girls:** Mirren Gibb - 1st place

**S3 Boys:** Zac McCutcheon - 3rd place, Finlay Brown - 6th place

**S4 Girls:** Laura Donnan - 3rd place, Emma Barrowman - 8th place

**S5/6 Girls:** Ailsa Erskine - 6th place, Emily Ferguson 7th place



Further congratulations go to the S3 boys' team winning first place in their event and the S1 boys team finished in second place in their event.

Well done to all who came and participated on the day.

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## Stranraer Win the McClune Memorial Bonspiel!

Stranraer Academy Curling teams travelled to Lockerbie Ice Rink in February to take part in the Andrew JK McClune memorial schools bonspiel against school rinks from across the region.

Both teams played very well and came home with the 1st Christopher Taylor (skip), Finn McLean, Adam Hale and Rebecca O'Sullivan and 2nd Louise Church (skip), Katie Keegan, Dylan Pirrie and Erin Jamieson place trophies!

Fabulous Curling everyone!





## Junior Netball Festival

On Friday 19th May two teams travelled to King George V in Dumfries to compete in the yearly Junior Netball Festival. After some tough games in the morning session, the teams were put into their groupings for the afternoon. Stranraer A were going into the afternoon playing for the shield and Stranraer B were playing for the cup. Stranraer A worked hard on the court to come away with 2 wins and a draw to WIN the shield!! Stranraer B went into the afternoon session in high spirits after a few tough defeats in the morning session. The girls worked hard in their games to finish the day with 1 win and 2 unlucky losses. Stranraer B was placed 3rd in the cup section, coming home with medals.

A player of the tournament was chosen for each team on the day.

Stranraer A's Player of the Tournament – Rosie Thompson

Stranraer B's Player of the Tournament – Lilly Weatherby

Well done to all girls who played in the festival. Both teams thoroughly enjoyed their day out playing netball in the sunshine.





## Senior Netball Festival Results!

On Monday 12th June, our senior netball team travelled to King George V in Dumfries to compete in the yearly Senior Netball Festival. On what was a scorching hot day the girls played brilliantly to secure two wins out of the five games during the morning session. This meant that the girls were going into the afternoon session playing for the plate.

As the day progressed the girls started to tire but this didn't stop them as they finished up with three wins and a draw. The day finished on a high as the girls WON the plate!! An award that was very well deserved.

All girls thoroughly enjoyed their day out playing netball in the sunshine with several S6 leavers coming back to play. All girls were an absolute credit to the school!!

Stranraer's player of the tournament was awarded to Alana Mawson. Well done Alana!!





## Under 16 Girls Regional Rugby Finals!

After successfully qualifying, Stranraer headed to Stewartry rugby club for the D&G Schools Girls Finals. First up was Moffat and Stranraer were slow getting off the bus, and maybe underestimated Moffat. Moffat started quick running in three unanswered tries. Stranraer warmed to the task, running in two of their own after some good passing out wide. Moffat then hit back with a further two well taken tries. Stranraer played much better in the second half doing the basics well, but ultimately had given Moffat too much of a lead with Moffat running out eventual winners 8 tries to 4.

Next up was tournament favourites and eventual winners Wallace Hall. Wallace Hall started off very strongly running in three tries, while Stranraer battled back with one of their own. Wallace Hall kept up the momentum though, and scored a further 4 tries before the break, with Stranraer adding 1 more to their tally. Into the second half and it was Wallace hall who again started the stronger, doing the basics very well and turning the screw on Stranraer. Wallace Hall running out eventual winners 13-2. It must be said however, Wallace Hall had a very strong mature squad, who get regular games, and this showed but Stranraer never gave up.

Into the final game for third place play off and it was the might of Lockerbie to the fore. This was a very keenly contested match with both sides hitting their straps. Lockerbie scored first with two well taken tries, before Stranraer hit back with one of their own. Into the second half Stranraer scored first after some neat line breaks and great supporting play. Lockerbie then went ahead again twice, before Stranraer levelled up into the final minute of the game. After a well taken restart, Stranraer made a number of line breaks, and after some quick rucking and slick hands Stranraer scored the winning try. The girls showed a lot of resilience and determination to come from behind three times and run out eventual winners against Lockerbie. It would have been easy for their heads to have gone down after the first two games, but they rallied and showed who they truly are as a team. Well done girls.





## Regional Rugby Finals

Report by Angus, team coach.

"On 24th March, 15 of our U14 boys head to Dumfries to take part in the regional finals. It was a very successful day, with all 15 boys playing their socks off. Today was a bit off a different format than the boys were used to, and they adapted to it brilliantly. We came third overall with two wins, two draws and one narrow defeat, gaining 11 of a possible 14 points.

Jack played fullback today, and boy he had a great game, some amazing tackles. Mackenzie and Calvin were on top form scoring 3 tries each. Douglas and Mason followed with 2 tries each.

Throughout the game there was some fantastic tackling from James, Aidan and Malcolm. Murray and Gregor did a great job of ball delivery throughout the game. Ollie, Andrew, J-Jo, Jeronimo and Adam gave great support throughout the game, with Adams speed helping deliver the ball out to the wing giving us the advantage. I would like to thank David and John for helping with the boys today as well. Everyone behaved well, and did the school and club proud.

It took a bit of picking today for man of the match, but we decided James Kirkbride deserved it. The tackles he was pulling were amazing, and we feel he deserves this title today." Well done boys!

Stranraer Academy PE Dept would like to thank the staff and coaches who assisted on the day.





## U16 & U18 Girls Rugby Regional Select

All the squad for the U16 and U18 Regional has been announced and we are delighted to see that 5 of our pupils have been selected for the Glasgow South Region.

This is a fantastic achievement and the girls should be proud of themselves for doing so well. The pupils selected are:

**Under 16**—Abbie Johnstone, Aylie Jamieson, Rhianna Bodle, Emily Russell

**Under 18**—Niamh Wilson

The girls will now go on to compete against the other Regional teams from across Scotland. The Scottish national team selection will be made from these games. Well done and good luck girls!



## Regional Athletics Results

On Tuesday 13th June, athletes from Stranraer Academy took part in the Regional athletics event in some challenging conditions, with temperatures hovering around the 30°C mark across Dumfries. The pupils did very well despite the heat with some notable results detailed below:

Well done to everyone who attended on the day!

**Callum Thomson** - 1st in High Jump

**Mirren Gibb** - 1st in 800m

**Abi McKinstry** - 1st in 400m

**William Teears** - 2nd in High Jump and 2nd in Long Jump

**Murray Williams** - 2nd in 800m and 3rd in High Jump

**Senior girls relay team** - 2nd

**Luke McGarrie** - 3rd in High Jump

**Alfie Murdoch** - 4th in 800m

**Riley Dorans** - 4th in 100m, 2nd in Long Jump

**Zac McCutcheon** - 4th in 400m





## 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.

### In PE at Stranraer Academy



#### We:

- 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



#### We do not:

- Arrive late
- Misuse equipment
- Talk over other people
- Disrupt the learning of others
- Leave the area without permission



Respect

Wellbeing

Resilience

Responsibility

Cooperation

Determination

Problem Solving



## Changing Area Checklist

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 Uniform



## 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](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 search bar with the text "SEARCH HERE..." and a "GO" button. To the right of the search bar, there is a phone number "01882 736854", an email address "SALES@DIRECTSOCCER.CO.UK", and a "LOGIN/REGISTER" button. Below the search bar, there is a navigation menu with categories: FOOTBALL KITS, FOOTBALLS, FOOTBALL EQUIPMENT, BAGS, TROPHIES, CLUB SHOPS, CLUB TOKENS, and a "CLEARANCE SALE" button. The main content area is titled "STRANRAER ACADEMY CLUB SHOP" and features a welcome message: "Welcome to the Stranraer Academy Club Shop! All Personalised team & training-wear can be found here. If you're looking for footballs or equipment for your club, please follow the links below. Don't forget to add the Stranraer Academy Club Token to your basket before checking out!". Below the welcome message, there are two tabs: "Football Equipment" and "Footballs". The products are displayed in a grid format. The first row shows four items: a blue t-shirt (Stranraer Academy #STR01 - T-Shirt) for £11.96, black shorts (Stranraer Academy #STR03 - Shorts) for £8.21, black leggings (Stranraer Academy #STR05 - Tracksuit Pants) for £14.96, and black tracksuit bottoms (Stranraer Academy #STR07 - Girls Tracksuit Pants) for £26.21. The second row shows two items: a black training top (Stranraer Academy #STR08 - Training Top) for £17.96 and a black rain jacket (Stranraer Academy #STR10 - Rain Jacket) for £19.46. At the bottom of the page, there is a "Showing 1 - 6 (of 6)" indicator and a "Sort by" dropdown menu.





## PE Department Facebook Page

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

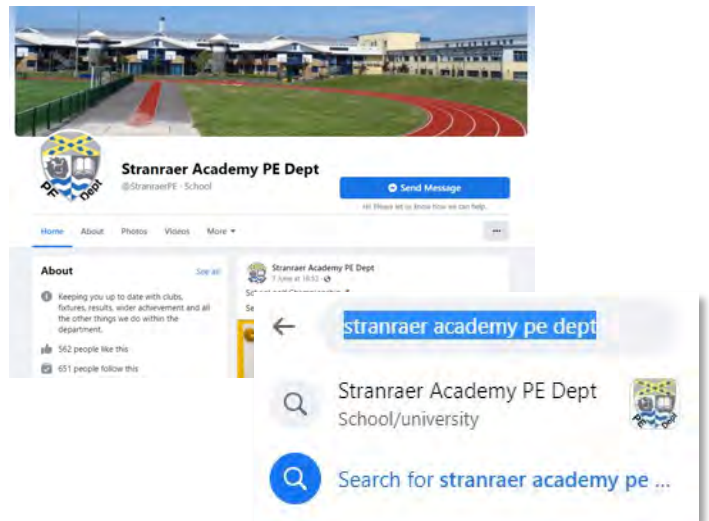
Find us at :

<https://www.facebook.com/StranraerPE>

...or simply by searching for:

**Stranraer Academy PE Dept**

i...n 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.

