

Stranraer Academy PE Department Newsletter



December 2023 - Issue 4



Stranraer Swimming Stars Shine!



On 9th November, our swimmers represented the school at the Scottish Schools Regional Meet with great success, coming home with an impressive haul of 29 medals! Additionally, two new Regional records were set by Stephan Nastjuks (100m Breaststroke) and Molly Irvine-Watson (100m Freestyle).

Alana Gilliland - Bronze 100m Backstroke.

Sophie Hardie - Gold 100m Backstroke.

Emma Barrowman - Gold 100m Butterfly, Silver 200m Butterfly.

Finlay Nelson - Gold 100m Freestyle, Gold 100m Butterfly, Silver 100m Breaststroke.

Mirren Gibb - Gold 200m Individual Medley, Silver 100m Breaststroke, Silver 200m Freestyle.

Laura Donnan - Bronze 100m Breaststroke.

Stephan Nastjuks - Gold 200m Individual Medley, Gold 100m Breaststroke (Regional Record), Gold 200m Breaststroke, Gold 200m Freestyle.

Sarah McClymont - Silver 100m Freestyle.

Lily McClymont - Silver 100m Butterfly.

George Zbiegniewski - Gold 100m Breaststroke, Gold 200m Individual Medley, Silver 100m Butterfly, Bronze 200m Freestyle.

Millie Colvin - Gold 100m Butterfly, Gold 200m Butterfly, Silver 100m Freestyle, Silver 200m Freestyle.

Molly Irvine-Watson - Gold 100m Freestyle (Regional Record), Gold 200m Freestyle, Gold 100m Breaststroke, Gold 200m Breaststroke.

The following swimmers have also qualified for the National Finals in January.

Stephan Nastjuks (200m IM & 100m BRS), George Zbiegniewski (200m IM & 100m BRS 2nd Reserve), Millie Colvin (100m FLY & 200m FLY), Finlay Nelson (100m FLY), Mirren Gibb (100m BRS), Molly Irvine-Watson (100m FREE & 200m FREE).

We will report on their progress in the new year!

Stranraer Academy would like to thank Stranraer Stingrays coaching staff and parent helpers for their assistance in organising and helping at the event. It is greatly appreciated! Well done to all pupils involved!





Sports News - Football & Boccia



Girls 7's Football - Spar Cup Tournament.

Two girls teams from Stranraer Academy junior and senior, played at Dumfries High School on the 10th of October against other teams from across the region in the Spar Cup tournament. All of the girls played to a high standard on the day with the seniors qualifying for the next round at the end of November, which will be held at Hamilton Palace. The juniors played well and won 3 games, drew 2 and lost 2 games. The Seniors won 4 games and drew on the 5th, which was more than enough to secure qualification. Unfortunately the finals were cancelled due to adverse weather and will be played at a later date. Well done to all girls involved!



D&G Regional West Disability Boccia Championships 2023.

Pupils from Aird and the learning centre were selected to represent the Academy at the recent championships at the Ryan Centre. Fantastic effort from all participants. 1-4th place were all Academy pupils.

- 1st-Stranraer Academy
- 2nd- Logan Corrigan
- 3rd- Kenzie Hughes
- 4th- Miles Foster.





Sports News - Swimming



D&G Regional West Disability Swimming Championships 2023.

Congratulations to all who participated in the recent event at the Academy. 3 pupils were selected to participate as part of the Regional team at the national event in Glenrothes - Robert Nelson, Liam Palmer and Nathan McKie. The results from the finals are below...



SDS National Swimming Championships 2023.

The Championships were held in Glenrothes and had a huge turnout with competitors from all over Scotland. Robert Nelson, Nathan McKie and Liam Palmer were selected to participate as part of the regional team along with former pupil Logan Spiers. The results are as follows:

Robert - gold 25m front crawl and silver for 25m back stroke.

Nathan - gold for 50m front crawl

Liam- 4th place front crawl

Logan - bronze 50m back crawl.

Fantastic effort from all participants after an early start and long journey.





Sports News - Netball



Senior Netball Festival

On Monday 11th September, S4-6 girls competed in the regional netball festival season opener at King George V in Dumfries. The girls played well especially in the later games of the first round. They progressed to second round plate competition and won 3rd place.

Stranraer Academy's Player of the Day - Pippa Stirling

Junior Netball Festival

On Friday 22nd September, S2-S3 girls completed in the junior netball festival season opener at King George V in Dumfries. The girls played super all day and worked hard. They progressed onto the plate competition where they were runners up.

Stranraer Academy's Player of the Day - Lilly Weatherby



Netball League Update

Two junior teams were entered into the league this year. They were put into a pool with St Joseph's College and Dumfries Academy.

In October, St Joseph's made their way to Stranraer Academy for the first league games of the year. Both Stranraer teams worked hard in their games putting into practice skills they had been learning. Unfortunately, St Joseph's came out on top for both games. This was a great learning experience for the girls to build on for future games.

Stranraer A Player of the Day - Rosie Thompson
Stranraer B Player of the Day - Emily Carnochan

The junior teams go onto play Dumfries Academy on Wednesday 20th December. More information to follow with how the girls get on.

A senior team was entered into the league this year but unfortunately the girls have not had any games. St Joseph's were due to play but forfeited their game so the Stranraer girls gained the points.

Hopefully the seniors get some games in the new year!





Sports News - Football



U13, U14 & U16's Boys Latest Results

The D&G League season got off to a winning start with our boys teams performing well. Unfortunately, we have not managed to get any team photos this season due to time constraints.



Stranraer U13's 4-3 Dumfries H.S. U13's

The Stranraer U13 boys battled to a fantastic win against a determined and physical Dumfries High School side. Ethan Matthews and George Wilson were pivotal in this victory, proving to be a complete handful to the Dumfries side who struggled to contain them all over the pitch. Every player on the pitch gave 100% and with the game tied 3-3 with 5 minutes left, Stranraer scored the winner through Ethan Matthews. For the Player of the Match award, it was difficult to separate Stranraer's two midfield maestros - with George assisting all 4 goals and Ethan grabbing a hat trick - therefore both boys shared the accolade! Well done to all of the boys involved!

Goalscorers: Ethan Matthews (3), Frazer Thomson

Players of the Match: Ethan Matthews & George Wilson

Stranraer U14's 2-5 Dumfries H.S. U14's

Unfortunately, the U14's slipped to a defeat against a well drilled Dumfries High side. With some influential players missing, Stranraer struggled to control the game and were down 5-0 before a couple of consolation goals were scored by Jonny Wither and Aeron Baxter. Well done to the boys involved.

Goalscorers: Jonny Wither, Aeron Baxter

Players of the Match: Murray Williams & Kieran Patterson

Previous League Results...



Stranraer U14's 5-1 Lockerbie Academy U14's

Goalscorers: Jonny Wither (3), Finn McLean, Kieran Patterson

Player of the Match: Jonny Wither

Stranraer U16's 4-3 Lockerbie Academy U16's

No match information available.

Stranraer Academy U16's 5-1 Dumfries High School U16's

Goalscorers: Josh Kelly (2), Dylan Marshall, Hayden Baisbrown, Jake McColm

Player of the Match: Jonny Wither



Stranraer Academy U13's 7 - 2 Wallace Hall Academy U13's

Goalscorers: Ethan Matthews (2), Joe Dickson (2), Leo Depta, Frazer Thomson, Boyd Reid.

Player of the Match: Ethan Matthews.

Stranraer Academy U14's 10 - 0 Wallace Hall Academy U14's

Goalscorers: Jonny Wither (3), Aeron Baxter (3), Finn McLean (2), Nathan Lockwood (2).

Player of the Match: Jonny Wither.

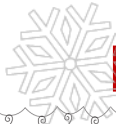
Stranraer Academy U16's 6 - 2 Wallace Hall Academy U16's

Goalscorers: Hayden Baisbrown (3), Josh Kelly (2), Dylan Marshall.

Player of the Match: Hayden Baisbrown

Well done to all boys involved!





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.

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:

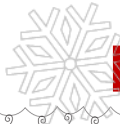
- Arrive late
- Misuse equipment
- Talk over other people
- Disrupt the learning of others
- Leave the area without permission



Respect Wellbeing Resilience Responsibility

Cooperation Determination Problem Solving







PE Department Information






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 Information



PE Department Kit

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 search bar and navigation links for Football Kits, Footballs, Football Equipment, Bags, Trophies, Club Shops, Club Tokens, and a Clearance Sale. The main content area is titled 'STRANRAER ACADEMY CLUB SHOP' and features a grid of products. Each product is displayed with an image, a name, and a price. The products include a blue t-shirt, black shorts, black track suit pants, a girls' track suit pants, a black training top, and a black rain jacket. The prices are listed below each item.

Item Name	Price
Stranraer Academy #STR01 - T-Shirt	£11.96
Stranraer Academy #STR03 - Shorts	£8.21
Stranraer Academy #STR05 - Tracksuit Pants	£14.96
Stranraer Academy #STR07 - Girls Tracksuit Pants	£26.21
Stranraer Academy #STR08 - Training Top	£17.96
Stranraer Academy #STR10 - Rain Jacket	£19.46





PE Department Information

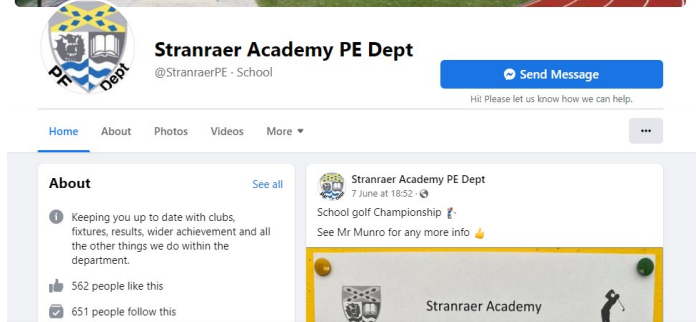
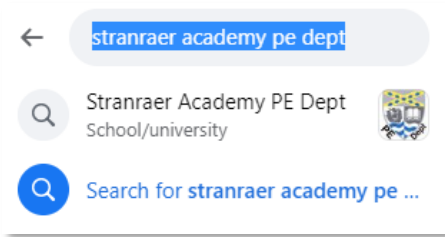


PE Department Facebook Page

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.

