

Stranraer Academy

PE Department Summer Newsletter



June 2024 - Issue 5



MOLLY IS SCOTTISH SCHOOLS SWIMMING CHAMPION!



Swimmers from Stranraer Academy attended the Scottish Schools Swimming Championship at the Dollan Aqua Centre in East Kilbride in February after qualifying at the Regional Championships in November. Here are the results!

Molly Irvine-Watson - 100m Freestyle 1st place and Scottish Schools Champion!

Molly also swam in the 200m Freestyle and finished in 5th place.

Stepans Nastjaks - had a fantastic day with Silver in the 100m Breaststroke and Bronze in the 200m Individual Medley.

George Zbiegniewski - 11th place in the 200m Individual Medley and 11th place in the 100m Breaststroke.

Millie Colvin - 4th place in the 100m Butterfly and 6th in the 200m Butterfly.

Mirren Gibb - 11th place in the 100m Breaststroke.

Finlay Nelson - 4th place in the 100m Butterfly (missing from photo).

Congratulations to all of the swimmers involved!





Junior Regional Netball Festival

On Friday 10th May, 2 junior teams travelled to King George V in Dumfries to compete in the annual junior netball festival.

The teams were split into random groupings for the morning and how they got on determined what group they were playing in for the afternoon.

Stranraer A played 5 games where they had a few wins but some tough loses. They progressed onto play for the bowl in the afternoon. They worked super hard and played great to win the bowl competition!!

Stranraer B had some tough games in the morning, but they took a lot from these games going into the afternoon. They progressed onto play for the cup where they played some absolutely super netball. They came away with 2nd place!!

The girls had a great day playing netball in the sunshine and were an absolute credit to the school.

Stranraer A

Player of the tournament - Elle Kirk

Players' Player of the tournament- Romy McCutcheon

Stranraer B

Player of the tournament - Darcy Loughrey

Players' Player of the tournament - Hollie Smith





Senior Regional Netball Festival

Our Senior girls had a great day today competing at the Senior Netball Festival in Dumfries recently. This was the first time the girls have played together as a team where they all showed super commitment on the court. Unfortunately they were not placed but was a great experience for them. Well done girls - super effort!

Player of the Day - Sophie Hardie

Players' Player of the Day - Amber Smith and Rachel Stewart



Romy is Captain for Dumfries & Galloway Netball Squad!

Romy McCutcheon travelled to Dumfries on Sunday 16th June to trial for the Under 15 Netball Squad.

Romy was successful in gaining a place in the regional team.

She has also been selected to be co-captain for the squad in the upcoming new season.

Romy dedicates so much time to netball so it is very well deserved.

Congratulations to Romy - what a fantastic achievement!





U21 Scotland Netball Player Visit

On Friday 24th May, we welcomed local netball star Lucy Gaw into the school to deliver a netball session. Having had 4 caps at U21 Scotland Level it was a fantastic opportunity for pupils to get involved and learn lots from Lucy.

Over 30 S1-S3 pupils signed up for the session, where they all had a fun and enjoyable afternoon. Lucy was very impressed with the level of commitment and effort put in by all the girls.

Lucy chose a player of the day from each of the four teams and a most committed player of the day, someone Lucy felt had worked hard, and gave their full effort to all tasks set.

- Player of the Day (pink) - Romy McCutcheon
- Player of the Day (green) - Rosie Thompson
- Player of the Day (purple) - Erin McCulloch
- Player of the Day (yellow) - Sharath Kawanza

Most Committed Player of the Day - Hollie Smith

Thank you again must go to Lucy for giving up her time to come in and deliver such a brilliant netball afternoon!





Cross Country Running



Mirren Retains Regional Cross Country Title!



In February, our young athletes travelled to Dalbeattie to compete in the Regional Cross Country Championships. The going was soft and very wet, with competitors finding the boggy conditions to be a tough test of their endurance.

Stranraer recorded some excellent results, with Mirren Gibb retaining her title as S4 Girls Champion. Olivia Turtle finished in 2nd place for the S2 Girls.

The S4 Boys Team won their overall age group using only 3 of the maximum 5 competitors allowed, which was a fantastic achievement.

The S5/6 Girls Team finished in 3rd place overall, with only 3 runners competing, which was also a great achievement.

Top 6 Results were as follows:

S2 Girls

2nd Place - Olivia Turtle

S4 Girls

1st Place - Mirren Gibb

S4 Boys

3rd Place - Josh Kelly

4th Place - Finlay Brown

S5/6 Girls

4th Place - Laura Donnan

Well done to everyone involved!





Badminton & Football



Regional Badminton Championship

Thank you to everyone who participated in and helped deliver the Secondary Schools Badminton event, held at St Joseph's College on Sunday 4th February. Results as follows:

U14 Girls Doubles
GOLD - Katie Monair & Olivia Turtle

U14 Boys doubles
BRONZE - James Turtle & Thomas McClelland

U14 Mixed Doubles
SILVER - James Turtle & Olivia Turtle

U19 Girls Singles
GOLD - Rhian Palmer



SPAR National Cup Finals

On Wednesday 27th March 10 pupils alongside supporters travelled to Broadwood Stadium, Cumbernauld to participate in the National Finals. The girls fought hard in wet conditions throughout the day with the sun eventually making an appearance.

The girls won 3 of their games, drew 2 and lost 3. The girls unfortunately did not make it through to the quarter finals of the competition.

They did amazingly well to progress into the final round of the competition and each player should be very proud of what they have achieved.

Goal scorers on the day were: Aliyah, Zara, Sophie, Carly, Chloe

Well done girls!





U13 Regional Cup Football

Stranraer Academy 6 - 1 Douglas Ewart High School

Well done to the Stranraer U13's who progressed to the Semi-Final of the U13 Gordon Cup after beating Douglas Ewart High School. The Stranraer boys all played their part in what was a commanding display, resulting in a hat trick for U13 debutant Corey Rennie, who shared the Player of the Match award with the imperious Ethan Matthews, who dominated all areas of the pitch beside his midfield partner George Wilson. Well done to all boys involved!

Players of the Match:

Corey Rennie & Ethan Matthews

Goalscorers:

Corey Rennie (3), Ethan Matthews (2), Kayden McColm.

Unfortunately, the boys went out of the Cup in the next round to a very strong Lockerbie side.



S1 Stuart Binnie & James Hannay Memorial Tournament

On Wednesday 15th May, 11 Secondary schools sent teams to compete in the annual memorial tournament, which was hosted by Stranraer Academy this year on the 3G.

Stranraer had an A and B team competing, with the A Team featuring all boys and the B Team being a mixed team of boys and girls. The A team cruised through the group stages, but were beaten in the Semi-Final by Castle Douglas. The B team unfortunately did not progress from the group stage.

Mrs Jenna Mitchell, daughter of Stuart Binnie attended the tournament to present the trophies to the winning teams on what was a thoroughly enjoyable day of youth football.

Small Schools Winners of the James Hannay trophy were: Castle Douglas High School.

Large Schools Winners of the Stuart Binnie Trophy were: Lockerbie Academy.





Athletics Pentathlon Championship 2024

Pupils took part in the annual Athletics Pentathlon Championship on Monday 17th June. With reasonably good weather, the Championships were a success with a fantastic atmosphere and great House ethos. **HOUSE** ending up being the overall winners. 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 - Lainey Gibb
Runner Up - Casey Longridge



S2 Boys

Champion - Lee Reynolds
Runner Up - Alexander Clark



S3 Boys

Champion - Murray Williams
Runner Up - Jonny Wither



S3 Girls

Champion - Olivia Turtle
Runner Up - Mariella Petrucci



S4 Girls

Champion - Tegan Fox
Runner Up - Maddy Erskine



S4 Boys

Champion - Jake McColm
Runner Up - Tyler Rennie



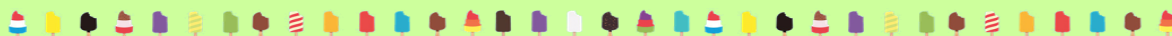
Senior Boys

Champion - William Teears
Runner Up - Louie Clarke-Sloan



Senior Girls

Champion - Sophie Lowe
Runner Up - Kaylyn Fox





Regional Athletics!

On Tuesday 11th June, athletes from Stranraer Academy took part in the Regional athletics event at the David Keswick Centre at Dumfries High School. The pupils did very well despite the heat with some notable results detailed below. Well done to everyone who attended on the day!

- Murray Williams - 1st in 800m & 3rd in Shot Put.
- Olivia Turtle - 1st in 800m.
- Mariella Petrucci - 2nd in Long Jump.
- William Tears - 2nd in Long Jump.
- Rosie Thompson - 3rd in 800m.
- Sofie McCutcheon - 3rd in High Jump.
- Zac McCutcheon - 4th in 1500m.
- Luke McGarrie - 4th in Shot Put.
- Riley Dorans - 4th in 100m.

- Senior Boys Relay - 2nd - (Luke McGarrie, Rowan Harbottle, Riley Dorans, William Tears).
- Senior Girls Relay - 3rd - (Sophie Lowe, Mirren Gibb, Sophie Copeland, Jessica Maxwell).





Regional Disability Athletics!

On Wednesday 5th June, over 60 pupils from across the region taking part in running, jumping, and throwing events at the Regional Disability Athletics.

With the weather being dry for a short time, the 50m and 100m runs were completed, but when the rain returned, the competition moved indoors to finish with the jumps and throws. Thank you to Dalbeattie High School for accommodating everyone in the games hall at short notice and for hosting the event.

There were lots of Gold, Silver, and Bronze medals won across the events. Well done to all the pupils who participated—fantastic performances with smiles on their faces even in the rain!

A big thank you to all 10 schools that supported this event and to everyone who helped on the day to make these event happen.

50m

1st Year: Kenzie 1st.

2nd Year: Casey 3rd, Logan 2nd, Tylor 1st.

3rd Year: Nathan 1st.

Senior Boys: Conar 1st.

Senior Girls: Ruby 1st.

Shot Put

1st Year Robert 1st Kenzie 2nd.

2nd Year Tylor 1st.

3rd Year: Andrew 1st, Jasmine 2nd, Myley 1st.

Seniors: Miles 2nd, Conar 1st.

100m

1st Year: Robert 1st.

3rd Year: Jasmine 1st, Andrew 1st.

Senior: Miles 1st.

Long Jump

1st Year Robert 1st Kenzie 2nd.

2nd Year Logan 3rd Tylor 1st.

3rd Year: Andrew 3rd, Nathan 2nd, Jasmine 3rd, Myley 2nd.

Seniors: Miles 2nd, Conar 1st, Ruby 3rd.

Javelin

1st Year: Robert 1st, Kenzie 2nd.

2nd Year: Logan 3rd, Casey 2nd, Tylor 1st.

3rd Year : Nathan 3rd Andrew 2nd, Jasmine 2nd,

Myley 1st.

Seniors: Miles 2nd, Conar 1st, Ruby 1st.





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 in 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 Department 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

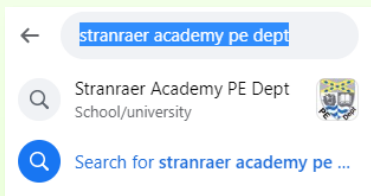


Changing Area Checklist

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!



Stranraer Academy 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.

