

Stranraer Academy PE Department Newsletter



December 2024 - Issue 6



Scottish Schools Regional Qualifying



On Thursday 14th November 2024, swimmers from Stranraer Academy attended the D&G Schools Championship Qualifier. Some of our swimmers set fantastic new Regional Records (RR) and the medal placings are as follows:

Sophie Hardie: Silver 100m Back, Silver 100m Free
Andrew Hannah: Gold 100m Back, Bronze 200m IM, Silver 100m Fly
Abbi Gratton: Silver 50m Free, Bronze 50m Back, Gold 50m Fly
Millie Colvin: Gold 200m Fly (RR), Gold 100m Free, Gold 100m Fly
Emma Barrowman: Silver 200m Fly, Silver 100m Fly, Gold 200m Breast
Alexandra Nastjuks: Bronze 100m Back
Molly Irvine-Watson: Gold 100m Breast, Gold 100m Free (RR), Silver 200m Free
Sofie McCutcheon: Gold 100m Breast, Bronze 100m Free
Mirren Gibb: Silver 100m Breast
Laura Donnan: Bronze 100m Breast, Bronze 200m Free
George Zbeigniewski: Gold 100m Breast (RR), Gold 200m IM, Silver 400m IM, Gold 100m Fly
Ben Hemmings: Silver 200m Back
Eleanor Morrison: Silver 100m Fly
Abbie McGeachie: Silver 200m Free
Emily Cooper: Bronze 200m Breast, 200m Free

The following swimmers have qualified for the National Finals which will be held in January at Aberdeen Sports Village.

Emma Barrowman: 200m Fly, 100m Fly
Millie Colvin: 200m Fly, 100m Fly
Molly Irvine-Watson: 100m Free, 200m Free
George Zbeigniewski: 100m Breast, 200m IM
Abbi Gratton: 50m Fly
Ben Hemmings: 200m Back

Well done to all swimmers involved and a special thanks to Eli and Linda of Stranraer Stingrays Swimming Club for their continued help, support and assistance with the annual organisation and running of this event.





Sports News - Football



Senior Boys —U18 Scottish Cup vs Robert Burns Academy



Robert Burns Academy 1 - 5 Stranraer Academy

Well done to Stranraer Academy U18's who won their first Scottish Cup match against Robert Burns Academy in Ayrshire. The hosts are a relatively new "super school" with a roll of 1650 pupils, which replaced Cumnock Academy and Auchinleck Academy.

Stranraer were up 1-0 not long after kick off thanks to team Captain Jake McColm fizzaing a header past a helpless goalkeeper. RBA grew into the game and eventually brought the score level after a bit of good luck saw a fast counter attack pile pressure on the Stranraer defence. Hayden Baisbrown went close with a powerful shot, which was miraculously saved by the RBA goalkeeper. The game was locked at 1-1 and a formation change from Stranraer brought about some solidity and a growing confidence. Stranraer scored their second when Finlay Brown pounced on a mistake from the RBA defence. Brown, an ever-present menace on the left wing, then turned provider with some clever footwork to cross an enticing ball to Rowan Harbottle, who made no mistake from 6 yards to score the 3rd. With Stranraer pressing forward and asserting dominance, Zac McCutcheon was unceremoniously bundled over in the box after beating what seemed like 4 RBA players in a row with incredible skill. The referee instantly pointed to the penalty spot, and McCutcheon hammered home his penalty with ease to go 4-1 up. With RBA falling to pieces and sensing defeat, the ball once again fell to Man of the Match Finlay Brown, who weaved his way into the box, pulling defenders all over the place before calmly slotting home the final goal of the match to make it 5-1. Overall, this was a determined performance from Stranraer with a notable mention going to S4 pupil Jake McColm who had a commanding display of defensive dominance, considering he is playing 2 age groups up. Well done to all boys involved!

Man of the Match: Finlay Brown

Goal scorers: Finlay Brown (2), Jake McColm, Rowan Harbottle, Zac McCutcheon

Back row L-R: Hayden Baisbrown, Scott Miller, Luke McGarrie, Jake McColm, Ashton Wilson, Riley Dorans, Adam Wilde, Rowan Harbottle, William Tears

Front row L-R: Braiden Wilson, Drew Hale, Declan Humphries, Thomas Murdoch, Zac McCutcheon, Finlay Brown





Sports News - Football



Senior Boys —U18 Scottish Cup vs Girvan Academy



Girvan Academy 1 - 10 Stranraer Academy

On Thursday 31st October, the Senior boys football team travelled to Girvan Academy for their first round match of the Scottish Cup. Having beaten Robert Burns Academy in the Preliminary round a few weeks ago, Stranraer were again tasked with a tough away fixture to "local" rivals, Girvan.

The match started off with Stranraer firmly in control, resulting in many chances being created and Girvan posing little threat. A few good saves from the Girvan goalkeeper initially kept Stranraer at bay. However, before long Stranraer opened the scoring and started to break Girvan down, leading the match 4-0 at half time.

The second half saw Girvan become increasingly frustrated due to their lack of possession and inability to match Stranraer man-for-man. This left the hosts with no option but to try and disrupt Stranraer's flow to the game with persistent fouling. Girvan snuck a goal after some tetchy moments on the pitch, taking advantage of the only lapse in concentration from the Stranraer side. In spite of this, Stranraer kept their nerve, outmatched their opponents physically and every other aspect of the game to start piling on pressure, toting up an impressive number of goals to finish the match 10-1, which included a hat trick for the ever-impressive

Player of the Match: Zac McCutcheon.

Squad

Back row L-R: Adam Wilde, William Tears, Riley Dorans, Scott Miller, Jake McColm, Rowan Harbottle, Ashton Wilson, Luke McGarrie, Alfie Whorlow.

Front row L-R: Zac McCutcheon, Finlay Brown, Drew Hale, Thomas Murdoch, Dylan Marshall, Braiden Wilson, Hayden Baisbrown.





Sports News - Football & Cycling



S4-6— Girls U18's Scottish Cup

Greenwood Academy 4 - 0 Stranraer Academy

A depleted squad of 10 Stranraer Academy Senior Girls travelled to Irvine to take on Greenwood Academy on Tuesday 29th October. Being a player down and up against it from the start, the Stranraer Girls played the game with confidence and good organisation, to try and nick a result and cause an upset by soaking up attacks and transition quickly to hit on the counter. The girls put in a spirited performance but Greenwood proved to be too strong and commanded a 3-0 lead by half-time, making effective use of their extra player in attack. The second half saw Stranraer regroup and fight back but Greenwood scored their final goal after having the ability to bring on fresh substitutes to apply pressure to the tiring Stranraer girls. It was always going to be tough away trip to Greenwood but under the circumstances, the girls should be very proud of their hard-fought, determined performance. Well done girls!

Squad: Tegan Fox, Chloe Francis, Laila Brawls, Rhianna Bodle, Carly McClorey, Neve Maxwell, Sophie Copeland, Chloe Wither, Aliyah White, Jenny McCulloch.

Player of the Match: Carly McClorey

S1—U13's League

The season has been slow to start with the new S1 team yet to play a match due to poor weather resulting in postponements. We hope to get more fixtures played in both the league and the cup in the new year.

PE Department Cycling



The PE Department were recently able to obtain funding to refresh and repair our existing mountain bikes for use in Core PE classes. 4 brand new Merida mountain bikes were also added to the fleet. New safety and security equipment such as helmets and a lock were also supplied. Additionally, the AIRD tricycles are also scheduled for repair and maintenance as part of this funding.



Our pupils are looking forward to getting onto the saddle once we get some better weather!

The PE Department would like to thank Hamish Buchanan of Kirkcowan Cycles for all of his help and assistance in getting our school bikes back up and running!





Sports News - Netball



S1 Netball Season Opener

On Friday 11th October, the S1 girls travelled to Dumfries to compete in the Netball Season Opener. A super experience for the girls to take part and play against schools across the district. They all worked really hard on the court with lots of positive to take away from the day. The girls finished in 4th place, which is a brilliant achievement as it was their first tournament as a team. Player of the Day - Katie Gill (missing from the photo) Super effort girls - well done!



S2/S3 Netball Festival

Girls travelled to Dumfries yesterday to compete in the annual netball festival. The girls worked super hard in their games to come away with 3rd place in the bowl competition. As Jeni was unable to participate due to injury, she joined the team as chief score keeper. Player of the Day - Ruby Rankin Special mention to Hollie Smith who was voted Players' Player of the Day and also voted the Overall Player of the Day, as she was awarded POM from each team the girls played. Brilliant effort girls - you should all be so proud of yourselves.





Sports News - Netball



Senior Netball Festival

On Monday 30th September, we had 18 pupils who headed to the Senior Netball Festival in Dumfries. The girls had a fab day despite the rain making an appearance. There was some great netball being played.

Stranraer A managed to secure 2nd place in the plate competition

Stranraer A

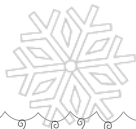
Player of the Day - Rhianna Bodle
Players' Player of the Day - Mirren Gibb

Stranraer B

Player of the Day - Georgina Lane
Players' Player of the Day - Chloe Irons

Super effort from all girls participating





Sports News - Netball



Netball Hoodies

Pupils who attend netball training were given the opportunity to purchase a netball hoodie this year. It was completely voluntary for pupils to make this purchase. Hoodies are all royal blue with the Stranraer crest on the front and a logo on the back. Personalisation of a name was optional.

Big thank you to SuperLogo who have been extremely efficient in getting the hoodies out to the school before the Christmas holidays.

The girls are delighted with their hoodies, which they will wear proudly at festivals and league games.



Netball League Update

With the increased uptake in numbers at training, we have entered two senior and two junior teams into the league this year.

Both senior teams will face the Douglas Ewart High School, Annan Academy and Kirkcudbright Academy

Both junior teams will face the Douglas Ewart High School, Annan Academy and Dumfries High School

Best of luck to all teams as the league gets underway!





Disability Sports News



SDS National swimming Championships November 2024

Three Stranraer Academy young people represented the region at the event in the Michael Wood Leisure centre in Glenrothes. Damon McHarrie, Conor Ogston & Nathan McKie all swam their absolute best performances against some tough competition. Nathan achieved a silver medal in 50m backstroke.



Loch Ken Water Safety Event October 2024



GT3 & GT4 attended a water safety event organised and delivered by The Loch Ken Trust at the Galloway Activity centre.

Pupils listened to a talk and demonstration about water safety. They learned about what to do to avoid getting in to difficulty around water and how to help others. After the talk, everyone was kitted out to take part in an introduction to paddle boarding.

We were fortunate to have a wonderful sunny warm October day, which made all the more enjoyable for everyone.





Sports News - Rugby



U16 Rugby Qualifiers & Finals

Congratulations to our U16 Boys' and Girls' Rugby Teams who have qualified for the D&G Schools Rugby Finals on Thursday 12th November. The boys competed in the qualifiers yesterday at Stewarty Rugby club winning both of their matches.

Stranraer 31 - Castle Douglas 14
Stranraer 29 - Dalbeattie High 12

Thank you to Wigtownshire Rugby Club, Mr Harvey and Aylie Jamieson for their support on the day.

Well done to both the Boys and Girls U16 Rugby Teams who participated in the finals at Park Farm in Dumfries . Some excellent rugby was displayed. Thank you to Wigtownshire Rugby Club for supporting the teams.



Rugby Talent ID



Forty future rugby stars took part in a Talent ID session run by Wigtownshire Rugby Football Club Coaches on Wednesday 18th September. Experienced players and first timers received expert coaching and had rugby fun in the sun. Well done to all involved and thank you to the coaches and Niamh Wilson from WRFC.





Sports News - Rugby



Regional Rugby Festival

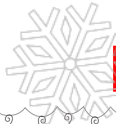
On Thursday 10th October, 22 pupils travelled to Stewartry Rugby Football Club to participate in an Under 16s Rugby Festival.

The boys were victorious against Castle Douglas High School defeating them 36-14. The girls undertook skills and drills and played a friendly match with Castle Douglas High School.

The pupils will now progress onto the U16 School Qualifiers on Thursday 31st October.

Well done to everyone involved and thank you to Gordon and Neve from Wigtownshire Rugby Club for supporting the pupils at this event.





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:

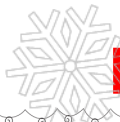
- Arrive late
- Misuse equipment
- Talk over other people
- Disrupt the learning of others
- Leave the area without permission



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

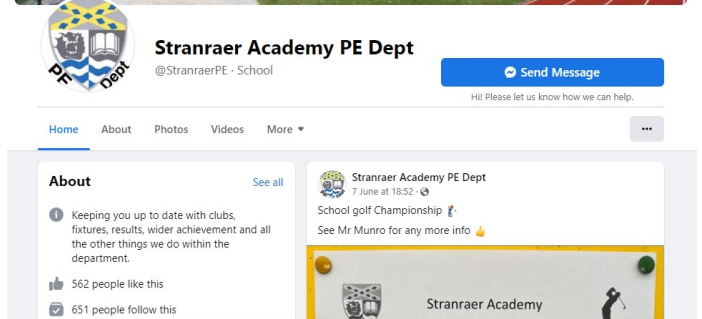
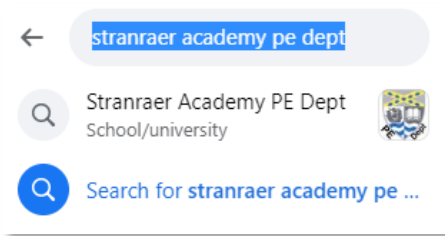


PE Department Facebook Page

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.

