

# Stranraer Academy PE Department Newsletter



December 2025 - Issue 8



## Sports Council Christmas Fayre



Our super Sports Council were all set up with their two challenges at the Christmas Fair on Wednesday 3rd December raising some money to support transport costs to sports events throughout the year.

The two challenges:

How many shots can you get in 30 seconds?

The Winner was: **Cara Jamieson (\$2).**

How many keepie-uppies can you get on the rim of the tennis racquet in one go? The Winner was: **Mr Farquhar.**

They were a credit to the school in their organisation and encouraging people to give the challenges a go. Well done everyone!







# Sports News - Netball



## S1 Netball Season Opener



### Match Results : 6 wins, 1 draw, 1 loss

The S1 girls were absolutely brilliant in their first netball tournament on Friday 9th October since moving up to Stranraer Academy — earning a well-deserved 2nd place in a closely contested competition that came down to points difference for the runner-up spot.

Player of the Day - **Anna McClelland**

Players' Player of the Day - **Ava Stevenson**

Well done girls - what a performance from you all!







# Sports News - Netball



## Netball League Update



On Tuesday 7th October one of our junior teams and our senior team travelled to Dumfries High School to get the first of our league fixtures of the year underway.

### Juniors

An unlucky defeat for our junior team but some good play and a good experience for all.

Stranraer A v Dumfries High: Final Score 3-9

Player of the Match - **Freya Jamieson**

Players' Player of the Match - **Niamh Castle**

### Seniors

A win for our senior team, with the girls pulling further ahead in the final quarter.

Stranraer v Dumfries High : Final Score 25-12

Player of the Match - **Romy McCutcheon**

Players' Player of the Match - **Rosie Thompson**

Well done both teams!

We still have league games to play against Langholm Academy, Douglas Ewart High School and Dumfries Academy in the new year!







## Sports News - Netball



### New Senior Netball Kit!

We were delighted to receive funding from the Rhins Educational Trust, which has enabled us to invest in new netball strips for our senior team.



This generous support ensures our players can represent the school with pride and confidence.

We are looking forward to the full senior team wearing them for the first time after the holidays!

Thank you to Romy for modelling our new strip!







# Disability Sports News



## Boccia Success - D&G West Boccia festival

Stranraer Academy hosted the D&G West Boccia festival for the first time which was supported with record high entries from both the Primaries and the Academy.

All GT pupils participated and a team from Aird.

The following achieved medals:

### S1/2:

Lennon Hughes - gold  
Jake Johnstone - Silver  
Aiden Whiteide - Bronze  
Riley Hollis - 4th

### S3/4:

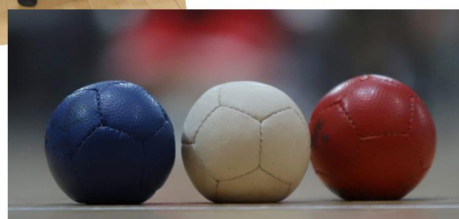
Damon McHarrie - Gold  
Logan Corrigan - Silver  
Kenzie Hughes - Bronze  
Leah Armstrong - 4th

### S5/6:

Conor Ogston - Gold  
Nathan McKie - Silver  
Ryan Kelly - Bronze  
Ayleigh Robinson - 4th

### Sensory category:

Layton Stevenson (Aird)



All medal winners went on to participate in the regional competition in Dumfries.







# Disability Sports News



## D&G Disability Sport Regional Boccia Tournament

The medal winners from the Academy tournament participated in the Regional tournament at D&G college in Dumfries. The results are follows for their categories:

### S1/2:

**Aiden Whiteside** - Bronze

**Jake Johnston** - 4th

### S3/4:

**Damon McHarrie** - Gold and 4th overall in the whole tournament!

**Logan Corrigan** - Silver

### S5/6:

**Conor Ogston** - Silver

**Nathan McKie** - Bronze



Brilliant effort and sportsmanship from all participants!







# Disability Sports News



## Scottish Disability Swimming - National Championships

On the 21st November, Nathan McKie, Miles Foster, Conor Ogston and Aidan Whiteside set off at 5.30am to attend the Scottish Disability Sport National Swimming Championships in the Olympia pool in Dundee. All four boys completed to to their absolute best, achieving some PB times on the day against some tough competition.

On his debut at the nationals, Miles Foster was awarded Silver for the 25m Front crawl in his category. The other three boys all narrowly missed out on medals.

Well done to all for their tremendous efforts in a very long day!







# Sports News - Football



## Girls Football - Spar 7's National Qualifier



Well done to the Stranraer Academy U13-U16 girls who recently competed at the Spar 7's National Qualifying round at Dumfries High School. The girls did very well to progress into the 3rd place playoff after finishing 2nd in their group.

This was a great achievement especially considering that we fielded a young team where the majority were playing up an age group or two - and also without having a dedicated goalkeeper (thanks to Rose and Lucy for filling in!)

In the end, the girls were unfortunate not to claim 3rd place, after being beaten 5-0 by Annan Academy, who fielded a strong team of mainly S4 girls.

The results were as follows.

### Group stage

Stranraer Academy 2-2 Dalbeattie HS

Stranraer Academy 1-1 Castle Douglas HS

Stranraer Academy 2-0 Langholm Academy

### 3rd Place Playoff

Stranraer Academy 0-5 Annan Academy

Well done girls!







## Sports News - Football



### S1 Boys: Stranraer Academy 7-1 Wallace Hall Academy



#### Match Report by Aran McMaster (S1)



"In a commanding 7–1 victory over Wallace Hall Academy, the team delivered a thrilling performance in a 4-3-3 formation, with standout moments from Kobi Wilson, who won a free kick that Harry Greenhorn delivered perfectly for Leighton McKie to volley home, Kobi dribbled past three defenders to score from a tight angle, Kobi assisted Brandon Millar's header from a corner, and chipped the keeper after a solo run; Brandon added his own brilliance with a dazzling dribble past four players and a curled finish; Harry played a superb through ball to Robbie Marshall, who scored after persistence and a keeper spill, and later swung in a cross that led to an own goal under pressure; Carter Henderson made crucial saves throughout, keeping the team secure, while Aran McMaster produced a heroic goal-line clearance to deny a late chance—altogether, it was a fantastic result and a testament to the whole squad's unity, effort, and quality across the pitch." Well done boys!







# 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




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**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

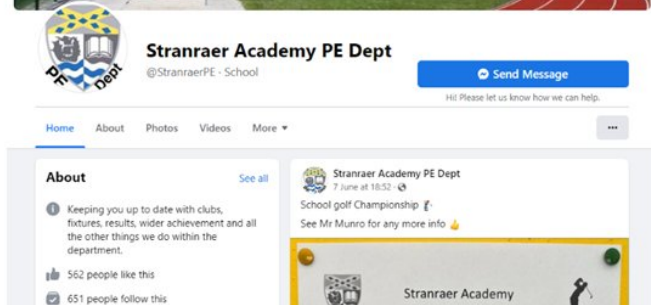
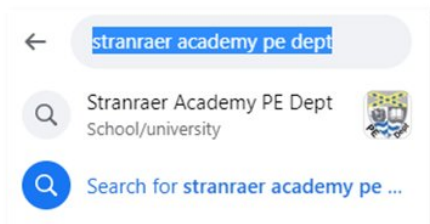


## PE Department Facebook Page

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.

