



ISSUE 10
MARCH '26

WHITBURN
PE DEPT

SKI TRIP 2025 – ALPE D’HUEZ

WE RECENTLY TOOK 100 OF OUR STUDENTS TO ALPE D’HUEZ FOR OUR ANNUAL SKI TRIP – AND WHAT AN UNFORGETTABLE EXPERIENCE IT WAS! FROM THE MOMENT WE ARRIVED, OUR STUDENTS REPRESENTED THE SCHOOL BRILLIANTLY. ESF INSTRUCTORS, HOTEL STAFF, AND EVEN FLIGHT ATTENDANTS COMMENTED ON THEIR IMPECCABLE MANNERS, POLITENESS, AND POSITIVE ATTITUDE THROUGHOUT THE TRIP.

BEYOND THE EXCITEMENT OF THE SLOPES, THE RESIDENTIAL EXPERIENCE GAVE STUDENTS THE OPPORTUNITY TO DEVELOP INDEPENDENCE, STRENGTHEN FRIENDSHIPS WITH PEERS AND STAFF, AND CHALLENGE THEMSELVES IN NEW WAYS. MANY LEARNED THE VALUABLE LIFE SKILL OF SKIING WHILE SHOWING RESILIENCE, BUILDING CONFIDENCE, AND EMBRACING A DIFFERENT CULTURE. AND OF COURSE, SAMPLING SOME FRENCH DELICACIES—FROGS’ LEGS AND SNAILS INCLUDED—WAS A HIGHLIGHT FOR MANY!

THE TRIP CONCLUDED WITH A SPECIAL AWARDS CEREMONY CELEBRATING OUR STUDENTS’ ACHIEVEMENTS:

- OVERALL TOP SKIER: **SOPHIA LYDON**
- COAT AWARDS: **LEWIS STRATTON AND SAM OVERTON**
- TOP SKIERS: **EMILY NELLIST, LILLIE HARTLEY, FREDDIE MULCASTER, JACK FARTHING, SAM LOVELY, HARRISON FLETCHER, LUCA JACKSON, ERIN CALDER-CRONE, MATTHEW MCCRUDDEN**





BOYS FOOTBALL – COUNTY CUP

OUR BOYS' FOOTBALL TEAMS HAVE ENJOYED A HIGHLY SUCCESSFUL PERIOD IN THE SOUTH TYNESIDE LEAGUES AND CUP COMPETITIONS, WITH THREE TEAMS PROGRESSING TO THE DURHAM COUNTY CUP SEMI-FINALS, A FANTASTIC ACHIEVEMENT FOR THE SCHOOL.

OUR YEAR 8 TEAM PUT IN A DETERMINED PERFORMANCE IN THEIR SEMI-FINAL BUT WERE UNFORTUNATELY NARROWLY DEFEATED BY A STRONG ST JOSEPH'S SIDE.

ATTENTION NOW TURNS TO OUR YEAR 11 AND UNDER-19 TEAMS, WHO BOTH FACE THEIR SEMI-FINAL FIXTURES THIS WEEK. AFTER STRONG PERFORMANCES THROUGHOUT THE CAMPAIGN, THE TEAMS WILL BE HOPING TO CONTINUE THEIR IMPRESSIVE RUN AND SECURE A PLACE IN THE FINAL.



GIRLS FOOTBALL – U14 WINNERS!



SIMILAR TO THE BOYS' TEAMS, OUR GIRLS' FOOTBALL TEAMS HAVE ALSO BEEN EXTREMELY BUSY COMPETING ACROSS A NUMBER OF COMPETITIONS THIS SEASON.

A HUGE CONGRATULATIONS TO OUR U14's, WHO WERE CROWNED SOUTH TYNESIDE CHAMPIONS LAST WEEK AFTER WINNING THE CVL LEAGUE. WELL DONE GIRLS!

THERE IS ALSO EXCITING PROGRESS ON THE NATIONAL STAGE, WITH OUR UNDER 15 GIRLS REACHING THE FINAL FOUR OF THE SISTERS N SPORT NATIONAL CUP. MEANWHILE, OUR UNDER 13 TEAM WILL BE HOPING TO JOIN THEM, AS THEY LOOK AHEAD TO THEIR QUARTER-FINAL FIXTURE IN APRIL.



NETBALL - NATIONALS (AGAIN!)

OUR NETBALL TEAMS HAVE CONTINUED TO MAKE EXCELLENT PROGRESS THIS YEAR, PERFORMING STRONGLY IN THE SOUTH TYNESIDE LEAGUES WHILE PREPARING FOR THE UPCOMING SOUTH TYNESIDE TOURNAMENTS. A SPECIAL CONGRATULATIONS GOES TO OUR **UNDER 15 SQUADS**, WHO HAVE ALREADY COMPETED IN THEIR TOURNAMENT AND ACHIEVED AN OUTSTANDING FIRST AND SECOND PLACE FINISH. A FANTASTIC ACCOMPLISHMENT THAT REFLECTS THE STRENGTH AND DEPTH WITHIN THE YEAR GROUP.

THERE HAS ALSO BEEN SIGNIFICANT SUCCESS AT A HIGHER LEVEL. OUR **UNDER 16 TEAM** DELIVERED AN IMPRESSIVE PERFORMANCE AT THE REGIONAL FINALS HELD AT NORTHUMBRIA UNIVERSITY, FINISHING SECOND OVERALL AND SECURING QUALIFICATION FOR THE NATIONAL FINALS IN SHEFFIELD. THIS REMARKABLE ACHIEVEMENT PLACES THEM AMONG THE TOP 16 SCHOOL TEAMS IN THE COUNTRY. A BIG THANK YOU TO UNIVERSITY OF SUNDERLAND AND NORTH DURHAM COUNTY NETBALL ASSOCIATION WHO HAVE SPONSORED OUR GIRLS KIT AND ENTRY COSTS.

THIS WILL BE THE SECOND TIME THIS GROUP OF PLAYERS HAS REACHED THE NATIONAL FINALS, HAVING PREVIOUSLY QUALIFIED IN 2024. WE WISH THE GIRLS THE VERY BEST OF LUCK AS THEY REPRESENT THE SCHOOL AT THE NATIONAL FINALS.



North Durham
COUNTY NETBALL ASSOCIATION



University of
Sunderland



ENGLAND
NETBALL







BOYS RUGBY

IT HAS BEEN FANTASTIC TO SEE OUR BOYS PROUDLY REPRESENTING THE ACADEMY IN RUGBY LEAGUE, DOING SO WITH GREAT COMMITMENT AND ENTHUSIASM.

OUR UNDER 16 TEAM PRODUCED AN EXCELLENT PERFORMANCE TO SECURE A STRONG VICTORY OVER JOHN SPENCE, DEMONSTRATING IMPRESSIVE TEAMWORK AND DETERMINATION. MEANWHILE, OUR UNDER 15 SQUAD ALSO ENJOYED SUCCESS, WINNING TWO OUT OF THREE MATCHES IN THEIR RECENT CVL FIXTURES, SHOWING GREAT RESILIENCE AND COMPETITIVE SPIRIT.

WE LOOK FORWARD TO PROVIDING FURTHER OPPORTUNITIES FOR OUR OTHER TEAMS TO COMPETE LATER IN THE YEAR AND ARE EXCITED TO SEE THE CONTINUED DEVELOPMENT OF RUGBY LEAGUE ACROSS THE ACADEMY.



KS4 BADMINTON SUCCESS!

OUR GIRLS DELIVERED AN EXCELLENT PERFORMANCE AT THE SOUTH TYNESIDE COMPETITION, WITH ONE OF OUR TEAMS SECURING GOLD MEDALS—A FANTASTIC ACHIEVEMENT.

WELL DONE TO ALL EIGHT GIRLS WHO REPRESENTED THE ACADEMY. THEIR EFFORT, TEAMWORK, AND DETERMINATION WERE OUTSTANDING, AND THEY SHOULD BE VERY PROUD OF THEIR PERFORMANCE.



BASKETBALL

OUR BASKETBALL TEAMS HAVE BEEN ACTIVELY COMPETING IN THE SOUTH TYNESIDE CVL COMPETITIONS, GAINING VALUABLE MATCH EXPERIENCE AND CONTINUING TO DEVELOP THEIR SKILLS ON THE COURT.

THE STANDOUT PERFORMANCE CAME FROM OUR **UNDER 14 GIRLS' TEAM**, WHO PRODUCED AN EXCELLENT DISPLAY TO SECURE BRONZE MEDALS—A FANTASTIC ACHIEVEMENT!

STUDENTS INTERESTED IN GETTING INVOLVED CAN ATTEND BASKETBALL TRAINING EVERY MONDAY LUNCHTIME, WHICH IS OPEN TO ALL YEAR GROUPS.



GCSE PE + SPORT STUDIES CLIMBING

CONGRATULATIONS TO OUR **GCSE PE** CLIMBING STUDENTS, WHO HAVE BEEN ATTENDING WEEKLY SESSIONS AT SIMONSIDE OVER THE PAST EIGHT WEEKS. THROUGHOUT THE COURSE, STUDENTS HAVE SHOWN EXCELLENT PROGRESS, DEMONSTRATING A CONSISTENTLY POSITIVE ATTITUDE, STRONG WORK ETHIC, AND DETERMINATION TO IMPROVE THEIR CLIMBING SKILLS EACH WEEK.



IN ADDITION, BEFORE CHRISTMAS OUR **SPORT STUDIES** STUDENTS COMPLETED THEIR OUTDOOR ROCK CLIMBING ASSESSMENT AT BOWDEN DOORS. ALL STUDENTS PERFORMED EXCEPTIONALLY WELL AND REPRESENTED THE ACADEMY WITH GREAT ENTHUSIASM AND EFFORT. A BIG THANK YOU TO THE SIMONSIDE STAFF FOR THEIR EXPERTISE AND SUPPORT IN DELIVERING BOTH COURSES.



SWIMMING GALA

OUR SWIMMERS RECENTLY COMPETED IN THE TSS SWIMMING GALA AND REPRESENTED THE ACADEMY SUPERBLY, ENJOYING A FANTASTIC AFTERNOON OF COMPETITION IN THE POOL. THERE WERE SEVERAL STANDOUT PERFORMANCES FROM OUR STUDENTS, INCLUDING:

- **HENRY DE MORAES** - 1ST PLACE IN THE 25M BACKSTROKE AND 2ND PLACE IN THE 25M FREESTYLE
- **ISABELLE THOMSON** - 2ND PLACE IN THE 25M BREASTSTROKE
- **HOLLIE FALL** - 2ND PLACE IN THE 25M BREASTSTROKE

WELL DONE TO ALL THE STUDENTS WHO TOOK PART AND REPRESENTED THE ACADEMY.



CROSS COUNTRY RUNNERS UP

OUR STUDENTS RECENTLY TOOK PART IN THE ANNUAL SOUTH TYNESIDE CROSS COUNTRY CHAMPIONSHIPS, WHERE WE ENTERED THE COMPETITION AS DEFENDING OVERALL CHAMPIONS FOLLOWING LAST YEAR'S SUCCESS. WHILE WE WERE UNFORTUNATELY UNABLE TO RETAIN THE TITLE THIS TIME, THE TEAM CAME AGONISINGLY CLOSE, FINISHING RUNNERS-UP OVERALL IN A VERY COMPETITIVE FIELD.

THERE WAS STILL PLENTY TO CELEBRATE ON THE DAY. AN IMPRESSIVE 48 STUDENTS REPRESENTED THE ACADEMY, WITH A FURTHER 16 STUDENTS VOLUNTEERING AS LEADERS TO SUPPORT THE THE EVENT.

THERE WERE SEVERAL STANDOUT PERFORMANCES, WITH RHYLEY LAWSON, FRAN KING AND RUBY SCOTT ALL FINISHING ON THE PODIUM IN THEIR RESPECTIVE RACES.

A SPECIAL MENTION ALSO GOES TO THE FOLLOWING STUDENTS WHO QUALIFIED TO REPRESENT SOUTH TYNESIDE IN THE NEXT ROUND - BELLA BARROW, OSCAR CASSIDY, FRAN KING, ISSY COOK, EVE ANDERSON, AMALIE ROBSON, ISABELLE THOMPSON, JACOB FLETCHER, SAM WEDDELL, THOMAS CALLOWAY, JACOB GRAHAM, JONATHON OWEN, RUBY SCOTT, MARCUS ANDERSON AND LUCAS MALLAM.





OUTSTANDING ACHIEVEMENTS

CONGRATULATIONS TO OUR VERY TALENTED GYMNASTS WHO HAVE BEEN SELECTED TO TRAIN AT LILLESHELL NATIONAL SPORTS CENTRE AS PART OF THE 2026 GREAT BRITAIN SQUAD, IN PREPARATION FOR THE UPCOMING WORLD CUP IN BELGIUM. WELL DONE TO **SOPHIE SHIELD, ALYSSA HURST, IZZY ARMSTRONG, TAMZIN YOUNG AND ALANNA CUTTS.**

ANOTHER BIG CONGRATULATIONS GOES TO YEAR 9 STUDENT **GABE YOUNG**, WHO HAS BEEN SUCCESSFUL IN HIS TRIAL WITH SUNDERLAND—A BRILLIANT ACHIEVEMENT AND A WELL-DESERVED OPPORTUNITY. WELL DONE, GABE!

A SPECIAL MENTION ALSO GOES TO YEAR 8 STUDENT **RHYLEY LAWSON** WHO REPRESENTED DURHAM AT THE NATIONAL CROSS COUNTRY CHAMPIONSHIPS IN LIVERPOOL, WHICH IS AN OUTSTANDING ACCOMPLISHMENT.

FINALLY, WE HAVE RECRUITED EXCEPTIONALLY WELL TO OUR SIXTH FORM COACH EDUCATION PROGRAMME THIS YEAR. OUR FANTASTIC COHORT OF STUDENT COACHES HAVE BEEN LEADING A RANGE OF LUNCHTIME AND AFTER-SCHOOL CLUBS, PROVIDING EXCELLENT SUPPORT FOR OUR YOUNGER STUDENTS AND SERVING AS GREAT ROLE MODELS ACROSS THE ACADEMY.

