

Heartbeat



Monday, June 10



Issue 32

You will probably have noticed that we didn't publish Heartbeat last week - the first time since September 2010 that we have chosen not to do so. The sadness surrounding the passing away of our late colleague, friend and teacher, Mrs Isabel Morison, made our usual celebration of good news feel a little out of place. This week's edition is dedicated to her. May she rest in peace.

Arri Throws for Gold...



Sacred Heart Catholic College Athletics teams recently competed in the Liverpool Catholic Schools Athletics Championships at Litherland Sports Park reports Mr O'Malley (Head of PE). Both teams placed third overall, competing against schools from all over Merseyside. Year 7 pupil Arviol Dervishaj (7T) competed at his first ever athletics competition. Arri competed at two throwing events including shot put and discus. Not only did he compete, he impressively won medals in both – gold in discus and silver in shot put. Arri's commitment and dedication was an inspiration to the rest of the Year 7 pupils and this is not the only sporting achievement he has won at Sacred Heart. PE Teacher Mr Duggan reported that several other students also competed well such as Adam Henders setting the marker for Sacred Heart by winning a range of different medals, one being gold in the javelin. Zara Bradshaw also won bronze in the 100m sprint. The Year 9 boys' team also competed strongly with Jacob Slater winning the 1500m and Elliot Williams winning gold at javelin. Joel Pilkington also competed with determination, receiving bronze at the long jump. The Year 8 teams had a very impressive day with Michael Lismore just losing out on gold on the 800m to achieve second place and Georgia Smith winning Silver medal in the 800m. Bobby Currie also won silver at the triple jump while Finley Davies further impressed by winning the 100m and Iris Mason winning silver in the 1500m. Savith Sanmuganathan also surprised a few by going to his first ever athletics competition and winning a silver medal at the javelin. Similar too was Sam Roberts who couldn't compete last Year due to a broken neck. This year he defied the odds by also winning silver at

the discus. Finally the Year 7 teams also had a successful day and medals were won by Dylan Riley in the 200m and Arviol Dervishaj. Alice Pritchard and Emily Jane-Howells also medalled in the throwing events to cap off a very successful day. Congratulations go to all the pupils involved!



‘On your bike Tom’

Tom Thirlwall (8R) recently competed in a Triathlon in Driffield, Yorkshire, reports PE Teacher, Mr Duggan. Tom trained for about two months to build his stamina and muscular endurance for what was to be an extremely tough event. The triathlon consisted of a 300m swim, 8km bike ride, 3km run, and he did it in a staggering 54 minutes. Tom claimed "It was really tough, particularly the run after getting off the bike, but I feel really proud of myself". Mr Duggan, who is also Tom's Form Tutor commented, "Tom's attitude and work ethic within school and extra-curricular sports are fantastic and this accurately reflects his recent Triathlon achievement. I am delighted for him - the hard work paid off!". Well done Tom.



News in Brief:

- GCSE and A Level External Examinations continue (Revision sessions taking place throughout the week)
- Science Primary transition visits take place
Tuesday for St Edmunds and St Thomas,
Thursday for Ursuline
- Thursday - Y7 and 8 Netball Tournament – Wavertree
- Thursday – Y6 Parents Information Evening
- Friday - UCAS Expo Annual Event – Liverpool M&S Arena
- Saturday - Revision classes continue



Sacred Heart Catholic College

Sixth Form Enrolment Day



Sixth Form Centre, Liverpool Road, Crosby, Liverpool, L23 5TF • visit www.sacredheart.sefton.sch.uk

Friday 23rd August 2019

9am onwards

 @SacredHrtCrosby • 0151 931 2971 • email sfadmissions@sacredheart.sefton.sch.uk