

Heartbeat

Tuesday, May 4



Issue 29



Pupils enjoy finally being able to play sport again



Group sport has been greatly missed over the past 12 months.

Now, as we slowly start to see lockdown restrictions lifted, our pupils have been keen to get back outdoors with many taking part in the plethora of extra-curricular activities on offer again.

Head of PE, Mr O'Malley, explains what our young sports boys and girls have been getting up to over the past few weeks.

Mr O'Malley said: "Since returning after Easter, the attendance at our extra-curricular clubs has been outstanding.

"This time of year, we usually have our after school clubs focusing on athletics. However, we have broadened the options to engage as many pupils as possible and encourage maximum participation.

"Last Tuesday, there were more than 70 Year 7 boys and girls participating in football, netball and table tennis.

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Ellie scoops award after impressing her teachers

Congratulations to Ellie Kerruish who has become the latest recipient of our Learner of the Week award.

The award recognises those students who gain the most points throughout the week by meeting our eight core values of integrity, respect, attainment, self-improvement, resilience, effort, kindness and community spirit.

Ellie (8R) received the award after amassing 15 points between April 16-23.

These points came from no fewer than five different teachers in subjects ranging from English, PE, Science, MFL and Music.

Upon collecting the award, Ellie received special praise from Mrs Campbell, who said: "Congratulations to Ellie on receiving the award. It was much deserved after doing so well in her classes that week. Well done." Ellie is pictured being presented with her certificate by Headteacher, Mr Mooney.



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"Meanwhile, last Thursday, we had more than 80 boys and girls across Years 8, 9 and 10 attending football practice, with all pupils being allocated a separate meeting point and field for their bubble.

"Mrs Vine also started a Year 7 breakfast club last week which was well attended by so many keen pupils on a Monday morning."

Mrs Vine said: "As we all know exercise increases the amount of oxygen that gets to the brain and therefore releases endorphins in the body. "Research shows this can help our students increase focus within lessons for between four to ten hours after.

"By extending our extra-curricular sports club to before school, our students can reap the benefits throughout the entire school day. It was lovely to see such a great turn out for our first session with boys and girls from Year 7."



Mr O'Malley continued: "Year 9 girls are also pleased to finally be able to enjoy extra-curricular sport again this term.

"Now that national sporting bodies are slowly lifting restrictions, the girls have chosen to work on a sports carousel system. They have enjoyed catching up on all the sports they have missed during lockdown, starting with football, netball and rounders.

"Our Year 8 and 10 girls have enjoyed sessions led by an experienced local netball coach (and ex pupil), which has enabled them to form community links with local teams. "With several Year Groups winning the Sefton League or finishing in the

top three last year, netball still remains a strong focus within our extra-curricular activities. We have been busy ensuring the girls are ready for the new season, hopefully starting in September.

"We look forward to seeing as many pupils as possible attend and please remember, everyone is welcome."

Extra-curricular timetable

Monday

Y7 (Girls & Boys) Breakfast Club
Y9 (Girls) Upper Sports Carousel
Netball, Football, Athletics & Rounders

Tuesday

Y7 (Girls & Boys) Netball & Football

Wednesday

Y10 (Girls) Netball training - coach led.
Y10 (Girls & Boys) Rounders & Athletics Carousel

Thursday

Y8 (Girls) Netball Training - coach led.
Y8 (Girls & Boys) Football
Y8 (Girls & Boys) Athletics & Rounders Carousel
Y9 (Boys) Football - Upper
Y10 (Boys) Football - Upper

Friday

6th Form Football
Staff Sports