

# STM SPORT NEWS

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[HTTPS://WWW.ST-MICHAELS.BARNET.SCH.UK/SCHOOL/](https://www.st-michaels.barnet.sch.uk/school/)

Welcome to the latest edition of the STM Sports News.

These newsletters will be released after every half term to update you on all the incredible news and achievements!

The physical education department at St. Michael's would like to extend its congratulations to every student who has participated in every fixture since the start of the school year and has worked incredibly hard. Every match is worthwhile and enjoyable to watch since the STM girls always have a great "I can" mentality and a smile on their faces, even in the face of harsh winter weather. We are eager for upcoming competitions and are really proud of our accomplishments to date.



## Woohoo sixth form girls.....

KS5 starting of the year strong with a first win under their belts against The Compton school! Their team work skills and love for the game shined throughout this match. Player of the match Charlotte P.

Additionally, we would like to thank Abigail and Jasmine, our sixth form sports captains, for planning their own charitable sporting events to help raise money for extra PE equipment! As well as assisting with the coaching of extracurricular activities.



# Cross Country



## Run like the wind....

The following students participated in the Barnet cross country championships.

Year 7 – Annie R, Shona O’C , Marie A, Laura MC, Aeris G, Veronica G, Sarah D, Sophie N, Victoria W.

Year 8- Holly C, Caitlin C, Sophia M, Sophia W, Bethany EY.

Year 10-11-sixth form – Federica DG, Lily P, Elisa M, Amelia Z, Sophia K, Rhiannon DC.

A massive well done to you all!

## Middlesex cross country championships



Congratulations to Marie (year 7), Holly (year 8) and Elisa (year 10), for being selected and competing for Barnet at the Middlesex Cross Country Championships which took place at Harrow School.

The course was muddy and hilly, but all three girls powered through with great grit and determination. An amazing achievement to make it to such a huge event and we are extremely proud of their commitment.



# Its coming home !



## Football

We run football club for years 7, 8, and 9 on Mondays and Thursdays. The commitment and drive these ladies have for success is incredible; every week, a large number of students show up ready to compete against other schools and pick up new skills from Mr. Ferry (particularly his corner kick tactics).



## Keep up the good work!

Year 7- Isobelle M, Rachel B, Magdalena P, Lexie W, Lola F, Jenel Y, Erin O'H, Clara W, Laura M, Sophia C, Nell T, Emily S, Tamara N

Year 8 and 9 – Natalia M, Emily L, Marni A, Nicole DS, Milly C, Meron G, Lulia P, Eva C, Skye O'S, Olivia j, Lucrezia C, Amelia W, Gabi U, Lenka.



Special mention goes to Magdalena in year 7 who put in a star performance at the Compton school. Also, well done to Natalia in Year 8 who dominated the midfield in a fixture against Bishop Douglass.



## Boys sixth form basketball... Get your head in the game

We currently have really motivated boys in years 12 and 13 this year who are extremely passionate about basketball. Every given moment of the day, they are playing down in the sports hall.

We are eager for the several games they have coming up and enjoyed the experience of seeing them play against Mill Hill County!

The PE department would like to express its gratitude to Josh M, a high-level basketball player outside of school, for helping to coach the year 7 and 8 basketball club on Wednesday lunchtimes.



# ALEXANDRA - ELEGANCE CUP IN CALAIS



Well done to Alexandra in year 10 who competed in the Gymnastics Elegance Cup in Calais January 2024

Alexandra did really well and placed:

Overall – 1st

Ball – 1st

Hoop – 2nd

Clubs – 1st

Ribbon – 1st

## Olivia A-B year 7 West ham F.C

**West Ham United Football Club**, Technical Development Centre, have recently offered Olivia a further 10 week trial, and Olivia has accepted the offer.

Olivia trains with the **Spurs Foundation**. On Sat 23 March Olivia shall be representing the Spurs Foundation in a football match against the Arsenal Foundation girls' team.

**Arsenal-** Olivia is due to go back to the Arsenal Women's Academy for their next Academy Open Days during the next half term. **Keep up the amazing work Olivia!**



## CONGRATULATIONS TO ALICIA IN YEAR 13

Alicia has been accepted into the England lacrosse National academy. Well done!!!



# YR9 AND YR10 NETBALL VS ARCHER 15/11/23

Our Yr9s and Yr10s played Netball against a very competitive Archer Academy.

Yr10s got off to a slowish start but by the 3rd quarter were cruising their way to victory winning 15 : 5!!!

Yr9s didn't get any cruising time. After the 3rd quarter they were 6: 4 down. However, their knowledge of the game and determination shone through in the final quarter, winning 9: 6.

A huge thank you to Mrs Innes, Miss Tearle, Abi and Jasmine for umpiring what was a rather intense game with both schools extremely passionate about sport.

Well done to both teams on a fantastic achievement and for never giving up.



**Year 10-** Petrolina, Tilly, Eliza, Blossom, Rhiannon, Leah, Melissa, Tiwalade, Amalia, Alessia, Emilia, Amelia, Tara, Lucy , Christabella.

**Year 9-** Michelle, Kaima , Emnet, Olivia, Oluchi, Mia, Emily, Bernice, Noemi, Nora, Annie, Eva, Maja, Muireann, Blessing, Lottie, Kendra.

# Our netball super stars - year 7s



For their first year at STM, the year 7s have had a fantastic start to the year, learning all the positions, rules, and tactics of netball. They have been able to use their knowledge and talent in numerous competitive games, which has made the PE department extremely proud. Every game, Maya, Shona, Millie, Sophia, Laura, Amara, Angel, Ama, Amarachi, Nell, Lola, Joanna, Amelia, Michela, Annie, Susan, Dara, Clara, Advia, Tasha, Adriana, Aeris, Kamsi and more play a great game.



Year 7 student Kamsi has been extremely successful on her netball journey this year. Kamsi is training and playing with both the Middlesex County Netball Association and super league team London Pulse Academy.

Kamsi and her team came first in the Young Barnet Foundation charity netball tournament last summer and has helped her team to stay at the top of the table in the U13 Herts League.

Well done to Kamsi for the great commitment and hard work. We are cheering you on from the side-lines.

# Powerful year 10s



The girls showed amazing team work skills in their game against King Alfred with a 24-12 win.  
Player of match Tilly w



On Wednesday 8th November, the year 10 students took on Hendon in a netball league match at home. Despite the weather conditions affecting the court, the students demonstrated great adaptability and will power to beat their opposition 13-7. The students competed in a physical game of netball and we are very proud of them all. Special congratulations to Mellisa for receiving opposition's player of the match.

**League playoffs**  
Congratulations year 10 for winning their pool making it through to the league playoffs.



# Superior year 9 netball



On Monday 6th November, the year 9 students took on Bishop Douglass in a netball league game and they were triumphant. The students worked together and competed in a physical game where they demonstrated great grit and determination throughout, resulting in a 3-1 victory. Well done to all students involved, in particular, Michele and Emnet for receiving opposition's players of the match.



## Fantastic games

Thank you to the girls who played against Wren Academy winning 8-4. Player of the match Maja.

- Win 9-6 against Archer Academy.
- Win 11-3 against The Compton School.

**Keep up the good work girls.**



## League playoffs

Congratulations year 9s for winning their pool making it through to the league playoffs.

# Year 11 GCSE PE netball

On the 07/02/24 our outstanding year 11 GCSE PE students gave an incredible performance against Wren Academy. The girls won 15–11 because of their intense enthusiasm and excitement for the game. During this match, Zitel, Nicole, and Zara were all on fire! Well done, girls!



## Fantastic year 8 netball

Year 8 students have their chance to shine on Wednesdays after school. They are all excited to represent the school in a sport they love. Particularly Moyowa, who gives everything she has and infuses every practice and game with such joy.



# Sixth form girls vs boys



The outcome of the sixth form game was outstanding. Our STM girls did a fantastic job of supporting the sixth form girls, who defeated the boys 6-4. Both groups performed admirably. Sixth form captains raised a total of £90!

# Dance festival – Year 7 – 10



This week, on March 6 and 8, at the Art Depot, our dedicated and hardworking dance team had the opportunity to showcase their amazing dance performance for educators, parents, and students from neighboring schools. Year 10 students Alessia and Sofia have made the dance team and STM school proud by choreographing this 4-minute piece about the value of using dance to relieve stress with friends.

They were all incredible, and they made the crowd roar!

Cant wait to see what comes next! Keep up the good work girls.

Amber K, 7S

Erin O'H, 7S

Chloe B, 7T

Zoey J, 7T

Diana-Mae, 7M

Millie E-V, 7C

Shona O'C, 7C

Alana W, 8S

Isabella Q, 8S

Sofia W, 8T

Natalia M, 8T

Julia G, 8T

Lottie B, 9S

Anna A, 9C

Amanda G, 9C

Nicole -S-P, 9C

# Year 9 Netball tour - Spain

Huge congratulations go out to the 40 year 9s who participated in the Spanish netball tour. We watched the ladies' understanding and talent of the game increase throughout several training sessions against extremely tough Gibraltar teams. Every pupil on the tour had a great time, including the staff who hope you all created amazing memories!

Wonderful trip thank you year 9





# Year 7 – Gymnastics

Our year 7s have had a great time honing their gymnastics skills as they have learned rolls, counter tension, solo and group balances. The girls have been working in groups to create/perform weekly floor routines where they have to hold each balance for three seconds and make sure that every movement has a clean start and end position. Fantastic gymnastic skills!



