

Rossett PE Newsletter

October 2019



I would like to take this opportunity to welcome you all to the first newsletter of the 2019/20 academic year. We are building on the successes of last year's fixtures' calendar as we look forward to this new academic year.

I would also like to welcome new students and their parents in Year 7 - we are delighted to welcome you to the 'Rossett Reds'.

As you will know we have re-designed our Rossett PE kit and we now have our own 'Rossett Red' identity; I firmly believe we have a PE kit that the students take immense pride in wearing. They certainly look impressive in PE lessons and at school fixtures.

So, this year... I look forward to some amazing wins, some magnanimous defeats and some funny moments. We must all remember that sport is a fantastic way for our young people to develop and we will embrace all challenges that come our way.

I thank you in advance of your support in the forthcoming year - I strongly believe that staff, students and parents working together as part of Team PE achieve 'Success for Everyone'.

Mr Bradshaw
Head of PE



#ROSSETT REDS



The new-design PE kit for the Year 7s looks outstanding and really reflects the vibrancy of 'Team PE'.

You can purchase the new kit for any student in any year group at Rawcliffes on Bower Street. Those students who are part of a sports team can also order a personalised team top or dress with their surname on the back.

#aspire



Park Run

The park run takes place every year around Rossett School and neighbouring streets over a distance of 2.5km. This year we have been lucky enough to not get wet!

This gives the PE department a chance to select a Rossett Cross-Country Team for the forthcoming Harrogate and Craven Cross Country Trials.



Winners!

Year 7:

Boy - Alfie Lumsden- 8.52

Girl - Amelia Stoye 10.46

Year 8:

Boy - Sam Crebbin- 9.22

Girl - Sophie Murray- 10.13

Year 9:

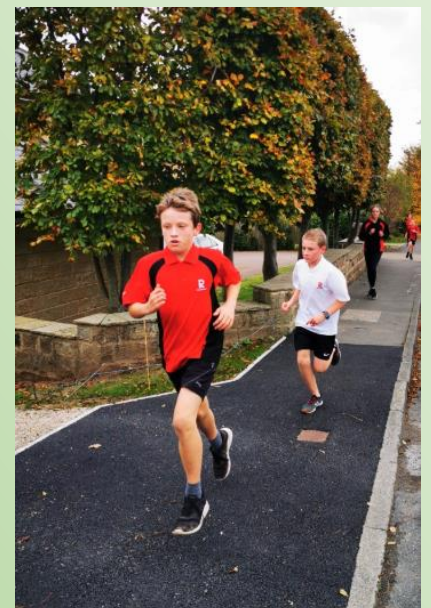
Boy - Jacob Szymkowiak had the lead up until yesterday with 8.45, Dom Balme pipped him yesterday with a time of 8.43 and today Charlie Lumsden blew them both out the water with a time of 8.32!

Girl - Lydia Corner- 9.37

Year 10:

Boy - Matt Ellmore- 8.47

Girl - Anna Mitchell- 11.12



Area Selection for Renton



Jessica Renton has been selected to represent North Yorkshire in hockey.



Jess narrowly missed out on selection last year but has shown resilience all year to improve her knowledge and advance her skills in the game.

Good Luck!

She has been a great asset to 'Rossett Reds' demonstrating great commitment to hockey training and games.



WORLD MENTAL HEALTH DAY



Marcus Chapman and Ben Dave from the Harrogate Early Bird Run Crew and CALM came to visit Rossett Sixth Form to raise awareness and promote the benefits of exercise on our mental wellbeing. The group then put their advice into practice and went out on a short run around the Rossett area. Both Ben and Dave are working closely with the school and PE Department to launch a Rossett Running Crew which will start on the 6th November. If you would like to get involved, come to the PE Office or the Sixth Form for further details.

HOCKEY



The hockey season is well under way. The U15 Girls narrowly missed out to QE 2-1 and Grammar 3-2 POM- Ella. The U14 girls played a close match against QE. The Year 7 A&B team played their first matches against QE with one win and a loss. POM- Georgie, Ruby and Serenity.



NETBALL



The U15 team were very unlucky just missing out to a well drilled St Aidan's team 19-13. POM- Meahan.



The Year 7 A&B team played St John Fishers' for their first matches of the year. The A team losing 3-0 and the B team won 1-0. Excellent play by all. POM- Eve and Laura.



Year 9 team showed some great potential and resilience in their recent Area School Tournament at Ashville.



The U13 team had a close loss against the St John Fishers' A team and a well-deserved victory against the B team. POM- Stella and Jess.



FOOTBALL FRENZY!

Year 9A Boys are through to the next round of the County Cup with a win against Ryedale School.



The Year 10A boys are through to the next round of the County Cup beating Outwood Ripon on penalties.

Year 7 Girls beat Queen Ethelburga's School 7-1 in a friendly showing great potential for their forthcoming fixtures.

Year 11A and B Boys are through to the next round of the National Cup following wins against Harrogate Grammar and Swift Academy.



ROSSETT RUGBY



Year 7 played in the White Rose Rugby Tournament at Thirsk. A very encouraging start to the year with four wins overall. Players of the Tournament- Fabian and Dillon.



U13 girls came away with a win, a draw and a loss in their first ever tournament.



Year 10 narrowly lost 35-30 to King James's School.



The Year 7 and 8 Rugby Team had an outstanding performance at the Quilter Rugby White Rose Festival where both teams remained unbeaten and won all of their games.



PE SUPERSTAR

For this Half Term

Ken Byrne



Our Rossett PE SuperStar for this half term is Ken Byrne, Year 11. Ken has recently achieved a Merit in his BTEC Sport Level 2 exam displaying excellent responsibility, resilience and reflection throughout the year, along with a great work ethic. As well as being a fantastic representative in examination PE, he has shown his commitment to playing for the football B team and scoring a goal in every match. Ken is an exceptional learner in PE and is a fantastic representative of PE in Rossett School.

Karate Success

I started my Karate journey when I was five years old at an after-school club at my primary school. I didn't even know what karate was but it sounded interesting. After going for a few months I had really taken to it and joined a local club, Harrogate Shotokan Karate. Five years, a lot of training, commitment and competitions later I passed my 1st Dan (black belt) grading.



Karate has taught me a lot about myself, I have developed great resilience and discovered that hard work really does pay off. This weekend I competed at the Scottish National Championships and I was very pleased to come away with two medals – a bronze in Kata and a silver for Kumite!

Eilidh Owens (7xLGM)

Meet Mr Conn

About me:

I am a Trainee PE Teacher currently studying at Leeds Beckett University. Rossett is my first placement and I will be here until December. I am looking forward to getting to know all of the students and will also be offering some Rugby sessions on a Wednesday after school.



Sporting success:

I currently play Rugby Union for Old Millhillians Club and have represented Team GB in rugby for the Maccabi Games.

Sporting hero:

My idol is Robbie Keane

Aims for the future:

My aim is to become a PE teacher and in the future I would love to become a Headteacher.

Education: I have a BSc Hons in Sports Coaching at Leeds Beckett University and graduated with a 1st Class Honours. I am currently completing my PGCE 'PE with Geography' course at Leeds Beckett University.

Sporting interests:

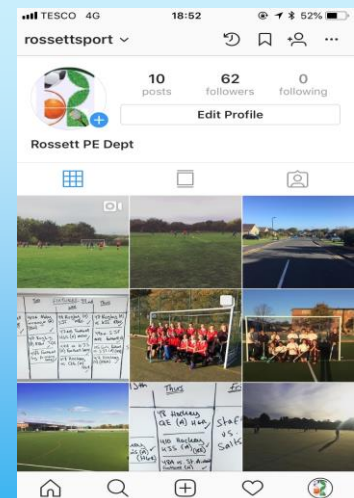
Coached tag rugby in Zambia, school and rugby in New Zealand



Rossett PE Department is on Twitter and Instagram!



@rossettpe



Follow us to keep up to date with weekly fixtures, team sheets, results and achievements.

AFTER SCHOOL CLUBS 19/20

2019/2020	After school opportunities		
	Team	Staff	Facility
Monday	Year 7/8 Netball	APN/KFN	Sports Hall/Courts
	Year 9/10/11/6 th form Hockey	HGR	3G/MUGA
Tuesday	Girls' Rugby (all years)	External coach	3G/Field
	Boys' & Girls' Tennis (all years)	External coach	Courts
Wednesday	Year 7/8/9/10 Girls' Football	MSW/IRE	MUGA/3G
	Year 10 Football	MFE	3G
	Year 7/8/9/10/11 Rugby	RSN/JCG/CWN/MBU	Fields
	Year 10/11/6 th form Netball	KFN/NMY	Sports Hall/Courts
Thursday	Year 7/8 Hockey	HGR	3G/MUGA
	Year 9 Netball	NMY	Sports Hall/Courts
Friday	Year 7/8/9 Football	RSN/RBW/MFE	Fields/3G/MUGA

If you are interested in joining any of the clubs please ask your PE Teacher or come to the PE Office at break or lunchtime.

To play in after school fixtures you will need to complete a consent form which you can get from the PE Office.

You can get a late bus pass (4.30pm) from Student Reception if you have an after school club.