



Period 7

Dear Student,

The new year brings the 2018 exam season into sharp relief. It becomes a ground-rush to secure content knowledge, practise and hone skills, and to prepare oneself fully for the challenge ahead. As with most things preparation is the key; those who have worked hard and prepared themselves fully view the exams as an opportunity to demonstrate their expertise. Conversely, those less well prepared may view the examinations as a threat and an insurmountable obstacle. With this in mind, 'Period 7' is to be instituted from Monday, 8th of January 2018. 'Period 7' is an hour of additional schooling available to all Year 11 students, from 3.00pm-4.00pm, from Monday-Friday. This was introduced last year for all Year 11 students, attendance had a remarkable and positive impact on outcomes for those students who attended. I can only recommend that, as a Year 11 student you attend in both person and spirit.

The only condition to 'Period 7' is that you attend through your own volition: because you want to be there, as you will understand yourself, this is imperative. The maxim, '*you get out what you put in*' is never more-true. 'Period 7' is only one part of the preparation for your future success; in addition to this you will require 100% attendance, full concentration and a brilliant work ethic in all lessons, conscientious completion of your homework and effective revision. Netherhall School is here to support you in this endeavour. It is a partnership, a triumvirate in which students, teachers and parents all play a responsible and active part in working together. The 'Period 7' lessons are:

- **Monday – science: biology, chemistry & physics**
- **Tuesday – maths, which starts after Feb half-term (Tuesday, 20th of February)**
- **Wednesday – Religious Education (am) & French (pm)**
- **Thursday – geography & history**
- **Friday - history**

I sincerely hope that you will attend and take advantage of this brilliant opportunity. It is also worth mentioning that all the teaching staff give their time freely and willingly for your betterment. In other words, they attend 'Period 7' through their own volition, because they want you to do as well as possible and to fulfil your considerable potential. I look forward to seeing you in 'Period 7'.

I look forward to seeing you in 'Period 7'.

Mr D W Tromans
Headteacher

Netherhall School First Impressions

First impressions count, rightly or wrongly, one forms an opinion about someone or something from their first impression, usually what they see and what they experience in that first critical interaction. This is true of schools, as it is for anything else. Take a look at Netherhall School's reception:



Visually, it tells you that Netherhall School is all about the students: excellence, enrichment, participation, creativity, community to list but a few. In other words, the variety and quality of what takes place at Netherhall School and how brilliant the students are. One is struck by the array of opportunities and the students' sheer enjoyment, clearly transmitted through the images, all under pinned by an absolute and serious regard for safeguarding and the welfare of students.

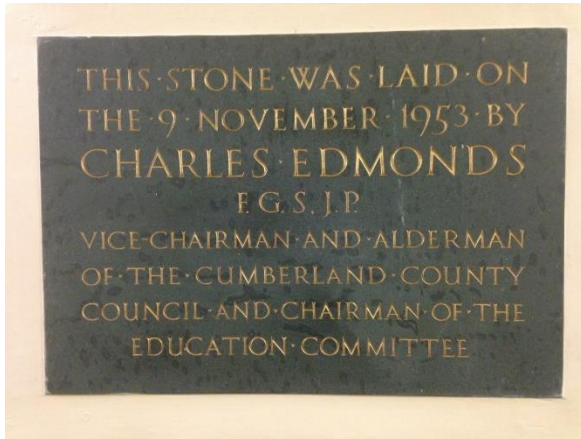


As one meets the excellent Netherhall School reception team, all these qualities are confirmed. Making a good first impression really is important; it sets the tone for everything that flows from that initial contact.

Mr D W Tromans
Headteacher

Netherhall School Foundation Stone

The foundation stone of a school is a powerful symbol of the school's identity. It should be a focal point of the school and cherished part of the school's heritage. Until recently, the foundation stone was obscured behind cupboards and layers of perspex. It has now been renovated and reinstated to pride of place in the school, symbolising the rich heritage of the school.



I suspect you'll agree with me that it is an impressive object that all students, staff and visitors should see and read, as it helps to build identity, a sense of community and the idea of belonging to something far bigger and more enduring than oneself.

Mr D W Tromans
Headteacher

Netherhall School Honours Boards

Honours Boards in school are very special, as they recognise and celebrate the achievement of the school's former students. The Netherhall School Honours Boards have been brought up-to-date and placed pride-of-place in the school's central corridor, where they now get the recognition and interest they rightly deserve. I am hugely indebted to Miss Janet Carter for contacting alumni and collating the honours information.



If there is anyone who has not been contacted and would like their name, institution and degree included on the Netherhall School Honours Board, please get in contact with Chris Freeland through the school office.

Mr D W Tromans
Headteacher

From Past to Present – Ned Smith

At the recent Remembrance Service at the excellent St Mary's Church it was both a delight and surprise to learn that the great granddaughter of Maryport's Edward Benn Smith, commonly known as 'Ned Smith' VC (Victoria Cross) and DCM (Distinguished Conduct Medal) is Year 11 Netherhall School student, Rebecca Woods. Rebecca was helping out at the recent Remembrance Service, under the first-rate guidance of the Reverend Susan McKendrey and the excellent Linda Radcliffe. When, with great pride the Netherhall School students were shown the memorial to 'Ned Smith', Rebecca casually announced, **'That's my Great Grandad.'**



Ned Smith joined the Lancashire Fusiliers at the outbreak of the First World War. He served throughout the entirety of the First World War and was awarded the highest and most prestigious medal for gallantry – The Victoria Cross, for actions during the Hundred Days Offensive in the Somme region of France. His citation reads:

'His personal bravery, skill and initiative were outstanding, and his conduct throughout an inspiration to us all.'

A local West Cumbrian newspaper reported,

'Sergeant Smith is not only a VC, but looks like it. He is a British soldier every inch of him. He is an A1 man from the crown of his head to the soles of his feet. He has not only won the VC, he has a chest on which to display it.'

Rebecca is a fabulous young student of formidable moral purpose, championing local community causes, campaigning for social justice and improved public services. She is a key member of the Netherhall School Student Leadership Team: sitting on the school council and an integral part of the Year 11 prefect team. Rebecca was part of the trio who were recently nominated and shortlisted to the final three for the West Cumbria Young Volunteer of the Year Award.

One does not have to look too long at the pictures and read the text to see the similarities. I suspect Edward Benn 'Ned' Smith would be incredibly proud.

Rebecca is a champion of Netherhall School.

Mr D W Tromans
Headteacher

Netherhall School Carol Service, 2017

The school enjoyed its second annual carol service of recent years at the fabulous St Mary's Church on the final afternoon of Friday, 15th of December 2017. The service was led by the excellent Reverend McKendrey with first-class musical accompaniment by the multi-talented Robert McKendrey. The school service is about bringing all of the school together to celebrate Christmas spiritually and as a community, reflecting on the year, drawing the autumn term to a fitting conclusion and wishing everyone a Merry Christmas and Happy New Year.



The school carol service at the beautiful St Mary's Church in Maryport with the brilliant Reverend McKendrey is the perfect way to mark a seminal point in the year.



There was a really friendly, community Christmas atmosphere in St Mary's Church, the highlights of the service, for me, were the carols performed by the Christmas Choir...

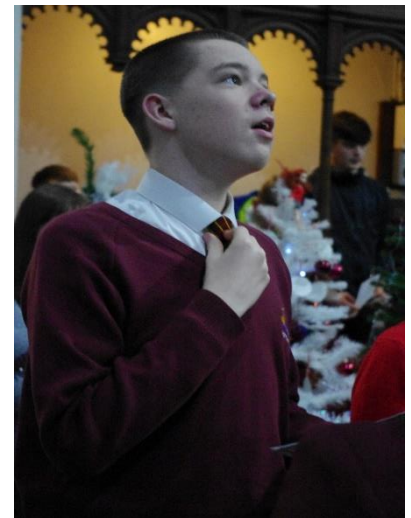


the excellent readings:

- **Luke 2:8 – 20** by Head Boy - **Matthew Ridley**
- **Isiah 9:2 – 7** by Head Girl - **Chloe Wilkinson**



- **John 1:11 – 14** Lewis McDowell - Deputy Head Boy
- **Matthew 1:11-23** by Deputy Head Girl - **Dora Crossland**



- **'Cider with Rosie'** by Laurie Lee, Jan Clarke - **Chair of Governors**

The audience participation in 'Rudolph the Red-nosed Reindeer'.

Mr D W Tromans
Headteacher

Netherhall School Year Group Areas

Year group areas are an important place for young people to congregate and socialise. Netherhall School is fortunate in that there are lovely places in which students can choose to spend their break and lunchtimes, in addition to the library or attending any one of the array of enrichment clubs.



As one can see, the students appreciate the smart places in which to spend their recreation time, look after them and keep them in pristine condition.

Mr D W Tromans
Headteacher

Reading Superstar Jonathan Steele

Netherhall School runs a raft of different reading initiatives, all encouraging a love for reading independently. Every half-term there are at least thirty students who win a book token for their brilliant attitude, effort and achievement in reading. However, there is one student - Jonathan Steele in Year 9 who is the stand out reading superstar!



Since September, Jonathan has accrued a **massive 164.5 points**, which broadly equates to twenty five books read between September and December, with a colossal **word count of 1,164,096** – well over a million words! Each book is from the reading challenge library, which is a collection of classic seminal works of children's literature – ‘a rites of passage’ for all young people. Jonathan usually **achieves 100%** in all of the associated quizzes, proving that he has fully read and has an in-depth understanding of the characters and text.

In addition to being an avid reader, Jonathan is a polite, charming young man, who is an excellent student and a delight to be around in school. In short, Jonathan is a reading superstar and a champion of Netherhall School.

Mr D W Tromans
Headteacher

An Interview with Harrison Savage

Harrison is a modest and unassuming young man; however, this belies his exceptional tennis talent. This is a young man who has won 23 County tennis titles, represented Maryport Tennis Club since the age of ten, Cumbria tennis teams at practically every age level and is the 2017 Heversham and Milnthorpe Men's Singles Club Champion. He currently totals over 130 separate tennis trophies to his name.



Harrison started playing at the age of five, immediately fell in love with the game and was quickly talent-spotted by the excellent tennis coach, David Wise. Thus began Harrison's long and fruitful association with Maryport Tennis Club. Harrison won his first mini-red tournament in Silloth at the age of six and has not looked back since. He has represented the County at every age level from U9 to U18 in all formats of the game: singles, doubles and mixed-doubles. He currently partners GB tennis star Ali Hassan in doubles competitions.

Harrison trains between Heversham and Carlisle three days a week, attends training camps in Sotogrande, Spain and tennis tours in Majorca.

Harrison's tennis heroes are the legendary Andy Murray and the enigmatic Gael Monfilis.

He recently completed and passed with 'flying colours' his Level 1 Tennis Coaching Certificate and I know from personal experience that Harrison runs superb coaching sessions for aspiring tennis stars. Harrison's ambition is to attain a tennis scholarship at an American University and to become a fulltime professional tennis coach.

Harrison's talents are not only in being a brilliant tennis player and coach, he has outstanding academic ability, is impeccably well mannered, has a first-class attitude and is incredibly humble about his obvious talents. In short he is an excellent student and a delight to be around.

Harrison is a champion of Netherhall School, school sport and a superb role-model to all Netherhall School students.

Harrison, good luck in everything you do.

Mr D W Tromans
Headteacher

An Interview with Taylor Charters

Taylor Charters is one of the stars of the Year 11 football team and has recently signed a professional contract with Carlisle United Football Club.



Taylor started his illustrious football career at the age of five, playing for Solway Sharks. He was quickly talent spotted by Carlisle United FC's youth team where he has remained a key member of Carlisle United FC's youth programme.

As an ardent Liverpool supporter, Taylor's boyhood hero was the amazing Steven Gerrard and is latterly the great Philip Coutinho. Recently, in Carlisle United's memorable 2015 League Cup run, Taylor got to combine both of his passions for football with a trip to see Carlisle United play the mighty Liverpool at the iconic Anfield. Taylor has the ability to play in a number of key roles, Utilising his lightening quick speed, outstanding agility, cat-like balance, deft touch, silky skills and rocket launcher shot from anywhere in midfield, left wing or centre forward.

He has been brilliant as centre forward for the Year 11 school team, also representing the Allerdale District football team and consistently playing for Carlisle United FC at all age groups from U9-U16 level. It is also worth saying that very few players achieve this feat, let alone achieve a professional contract at sixteen years of age, so Taylor's achievement cannot be overstated.

As one would hope and expect, Taylor's ambition is to become a professional footballer, to play for Carlisle United FC and hopefully Liverpool FC. A mark of the quality of the young man is that he recognises and appreciates the tireless support and commitment of his parents and attributes his considerable success to them.

Taylor is not only a brilliant footballer, he has outstanding academic ability, is impeccably well mannered, has a first-class attitude, is incredibly humble about his obvious talents and is a delight to be around.

The school wishes Taylor every success in his professional contract with Carlisle United FC and look forward to seeing him grace the hallowed turf of Brunton Park. Taylor is a champion of Netherhall School, school sport and a superb role-model to all Netherhall School students.

Taylor, good luck in everything you do.

Mr D W Tromans
Headteacher

An Interview with Frazer Hansen

Frazer is a young man of remarkable talent, passion, steely determination and dedication. Anyone who has taken the time to talk with Frazer about his passion for moto-cross will quickly understand his fearless commitment.



Frazer first got on a quad bike at the tender age of four, which quickly led to his first moto-cross race at the age of five, under instructions from his Dad to, **'Take it steady son and just enjoy the race'** Frazer placed second in his first race of the day and won the second, immediately demonstrating an absolute natural talent.

Frazer, by his own admission, has been incredibly lucky to have the support of brilliant people: Mum and Dad, Kath & Steve Lawson, the remarkable Simon Lawson and speedway star Dan Bewley (both former Netherhall School students), who together have nurtured, educated, supported and guided Frazer every step of the way. Including, Peter Bell, Les Cartmel and Eddie Pullin, who commit considerable time and effort to photographing charting Frazer's considerable talent. Frazer is hugely appreciative of all of their support and attributes his success to the people named above.



Frazer has competed for Cumbria MX at all levels, currently racing at National level on a 125cc Husqvarna, having recently been 'passed off' to ride in the 14-18 age category, which is above Frazer's actual age of 12. Amazingly, Frazer currently ranks in the top three nationally in the 14-18 age group, regularly competing all over the country against a full field of 42 riders. It is Frazer's ambition to move up to the 250cc class at the first possible opportunity to race in open-age competitions.

As one would hope, it is Frazer's ambition to become World Champion. The moto-cross racing season runs from March to September, at present Frazer is racing most weekends and working hard on his skills and fitness, combining gym sessions with practising his riding skills on his BMX and mountain bike. In addition to this, Frazer plays for the Netherhall School Year 8 Football and Rugby teams.

Frazer is a champion of Netherhall School and school sport. He is an absolute pleasure, always polite, friendly, willing to engage in conversation and incredibly modest of his considerable talents. When talking to Frazer about moto-cross, his enthusiasm, love for the sport and appreciation for those who have helped and supported him is evident.

Frazer, be safe and good luck in everything you do.

Mr D W Tromans
Headteacher

Sixth Form trip to New York City – Monday 8th to Friday 12th January 2018

Over the last week nineteen Year 13 students have had the fantastic opportunity to visit New York City. We departed Netherhall School at 3am on Monday, 8th January with our flight leaving Manchester Airport at 9am. A busy first day of travelling saw us arrive at the Heritage Hotel, Chelsea at 2pm New York time, and half an hour later we took the opportunity to visit the world's largest department store, Macy's before heading up the Empire State Building where the views afforded were breathtaking. Our evening meal followed at a 1950's style diner, Tick Tocks restaurant, after which we all headed to Times Square to finish the day before heading back to the hotel for a much needed sleep.



Year 13 students in Central Park



Year 13 students at the famous red steps in Times Square

Our first full day in New York was similarly hectic with breakfast at the Stage Door Delicatessen which was superb before we headed to the Guggenheim Museum on Fifth Avenue where we saw many priceless pieces of art. A guided tour of the Radio City Music Hall followed and we even had our photos taken with one of the famous Radio City Rocket dance troupe. Following a visit to MacDonaldis in Times Square we headed to the Circle Line boat tour around Manhattan which took us up to the Statue of Liberty and underneath the Brooklyn Bridge which provided us with some fantastic photo opportunities. A second visit to Macy's followed before we headed for our evening meal at the Hard Rock Café and some free time in Times Square before we once again retired for the evening.

Wednesday, 10th January saw a guided bus tour of Manhattan where we visited the Cathedral of St John the Divine, Columbia University, Central Park, Fifth Avenue and Chinatown before we were dropped off at Battery Park. We then took a walking tour to Wall Street and saw the famous New York Stock Exchange before lunch in the financial district at George's Diner. The afternoon saw us visit the 9/11 memorial and museum which was a highly moving and informative tour which the students got a great deal out of. The evening was spent watching 'Wicked' on Broadway before our evening meal at Bubba Gump's restaurant where two of our students, Lewis Todd and Shellby Towers were serenaded by staff as it was their 18th birthdays!



Daniel Bell, Lewis McDowell and Jay Quayle in front of the Freedom Tower and Manhattan skyline

Our final day in New York was similarly hectic and we were up early at 7.30am to visit Brooklyn for breakfast before we walked into Manhattan across the Brooklyn Bridge which was a fantastic experience. We then visited the Grand Central Station before spending a couple of hours shopping on Fifth Avenue at world famous stores such as Tiffany's. Following a last lunch at the Stage Door Delicatessen we headed to Newark Airport to begin the long journey home. We arrived back at school at 11am on Friday, 12th January exhausted but having had the trip of a lifetime. I would like to thank the students for their conduct on the tour. They were fantastic ambassadors for the school as always and were excellent company. They are a great credit to themselves, their families and our school.



Year 13 students in front of the Statue of Liberty



Year 13 students on the Brooklyn Bridge



Year 13 students outside Tiffany's on Fifth Avenue

Netherhall School Community Heroes

Three community stars of Netherhall School were anonymously nominated for the prestigious '**West Cumbria Young Volunteers of The Year Award**'. Chloe Wilson, Rebecca Woods and Reece Pocklington were shortlisted to the final three for the award amongst hundreds of other nominations.

Chloe, Rebecca and Reece were honoured and delighted to be nominated for their substantial community work. All three students have led numerous community campaigns, like the excellent '**We Will**', a mental health initiative focused on supporting young people; the high profile and impressive '**Save Our Beds**' campaign, aimed at retaining the vital Maryport Cottage Hospital. They are all active members of the effective and respected **Ewanrigg Local Trust**, running the social committee, organising public events, managing budgets and working on various initiatives to improve the local community.



All three students are part of the Netherhall School Student Leadership Team, holding positions on the School Council, are prefects and were instrumental in the school's recent successful Christmas production of 'A Christmas Carol'.

In addition to this, all three students are achieving excellent grades and are three of the most delightful, positive and committed young people one could wish to meet. I am confident that each of them will be successful at whatever they choose to do. All three students are community champions of Netherhall School.

Mr D W Tromans
Headteacher

'This girl is on fire...'

Abbie Charters is not just a brilliant academic Netherhall School student and fabulous young person, Abbie is the **BRITISH JUNIOR TAP DANCE CHAMPION!** Abbie won the Theatre, Dance Council International British Junior Tap Dance title this summer at Fleetwood Hall.

Abbie has been dancing since the age of 2 – not long after she could walk! She currently trains four days a week at the excellent Rumney Greaves Dance Academy in Workington, where she dances: Modern, Ballet, Song, Musical Theatre, Jazz and Commercial with fellow excellent Netherhall students Jodie Ismay and Demi Stoddart. Abbie regularly clocks up between 15-20 hours of dance every week, alongside completing all of her homework to a first-class standard and getting excellent grades.



Abbie's inspiration is former Netherhall School girl Rio Collins, who is now studying Dance in London. At the Rumney Greaves Dance Academy, Abbie credits Miss Jade and Miss Denise for their excellent dance tuition and inspiration. Behind every great sports person, there is great family support, modestly, Abbie said her achievement is all down to Mum, Dad, Grandma and Grandad for their unstinting support, as Abbie says, '**I couldn't have done it with out them!**'



Abbie's ambition is to have a career in Dance: winning the British Tap Dance title and being a top student is a good way to set about achieving your dream.

Abbie is a champion of Netherhall School.

Mr D W Tromans
Headteacher



Reading Challenge Winners

At Netherhall School there is a reading challenge every half-term. The Foyle Foundation – Foyle's Bookstore, generously granted the school £6,000 to set up a reading challenge and to re-stock the library with classic seminal works of literature. The notion is that these books should be a 'rites of passage' for all young people.



At the end of each half-term, the points are totalled, a boy and girl from each form group from Years 7, 8 and 9 is identified and presented with a £5 book token in recognition of their achievement.



Well done to all those students who won the autumn 2 reading challenge. Remember: there is another £5 book token to be won at the end of the spring 1 half-term.

***A READER LIVES A THOUSAND LIVES BEFORE THEY DIE.
A PERSON WHO NEVER READS LIVES ONLY ONCE.'***

'Dance with Dragons',
G.R. Martin

Mr D W Tromans
Headteacher

Upcycle Project

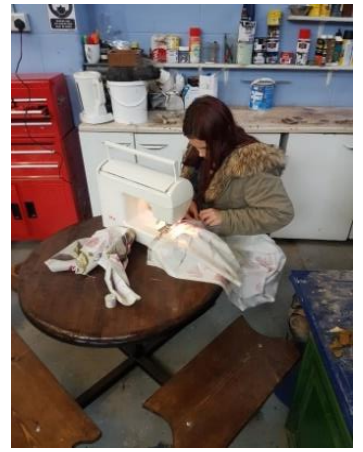
North Allerdale Development Trust have been working with a group of Year 9 and 10 Netherhall students for the past eight weeks.



The project they have been attending is an upcycling project whose values are very similar to the five principles Netherhall promotes, and achieves this through practical activities.

The students have independently travelled from Maryport to Wigton, always turning up to the project on time and ready to work. They have been polite and courteous to staff, volunteers and the general public who they have come into contact with.

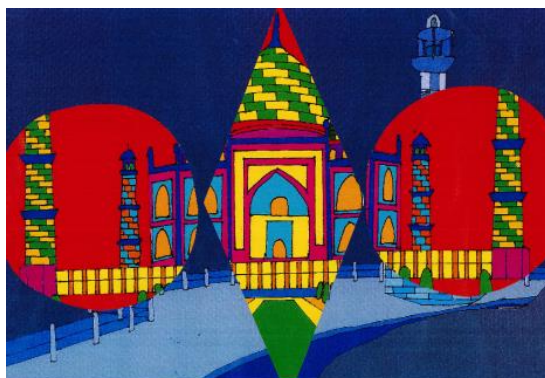
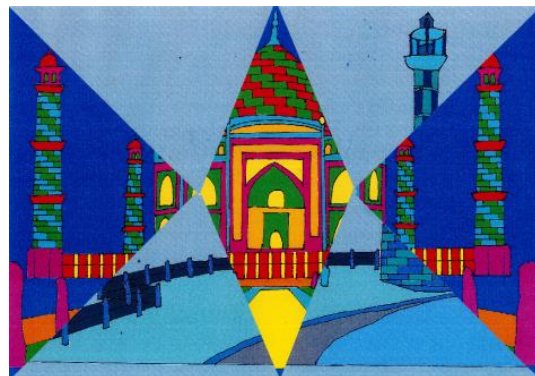
Amongst the items students have made was a selection of Christmas decorations which we have been selling (very successfully) to raise more funds for the project, and this would not have been possible without the enthusiasm of this group of young people.



The six students who have attended and completed the project are;
Mikell Anderson, Naomi Curwen, Devon Banks, Billy McCormick, Nathan Langcake and Taylor Kane

Mrs Holliday
Head of Pastoral

Artist of the Fortnight Luke Wilson



Luke has created the three pieces of work featured here for his mock exam and are all based on the theme of 'Order and Disorder'. He wanted to look at the idea of fragmenting an image, making it disordered and researched the work of Jelle Martens and Michael Craig Martin before reaching his final design. The images used were of Maryport lighthouse and the Taj Mahal to show a contrast between the two places. Luke created these wonderful pieces of art using traditional drawing combined with Photoshop to add bright splashes of colour. Well done Luke on creating such fantastic pieces of work, you should be very proud.

Mrs Stead
Head of Art, Design and Technology

Guidance Lessons

Here at Netherhall School we have a fantastic group of young people. In our regular guidance lessons Ami Wignall, from the 6th Form, joins my Year 7 class. This makes for more varied and interesting experiences, which boost motivation levels, encourage group cohesion and ultimately result in a better comprehension of the topic.



Here is an example of one such lesson. The students were learning about reading body language and facial expressions, rather like the game Articulate

Ami kept the class on their toes and as you can clearly see the lesson was a huge success. Best actor award went to Civan and Casey Jo.

Well done!

Mrs McKenzie
Head of Year 7



Managing Medication Procedures – Important information for parents/carers

We recognise that from time to time students may require medication within the school day. However, we do have to adhere to guidelines to ensure the safety of our students. With this in mind, we would like to point out some procedures that we must follow:

- Some students may need to take prescribed medicines during their time in school. This will usually only be for a short time period, e.g. to finish a course of antibiotics. Parents/guardians must come into school and arrange this with reception.
- Children should not be sent to school with their own medicine (prescribed or non-prescribed) as this poses a health and safety risk to other children.
- Staff will not administer non-prescribed medication i.e. paracetamol, unless there are exceptional circumstances and where there is specific prior written permission from a parent/guardian.
- If a child suffers regularly from frequent or acute pain parents should refer the matter to their child's GP.

Parents/guardians have the prime responsibility for their child's health and should provide the school with timely, complete information about their child's medical condition. If your child has a medical condition that we do not know about, please contact the school, your child's Head of Year or Mrs C Savage (Assistant SENCO).

KEY TERM DATES		
SPRING TERM 2018		
STARTS	ENDS	HALF – TERM HOLIDAY
Thursday 4 January	Thursday 29 March	Monday 12 February – Friday 16 February
EVENTS, TRIPS AND VISITS THIS HALF TERM		
15 to 19 January	Careers Week	
Thursday 18 January	Year 11 Parents Evening	
Monday 22 January	Year 8 Option Evening	
Thursday 8 February	Year 9 Parents Evening	

Exams Information

Summer 2017 Examinations

Certificates for examinations taken in May/June 2017 will be available for collection from Netherhall School reception 8.30 – 16.00

Spring Term 2018 Examinations Internal

Year 12 – Mock Examinations commence 19th January

Year 13 – Mock Examinations commence 22nd January

Year 11 – Mock Examinations commence 29th January

Year 10 – English Literature internal examination week commencing 5th February

Year 8 – Internal Examinations week commencing 19th February

Year 11 – Mock examinations week commencing 5th March

Mock/internal examinations are very important to students and staff to highlight any areas that may need further support.



SPORTS NEWS



U13 Allerdale Rugby Union Tournament

On the 23rd November 18 pupils were entered into the Allerdale Rugby Union Tournament at Westlakes College. Netherhall played Workington Academy, Beacon Hill and Keswick. Not only did the pupils have to battle against the opposition but also the weather, which went from cool and sunny to freezing winds and rain. However, this did not stop the boys who beat Beacon Hill and Keswick and drew against Workington Academy. An excellent afternoon out. Well Done boys!



U13 Vs Workington Zebras

Year 7 and 8 had a great evenings rugby at Workington RFC. We had enough pupils to split into 2 teams, where each team won a game and lost a game against 2 very strong teams from Workington Academy and St Joseph's School. All pupils worked well despite the weather being bitterly cold.



U12 Emerging School Tournament

After being cancelled back in October this was eventually played on the 4G at Lakes College. The Year 7's had a fantastic afternoon demonstrating they have the ability and makings of an excellent Rugby Union team. They convincingly beat Dallam School and Workington Academy and drew against Whitehaven and West Lakes Schools.



Allerdale Schools Cross Country

Well done to all the pupils who participated in the Allerdale Schools Cross Country at Cockermouth this month. It was a very cold afternoon but all pupils braved the weather to put in a fantastic effort.

A special mention to Zane Alderson, Lewis Moore, Ashtyn Skillen, Aaron Fitzpatrick, Keenan Musgrave and Aaliyah Holmes who have run themselves into the Allerdale squad to race at Cartmel on Wednesday, 17th January.



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The Cumbria County Schools Cross Country competition was held on Wednesday the 17th October. We had 7 pupils taking part representing Allerdale against the other 5 districts of Cumbria.

It was an exceptionally cold but sunny day, with very tough conditions underfoot. All pupils gave it their all and put in some excellent performances to find their position in the County. Aliyah and Brad did exceptionally well as they were both competing in bottom of their age groups against pupils in the year above.

The results:

Minor boys - Dalton Alderson 13th, Aaron Fitzpatrick 14th and Ashtyn Skillen 30th

Junior Girls - Aliyah Holmes 40th

Junior boys - Keenan Musgrave 35th

Senior boys - Brad King 12th

Well done to all pupils involved, you should be exceptionally proud of yourselves.

Year 7 Girls and Boys 5 a-side Indoor Football

Well done to the Year 7 girls and the boys 5 a-side team who played at Workington Sports Centre on the 12th December.

The girls played 2 matches against Workington Academy. In their first game they drew 0-0. In the second game they lost 1-0. This is a fantastic result for a team who have only been training together since September and only played 2 matches.

The boys team played 3 games. They beat Beacon Hill and Solway School and drew against Workington Academy. This is a great set of results and I am pleased to say that they won their tournament on goal difference.

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Netball News

As netball practice was so well attended last term we have decided to continue with practice on a Thursday after school from 3-4pm. There will be a number of our older more experienced netball players coming along to help coach and educate the younger players including Angel McCormick (Year 11), Lauren Gorge (Year 12), Emily Southwell (Year 12) and Lauren Gorge (Year 12).

The remaining fixtures and tournaments are:

Monday 29th January v Workington Academy
Thursday 22nd Feb – Yr10 Tournament @St Benedict
Wednesday 7th March –Yr 8 Tournament @ NTS
Tuesday 27th Mar – Yr 7 Tournament @ NTS

Myself and the netball team are also very excited about the possibility of designing a new bespoke netball dress for Netherhall. The girls will be able to wear these dresses at tournaments and some matches. Watch this space....

U13 Vs Workington Zebras

Year 7 and 8 had a great evenings rugby at Workington RFC. We had enough pupils to split into 2 teams, where each team won a game and lost a game against 2 very strong teams from Workington Academy and St Joseph's School. All pupils worked well despite the weather being bitterly cold.

U12 Emerging School Tournament

After being cancelled back in October this was eventually played on the 4G at Lakes College. The Year 7's had a fantastic afternoon demonstrating they have the ability and makings of an excellent Rugby Union team. They convincingly beat Dallam School and Workington Academy and drew against Whitehaven and West Lakes Schools.

GIRLS RUGBY

The girls rugby season is about to begin and as a result training will be on a Monday and Wednesday from 3-4pm. Most of the girls have had the opportunity to be coached by Marnie from Workington Town RLFC during their PE lessons since December. This has been very successful and the girls have really enjoyed it and gave 100% to each and every lesson despite the very cold weather.

Another opportunity that has arisen for the girls is the development of Netherhall Girls RUFC. Many of our students have been at the forefront of the formation of this team including Chloe Pape (Year 10) and Mikell Anderson (Year 10) and they have encouraged a number of other students to join including Mia Steele (Year 9), Georgia Mason-Lowe (Year 9) and Paige Johnstone (Year 10). This is a very significant time for Netherhall RUFC as this is the first time they have ever had a girls rugby team and I feel very proud of the girls for taking a prominent role in this. They had their first match recently against Cockermouth and, unfortunately, they didn't win but this is only the beginnings of a team which I believe is going to grow into a huge success. Ron Spencer (Coach) said about the match "The girls played really well. They were always going to be lacking in experience. I was really surprised at their tackling ability, they were really fearless in their approach and didn't take any backward steps. I was really pleased with them." If anyone else is interested in joining the local team outside of school please see Mrs Holliday or go along to the training session on Fridays at 6pm.



The upcoming fixtures for the season are as follows:

Girls Rugby Fixtures 2017-2018

Wednesday 17th January – U15 Rugby Union Tournament @ Lakes College

After Half Term –U15 Rugby Union Tournament @ Ulverston VHS

Wednesday 21st February – U13 Rugby Union Tournament @ Kendal RFC

Tues 20th February – Year 7, 8 & 9 Rugby League Friendly Tournament @ Netherhall School

Tuesday 27th February – U13 Rugby Union Tournament @ Lakes College

Wednesday 28th February –U18 Rugby Union Tournament @ Lakes College

Thursday 22nd March - U15 & U18 Regional RU Event @ Tynedale RUFC










Mon 26th March – Year 7 & 9 Rugby League Tournaments @ **TBC**

Wed 28th March – Year 8 & 10 Rugby League Tournaments @ Netherhall

To ensure you are picked to represent the school in all the matches for your year group please attend Rugby practice on Mondays and Wednesdays!!!

Come on girls lets improve on our fantastic rugby results from last year and reach the National Finals!!!!

After School Sport Clubs 3-4pm From January 2018

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<p>Boys Football Year 7/8/9/10</p> 	<p>Girls Football All year groups</p> 	<p>Girls Rugby All year groups</p> 	<p>Netball Year 7/8/9/10/11</p> 
<p>Girls Rugby All Years groups</p> 	<p>Bike club All Year groups</p> 	<p>Boys Rugby All year groups</p> 	<p>Fitness - See Mr. Lister</p> 
<p>Tennis All year groups</p> 			<p>Archery All year groups</p> 

Netherhall School Mountain Biking

Qualified mountain bike leader, Mr Horton and mountain leader, Mr Wassell took a select group of students mountain biking at Whinlatter Forest. Although the weather was cold and a little snowy, the students had a brilliant time and acquitted themselves superbly.



Here's a picture of the intrepid mountain bikers with Mr Horton



Here's a picture of the intrepid mountain bikers with the Gruffalo



A very memorable day was had by all. The **Netherhall School 'Go Ride' Bike Club**, run by the excellent Mr Horton, Mr Fulton and Mr Wassell meets every Tuesday after school. All persons are welcome and it is an opportunity to do road cycling, mountain biking and BMX riding with qualified and experienced instructors.

It's a great opportunity to make a late New Year's resolution and get involved.

Mr D W Tromans
Headteacher