



Lymm
High School

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Sports Special:
Pg. 14

A summary of
sporting
achievements from
the last month.

Anti-Bullying
Ambassadors: Pg. 4

Students launch
project to tackle
bullying.

NEWSLETTER

MARCH 27TH 2017 · WWW.LYMMHIGH.ORG.UK



Lymm High School Volleyball
team crowned Cheshire
Champions!

VICTORY FOR THE VOLLEYBALL GIRLS

The Year 10 girls volleyball team won the Cheshire volleyball competition held at Tytherington High School on 16th March. The squad of six girls competed against seven other schools that had previously qualified from

their districts.

In their last game, the girls were 6 points down against an excellent team from Malbank High School but battled back to win 16 - 15. The girls won 5 of their 7 fixtures and finished in first place on points scored.

Congratulations to all the girls involved. The boys team, made up of five Year 9 students, finished in a respectable 4th place in their competition, despite being a year younger. They have promised us they will win the title next year!

NOTICES

LHS GARDENING CLUB

As mentioned in our previous bulletin, the Lymm High School Gardening Club is run by Student Services as one of the interventions used to support students in KS3. The allotment requires funds to cover the annual costs of materials and maintenance; to this end we try to raise as much as we can through the sale of bedding plants and hanging baskets.

If you usually buy plants or hanging baskets for your garden, please give our order form the once over [here](#) - there are some great deals to be had!

YEAR 11 REVISION & COURSEWORK SESSIONS

It has been great to see how many students are taking the opportunity to attend one of the 84 revision sessions on offer to them at the moment - for example there were over 30 students at each of the English sessions yesterday. Every student has been given a Revision Timetable and can pick up a Revision Planner from Student Services - Please encourage your child to attend these sessions where staff can support them to achieve or exceed that target in their subjects.

YEAR 11 REVISION TIMETABLE

The Year 11 revision timetable is now available on the schools website. Click [here](#) to view an updated version.

PARENTS' FORUM

Thank you very much to all those of you who attended the Parents' Forum evening earlier this week. It was a very pleasant evening and extremely useful for us to have the chance to listen to your feedback on what is going well and what we can do to improve things. We are in the process of preparing some notes from the evening and will make these available to all parents and carers within the next few days. A copy of the presentation can be found by clicking [here](#).

YEAR 9 MATHS REVISION GUIDANCE

A list of recommended maths revision guides for current Year 9 students can be found in Parent Communications Year 9. Please click [here](#) to be taken directly to it.



LYMM HIGH SCHOOL
MUSIC DEPARTMENT

SPRING CONCERT

TUESDAY 28TH MARCH · 7PM
Main Hall

Performances from the Junior and Senior Brass Bands, Junior and Senior String orchestras with guest players from local Primary schools, Big Band, Flute Ensemble, and Lymm High Orchestra

Tickets available from the school shop priced
£6

ANTI-BULLYING CONFERENCE

In January, Miss Cradock was delighted to launch the Anti-Bullying Project at Lymm High School. Working with the Diana Award, this project will be led by students in Year 9 and aims to further promote and develop the anti-bullying work already going on across the school, as well as developing a link programme with the Anti-Bullying Ambassadors at Saddleworth School, Oldham.

On Thursday 9th March, we launched the first stage of this project with 15 students taking part in anti-bullying training led by the Diana Award. This training took place at Matthew Moss High School in Rochdale and saw students working with a number of different schools from across the area. These students are all now Diana Award Anti-Bullying Ambassadors and will work closely with the Diana Award

in the coming months in the setup of their projects. Students returned from the training buzzing with ideas and have already set the wheels in motion for a launch event in the summer term.

On Friday 17th March we welcomed students from Saddleworth School to take part in a joint Anti-Bullying conference. Saddleworth School has a well-established anti-bullying programme





and so the day kicked off with students leading four short workshops where they shared their ideas and projects with the students from Lymm. It was fantastic to see the students instantly working together and there was a wonderful atmosphere of collaboration in all of the sessions.

The afternoon saw students working collaboratively to identify the key issues they would like to tackle in their schools. It was interesting to share how Lymm High School deals with bullying compared to Saddleworth. This was an amazing opportunity for students to swap and share their ideas. By the end of the day students had come up with 6

collaborative projects which they will start working on immediately, sharing and swapping ideas as they go. In July we will visit Saddleworth School to discuss the successes and challenges of the projects launched so far, and begin planning for the new school year.

Visiting student Libby Collard (Year 10) said 'It has been an amazing opportunity to work with the students at Lymm High School. We had a lovely day and really enjoyed hearing their ideas for the project. The peer mentor project has been running at Saddleworth School for 3 years but it is always exciting to hear new ideas! We can't wait for the

second conference in July.'

Lymm High School student Daisy Sharp (Year 9) commented 'The Saddleworth conference was helpful to everyone who took part as everyone, including the students who taught us the various information to help us, learnt something new that could help themselves and the people that we need to support.'

'...there was a wonderful atmosphere of collaboration in all of the sessions.'

MAKING HER MARK

Lymm High School student Imogen Walsh campaigns to become the next member of Youth Parliament.



The election for the borough's next Member of Youth Parliament (MYP) is well underway, with voting open at local schools, colleges and youth centres until 29th March.

The Lymm High School student, who is currently studying for her GCSE examinations and would like to pursue a career in Politics, is one of the candidates in the running hoping to represent the views of young people across the town.

Run by young people, the Youth Parliament provides opportunities for 11-18 year olds to use their voice in creative ways to bring about social change. Every year the parliament chooses a national campaign and for 2017 they will be campaigning for better transport, the living wage and better opportunities for young people. Mental health was also chosen as a priority campaign for England.

Imogen hopes by being elected, young people in

Warrington can have a say on issues directly affecting them such as public transport, school funding and mental health services and support in schools. She has also called for greater increase of school funding in Warrington.

With a new funding formula set to be introduced from April next year, Warrington's schools face losing almost a quarter of a million pounds a year and the borough to become one of the worst-funded in the country.

Commenting on her potential election Imogen said: "The school funding proposals by the government are completely unfair for schools in Warrington. Young people of Warrington work really hard whilst at school and deserve the same opportunities as every other young person in the country."

The Year 10 student said: "I want to give young people a voice to ensure the views of young people in Warrington are listened to by decision makers."

Youngsters aged 11 to 18 can vote at school. It is now time for Warrington to decide. For more information ask at school, college, your local youth centre.

'I want to give young people a voice to ensure the views of young people in Warrington are listened to by decision makers'



INTER-HALL WINNER

The winner of our most recent Golden Ticket Raffle was Year 7 student Anya. Anya is the proud winner of her very own Drone! Congratulations!

EXCELLENCE IN ART

The Visual Arts department will be selecting a group of students every half term who have shown excellence in Art, Fashion or Photography. Their pieces will be displayed in the main reception. This half term, the excellence in art award goes to:

Hattie (Year 13) – For her Indian inspired blazer as part of her BTEC Fashion collection

Elle (Year 13) – For her mixed media painting of Florence as part of her A Level Fine Art coursework

Ellie (Year 11) – For her GCSE Photography Mock exam piece done by stitching in to her own photographs

Gemma (Year 8) – For her photography joiner of her cat as part of her KS3 art work





MEDICINE OFFERS

All students applying to study medicine from Lymm High School this year have received offers!

We are delighted that all three of our students applying to study Medicine this year have secured offers!

Applying for medical school is well known for being one of the most competitive degrees to embark upon.

With 10 candidates for every medical school place, this is a fantastic achievement.

Universities look for outstanding grades in science subjects – especially biology and chemistry – as well as a

passion for the subject, and evidence of commitment to the field.

The successful students, who were informed of the good news on Thursday 16th March, are Alex Tavernier, Megan Thomas and Vicky Ramsbottom.

All three girls have worked incredibly hard throughout all stages of their applications and we know they are well on track to securing the grades needed in the summer.

Megan Thomas, who is considering specialising in paediatrics in the future, received her offer from Norwich Medical School, and Alex and Vicky both received offers to study at Manchester University.

We wish them, and all of our students, the very best of luck in their A' Level exams.

MUSIC FOR YOUTH FESTIVAL

The Lymm High School string quartet complete first round of the National Music for Youth Festival.

Held in Huddersfield on Sunday 12th March, the string quartet performed three pieces (Palladio, You Raise

Me Up, Do Re Me) and received extremely positive feedback from the adjudicators, one of whom works at the Royal Northern

and is a freelance composer and who made the lovely comment that "there is something magical happening in Lymm".

They had been preparing for the event for a couple of months and are waiting to hear if they have been successful in reaching the next round, which will be held in Birmingham Symphony Hall in July.



A CULTURAL EXCHANGE

A fantastic opportunity has arisen for the Year 7 Scholars to develop a link with a French school. As such, they are currently immersed in sharing and comparing life as an eleven year old with their counterparts.

They have already received their first letters and are now creating answers to any questions posed. It is hoped that not only will this bring to life the topics covered so far, but will also lay the building blocks for ever more fun, challenging and interesting developments. Over time, it is intended that this will lead to a variety of cultural exchanges, building linguistic skills and confidence and, with continued success, a mutually beneficial visit to the French school. In particular, by taking French outside of the classroom, it is expected that the participants will gain greater awareness of their place as global citizens. Vive l'échange!

PROUD TO BE PART OF THE PROUD TRUST

We are excited to announce that we have been accepted to take part in the Rainbow Award run by the Proud Trust.

The Proud Trust is a life enhancing organisation that helps young people empower themselves to make a positive change for themselves and their communities, concentrating specifically on LBGT issues and awareness.

The Rainbow Flag Award is supported by the Department of Education and enables schools to tackle big issues such as LGBT bullying, inclusion and student voice.



LESBIAN, GAY, BISEXUAL
AND TRANS YOUNG PEOPLE
ARE EVERYWHERE *every*

Starting in November 2017, Lymm is one of only 200 schools who have been selected to take part in this specialised award.

Initially training will be given to teachers to enable them to

tackle homophobic, transphobic and biphobic bullying in school, this will result in helping us to develop effective policies, an inclusive curriculum and most importantly supporting

CAREERS WEEK

Last week Sixth Form students were given the opportunity to attend careers talks delivered by a number of professionals and representatives from various companies. The purpose of these talks was to heighten students' awareness of the variety of career fields and the steps required to achieve success. Throughout the week there were talks from:

Royal Bank of Scotland, UCFB, Virgin Careers, NHS Careers, Amec Foster Wheeler, XPO Logistics, Science Technology Facilities Council, Chimp Management, Coca Cola, University of Cumbria (Sports careers), Careers in Social Care, Merchant Navy, Law, Primary Education, Chartered Accountancy, Chemical Engineering, Wrexham University (Art, Design and creative pathways), Sports coaching

A sincere thank you to everyone who gave up their time to visit Sixth Form. Our students really do appreciate your support.

students. Our overriding aim is to make Lymm High School an inclusive, safe and welcoming environment for everyone.

It's not about having the badge, or the logo to put on our website, but knowing that we have provided fantastic education for students, helping them become amazing tolerant, respectful individuals who understand what LGBT means and can go out into the wider world being well rounded human beings that treat everyone equally regardless of their gender or



OXBRIDGE STUDENT CONFERENCE

On Monday 20th March, a group of our most able Sixth Form students visited the Oxbridge Conference at Aintree Race Course. The group was selected based on their high academic success and the conference is designed to ensure students are well informed about the application process for Oxbridge colleges.

The students benefitted from being able to access talks from Oxford and Cambridge University admissions officers about how to make a competitive application, student finance and careers, as well as course lectures delivered by subject specific professors.

UCAS CONVENTION

Year 12 students prepare for the transition to University by visiting the 2017 UCAS Convention.

All year 12 students visited the Manchester UCAS Convention on Wednesday 15th March. This was a wonderful opportunity for students to start the

process of selecting university courses.

Students were really proactive in their preparation and took advantage of the opportunity to talk to

university representatives from across the country. We received wonderful feedback from universities about the polite and professional manner of our cohort.



HISTORY LECTURE DAYS

Year 13 History students attended two lecture days in Manchester on the 'Civil Rights Movement: 1865-1996' and 'From Pitt to Peel: Social Reform and Protest'. The lectures helped to broaden students' knowledge on topics covered

on Papers One and Three, which they will be sitting in the summer exam series. The lectures are pitched specifically to our higher achieving students who are targeted to get As and A*s at A Level. The lecture days also gave students an

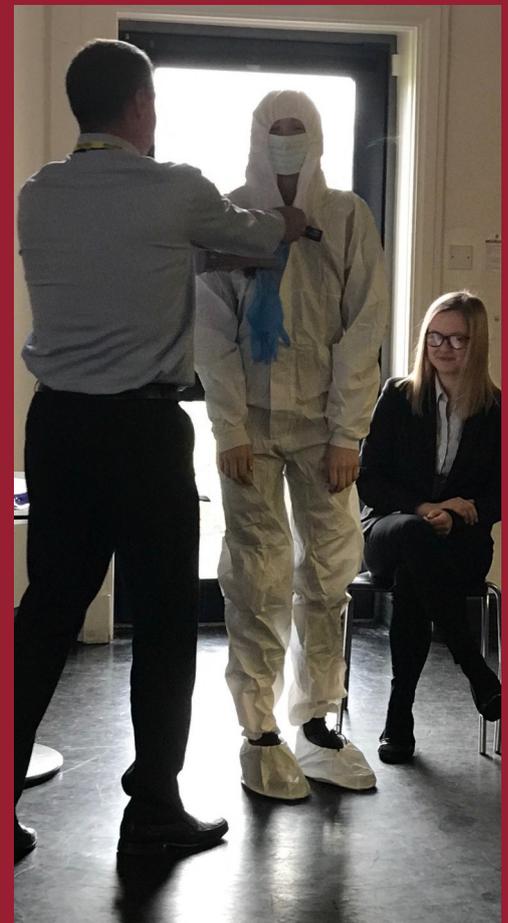
opportunity to understand what university life will be like in the future and the level that content will be delivered at. Lectures were given from experts in their field from the universities of Manchester, York and Lancaster.



CSI @ LYMM HIGH

There was an exciting start to the day on Friday 17th March at Lymm High School. The Year 11 psychology students and the Year 13 psychology and sociology students had a guest speaker who was an ex CSI. Ian Hudson, a retired CSI from Merseyside Police, came in to speak to our students about his former role and to show them some of the skills and techniques his job required. Ian demonstrated how to get finger prints from a number of different surfaces and the benefits of UV light. Our students were particularly interested in

some of the more gruesome cases Ian has dealt with over the years. The passion Ian showed for his job really enthused our students, many of whom are looking at studying criminology, forensics or psychology at University. Students were interested in the artefacts that were shown to them which included bullets, glass fragments and a protective suit, beautifully modelled by one of our Year 13 psychology students Jessica Saunders. Many thanks to Ian for coming in - we really hope he can visit us again soon!



GIRLS FOOTBALL CHESHIRE FINALS

Lymm overcame a tricky away fixture at Alsager High School to reach the final of the Cheshire Cup. Lymm started extremely brightly and had four excellent chances to take the lead within the first five minutes. We finally got the goal our play deserved when we were awarded a penalty after Holly Crystal was clearly

fouled after a good run. Captain Phoebe Hampson kept her composure and slotted from the spot.

Lymm continued to play the better football throughout the game and midfielder Katie McLean double the advantage with a neat finish.

Alsager pulled a goal back in the second half to make it 2-1,

however, it only made Lymm step up the pace and Lauren Smith scored the third to put icing on the cake and seal their passage to the cup final.

The final date has been set for Monday 20th March, with kick off time and venue still to be confirmed.





TOURNAMENT AT NORTHWICH

Year 7 team win award for Fair Play and Sportsmanship at Moss Farm Tournament, in Northwich

The girls teams in both Year 7 and 9 had qualified for the event hosted at Moss Farm, Northwich on Tuesday 14th March.

Both teams performed well throughout the day with the Year 7 team losing out in the

bronze medal match and Year 9 girls finishing in a respectable 6th play.

Pleasingly, the Year 7 team were awarded the Fair Play and Sportsmanship award for their conduct in the tournament.



GIRLS HOCKEY

It has been another busy month for the hockey teams as we run into the end of the season. The U13 Hockey team combined with the U14 squad had to take on both Wellington and Altrincham Grammar School on a very wet evening!

As the rain began, Altrincham A team came out hard slotting two early goals away. The pressure continued throughout the game and forced Lymm to sharpen up in defence. Some outstanding saves by Ella Oldland kept the game alive but unfortunately wasn't enough to stop the continual pressure, which resulted in a 0-5 loss. Not to be disheartened the team put in an outstanding performance in abysmal conditions in game two. A 5-0 victory over Wellington, with goal scorers coming from all areas of the pitch, despite at times struggling to see in the down pour! The final game against Altrincham B team was a close one with quick possession turn over and opportunities at both ends of



the pitch. Altrincham came out on top as 2-0 winners taking their chances when they came.

Year 7 A & B team repeated this fixture just a few weeks later playing a small tournament against both schools and showing

immense progress after suffering some heavy defeats earlier in the year! There were some fantastic performances all over the pitch but special mention to Grace Unsworth and Amelia Barker who fantastic throughout all 3 games!

CHESHIRE COUNTY TOURNAMENT

On a sunny Saturday morning, the U14 team took on some of the best schools in Cheshire in a bid to reach the finals.

The girls opened up against Kings Chester and were caught a little off guard in the early minutes conceding a goal within two minutes.

Despite the pressure, Lymm defended fantastically and only through two excellent penalty corner strikes lost 0-3.

In the second game against Alderley Edge the girls dominated pressure and passed the ball around well but couldn't quite score and

the game ended 0-0.

The final game was definitely the finest performance of the team against Fallibroome which resulted in a 1-0 victory!

The girls created a number of opportunities in front of goal and switched play very well. They finished runners up in their group narrowly missing out on qualifying as best runner up.

Special mention to our dedicated parents who gave lifts and stayed to watch and not forgetting the three year 8 girls who played up an age group!

YEAR 10 FOOTBALL

On Wednesday 8th March, the Lymm Year 10 football team came Runners up in the Manchester Grammar invitational 8-a-side tournament. After finishing 2nd in the group the team progressed on to the knockout stage of the tournament. Two convincing victories over Wilmslow and Cheadle saw them reach the final where they were beaten by a quality side from Repton.

Despite not bringing back the trophy, the boys represented the school brilliantly and we now look forward to finishing the season strongly. A great achievement considering 15 very strong teams entered the tournament. Well done to all the boys involved.

NETBALL

The senior squad had one last match against great rivals Wilmslow. It was unfortunately in the middle of the Year 13 exams, so four Year 10s and one Year 11 girl were chosen to play for the senior squad. Senior students Jess Evans and Lauren Wheat played alongside Sian John in Year 11, and Grace Bates, Macy Evans, Abi Hayden and Nancy Higgins from Year 10. The girls had a fantastic and competitive match away at Wilmslow, eventually losing 27/32. The younger students stepped up brilliantly, and troubled the Wilmslow coach for future years as she saw and commented on how amazingly strong they were for KS4 students. We're extremely proud of how brilliantly they all played.

The Year 7, 8 and 9 squads played in the Cheshire County Netball Finals on Saturday 11th March at Whitby High School, Ellesmere Port. All squads played well and worked hard, improving throughout the tournament. The Year 9 squad in particular had some great results against Christleton and Kings Chester, and such was the closeness at the top end of the table, just 1 extra goal in one of 5 of their matches, would have meant placing 3rd – nevertheless 5th was their highest position to date, and we are certainly aiming for a top 3 finish for all squads next year.



ROWING CLUB

Lymm High School has had a long history of excellence in sport and the most notable is Rugby, which translates the presence of Lymm sport across the country each year. However, the school harbours talent for lots of different sports and our young sportsmen and women continue to have a presence on the national and international sports scene.

A paradigm example is the rowers. We have in Year 13 the most promising 18 year old rower in the country. Lucy Glover has represented Great Britain for the last 2 years and the signs point to that trend not stopping.

This inspired me to set up LHSRC (Lymm High School Rowing Club). We have about 40 pupils who are 'on the books' and about 10-20 who regularly turn up to the gym at

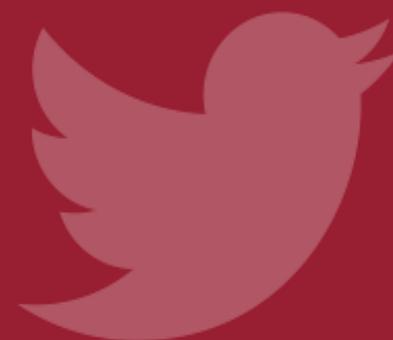
lunchtime to sample the sport.

The focus is on fitness and technique and is also designed to be a springboard to a future career in rowing. We have a good working relationship with Warrington Rowing Club and Junior coach (and ex pupil) Megan Dumbavand takes time out of her busy University schedule to help deliver quality coaching alongside other rowers who are currently in the sixth form.

So far we have undergone a number of differing activities, had acute technique training on the school rowing machines and have put this into practice with a 500m test. We are planning on running a sponsored row in the summer term and hope that the club will continue to grow along with the presence of rowing at Lymm High School.

BASKETBALL UPDATE

The Year 9 Basketball team competed in the Cheshire School Games after qualifying in 2nd place in the Warrington league. The team played brilliantly and came 3rd place overall, which is a great achievement for all players. The team was led by Andy Williams who ended up highest points scorer in the whole competition. Andy was our only year 9 player with the majority of the team from Years 8 and 7 which bodes well for the future.



Follow us on
TWITTER

Users of Twitter can stay updated by following the
PE Faculty

[@LymmHighSports](https://twitter.com/LymmHighSports)

GIRLS' SPORTS TOUR 2017

We are running a girls Sports Tour for Year 8 and 9 girls who are involved in Netball, Hockey and Football teams to Marbella in Spain. So far, there are 44 girls who have taken up this exciting opportunity. The tour will run from Thursday 25th May until Sunday 28th May 2017, the girls will have a chance to play foreign opposition as well as have the opportunity to experience

a different culture. They will also train at the outstanding facilities at the 4* Atalaya Park Golf Hotel where the girls will be based.

The girls have been busy fundraising trying to raise money for their tour kit. They have been involved in organising cake sales, sponsored runs and silences as well as a Sports Tour Raffle. A big thank you to those who have supported

these events. We are very thankful to our sponsor 'bluegyp ltd partitions and ceilings' for sponsoring the girls tracksuit tops! If you are interested in sponsoring any other items of the girl's tour kit please can you contact Miss Ball in PE.

We will be holding a meeting for all parents and carers of students attending the sports tour on Monday 24th April at 6pm in the lower hexagon.



BOYS HOCKEY TOURNAMENT

On Tuesday 7th March Lymm participated in the U13 boy's Hockey 7-aside Cheshire tournament held at King's School Chester. We were allocated an extremely tough group with the hosts, Cheadle Hulme and Fallibroome School. Despite a gallant effort by the boys we were unable to progress from

the group into the semi-finals. Nevertheless, the boys had an enjoyable day out and will have learned from the experience!

We will be entering two teams into the boys 11 aside Hockey leagues next year, one for U14 and one for U16's. If any boys would like

to get involved then please speak to Mr. Hampton. Training takes place on Tuesday lunchtimes on the Astro. We also have excellent links with Lymm Hockey Club who are also looking for boys to join their squads.

BOYS HANDBALL

The U15 boys Handball Team also competed in the Cheshire and Warrington School Games at the Northgate Arena, Chester on 13th March. Our first game was against Neston High School where the boys soon got into their stride and played some great handball to come out on top with a 7-1 victory.

Leftwich High School was our next opponent and without seeing them play before we were unsure what to expect. The game was close throughout with the score only ever being a one goal difference. However it was Lymm that made the late charge going 5-3 up with only 2 minutes remaining. Sadly and frustratingly this two goal difference was cancelled out with some slack defending at the back with 2 late goals at the end.

The third game, the boys were looking forward to the most and having been beaten previously by Great Sankey in the qualifying competition they were relishing the opportunity to put this right. Straight from the first whistle this was clearly evident with the boys playing some

outstanding handball and at a pace that any team would struggle to handle. The final result was an unbelievable score of 15-4 to Lymm.

Our final match was against our nemesis of handball, a team that we always seem to come across at these competitions and is always an excellent game. Although it was confirmed before the game that both teams were

going through to the North England finals, it was still an opportunity to end Tarporley's 100% win record in the competition. The game displayed some outstanding handball in particular from a well drilled Tarporley High School. The result sadly didn't go in our favour with Tarporley coming out on top with a 10-6 victory. Bring on May for the North England Finals.



MAD FITNESS

MAD Fitness UK came in and delivered FAN (fitness and nutrition) to girls in lessons and elite girls at lunch and after school on Thursday 16th March. All year groups had the opportunity to be involved with the day in lessons, participating in fitness sessions and sports nutritional guidance.

The girls fully involved themselves in all the sessions and gained great knowledge about the correct diet for a sports performer compared to the intensity of the fitness programme they are following. It was a fabulous opportunity for our girls to focus on a different area of fitness for general health or specific sports.



SOUTH AFRICA UPDATE

LYMM High School are set to take approximately 60 students to South Africa in July 2018. The tour party will arrive in Cape Town on the 15th and will spend the next two weeks playing football, hockey, netball and rugby fixtures as well as exploring the beautiful country of South Africa. The tour will fly back from Johannesburg but not before they have spent two days within a hotel set in the middle of a safari park and have 3 game drives. Other excursions whilst we are out in South Africa will include Table Mountain, the Peninsula tour and Robben Island among others.

The tour is set to be a once in a life time opportunity and is open to our current Year 12, 11 and 10 students. There are only a few places left so if you want to be a part of the trip please see Mr Pickles or Mrs Walsh for more details.



GIRLS HANDBALL

On the 13th March 2017 the U15 girls handball team competed in the Cheshire and Warrington School Games which took place at the Northgate Arena, Chester. This event consisted of the best teams across the County who were competing to finish in the top two positions to make it through to the North England Finals.

Our first game was against Neston High School, a tough start with the Neston team playing two national players. We were slow to start and Neston capitalised on our sloppy passes and weak defending around the goal third. However, in the second half the girls started to show some excellent passing as well as accurate and powerful shooting, even though we lost the first game

8-4 we were starting to show some quality.

Our second game was another tough match verses Tytherington High School, historically known for their excellent handball! The team came out fighting and we went 2-0 up, however Tytherington were quick on the break and it was quickly even at half time. The second half saw Tytherington go 4-3 up with Lanna Nuttall scoring for Lymm. A Suzie Underwood last minute goal saw the game finish 4-4.

Our third match was against our rivals Great Sankey and the girls were now starting to find their stride on the handball court. With some fantastic play from Grace Bates in Centre and Aphra Plasatiras showing strength

as line player we beat Great Sankey 7-2, we were on the way to qualification. Our final game was a must win!

Our last match saw us play Hartford High School. The Lymm girls starting off strong with a hat-trick from Mira Proctor in the first few minutes. A few minutes later it was 5-0 and we were in real contention for qualification.

The second half of the match saw the Lymm girls extend their lead with Mira once again getting on the score sheet as well as Lanna Nuttall and Macy Evans. The game finished a massive 9-0!

The girls had qualified!

A fantastic team effort. Bring on the North of England Finals in May!



LYMM SPORTS STARS

This week we look at Lymm Sixth Form student James Pritty FA Level 1 qualified coach and school sports technician.

In Year 7 I became involved in the school's football and cricket teams. I was made aware of the expectations at Lymm High School straight away and I soon realised what a privilege it was to represent the school. This continued throughout Year 8 and Year 9, where I was given an unbelievable opportunity to represent the school on a Football tour to Villarreal, Spain. We got the opportunity to train at world class facilities at Villarreal football club coached by elite level coaches within the club. Further to this we played two fixtures against Spanish schools within the area. This whole trip gave me an insight into a new style of football and this trip developed me as a player and a person.

In KS4 I opted for GCSE PE. Throughout this I was given lots of opportunities to explore a variety of different sports developing many skills in each. GCSE PE offers a great balance between practical and theory work which is why it was perfect for a sports enthusiast like me. The theory side enabled me to expand my knowledge in the way the human body works as well as the different components of fitness and methods of training. Due to the fantastic support I was offered throughout the two years I was able to achieve my target grade of an A which made all the hard work completely worth it.

This was the best possible preparation for sixth form where I chose to study an extended national diploma in BTEC Sport, the equivalent of 3 A levels. This course is perfect for anyone that is hoping to obtain a career in sport as it covers all aspects ranging from anatomy and physiology to things such as analysing performance and organising sporting events. As well as the academic side this course has offered me a huge range of opportunities that I have got involved in. I have attended many workshops including leadership days and also disability awareness in sport sessions. In the first year of the course I



was lucky enough to go on a 2 week trip to La Manga sports club in Spain where I assisted UEFA qualified coaches in football sessions involving academy players. This has improved my skills in coaching and has led to me now coaching at Lymm Rovers JFC where I have now completed my FA level 1 in coaching as well as starting a ladies football team. As well as this my BTEC course has allowed me to get involved in the coaching of the Year 7 football team where I assist Mr Mason in both training and match days. This has been very helpful for me as I have been able to understand how the running of a football team works and it has developed me as a coach.

At the start of my second year of the course the PE department gave the BTEC sport students a chance to apply for the role of sports technician in which I was successful. The role mainly consists of assisting with day to day activities including PE practical sessions, responsibility for all setting up and monitoring the good upkeep of the equipment and facilities. With this role comes huge responsibility and I feel I have been able to embrace the concept of operating as part of a team in a working environment and I have performed these tasks alongside my



studies successfully. I am now coming to the end of my course in which I am hoping to achieve 3 D*'s to enable me to study a degree in Sports Business and Coaching at UCFB Etihad Campus.

The BTEC sport course has been the best possible groundwork for this degree as I have studied much of it during the last two years so I can't wait to move on to expand this knowledge further as I have huge aspirations to work in the competitive market that is the sports sector in the future. The PE department have been extremely supportive of me throughout this and have helped me mature and develop as a person preparing me in the best possible way for university life and beyond.

James Pritty

BOYS RUGBY RESULTS

Date	Fixture	1XV	2XV	U15	U14	U13	U12
01.09.16	Lymm High School vs Cokethorpe School	W 56-14	-	-	-	-	-
10.09.16	Lymm High School vs St Joseph's College	-	W 71-7	W 50-5	W 38-22	W40-10	-
15.09.16	Lymm High School vs St Brendan's	W 38-12	-	-	-	-	-
17.09.16	Lymm High School vs Sandbach High School	W 29-12	W 33-17	W 32-19	L 24-29	L15-25	W 30-10
17.09.16	Lymm High School vs Sanbach High School (B)	-	-	-	-	W 15-10	W 30-25
24.09.16	Lymm High School vs Adam's Grammar School	W 20-15	L 26-29	-	-	-	-
27.09.16	Lymm High School vs Altrincham Grammar School	-	-	L 15-19	-	-	-
28.09.16	Lymm High School vs King's Macclesfield (R1 NWC)	L 10-25	-	-	-	-	-
01.10.16	Lymm High School vs Wilmslow High School	L24-32	W 19-12	L 24-42	W 34-19	W 65-0	W 25-5
01.10.16	Lymm High School vs Wilmslow High School (B)	-	-	-	-	L 15-25	W 75-0
05.10.16	Lymm High School vs Wilmslow High School	-	W 24-7	-	-	-	-
08.10.16	Lymm High School vs Liverpool College	W 57-3	W 72-5	W 33-0	L 12-24	W 60-5	W 65-25
10.10.16	Lymm High School vs St. Ambrose College (R1 NC)	-	-	-	-	W 20-10	-
12.10.16	Lymm High School vs Birkenhead School (R1 NWP)	W 41-17	-	-	-	-	-
15.10.16	Lymm High School vs Crossley Heath	L 12-17	L 15-24	W 5-0	-	-	W 25-5
15.10.16	Lymm High School vs Crossley Heath (B)	-	-	-	-	-	W 55-0
20.10.16	Lymm High School (B) vs Wellington High School (A)	-	-	-	-	W 30-10	-
02.11.16	Lymm High School vs St Anselms College (R2 NWP)	W/O	-	-	-	-	-
05.11.16	Lymm High School vs Merchant Taylor's School	W 48-7	W 33-0	L 12-36	L 0-36	W 30-15	L 15-30
05.11.16	Lymm High School vs Merchant Taylor's School (B)	-	-	-	-	W 35-25	W 30-10
08.11.16	Lymm High School vs Ulsswater College (R2 NWP)	-	-	W 19-12	-	-	-
09.11.16	Lymm High School vs Altrincham Grammar School	W 29-19	-	-	-	-	-
11.11.16	Lymm High School vs Bishop Heber (R2 NC)	-	-	-	-	D 25-25	-
12.11.16	Lymm High School vs St Ambrose College	W 10-7	W 26-14	-	-	-	-
12.11.16	Lymm High School vs St Ambrose College (B)	-	-	-	-	-	L 0-40
16.11.16	Lymm High School vs Cheadle Hulme (R3 NWP)	W 31-12	-	-	-	-	-
17.11.16	Lymm High School vs Wirral Grammar (R3 NWP)	-	-	L 0-17	-	-	-
17.11.16	Lymm High School vs Wirral Grammar (QF CC)	-	-	-	L 10-24	-	-
24.11.16	Lymm High School vs Bridgewater High (U16 SF CC)	-	W 13-0	-	-	-	-
26.11.16	Lymm High School vs Audenshaw School	-	-	-	W 59-12	W 25-15	-
01.12.16	Lymm High School vs Wilmslow High School (SF CC)	W 11-8	-	-	-	-	-
03.12.16	Lymm High School vs Caldby Grange Grammar School	-	L 27-29	W 39-22	W 39-33	W 20-15	W 55-25
10.12.16	Lymm High School vs Manchester Grammar School	L 19-31	W 26-24	L 12-17	L 14-36	L 20-40	L 20-25
10.12.16	Lymm High School vs Manchester Grammar (B)	-	-	-	L 7-14	L 15-25	W 70-5
18.12.16	Lymm High School vs Stockport Grammar (Final CC)	W 22-12	-	-	-	-	-
11.01.17	Lymm High School vs Coopers Company (QF NWP)	W 16-0	-	-	-	-	-
25.01.17	Lymm High School (B) vs Wellington (A)	-	-	-	D 31-31	-	-
28.01.17	Lymm High School vs Birkenhead High School	L 14-24	W 26-7	-	-	-	L 0-20

GIRLS NETBALL RESULTS

Date	Fixture	Seniors	Y11	Y10	Y9	Y8	Y7
21.09.16	Lymm High School vs King's School Macclesfield	L 24-25	-	-	-	-	-
21.09.16	Lymm High School vs King's School (B)	W 33-31	-	-	-	-	-
05.10.16	Lymm High School vs King's School Chester	L 21-32	-	-	-	-	-
05.10.16	Lymm High School vs King's School (B)	W 25-12	-	-	-	-	-
05.10.16	Lymm High School vs Altrincham Grammar School	-	-	-	L 18-21	L 6-15	W 14-11
05.10.16	Lymm High School vs Altrincham Grammar School (B)	-	-	-	-	L 2-21	-
13.10.16	Lymm High School vs Helsby High School	-	-	-	L 7-14	L 11-12	-
15.10.16	Cheshire Tournament	-	-	5th	-	-	-
19.10.16	Lymm High School vs Wilmslow High School	W 11-9	L 1-11	L 9-18	W 14-9	L 3-24	L 6-12
20.10.16	Lymm High School vs Hartford High School	-	-	-	-	W 18-15	W 22-2
20.10.16	Lymm High School vs Hartford High School (B)	-	-	-	-	W 9-4	W 12-2
02.11.16	Lymm High School vs Wellington High School	-	-	L 20-22	-	L 15-17	-
02.11.16	Lymm High School vs Wellington High School (B)	-	-	-	-	W 13-9	-
09.11.16	Lymm High School vs Altrincham Grammar School	-	W 16-12	-	-	-	-
09.11.16	Lymm High School vs Altrincham Grammar School (B)	-	D 17-17	-	-	-	-
10.11.16	Lymm High School vs Bridgewater High School	-	-	-	D12-12	W 8-5	W 11-6
10.11.16	Lymm High School vs Bridgewater High School (B)	-	-	-	-	-	W 7-1
16.11.16	Lymm High School vs King's School Chester	L 13-33	-	-	-	-	-
16.11.16	Lymm High School vs Altrincham Grammar School	-	-	-	-	L 9-12	W 16-12
19.11.16	Nationals (Cheshire Round)	5th	7th	-	7th	-	-
23.11.16	Lymm High School vs Penketh High School	-	-	-	-	L 5-11	W 11-0
30.11.16	Lymm High School vs Great Sankey High School	-	-	-	W 15-2	W 14-2	W 22-0
30.11.16	Lymm High School vs Great Sankey High School (B)	-	-	-	W 13-5	-	W 7-2
30.11.16	Lymm High School vs Great Sankey High School (C)	-	-	-	-	-	W 6-0
30.11.16	Lymm High School vs Helsby High School	-	-	-	-	W 6-4	W 12-1
07.12.16	Lymm High School vs Helsby High School	W 23-3	-	-	L 7-27	-	-
11.01.17	Lymm High School vs Wilmslow High School	-	L 0-27	L 11-15	L 6-9	L 2-13	L 5-13
11.01.17	Lymm High School vs Wilmslow High School (B)	-	-	-	-	W 7-5	L 5-6
18.01.17	Lymm High School vs Wellington High School	-	-	-	-	W 14-7	W 11-10
25.01.17	Lymm High School vs Fallibroome Academy	L 9-24	-	L 15-19	-	D 9-9	L 7-23
31.01.17	Lymm High School vs Culcheth High School	-	-	L 5-10	W 6-3	D 4-4	W 9-2
31.01.17	Lymm High School vs Culcheth High School (B)	-	-	-	-	D 1-1	W 6-2
01.02.17	Lymm High School vs Sale Grammar School	-	-	-	-	-	W 12-7
01.02.17	Lymm High School vs Sale Grammar School (B)	-	-	-	-	L 2-3	L 0-1
01.02.17	Lymm High School vs Sale Grammar School (C)	-	-	-	-	-	W 3-2
08.02.17	Cheshire Tournament	6th	-	-	-	-	-
16.02.17	Lymm High School vs Hartford High School	-	W 27-26	-	W18-11	-	-

BOYS FOOTBALL RESULTS

Date	Fixture	1XI	Y11	Y10	Y9	Y8	Y7
07.09.16	Lymm High School vs Manchester Grammar School	L 0-3	-	W 1-0	W 3-0	L 0-6	L 2-7
20.09.16	Lymm High School vs Cheadle Hulme (R2 ESFA)	-	-	W 5-2	-	-	-
21.09.16	Lymm High School vs Great Sankey High School	-	-	-	W 5-0	L 2-3	L 0-5
27.09.16	Lymm High School vs De La Salle, Liverpool (R1ESFA)	-	-	-	-	L 1-5	-
28.09.16	Lymm High School vs Sir Thomas Boteler	-	-	-	-	-	W 8-0
03.10.16	Lymm High School vs St Gregory's Catholic School	-	-	-	-	D 2-2	D 3-3
03.10.16	Lymm High School vs Alsager High School (R2 ESFA)	-	-	-	W 3-2	-	-
03.10.16	Lymm High School vs Parrswood High School (R1 ESFA)	-	L 1-3	-	-	-	-
04.10.16	Lymm High School vs St Gregory's Catholic High School	-	-	W 5-1	W 14-4	-	-
06.10.16	Lymm High School vs Knutsford High School	-	-	W 5-0	-	-	-
11.10.16	Lymm High School vs Bridgewater High School	-	-	W 3-0	W 5-0	L 0-7	L 5-7
12.10.16	Lymm High School vs Birchwood High School	L 2-6	-	-	-	-	-
13.10.16	Lymm High School vs Cheadle High School	-	-	-	-	-	W 3-2
17.10.16	Lymm High School vs Bridgewater High School	-	L 1-3	-	-	-	-
19.10.16	Lymm High School vs Culcheth High School	-	-	L 3-6	W 1-0	L 2-7	L 2-4
20.10.16	Lymm High School vs Fallibroome Academy	L 0-2	-	-	-	-	-
02.11..16	Lymm High School (B) vs King's Academy (A)	-	-	-	-	-	L 1-7
08.11.16	Lymm High School vs Wellington School (R3 ESFA)	-	-	L 2-3	-	-	-
10.11.16	Lymm High School vs Haslingdon High School (R3 ESFA)	-	-	-	L 2-3	-	-
10.11.16	Lymm High School vs St. F. Xavier College (R3 ESFA)	-	-	-	-	-	L 1-6
22.11.16	Warrington 5aSide Competition	-	-	-	-	-	Group Stage
30.11.16	Lymm High School vs King's School Chester	D 2-2	-	-	-	-	-
30.11.16	Lymm High School vs King's School 2nd X1	-	D 2-2	-	-	-	-
06.12.16	Lymm High School vs Great Sankey (R2 CC)	-	-	W 3-2	-	-	-
26.01.16	Warrington 6aSide Competition	-	-	-	-	-	Group Stage
02.02.16	Lymm High School vs Prestnall High School (R3 CC)	-	-	L 0-1	-	-	-
08.02.016	Warrington 6aSide Competition	-	-	-	WON	-	-
15.02.16	Lymm High School vs Great Sankey High School	-	W/O	L 0-1	-	D 2-2	L 0-2
15.02.16	Lymm High School vs Tarporley High School (QF CP)	W 2-1	-	-	-	-	-

GIRLS FOOTBALL RESULTS

Date	Fixture	1XI	Y11	Y10	Y9	Y8	Y7
26.09.16	Lymm High School vs All Hallows (R1 CC)	-	-	-	-	W 7-0	-
28.09.16	Lymm High School vs Wright Robinson (R1 ESFA)	-	-	-	W 6-2	-	-
03.10.16	Lymm High School vs Ashton-on-Mersey (R1 ESFA)	W 8-2	-	-	-	-	-
10.10.16	Lymm High School vs Trinity High School (R2 ESFA)	-	-	-	-	L 1-6	-
10.10.16	Lymm High School vs Helsby High School (R2 ESFA)	W 3-2	-	-	-	-	-
11.10.16	Lymm High School vs Bridgewater High School	-	-	-	-	-	L 3-6
13.10.16	Lymm High School vs Calderstones High School (R2 ESFA)	-	-	W 1-0	-	-	-
13.10.16	Lymm High School vs All Hallows (R2 ESFA)	-	-	-	W 12-1	-	-
20.10.16	Lymm High School vs Helsby High School (R1 CC)	-	W 3-2	-	-	-	-
03.11.16	Lymm High School vs St John Broscoe (R3 ESFA)	L 3-2	-	-	-	-	-
08.11.16	Lymm High School vs Alsager High School (R2 CC)	-	-	-	-	W 4-2	-
17.11.16	Lymm High School vs Fallibroome Academy (R3 ESFA)	-	-	-	W 11-0	-	-
17.11.16	Lymm High School vs Cardinal Newman High School	-	W 3-1	-	W 7-0	-	W 7-0
23.11.16	Lymm High School vs Cardinal Newman High School (B)	-	W 1-0	-	W 2-0	-	W 3-0
01.12.16	Lymm High School vs Congleton High School (R2 CC)	-	-	-	W 5-1	-	-
01.12.16	Lymm High School vs Beamont Academy	-	L 0-1	-	-	W 3-0	-
01.12.16	Lymm High School (B) vs Beamont (A)	-	-	-	-	-	W 1-0
01.12.16	Lymm High School vs Penketh High School	-	W 1-0	L 0-2	-	L 0-1	-
01.12.16	Lymm High School vs Great Sankey High School	-	-	-	-	L 0-1	L 1-3
01.12.16	Lymm High School (B) vs Birchwood (A)	-	-	-	-	-	L 0-1
01.12.16	Lymm High School vs Alsager High School (R4 ESFA)	-	-	-	W 3-2	-	-
08.12.16	Lymm High School vs Beamont Academy	-	-	D 0-0	W 4-0	-	W 4-0
08.12.16	Lymm High School vs Birchwood High School	-	L 0-3	L 0-3	-	-	W 4-0
08.12.16	Lymm High School vs Great Sankey High School	-	-	-	D 1-1	-	-
08.12.16	Lymm High School vs Great Sankey High School (B)	-	-	-	-	-	L 0-3
08.12.16	Lymm High School vs Penketh High School	-	-	-	D 0-0	-	-
12.12.16	Warrington 7aSide League Final Positions	-	3rd	5th	1st	4th	2nd
12.12.16	Final Positions 7 (B)	-	-	-	-	-	3rd
13.12.16	Lymm High School vs Meoles Brace (R5 ESFA)	-	-	-	L 1-2	-	-
19.01.17	Lymm High School vs Weatherhead High School (R1 ESFA)	-	-	-	-	-	L 3-4
30.01.17	Lymm High School vs Sandbach High School (QF CC)	-	-	-	W 1-0	-	-
02.02.17	Lymm High School vs Helsby High School (QF CC)	-	-	-	-	L 2-3	-

HOCKEY RESULTS

Date	Fixture	1XI	U16	U15	U14	U13	U12
	Lymm High School vs St Brendans, Argentina	L 0-4	-	-	-	-	-
	Lymm High School vs Altrincham Grammar School	-	-	-	L 0-3	D 0-0	-
	Nationals (Cheshire Round)	1st	-	-	-	-	-
	Lymm High School vs Altrincham Grammar School	-	-	-	-	-	L 0-7
	Lymm High School vs Altrincham Grammar School (B)	-	-	-	-	-	L 1-7
	Lymm High School vs Hartford High School	-	-	-	W 4-0		
	Cheshire Competition (R1)	Won Group	-	-	-	-	-
	Lymm High School vs Loreto Grammar School	-	-	-	D 1-1	-	-
	Nationals (North West SF's)	3rd	-	-	-	-	-
	Cheshire Indoor Tournamet	-	-	-	3rd	-	-
	Cheshire Indoor Cup Competition (R1)	-	3rd	-	-	-	-
	Lymm High School vs Wilmslow High School (Ch.Indoor R1)	L 0-2	-	-	-	-	-
	Lymm High School vs Queen's Chester (Ch.Indoor R1)	L 0-1	-	-	-	-	-
	Lymm High School vs Wellington High School	-	-	-	W 9-1	-	-
	Lymm High School vs Altrincham Grammar School	-	-	-		W 2-1	
	Lymm High School vs Altrincham Grammar School	-	-	-	-	-	-



LONDON MINI MARATHON

Congratulations to Jordan Jones in Year 10 who has been selected to represent North West England in the U15 race in the London Mini Marathon.

Only six boys from the

North West England region have been selected for the U15 team.

He'll run the last three miles of the London Marathon on the morning of 23rd April.

Good luck Jordan!



REPRESENTING WALES

Congratulations to Year 9 footballer Phoebe Hampson who has been selected to represent Wales U15 team in their upcoming tournament in Ireland.

Phoebe is the captain of Lymm's successful U14 School football team. She also plays for Everton girls' team. This is an excellent achievement and is just reward for her dedication and commitment to training.

UPCOMING IMPORTANT DATES

Spring Concert

Tuesday 28th March

Spring Term Ends

Friday 7th April

Graduate Fashion Show

Wednesday 3rd May

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