



THE NETHERHALL ECHO



Welcome to the newsletter, bringing you up-to-date information about the School.

16th April – 8th May 2018

Issue 7

Netherhall School - Ewan Laverty - Rotary Youth Leader Award

Super Netherhall School student Ewan Laverty has been selected for the Rotary Youth Leader Award. The award is fully funded by the excellent Rotary Club of Maryport; it is a highly prestigious award and there is only one place allocated to Netherhall School.



The aim of the award is to develop leadership skills in young people and to grow leaders for the future. This is achieved by putting the young people into mentally tough and physically challenging situations, which they have to resolve. The award also requires candidates to raise money for charity.

The award is based at Castle Head Outdoor Centre at Grange-over-Sands and costs a considerable £530 per candidate.

Netherhall School would like to thank the Rotary Club of Maryport for their generosity and for this brilliant opportunity. In particular, I would like to thank Mr David Telford, past President of the Rotary Club of Maryport, for his support of the school; it is very much appreciated.

Ewan is studying A Level biology, chemistry and maths with the aim of becoming a doctor. Ewan recently attended a taster day at University College London, completed a work placement at Penrith Hospital and has been invited for a further work placement with the Great North Air Ambulance. In short, Ewan is an exceptional young man and a champion of Netherhall School.

Mr D W Tromans
Head Teacher

Great Golfer

Roseanne McSharry

Netherhall School Sixth Form student, Roseanne McSharry, has been selected to represent Cumbria County Ladies Open Age Golf Team. Roseanne plays at Workington Golf Club and has represented Cumbria at golf at U14, U16 and U18 level. Roseanne was a member of the Workington Golf Club Ladies Team which won the Cumbria County Shield.



Roseanne has been playing golf since the age of eight and is currently coached by golf professionals Andrew Wells and Graeme Lisle – at present Roseanne plays off an enviable handicap of 10. Roseanne is currently working on her short game, chipping and putting, as she can drive the ball an impressive 250yds!!!!

Roseanne is doing very well in her A Level studies of Physical Education and Health & Social Care and is to represent Netherhall School in the English and Scottish School Girls Championship. Roseanne's ambition is to achieve a career as a golf professional.

Roseanne is a super student; she is a delight around the school, someone who always has a positive attitude and lights up the room with her smile. She is a champion of Netherhall School and we wish her every success in the schools' golf championships.

Mr D W Tromans
Head Teacher

Fantastic Footballer

- Zane Alderson -

Netherhall School student Zane Alderson is a fantastic footballer; he is currently in the U12 Carlisle United team and has been a fixture in all the Carlisle youth teams for the past four years, since age 7.



Zane started his footballing career with Maryport Monsters and was talent spotted by highly experienced and respected Neil Rudd (now retired) who has signed many of Carlisle's talented players. Neil recommended Tony Reay, Head Scout at Carlisle to *'sign this kid up quickly before anyone else does!'* Zane's brilliant dribbling ability, attacking play, lightening speed and 'thunder bolt' shot made him an obvious choice for striker in the Carlisle United team.

Zane's favourite player is the Liverpool FC sensation Mo Salah; unsurprisingly, Zane's ambition is to become a professional footballer for his childhood team - Liverpool FC.

Zane is a star of the superb Netherhall School U12 football team, Allerdale Cup champions, and a first-class cross-country runner. I suspect Zane will also do very well when representing the school at athletics this summer-term.

Zane is not only a very polite, modest, well-mannered and friendly young man, he is hardworking, diligent and talented in his academic studies, in which he is doing very well.

Zane is a super student and a champion of Netherhall School.

Mr D W Tromans
Head Teacher

Sixth Form update

Netherhall School Sixth Form Uniform – September 2018

I am delighted to inform you that Netherhall School will be introducing a new school uniform for Sixth Form students from September 2018. The new uniform will consist of a grey jumper which will feature the traditional school badge in claret and gold to reflect the heritage of the school, while students will also be expected to wear a white shirt, black trousers or skirt and black footwear in keeping with the main school uniform. Sixth Form students will also be expected to wear the current school tie although there will be the option to purchase a proper tie if students do not wish to wear the clip on tie currently available.

The new uniform will be compulsory for all new Year 12 students from September 2018 and will be optional for current Year 12 students who will enter Year 13 in September. I would like to give my thanks to current Year 12 students Lauren Gorge, Ewan Lavery, Jodie Hodgson and Arron Musgrave for modelling the new school uniform so beautifully.



Lauren Gorge, Ewan Lavery, Jodie Hodgson and Arron Musgrave - Year 12

Camp Farm, Maryport – North of England Civic Trust Archaeological Conference

On Wednesday, 25th April eight Year 12 students had the fantastic opportunity to host an archaeological conference in the Ellen Theatre at Netherhall School between 9am and 3pm in support of the North of England Civic Trust. The conference provided the 26 delegates in attendance with a huge amount of information regarding the significance of Camp Farm, Maryport and the legacy of the Roman remains that have been found there before going on to explore how this legacy should be shared with future generations. A number of guest speakers had been invited to share their knowledge with the delegates including Graham Bell, Director of the North of England Civic Trust, Tony Wilmott of the University of Newcastle and Anthony Birley of Durham University. The morning lectures were followed up by afternoon workshop activities supported by Netherhall School Sixth Form students.

The event was co-ordinated brilliantly by our Year 12 students who displayed first class organisational skills in the build up to the conference and on the day itself, while the experience provided will leave the students in good stead ahead of their applications to university and for project management apprenticeships in the autumn term.

I would like to thank Julie Gowland and Kate Wilson of the North of England Civic Trust for the support and guidance they provided to our Year 12 students in their preparations for the conference and on the day itself. I would also like to thank the North of England Civic Trust for inviting Netherhall School to host this event and for the invaluable experience they have provided our students in developing their leadership skills in support of their future career aims. Most importantly, I would like

to thank our Year 12 students for acting as such professional ambassadors for Netherhall School and am delighted that they gained a great deal from the project:

"The whole day was a great experience for me and an amazing introduction into the world of project management. The event itself was very interesting and I'm glad I was a part of it"

Katie Harris

"The day gave me a taste of project management and what skills and qualities are needed to run a successful event like this"

Lauren Gorge

"It was a good experience to be able to successfully plan and deliver an effective day"

Emily Southwell



Emily Southwell, Julie Gowland, Lauren Gorge, Beth Peel, Scott Bradley, Kate Wilson, Ryan Moore, Katie Harrison, Kieran Dixon and Tyler Eren – Organisers of the Camp Farm, Maryport Archaeological Conference

Antarctic Explorer Lecture

On Thursday, 19th April Netherhall School Sixth Form students had the wonderful opportunity to attend a lecture with Antarctic explorer and Polar Medal winner Agnieszka Frykowska. Sixth Form students were given an overview of Mrs Frykowska's background and experience which was truly fascinating. Hailing from Auckland, New Zealand of Polish parentage, Mrs Frykowska attended Otago University in Dunedin where she completed a BSC degree in science and physical geography. Moving to England in 1997 she lived in London for five years before completing a master's degree in hydrology and then secured a position with the British Antarctic Survey in 2004. Mrs Frykowska spent 12 years based in the Antarctic and provided Sixth Form students with a fabulous power point presentation to highlight the work she had completed in monitoring the ozone hole alongside details of her experiences living and working at the South Pole. One of the high points of the lecture came when Mrs Frykowska explained how she had been awarded the Polar Medal in 2016 and had the honour of being presented by Prince William at Buckingham Palace.

Netherhall School Sixth Form students are extremely grateful to Mrs Frykowska for giving freely of her time to share her experiences with them and gained a great deal of knowledge on the opportunities that will be available to them in their future careers and how through hard work and determination students will be able to realise their dreams. I would like to pass on my personal thanks to Mrs Frykowska for a first class afternoon's lecture and am certain that our students will take a great deal of Mrs Frykowska's wonderful spirit with them for the future.



Sixth Form students Lauren Pape, Chloe Wilkinson, Matthew Ridley, Arron Musgrave, Katie McAvoy, Amber Butler, Owen Scott, Esme Rowe, Kieran Minshaw, Scott Bradley and Emily Akehurst with Antarctic explorer Agnieszka Fryckowska displaying the Polar Medal she received from Prince William

Lancaster University – Medical taster week



Year 12 student Ewan Laverty at Lancaster University.

Year 12 student, Ewan Laverty, has recently returned from a medical taster week at the UK's number one rated teaching institute of higher education, Lancaster University. Between Monday, 23rd and Thursday, 26th April, Ewan enjoyed a seminal experience as he followed the timetable of a first year undergraduate student by attending sessions on anatomy where the function of the lungs was studied alongside work on how to read X-rays while clinical sessions were also attended, providing information on how to use a stethoscope, a peak flow meter and a pulse oximeter. Ewan's favourite sessions were taught through PBL (problem based learning) where group work explored the treatment required to assist asthmatic patients. A series of lectures were provided over the four days from surgeons, anaesthetists and GP's, providing invaluable information on the various career pathways available to future medical students. Alongside these activities, Ewan also enjoyed sessions which provided information on the application process for medical schools and

experienced a series of mock interviews ahead of the upcoming UCAS applications which will be completed in the autumn term.

Ewan is a first class student and the experience provided by Lancaster University both academically and in terms of the wider experience of life as a medical undergraduate will greatly enhance his applications to university this autumn. Ewan himself is thankful for the opportunity afforded by Lancaster University and reported how **“Lancaster University has consolidated my plans to study medicine at university. It has made me want to attend a university which teaches through PBL”**. We are delighted that Ewan took so much from the experience and are sure that Ewan will go on to great things in the future; his spirit, drive and determination are an inspiration to his fellow students and he is a credit to Netherhall School's Sixth Form body.

Medical work experience at Penrith Hospital

Year 12 students Megan Almond and Ewan Laverty were fortunate enough to enjoy a day's work experience during the Easter holidays with Penrith based GP Dr Jo Lewis on Thursday, 5th April. During the morning Dr Lewis ran through what a typical day would look like for her at Penrith's Birbeck Medical Centre and explained the various and challenging scenarios that she could be expected to deal with. Following this, Megan and Ewan went on to meet several other members of staff including the practice manager, medicine manager and nurses who work at the hospital who all provided a wealth of experience to our students. Both students took a great deal from the opportunity with Megan reporting that **“Having the opportunity to experience what a regular day is like working at a hospital, and the many different jobs within it has furthered my interest in this area of medicine”**, while Ewan reported **“My experience with a GP has provided me with a better insight of the life of a GP and broadened my knowledge in this sector of medicine”**.

Dr Lewis has reported that she believes both students are ideally suited to a future career in medicine and is helping to arrange further work experience opportunities for Megan and Ewan at Carlisle Infirmary and with the Great North Air Ambulance. Netherhall School Sixth Form is indebted to the experience provided by Dr Lewis to our Year 12 students and we would like to pass on our sincere gratitude to her for these opportunities. We are also proud of the commitment that both Megan and Ewan are showing to their academic studies, their extra-curricular interests and in their desire to pursue all work experience opportunities provided to support their university applications in the autumn. They are a credit to themselves, their families and to Netherhall School.



Megan Almond and Ewan Laverty, Year 12.

Durham University Supported Progression – Easter School

Year 12 students Ryan Moore, Esme Rowe and Brad King have undertaken the next stage of this year's Supported Progression Programme at Durham University during the Easter holidays, with a two night residential event held between Monday, 9th and Wednesday, 11th April. The event is designed to focus students' academic skills in preparation for the week-long assessed summer school in August. Ryan is taking part in the mathematical sciences programme, Esme is following the modern languages and cultures programme while Brad is taking part in the primary education programme.

An action packed three day residential saw the students enjoy subject taster sessions, receive an introduction to the UCAS process and personal statements while also experiencing workshops to support university study including sessions on academic writing, critical thinking, debating and revision skills.

All three students should be very proud of their achievement in being picked from thousands of applicants to enjoy this first class experience at one of the country's finest academic institutions. Ryan has reported that **"I really enjoyed the mathematics I learned about and used at Durham and would definitely consider going to Durham to study mathematics"**. Esme was similarly delighted with her experience and reported **"Durham was an amazing experience with great people. I cannot wait to return in the summer and learn more about the modern languages and cultures course"**. Brad was also pleased with the experience and reported how **"The course is providing me with different ideas of what I may do once I leave school and Durham is definitely a future option for me"**.

Netherhall School is delighted with the opportunity that is being provided by the Durham University Supported Progression Scheme for our students and is certain that the experiences being gained will help all three students cement their plans for university applications during the autumn term.



**Durham University Supported Progression students Ryan Moore, Esme Rowe and Brad King
Year 12.**

Innovia work experience

During the Easter holidays Netherhall School Sixth Form students enjoyed a work experience day provided for students interested in a career in industry provided by Innovia Films, Wigton on Wednesday, 4th April. The day consisted of a tour of the manufacturing plant and the research and development facility while interactive 'break-out' sessions were then provided in a variety of different areas including manufacturing, research and development, human resources, sales and marketing, finance, procurement and travel, information systems and environmental operations.

The work experience day provided a superb opportunity to our Year 12 students ahead of their university and apprenticeship applications in the autumn term while also providing further experience to Netherhall School's Head Boy Matthew Ridley, who will begin reading for his degree in Chemical Engineering at Huddersfield University this autumn.

All students reported that the work experience day had provided a great deal of knowledge and inspiration in assisting their future career plans and we would like to pass on our thanks to the staff of Innovia Films for providing such a great opportunity to our students.



Kaitlyn Banks, Yasmin Dixon and Jodie Hodgson - Year 12 - Innovia Films, Wigton



Emily Southwell, Yasmin Dixon, Jodie Hodgson, Kaitlyn Banks and Lauren Gorge (Year 12) and Head Boy Matthew Ridley (Year 13)

I would like to close by thanking Sixth Form students for their ongoing commitment to excellence in their academic studies, extra-curricular interests and in the commitment they have shown to the work experience placements that have been offered to them. I would particularly like to pay tribute to the incredible work rate, resilience and determination that Year 13 students are currently showing on a daily basis as they complete their coursework assignments and revision preparations ahead of this summer's public examinations and look forward immensely to the successes that lie ahead in the coming months.

Mr M D Bailey
Deputy Headteacher/Head of Sixth Form

Netherhall School **A Thirst for Learning**

Star Netherhall School students Keelan Lauanders, Lida Dang and Zac Alton have received the 'Thirst for Learning' award for ICT in recognition of their valuable contributions to ICT lessons. The students have demonstrated outstanding effort and endeavour in lessons, in recognition of this, each student has been awarded a certificate and a £10 Amazon voucher by their excellent ICT teacher, Ms Cooper.



All three students are champions of Netherhall School.

Mr D W Tromans
Head Teacher

Artist of the Fortnight

Lindsey Hewitt

Lindsey is an exceptional student; she approaches her art work with maturity and has created some beautiful and thought provoking pieces. Her exam piece, based on the theme of Fragments, shows the contrast between women before and after a defining experience, portrayed through a variety of materials, used incredibly well. Excellent work Lindsey, well done.



Ruth Stead
Head of Art

Netherhall School Arts Award



Netherhall School Year 7 students were given a fantastic opportunity to take part in the Arts Award programme. The Arts Award offers a range of unique qualifications; schools previously involved with the Arts Award have reported its positive impact on students' art form knowledge, creativity, leadership and communication skills. The Arts Award is managed by Trinity College London in association with the Arts Council England.



Students had the opportunity to work with a local artist, Alex Jakob-Whitworth, who has exhibited in London amongst other places. The students explored the Roman Museum and did a quiz, followed by designing their own Roman soldier and then writing a letter home – in Latin, as if they were a Roman soldier.



It was a fantastic opportunity; all the students thoroughly enjoyed the experience and were a real credit to themselves and the school.



There is a further visit to Dove Cottage planned, where the students will work with a different arts practitioner and will explore the works and life of Dorothy and William Wordsworth.

The Arts Award will culminate in an exhibition evening where parents will be invited to attend and see their child's work.

Well done to all those students and staff involved.

Mr D W Tromans
Head Teacher

Netherhall School Rocks **Rock Challenge** **Victorious 'Viking Voices'**



The Sands Centre, Carlisle were quite literally rocked by the visionary performance of 'Viking Voices' by the students of Netherhall School, Maryport during their Rock Challenge performance on Thursday, 19th April.



The students won ten impressive awards, including best overall 'Entertainment', Visual Enhancement' and 'Lighting' as well as another 7 awards.

The production focused on the Viking Queen Oesberg, played by Lucy Scott and her leading Shield Maiden, Courtney Heaton accompanied by a cast of equally brilliant Viking warriors.

Set in Iceland, 930 AD, the story written by Head of Drama, Miss Lawson, invited the audience to journey with the two leading protagonists onto the glacial plains where the native Vikings established the first parliament in the world - facilitating a new culture of democracy and equality.



Netherhall's leading ladies and Viking cast took their audience on an emotional journey, leaving their homeland; venturing to West Cumbria to create settlements, promote trade, democracy and organic living. This winning idea supported the foundations of Rock Challenge, which encourages schools across the UK to use music and dance to explore an important message relevant to young people, with the common aim to be the best they can be without the use of nicotine, alcohol or drugs.

The 8 minute piece celebrated the narrative thread of these exceptional women in history and was commended by judges for being 'clever and unique' with the 'strongest leading lady'.

The piece was inspired by a winning idea of shadow dancing from ITV's 'Britain's Got talent' show.

Netherhall's students collaborated with Head of Drama, Miss Lawson and together they devised the idea of using the students as living props - creating a Viking long boat, a mountain range and a battle scene. Students also designed and made shields and costumes - all of which achieved awards.

The performance was praised for its 'unique' soundtrack; a combination of Korn's 'Strength of 1000 men', 'Fight Song' by Rachel Platten and the evocative 'This girl is on fire' by Alicia Keys. The songs were complimented by an original recording of Viking horn and bodrum drum by Luke Moloney, Viking Living History and Events Co-ordinator at Moorforge, Gilcrux.

The overall performance was incredibly powerful, combining impressive talent and energy into a triumphant victory for Netherhall.

Ms Karen Lawson
Head of Drama



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 B Irving.



Road Safety Notice



This is a reminder to all parents and guardians who drop off or pick their children up by car or other motorised vehicles.

Please do not park on the yellow lines or block entrances and exits. It is important to leave these clear for emergency vehicles and the safety of our students.

Thank you for your cooperation.

REMEMBER DRIVE SENSIBLY AND SAFELY.

KEY DATES

SUMMER TERM 2018

STARTS	ENDS	HALF - TERM HOLIDAY
Monday 16 April	Friday 20 July	Monday 28 May - Friday 1 June
		Early May Bank Holiday - Monday 7 May

EVENTS, TRIPS AND VISITS THIS HALF TERM

24 to 25 May	Duke of Edinburgh Bronze Award Assessment Year 10
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Exams Information

Summer 2017 Examinations

Certificates for examinations taken in May/June 2017 are available for collection from Netherhall School reception 8.30 - 16.00

We are instructed by the Examination Boards to keep certificates for 1 year only, if they are not collected then we can destroy them.

Summer 2018 Examinations External

Examinations start Tuesday 8th May and continue until Monday 25th June inclusive.

Results days are:

GCE - Thursday 16th August

GCSE - Thursday 23rd August

Any student who is unable to collect exam results can leave a stamped addressed envelope with the exam officer before the end of the school year.

Results can't be issued over the phone or electronically.

Summer Term 2018 Examinations Internal

Year 7 Internal Tests week commencing 18th June 2018

Year 12 Internal Tests week commencing 18th June 2018

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



SPORTS AND OUTDOOR EDUCATION NEWS

PE UPDATE

Year 9 Football



The Year 9 football team also played in the Allerdale tournament at Workington. They won their pool comfortably against West Lakes, Cockermouth and Keswick. However, they were beaten 2-1 in the final against Nelson Thomlinson. Nevertheless the boys should hold their heads high and be proud of their achievements over the past year as together they have played some excellent football with some fantastic results.

Year 10 Football

Year 10 played in the Allerdale tournament against Workington Academy, Cockermouth, Keswick and West Lakes Academy. It was a very close tournament with the final game deciding the winner. I am pleased to say that, with 2 wins and 2 draws, Netherhall were victorious and returned to school with the Allerdale Cup.

Congratulations to all that played in the tournament, it was a well-deserved end to a great season.



Mr Fulton
Head of PE

Netherhall School

Year 10 County Football Honours

Outstanding Netherhall School Year 10 footballers, Ciaran Little and Jack Shepherd, have been selected for the Cumbria County U15 football squad.



Well done to both boys, a brilliant achievement! You are both champions of Netherhall School.

Mr D W Tromans
Head Teacher

YEAR 7 NETBALL TOURNAMENT



In the final week of term the Year 7 netball teams played in the end of season tournament at Nelson Thomlinson School. It was the girls first opportunity to showcase our brand new netball dresses and all the girls wore them with pride. They looked extremely smart and very professional. Despite the terrible weather the girls never gave up and played some fantastic netball. The A team had three convincing wins against West Lakes Academy, Solway and Workington Academy but, unfortunately, they were beaten by one goal by St Benedicts and 4 goals by Nelson Thomlinson, overall coming a respectable 3rd place. The key players on the day were Amie Heron, with quick reactions she was able to stop the opposing teams scoring many more goals; Georgia Porter, who is so agile and hardworking and can play in any position on the court and Evie Houghton and Caitlin Elsam who both led the team around the court with brilliant passing and attacking skills.



YEAR 8 & 10 GIRLS RUGBY LEAGUE TOURNAMENT

To conclude the girls rugby season, the Rugby League Finals took place at Netherhall on Wednesday, 28th March. The Year 8 girls played first and they set the tone right from the outset. The first match was against West Lakes Academy who have been undefeated for two years. Despite missing a large number of players the girls were amazing in their first game. They took an early lead with some outstanding footwork from Sinead Longstaff then two tries later the West Lakes Academy team looked worried. For the next 5 minutes Netherhall defended brilliantly with Abbie Falk not letting anyone past her, but eventually WLA scored and this seemed to knock our confidence. Shortly after they scored again and before you knew it the whistle had gone and WLA won 4-2. Their second game against Workington Academy was very close, with both teams scoring almost every time they had possession of the ball. Due to a couple of injuries Workington Academy took the lead and Netherhall were unable to get it back. The final game was when most of the girls came into their own, we played Whitehaven Academy and won them 8-1. The Year 7 girls who had stepped up to help out our short sided Year 8's were amazing, especially Casey-Jo Nelson and Megan Hine. A special mention to Kelsey Wilkinson who hasn't played in over 18 months and was a huge asset to the team. All in all a great performance by all topped off with Sinead Longstaff being named Player of the Tournament.

The Year 10 tournament then began and the talent on show from all teams involved was superb. Netherhall kicked off the tournament with their match against Workington Academy. This was always going to be the most difficult game as the girls all knew but this didn't stop them giving 110%. Shortly into the game we had an injury and then had to continue a player down. With some brilliant play from Libby Oglanby, Maddie Nixon, Abbi Langley and Paige Johnstone we scored 4 tries but it wasn't quite enough to beat an experienced WA team. The second game was against Dowdales School and with their first game over they were clearly much more confident on the ball. Abigail Jackson was outstanding leading the try count as she sprinted down the line the Dowdales players were unable to stop her. Fantastic defence from Chloe Pape and Emmi Chilton meant Dowdales only scored two tries. Final score Netherhall 9 - Dowdales 2. Overall coming second in the tournament.



Netherhall School Workington Reds

There are five exceptional Netherhall School students who play for Workington Reds Girls Football Team: Casey-Jo Nelson, Ellie Reid, Aliyah Holmes, Kate Ivison and Emily Wilson



The girls play for the Workington Reds U12 and U13 Girls teams; Casey-Jo is captain of the U12 team and Kate Ivison is captain of the U13 team. The girls love playing for their team and hugely respect and appreciate the considerable amount of time, energy and effort their coaches put into the teams. The coaches are Kevin Devlin and Paul McKenzie for the U12 team; Andy Rush and Gareth Holmes for the U13 team. As the girls say, ***'It wouldn't happen without them.'***

The girls have been playing football for Workington Reds for the past two/three years. They currently train every Tuesday and play matches on Sundays in the local league and cup competitions. At a recent competition in Skegness the girls did brilliantly well, only narrowly losing in the final to another top team in the North of England.

In addition to being fabulous footballers, all the girls are super students, excelling in their academic studies and representing the school at tennis, rugby, netball, x-country, athletics and orienteering.

All of the girls are exceptional young people and champions of Netherhall School.

Mr D W Tromans
Head Teacher

Netherhall School Top Tennis



Netherhall School tennis teams have been working hard in their preparation for their first Aegon Schools Tennis match, the Years 7/8 and Years 9/10 Boys and Girls teams are being coached by Level 4 LTA coach Colin Dunbar, who also coaches one of the County teams and represents the South of Scotland at tennis. Colin has been delighted with the students' superb attitude and excellent work ethic. The first match is against Trinity School in Carlisle.

Mr D W Tromans
Head Teacher

Orienteering

The orienteering league started on the 30th April. 16 Netherhall pupils entered the first of the competitions. All had a fantastic time on the sunny shores of Derwentwater, near the Theatre by the Lake. Congratulations to Lucy Scott who got a fantastic time under 11 minutes with no penalty points. More competitions are to follow on the 8th, 14th and 21st of May. If any pupil would like to enter please see Mr Fulton.

UP COMING FIXTURES

Orienteering league dates

Tuesday 8th May
Monday 14th May
Monday 21st May

Year 7 Athletics

Tuesday 19th June

Yr 8, 9 10 Athletics

To be confirmed.

Go Ride Cycling 100mile ride

11th - 13th July

Netherhall School
Duke of Edinburgh Silver Award
Practice Expedition



Nineteen intrepid Netherhall School students set out in fine Lakeland weather on Thursday, 19th of April on their Duke of Edinburgh Silver Award three day practice expedition. They were blessed by the weather gods, who provided the best weather of the year to-date and it was more a case of sun cream, sun hats, ice creams and plenty of cold drinks rather than waterproofs and woolly hats.



The practice expedition was led by the excellent Mr Horton, Mr Wassell and Mrs Bishop, who ran a very well organised expedition, which ran like clockwork.

The practice expedition required the students to plan, prepare and safely complete a three day expedition, navigating their way from Dockray to Howtown, carrying all their equipment, pitching camp each night and being self-sufficient – as a team!

The students had a fantastic time and thoroughly enjoyed the experience; they say they are now ready for the real thing!



On Saturday morning I arrived to assist and was extremely proud of the students: their conduct was exemplary, they helped and supported each other, the camp site was left as immaculate as when the students arrived and every single team member was packed and assembled absolutely on the dot of nine o' clock. As one fellow seasoned camper said, 'Wow, that is punctuality, I've never seen a school group so well organised and independent – they're brilliant!'

This is testimony to the staff, as this level of organisation and discipline doesn't happen by itself; it is indicative of the respect the students have for the staff's directives and the huge amount of organisation and preparation in advance of the activity.

A huge thank you to the staff involved and well done to all the students.

Mr D W Tromans
Head Teacher



Netherhall School Duke of Edinburgh Award Gold Expedition



The first Duke of Edinburgh Award Gold Award group at Netherhall School since the 1990s completed their four day expedition and award last week. The themes of the Gold Award have been: challenge, self-improvement and community.

As part of the award the students have volunteered for community projects, learnt new skills and participated in physical activities, which has collectively meant that they have become more rounded individuals.

Stage 1 The Practice Expedition (an enduring canoe journey)

The expedition is the most gruelling part of the award; in fact, it is the part that puts most people off!!! Our students faced the challenge head on and as a result canoed the entire length of the Great Glen from Inverness to Fort William. The journey included paddling Loch Ness (no sightings of Nessie unfortunately) and wild camping along the way. They learnt skills like perseverance and how to deal with very challenging situations. This was shown in 'bucket loads', as on the last day the wind built to such a speed that it felt as though they were moving backward one paddle stroke for every two moving forward.

Stage 2 The Qualifying Expedition (an adventure to remember)

Canoeing on the River Spey is a completely different experience to canoeing on Scottish Lochs and canals. They had to learn about eddy lines and how to keep equipment dry and secure in the event of a swim (which was highly likely).



The journey began in Aviemore (the Scottish Highlands) with heavy boats laden with everything required for four days of independent travel. It took a period of time for the students to become comfortable with the moving river environment and by the second day they were able to identify hazards and read water features, enabling them to run grade 2 rapids. By the end of the trip they had all looked after themselves independently and shown great resilience in what was a demanding environment.

The defining moment that demonstrated the magnitude of their achievement was when they reached the ocean and a pod of dolphins was feeding in the bay; it was as if they sensed the air of achievement and wished to congratulate them on the end of their journey.





I am extremely proud of the achievements of our Gold Duke of Edinburgh Award group and I am certain that what they have learnt will be demonstrated in their A Level achievements this summer. Perhaps most importantly, I have seen young people grow and develop into adults with the courage of their conviction, desire and the confidence to follow their dreams.



In addition to this, they blaze a trail for other Netherhall School students, raise expectation, encourage others to follow in their footsteps and change other students' belief of what is possible.



Richard Horton
Duke of Edinburgh Award Co-ordinator