



ST. ANNE'S
CATHOLIC
HIGH SCHOOL

Thrive!
THE PHYSICAL EDUCATION/LIFELONG LEARNING NEWSLETTER

JANUARY 2026

'Act justly, love tenderly, walk humbly with your God'

Introduction

Over the past months, students across all Year groups have embraced a wide variety of sports and physical activities. From team sports like netball, football, rugby, hockey, lacrosse and basketball, to individual disciplines such as gymnastics, dance and fitness, our PE programme has offered something for everyone.

Our GCSE PE classes, A-Level students and Level 3 Sports Leaders have played a key role this term, not only developing their own skills but also supporting younger students in lessons and competitions. Their dedication and leadership have been invaluable in fostering teamwork, resilience, and a positive sporting culture across the school.

Students have represented the school in competitive events, showing skill, determination and team spirit in football, futsal, netball and rugby. Participation in these competitions has encouraged sportsmanship and strengthened pride within our school community. Outdoor Adventurous Activities (OAA) have also challenged students to think strategically and work collaboratively, adding another exciting dimension to our curriculum.

In the Spring term, the PE programme will continue to evolve with the introduction of new sports such as badminton, volleyball and handball. These activities will offer fresh challenges, broaden students' skills and ensure that PE remains dynamic, inclusive and enjoyable for everyone.

Ms Troiano
Subject Lead PE and Lifelong Learning



Tennis: Fixtures and Trips

St Ignatius Away Fixture

In October, we took two Year 8 teams and two Year 9 teams to play fixtures against St Ignatius - and all of our girls performed incredibly well against the boys. Our Year 9 B team ran out 10-2 winners while both of our Year 8 teams won their fixtures against their male counterparts. This was a fantastic achievement for our school, winning 3 out of our 4 fixtures against boys of the same age group. This demonstrates the progress our young tennis stars have made. Amazing job, girls!



Year 7 Red Ball Tournament

In December, we travelled to Lee Valley Hockey and Tennis Centre for our yearly Red Ball Tournament. We took two Year 7 teams to the event and they all performed admirably picking up a few wins in the group stage. For all of our girls, this was their first experience of playing in a tennis match after only a few weeks practice and we at the school are really proud of how they all applied themselves. The girls commented that they were really looking forward to playing some more competitive tennis in the future. This is a great sign of things to come from our new Year 7 cohort. Well done, girls!

Wimbledon Learning Experience



In November, we took ten students to Wimbledon, the home of The All England Championships, to experience a fun learning day and a tour of the grounds. The day included a workshop about the history of the Championships and the women trailblazers who have been involved in the tournament. Our students then took part in a fun activity where they took on the role of a tennis player and had to manage their financial decisions whilst on the professional tennis circuit. Our students enthusiastically engaged with this activity — and got very competitive! The afternoon consisted of a tour of Wimbledon along with a trip to the museum. For most of our students this was their first time at Wimbledon, so they were very pleased to be able to see it in person after spending so much time at our school playing tennis!

Tennis: Trips

Emirates Stadium Employability Day

In October, we took eight girls along to Arsenal Football Club to take part in an employability day. The day was really informative for our older students in Year 10 and the Sixth Form as it gave them a great opportunity to understand how to structure a CV, tips for when they get job interviews, plus great insights into a wide range of careers available to them once they leave school. The day was rounded off with a tour of the Emirates Stadium, which the girls and Coach Dan really enjoyed!



Padium Padel



Another trip that we ran in October was an enrichment trip for some of our students to Padium in Canary Wharf. This trip gave the girls an opportunity to experience playing Padel for the first time, which was really exciting. The girls had a fabulous, fun afternoon and took the opportunity to ask their coach some great questions about the sport. Another pleasing aspect was seeing the girls take the chance to take in the sights of Canary Wharf as some of our girls hadn't been there before.

Netball

Borough Netball Tournament

Our Year 10 and 11 teams took part in the Borough Netball Tournaments in October at Winchmore School - and the Year 11 team made the final, facing Enfield County! While the team missed out on the win, they represented St. Anne's so brilliantly well.

We are also proud of our Year 10s, who played a round robin style tournament, finishing in 2nd place overall.

As usual our St. Anne's students displayed high levels of determination, skill and teamwork.



Year 7 Netball Club

The Year 7 Netball Club has been a great success this term, with an impressive 55 pupils regularly attending each week. The enthusiasm and commitment shown by the students has been fantastic, and it's been great to see so many pupils developing their netball skills and teamwork. The group has shown excellent improvement in their understanding of the game, communication on court and overall confidence.

A big thank you to all pupils for their enthusiasm and teamwork, and to the sports leaders who helped make the club run smoothly. We look forward to seeing continued progress and participation in the coming weeks and months.

Scores and Players of the Match

Year 10 Netball

7-11 Enfield County
(Victoria / Ayesha-Rei)

20-6 Palmers Green
(Ayesha-Rei / Lottie)

11-9 Southgate (Jade)

23-6 Edmonton County
(Jade and Ayesha-Rei)

13-11 Wren Academy
(Victoria / Ayesha-Rei)

22-2 AJK (Ayesha-Rei)

23-1 Lea Valley (Ayesha-Rei)

Senior Netball

6-10 Enfield County (Lily-Rose)

24-1 Winchmore (Ruby-Mae)

22-1 Wren Academy (Mischa)

32-0 Lea Valley (Sophia)

16-6 Kingsmead (Lucie)

16-22 Latymer (Lucie)

Year 8 and 9 Netball Training Update

Netball continues to be one of the most popular sports at St Anne's, with more than seventy girls attending training every Wednesday after school. The commitment and enthusiasm shown by both the Year 8 and Year 9 teams has been outstanding, with players demonstrating great teamwork, energy and a passion for improving their skills.

Training sessions focus on developing core techniques, match tactics and fitness, while also building confidence and camaraderie across year groups. The high attendance each week reflects the growing and continued love for netball at St. Anne's.

Year 7 Match Reports

8–4 Win vs. Wren Academy

- Squad: Naomi (Captain), Delina, Kaija (Player of the Match), Davina, Darcy, Jenelle, Gabrielle, Nicole and Elizabeth.
- Coaches: Amina and Maya (Year 9)

St. Anne's beat Wren Academy 8-4, showing great teamwork and fast, accurate passing. Davina impressed in the shooting circle with strong scoring and great rebounds, while Kaija excelled in defence with fantastic interceptions. Year 9 coaches Amina and Maya organised positions and substitutions effectively. The match was fairly umpired by Miss De Graaf and the Wren Academy coach, and St Anne's gained a confident, well-deserved win.



9–1 Win vs. Aylward Academy

- Squad: Naomi, Delina, Kaija, Davina, Darcy (Captain), Jenelle, Gabrielle (Player of the Match), Joelle and Elizabeth.
- Coaches: Amina and Maya (Year 9)

St. Anne's beat Aylward Academy 9–1 in a strong team performance. Delina impressed with accurate shooting and Darcy, the team captain, led a solid defensive line. Gabi earned Team Player of the Match for her effort and teamwork. The game was officiated by Miss De Graaf, with Aylward's coach also helping to oversee the match, ensuring fair and smooth play throughout. St. Anne's came away as well-deserved victors. We did it!

Netball

Year 8 Match Reports

- **4–11 Defeat vs. Enfield County**
- Squad: Raphaelle, Myomi (Player of the Match), Gabriella, Medina, Sahsine, Chahat (Captain), Tamzin and Jesscia

The Year 8 Netball team faced Enfield County in a competitive match that showcased determination and teamwork throughout. Despite a strong defensive effort and moments of excellent passing play, St. Anne's struggled to convert opportunities into goals against a well-organised Enfield County side. County took an early lead and maintained consistent pressure, but St. Anne's showed resilience, with great communication and improved play in the second half. Special mention goes to the team's defensive players for their persistence and interceptions under pressure. Although the match ended in a 4–11 defeat, the St. Anne's players demonstrated real progress, teamwork and sportsmanship.

Year 9 Match Reports

- **12–6 Win vs. Enfield County**
- Squad: Carmelita, Esther, Rochelle, Sally (Captain), Nikita, Nancia, Jasmine (Player of the Match) and Charlyne



The Year 9 Netball team delivered an impressive performance against Enfield County, securing a well-deserved 12–6 victory. From the first whistle, St. Anne's showed focus and determination, moving the ball with confidence and precision. Strong shooting and excellent teamwork in the attacking circle helped the team build an early lead, while tight marking and great communication in defence limited County's chances. Every player contributed to a dynamic and disciplined display, reflecting the team's growing skill and commitment. This confident win highlights the spirit of the Year 9 team and the progress that they have made.

A-Level assistance

Our A-level student Lucie has been assisting and sharing her knowledge with the Year 10 GCSE class (pictured to the left). This is the first year this has been able to happen. The students have really appreciated the additional help and role model. She has also coached the Year 10 Netball team – thank you Lucie!

Meet the Netball Captains!

Lucie (Senior Captain)

What position do you play?

Centre.

Best match this season?

vs. Winchmore

What's the best thing about being in the team?

Our teamwork and ability to adapt game play in different situations.

What are your best leadership qualities?

Passion, strong communication and decision making

Why is sport important to you?

It's a good outlet for my energy that helps me focus, stay disciplined and push myself to be better.

Senior Netball Report by Lucie

On Monday 22nd September, our Senior Netball team earned a strong 24–1 win over Winchmore. From the first centre pass, the team showed strong communication and sharp movement on court, quickly taking control of the game with accurate feeds into the circle and composed shooting under pressure. Winchmore fought hard throughout, managing to break through for a well-earned goal in the second half.

Player of the Match - Ruby (GD) - was recognised for her excellent defensive skills and constant interceptions and turnovers. Overall, it was an excellent all-round performance and a well-deserved win for the squad, setting a positive tone for the rest of the season.

Victoria (Year 10 Captain)

What position do you play? Goal defence.

Best match this season? vs. Wren Academy.

What's the best thing about being in the team?

The girls on the team always encouraging each other to do better!

What are your best leadership qualities?

My ability to communicate with my team and keep myself and them calm whilst under pressure.

Why is sport important to you?

Sport is important to me as it is my way of combining happiness and fitness as one. I love the contrast of doing something that makes me so happy whilst under pressure. It has also helped my confidence.

Year 10 Tournament Report by Victoria

On 15th October, a few of our Year 10 girls travelled to Winchmore secondary school to play the annual Netball Tournament. They played mini matches against different schools in Enfield and did incredibly well in every one. It was very competitive, tough, fun and tiring, but the girls continuously pushed through every game until the final whistle.

Here is an overview of how the girls got on:

7–2 win vs. Southgate

5–4 loss vs. Latymer

4–3 win vs. Enfield County

6–4 win vs. Palmers Green High School

After a tiring season of netball, these girls went to the tournament and played fantastically well, finishing 2nd overall! Congratulations to everybody on the team for such a big achievement and to Miss Troiano, who puts a massive effort into the girls coaching, matches and game play. Well done to all.

Rugby

Hertfordshire Schools Rugby Tournament



On 6th November, two teams (**8/9 Tag** and **10 Contact**) travelled to Hertford Rugby Club to take part in the **Hertfordshire Schools Rugby Tournament**. 8/9 won five games and lost only one, finishing in 1st place, and the Year 10 team were unbeaten. Both teams had positive reports from the referees regarding their level of play and respect to both the referees and the other teams.

Our thanks go to Tom Mann who runs the weekly Rugby Club for the students and has inspired many of our girls to join Enfield Ignatians, with **Ayesha-Rei**, **Gabriella** and **Pretty** making the Middlesex Rugby team. Tom has also visited our Palmers Green Campus to work on weight training with the senior team.

We look forward in the Spring term to the **London Youth Games**, in which we will be competing as well as hosting matches as Enfield Ignatians. The Year 10 players have also been teaching their peers in lesson time.



Football

Year 7/8 and 9/10 Football Update

In-depth trials were held over three week period during the Autumn term. We had more than thirty students turn up for the trials, along with students who were more interested in just the recreational engagement of the football club.

St. Anne's Year 9 and 10 Match Reports

- 7–6 Win vs. Highlands
- 7–1 Win vs. Heron Hall
- 5–0 Win (walkover) vs. Edmonton County
- 5–0 Win (walkover) vs. Winchmore Hill

The squads have shown promise and potential. This has been evident in the results following their win against Highlands and Heron Hall. The squad players take pride in their football by attending regular training sessions at Thursday lunchtimes for Year 7, 8 and 9 players.

Extra-Curricular Achievements

At St. Anne's, we recognise and are proud to celebrate students' extra-curricular achievements outside of school.



Mila
Football Achievement



Aoife
Achieving her Karate Brown Belt



Robyn
1st Place - Dog Handler



Sofia
1st Place in the Enfield Gymnastics Festival

Football

Tottenham Hotspur Girls' Football Tournament



Result: Tournament Winners (Undefeated!)
8 wins and 2 draws

This was a fantastic opportunity for Year 7 and 8 players to showcase their talents, which they did in tremendous fashion.

Entering—and winning!—their first competitive tournament without having played any prior league fixtures was a brilliant achievement. The girls were in high spirits following their remarkable accomplishment.

Year 7/8 Match Report

• 7–0 Win (walkover) vs. Lea Valley

On this chilly evening, eleven players braved the cold to deliver a well-rounded team performance against Lea Valley. Danielle opened up the scoring 15 minutes into the game with a well executed left-foot finish from long range.

Five minutes later, Amelie slotted a composed finish into the bottom right-hand corner of the goal, assisted by Kaira with her silky footwork evading tackles from three Lea Valley defenders, and that put us two goals up. Following a positive and encouraging team talk at half time, St. Anne's turned on the style, scoring five second half goals, and securing a commanding 7-0 victory.



Sports Leaders

Year 13 Sports Leaders



Year 13 level 3 Sports Leaders put their learning into action recently when they taught a Year 9 class. Lessons ranged from National Football League (NFL - American football) to netball. Fun and learning was had by all!



External Clubs

Football

Enfield Town Ladies FC (Youth & Women's Football)

Female teams from U8–U16 plus women's pathway.

Website: <https://etlfc.co.uk>

ASE JNR Tigers

Youth football teams up to age 15; mixed teams available.

Website: <https://asejnrtigers.co.uk>

Chase Side Youth FC

Teams from U6–U18; mixed and girls welcome.

Website: <https://chasesideyouthfc.com>

Cruz Sports Coaching (Football sessions)

Coaching sessions for youth including girls' classes.

Website: <https://cruzsportscoaching.co.uk>

Basketball

Cruz Sports Coaching

Dedicated youth basketball sessions around Enfield.

Website: <https://cruzsportscoaching.co.uk>

Athletics / Running

Enfield & Haringey Athletics Club

National-level club with a youth section. Track and field, sprinting, middle-distance, jumps, throws.

Website: <https://enfieldandharingeyac.co.uk>



Martial Arts

Enfield Drill Hall Sports Club (Martial Arts Section)

Offers ju-jitsu, self-defence and martial-arts classes suitable for teens.

Website: <https://enfielddrillhall.club>



Badminton and Other Indoor Sports

Enfield Drill Hall Sports Club

Badminton, pickleball, archery and other indoor sports for teenagers.

Website: <https://enfielddrillhall.club>



Multi-Sport (Various Activities)

Active Enfield

Borough-wide sport programmes for ages 5–18 including:

- Dance
- Fitness classes
- Multi-sport
- School holiday sport camps

Website: <https://www.activeenfield.uk>

ACE Youth Club (Ponders End)

Indoor sports hall, gym, futsal, basketball and structured sport sessions. Great for teens who want sport and social activities.

Website: <https://aceenfield.org>

Lifelong Learning (LLL)

Introduction

This term, all year groups have participated in a comprehensive series of Lifelong Learning lessons, covering a diverse range of important topics. From road safety in Year 7 to oral hygiene in Year 13, the lessons have been carefully tailored to address age-appropriate issues and equip students with essential knowledge and practical skills for everyday life. Students have consistently looked forward to these sessions, demonstrating high levels of interest and engagement throughout.

The lessons have been designed to be interactive and thought-provoking, encouraging students to reflect on their own experiences and apply what they have learned in real-world contexts. Feedback from students has been overwhelmingly positive, with many commenting on how relevant and useful they find the topics. Staff have also noted strong participation and enthusiasm, which has contributed to a positive learning environment across all year groups.

Overall, the Lifelong Learning programme has been highly successful this term. Students are not only gaining valuable knowledge but also developing critical thinking, self-awareness and personal responsibility. The ongoing engagement and positive responses suggest that these lessons are making a meaningful impact on students' understanding of important life skills, and we look forward to continuing this work in the coming terms.

Ms Troiano, Subject Lead PE and Lifelong Learning

Justice and Injustice (Year 7)



- "Always be kind to others, even if you do not know them."
- "We all deserve justice."
- "Stand up for people's rights and your own."
- "Everyone should be treated equally and fairly."
- "Everyone should show equality or justice, no matter what happened, no matter who had done it. They might act this way because no one helped them in a time of injustice, so you can end the cycle because people in the past fought so we could drive if you're a woman, education no matter what your gender. Either end the hate cycle or become the hate cycle."
- "Justice doesn't only belong in courtrooms or governments. It starts in our everyday lives. Justice means fairness, equality and doing what's right. Everyone should be treated with respect and kindness."

Self-Esteem (Year 7)

- "Be yourself because you're not alone."
- "There are many highs and lows in life, but that's okay."
- "Every negative thing has a positive opportunity."
- "Do not judge a book by its cover and do not take things for granted."



Lifelong Learning (LLL)

Healthy Relationships (Year 8)

- “To be careful on the internet, for instance with what you share and who you interact with online because you never know who is behind that screen.”
- “Understanding about healthy relationships and online safety and personal information. Miss taught this lesson really well I have a better understanding on online safety and how it feels to understand the impact on an unhealthy, unsafe relationship status.”

(Year 9)

- “Boundaries are important and everyone has different ones. These should be respected.”
- “To make smart choices when it comes to relationships and be aware of each other’s rights.”
- “That relationships are a lot but the best you can do is work together and communicate to maintain the relationship you have with another individual.”
- “Healthy relationships should have boundaries, respect and privacy.”
- “That everyone has boundaries and that you should respect them while also being aware that you have boundaries of your own. If people can’t be patient or respect that or understand that then there’s more people in the world out there who can understand you. They’ll be able to help you and you should remember that you’re never alone and that people will always be here to help you. To be in a healthy relationship, you should be able to be yourself and express yourself while feeling comfortable and safe. You should also be respectful, even if you don’t agree on the same things, and communication is key. Quality time is important but not to the point where it’s toxic and you’re breaking the boundaries — then it’s not good and it can also be bad for your mental health.”

(Year 10)

- “To be cautious of the other person at the beginning before getting into something serious.”
- “To ensure I communicate boundaries in my friendships/relationships.”
- “To be in a healthy relationship you need to have good communication skills.”
- “Learning boundaries and knowing your worth in a relationship, whether it is romantic, familial or platonic.”
- “Healthy relationships are important and, if you’re not in a healthy relationship, you should ask for help to get out.”



Lifelong Learning (LLL)

Ending of Relationships (Year 11)



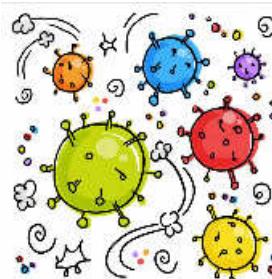
- "That moving on is okay and that sometimes relationships, whether they're platonic or romantic, can end for you to develop as a person."
- "It's okay to end relationships if you don't feel like yourself, especially if the other person was against you throughout the whole friendship without you knowing. Plus, you have the right to move on, mind your own business and use that experience as a motivation to do better and surround yourself with people who align with your values and who know your worth and love you for who you are."

Consent (Year 11)



- "No response or reply doesn't mean someone consents."
- "That there is no excuse that a sexual act isn't rape if they say 'nothing' or that they seem 'interested' because they acted a certain way if they don't give consent."
- "No means no."
- "Consent can be withdrawn, people are allowed to change their minds."

Diseases (Year 11)



- "Wash your hands before handling raw food and wash them after as well. Get as many people as possible vaccinated."
- "Herd immunity can protect a population from disease transmission, especially individuals that are immunocompromised, young or old."
- "Vaccines help prevent some infectious diseases."
- "Ways we can prevent being infected and ways diseases can be transmitted from one person or object to another."
- "That infections are communicable (spreads easily from one to another)."

Lifelong Learning (LLL)

Monitoring Health (Year 10)



- "Eat healthier and take care of my diet."
- "That you should always get in contact with a doctor if you notice something unusual."
- "There is an app called 'NHS GO' which I could use."
- "You can request a female doctor when booking GP appointments."
- "Not to take too much of an antibiotic because you will cause the pathogens in your body to become resistant."

Disability (Year 11)



- "Disabled people can do things, and it doesn't stop them because they're different."
- "People shouldn't be judged by their disability because nothing is impossible."
- "Being different doesn't make you weird or less good than anyone else, it makes you unique."
- "People with disabilities shouldn't be disrespected or discriminated against."
- "Some disabilities are not obvious, so we need to stay cautious."
- "There are a range of disabilities that exist and they affect everyone at different degrees."
- "Those with a disability should be treated with respect. They should also not feel like they are patronised. Therefore, we treat them as we treat everyone else."
- "That disabilities are both visible and invisible. You can't automatically assume someone is something purely based on how they look. But also that despite disabilities, we are more than the challenges we have in life."
- "We should respect people with different disabilities as they also have a lot of amazing abilities and are the same people as us. There are a lot of the stereotypes of the people with disabilities which are wrong and should be challenged to get more inclusion in society and to help people with challenges that they face."

Lifelong Learning (LLL)

Part Time Jobs (Year 11)



- "How to make yourself applicable for a job."
- "I understood what sort of qualities I need for certain types of jobs and how they can help me in writing my CV."
- "The importance of building a good CV and gaining work experience. Knowing your rights as a worker when applying and working in a part-time job."

Mental Health (Year 10)



- "There are many support systems that I can go to if I feel depressed."
- "I loved this lesson very much. It helped me to gain awareness of situations that may exist within our class and helps people who may be struggling in silence to feel heard."

Body Enhancement (Year 13)

- "Be cautious and understand the pros and cons of the surgery before doing it."
- "There are more associated risks than benefits of body enhancement."
- "To be careful when thinking about adding stuff into my body because there are always side effects to it and it doesn't always end up well. Also, make sure to do my research beforehand."
- "It's important to know who you are and don't let social pressure make you feel like you're not good enough."

