

ST. ANNE'S CATHOLIC HIGH SCHOOL

Thrive!

THE PHYSICAL EDUCATION/LIFELONG LEARNING NEWSLETTER

SUMMER 2026

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

Introduction

The summer term has been another outstanding one for the PE Department, with students demonstrating exceptional commitment, resilience and sportsmanship across a wide range of activities and competitions.

We are incredibly proud of our athletics teams, who all finished in the top three across the borough — a fantastic achievement that reflects the hard work and dedication of both our students and staff. Special congratulations go to the eight students who were selected to represent Enfield at the Middlesex Championships. We are delighted that one of these students progressed to the Inter Counties Championships — an exceptional accomplishment.

Our Year 7 T1 Rugby Team also enjoyed a remarkable season, narrowly missing out on victory in the London Final. Reaching this ultimate stage of the competition is a testament to the team's determination, teamwork and commitment throughout the year.

This term, we have thoroughly enjoyed welcoming our incoming Year 6 students during their transition days. It has been fabulous to meet so many enthusiastic pupils, introduce them to our PE department and see them embracing new sporting experiences. We look forward to welcoming them officially in September.

During the summer term, we were also delighted to welcome Year 10 and Year 11 work experience students into the department. They have proved themselves an invaluable asset throughout the term, supporting lessons, assisting at events and acting as excellent role models for our younger students. Their enthusiasm, professionalism and willingness to help have been greatly appreciated and we are sure that they have also greatly benefitted from the experience.

As another successful year comes to an end, we would like to thank all of our students for their enthusiasm and positive attitude, as well as our staff and families for their continued support. We wish everyone a safe, active and enjoyable summer break and look forward to another exciting year of sport and success ahead when we return to school in September.

Ms Troiano
Subject Lead PE and Lifelong Learning



Sports Day 2026

Friday 20th June 2026 saw our annual Sports Day take place on what turned out to be the first day of the summer heatwave. Despite the soaring temperatures, students showed incredible determination, resilience and enthusiasm throughout the day, giving their all in every event.

The programme included a wide range of traditional athletics events, alongside inclusive activities such as Boccia, ensuring that every student had the opportunity to participate, challenge themselves and contribute to their form's success. It was fantastic to see students encouraging one another and demonstrating excellent sportsmanship from start to finish.

We were delighted to welcome special guest Romell Glave, an accomplished British international sprinter. Romell spoke about the importance of hard work, perseverance and believing in yourself, inspiring everyone with his own sporting journey. He also presented medals to our winners and even had the honour of starting one of the day's 100m races, making the event all the more memorable.





Sprinter Romell Glave's speech



More from Sports Day 2026...

There were outstanding performances throughout the competition, with two school records being broken. Well done to Tosin, who set a new Year 9 200m record, and Samantha, who broke the Year 7 High Jump record with an impressive jump of 1.29m.

After an exciting day of competition, the overall Sports Day champions were the three forms whose consistent performances across all Year groups earned them the highest number of points.

The prestigious Helen Wood Trophy for Outstanding Achievement was awarded to Tosin in recognition of her exceptional performances on the day, including her record-breaking run.

Form Results





Year 7
1st – 7.3
2nd – 7.5
3rd – 7.4

Year 8
Joint 1st – 8.2 & 8.6
3rd – 8.3

Year 9
Joint 1st – 9.4 & 9.6
3rd – 9.2

Finally, a huge thank you goes to all the staff and students who helped to organise, officiate, supervise events and support our students. Your dedication ensured the day ran smoothly and provided a memorable experience for everyone involved. We are also incredibly proud of every student who took part and represented their form with determination, respect and excellent team spirit.











Year 7 T1 Rugby


Our remarkable Year 7 Rugby Team!

On 3rd July, our Year 7 Tier 1 Rugby Team travelled to the Lee Valley Hockey and Tennis Centre in the Queen Elizabeth Olympic Park to compete in the London Final after an outstanding season. After weeks of dedicated preparation with Coach Tom, the team set off early by minibus, excited for the challenge ahead. Following an inspiring team talk and a thorough warm-up, the final got underway. It followed a new format, allowing unlimited touches, so the team had to quickly adapt their style of play, take more risks and make tactical adjustments. Despite the unfamiliar rules and the soaring temperatures, the girls embraced the challenge with confidence and determination. They trailed by just two tries at half-time, leaving everything to play for. They continued to battle tirelessly in the second half, showing tremendous resilience, teamwork and commitment. Although they were unable to close the gap and narrowly missed out on victory, every player should be immensely proud of the performance they produced on such a big stage. Following the final, the students enjoyed a range of activities organised at the venue, including smoothie bikes, crazy golf and other interactive challenges, providing a fantastic way to celebrate the end of a memorable day together.


Smoothie Bikes


Crazy Golf

Reaching a London regional final in their very first year of playing rugby is an exceptional achievement. The progress this team has made this season is remarkable. They have represented the school with pride, determination and outstanding sportsmanship. A huge thank you goes to Coach Tom for his commitment and support throughout the season — and congratulations once again to every member of the squad on an incredible year. We look forward to seeing what this talented group can achieve next season!

Finally, the PE Department was delighted to spend time with our incoming Year 6 students as part of their secondary school transition. Through a range of activities, students worked together to develop team-building, communication and problem-solving skills. The sessions helped them build confidence, get to know their new classmates and form friendships ahead of September. It was fantastic to see so much enthusiasm on display, with students embracing every challenge and supporting one another in the activities. We enjoyed getting to know our newest students and look forward to welcoming them back in September as they begin the next exciting chapter of their education journey.



Athletics

Enfield Borough Athletics Championships

St. Anne's students produced an outstanding display of talent, determination and teamwork at this year's Enfield Borough Athletics Championships, competing against schools from across the borough. Every athlete represented the school with pride, demonstrating resilience, commitment and excellent sportsmanship throughout the day.

The overall Year group performances were particularly impressive. Our Year 9 team were crowned Borough Champions, finishing **1st overall**, while Years 7, 8 and 10 all secured excellent **3rd place** finishes in their respective competitions!

Year 7

The Year 7 squad made a fantastic start to their borough athletics journey, finishing **3rd overall**. The highlight of the day came in the relay, where the team produced a superb performance to take **1st place**, showcasing excellent teamwork, speed and determination.

Year 8

Year 8 also finished **3rd overall**, with a number of exceptional individual and team performances throughout the competition.

- **Stephania** claimed **1st place in the Javelin**.
- **Dominica** was crowned **100m Borough Champion**, taking **1st place**.
- **Safiya** ran an excellent race to finish **3rd in the 1500m**.
- **Raphaelle** won **1st place in the Shot Put**.
- **Ella Rose** secured **3rd place in the Discus**.
- The **Year 8 relay team** delivered a brilliant performance to take **1st place**.



1500m medallist Safiya

Athletics

Year 9

Year 9 enjoyed a remarkable competition, finishing **1st overall** to become Enfield Borough Champions — a fabulous achievement.

Outstanding performances included:

- The **Year 9 Relay Team** taking **1st place**.
- **Tosin** winning the **200m**.
- **Carmelita** producing a sensational performance by **winning three events: the 300m, Shot Put** and **Hammer**.
- **Gabby** finishing **2nd** in the **Hurdles**.
- **Patricia** claiming **2nd place** in the **High Jump**.
- **Eithne** securing **3rd place** in the **1500m**.



Patricia - a silver in the High Jump

Year 10 / Senior

The Year 10 and Senior athletes also enjoyed a successful day, finishing **3rd overall**.

Highlights included:

- The **Senior Telay Team** finishing **2nd**.
- **Chancey** winning **1st place** in the **Senior Javelin**.
- **Lottie** taking **1st place** in the **Senior Triple Jump**.
- **Victoria** claiming **3rd place** in the **Senior 100m**.
- **Victoria** finishing **2nd** in the **Senior 200m**.

Congratulations to every athlete who represented St Anne's. Whether achieving a podium finish, scoring valuable points for their Year group or supporting their teammates throughout the day, every competitor played an important role in making the Championships such a success.. We are incredibly proud of the commitment, resilience and sportsmanship shown by all of our students, and we look forward to building on this success in future competitions.

Rounders Review



It has been fantastic to see such enthusiasm and commitment to rounders this term, with over thirty Year 7 and 8 students attending training each week in preparation for their respective tournaments.

Throughout the season, the students demonstrated excellent dedication, teamwork and a real desire to improve their skills. Training sessions were consistently well attended, and the progress made by all players was impressive. Their positive attitude, willingness to learn and support for one another made every session enjoyable and productive.

Unfortunately, just as we were fully prepared and ready to compete, the English weather had other plans. Due to the extreme heatwave and the associated safety guidance, all scheduled tournaments were cancelled. Whilst this was understandably disappointing for everyone involved, the students handled the news with maturity and resilience.

Despite the disappointment, attendance at training remained high, with students continuing to come along each week to develop their skills and prepare for next year's competitions. Their commitment and perseverance have been outstanding and are a real credit to themselves and the school.

The PE Department would like to thank all of the students for their hard work, enthusiasm and dedication throughout the season. We look forward to building on this year's progress and returning even stronger for next year's tournaments.



Tennis

Greenhouse Tennis Tournament - Year 7/8

Winners! We are thrilled to announce that our Year 7/8 team won their first tournament at the annual **Greenhouse Tennis Tournament.**

The girls played some fantastic tennis all day and were worthy winners against some really tough opponents. This was the first time that St. Anne's had ever won this trophy — in what is the flagship tournament of the year. Congratulations to all of the girls on a remarkable performance!



The Year 7/8 Tennis Team

Year 9/10

Runners up! Our Year 9/10 team performed admirably at the **Greenhouse Tennis Tournament**.



The Year 9/10 Tennis Team

The girls were outstanding all the way through, reaching the final, in which they narrowly lost out to a Year 10 boys team from St. Paul's Way School.

This was a fantastic achievement with the majority of our players competing against Year 10 boys during the competition.

Well done on your incredible performances, girls!

Bancroft Doubles Tournament

We took ten students along to the annual Bancroft School doubles tournament. Our girls performed really well in tough conditions with most of our opposition on the day being male counterparts. It was great to see our girls competing in a match environment, showcasing good mental strength and a positive attitude in all of their fixtures. Huge congratulations to Maya and Malaika who came 4th in the tournament out of 28 doubles pairs, narrowly losing out in the semi final.

Tennis

HSBC Championships at Queen's Club - Enrichment

We were incredibly lucky to take six of our Greenhouse participants along for an enrichment trip to watch some live tennis at the HSBC Championships in June. The girls had a brilliant day exploring the different matches taking place on each court, getting selfies with professional players as well as getting some autographs off them.

The day ended with Serena Williams making her comeback to professional tennis on Centre Court. Our girls loved seeing this match as, to many of our players, she is a true inspiration and seeing her play live was a real dream come true for all of our students!



Queen's Club Foundation Day



Maya with tennis star Elena Rybakina

On Sunday 7th June, one of our Year 9 students, Maya, got the opportunity to play in a charity event at Queen's Club in West London.

The day started with a tour of Queen's and the opportunity to watch from the hospitality balcony as Emma Radacanu undertook a training session. Afterwards, Maya got the opportunity to play doubles on centre court with former and current tennis players including the current women's World Number 2 player, Australian Open and Wimbledon winner, Elena Rybakina!

This was an amazing day and a real once in a lifetime experience for one of our students that has created lasting memories.

Tennis

LTA Summer League

A huge well done to our Year 9/10 team who have made a really positive start to their LTA Summer League campaign by winning both of their fixtures against local rivals Latymer.

Unfortunately, the British Summer — which has visited both heavy downpours and heatwaves upon us — has caused havoc with our schedule and getting the rest of our fixtures fitted in before the end of the summer term proved to be quite a challenge!



Greenhouse x Bluesky Padel Event



We had a fantastic day at the National Tennis Centre with six of our Year 9 students. The girls had the opportunity to speak and interact with employees from BlueSky. We also had the privilege of being joined by special guests Greg Rusedski and Tim Henman!

Our students had the opportunity to ask these former British tennis stars some questions during a Q and A. It was fabulous to see that three of our girls were the only participants present to have the confidence to ask something. We then had the chance to play some Padel and we were lucky enough to be joined by Tim Henman on our court which was an amazing experience for our students!

Free things to do in Enfield this Summer Holiday

Enfield Council are offering daily free activities from sports to introduction to agriculture, pop online to book your space today!

https://youthenfield.taptub.co.uk/activities/
https://youthenfield.taptub.co.uk/summer-uni-2026/week-one/

Summer Term Photo Highlights











ST. ANNE'S
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www.st-annes.enfield.sch.uk
x.com/StAnnes_N13
Tel: 020 8886 2165