



THE NETHERHALL ECHO



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

July 2017

Message to Students and Parents from the Headteacher

2016-17 has been my first year as permanent Headteacher of Netherhall School and I can honestly say that I have loved every minute. There has been considerable change through the year, in terms of staffing, curriculum development, investment in the school buildings and ethos around school.

The response from staff at every level of the school has been magnificent. They have been willing to 'go the extra mile' and have been relentless in their endeavour to make the most of every opportunity and support students at every turn.

In response the students' attitude has been brilliant: massively improved attendance, achievement points, extra lessons for Year 11 and Year 13 and most importantly, the students' determination, commitment and desire to fulfil their considerable potential and to do their very best.

Although a considerable amount of progress has been made to improve the school throughout the year, a significant amount of effort has been invested in establishing a strong foundation on which to build a successful future for Netherhall students: reforming the curriculum and instigating a three year Key Stage 4, improved option choices, continuity and coherence at GCSE and 'A' Level, information and guidance for students at key transition points, new subject specialist staff, a new uniform, improved classrooms and facilities, increased extracurricular, enrichment and leadership opportunities and the establishment of a school culture focused on achievement.

In short, the school is in 'good fettle', I am certain there will be a significant improvement in outcomes for Year 11 and Year 13 students, which will be borne out in this summer's results. As importantly, the building blocks for future students in Years 7-13 are firmly in place and will secure a bright future for generations of students to come.

It has been an honour and a privilege to be Headteacher of Netherhall School and I look forward to the summer and beyond with great anticipation and excitement.

Mr D W Tromans
Headteacher

New Academic Year

Monday, 4th of September – start of the new academic year

The start of the 2017-18 academic year is Monday, 4th of September, all students are expected to attend for regular school hours: 8.30am – 3.00pm, students should be present in the correct uniform and suitably equipped for lessons.

Photographs and Filming

The first day of the new school uniform is a special day for the students, school and community of Maryport. I plan to mark the occasion by filming students arriving at school and in an aerial photo.

The aerial photograph will require the use of a drone and the filming will be performed by a reputable company with a licensed drone operator; I will be inviting the local press to cover the event.

The film and photographs will be posted on the school website which will be down-loadable by the parents/ guardians of Netherhall School students.

If for any reason, you do not wish your child to be involved, please complete the proforma on the letter I have sent home and return it to school reception. If I do not hear from you, I will assume you are content for your child to participate in the filming and photographs.

Newsletter

In order to improve the coverage and receipt of the school's newsletter. The newsletter will be available on:

Twitter : <https://twitter.com/NetherhallSch>

Facebook : <https://www.facebook.com/NetherhallSch/>

Website : <http://www.netherhall.cumbria.sch.uk/newsletters/>

Please follow the Twitter feed and like the Facebook page to receive instant updates.

Mr D W Tromans
Headteacher



Managing Medication Procedures - Important information for parents/carers



We recognise that from time to time students may require medication within the school day. However, we do have to adhere to guidelines to ensure the safety of our students.

With this in mind, we would like to point out some procedures that we must follow:

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

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

Staff Leaving Netherhall School

Mrs Davidson

Mrs Davidson is a long serving member of staff of 23 years at Netherhall School. Throughout Mrs Davidson's many years at the school she has been a first-class teacher of history, producing consistently excellent GCSE results and some of the best A Level results in the country, as well as a head of department and helping to lead the excellent Battlefields of Belgium trip. Mrs Davidson is universally respected by the students and her peers and will be a loss to the school. We thank Mrs Davidson for her huge contribution to the school and its students and wish her all the best for the future, as she leaves the school for a complete change of career, opening an interiors shop.

Mrs Hampson

Mrs Hampson is a long serving member of the PE department for 15 years at Netherhall School. Throughout Mrs Hampson's time she has been a valuable member of the PE department and made a significant contribution to extracurricular sport. We thank Mrs Hampson for her valuable commitment to the school and its students and wish her all the best for the future, as she leaves the school to work in the primary education sector.

Mr Brown

Mr Brown is leaving the school after just one year. It is no surprise to me that he has been 'snapped up' for promotion at another school in Cumbria. Mr Brown was one of the first appointments I made at the school. His ethos, work ethic, experience and core values made him the stand out candidate at interview and I have not been disappointed. Although Mr Brown has only been at the school for a short time he has made a tremendous impact, supporting students of all ages to achieve brilliant ICT results,

most notably in Years 11 and 13.

We thank Mr Brown for his considerable contribution to the school and its students and wish him all the best for the future.

Mrs Moore

Mrs Moore will be leaving this summer, having started in February 2017 and quickly became a valued member of the learning support department. She is leaving to begin her QTS training and we would like to wish her the best for the future.

Staff Arriving at Netherhall School

There is an influx of new teaching staff to Netherhall School for the 2017-18 academic year. New colleagues have been regular visitors in school throughout the summer term, becoming acquainted with facilities, teaching resources, students and parents. There is an excellent combination of youth, enthusiasm and experience in key curriculum areas, such as maths, science, ICT and photography. This has supported an excellent curriculum offer, staffed by subject specialist teachers and the provision of new GCSE and 'A' Level option subjects, which have proved to be very popular with students. New colleagues are extremely keen to make a wider contribution to the school, volunteering to take sports teams, the Duke of Edinburgh Award Scheme, run extracurricular activities and take school trips. I am certain they will make a huge contribution to students learning in the classroom and to the opportunities for young people outside of the classroom.



Mrs Cooper
Teacher of ICT



Mr Scott
Teacher of maths



Miss Cooper
Teacher of photography & art



Mrs Bergmann
Teacher of French



Mr Lister
Head of ICT



Mr Norris
Teacher of science

School Uniform

Don't forget to order your new Netherhall School uniform for the new academic year, which starts on Monday, 4th September 2017.



NETHERHALL SCHOOL TERM DATES 2017/2018

AUTUMN TERM 2017		
STARTS	ENDS	HALF – TERM HOLIDAY
Monday 4 September	Friday 15 December	Monday 23 October – Friday 27 October
Number of school days in term – 70		

SPRING TERM 2018		
STARTS	ENDS	HALF – TERM HOLIDAY
Thursday 4 January	Thursday 29 March	Monday 12 February – Friday 16 February
Number of school days – 56		

SUMMER TERM 2018		
		Good Friday – 30 March Easter Sunday – 1 April Easter Monday – 2 April
STARTS	ENDS	HALF – TERM HOLIDAY
Monday 16 April	Friday 20 June	Monday 28 May – Friday 1 June
		Early May Bank Holiday – Monday 7 May
Number of school days in term – 64		



Exam Results Day



Students can collect their results at the following times

6th Form

Thursday 17 August between 08.00 & 11.00
from Room 100

Year 11

Thursday 24 August between 09.00 & 12.00
from Ellen Theatre

Wishing all our students good luck in their examinations.

Year 10

Results will be issued on return to school in September.



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Key Dates to Remember



Start of Term

Last day of term Thursday 20 July 2017
All students return on
Monday 4 September 2017 at 8.35am

Half term

23 to 27 October 2017

Open Evening – Monday 18 September
School Photographs – Tuesday 19 September
Year 7 Settling in Evening – Thursday 5 October
Year 12/13 Parents Evening – Monday 16 October

Netherhall School

2016-17

Awards Presentation

This year's Netherhall School 2016-17 Awards Presentation took place on Thursday, 13th July 2017. The awards presentation featured student performance by the guitar group, gymnastics team, vocal performance by Holly Goodger and special guest – Paralympian, Simon Lawson.

Simon Lawson



Simon is a born and bred Maryport lad, a leading light in the local community and a former student of Netherhall School who has represented Great Britain in moto-cross and in the wheelchair marathon at the highest level and on the world's greatest sporting stage, the Olympics.

Simon is testimony to bravery, endeavour, self-belief and tenacity. He is a role model to others, a champion and an enduring example of how to battle adversity with dignity, humility, courage and success.

Simon was a top-class, British moto-cross school boy champion; 16 years ago, Simon suffered a catastrophic accident whilst competing which nearly killed him, severing his spinal cord and paralysing him from the chest downwards - It was doubtful that Simon would survive the accident.

His spirit pulled him through. He battled back from the most difficult of circumstances, relentless in his endeavour, tireless in his energy, dedicated and uncompromising in his belief. He currently trains six days a week, building strength in the gym and riding hundreds of miles every week on the roads around Maryport.

Simon travels the globe competing against the world's best athletes in some of the most iconic locations in the top-flight of wheelchair marathon competitions. The pinnacle of his recent achievement was to be selected to represent Great Britain at the recent Paralympics, held in Rio, Brazil in 2016.

Last year, I was privileged to be asked to be part of the welcome home parade and civic reception, to acknowledge and honour Simon's achievement. Personally, I had never experienced such warmth, support and appreciation, as Maryport showed its pride in one of its favourite sons.

Netherhall School is incredibly lucky to have a person of the calibre of Simon as one of its former students, as a role model and inspiration for today's students.

Some of Simon's sporting achievements:

- British Record Holder of the fastest ever marathon time of 1 hour and 25 minutes
- 3 times winner of the Great Manchester Run
- 5 Times winner of the Middlesborough Tees Pride 10K
- 6 Times winner of the Jedburgh 10K
- 2 Times 2nd place in The Great North Run
- 6th place in the New York Marathon
- 6th place in the Boston Marathon
- 10th position in the 2015 World Championship Marathon
- 10th place in the 2016 World Championship Marathon

Mr D W Tromans
Headteacher

Sixth Form update

A-Level exam season



**Chloe Holliday, Kaylen Forsyth,
Kimberley Scott, Rio Collins**

I would like to thank Year 13 students and all staff who have supported our pupils for the fantastic efforts they have put in over the last few months. The final exam season is a demanding time for all and really served to bring out the very best in our students. Year 13 pupils have acted with great professionalism again this term and left themselves well placed for a fabulous set of results this summer. The culmination of the exam season came with the Sixth Form Leaver's Ball at the Washington Central Hotel, Workington on Friday, 30th June which proved to be a wonderful occasion. Year 13 students hosted a superb evening and the atmosphere was terrific, having all the feeling of "a job well done". We await the pupil's exam results on Thursday, 17th August with great anticipation.

University of Cumbria visit and UCAS applications

Year 12 students accompanied by Mr Bailey and Mr Faria enjoyed a University Open Day at the University of Cumbria on Friday, 30th June. Talks were given on "Life as a student" and "Student finance" before pupils went on to attend a University Careers Fair at the Sands Centre. Universities from across the country were in attendance and provided great advice to our students as they decide upon their future career paths. The visit did much to "whet the appetite" of Year 12 pupils who have worked diligently in preparing university personal statements and researching potential courses in two UCAS days held in school with Mr Bailey on Monday, 3rd and Thursday, 6th July.



Year 12 students at the University of Cumbria

Sixth Form taster week

In preparation for our next intake of Sixth Form students in September, a Sixth Form taster week was held between Monday, 3rd and Friday, 7th July for Year 11 students who have just completed their GCSE examinations. We are delighted that applications have doubled to 60 prospective Year 12 students in September and a fantastic week was had by all with a full timetable of sessions provided by staff who will teach our new Year 12 intake from September. The week offered a great deal of guidance to pupils in helping them select the right courses to suit their future career aims and enable them to great success in their Sixth Form studies. Alongside academic and vocational lessons our new Sixth Formers enjoyed a sports afternoon on the Wednesday which featured a 'mob' game of rounders and the arrival of Gray's ice cream van from Dearham to provide much needed refreshment for all. I would like to thank the students for their great attitude throughout the week and look forward to welcoming them formally into our Sixth Form in September.



New Sixth Formers playing rounders: Hannah Hodgson, Roseanne McSharry, Madison Fisher, Emily Southwell, Kaitlyn Banks, Amie Wignall and Jodie Hodgson.

Hospice at Home fundraising

Year 12 students Emma Simmons, Melissa Lewis-Gress and Chloe Steele have completed their fundraising work for the Hospice at Home "30 for 30 challenge" to mark the 30th anniversary of this charitable organisation. I would like to thank the pupils for the outstanding commitment they have shown in raising the fabulous sum of £523.81p for the local community through a penny bottle challenge, cake sale, art gallery and duck race. The pupils are a great credit to themselves, their families and our school and should be immensely proud of themselves.



Emma Simmons, Melissa Lewis-Gress and Chloe Steele presenting a cheque for £523.81p to Teresa McCall, representing Hospice at Home on Tuesday, 11th July.

Bradley Lowery Foundation – Non uniform day fundraising

Following the great success of the Sixth Form's fundraising for Hospice at Home, I am proud to inform you that on Friday, 14th July a non-uniform day in support of the Bradley Lowery Foundation was organised by Year 12 students Dora Crossland, Leah McArdle and Lauren Pape.



The death of Bradley Lowery has touched the hearts of all at Netherhall School and so to show our solidarity with Bradley's family, all students supported our non-uniform day by sporting their favourite team's football strip. In total a fantastic sum of £424.97p was raised for Bradley's foundation and this sum will be forwarded to Bradley's family with the love and best wishes of all students and staff at Netherhall School.

Our thanks go out to our brilliant students for supporting the day and to the Year 12 ladies for organising the event so effectively.

Year 12 students Leah McArdle, Dora Crossland and Lauren Pape – Organisers of the Bradley Lowery fundraising day with the £424.97p raised for the

Sutton Trust summer schools

I would like to wish Year 12 students who will attend summer schools organised by the Sutton Trust in late July a wonderful experience. The students should be extremely proud of the fact that they have been selected to attend the country's top universities out of thousands of applicants and I am sure the experience will serve them well ahead of formal university applications in the autumn term. Lewis McDowell will attend the engineering summer school at Cambridge University, while Kelly Pearce and Matthew Ridley will attend Durham University to study biosciences and chemistry respectively.



Lewis McDowell, Kelly Pearce and Matthew Ridley

Head Boy and Head Girl for 2017-18

I am delighted to inform you that our new Head Boy will be Matthew Ridley and our new Head Girl will be Chloe Wilkinson. Deputy Head Boy will be Lewis McDowell and Deputy Head Girl will be Dora Crossland. Following an election among Year 12 students and interview with both Mr Tromans and Mr Bailey the appointments were made. The quality of the field was magnificent and all four appointments have been warmly received amongst Sixth Form students. All four candidates look set to serve our school with class and distinction and we look forward to the new team's efforts in serving and promoting our school in the forthcoming academic year. Congratulations to all four

candidates on their appointments.



**Head Boy and Head Girl for 2017-18,
Matthew Ridley and Chloe Wilkinson.**

Finally, I would like to wish all Sixth Form students a restful and well-earned summer break. I could not have asked for any more from our students over the past couple of terms and look forward immensely to a great set of A-Level results on Thursday, 17th August and to the start of the new school year on Monday, 4th September.

Mr M D Bailey
Deputy Headteacher/Head of Sixth Form

Goodbye to our Year 11



Friday, June 16th a day of great excitement and trepidation Year 11 students were leaving. A leavers assembly was planned. We had keekos, space invader crisps and loads of sweets, a child's dream snack. Individual awards were presented, fun certificates and 'then and now' school photos were shown. We had so many laughs and quite a few tears as we looked back on old school photos and I reminded them of some of their younger habits, habits such as playing "tiggy" in the quad, completing their homework on the evening it was set and always bringing a huge rucksack to school even if there was only a pen in it.... Awards such as 'Gadget Man' won by Owen Scott were given. 'Most likely to be Prime minister' won by Jamie Leah Wright,

as well as silly things like 'Dad of t'year' won by Nathan Holm. We had some hilarious pictures and memories but I promised not to share them with anyone else outside of school...

Each and every one who attended the assembly thoroughly enjoyed looking back and talking about their own individual memories.



I have too many memories to share with you but my lasting impression I would like to share is the awe-inspiring spirit, determination and bond that this group of young people have with each other. I am extremely proud and honoured to have played a small part in their lives. I will miss each and every one of them and their unique ways. But it's time to move on, so best wishes, good luck and be happy!



Mrs P McKenzie
Head of Year 11

Transition Day

On Wednesday, 28th June we had the opportunity to meet our new Year 7 cohort for September. They were very enthusiastic and threw themselves into the activities that we had arranged for them throughout the day.

The day kicked off with a welcome and introduction of key staff and their tutors for next year from the Head, Mr Tromans. They were able to meet other members of their tutor groups from other junior schools with lots of new friendships being forged.

Throughout the day the students took part in an art lesson, producing venn-tangles within their initials. In their science taster the goggles were off as students took part in chromatography experiments, extracting different colours from plant leaves.

They were looking forward to a well-earned lunch with the canteen food going down extremely well, the legendary steak pie hitting top spot judging by the number of clean plates.

The afternoon session was a very competitive game of bench ball and our Year 12 students organised a cracking end to the day, with all of the tutor group's playing each other and Ismay emerging victorious.



To finish, it was back to the theatre for a few closing words from Mr Tromans and to find out what had been the highlights from the day. Everyone involved had a fabulous day with a number of students asking if they could start now! The tutor team had lots of very positive comments about how enthusiastic the students had been and are looking forward to fully welcoming their new tutees into Netherhall in September.

Mr L Wassell
Head of Transition

Year 10 RE

As part of the Year 10 Religious Education lessons, the students were set the task of 'being charitable'. We've had some astounding results. Here are but a few:

Theo Dixon, Ellie White and Angel Fillingham have been helping out in the learning support department this term.

Ebony Larkin and Briony Nicholson have been to assist with nursery and reception children at Maryport Infant School.

Sophie Ritson and Emily Plummer made over 200 cakes and delivered them to the staff and patients at Whitehaven Hospital.

Angel McCormick, Emily Brown, Chloe Routledge and photographer Ellie Williamson held a charity netball match in which staff competed against each other in order to raise money for a charity called the Netball Development Trust. The Trust helps young people in undeveloped countries learn how to develop their netball skills and other things. Overall the staff enjoyed a great, friendly netball match and we raised a great amount of money for the cause, thanks to all who came and the kind donations made. A huge well done to the staff who played!!

Harrison Savage and Luke Savage designed their own triathlon to raise money for Missingpeople.org. Between them they have raised £140!

Jake Fisher and Jessica Timney collected unwanted books and distributed them to the school Library and Flimby School.

Other charitable acts have included planting trees, holding a raffle, helping teachers with displays and sports events.

Well done Year 10, you've made Netherhall very proud!

Mrs D Bishop
RE Teacher



Maryport Carnival

It was wonderful weather on Saturday for the relaunch of the Maryport Community Carnival. Netherhall was represented by two of our Year 7 students, Rio Gradon and Holly Goodger, who looked fantastic in the open top car as the Carnival King and Queen.

We hope that everyone had a great day and enjoyed themselves as much as those taking part in the procession, and we look forward to supporting it again in the future.



Mr L Wassell
Head of Enrichment

Duke of Edinburgh



This term has been very busy and definitely one of contrasts. To kick off the expedition season we had 20 students completing their Bronze practice expedition where lots of lessons were learnt about what they need and what they don't need to carry for the 2 days. Two weeks later, in very hot conditions, they completed a very sweaty qualification expedition circumnavigating the Borrowdale Valley. The support and morale within all 3 groups, in very challenging conditions was wonderful to see. For me the quote of the expedition had to be "I didn't realise that my eyes could sweat".

This has resulted in 20 of our students gaining their Bronze Award this year. They are a great group of students who will go forward to start their Silver Award next year. We have a new year group very keen to start their Bronze Award in September.

This year's Silver group were not as lucky with the weather on their practice expedition, with a few very soggy days spent navigating the fells around Ullswater. However, all of the group completed the 3 days and 2 nights with a steely determination and great spirit in spite of being a bit soggy around the edges. Definitely fingers crossed for better weather conditions for their qualification expedition in September!

A very successful year for us is finished off by our first Gold group intrepidly canoeing the Caledonian Canal with a few wild camps (4 days and 3 nights). As I write this they should be halfway through their journey from Fort William on the west coast to Inverness on the East coast. Fingers crossed for fair weather and not too many midges.

I would like take this opportunity to thank all the parents and carers of the students who have taken part in the Duke of Edinburgh Award this year as I am aware that it is a big undertaking. They wouldn't have been able to succeed without your support and encouragement at home. I would also like to say a big thank you to our staff within school who have been wonderful and fully supported the students with the physical, skills and volunteering elements of the award; without them gaining the award would be a lot harder.



Mr R Horton
Duke of Edinburgh Co-ordinator

Work Experience Week

Our Year 10 students recently participated in a one week work experience with local employers. The placements ranged from primary schools, police, Sellafield Engineering through to Sole Traders. The students thoroughly enjoyed this opportunity and received fantastic feedback from their placements - we also had four students that were offered apprenticeships following completion and achievement of their GCSE's. Additionally, three Saturday jobs were found as a result of the hard work and determination from our students. We have now run this programme for many years and each time the valuable support from the employers increases and the students are able to experience a sector in which they have a genuine interest. This continues into our Year 11 with Inspira interviews for all students and their participation in various careers events organised both in and out of school.

As a personal thank you I would like to mention the administration support I received from Miss Aimee Watson; without her help and dedication, the placing of over 120 students would not have been possible. Once again, Year 10 you should be very proud of yourselves as you have shone within our community.

Mrs S Palmer
Work Experience Co-ordinator



iPad Donation

Mark Rodger, a pupil in Year7, and his family have kindly donated an iPad to the school's Learning Support Department.

Mark, his mum and younger brother Jay are big music fans and attended NLC (Noise Level Critical) Rocking for the Children Festival in Nottingham.

22 bands played over the weekend, all giving their time for free to raise as much money as possible.

Heartbreak Remedy are a regular band on the bill. They are Matty Penn (vocals and bass), Stephen Jackson (drums) and Luke Blair (guitar). Matty and Steven are both past pupils of Netherhall and for a few years Stephen worked in the pool at the Sports Centre as a swimming teacher.

NCL is a family friendly festival where the children can enjoy the bands in a relaxed, friendly atmosphere. It is in its 7th year and this year has raised an amazing £6,000.



Mark was diagnosed with Autism in 2015 and when Mark & Mum were asked to be ambassadors for the festival in their local area they were honoured to represent the NLC family.

"They were asked to choose a family or school to receive an iPad and we are very grateful that they chose us at Netherhall." Mrs Johnstone, Netherhall School SENCo.

Mark's mum said *"Mark started Netherhall in September 2016 and has received fantastic support from the Learning Support Department. The reason we chose Netherhall Learning Support is to help support Mark and his fellow pupils in their education, to provide an invaluable resource to the department to help them continue the fantastic work they do."*

We are all looking forward to using the iPad, thanks to Mark, his family and the NLC festival family.

Mrs B Johnstone
SENCO

MILL RACE LONNING MURAL

The Art Club have been working hard over the last year with the local primary schools to design a new mural for Maryport town centre. This half term the student completed the mural. We had two days out of school to complete the painting. All students had a great time brightening up Mill Race Lonning. The public were very supportive giving the students fantastic comments. I hope they enjoy the new painting for many years to come.



Miss E Cooper
Technology Department

Art, Design and Technology Exhibition

On Monday, 26th June we welcomed students, parents, governors and staff to our annual art, design and technology exhibition in Ellen Theatre.

The exhibition showcased work from GCSE art, photography, resistant materials and A-Level art; every student had at least one piece of work on display.

A great variety of work was exhibited, from GCSE art final outcomes to pewter cast jewellery and furniture made by the Year 11 resistant materials class. The quality of the work was excellent and all of the students should be very proud of themselves! The exhibition was also open during the week and KS3 students visited during their art and technology lessons and at lunchtime.

Thank you to everyone who made the night so special for the students.



Mrs R Stead
Head of Art, Design and Technology



SPORTS NEWS



Netherhall Go Ride Club

The Netherhall Go Ride cycling club is now in its second term with 10+ regular members. Over the last two terms all riders have grown in confidence and are constantly improving their skills as riders.

In the sessions we have been focusing on the fine skills required to ride a bike safely and in some sessions we have even been out on training rides. We have seen a steady rise in the numbers of students participating in club sessions and an increase in the number of students participating in cycling in their own time.

In the last week we have taken the group to Whinlatter for the day where they have spent time perfecting their off road technique and putting this to practice on the Blue route.

The club has also received funding from the County Council, which has already been invested in paying for further coaching and leadership courses that will allow us to take on challenges such as the Coast to Coast or even Hadrian's Wall Cycle Route.

The Netherhall Go Ride club will continue in September on a Tuesday evening, where members will continue to improve their skills and fitness in the hope that by the end of the next school year we will have a 3 day cycling adventure riding the length of Hadrian's Wall from the Roman Fort in Maryport to Wallsend in Newcastle.

The club still has capacity for more growth, so please encourage your children to come and give us a go. Anybody who would like to be a part of this please see Mr Fulton or Mr Houghton. We meet on a Tuesday at 3pm (term time) next to the sports centre.



Mr R Horton and Mr N Fulton
Go Ride Coaches

WEST CUMBRIA ORIENTEERING LEAGUE

This term 12 students from Year 7 and 8 took part in the final of the West Cumbria Orienteering League. They battled all the elements and were a credit to the school. The final took place at Wythop Valley where they had to navigate a more challenging terrain than they had been previously used to. All students showed great enthusiasm, and I hope they will be eager to compete again next year.



Miss E Cooper
Orienteering Leader

Athletics

Well done to all the Year 7, 8, 9 and 10 pupils who represented the school at the Allerdale Schools Athletics this year. We had some fantastic performances in all the track and field events. Most notable of these were Keenan Musgrave (Year 8), Cassie Lambert (Year 8) and Brad King (Year 11) who were picked to represent Allerdale in the Cumbria Athletics competition. Also to Aliyah Holmes and Dan Dryden in Year 7 who were also picked to represent Allerdale. Unfortunately, due to poor weather conditions the event was cancelled and unable to be rescheduled.



Mr N Fulton
Head of PE

Wimbledon 2017

Netherhall School ran its inaugural trip to the All England Lawn Tennis Championships, commonly known as Wimbledon – the oldest and most prestigious tennis competition in the world and one of the four major 'Grand Slam' titles.



The opportunity to take a school party to Wimbledon has come about through the school's entry in the Aegon Schools national tennis competition of which we were allocated tickets on Thursday, 6th of July for Court No2. The day began at 5.45am in Maryport and involved travel to London by train, tube to Southfields (the get off for Wimbledon) and a short walk to the Wimbledon tennis arena. It was a beautiful day in SW19 (a sweltering 35 degrees!), which added to the brilliant atmosphere and the need to go for ice creams!!!



On Court No. 2 we saw:

- Number 11 seed, **Grigor Dimitrov** of Bulgaria play number 65 seed, **Marcos Baghdatis** of Cyprus – Dimitrov proved too strong for Baghdatis and cruised to an easy victory.
- Number 60 seed, **Christina McHale** of the USA play number 10 seed **Agnieszka Radwanska** of Poland – this was a much more evenly contested match, going right down to the wire, with Radwanska coming through to win the match late in the third set.

Unfortunately, we had to leave before the match we'd all liked to have watched, which was **Milos Raonic**, the number seven seed from Canada play number 82 seed, **Mikhail Youzhny** from Russia (Raonic won 3-1).

As ever, Netherhall students were impeccable in their conduct and behaviour through what was a long day and managed to contain themselves walking past star players like: Heather Watson, John Isner, Fabio Fognini, to name but a few.

Loaded with mementos and gifts from the shop (eye-wateringly expensive!), we headed home, after an hour's delay at Wigan, we arrived back in Carlisle for 11.00pm and Maryport at 11.45pm, tired, but elated from a very enjoyable and memorable day at Wimbledon.



Mr D W Tromans
Headteacher

Netherhall School's Young Leaders Pathway

At Netherhall School we are committed to encouraging young people to take personal responsibility and develop leadership skills. These skills include self- organisation, reliability, self- confidence, self- esteem, planning and self- review.

In October 2016, sixteen young people (plus 6 teachers from primary schools) attended a Young Gymnastic Judging course which enabled them to judge at the primary school gymnastic competition and assist at after school gym clubs. Three of these judges, Kelly Pearce, Leah McCardle and Lauren Pape in Year 12, went on to judge at the Cumbria Key Steps final in Penrith.

In March 2017, twenty young people attended a Netball Young Organisers course where they learned how to organise and deliver netball sessions and referee matches. They have since umpired Year 7 & 8 netball tournaments taking place over eight weeks at lunchtimes and a Maryport High 5 primary festival.

In April 2017, ten Year 8 pupils gave up their Sunday to attend a Tennis Young Leaders course which trained them to deliver tennis sessions, organise and umpire tennis matches. These young people attended and officiated at the Maryport Mini Tennis festival and the County Mini Tennis final in Carlisle in July.

In May/June 2017, ten Year 12 students were registered on a Sports Leader UK Level 2 course. This accreditation allows these young people to organise and deliver recreational and sporting activities to young people both within and outside of school.

In September 2017, our new Year 7 & 8 will be registered on a Sports Leader UK Young Leader course which will allow us to develop an effective and efficient leadership pathway from Year 6 – Year 13.

All leadership accreditations/qualifications achieved can be included on CV's. If you are keen to develop your leadership skills or are motivated to gain an accreditation recognised by the National Governing Bodies of sport, then please contact a member of the PE department who will be kept up to speed with leadership opportunities as courses become accessible throughout the year.

Netherhall School Tennis Leaders

After giving up a Sunday in April to train as tennis officials, Netherhall School Young Leaders were asked to officiate at the County School Games final at the Chatsworth Tennis Club in Carlisle. Between them they successfully umpired a total of 200 matches of year 3 & 4 children from across Cumbria. They ensured the competition ran smoothly and was a huge success, so much so that they have been asked to officiate at the Cumbria School Games in 2018.

Well done Georgia Kirkbride, Theo Dixon, Cerys Kendal, Harrison Savage, Bobbi Ford, Chloe Routledge, Katie Mumberson, Megan Almond, Chloe Rundle, Cassie Lambert, Abbie Timney, Caitlin Almond and Millie Routledge.



Linda Borthwick
SG & Partnership Manager (Allerdale)



SPORTS CENTRE NEWS

The up and coming events happening at the Sports Centre during the Holidays.

Year 7, 8 & 9 Tennis

The students have continued to show great commitment to training and have attended weekly sessions on a Monday and Wednesday 3-5pm.

The students had the opportunity to team up with some players from the Maryport Tennis Club, which gave them the opportunity to play against some more advanced players.

Lunch time tennis - students have access to the tennis courts every lunch time 12.35-1.05. Well done to Kieran Bainbridge who won the boys singles lunch time competition. The doubles fixtures are still to be decided.

The final school fixture was played on Thursday, 22nd June against Nelson Thomlinson.

Year 8 Netball

Congratulations to Adair who won the Year 8 inter tutor netball Tournament. This was played in a round robin format over 3 lunch times and Adair did not lose a game. They have shown a strong over all team performance with the girls and boys contributing to their successful team. Thank you to the Year 9 & 10 Netball Young Leaders who umpired these games.

Primary Competitions

Thank you to the Year 8 & 12 students who helped with the delivery of the primary schools competitions held at Netherhall during this half term.

Wednesday, 21st June – Year 5 & 6 Swimming Gala

Thursday, 22nd July – Year 3 Sports Day

Friday, 23rd July – Year 1 Sports Day

Wednesday, 5th July – Year 2 Sports Day

Over 450 children attended these 4 competitions.

Sixth Form

Congratulations to the Year 12 students who successfully completed the Emergency First Aid at Work Qualification: Chloe Copeland, Niamh Mossop, Miriam Krzywiecka & Greg Brough.

Good Luck to the Year 12 & 13 students who are working towards their Level 1 Football Coaching Qualification: Thomas Scott, Matthew Ridley, Matthew Agnew & James Penman.

Once again thank you to the Sports Leaders who successfully ran the lunch time clubs.

The Sports Leaders have been involved in 15 primary school competitions held at Netherhall this academic year. They have shown a wide range of leadership skills across a broad range of sports including umpiring/referring, score keeping, recording results & organisation of activities & students.

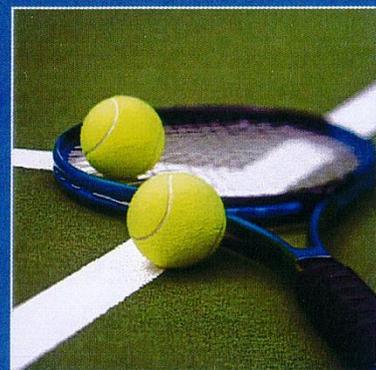
Thank you to Kelly Pearce, Chloe Wilkinson, Niamh Mossop, Miriam Krzywiecka, Greg Brough, Chloe Copeland, Matthew Ridley, Stephanie Chan, Lauren Pape, Katie McAvoy & Chloe Steele.

NETHERHALL COMMUNITY SPORTS CENTRE

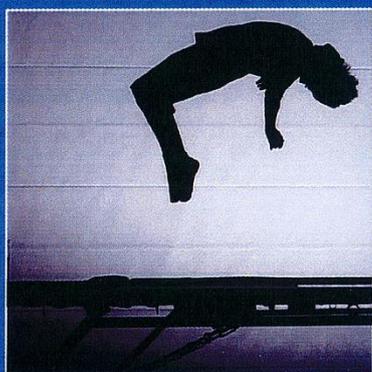
Multi-Sports and Activities CAMP!

From 10am - 2pm

£10 per child, per day



From the minute your child arrives - to the end of the day, every second of the Multi-sports & Activities Camp is bursting with fun. This camp is designed with every child in mind (from ages 4 - 11) and offers a wide scope of activities - including; tennis, football, trampolining, drawing and much more!



**DON'T FORGET TO BRING YOUR SWIMMING
KIT, A DRINK AND A PACKED LUNCH!**

*For more information - please call into
Netherhall Community Sports Centre
or Call; 01900 813434 OPT. No. 3*



Wednesday 26th July, 9th, 16th & 30th August



Netherhall Pool Timetable: 24th July— 1st September 2017



	Morning	Lunchtime	Afternoon	Evening
Monday		12.00-1.00 Adults Only	*2.00-4.00 10 pence swim	6.15-7.00 Aquacise
Tuesday	7.10-9.00 Public & Members 9.00-10.00 Aquacise 10.30-11.30 10 Pence Swim (Family Only)		2.00-4.00 10 pence swim	
Wednesday	7.10-9.00 Public & Members 10.00-11.00 Private Hire		2.00-4.00 10 pence swim	
Thursday	*10.30-11.30 10 Pence swim (Family only)	12.00-1.00 Adults Only	1.00-2.00 Aquacise 2.00-4.00 10 pence swim	
Friday		12.00-1.00 Adults Only	2.00-4.00 10 pence swim	

CLOSED SATURDAYS AND SUNDAYS

Please note: - Alterations to the timetable will be kept to a minimum, but management reserve the right to amend the timetable when the need arises.
Admissions Policy—Any non swimmers must be accompanied by an adult. Children under 8 years old must be accompanied by an adult. (10 pence for 16 years & under). *Please note Monday 24th July the 10 pence swim will finish at 3pm**Please note Thursday 24th August the 10 pence swim will be 11.00-12.00pm*