

## Grace McKean

### National Skating Champion

Grace competed in a National Skating Competition with skaters from all over the country. Grace has been skating for nearly 5 years and has always come a very respectable 2<sup>nd</sup> place at the national competitions. This year Grace was rewarded for her hard work and commitment as she came 1<sup>st</sup> and took home the gold medal. We should all take a leaf out of Grace's book and realise that you should never give up hope of achieving your dreams. If you work hard and keep working towards your goals then those goals will come. WELL DONE GRACE!



## Enoch Rushvinth Uthayarajan

### Norfolk Cricket

Enoch has been playing Cricket for Norfolk for last 2 seasons, under 11's and under 12's.

This year his performance was great. He was awarded in 3 categories in the year end award ceremony at Mercury Hotel

1. Cap winner for highest wickets scorer of youth of Norfolk Cricket Club.
2. Achievement of 5(for 35) wickets.
3. One of the best players of the year.

WELL DONE ENOCH!



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**THANK YOU PARENTS!** – The PE Department would like to say a MASSIVE thank you to all of our parents. Birds of Dereham have awarded us with the 'nicest parents' accolade meaning that the PE department have been gifted a full football kit, printed with our school logo. We very much appreciate your kindness when ordering school uniform!

It's easy to have faith in yourself and have discipline when you're a winner, when you're number one. What you have got to have is faith and discipline when you're not a winner. *Vince Lombardi*

## Things Are Looking Good!!!

### Year 10 Football

Our second game of the season saw us take on Thorpe St Andrew. The first half started off shaky for both teams with good attempts falling for both teams but a few good saves from Dan George saw Thorpe unable to break the deadlock. The second half is when the game came alive and after some good midfield play a quick ball was played springing James Sturgess on the attack as he slotted in our first goal of the afternoon. The lead didn't last long as we were caught napping at the back and after an unlucky deflection Thorpe managed to pull one back, despite conceding our heads didn't drop and a mere minutes later Will Blogg smashed in Notre Dame's 2<sup>nd</sup> goal of the afternoon making it 1-2. After that we were under tremendous pressure and a few excellent saves from Dan George saw Notre Dame maintain the lead, as the game was nearing the end Will Blogg played in James Sturgess who slot away our third and his second of the afternoon. The whole team played well despite the lack of numbers and we came back with what we intended to go for, 3 points

MOTM: Daniel George

### Year 7 Football

Open Academy A team vs NDHS B team

Monday 8<sup>th</sup> October 2018

Open academy had a strong start keeping the ball mostly in the NDHS half, and scoring in the first few minutes. Shortly after an NDHS winger made a pass into Olivia who scored. Open Academy then shot into the corner of the NDHS goal. They kept the ball in the NDHS half, having some shots on the NDHS keeper. Eventually one went just past the NDHS keeper. Next an Open Academy volley led to a simple tap in. Then Afonso put a shot just too high, but moments later did it again and scored. Final score was 4-2, which was good for a B team vs an A team.

Match report by Olivia Dowson-Snow

### Year 7 Football

Notre Dame B vs Sprowston B

The first half was pretty even both teams had their chances but no one was scoring until late in the first half when the Sprowston B midfielder with the inside of his left foot inside of the box buried it into the top corner the Notre Dame B keeper [Liam] couldn't do anything. After the team talk both teams got onto the pitch more encouraged to win then ever but Notre Dame couldn't get the goal they needed but they both played great football but an unfortunate result. Final Score Sprowston 1 NDHS 0

Joseph Clifton

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## U14 Girls Football

### National Cup Round 1 NDHS vs Hellesdon

The match started ... within 30 seconds we were one goal up, after 3 ½ mins Lizzie Wat had scored a hatrick! This must be the quickest hatrick in NDHS history! By the end of the first-half we were winning 10-0, scorers Millie:1 Lizzie:3 Jen:2 Mimi:3 Megan:1 . In the second half the defence started to move up into Hellesdon's half, as we attempted to get every player on the score sheet, it paid off with further goals from Kacy: 1 Joss: 1 Cyrene: 1 Chloe: 1 and Megan yet again. The score ended 15-0 to Notre Dame.

### National Cup Round 2 NDHS vs Jane Austen

This time we had drawn a home fixture against Jane Austen, both teams had had good first round wins coming into this game and having not played Jane Austen before we didn't know what to expect. We had two new players join the team, Olivia Dowson-Snow and Hattie Pike, both in Yr7 made their debuts for the Yr9s. We started the game with Lizzie Way taking control of the ball from the kick off and putting us one nil up within the opening minutes, shortly after followed an excellent through ball from Ellie DeSouza to Mimi Wescott who doubled our lead. We played some excellent attacking football, leaving the defence little to do on a very cold afternoon. The goals kept coming with Lizzie Way scoring 3 more, Mimi Wescott added other, Hattie Pike scored on her debut and Jen Martins made it 8-0 at half time. In the second half we changed the team around, giving the defence a chance to come forward and the goal machine Lizzie Way taking her place a centre back, allowing Megan O'Connor to play in midfield providing accurate passes out to the wings, Mimi Wescott turned goal scorer to goal provider as she set up Kacey O'Mara to add to the growing tally. There was some excellent play down both wings with Joss Silva Peralta linking well with Millie Delaney. Strong defending from Chloe Turley and Ellie Hood, gave goalkeeper Amy Carlos little to do for the second game running! Lizzie Way completed the scoring with her fifth, meaning the game ended NDSH 10 Jane Austen 0.

Mrs Martins Player of the Match – Ellie DeSouza

*Next up Round 3 Away to Sprowston Monday 12<sup>th</sup> November*

**GOOD LUCK GIRLS – KEEP IT GOING!**

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## Football - Year 8 vs Thorpe

George Eggett

### Result: NDHS 4 Thorpe 1

Straight from kick off Notre dame dominated and looked to attack with chad opening the scoring in the first 10 minutes. The game evened out a bit then with both teams getting opportunities and not taking them before Edward R scored to put us 2-0 up. Then, just on the stroke of half time, the ball went wide to Edward N who played the ball into chad who slotted home to make it 3-0.

Into the second half and seeing as Thorpe only had 9 players, George and Delphin joined Thorpe in a battle to try and win the game back. However, Edward n was having none of it as he knocked the ball passed all 4 Thorpe defenders and beat them for pace and scored to make it 4-0. Shortly afterwards, George won the ball in the middle of the park for Thorpe and played the ball through to Delphin who scored for them to make it 4-1. 2nd win in a row now for the year 8 team.

## October Results

### Rugby

#### Yr8

Vs Springwood lost 3-2

Vs Fakenham drew 1-1

Vs Wymondham High lost 4-1

Vs Hellesdon won 5-1

Vs Alysham won 7-2

Vs Wymondham College won 3-2

#### Yr11

Vs Wymondham College won 20-15

Vs Alysham won 45-0

Vs Northgate lost 10-15

Vs Fram won 35-15

Vs Wymondham High won 35-15

### Boys Football

**Yr 7 A** vs Sprowston drew 1-1 (Zak Dunne)

**Yr 7 A** vs Hellesdon won 2-1 (Theo Medler 2)

**Yr 7 B** vs Open lost 4-2 (Olivia Dowson-Snow, Afonso Alves)

## October Results

**Yr 7 B** vs CAN Drew 2-12 (Joe Clifton, Hattie Pike)

**Yr 7 B** vs Helleson lost 1-0

**Yr 8** vs CNS won 5-2 (Chad Akali 4, Ed Nwaka)

**Yr 8** vs Thorpe won 4-1 (Chad Akali 3, Ed Rake)

**Yr 8** vs Sprwoston won 5-2 (Chad Akali 3, Delphin Mwilambwe 2)

**Yr 9** vs Sprowston lost 8-0

**Yr 10** vs Hellesdon won 3-0 (James Sturgess 2, Solo Djabula)

### Girls Football

**U14** vs Hellesdon won 15-0 (Way 3, Wescott 3, Martins 2, Delaney, O'Connor 2, Turley, Bongcayao, Silva-Peralta, O'Mara)

**U14** vs Jane Austen won 10-0 (Way 5, Wescott 2, Martins, O'Mara, Pike)