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Anxiety and depression in children have risen by 48% since 2004. But talking and listening can build mental wellness.



Now the school is a phone free zone, try some of these conversation starters with your friends...

"Who is the funniest person you know and why?"

"What was the best moment of today, and the worst?"

"What single most thing annoys you?"

"Who is your favourite movie character?"

Don't forget that taking part in **regular physical activity** can help to **relieve feelings of stress and anxiety**, the release of serotonin through playing sport contributes the feelings of wellbeing and happiness.

Come and speak to the PE department about what you can get involved in.

The PE department would like to extend a warm welcome to Miss White and Mr Phimister who are joining us until the end of January from the UEA

Results:

Football

Y7 vs CNS WON 5-2

Y7 vs Hellesdon LOST 3-1

Y7 vs Thorpe St Andrews WON 2-1

Y8 vs CNS WON 6-2

Y9 vs Sprowston WON 3-0

Y9 vs Hellesdon WON 6-2

Y11 vs Sprowston WON 6-1

Y11 vs CNS LOST 3-1

Netball

Y7 vs Open WON 21-0

Y9 vs Jane Austen WON 14-4

Y9 vs Thorpe St Andrews WON 20-1

Y10 vs Thorpe St Andrew WON 17-7

Y11 Netball Tournament 7th

Hockey

U15 Emerging schools Tournament-
1st place and 7th place

Basketball

Y7/8 Tri-tournament – 1st place

Rugby

Yr7, 8 and Yr9 Emerging Schools 3rd
place

Yr10 vs TSA WON 21-19

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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*

Yr9 Emerging Schools Tournament



We got to Norwich school and we did our warmup, our first game seemed to be our hardest with a 20-5 loss but soon after in our next game we got our selves together and won , and from that point we won our next game 10-0 in our fourth game we had a blast and won 30-0 and Jesse Phillips got 4 tries and Chad Akili got 2 and that put us in second place for our group so we played the second placed schools from the other groups and won the first 10-5 and our second one 10-0 so we placed fourth in the tournament Team:

Sam always at the rucks ready to get the ball out
Will always looking for the right gap to go through
Elijah always getting the ball into space
Chad always running and scoring
Jesse always trying to be the best he can be in any position
Ben b always making space
Ben m amazing at winning the ball back in the scrum
Charles always ready for the ball on the wing
Beau always someone for him to tackle
Ollie good running down the wing
Ali making space
Alex good at securing the ball in the ruck
Joel brilliant stepping round the players
Archie always putting himself forward in the rucks and always plays on

By Jesse Phillips

Yr 9 Football Report

By Elijah Townsend

The whistle blew and we were underway with the first game of the season against Sprowston to make amends for our cup final loss.

5mins into the game and Delphin is weaving in and out of their players.

He then gets halved and gets awarded a penalty kick, which he slots away with the keeper getting a slight touch. For our second goal, Delphin revives a lovely through ball from Phill (Dante) and left defenders in the dust to

finish a goal in the bottom corner with great composure.

A few minutes later George's (the skipper) hamstring pulls apart like a cheese string and he hobbled of the pitch looking teary. Phill (Dante) takes over his position and Joel comes in at left back.

Shortly after Delphin is on the run again, swerving past the defenders like a sewing machine ending in a one on one and tightly secures his hat-trick with a neat nutmeg.

Second half and Sam is swapped for Elijah in goal. Sprowston pose a little more threat but nothing lethal as the defence is rock solid and keeper has it covered for the one on one to keep our clean sheet.

Full time: Notre Dame: 3
Sprowston:0

Yr 9 Football Notre Dame vs Hellesdon

Match Report By Dante Butelli

The game kicked off and Notre Dame were on top of the game convincingly. With Delphin running past the Hellesdon defence with ease before putting it past the keeper. But Hellesdon responded well by counter attacking from our corner with a through ball to their striker who got past Sam and made it 1-1. However we did not let our heads drop and a few chances later Udaya put in a great cross into Delphin who again couldn't miss making it 2-1. Shortly, Delphin was at it again weaving in and out of defenders and slotting it calmly in the bottom corner. Half time: 3-1 Notre Dame. The second half whistle blew and we were sharply on top with Elijah's drop kick finding Edward who mugged off his marker, finding himself one on one with the keeper and also finding himself beating the keeper to make it 4-1. Unfortunately, again Hellesdon responded with a nice run from their

striker who finely made it 4-2. A few minutes later, Delphin received a beautiful through ball from the mid-field which put him alone, in front of the keeper, making it 5-2 for us. Once more in the dying minutes of the game, Elijah found Delphin with a drop kick and Delphin, sending the Hellesdon right-back to the shops, created another scoring opportunity which he did not miss. The full time whistle blew right after.

Full time:

Notre Dame 6 Hellesdon 2 A very convincing win!

U16 Netball Team – Tournament – 7th place



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Yr 7 Notre Dame vs CNS

Theo De Souza

Year 7 boys football team played our first game against CNS. The first goal came from a shot hitting the post and the rebound taken by Henry O. At half time the score was 2-1 with lots of good points to take in. The final score was 4-2 and was a great team performance. The goals came from Henry O (1) Theo DS (2) Adam S (1). This performance took us to joint first in the league with 2 more game to play against, Thorpe and Hellesdon.

Yr 7 Football ND vs Hellesdon

Henry Overall

We kicked off with a confident start until they opened they open the scoring with a goal in the first 10 minutes. We were about 15 minutes in Nathan was on the half way line he floats it over the top of the defenders to Henry he take a touch runs down the line shoots and scores and the follow through from the keeper takes him out. They score from a mistake from the defender. Its 2-1 at half they score 1 more which makes it 3-1 at full time. We were unlucky but a good game overall.

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U15 Emerging School Hockey Tournament

On Monday ... two teams from Notre Dame played in the U15 schools hockey tournament, organised by Norfolk Hockey.

8 schools from across the county came together for an afternoon of mixed 6 a side hockey.

Notre Dame entered two teams with one finishing 7th and one finishing the day unbeaten in the league and finals to become the overall winners.

A brilliant afternoon of skillful hockey

Winners- Esme Abbott, Amy Carlos, Issy Gale, Issy Hill, , Matt Cooke, Finn Dearmer, Freddie Cox-Hartigan, Tom Clifton,



7th Place Esme Spence, Faith Gillespie, Karen Kaja, Mark Yee, Luke Nundy, Charlie Evans, Henry Gale, Katie Hume



A special mention for Charlie Evans, who impressed the teacher of Wayland Academy with his excellent on pitch encouragement leadership skills.

Coming Up....



Yr 7 8 and 9 Race for Life..

All pupils in the lower school will take part in a 3km race for life charity event at the end of Cross Country, sponsor forms and back signs will be sent home and each competitor will receive a medal for taking part.



Please follow us on
Instagram [ndhs.pe](https://www.instagram.com/ndhs.pe)

We put team sheets, fixtures, results photos, reminders, cancellations and loads of other information all up on there.

If your user name is not your actual name you will be sent a message to confirm your name before being accepted, so please check you messages if you have not yet been allowed to follow us

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