

LEARNING MAKE THE DIFFERENCE TO

Principal's Letter



This has been another tremendously successful term at APHS, filled with achievements and unique opportunities. As you go through each page of this newsletter you will see just how hard students and staff have been working during this action-packed term to provide opportunities in the core academic curriculum, Sport, the Arts, STEM (Science, Technology, Engineering and Maths), careers education and an array of extra-curricular trips and residential visits.

There have been some incredible individual and team achievements in terms of sport, as APHS continues to fight above its weight category in terms of school size and success. We have toppled many other schools across a range of sports in order to win tournaments; qualify for finals and have our students represent at regional and national levels.

One particular highlight of this term was the Art exhibition at 'The Maltings', which was a culmination of artistic expression through many different styles and projects, along with drama displays and musical performances. This was a wonderful community event which showcased the ambition and pride our students display in their work.

We have received our numbers for Year 7 in September and I am proud to say that we are oversubscribed for September, showing that APHS continues to be the school of choice for North Norfolk and beyond. Despite only having 6 feeder schools, we are taking students from 30 different primary schools across the county. We are also oversubscribed in all year groups, apart from Year 8 where there are a few final spaces available.

This continued success of the school going from strength to strength means that we are increasing staffing for next year. This is important to ensure that we continue to provide a high quality educational experience for our students. I must finish by wishing all the best to the APHS ski trip, which takes place during the Easter holidays. 108 students and 14 staff are embarking on this record-breaking school trip. Tonale, watch out! Thank you to our whole community for the support we have received this term and we look forward to even more Ambition, Pride, Happiness and Success next term.

Matt Hardman Principal



Travel & Tourism

Paris Trip

On the 13th to the 16th of February, we were lucky enough to be given the opportunity to go to Paris with the school. The trip was available to all year 10 and 11 students, with an amazing schedule planned. It was a great chance for students to see different cultures, and immerse themselves in incredible experiences such as going to Disneyland. For the French students who went on the trip, it was a great chance to put their skills into practice, and immerse themselves in the language. The trip was also extremely beneficial for the travel and tourism students, as they got to see the organisation and mass amounts of planning involved in making the trip possible. From organising travel and accommodation, to organising food and entertainment.

On the 13th of February we met at school at 4:30am and started our journey to Dover. Once we were in France we stopped at the Canadian National Vimy Memorial that is dedicated to the memory of Canadian Expeditionary Force members killed during the First World War. We then headed to our hotel, the Château de Grande Romaine. It was extremely welcoming and provided us with a warm dinner and space to run around before bed.









On the 14th of February, we were provided with lunch for the day from the chateau as well as breakfast. We then went on a tour around Paris on the coach with our PGL trip leader Jake. After that we had the opportunity to visit the Parfum de Fragonard museum. Then, we were allowed to buy any perfumes or other items we wished to take home with us. Later, we went to visit the Eiffel tower where we were able to take pictures and buy keepsakes.

On the 15th of February, it was Disneyland! We went to Disney early in the morning and were allowed to go wherever we wished. We went on rides and brought souvenirs. We spent half of the day in Disney and the other half in Walt Disney Studios where we had complete freedom to do as we wished in our chosen groups, until 5pm when the parade started. The Disney characters passed on big displays around the castle. After that we were allowed to get dinner at Disney before leaving for the chateau.

On the 16th, our last day, we packed our things early in the morning and began our journey home. On the way we stopped off at a hypermarket in Arras and stocked up on french snacks and gifts. We then began our long journey home across the channel and back to APHS for around 10pm.

By Hazel H and Jemima C

Expressive Arts - Art

Calling all young artists, all year groups

Create a portrait of King Charles on A4 paper or card, using any art materials. Please include his face and shoulders with a background if possible eg Sandringham or London.

Hand in by April 21st, to enter the coronation competition and exhibition at The Wells Maltings gallery.

See Mrs Light or Mr Heron for more information.









Year 6 Workshop









Expressive Arts - Drama

It's been another busy term for Expressive Arts with trips, workshops and performances on top of the exciting work taking place in lessons and clubs. Below you will see a section of photos from;

- Programme of The Crucible (National Theatre Live) seen by Y8/9 @ Wells Maltings
- Y9/10/11 MAGT & GCSE Trip to see Kinky Boots at Norwich Theatre Royal
- Y11 West End visit to see 222: A Ghost Story at The Lyric Theatre
- Y8 Taking part in the Sheringham Sea Shanty Men workshop
- Expressive Arts and Prefects Christmas Disco for Y7 and Valentine's Disco for Y8
- More photos from the Creative Arts and Tech Exhibition at The Maltings showing our Phase Club students from Y8/9 having fun on the evening
- Y9/10 Careers in Media talk at Gresham's with fantastic guest speakers from Monumental pictures producers to seasoned West End stage managers, inspiring our students in careers in film, TV and stage
- A poster of our KS4 MAGT and GCSE production of 'Extracts' which is on 29th March in association with and at The Maltings in Wells
- Lastly a massive WOW and thank you to everyone who took part in the Christmas Production: A Night at the Musicals. Over 240 students were involved to put on a show stopping evening!







Expressive Arts - Drama



Expressive Arts - Drama















Expressive Arts - Music

Performances

4th February - EPTA UK Piano Competition - Round 1 at Greshams.

Grace T (Year 9)
Polina K (Year 8)
Iyrina O (Year 8) - Winner and Music Student of the term for APHS

Alex C (Year 10)

Bonita E (Year 10) Isabella D (Year 7)

Yvie M (Year 10)
Poppy T (Year 9) and Mimi H (Year 7)- volunteered with providing programmes.

22nd February - Rotary Young Musicians Award Hosted at Springwood High School. Second place - Irvina O (Year 8)

5th March - EPTA UK Piano Competition in London, Iyrina O (Year 8)

20th March - APHS Choir performing at the Norfolk Music Festival 2023 in Norwich

Exams

Grace T (Year 9) - Grade 2 Music Theory with

Music Students of the Term

Drums (Mr Lascelles) - Toby W (Year 8) Guitar (Mr Ashby) - Sebastian P (Year 9) Woodwind (Mr Taylor) - Jorga B (Year 7) Singing (Miss Cowell) - Olga B (Year 11) Singing/Strings (Mrs Ballard) - Bethany W (Year 10) Piano (Mr Howell and Mr Preston) - William S (Year 10) Music Theory Club - Alice J (Year 7)

Music Theory Club - Rebranded!

We would like to welcome your child to participate in our Music Theory Club at APHS, every Friday after school (3pm till 4pm).At APHS we value the importance or music theory as it provides the underpinning for the practical as it supports the 'The Whole Musician'.

Reasons for joining music theory club:

- Meet new people
- Achieve a music badge
- Gain a qualification which includes a certificate
- Complementary biscuits included
- It's completely free to participate in Music Theory

We look forward to you joining us!

For further details, please contact Mr Howell (bhowell5hrp@nsix.org.uk)





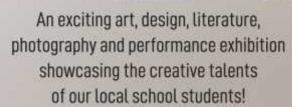


Creative Arts - Showcase









WELLS MALTINGS, WELLS-NEXT-THE-SEA, NORFOLK 10th-23rd FEBRUARY 2023 10am-4pm FREE ENTRY













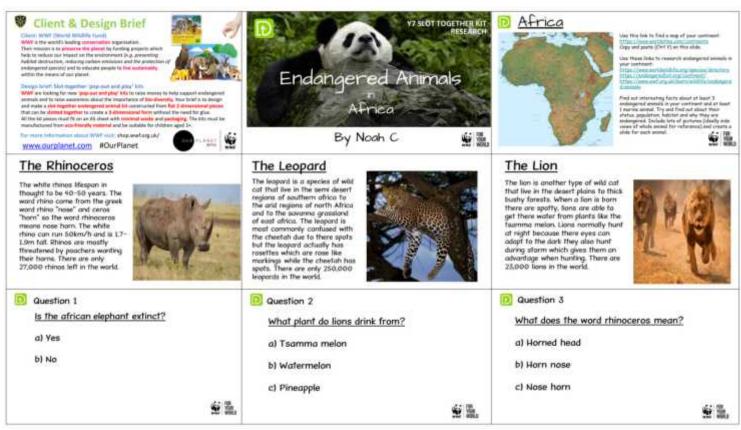




YEAR 7 - WWF Slot-together Endangered Animals

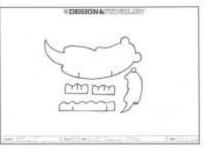
Students are learning to apply the iterative design process to create their own slot-together endangered animal to raise awareness about the World Wide Fund for Nature and the conservation work they do to preserve animal species and their habitats around the world. This involves researching, designing, testing and evaluating their ideas before creating their final design using CAD software (Affinity Designer) ready to be laser cut out of card.

Well done to Noah C, for an excellent Digital Portfolio showing his research into endangered animals from his team's chosen continent - and for writing some great quiz questions!

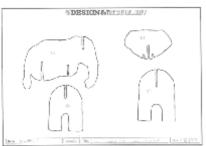


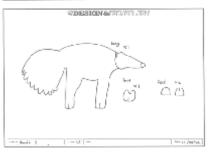
Here are some great examples of students paper and card prototypes testing their slot-together design ideas:











And here are a few brilliant examples of students final designs drawn neatly to size ready to be scanned and traced using Affinity Designer 2, our Computer Aided Design (CAD) software program, which they need to do in order to send them to the laser cutter for them to be cut out accurately from thick card.

Enginuity Skills Award 2023 National Competition to Design a Table Centrepiece Winner: Joria B Year 7

Massive congratulations to Jorja for designing the winning entry in the Enginuity Skills Awards 2023 Table Centrepiece Competition which was a national design competition run in partnership with the Design & Technology Association!

Jorja spotted the competition in the D&T/STEM Competitions Google Classroom and worked on her design independently at lunchtimes and after school.

According to the judges, 'The standard of entries was extremely high so Jorja should be very proud of her achievement. This is the first year we ran the competition and the imagination and creativity that has been shown by the children far surpassed our expectations.' Jorja will receive a £75 amazon voucher and an engineering book as her prize!



YEAR 8 - Lego 3D Virtual Modelling

Students have been learning about the advantages of the 3D printing process and how to create 3D virtual models that are industry standard, to better prepare them for future careers in additive manufacturing (Gatsby Benchmark 4). 3D printing technology allows students to develop unique design solutions by rapidly prototyping multiple iterations of their product ideas, simply by 'tinkering' a CAD file and reprinting, which was not possible with traditional workshop techniques.

For their homework, students were set the task of researching how 3D printing can benefit society with some very interesting applications, ranging from printing food, human organs, bones, concrete houses, custom made artificial limbs and super bikes!

HOMEWORK TASK - How does 3D printing benefit society?



Using 3D printing flexible bone nts have been made. This also follows a variety of other medical things. These include exoskeletions transplant jows and even heart valves. These are useful to disabled people as it can make them live their lives normally and in many cases people would not have survived if it wasn't for these creations



rosthetics have changed lives in many ways but now there is a more eco Friendly way of making proethetics. 3D printing is very useful in the medical world as the meterials can be recycled making it better for the planet. They can be made to meet the needs of the individual user.

HOMEWORK TASK - How does 3D printing benefit society?



Scientists have been working hard to develop the new found technology of 3d printing food. It does this by heating up edible substances and building it up layer by layer, this means you can make more complex shapes with food such as chocolate and sweets. The benefits of 3d printing food are that you can develop your food creations much easier for example in a exhibition in 2014 people were allowed to choose their own colour for the filling of the crea, imagine having to make that persons oreo and it breaks apart whereas with 3d printing you get the exact measurements and makes the perfect Oreo.

By Nell







3D printing benefits society in the housing front. In places like China and Saudi Arabia they are starting to build houses in a short period of time for a low cost using 3D printing. This can help young people that are trying to afford houses with the cost of living crisis and can help with the rising population and look of housing

archie

HOW DOES 3D PRINTING BENEFIT SOCIETY 3D PRINTED MAKE Everything on this take has been 30-profest, including the turns trims. Frame, fork liwhich connects the Front wheel and sale to the Framel and seat. The vehicle was designed by filtero flattis Chatalon.

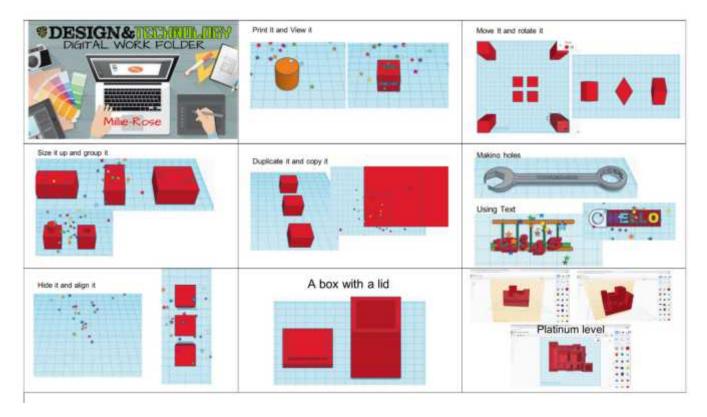
and flavirolan Sodisk. To display the Firm's ability to our new materials and feelingues. 3D printing makes production faster, cuts costs and is capable of producing lighter weight and stronger parts It's also electric and that's better for the environment. Makavia







In class, students have been keeping a record of their learning in their own Digial Portfolio by taking screen shots of their work using TinkerCAD, a free online virtual modelling software, and here is an excellent example by Millie-Rose B:



Their final task is to apply all the 3D virtual modelling skills they have gained by choosing an appropriate level of challenge from a range of Lego themed products shown below. The best examples at each level will be 3D printed!



Here are some good examples by Mikayla-Jane M, Otis W and Daisy W



YEAR 9 - Worry Monster Sustainable Textiles

Year 9 students have been learning about sustainability linked to textiles and how to sew using hand embroidery and machine stitches. The boys were particularly competitive when it came to passing their sewing machine driving licence! They are now applying this knowledge to design their own pattern and make a worry monster/ugly doll for their chosen target market. I look forward to seeing what colourful creatures they create! Check out the excellent research homework by Chloe W and Will S and the brilliant final textile monster designs by Tom J, Serena C, Mya-Rose M and Will S.





























National Design Competition

Big Potato Games 'Small Fries Inventor Championships' 2023Winners: Chloe W, Trinity H, Tommy S & Riley C

Huge congratulations to our winning team of game designers, Chloe, Trinity, Tommy and Riley, for coming third with their fun game 'Animal Mayhem', in the first ever National Big Potato Games Competition! According to the judges 'all the student submissions were excellent and a credit to our school' and they provided specific feedback about what they loved about 'Animal Mayhem':



'When it comes to great party games, one of the things we always look for is player interaction. In lots of games, players are often left sitting around, waiting for their turn to start - but not in Animal Mayhem! Giving the opportunity for players to become talent show judges when it's not their turn is a great mechanical twist and helps keep everyone's attention throughout. The dancing puts you on the spot, but the masks help you feel a bit silly, which can often take the embarrassment out of it. It's a simple game, but the important thing is that it gets the players laughing. What more could you want?! Great job!'





Local Design Competition

Winners: Maxwell W & Mollie H. Runners Up: Polina K, Poppy T and Connie J

Well done to Maxwell and Mollie in Year 9 who were joint winners in a local design competition to create a logo for the newly formed 'Little Gillies Nursery' for O-3 year olds (to replace Polka Day Care Nursery which sadly closed last year).

The new logo will use elements of both of the winning designs and will appear on all promotional material including their new website!

Here you can see the winners receiving their prizes of a bumper bag of quality marker pens, plus chocolate and there was chocolate for the 3 amazing runners up, Polina (Year 8), Poppy and Connie (Year 9).





YEAR 11

AQA Context: 'Caring for animals'

Year 11 students are working on their NEA GCSE coursework project (worth 50%) which requires them to design and make a product on the theme of 'Caring for animals'. To help provide the students with a real client and potential design ideas, Leanne Neave, Education and Events Manager for the Mid Norfolk & North Suffolk Branch of the RSCPA, kindly visited our school in September and gave an informative presentation about the work that the RSPCA do and suggested several product ideas to meet the needs of the animals in their care.

Leanne then came back in January, along with her colleague Andy, to review what design ideas the students had come up with and to provide valuable feedback to help them to develop their ideas further. This involved the students presenting their ideas individually in a 'Dragon's Den' style scenario!

The feedback from both the 'Dragons' was extremely positive and Leanne and Andy were very impressed with the quality and originality of their designs. Having real live clients has made all the difference to the student's coursework and they gained a lot from the experience of presenting and communicating their work. Massive thanks to Leanne and Andy for helping to provide such an amazing opportunity and we hope to work with them again in the future.











YEAR 10 - Sustainability 'Enterprise Challenge'

Students start their D&T GCSE by taking part in a sustainability 'Enterprise Challenge' to design and make recycled plastic products to sell during Global Entrepreneurship Week. They collect and melt plastic bottle tops to make new products such as keyrings, earrings and coasters. They then market their products and sell them to raise money for charity. In 2021, Y10 raised just over £100 for Cancer Research and in 2022, Y10 raised just over £50 for the RSPCA.















Paper Manufacture & Printing Processes

As part of their 'Papers & Boards Unit', students learned about how paper is manufactured on a commercial scale and then enjoyed making handmade recycled paper products including paper and bowls which they painted using patterns inspired by the Memphis Design Movement. The best examples were displayed in the Student Exhibition at the Wells Maltings along with their recycled plastic products. They also tried their hand at silk screen printing.



Timbers Trip to Longlands, Holkham

HOLKHAM

This half term, the focus shifted to Timbers and on Thursday 2nd March, the students benefited from a visit to Longlands at Holkham Park to learn about the importance of sustainability and forestry management. In addition, they gained a valuable insight into a range of career opportunities at Holkham including carpentry, metal forging and sculpting. The trip began with an interesting talk from head forester, Harry Wakefield, about how he manages the trees at Holkham to ensure the estate is sustainable. This included preserving the historic landscape, planting and pruning trees, the thinning policy to favour the best hardwoods and softwoods, and producing enough biomass fuel to heat the Hall.

The students then enjoyed a tour around the carpentry workshop, learning first-hand about the types of timber they grow at Holkham and what they are used for on the estate. This included learning about different timber properties and being shown a range of manufacturing processes, finishes and applications.

They finished off the trip with a visit to the Holkham Forge to see the blacksmiths at work using different metals to make and repair decorative, industrial and everyday items, plus the Stone Carvers to learn about the sculpting process.

Our students found the trip very interesting and informative and we would like to extend our thanks to Sophie Barnett for facilitating the visit, to Harry & the forestry team, Steve & Liam in the carpentry workshop and James & Roger at Holkham Forge who all made us feel extremely welcome and helped to provide a great experience and valuable insight into the work they do.

























Design & Technology / STEM

YEAR 7 - RAF Youth STEM Workshops

All of Year 7 and some students from Year 8 enjoyed a free STEM workshop thanks to Michelle Randall at RAF Youth STEM and Matt Bagley at Camouflaged Learning at the end of last term.

The workshops aimed to raise awareness of careers and opportunities within the STEM arena, through aspiration raising, exploration of STEM skills, practices, thinking and mindsets!

Massive thanks to Matt & Dan @CamoLearning for delivering three amazing and fun workshops for our students. They were totally engaged and encouraged to think differently, creatively and problem solve - including how to create a moveable, recyclable, reusable, runaway, runwav!























YEAR 8 3DW Virtual Windfarm Workshops

On Tuesday 7th March, a group of 30 year 8 students had the amazing opportunity to take part in a free day workshop funded by Orsted UK and run by 3DW to design a virtual windfarm off the coast of North Norfolk. The students were tasked with working in teams to identify 'suitable areas' for offshore wind farms and then to design, build, cost and present their own proposals for a virtual offshore windfarm taking into account a range of constraints including respecting areas of conversation and minimising noise and visual impacts for nearby residents.



Well done to the winning team, 'U Go Eco', Nell M, Maicie P, Polina K and Alfie Y-B, who worked well as a team and created the impressive presentation pictured above and you can see here receiving their prizes with Naomi from 3DW.

F25 Greenpower Electric Car Team (Y7 - Y10)

Aided by the following amazing staff at APHS, Tom S, Dan F & Doug P, our F24 Greenpower Team of 12 students (from Years 7- 10) are busy building an electric kit car in our STEM Club every Thursday afterschool to hopefully race against other regional schools at the Lotus Race Track, Hethel on Sunday 25th June 2023. Thank you to Wells Maltings for supporting our project and for helping us to run a Crowdfunding Campaign to raise £2500 to help pay for essential accessories including car body kit and race wear for the team.



The APHS F24 GREENPOWER TEAM:

Sam P Y10	Joel C Y10	Teigan A Y10	Tilly D Y10	Charlie B Y9	Leyla B Y8
Lucas W Y8	Hollie L Y8	Ava H Y8	Nathan C Y7	Alice J Y7	Jorja B Y7



On January 12th, our STEM CLUB TEAM were privileged to have a visit from Jonathan Lynn who works with Aston Martin. Jono shared his inspiring journey from school to working with Aston Martin and provided an insight into his exciting career in automotive engineering and becoming world champions with @OfficialTFSport. He also led discussions about careers in the car industry, car body material properties and high performance aerodynamics.

Massive thanks to Jono for taking the time to share your inspirational journey with our students! Your presentation was excellent and they gained so much from your Q&A session investigating the design and function of the car parts you brought with you.



Computer Science

The Robotics Challenge

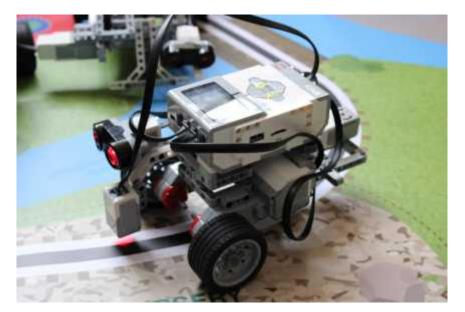
Computer Science club is taking part in the EPP Robotics challenge. A team of 5 girls and 5 boys will compete at the regional finals at RAF Honiton on the 25th of April. They will need to build a robot to compete in a number of challenges. The task they will do, includes a speed and control task, climbing a ramp and putting a ping pong ball down a hole and picking up objects and moving them around an area. Once they have done this task they will give a presentation to a panel of experts about how they created and developed their robots. Finally they will have to complete in a surprise task which they will have no knowledge of before the day.



Some of the Robotics challenge Team and their robots



The robots line up on the competition mat



Our first successful bit of coding! One of the robots following a line.

Our team have already got off to a great start building four robots in record time, special mention has to made of Polina, who has been a star of the build team. They are currently using lunchtimes to start to learn how to program the robots.

Everybody is looking forward to the competition in April.

Key Stage 4

The Computer Science room CS1 is open every lunchtime for all KS4 students to complete coursework or revise for exams.

Computer Science GCSE club is held Wednesday after school for year 10 and 11's.

Careers and Employability Skills

APHS students develop great teamwork skills at British Army careers presentation and activity

British Army Outreach Team delivered an Army careers presentation and Team Building Activities that saw over 250 Years 9 to 10 students take part over the course of the morning. It was also a pleasure to welcome an ex-APHS student Carla Todd who shared her journey from leaving school and joining the Army.

The session was designed around developing and embedding soft employability skills. Students looked at skills such as communication, decision-making, organisation and adapting to situations during their Team Building Sessions.

At the start of the session, students had the opportunity to ask the session leaders questions about the British Army. They posed insightful questions based on careers, entry to the army and progression, as well as asking the soldiers about their personal experience and training within the army.











Careers and Employability Skills

Norfolk Skills & Careers Festival at Norfolk Show Ground

The Norfolk Skills and Careers Festival was a fantastic chance to discover the huge range of opportunities available to APHS students from businesses across the county and motivate, inspire and offer our Year 9 and 10 students (50 students in total) the chance to take the next steps towards their career. The visit offered students information and drive necessary to turn their favourite subjects into the right qualifications for an apprenticeship, degree or job. The Norfolk Careers and Skills festival is a unique opportunity to get inspired for the future. This event is perfect for young people to discover the huge range of career opportunities that are available within the county. There were a wide range of guest speakers and workshops to give career guidance. With over 100 exhibitors from across a wide range of industries, this was not an event to miss.









Careers and Employability Skills

Customer Service Hero training for Year 9 and 10 students

At Alderman Peel High School we have piloted a NEW Customer Services training programme for our Year 9 and 10 students. This will lead to students becoming "Customer Service Hero's". Thank you for the generous funding by North Norfolk District Council (Diane Evans) and VENI.

Customer Service Hero training was carried out by Mr Tawana and Mr Arrowsmith at the Maltings (in Wells-next-the-Sea). With specialist input from Holkham Estate staff (thank you Alex Triplow).

This will support our local businesses in our community with highly skilled staff with brilliant practical customer service skills!









Help needed from local businesses/entrepreneur

Are you a local employer and could offer work experience to one of our Year 10 students?

Do you run your business and are willing to share your journey in one of our assemblies?

Would you like to sponsor our Academic Awards Evening and inspire the next generation of employee at Holkham?

If the answer is yes, please contact Mr Bal Tawana (Assistant Principal) at btawana8nrg@nsix.org.uk

Y7 Girls Football Festival at UEA

After an incredible summer that saw England Women's Football team become European Champions, Norfolk School Sports Partnership hosted a football festival at the UEA to help inspire the next generation and get girls playing football. A number of our year 7 girls attended the event which saw them play against different schools developing both their football and teamwork skills. Despite having to play in the snow and freezing cold conditions, the girls thoroughly enjoyed themselves and hopefully some have been inspired to continue playing the sport in the future!







U14 Hockey Tier 3 County Competition

On the 20th February the U14 Boys Hockey team took the short trip to Greshams to play their County Competition at Tier 3 level. We had high aspirations for this team, knowing that all of the boys involved either have played to currently play at club level outside of school. These boys did not disappoint as they came away from the competition as Norfolk County Champions at Tier 3. The standard of hockey that was on show that afternoon was incredible and the commitment across the whole team was pivotal to their success. A special mention has to go to Justin Freeman for his continued support and dedication to hockey at APHS.



U12 (Year 7) County Netball Championships

The Year 7 team absolutely SMASHED it at the County Cup Netball finals. The team consisted of; TillyM, Miley C, Iris C, Jorga B, Alice J, Mimi HU, Izzy D, Eloise O, Eliza WB, Evelyn C, Gabriella T.

The girls beat Wymondham College, Thorpe St Andrew, North Walsham, Dereham Neatherd andCromer to take 1st place in the Plate final. Superb effort by all girls. Super proud of you all.



U13 Netball County Competition

It was an extremely cold day on Monday 7th March and the U13 Netball team braced themselves for a day of netball at Gresham's School. The conditions were far from ideal to play netball, however the girls faced the adversity head on and not once moaned. At the start of the day the girls found themselves in a group with North Walsham, Gresham's School, Cliff Park Academy, Thetford Academy and Wymondham College. The girls finished these fixtures in 3rd place which meant they then went through to the plate competition. APHS made it all the way to the semi-final of the plate when they unfortunately lost to Flegg High School. The improvements made throughout the day was witnessed across the team and although it was very cold and wet the girls came away with huge smiles on their faces.



Cluster Primary Sports Competitions

Quicksticks Hockey - Monday 9th Jan Winners - Burnham Market A Runners-up - Wells B

High 5 Netball - Monday 23rd January Winners - Burnham Market A Runners-up - Wells A 6-a-side Football - Monday 9th January Winners - Langham Village School Runners-up - Wells B







U16 Rugby team reach the State School County Cup Final!

For the second year running this cohort were drawn against Framingham Earl High School for a semi-final of county Rugby competition. Last year saw our boys narrowly suffer defeat (12-10) and therefore they were keen to exact revenge and make amends. Lose and it would probably be the last school Rugby fixture for many of the boys, win and they would be the first team to reach a county 'CUP' Rugby final.

Both sides are so evenly matched and the majority of the game took place in the middle of the pitch between the 22's. As the 1st half drew to a close a quickly taken penalty saw Ted H. demonstrate some excellent evasive skills to break a number of tackles to cross over and score the first try. Midway through the 2nd half some fast handling skills saw winger, Charlie G. put APHS 10-0 up. A try from Framingham Earl made for a very nervy final 5 minutes of play, but all of the team dug deep to ensure APHS were victorious.

The final will be played at Greshams RGC on Tuesday 28th March with APHS playing the winners of Wymondham High and Reepham, who play their semifinal on Wednesday 22nd March.



U15 Rugby Sevens



On Tuesday 14th March, 12 Year 9 and 10 boys visited Gresham's for the Norfolk Schools Rugby Sevens event.

Drawn in a difficult group, the boys encountered a couple of losses before managing to beat a strong Springwood team (38-12) to book a spot in the bowl knockout stages.

In the semi-finals and with the positivity created from the previous win, the team managed to defeat Wymondham High 26-17 in an epic battle, unfortunately losing inspirational captain Eli C (suspected concussion) and the energetic Joe H (injured arm) during the game.

The bowl final was a close encounter against Aylsham but the boys lost out 29-19 that saw many younger and less experienced players step up to battle away for the team.

Well done to all of the boys involved, the PE team are proud of you!

Cross Country

On Tuesday 24th January, 10 students attended Wymondham College for the Norfolk Schools County Cross Country Championships. These were all students who previously qualified through at the North Norfolk event held at North Walsham before Christmas.

After a bit of drama arriving at a heavily congested site, Alice J (Year 7) didn't quite make the start line before having to catch up the other runners and complete the distance, but finished in a respectable 27th place. Thomas M and Jude M (both Year 7), were up next and were always in the front group of runners with Thomas showing incredible course awareness and running control to take 2nd spot with Jude coming in 18th. Maddy R (Year 9) ran well to finish 27th in her race and Finn MN (Year 9) qualified to represent team Norfolk with an impressive 8th position. In the older boys category all 5 runners finished in the top 20, Ed M (Year 10) showing his class to finish 7th, Ted H (Year 11) finished in 10th, Joe H (Year 10) finishing in 12th, Henry M (Year 11) in 15th and Charlie F (Year 10) coming in 20th.

At this county level of competition, to have 5 students qualify to represent Norfolk makes us here at APHS very proud. Thomas, Finn, Ed, Ted and Joe all showing their sporting prowess to perform at this very high level.

At the Anglian Schools Cross Country, Thomas and Ed were able to attend and represent Norfolk and run a very difficult course. Thomas and Ed both finishing in the top 25 places for the respective age groups. Well done boys!





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