



Reades Lane, Sonning Common, Reading, RG4 9LN Tel: 0118 9721500

## A MESSAGE FROM MR CALDWELL

"This has been another great term for the PE department with participation from all year groups attending the lunchtime rowing sessions, leading up to a very well attended Rowing Masterclass with Olympian, Sam Townsend, lots of fixtures, great attendance to sports clubs and culminating with our sponsored Santa Run!

We are really excited to see what we can achieve in 2024!

So, keep active over the holidays, wishing you all a wonderful Christmas and a happy new year!"



## ROWING MASTERCLASS WITH SAM TOWNSEND



This term we were really lucky to be able to welcome Chiltern Edge pupil and double Olympian, Sam Townsend to conduct a rowing masterclass. Sam is now Director of Rowing at Radley College, and we were lucky to have such expertise in our midst. Sam certainly inspired our students and I hope many of them can look to a life on the water in the future. Around 40 students worked with Sam in their sessions and the feedback afterwards was unanimously positive. We are looking to forge relationships with Henley and Reading Rowing Clubs to get our students out on the water!





## EXTRACURRICULAR

### ROTHERFIELD UNITED GIRLS FOOTBALL

A message from the coach:

Rotherfield United Girls play in the Berkshire County Girls League in Division 5. Several of our players attend MECE including Year 8 and Year 9 students Sadie, Niamh, Amy, Darcy, Samantha and Natasha.

This season saw our league format change to the full 11-a-side matches from 9-a-side last year. This was a big challenge for us with larger pitches and enormous goals! We all trained really hard right the way through the summer holidays and we were excited (and a little nervous) to see how we would fare in the 2023/24 league.

With Christmas comes the midpoint of our season. We are absolutely thrilled to find ourselves sitting comfortably at the top of the table! We have a 3-point cushion, plus a game in hand on the second placed team Penn and Tylers Green. There are other teams below us that we are keeping a close eye on who have games in hand and can get close to us.

We are all hoping that we can continue the success in to 2024 and get promoted to Division 4. It won't be easy but I know the team are up for the challenge.

Whilst our focus is often on our league success, it's really important that the girls enjoy playing football. Each week, come rain or shine (or snow and ice!) we always have 18 to 20 girls join us for our weekly training sessions at Shiplake College. It doesn't seem to matter how cold and wet the weather gets, it can never dampen the enthusiasm and commitment by the girls to play football.

If any other girls would be interested in coming along to see what we are about, please contact Mathew White on 07899 677305.

POS	Team	P	W	D	L	PTS
1	Rotherfield United	7	5	2	0	17
2	Penn & Tylers Green Rangers	8	4	2	2	14
3	Sandhurst FC Warriors	6	3	2	1	11
4	Laurel Park Starz	6	3	0	3	9
5	Ascot United Starz	6	2	2	2	8
6	AFC Henley	3	2	1	0	7
7	Ashridge Park Royals	7	2	1	4	7
8	Tilehurst Panthers Belles	2	0	0	2	0
9	Pangbourne Youth	7	0	0	7	0

Maiden Erlegh Chiltern Edge are partnering with Rotherfield United and Caversham Trents Football Clubs to provide female coaches to support their younger teams!



### BADMINTON

On 30 November the Year 10/11 badminton team travelled to Icknield for their first ever tournament. The girls team: Gabrielle P, Caitlin G, Anusha S and Sicily H. The boys team: Floyd L, Gabi M, Dima P, George Y. For some of these students this was their first time representing the school in a sporting fixture. The students all played singles matches, with each match counting towards their overall group score.

We saw some fantastic badminton played by all but the player of the night was Caitlin for her effortless, calculated and brilliant performance.

Well done to all, we look forward to the next tournament!



### FITNESS SUITE UP & RUNNING

This term, we've cleared the old fitness area which was full of old equipment, boxes and tables. We now have 8 indoor rowing machines, sets of dumbbells, and some access to a weight machine.



Can you help?



Please contact  
a.caldwell@maidenrleghtrust.org if you can donate dumbbells or kettle bells for the Fitness Suite.



## MORE PE HIGHLIGHTS...



Special mention to Eleanor L and Milo S in Year 8 who both achieved silver and Ruby P who achieved a bronze in the U13s with MECE coming 2nd overall in the U13s and the U15s scored a bronze at the indoor rowing at Icknield.

Our students loved having Sonning and Peppard Table Tennis Coach, Gary Morgan in for a taster session this term and we look forward to more table tennis coaching in the near future!



Congratulations to Lianna B for winning medals for taekwondo!





## MISS CHEESEMAN'S STUDENTS OF THE TERM



I am nominating Ines L for her exceptional dedication to the PE department and the school in general. Ines juggles so many different things, including being on the girls football team and school show rehearsals, as well as dancing outside of school. Ines attends

every Monday football club, has represented the school in the Year 8/9 girls football team and always does so with enthusiasm and positivity. Ines is a real asset to the school.

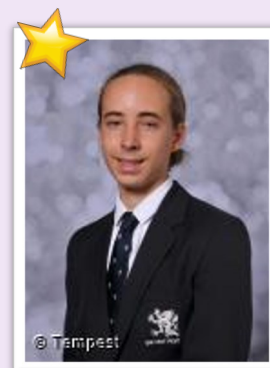
My nominee for KS4 is Sarah C for working consistently hard in her BTEC assessment, for coming to every lesson with a positive attitude, accepting feedback and always applying herself in every task. Sarah's confidence has grown over the last academic year, but also over the course of her academic career at MECE. Keep up the great work Sarah!



## MR CALDWELLS' STUDENTS OF THE TERM

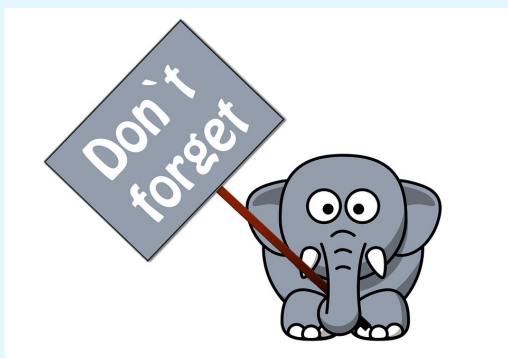


I would like to nominate our 2 rowers in Olly B and Joseph V. Both have shown tremendous commitment during lunchtimes to come along and practice and learn more about rowing. They competed in the indoor rowing champs, completing 2000m.



### PE Kit Reminder

Don't forget to dress warm for PE when the weather is cold!



### Physical Education & Games Kit

- Navy blue polo shirt (with logo embroidered – purchase from Stevensons)
- Navy blue shorts/skort
- Navy blue sports socks (outdoor PE lessons)
- White sports socks (indoor PE Lessons)
- Navy blue Microfleece/Jumper

