

# ST NINIAN'S SPORTS NEWS HQ

ST NINIAN'S SPORTS NEWS HQ

## August 2014 - January 2015

### Your Home of St Ninian's Sports News

Welcome to the very first edition of 'St Ninian's Sports News HQ'.

Here you will find all the very latest sports news and achievements from St Ninian's High School (Giffnock).



To keep fully up-to-date also follow us on Twitter @stninianshighpe

### Cross Country

Well done to all S1 and S2 pupils who took part in the school Cross Country Championships. Congratulations to the following pupils who placed in the top 10 in each year.

#### S1 Boys

- 1st Andrew Duncan (1a6)
- 2nd = Luke Nelson (1a3)
- 2nd = Eoghan O'Donnell (1a5)
- 4th Joseph Adair (1a7)
- 5th Shea Scally (1a6)
- 6th Thomas Ward (1a2)
- 7th Michael Ruth (1a8)
- 8th Gregor Drummond (1a1)
- 9th Gabriel Kelly (1a8)
- 10th = Ronan Miller (1a8)
- 10th = Ben Paul (1a5)

#### S1 Girls

- 1st Cara Wotherspoon (1a5)
- 2nd Sally Smart (1a1)
- 3rd Melissa Angus (1a9)
- 4th Rebekah Cameron (1a4)
- 5th Rebecca Miller (1a10)
- 6th = Sophie James (1a3)
- 6th = Anna Paterson (1a8)
- 8th Molly Gallagher (1a3)
- 9th Amy Dunese (1a3)
- 10th Abbie Darroch (1a2)

#### S2 Boys

- 1st Liam McGinlay (2a2)
- 2nd Victor McQuade (2a3)
- 3rd Michael Ward (2a7)
- 4th Lewis Mitchell (2a5)
- 5th Cameron Baxter (2a7)
- 6th = Callum Mack (2a6)
- 6th = Sam Stewart (2a3)
- 8th Steven Maloku (2a8)
- 9th Jack Callan (2a1)
- 10th Adam McGrenra (2a8)

#### S2 Girls

- 1st Jenny Dougall (2a10)
- 2nd Rhona Mowatt (2a6)
- 3rd Leah Sinforiani (2a1)
- 4th Mirren Duncan (2a7)
- 5th Ellie Duncan (2a6)
- 6th Eve Clark (2a2)
- 7th Eloise Trainer (2a3)
- 8th Caitlin McDonald (2a5)
- 9th Rebecca Yates (2a7)
- 10th Dervla Turner (2a4)

### St Aloysius' Road Race



Well done to the following pupils who competed in the St Aloysius' Road Race on Wednesday 12 November. It took place in Kelvingrove Park on a very wet day!

Congratulations to Andrew Duncan, Michael Lowrie and Anthony Reilly all were awarded 'Fastest Lap' prizes.

Andrew Duncan (1a6), Cara Wotherspoon (1a5), Liam McGinlay (2a2), Jenny Dougall (2a10), Michael Lowrie (3a8), Emily Felth (3a7), Anthony Reilly (4a7), Rachel Storey (4a4), Cyrus Amini (5a1), Julie Lonergan (5a10), Andrew Stewart (6a7) and Katharine Blues (6a10).

**COMING UP LIVE**

**S1 SKIPATHON**

**TUESDAY**

**3 FEBRUARY 2015**

**@STNINIANSHIGHPE**

**BREAKING NEWS - THANKS TO CIARAN HENRY (6a6) FOR CREATING BANNER**

## U13 Football Teams

### Scottish Shield

St Ninian's 5—2 Largs Academy  
St Ninian's 4—3 St Peter the Apostle

### Under 13 Football Team A

#### League Results

Glennifer 0—15 St Ninian's A  
St Ninian's A 10—1 Woodfarm  
Williamwood 1—8 St Ninian's A  
St Ninian's A 12—0 Eastwood  
Woodfarm 1—11 St Ninian's A  
Eastwood 1—22 St Ninian's A  
St Ninian's 11—0 Williamwood



#### Squad

Owen Adam (1a6), Michael McCabe (1a4), Andrew Quinn (1a7), Joe Creighton (1a2), Thomas Ward (1a2), Andrew Park (1a2), Odhran Markey (1a8), Andrew Duncan (1a6), Michael Ruth (1a8), Paul O'Hare (1a2), Sam Lawson (1a6), Ronan Miller (1a8), Shea Scally (1a6), Andrew Rooney (1a7).

### Under 13 Football Team B

#### League Results

Paisley Grammar 0—5 St Ninian's B  
Trinity 6—5 St Ninian's B  
St Ninian's B 3—2 St Luke's  
St Andrews 1—5 St Ninian's B  
St Luke's 3—0 St Ninian's B  
St Ninian's 5—0 Paisley Grammar  
St Ninian's 2—3 Trinity



#### Squad

Peter Capelin (1a1), Aaron Graham (1a8), Harry Felth (1a8), Dominic Goodwin (1a4), Adam Cairney (1a1), Matthew Tunn (1a6), Christopher Smith (1a6), Paul Carruthers (1a6), John Crilley (1a9), Matthew Connolly (1a2), Joe Adair (1a7), Lennon Mair (1a6), Daniel Smith (1a6), Joshua Adair (1a8)

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## U14 Football Teams

### Scottish Shield

St Ninian's A 10—0 Hermitage  
St Ninian's 7—0 Eastwood  
Mearns Castle 1—3 St Ninian's

### U14 Football Team A

#### League Results

St Ninian's A 4—1 Mearns Castle  
Glennifer 2—7 St Ninian's A  
Barrhead 2—6 St Ninian's A  
Castlehead 0—11 St Ninian's  
St Ninian's 8—0 Williamwood



#### Squad

Michael Preston (3a8), Dominic McLaughlin (2a7), Liam McGinlay (2a2), Andrew Conlon (2a4), Ciaran McAndrew (2a4), Daniel Connor (2a6), Paul Kennedy (2a8), Victor McQuade (2a3), Bradley Wilkie (2a8), Michael Ward (2a7), Max Gillies (2a10), Matthew Connelly (3a10), Sam Stewart (2a3), Louis Meek (2a7), Reece Thomson (2a3)

### U14 Football Team B

#### League Results

St Ninian's B 4—4 Park Mains  
Paisley Grammar 3—3 St Ninian's B  
Trinity 1—2 St Ninian's B  
St Ninian's B 1—3 Gryffe  
Gryffe 1—7 St Ninian's B

#### Squad

Euan Stirling (2a9), Paul Hayes (2a7), Cameron McKechnie (2a5), Owen Sweeney (2a5), Lewis McLuskie (2a6), Liam Coyle (2a4), Jamie Mair (2a4), Gianni De Marco (2a4), Leo McCaffrey (2a6), Sean Higgins (2a3), Jack Johnston (2a2), Gerard Clark (2a4), Harry MacConnell (2a8), Thomas Leahy Kelly (2a5), Jack Jamieson (2a3), Callum Mack (2a6).



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## U15 Football Teams

### U15 Scottish Shield

St Ninian's 8—0 St Mungo's  
St Ninian's 0—2 Cathkin

### U15 Football Team A

#### League Results

Woodfarm 0—8 St Ninian's A  
St Ninian's A 6—1 Eastwood  
St Ninian's A 5—1 Williamwood  
Eastwood 1—3 St Ninian's A



#### Squad

Matthew Boyle (3a10), Martin Cassells (3a7), Matthew Coyle (3a6), Ryan Donnelly (4a8), Ronan Fox (3a5), Mark MacBeth (3a4), Alex MacDonald (3a10), Craig McKeegan (3a5), Matthew Reilly (3a10), Lewis Smith (3a6), Paul Smith (3a3), Declan Walsh (3a6)

### U15 Football Team B

#### League Results

Gryffe 2—2 St Ninian's B  
Trinity 2—8 St Ninian's B  
St Ninian's B 7—0 Trinity  
St Ninian's B 2—6 Gryffe

#### Squad

Christopher Beattie (3a4), Luke Connor (3a1), Jamie Fitzpatrick (3a7), Roan Fitzpatrick (3a8), Connor Gillan (3a7), Sonny Innes (3a9), Steven Johnston (3a3), Matthew McGrath (3a6), Owen Murphy (3a10), Michael O'Neil (3a2), Daniel Paul (3a9), Stephen Shaw (3a1), Oscar Sibille (3a5), Matthew Waters (3a4)



**BREAKING NEWS - HAWTHORNE BOYLE SPONSORS FOOTBALL KIT**

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## Under 16 Football Team

### Scottish Shield Results

St Peter the Apostle 1—6 St Ninian's  
St Ninian's 2—1 St Columba's

### League Results

St Ninian's 1—1 Eastwood  
Woodfarm 2—3 St Ninian's  
St Ninian's 11—1 Castlehead  
St Ninian's 5—0 Glennifer  
St Ninian's 3—5 Williamwood  
Castlehead 3—3 St Ninian's



### Squad

Ryan Devenney (4a2), Cameron Sweeney (4a1), Luke McBeth (4a2), Anthony McFadyen (4a9), Paul O'Brien (4a6), Michael Blues (4a5), Ross MacDonald (4a2), Lewis McTaggart (5a1), Aidan Donaghy (4a8), Elliot Graham (4a5), Ronan Gilles (4a9), Lee Connelly (4a7), John Masterson (4a2), Chris Stewart (5a2), Rocco Innes (4a4), Chris Sutherland (4a1), Jack McDonald (5a7), Joe MacPhee (4a3), James McIlwham (4a1), Josh Young (4a6).

## Under 18 Football Team

### Scottish Shield Results

Gryffe 3—2 St Ninian's

### League Results

St Ninian's 7 —2 Castlehead  
Woodfarm 1—10 St Ninian's  
St Ninian's 2—0 Mearns Castle



### Squad

Michael Smith (6a10), Paul Moore (5a5), Raymond McNeill (6a6), Ciaran Gara (5a1), Ryan McFadden (5a4), Conor Duggan (6a4), Matthew Deehan (5a6), Kieran Gould (6a6), Liam Runciman (5a5), Ciaran Walsh (5a10), Malcolm McDonald (6a1), Danny McBeth (6a4), Daniel McParland (6a3), Stephen Thomson (6a2), Ewan Crombie (5a6), Phil Lee (6a4), Dominic Boland (6a2), Ryan Fitzpatrick (6a4), Liam Miller (6a10), Conor McGee (5a10), Michael Bauld (6a2), Matthew Kemmitt (6a2), Tiernan McEnroe (6a3), Sean Keenan (6a7), Conor Wheeler (5a4), Declan Farren (6a4)

**BREAKING NEWS - RACE NIGHT RAISES £3000 FOR SPORTS ACTIVITIES**

## U15 Girls Football Team



## Results

St Ninian's 2—0 Woodfarm  
St Luke's 0—4 St Ninian's  
St Ninian's 4—0 Mearns Castle  
St Ninian's 4—0 Woodfarm  
St Ninian's 2—0 Williamwood  
Mearns Castle 0—0 St Ninian's

## Squad

Holly Scally (1a2), Denise Reilly (3a9), Niamh Docherty (3a4), Lucy Cowie (2a3), Phoebe Roper (4a6), Sarah McLaughlin (1a7), Shannon McLintock (3a7), Beth Malone (3a2), Emma Weldon (2a9), Charlotte Hamilton (1a2), Anna McLaughlin (2a10), Monica Docherty (1a10), Rebecca Steel (3a3), Caitlyn Martin (3a7), Amy Smart (3a2), Holly Edgar (2a1), Hannah Bruce (1a8), Maria Higgins (3a9), Temi Kosoko (4a2)

## St Ninian's Pupil Makes Final Scotland Trial

Good luck to Jade Baillie (3a8) who has been selected to attend the final trial for the U15 Scottish School Girls on Monday 19 January. We wish her every success!

## Active Girls Day

YDance Active is a national programme that inspires and motivates young women to become more active through dance.

The project offers a youth training programme to train dance leaders who can increase and promote opportunities for dance and champion dance in their local area.

On Active Girls Day, YDance Active encouraged all Active Girls Dance Leaders to learn a specially created dance for Active Girls Day and share and perform it across Scotland on 3 October 2014.

Erin Ryan (5a10) completed her Dance Leadership Award in June and delivered the dance to pupils that attend the Dance Club on a Friday after school.

Pupils thoroughly enjoyed learning the dance and were extremely motivated throughout the session due to Erin's enthusiasm and high performance level.



# ST NINIAN'S SPORTS NEWS HQ

## Senior Girls Football Team



## Results

St Ninian's 0—0 Mearns Castle  
St Ninian's 2—0 Woodfarm  
St Luke's 0—6 St Ninian's  
St Ninian's 0—0 Mearns Castle  
St Ninian's 1—2 Woodfarm  
Eastwood 0—0 St Ninian's  
St Ninian's 2—4 Park Mains

## Squad

Aimie Springett (5a8), Louise Chrystal (6a5), Ariane Craig (6a5), Monica Reilly (6a8), Beth Paul (6a6), Lara Elliott (5a9), Eilidh MacDonald (5a3), Laura Keenan (5a3), Marianne MacDonald (5a1), Nina McCue (5a7), Sorcha Turner (5a10), Lauren Stewart (5a10), Paula Duffin (5a7)

## S1 Commonwealth Games Challenge

Congratulations to Catarina Lue (1a5), Sophie Moir (1a4), Anna Paterson (1a8) who came first, second and third respectively in the S1 Commonwealth Games Poster Challenge.

Their artwork is being displayed in the Forum along with other entries.

## St Ninian's in Last 8 of Champions League

Former pupil Laura Montgomery has reached the Quarter Finals of the Women's Champions League with Glasgow City. The founding member and now Club Manager saw her side win 5-4 on aggregate versus FC Zurich.

We wish Laura and Glasgow City all the very best of luck in their next tie.

## Marianne MacDonald Honoured

Well done to Marianne MacDonald (5a1) who was voted U17 Coaches Player of the Year for Glasgow City.

## Jade Baillie Wins Scottish Cup for Celtic

Jade Baillie (3a8) won the U13 Scottish Cup for Celtic after they defeated Glasgow City 2-0 in the final. Goalkeeper Jade was outstanding in goals and made a string of fine saves that kept Celtic in the tie before they scored twice late on.



**BREAKING NEWS - JADE BAILLIE (3a8) WINS SCOTTISH CUP FOR CELTIC**

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## Andrew Robertson Stars for Scotland

Former pupil Andrew Robertson got his first and second Scotland caps in the national teams Euro Qualifying victories versus Georgia and the Republic of Ireland.

He starred in both matches and was given man of the match of the award after his scintillating display against Ireland. Incredibly he was in direct opposition against another St Ninian's former pupil Aidan McGeady. This match was watched by a group of S2 St Ninian's pupils who were in fine spirits as they saw Scotland cruise to victory.

Scotland now sit on the same number of points as Ireland and world champions Germany.

Following the Germany game Andrew lined up for Scotland against star-studded England. At a packed Celtic Park which included a group of S3 St Ninian's pupils Andrew scored a sensational goal which was very well greeted inside the stadium.

We wish Andrew and the Scotland team continued success!



## Scottish Athletics Indoor League (SAIL)

Congratulations to the following pupils who achieved podium places at the recent SAIL meeting.

Sophie Inglis (1a9) came 1st in the 60m Hurdles and 2nd in the 60m in her age group.

Sara Inglis (3a2) who came 2nd in the 60m and 200m in her age group.

Amy Donaghy (4a6) came 1st in the 60m and 1st 200m in her age group.

## Scottish Inter-district Cross Country

Well done to Joseph Lowrie (3a4) who came 14th at the U15 Inter-district Cross Country Championships in Holyrood in Edinburgh. This follows his 10th place at the Scottish Short Course event at Bellahouston.

## BREAKING NEWS

## ANDREW ROBERTSON SCORES VERSUS ENGLAND



**BREAKING NEWS - ANDREW ROBERTSON SCORES VERSUS ENGLAND!**



## King Kenny Visits St Ninian's



On Wednesday 17 September Scotland legend Kenny Dalglish visited St Ninian's for the launch of the Scottish Football Associations sponsorship by McDonalds. A number of our pupils were able to meet him and have 'selfies' taken with him.

Also attending the event was Celtic starlet Callum McGregor who took part in a match with our pupils. This all took place on the new pitch which looked fantastic. Hopefully Kenny has left some of his magic on it for us to absorb!



## Lee Connelly Represents Scotland in Victory Shield

Lee Connelly represented the U16 Scotland team who took part in the Sky Sports Victory Shield. Lee played a full 80 minutes versus Northern Ireland in which Scotland narrowly lost 2-1. Scotland agonisingly lost 2-1 again, this time to Wales.



In the final match, screened live on Sky Sports, Lee came off the bench in a 2-1 win for England.

We wish Lee and Scotland every success in the future.

## St Ninian's Represented in National Trophy

Well done to the U15 Paisley and District Regional Squad who have qualified for the knock-Out stages of the National Inter-District Tournament after beating Glasgow 4-1 and Dumfries and Galloway 2-0. The squad contains the following 6 St Ninian's pupils:

Matthew Boyle (3a10), Martin Cassells (3a7), Declan Walsh (3a6), Mark MacBeth (3a4), Matthew Reilly (3a10) and Paul Smith (3a3)

# ST NINIAN'S SPORTS NEWS HQ

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### Netball

#### S1

#### Results

Woodfarm 2—22 St Ninian's A  
St Luke's 8—3 St Ninian's B  
St Ninian's B 15—6 Castlehead  
Williamwood 1—16 St Ninian's A  
Glennifer 3—3 St Ninian's A  
Williamwood B 3—7 St Ninian's B



#### Squad

Sophie Aitken (1a1), Anna Branney (1a5), Laura Campbell (1a7), Eva Carr (1a3), Samantha Clarke (1a1), Abbie Darroch (1a2), Hannah Deehan (1a6), Eve Donaghy (1a8), Amy Dunese (1a3), Molly Entwistle (1a3), Colette Forsyth (1a2), Arianna Fraioli (1a6), Samantha McCheyne (1a5), Rachel Monaghan (1a10), Sinead O'Hara (1a2), Megan Phillips (1a9), Erin Runciman (1a8), Sally Smart (1a1), Katie Stewart (1a1)

#### S2

#### Results

Woodfarm 4—18 St Ninian's  
St Ninian's 20—1 Glennifer  
Williamwood 5—19 St Ninian's  
St Ninian's 42—6 Castlehead

#### Squad

Scarlett Angelini (2a2), Caitlin Caulfield (2a2), Eve Clark (2a2), Sarah Greene (2a5), Hannah McCargo (2a5), Zoe McFarlane (2a2), Megan McLaughlin (2a4), Mirrin McLaughlin (2a8), Siobhan Marshall (2a4), Emma Martin (2a4), Rhona Mowatt (2a6), Cara Parker (2a10), Cara Reid (2a5), Ava Thomas (2a2)



# ST NINIAN'S SPORTS NEWS HQ

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## S3 Netball Team

### Results

St Ninian's 14—3 St Luke's  
St Ninian's 18—8 Williamwood  
St Ninian's 1—0 Woodfarm  
Cumnock 11—22 St Ninian's

### Squad

Cara Lockhart (3a2), Katrin McNee (3a6), Sara Inglis (3a2), Sophie Rook (3a2), Lucy Dillon (3a6), Eve Reilly (3a1), Sara Walsh (3a4), Denise Reilly (3a9), Laura Docherty (3a10), Niamh Kelly (3a6) Roisin Kelly (3a4), Chloe Coyles (3a9)

## Senior Netball Team

### Results

St Luke's 14—26 St Ninian's  
Williamwood 18—25 St Ninian's  
St Ninian's 19—6 Castlehead

### Squad

Caroline Reilly (6a2), Marianne McPhee (6a8), Julie MacDonald (5a1), Anna Clark (4a4), Niamh Storey (4a3), Sophie Igoe (6a1), Kathleen Campbell (4a7), Rebecca Moody (4a2), Amy Donaghy (4a6), Kirsty Fitzsimons (5a1), Louise Broadley (6a4), Ciara Mone (4a2), Kiera O'Donnell (6a5), Sarah Rae (6a4)



## Netball Fixtures

### S1A

St Ninian's v St Peter the Apostle A

### S1B

St Ninian's v Duncanrig

### S2

St Ninian's v Winner of Holyrood v Robert Gordon's

### S3

St Ninian's v Winner of Strathaven v Strathallan

### Senior

St Ninian's v Arbroath

For live updates follow @stninianshighpe on Twitter

ALL WELCOME

NETBALL

EVERY  
WEDNESDAY  
6PM—8PM

@STNINIANSHIGHPE

BREAKING NEWS - ST NINIAN'S WIN 14 SWIMMING MEDALS AT DISTRICTS

# ST NINIAN'S SPORTS NEWS HQ

## Urban Gymnastics Training Session

18 pupils were selected from the Gymnastics club to attend a Gymnastics training session at Urban Gymnastics on Monday 6 October.

This exciting opportunity allowed pupils to develop and enhance their performance in a state of the art facility. Pupils thoroughly enjoyed the training session and found the experience very worthwhile and inspiring.

The training session was led by highly qualified coaches (both ex-international gymnasts) from the Urban Gymnastics Club

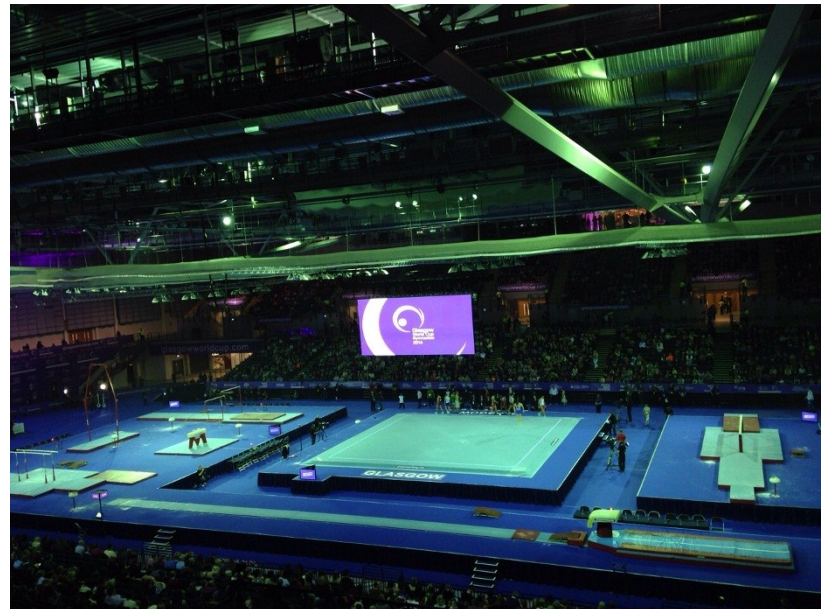
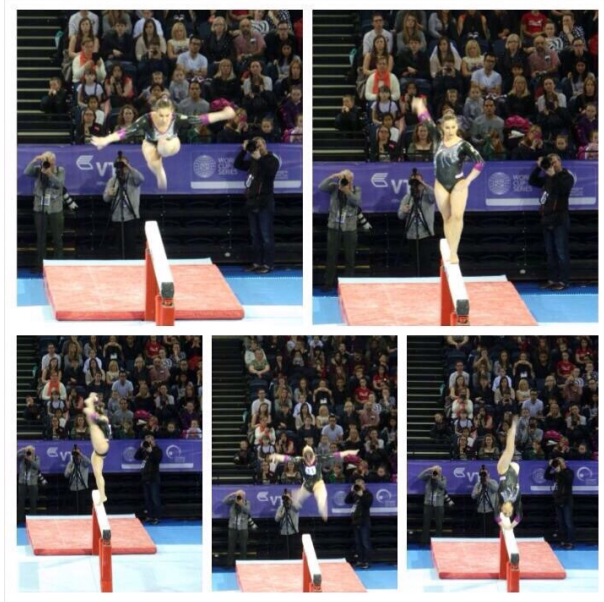
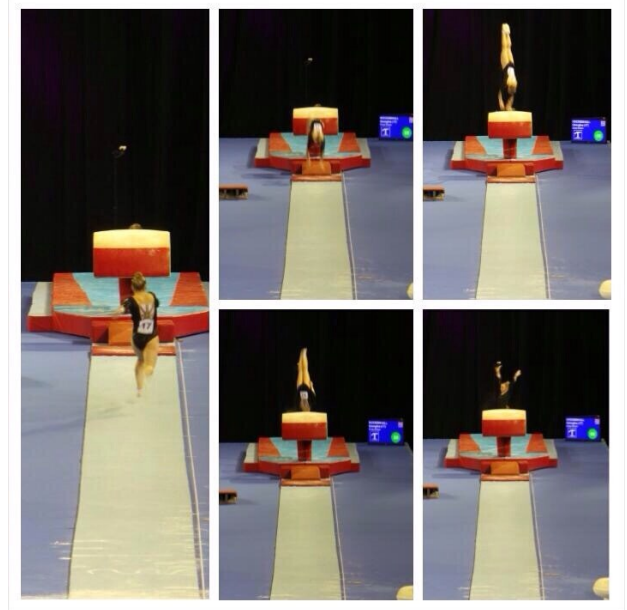


**BREAKING NEWS - GYMNASTICS EVERY MONDAY 3:30PM—4:30PM IN GYM**

# ST NINIAN'S SPORTS NEWS HQ

## World Cup Gymnastics Trip

On Saturday 6 December a group of St Ninian's pupils attended in World Cup Gymnastics event at the Emirates Arena in Glasgow. The pupils were treated to world class performances from a number of the top gymnasts. Hope this will inspire our gymnasts to further success in the tournaments we enter!



Hannah Ward (1a2), Laura Campbell (1a7), Jessica Cassells (1a5), Holly Miller (2a5), Rebekah Murnin (2a10), Hannah Deehan (1a6), Rachel Monaghan (1a10), Clara Brooke (1a2), Caitlin Welsh (1a6), Sophie Brownlie (1a10), Nicole Thomson (2a9), Emily McLean (1a9), Jessica Speirs (1a9), Eloise Trainer (2a3), Heather Brady (1a5), Lewis Dillon (1a7), Amy Dunes (1a3), Cara Wotherspoon (1a5), Kathryn O'Toole (1a9), Melissa Angus (1a9) and Sophie Inglis (1a9)

**BREAKING NEWS - SPINNING EVERY MONDAY 3:45PM IN FITNESS SUITE**

### Sky Sports Living for Sport

The following pupils who are in our Talented Athlete Programme attended a 'Sky Sports Living for Sport' talk with Olympic hockey player Rhona Simpson on Monday 6 October.

Charlotte Hamilton (1a2), Ella Loffler (1a2), Thomas Ward (1a2), Aidan Lamos (1a4), Owen O'Donnell (1a5), Cara Wotherspoon (1a5), Olivia Burke (1a6), Andrew Duncan (1a6), Declan Moore (1a7), Jack Murphy (1a7), Andrew Quinn (1a7), Humza Zulfiqar (1a7), Eve Donaghy (1a8), Gabriel Kelly (1a8), Odhran Markey (1a8), Ronan Miller (1a8), Michael Ruth (1a8), Eva Blues (1a9), Sophie Inglis (1a9), Clodagh O'Donnell (1a9), Jessica Speirs (1a9), Darragh Maginnis (2a1), Erin McGowan (2a10), Cara Parker (2a10), Scarlett Angelini (2a2), Zoe McFarlane (2a2), Ava Thomas (2a2), Lucy Cowie (2a3), Francesca Crilley (2a3), Ciaran McAndrew (2a4), Tiegan Hayes (2a5), Cameron Smith (2a5), Aiden Campbell (2a7), Ryan Conroy (2a7), Felix Loffler (2a7), Miren Barrie (2a8), Paul Kennedy (2a8), Megan McGrotty (2a8), Bradley Wilkie (2a8) and Matthew Wynne (2a8)



### Talented Athlete Programme

The Talented Athlete Programme aims to provide pupils with support and assistance to maintain a balance between their sporting commitments and their school work in order for them to reach their full potential in both. We are also keen to recognise and celebrate the achievements of these pupils.

The criteria for selection onto this programme is that pupils must be representing their sport at district/ regional, national or international level and must demonstrate a high level of commitment to improvement (significant levels of training and competing) as well as appreciating the responsibility they have towards maintaining their academic performance.

If you believe that your son/ daughter qualifies for the St Ninian's High School Talented Athlete Programme please contact Mr Low in the PE department.

**COMING UP LIVE**

**S2 SPINATHON**

**THURSDAY  
29 JANUARY 2015**

**@STNINIANSHIGHPE**

# ST NINIAN'S SPORTS NEWS HQ

## Louise Renick Visit



Commonwealth Games Judo Gold medallist Louise Renick delivered a presentation to all S1 pupils on Monday 1 September. She encouraged all pupils to take part in the extra-curricular activities that are on offer at St Ninian's as she did when she was at school. She also emphasised the importance of working hard in order to achieve her goals.



## Swimming

The Renfrewshire Area Heats took place on Saturday 25 October at the Sir Matt Busby Sports Complex in Linwood. St Ninian's entered a large team and they all did brilliantly by earning places on the podium and/or personal best times.

**Boys 13-14 100m Breaststroke**  
3rd Gabriel Kelly (1a8)

**Boys 13-14 100m Butterfly**  
1st Dominic Kelly (3a1)

**Boys 13-14 200m Butterfly**  
1st Dominic Kelly (3a1)

**Men 15-16 100m Butterfly**  
4th Ross Burns (3a2)

**Men 15-16 100m Backstroke**  
3rd Joseph O'Sullivan (4a1)

**Men 15-16 100m Freestyle**  
1st David Wood (5a3)  
2nd Jack Dayer (4a10)  
5th Ross Burns (3a2)

**Men 17 and Over 100m Breaststroke**  
1st Liam Slimmon (5a10)

**Men 17 and Over 100m Backstroke**  
1st Jack Elby (6a6)  
2nd Matthew Boyle (5a10)

**Men 17 and Over 200m Breaststroke**  
1st Liam Slimmon (5a10)

**Men 17 and Over 100m Butterfly**  
2nd Salil Reetoo (5a10)

**Men 17 and Over 200m Freestyle**  
3rd Salil Reetoo (5a10)

**Girls U12 50m Freestyle**  
5th Clodagh O'Donnell (1a9)

**Women 15-16 200m Backstroke**  
2nd Catriona Fowlie (4a10)

**Women 15-16 200m Freestyle**  
2nd Catriona Fowlie (4a10)

**Women 15-16 100m Freestyle**  
6th Niamh Storey (4a3)

# ST NINIAN'S SPORTS NEWS HQ

## S6 Sports Leaders

Our S6 Sports Leaders have worked very hard over the last couple of months to improve their leadership skills and their experience of working with children in sport.

They have planned and delivered two events so far; a Primary Tennis Event and Athletics Event. Both events have been a huge success and our S6 pupils have vastly improved their leadership skills and received excellent feedback from the local Primary Schools.

Sports Leaders also attend OLM Primary to carry out their Primary Placement one day per week. The feedback that we have received from both teachers and pupils has been excellent. Sports Leaders have been able to build positive relationships with the young people at OLM and they have greatly improved their leadership skills over the past few months of placement.



## Sport Ambassadors

Amy Donaghy (4a6) and Chris Scott (5a6) are our new Sports Ambassadors this year. They will work closely with Caroline Reilly (6a2) and Sophie Igoe (6a1) our current Sports Ambassadors to support and promote Physical Education and Sport within the school.

Amy and Chris attended the Sports Ambassadors Conference at Hampden Park in September, this was a very beneficial experience for our new Sports Ambassadors and hopefully will stand them in good stead to make a valuable impact on the sporting life of our school.

They are currently planning to organise a Sports event within the school that will hopefully take place soon.



**BREAKING NEWS - CHRIS SCOTT & AMY DONAGHY SPORTS AMBASSADORS**



# ST NINIAN'S SPORTS NEWS HQ

## Senior Basketball

The Senior basketball team have made a positive start to the season with one win and two narrow losses versus Johnstone High School, Barrhead and Eastwood respectively.



## Pupil of the Month—August / September

### S4

Christopher Gemmell (4a1)  
Jason Archdeacon (4a1)  
Luke McBeth (4a2)  
Nuala McBride (4a2)  
Paula Bradley (4a2)  
Dominic Manini (4a2)  
Jonlee Joyce (4a3)  
Antonia McCafferty (4a5)  
Paul O'Brien (4a6)  
Louisa Preston (4a6)  
Phoebe Roper (4a6)  
Sarah Gilmartin (4a7)  
Andrew O'Donnell (4a8)  
Carmen Connell (4a9)

### S5/6

Paul O' Hara (5a1)  
Lauren Stewart (5a10)  
Declan Farren (6a4)  
Danny McBeth (6a4)  
Louise Chrystal (6a5)  
Taylar Devlin (6a7)  
Conor McKee (6a5)  
Mathew Sermanni (6a10)

## S1 Basketball

The S1 basketball team have played 6 and won 6 in a perfect start to the season. They have secured victories against Gryffe (26-14), Woodfarm (28-2), Eastwood (52-10), Glennifer (42-4), St Andrew's Academy (20-0) and Mearns Castle (38-16).



**COMING UP LIVE**

**S1 SKIPATHON**

**TUESDAY  
4 FEBRUARY 2015**

**@STNINIANSHIGHPE**

**BREAKING NEWS - S1 BASKETBALL TEAM UNBEATEN IN SIX MATCHES**

## Rugby



Well done to our S1 rugby team who won three out of four matches to come second in the East Renfrewshire 10-a-side tournament that took place at Whitecraigs Rugby Club. Well done also to Conor Drummond (6a1) who coached the team.

David Dunn (1a2), Gregor Drummond (1a1), Matthew Connolly (1a2), Charlie Mone (1a1), Ahmed Abdallah (1a1), Marco Stefani (1a9), Marco Coia (1a7), Christopher Smith (1a6), Daniel Smith (1a6) and Andrew Brown (1a4),



## Pupil of the Month—August / September

### S1

Gregor Drummond (1a1)  
Thomas Ward (1a2)  
Eva Carr (1a3)  
Aidan Lamos (1a4)  
Mia Jennings (1a5)  
Matty Murphy (1a6)  
Olly Hughes (1a7)  
Ronan Miller (1a8)  
Melissa Angus (1a9)  
Rachel Monaghan (1a10)

### S2

Adam Seivwright (2a1)  
Michael Sherry (2a2)  
Reece Walsh (2a3)  
Alexandra O'Donnell (2a4)  
Jessica Cassells (2a5)  
John Lynch (2a6)  
Ryan Conroy (2a7)  
Paul Kennedy (2a8)  
Declan Martin (2a9)  
Mariella Ventisei (2a10)

### S3

Hannah Wilson (3a1)  
Eve Reilly (3a1)  
Nikki Gillan (3a3)  
Conaire Hughes (3a5)  
Ronan Fox (3a5)  
Sean Brogan (3a5)  
Kerr Quinn (3a6)  
Caitlyn Martin (3a7)  
Stephen Toland (3a7)

## Race Night



On Friday 3 October we held our first ever St Ninian's Race Night. This was a great success and raised over £3000 for Physical Education and Sport in St Ninian's.

Parents and staff had a great time racing 'horses' against each other and bidding for top quality auction prizes.

Many thanks to all who contributed to this. The date for the next one is Friday 2 October 2015 so get in your diaries now!

## Karate Success

Well done to Chris Scott (5a6) who won Gold, Silver and Bronze medals at Venice Cup. This followed his Silver medal at the World Youth Cup in Croatia and Bronze at German Open.



## Pupil of the Month—October

### S1

Sally Smart (1a1)  
Sinead O'Hara (1a2)  
Eva Copsy (1a3)  
Euan Munro (1a4)  
Alex Morran (1a5)  
Hannah Deehan (1a6)  
Steven Afsharpour (1a7)  
Anna Paterson (1a8)  
Javier Tejador (1a9)  
Monica Docherty (1a10)

### S2

Hannah Hamid (2a1)  
Liam McGinlay (2a2)  
Eloise Trainer (2a3)  
Ciaran McAndrew (2a4)  
Callum Devine (2a5)  
Rhona Mowat (2a6)  
Rachel Docherty (2a7)  
Helen Duggan (2a8)  
Aimee Kennedy (2a9)  
Declan O'Callaghan (2a10)

### S3

Marcus Carr (3a1)  
Emma McLay (3a1)  
Lewis Arneil (3a2)  
Kirsty Toner (3a2)  
Ali Devlin (3a4)  
Fiona Graham (3a5)  
Romy Edgar (3a7)  
David Hayes (3a8)  
Michael Lowrie (3a8)  
Michael Quinn (3a8)  
Kerry Duggan (3a9)

# ST NINIAN'S SPORTS NEWS HQ

## Sports Leader Trip – Glasgow Climbing Centre



On Tuesday 2 December our S6 Sports Leaders travelled to the Glasgow Climbing Centre for a session that tested everyone's limits! Pupils climbed the different ascents placing all their trust in their classmates as their anchors to the ground.



## Pupil of the Month—October

### S4

James McQueenie (4a2)  
Sinead Downey (4a2)  
Mirabel Lawson (4a3)  
Jordan McKibbens (4a3)  
Christopher Connelly (4a4)  
Taylor Jackson (4a4)  
Paul Gordon (4a5)  
Rhona McTeague (4a5)  
Siobhan Rety (4a6)  
Lucy Bastable (4a7)  
Sarah Palmer (4a7)  
Emma Barron (4a8)  
Jack Dayer (4a10)  
Ruiridh Turnbull (4a10)

### S5/6

Lara Elliot (5a9)  
Philip Lee (6a4)  
Kieran Goold (6a6)  
Stephanie Gibson (6a7)  
Robert McHaffie (6a9)  
Olivia Carberry (6a10)  
Michael Smith (6a10)  
Grace Walker (6a10)

**COMING UP LIVE  
SPORTS DAY**

**WEDNESDAY  
2 JUNE 2015**

**@STNINIANSHIGHPE**

**BREAKING NEWS - STUART CANNELL REACHES TOP IN FASTEST TIME**

# ST NINIAN'S SPORTS NEWS HQ

## Badminton



Well done to the Junior Badminton team who came third place in the East Renfrewshire Secondary schools Badminton Championships on Wednesday 3 December. This was a team event that included boys and girls singles, doubles and mixed doubles matches. Notable performances came from Ellen Hazlett who won all of her games as did the doubles partnership of Samantha McCheyne and Rebecca Miller. Well done to all of the pupils for taking part.

Ellen Hazlett (1a9), Sally Smart (1a1), Rebecca Miller (1a10), Samantha McCheyne (1a5), Ryan Conroy (2a7), Dominic McLaughlin (2a7), Sohaib Chaudry (1a5), Niamh Jamieson (3a8), Caitlyn Martyn (3a7), Jodie Gillan (6a7), Rhona McTeague (4a5), Michael Semple (4a9), Miles Felletti-O'Donnell (4a4), Daniel O'Sullivan (3a2) and Leon Masia (5a10)



## Pupil of the Month—November

### S1

Aidan Lau (1a1)  
Andrew Park (1a2)  
Reiss Virhia (1a3)  
Finn Docherty (1a4)  
Samantha McCheyne (1a5)  
Shea Scally (1a6)  
Joseph Adair (1a7)  
Callum Holmes (1a8)  
Rachel Osborne (1a9)  
Anthony Collins (1a10)

### S2

Leah Sinforiani (2a1)  
Safa Mohammad (2a2)  
Cameron Bruce (2a3)  
Patrick Sloan (2a4)  
Lewis Mitchell (2a5)  
Samuel Smeeth (2a6)  
Felix Loffler (2a7)  
Tom Houlihan (2a8)  
Molly O'Callaghan (2a9)  
Ammarah Dean (2a10)

### S3

Julia Convery (3a1)  
Luke McCulloch (3a2)  
Chloe Armstrong (3a3)  
Lee Doris (3a3)  
Cara MacBride (3a3)  
Matthew Wylie (3a4)  
Matthew Coyle (3a6)  
Joe Dias (3a7)  
Niamh Jamieson (3a8)  
Sophie Grant (3a9)  
Denise Reilly (3a9)

**BREAKING NEWS - ST NINIAN'S BADMINTON TEAM SECURE THIRD PLACE**

# ST NINIAN'S SPORTS NEWS HQ

## Ryder Cup Practice Day



On Tuesday 23 September 2014 a group of St Ninian's pupils and staff attended one of the Ryder Cup Practice Days. The pupils were able to walk around the course and get autographs from their favourite stars.



## Pupil of the Month—November

### S4

Reza Merati (4a1)  
Mark Burns (4a2)  
Temi Kosoko (4a2)  
Zeerak Mohammed (4a2)  
Hannah Speirs (4a2)  
Cara O'Donnell (4a3)  
Mark Stowe (4a4)  
Zain Khan (4a5)  
Amy McLaughlin (4a7)  
Anthony Reilly (4a7)  
Anna Black (4a8)  
Niamh McBride (4a8)  
Dawid Mojescik (4a8)  
Hannah Quinn (4a9)

### S5/6

Conor Drummond (6a1)  
Mark Williams (6a1)  
Alessio De Marco (6a3)  
Christie Clark (6a6)  
Ethan Gandy (6a5)  
Ciaran Henry (6a6)

**ALL WELCOME**

**BADMINTON**

**EVERY TUESDAY  
6PM-8PM**

**FREE OF CHARGE**

**@STNINIANSHIGHPE**

**BREAKING NEWS - ST NINIAN'S SPUR TEAM EUROPE ON TO WIN RYDER CUP**

### Scottish Schools' Rowing Championships

On Friday 5 December a record 48 entrants from St Ninian's competed in the Scottish Schools' Rowing Championships at Scotstoun Stadium in Glasgow.

Pupils competed in individual and team events and were commended for their efforts especially as few had ever rowed before.

Ciaran McAndrew (2a4) did brilliantly to secure a Bronze medal having never been on a rowing machine before. The Olympics in 2024 better watch out!



### Pupil of the Month—November

#### S4

- Reza Merati (4a1)
- Mark Burns (4a2)
- Temi Kosoko (4a2)
- Zeerak Mohammed (4a2)
- Hannah Speirs (4a2)
- Cara O'Donnell (4a3)
- Mark Stowe (4a4)
- Zain Khan (4a5)
- Amy McLaughlin (4a7)
- Anthony Reilly (4a7)
- Anna Black (4a8)
- Niamh McBride (4a8)
- Dawid Mojescik (4a8)
- Hannah Quinn (4a9)

#### S5/6

- Conor Drummond (6a1)
- Mark Williams (6a1)
- Alessio De Marco (6a3)
- Christie Clark (6a6)
- Ethan Gandy (6a5)
- Ciaran Henry (6a6)

ALL WELCOME

BASKETBALL

EVERY THURSDAY

6PM-8PM

FREE OF CHARGE

@STNINIANSHIGHPE

## S6 Alpe d'Huez Ski Trip 13-20 December 2014

Before going, I assumed a ski holiday would just involve skiing. How wrong I was! Although we did ski every morning and afternoon, there was much, much more to the holiday than simply skiing all the time.

The hotel was really good and the rooms were very nice. The food was great and really appreciated after a long day skiing!

The skiing itself was so exhausting (but definitely worth the pain!) and every lunch/afternoon I collapsed on to my bed, so I would recommend future ski trip goers to get fit before going!

The chair lifts and gondolas were so funny, especially when there was a sing-song going. Other skiers seemed to appreciate our beautiful Scottish voices!



After the first 5 or so falls, no one really cared or got embarrassed when they wiped out. Everyone in the group was really considerate and helpful when someone fell too. The instructors were all so lovely and patient, even if we did take a ridiculously long time to side-slip down to the rest of the group! Our group, as a whole, got on really well and we were really supportive of each other, which made the experience all the better. Everyone on the trip was so friendly and we all have loads of stories, too many to write down. Lots of new friendships were made and jokes that will be remembered.



The après-ski activities were always really funny, particularly the Miss Cox's famous quiz! Ice skating and the disco were great too. The Mass we celebrated at the very modern local Church "Notre Dame des Nieges" (Our Lady of the Snow) was very special.

I never imagined myself going on a ski holiday – due to the fact that I could not ski – however the Alpe d'Huez trip exceeded my expectations as I thoroughly enjoyed every second of the trip.

Being part of the same year group for 5 years, you would expect that you would know everyone quite well but this trip brought everyone together and I realised there is a lot I did not know about some people. Everyone made new friendships and got along great – which helped make the holiday unforgettable.



**Roisin Watt (6a8)**

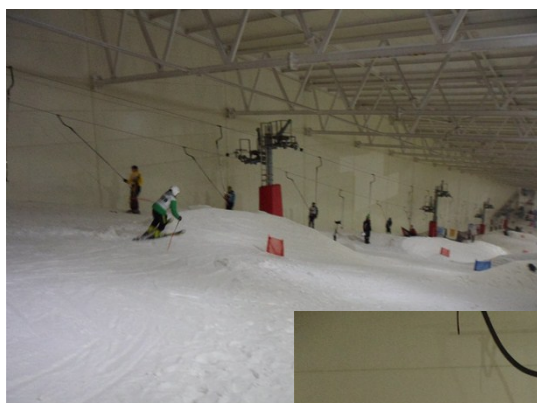


### Scottish Schools Ski and Snowboard Championships 2014

Well done to the following pupils who all competed in the Scottish Schools' Ski and Snowboard Championships on Wednesday 27 November at Snow Factor in Braehead.

The pupils skied and boarded amazingly well and they all had a great time.

Olivia Burke (1a6), Thomas Ward (1a2), Rebecca Steel (3a6), Luke Halpin (3a5), Lewis Walker (3a9), Blair Cassidy (4a1) and Lewis Walker (3a9)



### Hockey

Tuesday afternoon hockey club has set off to flyer with pupils of all age groups and abilities attending. With numbers in excess of forty and the enthusiasm of the pupils, both new to the game and those who have experience playing at a high level, is evident during the sessions.

St Ninian's hosted an East Renfrewshire Hockey Festival with other local schools including Williamwood, Eastwood and Mearns Castle. The non-competitive round-robin format focussed on participation and was challenging yet fun!



**BREAKING NEWS**

**MILLPORT TRIP**

**WEDNESDAY  
8 APRIL 2015**

**SEE MISS MILNE FOR  
DETAILS**

### Horse Riding

St Ninian's Equestrian Club runs riding lessons every Tuesday after school from 4:00-5:00. At the moment, groups of S1 and S2/3 pupils attend on alternate weeks. Pupils who currently attend regularly are Olivia Burke (1a6), Aanya Carruth (1a6), Orla Docherty (1a6), Liam Harvey (1a9), Katie McManus (1a8), Sinead O'Hara (1a2), Zoha Alikhan (2a10), Katie Dexter (2a5), Jennifer Valente (2a2) and Caitlin McCusker (3a10).



On Tuesday 16 December the Equestrian Club held its Christmas Event at Hazelden Equestrian Centre in Mearnskirik. Fourteen pupils from S1 to S5 enjoyed a fun afternoon of games and competitions. Most of those attending are 'regular' members who attend

riding lessons at Hazelden on a fortnightly basis, but they were joined by a number of other pupils, some of whom compete on a regular basis. The team games were very evenly matched but honours in the 'Handy pony' competition – an obstacle course which included negotiating cones and a jump, walking along a beam while leading the pony, then getting back on the 'wrong' side (a lot harder than you would think!) – went to Ellie McParland (3a10). Jessica Speirs (1a9) was second, Beth McGurren (3a6) was third and Zoha Alikhan (2a10) was fourth. The other pupils who took part were Hannah McGurren (5a3), Katy Dexter (2a5), Jennifer Valente (2a2), Azraa Abdulai (2a5), Cormac O'Hara, Caitlin Caulfield (2a2), Jemma Ure (2a2) and Liam Harvey (1a9), Aanya Carruth (1a6) and



Katie McManus (1a8). Everyone went home bedecked in rosettes and looking forward to competing for more at our next end of term event! Caitlin McCusker (3a10) was awarded a special rosette for being the most improved rider since August – well done Caitlin.

An equestrian themed Film/Quiz Club also meets regularly on Thursdays at lunchtime in English Room 8 and is open to all pupils who have an interest in horses/equestrian sports.

Several pupils in the school already regularly compete in equestrian events as individuals and it is hoped there will be a St Ninian's team at next year's Scottish Schools Equestrian Championships. More information to follow!



# ST NINIAN'S SPORTS NEWS HQ

## S1 Premiership Trip

On Saturday 27 November over 70 pupils travelled to North East England to take in the Sunderland v Chelsea Barclays Premier League match. Before the game they were treated to a tour of Newcastle United's St James' Park. Pupils enjoyed seeing in the Newcastle changing rooms, directors box and in the dugout. Despite the match ending 0-0 it was a great contest and a thoroughly enjoyable time was had by all.



**BREAKING NEWS - ST NINIAN'S SEE SUNDERLAND DRAW WITH CHELSEA**



## ST NINIAN'S HIGH SCHOOL



# Health and Wellbeing Evening

Promoting Healthy Bodies and Minds  
Achieving Personal Goals and Raising Attainment



### Physical Health

Taster fitness sessions in Spin and Metafit.  
Representatives from local Gyms and Fitness Classes offering advice and special discounts!



### Health Specialists

Physiotherapists, Chiropractor, Nurses, and GPs, Dentists, Optician, East Renfrewshire Health Coordinator and the Campus Police Officer.



### Mental Health

Presentations on 'Resilience', 'the Benefits of Sleep' and 'Body Image' Relaxation techniques Support Agencies Volunteering in the community



### Nutrition

Presentation on 'Food Intolerance'. Expert advice on healthy eating, S6 Health and Wellbeing Group's Fruit Kebabs, SNAG Group Tasting and Free Healthy Recipe Cards



### Spiritual Health

I have come to bring life and life to the full" John 10:10  
A time for reflection and prayer, helping us to draw strength and joy from God, the ultimate source of our wellbeing.



### Health Checks

Blood Pressure, Cholesterol, Body Mass Index (BMI), Resting heart rate, Aerobic Fitness, Sugar Levels

**7pm — 9pm**

**Thursday 24 March 2015**



**All Pupils, Parents, Staff and Friends Welcome**

