



BOURNE GRAMMAR SCHOOL BULLETIN

Week ending Friday 08 September 2023

From Alastair Anderson, Headteacher

After a pleasing set of public examination results over the summer it has been a typically frenetic start to the school year. Seeing the excited faces of new students coming into Year 7 is always a highlight and we have also welcomed record numbers of students into Year 12 this week, a testimony to the reputation of our school and the hard work that goes into making sure the Sixth Form is as good as it can be.

We were delighted to welcome back Alex Galpin on Tuesday to talk to Year 12 about his experience of blending the hard graft needed to produce a string of straight A* grades at A Level with the effort and commitment needed to be a GB Road Racing Cyclist. His talk was inspirational and an excellent start to our Sixth Form Lecture Programme as well as an apt consideration of Futures so close to our major Careers' Evening on Wednesday 20 September. On the sporting front it was great to read of Lawson Capes' ongoing success, now a National Age Group Champion at both the Shot and the Discus. Lawson is no slouch over 100m either and combines his Athletics prowess with great potential as a rugby player. Every student at school here has a different path to follow and we know that the culture of support which sits at the heart of our school enhances the prospects of all.

Despite the economic gloom it promises to be an excellent year ahead with so much to look forward to. As I say at the start of every school year – get stuck in! It is no coincidence that many of the highest academic performers are also some of the most active students we have. Do not be afraid to fail, try something new and push the boundaries of what is comfortable. Mr Gatland reflected on the words of Gandalf from Tolkien's *Lord of the Rings* in the first Year 10 assembly of the year, announcing that "All we have to decide is what to do with the time that is given us." Quite right. Grab that time with both hands and don't let opportunities pass you by. Make 2023/24 your best and busiest year ever.



CRICKET EAST VOLUNTEERING – Report by Aryan Nahata, Year 10

This summer, I volunteered with Cricket East - Diverse Communities Officer (Dave Summers). We have worked with various organisations/ communities, such as the Barnardo's charity Gunthorpe Holiday Activity Food programme at the PTCC outfield, the Nepalese community in Westwood, and the BHS community in the temple and this has been a fantastic learning opportunity as it provided great exposure to the broader coaching opportunities. All of our work has been vastly different to each other, and the experience I have gained from it is precious.

When working with Barnardo's charity, which footballer Marcus Rashford profiled, we let them choose which sport they wanted to do and helped them organise and enjoy it. However, when working with the Nepalese community, we had two eight-hour coaching sessions in which we coached them on the basics of sports, such as throwing, catching, bowling and batting.

With the Bharat Hindu Samaj temple, we focused on the skills above and how to deal with pressure situations and captaincy.

This helped me understand the importance of cricket on young people's development, as it has physical benefits and helps build leadership, team-building skills, patience and coping with successes and failures. This is significant as it can shape a young person's future.

To recognise all these efforts, I was nominated for my category, selected from all other nominees in the Northamptonshire region. I was given my award by Will Sneath, Club and Community Manager (Huntingdonshire & East Beds). On Monday, I was invited to attend a Northamptonshire vs. Lancashire county cricket match, where I was presented with an award for being a "Rising Star." I also had the opportunity to watch the match and meet some of the coaching staff on the pitch during the lunch interval. They were kind enough to inform me about their jobs and what a day in their career is like. Overall, this was a great experience, which I thoroughly enjoyed.



INDIVIDUAL ACHIEVEMENTS

Lawson Capes, Year 10, was in action again at the weekend in the England Athletics National Champs at Birmingham Alexander Stadium. Lawson went in as the number one in the UK for both shot & discus. The under 15s discus was going to be tough as so many boys had hit over 40m of late, however, Lawson was the only one entered having hit over 51m.

Having won both titles at the Southern Champs at Lee Valley Lawson was a hot favourite. First up was the shot and Lawson set a new personal best on his last throw with 17.96m to take the title with more than a metre and half. The highly anticipated discus was at the end of the day and the athletes had to deal with a challenging side wind that carried it out of the sector a number of times. Lawson threw 48.62m on his second throw to win the title by more than three metres.

Lawson has had an enviable season as still undefeated in both events and won all major titles. Next up he competes for Lincolnshire again at the inter-counties in two weeks and finishes off September with a couple of opens where he aims to surpass 18m in the shot as he has surpassed 50m in the discus. "It was great to see Lawson do the double, as this is a rare thing to achieve. It has been a record-breaking year with Lawson taking every title and setting the history books," Lewis Capes comments.



VACANCIES

We have a vacancy for a Cover Supervisor and a Safeguarding Officer

For further details please visit our website under Employment – Current Vacancies or [click here](#)

Or contact Ms Fiona Hill – fiona.hill@bourne-grammar.lincs.sch.uk or telephone her on 01788 422288 Ext 296

Please find below details of Sports Clubs for Term 1.

SPORTS CLUBS

TERM 1	Lunchtime	After School
DAY	(12:45pm-1.15pm)	(4.45pm finish)
MON	PE Staff Meeting	Yr. 10 Football (JB) Yr. 11 Football (SC) Yr. 7 Rugby (MAB) Yr. 7 & 8 Netball (AS/CEB) Yr. 7-10 Badminton (CPB) All Years Running Club (SS)
TUES	Yr. 8 & 9 Basketball (SC) All Years Girls Football (ACG) (astro) All Years Fitness Suite (JK)	Yr. 7 Football (ACG) Yr. 9 & 10 Rugby (DG/HG) Yr. 10 & 11 Basketball (SC) Yr. 8 & 9 Hockey (CPB)
WED	All Years Netball Shooting Practice (AS/CEB)	Yr. 8 Rugby (JB) Yr. 7 Hockey (CPB) All Years Running Club (SS)
THURS	Yr. 10 & 11 Badminton (CPB)	Yr. 8 Football (ACG) Yr. 9 Football (CJR) Yr. 11 Rugby (JB) Yr. 9-11 Netball (AS/CEB)
FRI	All Years Girls Indoor Cricket (AG)	All Years Boys Hockey (CPB)

Clubs will take place weekly.

Should there be the need to cancel any club as much notice will be given as possible.

If you have any questions, please contact the member of staff leading the club.

PE Dept. meetings will affect clubs occasionally.