



St Joseph's School Sport

ISSUE 3 July 2020

Virtual Sports Day

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Meet Miss S Craggs
(Teacher of Physical
Education) PAGE 2



Sports day 2020 is going Virtual!

For the PE department, Sports day is the biggest day of the school calendar. So, when we realised that our annual Monkton stadium event was unfortunately not going to be able to go ahead this year we decided to run a virtual competition instead. Therefore, on Wednesday 15th of July we, the PE Department, are going to take over! Look out on google classroom and our social media platforms as we issue 6 tasks throughout the day which you can attempt in the safe confines of your own home or garden. Once completed, use the hyperlinks we send you to record your scores and participation. You will be awarded participation points for any member of your household that completes these tasks including any siblings and parents/guardians. Teachers and support staff are also being asked to represent their house by giving each task a go. The event is an inter-house event (Yrs7-11) and an inter-class event for Year 12 students.



Staff Record Breakers!

Miss A Berry (PE) and Mrs A Whyte (Maths) have a long history and affection for our Sports day. To this day both ladies still hold multiple school records from their time as students here at St Joseph's. Miss Berry said, "I lived for Sports day! I was in Fisher house, we weren't very good overall, but grew stronger as I moved through the years, and we eventually took the sports day trophy when I was in Year 10. Myself and Ross McGrath were house captains and were made to run a lap of honor with the trophy as it had long been held by Percy house! I was a multi-event athlete at the time and so I liked to take part in different events. I still currently hold 2 high jumps, a hurdles and a long jump record and sports day remains my favourite day of the school year!". Mrs Whyte said "Sports Day was always my favourite day of the school year. I was one of those strange people in the year group who actually enjoyed running the long distances. In Year 7, 8 and 9, I always competed in the 1500m, 800m, long jump and relay. I was in Fisher House (Green). We used to run the 1500m on a different day as there were a handful of us who ran both the longer distances. I always felt nervous before running, but I think those nerves helped me run faster! When I set my school record in Year 8, for the 800m, I was in second place going into the last lap. I decided to pick up the pace and everything else was just a blur! I remember crossing the finish line and staggering to the bench at the side of the starter's steps. I had no idea of my time but knew I won the race, then Mrs Ruffell came over to tell me I had run 2:28 mins/secs. The main feeling, I remember from the day is feeling sick because that was a new personal best (PB) and I had really pushed myself. I didn't have long to feel that way though, because next up was the relay and another victory for Fisher! In both 1992 and 1993 I won all 4 events I took part in and I am still the proud owner of 3 St Joseph's school records!

Denise Ruffell Trophies

Denise Ruffell worked as a PE teacher for many years in the St Joseph's PE dept. When she retired in 2012 she decided to dedicate 8-trophies as prizes for outstanding track and field athletes at Sports day. The following individuals were awarded these trophies at the end of the last academic year. Can these trophies please be returned to the PE department in September.

Year 8

Harry Mason (A)
Eve Parker (D)

Year 9

Callum Richardson (C)
Ruby Atkinson (B)

Year 10

Oliver Bainbridge (C)
Erin Campbell (C)

MORE SPORTS DAY MEMORIES FROM ST JOSEPH'S ALUMINI ON PAGE 2

Remember...Those Last Legs!

Mrs G Miller (English) remembers her first sports day at St Joseph's Catholic Academy. This coincided with the last sports day of the fantastic and long serving Mr Stanton (Maths) before his retirement in 2012. Mrs Miller remembers that day fondly. "My first sports day gave me goose bumps! Watching Mr Stanton running the final leg of the relay marking his retirement with the whole school on their feet chanting his name...I can almost hear it again! That's when I knew I'd found my school". Since then running the anchor leg in the staff/sixth form relay has become a regular feature of those either retiring or moving on to pastures new. Mr Stanton was followed by the PE departments own Mr Lindsay and Mrs Ridley in subsequent years.



LOOK OUT FOR VIRTUAL SPORTS DAY COMING WEDNESDAY 15th JULY!

Dominic Soulsby (Percy House)

"For me one of the most exciting parts of sports day, as a house captain, was running around school in the weeks leading up to the big day letting everyone know which events they would be doing. This followed onto the day itself where there was a real sense of team spirit between all year groups. People you had not spoken to before cheering for each other and willing you on to win. During the tense moment where the results came over the PA system you could hear a pin drop. Sports day, without a doubt, was my favourite day of the school year! "



Joanne McCallum (Fisher House)

To me Sports day was the best day of the school year. Waking up to put on the green Fisher shirt, with the ambition of making sure you did everything you could as a team to stop Percy (Yellow) house winning for another year. I have never felt so much a part of a team; all year groups coming together with one ambition-WIN! The pressure, I remember was unreal. I had three attempts to throw the javelin, the first landed tail down, the second a foot over the line and it all came down to that final throw to retain a win for the fourth year running".



Jade Murray (More House)

Sports day at Monkton was the highlight of the school year! Being captain of More house was exciting, yet difficult having to lose most years (only by a few points) to Percy house with Mr Condon (former MFL teacher) always ready to gloat! I'm sure after a re-count we won one year...."



Neil Wiscombe (Percy House)

I ran the 100 and 200m double for Percy house in four of my contributions to sports day. I was unbeaten in all of my races and can still remember the atmosphere now as being my favourite day of the school year!



Amy Barron (House)

I have fond memories of sports day, it was always a fun day and there was a great atmosphere amongst everyone. I'll always remember the buzz when I broke the long jump record!



Sports day! Did you Know?

Monkton stadium has played host to our annual track and field event since the early 1990's. The stadium itself opened in 1937.

The main stand was renamed the Jimmy Hedley stand after the coach that unearthed Steve Cram and provided guidance to many a Jarrow & Hebburn athlete over the years

The last sports day to be competed between Campion (Blue), Fisher (Green), More (Red) and Percy (Yellow) was in July 2017.

Christopher Parr still holds every 800m and 1500m track record. The 1500m is now run on the school track so grass records were established to create new records.

MEET YOUR PE STAFF- Miss S Craggs (Teacher of PE) in conversation with Mr G Rudd



Miss S Craggs joined St Joseph's Catholic Academy as a member of the PE department teaching staff in January 2013 after spending time at Boldon school where she completed her PCET teaching qualification. Prior to this she studied her GCSE's/A Levels in County Durham before completing her degree with the University of Sunderland where she obtained a 1st class honors degree in Dance and Sport. Miss Craggs is an exceptionally competitive person and will try her hand at most sports/activities with dance, trampolining and netball topping the list of her favourites. A dancer from the age of 4, Miss Craggs has trained in many genres of dance including freestyle, ballet, contemporary, jazz, rock'n'roll, lyrical, musical theatre, commercial and street dance.

Greatest Sporting Achievement: Premier championship dancer and winning multiple north east dance titles. In addition, performing alongside Paul Daniels and Debbie McGee.

Dance Heroes: Brian Friedman (X-factor choreographer), Bob Fosse (Chicago choreographer) and Lukas McFarlane (Sky TV's Got to Dance).

Why did you want to be a PE teacher?

"I really enjoy helping others develop and succeed. I love the practical aspect of the job but also teaching the theory and helping people understand more about the body and sports".