

WHAT'S GOING ON AT CDHS?

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Girls in Physics Event

Recently all girls studying Physics in S3 attended an event at Lockerbie Academy, organised by the Institute of Physics. It involved interactive workshops aimed to promote physics related career options.

Physics teaches young people to understand and solve complex problems. Not just on paper. Not just in theory. The kind of problems that exist everywhere in the world, waiting to be solved. There are no limits to what can be achieved with physics.

Unfortunately, some young people are put off by the misconceived ideas they are told about what physics is. Many girls are told that physics is more suited to boys. As a result, too many young people are made to feel that they can't do physics, or they just don't fit in.

This event aimed to help our girls realise opportunities open to them, explore how their world works and how they could contribute to shaping their future as informed citizens.



Sports Results

U16 Rugby Regional Qualifier

Both u16 Girls and u16 Boys teams won through to the Regional Finals, to be held in Dumfries later on in the year. Well done to both teams and good luck in the finals.

U15 Football

Castle Douglas 7-5 North West Community Campus
Castle Douglas 0-6 Moffat
Castle Douglas 1-7 Sanquhar

Senior Results

Sanquhar 2-4 Castle Douglas
Castle Douglas 2-4 Stranraer

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If you have a wider achievement success you would like to share please contact us on the email address at the bottom of the page.

Contact Us: Website - <http://www.cdhs.info/> Telephone: 01556 502821

Email: gw08officecastle2@ea.dumgal.sch.uk

CDHS Table Tennis Championship

Well done to all those who took part in today's table tennis championship. Results were:

S1

1st Place - Cameron

2nd Place - Gregor

3rd Place - Jaiden

S2 -

1st Place - David

2nd Place - Jack

3rd Place - Leylan

S3 -

1st Place - Lewis

2nd Place - Nathan

3rd Place - Cain



Active Schools input in PE

Some great success this term – Active Schools and community sports Choose to Lead Programme has organised delivering and funded a level 1 Netball Coaching award for Adele Cawthorne, Kate Mariacci and former pupil Olivia Senior. The awards are the first level coaching awards for Netball and have been paid for as a thank you to these coaches for volunteer to coach 25 primary pupils weekly in a community netball session delivered at Castle Douglas High School from 5-6pm. Furthermore these same pupils with the addition of Alice Dougan and Emma Mariacci have completed their 'On my Whistle' netball umpiring course which was also funded by Active Schools 'Choose to lead' group. This is the first level of umpiring qualification for Netball Scotland and allows pupils to umpire school level games (which is a great help to our coaches who usually have to do both!).

The same funding pot is about to pay for Tessa Nicholson, Kelvin McLeish and Henry Hood to complete their 1.1 football coaching award through the SFA.

Over term 1 Active Schools and Disability sports Staff delivered a 5 week Universal Sports club where we saw 4 pupils stay for extra coaching and underwent a leadership course allowing them to work with coaches in a assistant coach capacity. All 4 coaches then worked with our staffing term to deliver the first Stewartry Area Disability Sports festival. Lola Jordan, Rachel Girdwood, Sam Ironmonger and Ryan Powell were all absolutely fantastic!! So much so we are now organising a boccia Leaders course for November where these pupils will have a fully funded first level award in coaching for the sport of boccia.

We held the first (of 4) Castle Douglas High School Table tennis club championships and saw some unbelievable sportsmanship and playing ability – Our winners were David Perez 1st, Nathan Ironmonger 2nd, and James Nelson 3rd. We were also privilege enough to have Senga Thomson here for the event who is a level 3 coach and current over 50's champion. The pupils loved her input and are looking forward to her being back again!

We also supported the organising of the core walking programme for s5 CORE pe, and were able to get The National Trust site Threave Gardens and estate to lead the walks on 4 different parts of the nature reserve. The feedback from the pupils taking part was hugely encouraging.

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