



Click on images above

NJAG

Braes High School Physical Education Department January –April 2022

Inter District Cross Country, Irvine, 15 January

Having missed a year due to Covid restrictions the Scottish Inter District Cross Country Championships returned for 2022 with the races moving to a course in Irvine.

This year's Inter-District Championships event took place at Beach Park, Irvine a venue that has host over 30 men's and women's National Championships and International events like the Celtic Nations. Many competitors and spectators today will remember Scottish Schools Championships also being hosted at the Beach Park.

The format of the Inter-District is that for each age group, each District can select 15 athletes to compete. In the Senior races a Scottish Students team is invited to compete with the 3 Districts. Each team race comprises 6 to count.

Opposite-Carlotte Horne Representing Scotland East.

Below [Jemma MACLEOD](#) (2nd from right) representing Scotland West



Click on image opposite for highlights

RRS# ARTICLE 31- Leisure, play and culture
HEALTH AND WELL BEING- I ran a half marathon” sounds so much better than “I quit halfway through a marathon”.

Scotland 2 English Independent Schools 2 16 Jan 2022

With two minutes left on the referee's watch the English Independent Schools' FA team must have been thinking that they had secured a good 2 – 1 away victory against the SSFA team in the International Challenge match at Toryglen Regional Indoor Centre on Sunday 16th January.

However, the Scottish boys refused to give up and following a well worked move on the left wing involving Ben Lamont (Broughton HS) and winger Che Riley, the St Columba's HS, Dunfermline player played a perfect pull back pass to Oli Brander. The Grove Academy mid fielder, from 16 yards out, hammered home an unstoppable shot to give the Scots a deserved draw against a skilful and very capable opposition side.

This was the SSFA team's second match as part of their preparation programme ahead of the 2022 Centenary Shield campaign which begins in early March. A win in late December against a Stirling Albion FC side got the team off to a great start but this game gave them a real test.

The visitors started at a terrific pace and intensity and Scotland had to react to the high pace of the game. Immediately it was clear that EISFA had more than a few very talented players and their right winger Basil Tuma, who has already played for his native Ugandan under 17 international team, was a real threat from minute one. He tested both Mathew Strachan (Millburn Ac) and then Gavin Hamilton (Wallace HS) when he switched wings. Both defenders came through a real test with flying colours as Scotland finally got in to the game.

However, it was the EISFA team who took the lead. A corner in the 26th minute found Tuma at the back post area. Scotland keeper, Liam Russell (Holyrood HS) got a hand to Tuma's powerful header, but he couldn't keep it out.

Scotland reacted well to going behind and started to keep better possession. In the 35th minute Lewis Gibson (Dumfries HS) won the ball back in midfield. His pass found forward Rayan Mohammed (James Gillespie's HS). Rayan made space for himself and fired in a bullet 20 yard shot which came down off the bar and bounced behind the goal line. What a strike!!

<https://twitter.com/i/status/1482848829946880003>

<https://www.facebook.com/scottishschoolsfa/videos/182339354088520>



Half time arrived with the score at 1 – 1 and Scotland probably pleased to be level in a high tempo game.

Scotland made the four planned half time substitutions bringing on Lewis Lorimer (Harris Academy), Ben Lamont (Broughton HS), Che Riley (St Columba's HS) and Brodie Watt (Portobello HS). The newcomers settled well, and Scotland took more control of the game.

After six minutes of the half Lucas Stenhouse (James Young HS), who had moved more centrally, was unlucky to see an outstanding double save from the English keeper. Lewis Lavin deny him a goal.

In the 15th minute of the half however it was EISFA who took the lead and not Scotland. A free kick from 25 yards out was swung to the back post and Joe Hunter moved in unchallenged to fire home a goal that put the English side back in front. Jonathan Steel (James Gillespie's HS) replaced the excellent Bailey Klimionek (Liberton HS). John Binnie (Braes HS) went close with a couple of headers and forward Brodie Watt headed just wide as the SSFA side showed they were not willing to give up.

Then came Brander's last gasp equaliser which meant the game ended in a 2 – 2 draws.

The SSFA are extremely grateful to the EISFA organisation whose willingness to travel made this game possible at this difficult time. In what was an excellent game the young officials' team of C. Greenam, A. Bebbington, and K. Hannah were excellent and deserve mention.

Thanks too to both teams for an excellent game played in competitive but fair fashion which was enjoyed by the small crowd of very proud parents.

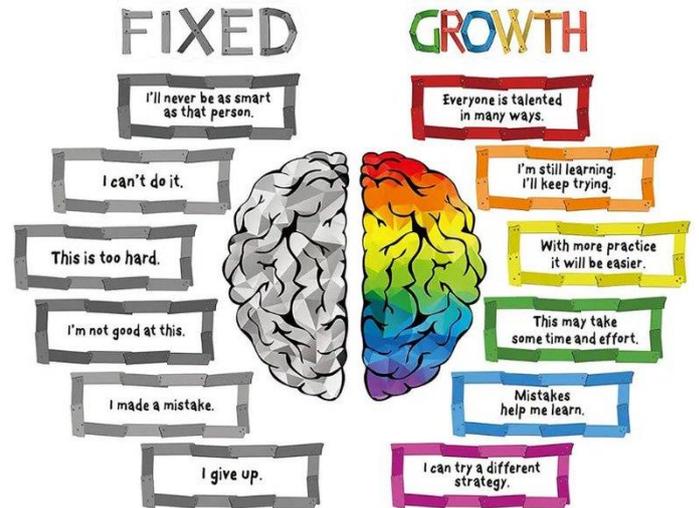
Scotland: Liam Russell, Gavin Hamilton, John Binnie, Bailey Klimionek, Mathew Strachan, Kenny McInnes (Inverness College), Michael Beagley (St Margaret's Academy, Livingston), Oli Brander, Rayan Mohammed, Lucas Stenhouse, Lewis Gibson. **Subs:** Jonathan Steel, Lewis Lorimer, Brodie Watt, Che Riley and Ben Lamont. **Unavailable for this match:** Fergus Robertson (St John's HS Dundee) and Jay Burns (Dumfries Acad).

Be the reason someone feels welcomed, seen, heard, valued, loved, and supported.

Unknown



CHANGE YOUR WORDS; CHANGE YOUR MINDSET.



Scottish Book Trust
inspiring readers and writers

Why Read?

Research proves that reading for pleasure can help us to:

- Get a job and progress at work
- Feel less stressed and anxious
- Reduce symptoms of depression
- Be more creative and imaginative
- Increase our self-esteem and feel more confident
- Do better at school right across the curriculum
- Open a door to other cultures and perspectives
- Get a better night's sleep
- Improve our literacy and communication skills
- Feel less lonely and isolated
- Improve our social skills

5 Minutes to Mindfulness...

Here is a simple technique to try:

Lie on the ground, making sure you are comfortable and warm.
Breathe slowly and deeply.
Starting at the feet, slowly tense and release, working your way up the body.
Feet - Legs - Stomach - Shoulders - Hands - Arms - Neck - Jaw

Pay attention to how your body feels when it is tense and how it feels when it is relaxed. If you feel your mind wandering just try to refocus on the body - it's natural for the mind to wander.



RRS# ARTICLE 29- Goals of education

HEALTH AND WELL BEING: I sent my photograph to a Lonely Hearts Club. They sent it back saying they weren't that lonely

In celebration and recognition of 50 years since the 1st International game was played, after the ban on women's football was lifted, Scotland will once again play England at Ravenscraig Stadium, Greenock. On Sunday 15th May 2022 the Scottish School's U15 Girls will play the English Schools' U15 Girls by kind invitation of Inverclyde Council. The women that played that day went on to have varied success and careers in football, the most notable being 17-year-old Rose Reilly, who went on to play for A.C. Milan and win the World Cup with Italy. We are hoping that this current group of young women will continue to inspire girls to play football and that one or more of them will also go on to lift the World Cup.

<https://bit.ly/3HbDuxo> #SheCanSheWill @sschoolsfa@SchoolsFootball



Under 15 Girls Training Camp



ARTICLE 29- Goals of education

HEALTH AND WELL BEING: I'm sceptical of anyone who tells me they do yoga every day. That's a bit of a stretch."



Tough opening group fixture against a good Larbert High team. The visitors had a physical presence that was difficult to cope with in the opening stages. We lost the opening quarter, but we staged a strong comeback and by halftime had established a narrow lead. In the second half our speed of play proved to be the deciding factor to get us off to a good start on the road to qualifying. Another good win followed away to Falkirk High School and this was enough to cement our place in the final play-offs. Little did we know what was to follow.



	CENTRAL UNDER 13 BOYS	P	W	L	PTS
1	BRAES HIGH SCHOOL	3	3	0	6
2	LARBERT HIGH SCHOOL	3	2	1	5
3	FALKIRK HIGH SCHOOL	3	1	2	4
4	OUR LADY'S HIGH SCHOOL	0	0	0	0

RRS# ARTICLE 29- Goals of education
HEALTH AND WELL BEING_

I'm going to stop putting things off, starting tomorrow.

"My New Year's resolution is to get in shape. I choose round."



2022 Centenary Shield to be broadcast across the BBC

5 Jan 2022

SAFIB are pleased to announce that the 2022 Centenary Shield for under 18 international boys' teams will be broadcast across the BBC.

SAFIB have secured a broadcast deal with the BBC that will see teams from all the Home Nations and the Republic of Ireland play in the Centenary Shield in March and April 2022. Games will be shown live across BBC iPlayer, the BBC Sport app and connected Red Button.

This new broadcast deal is a fantastic opportunity for all competing nations and SAFIB are excited that 2022 will raise the profile of schools' football and showcase the commitment and abilities of all those involved.

SAFIB Secretary, Mike Spinks, commented: "This is fantastic news. The BBC has a global reputation for showcasing topflight international sport and we are very excited to see the Centenary Shield included as another example of this activity."

Games will commence from Thursday 3 March 2022 for 8 weeks, with Scotland kicking off their campaign at home to Northern Ireland.

All matches will be starting at 7pm.

Fixtures

CENTENARY SHIELD 2022					
Matchday	Date	Home	Away	Venue	Kick-off
1	Thursday, 3 March 2022	SCOTLAND	N IRELAND	RENFREW FC	1900
2	Thursday, 10 March 2022	N IRELAND	WALES	H & W WELDERS FC	1900
3	Thursday, 17 March 2022	REPUBLIC	SCOTLAND	HOME FARM FC	1900
4	Friday, 25 March 2022	N IRELAND	ENGLAND	H & W WELDERS FC	1900
5	Thursday, 31 March 2022	REPUBLIC	N IRELAND	BUNCRANA HEARTS FC	1900
6	Friday, 1 April 2022	ENGLAND	SCOTLAND	SPENNYMOOR TOWN FC	1900
7	Thursday, 7 April 2022	SCOTLAND	WALES	ANNAN ATHLETIC FC	1900
8	Friday, 8 April 2022	ENGLAND	REPUBLIC	EASTLEIGH FC	1900
9	Thursday, 14 April 2022	WALES	ENGLAND	LLANSAWEL	1900
10	Thursday, 21 April 2022	WALES	REPUBLIC	CAERNARFON FC	1900



Our new Rookie Lifeguards who completed their Bronze Award



🏓 Table Tennis: Stirlingshire Schools Championships 2021-22

Saturday 15th January @Bowhouse Community Centre Grangemouth

Despite a difficult few years for the sport, the event still managed to attract a decent entry of 20 players from across the region and it was great to see everyone enjoying their matches throughout the day 🏓
The U14s saw the largest entry with 11 players battling it out to represent the area at the Scottish Schools National Finals in Perth in a few weeks. Scotland No. 2 U15 player Ben was relatively untroubled, not dropping an end on his way to taking the title. The battle for 2nd to 4th was a bit tighter with Alex just edging out Zach to take 2nd place in a good match, and the ever improving Robin finishing in 4th place in his first tournament. All 4 will now go onto represent the region at the national finals.

U14 Ben, Alex, Zach, Robin

A competitive consolation event was also held in the U14 category with Lewis taking the winners medal, winning all his matches, and Findlay runner up.

In the younger age categories, it was great to see some new players making their debut including the youngest participant we've probably had in this event for a good few years at just 6 years old!

The U12 title went to Fraser, pipping out Ross in a competitive final in a good battle of attack vs. defence.



Pupil Sports Council

RRS# ARTICLE 29- Goals of education
HEALTH AND WELL BEING: I just discovered that the word "nothing" is a palindrome... Backwards it spells "gnihton", which also means nothing.



BLAZERS
FIREWORKS



PIC•COLLAGE

Braes Blazers Netball: We are very proud of our Fireworks who secured the win for three out of their 5 games at the U13's CNA friendly day today These girls demonstrate passion & commitment at training & totally deserved this today. [@FalkirkSport](#)

The first game for the new Scottish Schools squad was played at Meggetland in Edinburgh against a very strong Boroughmuir HS senior team, who are expected to figure in the latter stages of the SSFA Senior Shield competition.



The large expectant crowd were excited to see how the new squad would gel in these initial preparation matches. They were all there to see the quality of the squad and the players who would be representing Scotland on the International stage in the Bob Docherty tournament down in Newcastle in April.

The game started at a frantic pace with a mixture of nerves and excitement playing their part. Extra touches were taken, and passes were forced. However, the young Scots quickly got into their stride, and it was not long before Laura and Sophia combined to produce the first chance of the day, with Laura testing the Boroughmuir keeper with a powerful low shot. The keeper made an excellent save and subsequently follow up smothering the ball at Laura's feet.

The back four were now relaxing into the game and began to pass the ball confidently to each other and also into the midfield players. Kate and Olivia Mc played passes into both Gigi and Sophie B as they pushed the team forward. Mia and Millie were also venturing forward, linking with Holly and Lucy. It was also pleasing to see the wide players having a run at their opposite numbers and getting crosses into dangerous areas. Indeed, the next good chance was from a very positive run from Lucy who linked with Sophia but again the keeper thwarted this opportunity.

However, it was not long before the young Scots made their breakthrough. Again, it was the midfield players positive attacking play that had Lucy linking with Sophia. Her through pass was played into the path of Laura and one on one with the keeper she expertly slid the ball into the corner of the net. It is always good to see the ball at any level pass the keeper and finish up in the net, even more so when you are wearing the SSFA badge.

The Scots grew in confidence as the ball was played around in all the areas of the pitch. Unfortunately, during one of these passing phases Mia appeared to 'roll' her ankle and was replaced by Lily as a precautionary measure.

The Scots kept knocking at the door of the opposition with Sophie B going close with a lovely strike that flew just wide of the keepers upright. Laura then provided Holly with the chance to get behind the Boroughmuir defence. Her cross was delivered into the 6-yard box, but it just eluded both Sophia and Lucy at the back post.

Gigi was a solid figure at the centre of midfield giving Sophie B the licence to get forward and link with Sophia and Laura, and it was from one of these positive attacking forages that led to her playing in Sophia. On this occasion Sophia was brought down around 30 yards from goal. Sophia picked herself up and took the freekick herself and was unlucky to find the safe hands of a well-placed keeper. Erin was keeping her back four on their toes but needed the help of both Lily and Millie to keep the opposition out with a double block from them as Boroughmuir went forward.

However, this appeared to spur the Scots on, and the second goal came with the Scots going forward confidently.

Sophia on this occasion dropped short as she linked with Gigi. Sophia looked up and picked out the run of Laura. Laura was now one on one with the keeper. There was only going to be one outcome as the young striker expertly lifted the ball over the advancing keeper. It was no more than the team and the player deserved as the period finished with Scotland holding a two-goal advantage.

Period 1 – Boroughmuir 0 – 2 Scotland

The Scots made changes at the start of the second period with Freya Brien and Isabella Conreno replacing Sophia and Laura. Sophie Timlin and Mia Mc Arthur came into the middle of the park. Indeed, it was Sophie T who had the first chance of the second half when she linked up with Freya and fired a powerful strike just over the bar.

Both Freya and Isabella linked up well together and with Sophie T continuing to probe and supply passed into dangerous areas the Scots continued to grow in confidence. Holly and Lucy kept the width for the Scots, and on numerous occasions ran at the fullbacks and delivered crosses into the opposition box. Isabella and Freya continued to link the play and force their opposite numbers back. Olivia Mc decided to join in and pushed forward beyond Mia Mc who automatically 'sat' for her as she drove forward. Her ball to Isabella was held up well by the striker as she delivered a perfect ball to Holly. Holly expertly cut inside and stroked the ball inside the keeper's left-hand post. 3-0 to the Scots.

Isabella and Freya again linked well, this time on the right-hand side as Freya beat her opposite number and delivered into the 6-yard box, but the ball evaded the strikers on this occasion. Millie and Olivia Mc as the fullbacks for this session kept running positively forward, linking with both Holly and Lucy.

Emma came on to replace Erin, who would be happy with her clean sheet, distribution and communication with her back four.

The Scots kept the ball through Mia Mc and Sophie T, and kept the opposition at arm's length, giving Lily and Kate the time to start moves into the opposition's half. Lucy produces the next chance as she picks up the ball and drives in field. She takes the shot on herself but is blocked by the defender. Freya picks up the resulting ball and fires the ball towards the goal, but on this occasion, it hits the side netting. The period ends with the Scots on top and looking good for their 3-0 lead.

Period 2 – Boroughmuir 0 – 3 Scotland

The third period starts with personnel and positional changes. Kate moves to right back with Gigi and Lily at the heart of the defence. Mia Mc drops to left back with Freya and Sophia occupying the wide midfield roles. Sophie T and Sophie B, fill the centre of the back engine house, with Laura and Isabella leading the line together. Olivia Chomczuk is the only player not to figure today through injury, however it is hoped that she will be available to strengthen the squad very soon.

The Scots continue to press and the desire to win the ball is demonstrated with Lily, Gigi and Mia Mc all attacking the ball in their allotted areas. Sophie B also joins in and wins her own individual battle, then plays a defence splitting ball to Laura, who finishes with aplomb to complete her hat trick.

Sophia continues to threaten the opposition goal but, on this occasion, her shot drifts over the bar. Freya and Isabella then combine to play in Sophie T, who shoots for goal but the keeper who has pulled off some great saves does so again. Laura then combines with Isabella and Sophia again with the later playing in Laura, who hits the post with her effort.

Emma in the goal is composed and confident as she collects a cross with safe hands.

The game ends with the Scots again looking confident in possession and worthy 4 – 0 winners.

It is a good start for the new squad, with Glasgow City their next game, before playing the first international match. This will be a challenge match against Northern Ireland in Larne, in two weeks' time.

Under 15 Girls Football Vs St Mungo's High School



UNDER 15 GIRLS LEAGUE EAST						
		P	W	L	D	PTS
1	Braes High School	4	4	0	0	12
2	Denny High School	4	3	1	0	9
3	Bannockburn High School	4	1	3	0	2
4	St Mungo's High School	4	0	4	0	0
5	Falkirk High School	1	0	1	0	0



Mr Ledger
@Ledger_PE

Incredible performance from the @BraesPE U14 Girls rugby team tonight! Every single one of them got stuck in and played their socks off. You should all be so proud of yourselves!

Players of the day:
Mrs P - Lori
Mrs F - Oli
Mr L - Aela

#BePartOfIt #Article31
#EveryonesGame

8:07 PM · Feb 3, 2022 · Twitter for iPhone



<https://twitter.com/i/status/1489551833433624578>

Double click for highlights



Rotary International SSAA Indoor Track Field Championships Emirates Arena 9th & 10th Feb. 2022

Girls Under 16 1500 Metre Heat 2

- 1 Shepherd, Orlaith Boroughmuir HS 4:56.93Q
- 2 Horne, Charlotte Braes HS 4:56.96Q
- 3 Donnelly, Katy Shawlands Academy 5:00.84q
- 4 Docherty, Rhiannan St Andrew's 5:05.06
- 5 Todd, Layla Anderson HS 5:09.14
- 6 Gairn, Millie Glasgow Scho 5:09.39
- 7 Cameron, Eva George Herio 5:20.68
- 8 Mowbray, Freya James Gilles 5:22.58
- 9 Jefcoate, Sabine Peebles HS 5:22.84
- 10 Munro, Isla Mearns Castle HS 5:36.24
- 11 Clarke, Hayley Trinity HS (Ham.) 6:04.36

Final 1

- 1. Teasdale, Amy HS of Glasgow 4:44.78
- 2 McLelland-Brooks, Millie Glasgow Scho 4:47.69
- 3 Dallas, Eilidh The Communit 4:48.27
- 4 Shepherd, Orlaith Boroughmuir HS 4:50.09
- 5 Inglis, Jessica Lanark Gramm 4:50.24
- 6 Horne, Charlotte Braes HS 4:51.09
- 7 McKinlay, Niamh McLaren HS 4:57.40
- 8 MacPhie, Charlotte Firrhill HS 4:59.30
- 9 Donnelly, Katy Shawlands Academy 5:07.50
- 10 Baillie, Arianne Inverkeithing HS 5:15.20

Girls Under 16 800 Metre Heat 2

- 1 Sandilands, Katie Balwearie HS 2:23.05q
- 2 MacLeod, Jemma Braes HS 2:26.65q
- 3 Redmond, Zara Gryffe HS 2:28.03
- 4 Gibb, Leya Dunblane HS 2:36.19
- 5 Elliott, Neve Hamilton Gra 2:36.79
- 6 McKenzie, Tabitha McLaren HS 2:37.67
- 7 Dunbar, Ava St Maurice's HS 2:43.91
- 8 Cameron, Eva Hutchesons' 3:02.07

B Final

- 1 Shepherd, Orlaith Boroughmuir HS 2:25.42
- 2 Woods, Katie Chryston HS 2:25.96
- 3 Cruden, Anna James Gilles 2:26.51
- 4 Walsh, Ruth Holyrood Sec 2:26.92
- 5 MacLeod, Jemma Braes HS 2:32.90

Wallacestone P6 Girls Cross Country Team

Participate in our cross country league races

Run in partnership with Falkirk Victoria Harriers

ACTIVE EVERY DAY

Falkirk Active Schools & S...
@FalkirkSport

ACTIVE EVERY DAY

Day 14 - @WallacestonePS
P6 Girls Cross Country Team

#ActiveSchools
#ActiveEveryDay

@falkirkvics @FCTrust
@scotathletics
@sportscotland

12:00 PM · Feb 14, 2022 · TweetDeck

8 Retweets 17 Likes

RRS# ARTICLE 31- Leisure, play and culture
HEALTH AND WELL BEING- My friend says to me: "What rhymes with orange?" I said: "No it doesn't!"
 I read recipes the same way I read science fiction. I get to the end, and I think, "Well, *that's* not going to happen."
 Money can't buy you happiness. Well, check this out, I bought myself a Happy Meal!"

Comeback Win for Centenary Shield Squad

15 Feb 2022

In only a few weeks, on Thursday 3rd March at New Western Park, Renfrew at 7.00pm, the 2022 Scottish Schoolboy team will begin their Centenary Shield campaign against tough opponents, Northern Ireland.

Preparations for this first international match continue and on Monday 14th February the players gave up their Valentine's Day celebrations to play against a strong Partick Thistle side at Petershill Juniors, Springburn. It took a good second half performance from the schoolboys to turn over a 2 – 1 half time deficit and secure a narrow 3 – 2 win.

After a bright start, Scotland seemed to lose their way and the well-coached and well organised Thistle team began to take control. Thistle took the lead following a corner when no defender seemed to attack the ball and the intruding forward volleyed home from 15 yards out.

Three minutes later and the home team doubled their lead. Thistle outnumbered Scotland at the edge of the box and an 18 yard shot beat keeper Fergus Robertson (St John's HS). The young Dundee keeper, making his return from injury, then had a significant tumble from height and had to leave the field as a precaution. Just on half time John Binnie (Braes HS) shot home a well-placed free kick from the edge of the box to narrow the Jags' lead.



Half time: Partick Thistle 2 SSFA 1
Showing the fighting spirit that will be necessary in the next few months, the Scotland team rallied in the second half. Lewis Gibson (Dumfries HS) had influenced the Scotland team since being introduced as a substitute and he scored with an excellent finish from just inside the box. From a good through ball Gibson shot home on the angle to draw the scores level.

Lucas Stenhouse (James Young HS) was now causing the Thistle defence some problems and he scored a very good solo effort goal, dribbling in, outstripping his opponent and scoring from a tight angle.



RRS# ARTICLE 31- Leisure, play and culture

HEALTH AND WELL BEING: The future, the present, and the past walk into a bar. Things got a little tense



Ian Cairns
@iancairns

from last night's friendly between @PartickThistle and @sschoolsfa now on my website iancairnsmedia.co.uk/p153551101

12:25 pm · 15 Feb 2022 · Twitter Web App

3 Retweets 4 Likes



John Binnie's Free Kick



Scotland win in Belfast

16 Feb 2022

Scottish Schools overpower Northern Ireland with an impressive second half display to run out winners in friendly International in Larne.

After the high winds and rain of the sea crossing, the weather at Inver Park could not have been more welcoming. A mild, dry, windless evening welcomed the girls to the magnificent Inver Park, home of Irish Premiership side Larne Football Club.

The girls had time to look around the surroundings and take a few selfies before starting their warm-up.



Another Scottish Schools tradition was undertaken when vice-president Gillian Duffy handed each girl their international top to mark their international debut – a tradition the SSFA had been carrying out since the first Girls International match in 2000.

As it was a full international, the intention was to play the entire squad in order to get all the girls experience of playing at this level.

Scotland kicked the game off and attempted to push Northern Ireland back. The Northern Ireland side, who has already played two internationals, looked strong and confident on the ball. Scotland, in the early stage of the game, were moving the ball about, but not making any impression on the well organised Irish defence.

The Irish team, on the other hand, were very positive and direct with their attacks.

In the fifth minute Ireland opened the scoring. They started an attack from the left back position. The ball was played inside, then after a series of one touch passes the ball was played through to their number nine who lifted the ball over the advancing Erin Halliday and into the far corner of the net.



Three minutes later Scotland equalised. Northern Ireland were caught out when Laura Berry intercepted a pass out from defence and moved the ball to Holly Daniel. Holly drove inside the Irish box and although surrounded by two defenders, smashed the ball past the advancing keeper into the net from eight yards out.

That goal settled the Scottish girls and they started to pull together a number of passing moves. Sophie Black and Gigi Bradford were combining well and were starting to take control back from the Irish midfield. Despite this improvement passes were still being forced and going astray too often. On a plus Millie Paton was combining well with Holly Daniel down the left wing and causing problems with the Irish defence. Laura Berry and Holly Daniel both had shots on goal but both attempts finished high over the bar. In the 21st minute, somewhat against the run of play, Ireland took the lead once more. A high cross from the right was not held by Erin Halliday and the Northern Ireland number nine took advantage of the loose ball to hammer it home from two yards out.

25 minutes into the game Scotland were looking good down the right. Lily Boyce and Lucy Barclay were combining well with Sophie Black to get behind the Northern Ireland defence. But still that decisive pass was missing due to the Scottish players still trying to force the game rather than use their skills to open up the Irish defence.

Three minutes later Scotland made it 2-2. Scotland broke on the left. Millie played a pass wide to Holly who cut in and beat a defender. The Irish centre back intercepted Holly's pass, but Laura Berry nipped in to take the ball off her, then drove forward and played a lovely reverse pass to Sophia Martin who had lost her defender with a carefully timed diagonal run into the Irish box. Sophia took one touch and smashed the ball high into the net. A well created and executed goal.

Northern Ireland continued to attack down the wings, but the Scottish defence stood strong.

In the 31st minute Ireland took the lead again. Scotland lost possession from a bye kick. The Irish midfielders played a quick one-two and moved the ball into the feet of their number 10 who pivoted, beat two defenders and fired a shot high over Erin Halliday into the net.

This goal gave Ireland confidence, and they were now playing an excellent pass and move game, especially between their number eight and ten.

One such passing play brought out an excellent save from Erin Halliday diving to her left to prevent an almost certain goal.

Two minutes from half time a great move started with Lucy wide right, passed to Sophia, who then moved the ball left for Millie who in turn moved the ball inside to Holly. Holly took a shot from 18 yards only for the ball just to clear the bar.

Half-time: Northern Ireland 3 Scotland 2

At half time four substitutions were made: Emma Thomson replaced Erin Halliday in goal, Mia Scott replaced Lily Boyce, Mia McArthur replaced Millie Paton and Olivia Chomczuk replaced Gig Bradford.

Scotland started the second half much more positively. Their movement was faster. Their passing was much more accurate. A change in tactics saw Scotland getting into much higher positions, exploiting the speed and power of both Sophia and Laura running behind the Ireland defence.

In addition, unlike the first half, they were giving Ireland no time to settle on the ball, disrupting their build up play.

Sophie Black and Olivia Chomczuk were dominating the midfield, cutting the Irish defence apart with playing some superb passes.

In the 48th minute Scotland drew level. From a stalled attack on the right the ball was played inside to Olivia Chomczuk who turned and moved the ball wide left for Mia Scott. Mia drew two defenders and played the ball forward for Lucy to run onto. Lucy beat a defender, cut inside another two and fired a great ball into the Irish box for Sophie to pounce and smash into the net. A great team goal.

Scotland, with refreshed legs, continued to play a high pressing game. They gave Ireland no time on the ball, closing them down and, in midfield in particular, Sophie Timlin and Mia McArthur, worked hard to deny Ireland space.

In the 56th minute Scotland took the lead for the first time in the game. Scotland break down an Irish attack and Sophie Martin played a through ball, from inside her own half, for Laura to run onto, go round the keeper and smash into the empty net.

In the 62nd minute Bella Corona was played in after a throw in on the left. Bella cut inside and fired a great shot in only to be denied by an equally great save by the Irish keeper.

Scotland added a fifth in the 71st minute. Freya Brien intercepted a pass out of defence and seeing the Irish keeper off her line quickly lifted the ball over the keeper into the empty net. Great quick thinking on Freya's part.

A minute later Emme Thomson pulled off a great save diving at the feet of an onrushing Irish forward to prevent an almost certain goal.

Northern Ireland continued to attempt fast breaks to get a goal back, but Kate Fraser and Olivia McStay were alert to any danger through the middle.

Scotland's final goal of the game was scored four minutes from time. In an almost repeat of the fourth goal, Sophie Martin played a through ball for Laura Berry to run onto. Laura evaded the keeper and fired the ball into the net.

Full time: Northern Ireland 3 Scotland 6

Scotland: Erin Halliday (Emma Thomson 40'), Lily Boyce (Mia Scott 40'), Kate Fraser, Olivia McStay, Millie Paton (Mia McArthur 40'), Lucy Barclay (Bella Conreno 48'), Sophie Black (Sophie Timlin 48'), Gigi Bradford (Olivia Chomczuk 40'), Holly Daniel (Freya Brien 48'), Laura Berry, Sophia Martin.



RRS# ARTICLE 29- Goals of education

HEALTH AND WELL BEING: I'll be ill if you remove the apostrophe.



Click image above to watch highlights



 Scottish Schools Football Association
13 February at 19:45 · 🌐

We have a tradition at Scottish Schools. The girls get their International top handed to them before their first International. Olivia Chomczuk being presented with her top by SSFA Vice-President (and Under 15 coach) Gillian Duffy last night at Larne before the friendly International against Northern Ireland.

👍 2

👍 Like 💬 Comment ➦ Share

RRS# ARTICLE 29- Goals of education

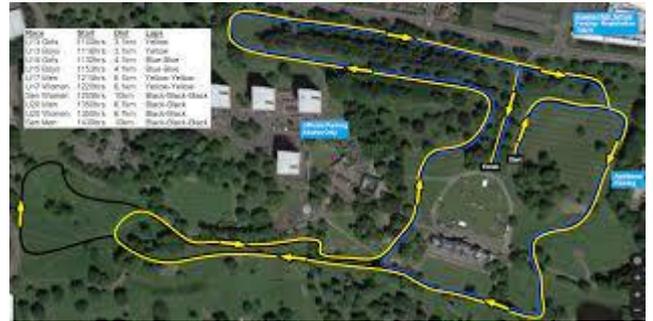
HEALTH AND WELL BEING: I named my dog 6 miles so I can tell people that I walk 6 miles every single day.



Scotland U-18'S Vs NL College @Broaswood



RRS# ARTICLE 29- Goals of education
 HEALTH AND WELL BEING:
 Most people are shocked when they find out how bad I am as an electrician."



Lindsays scottishathletics National Cross Country Championships 2022- Callendar Park, Falkirk



Click images above



Click image above



Click image above



Falkirk Vics Under 15 Girls Team Bronze Medal

<https://twitter.com/i/status/1497652925111447556>

<https://twitter.com/i/status/1497652613571096587>

Double click above for more highlights



RRS# ARTICLE 31- Leisure, play and culture
HEALTH AND WELL BEING: If Cinderella's shoe was such a perfect fit, why did it fall off?

IT'S been a year since Sportsmail first shone a light on grassroots sport in the wake of the pandemic, beginning a series of pullouts and features highlighting the stellar work and the unsung heroes paving the way for our youngsters to embrace their athletic talents. With sport largely back up and running, we sent HUGH MACDONALD on the road — or on the mud, more like — to the annual tradition that is the Lindsays National Cross Country.



HUGH MacDONALD

IT may seem perverse, even impossible, to try to find grassroots amid the glaur of a Scottish spring that scorns any pretensions to temperate weather.

They could be discovered, though, in the setting of Callendar Park, Falkirk, where runners of all ages consistently paraded defiance last weekend alongside pace and athleticism. It is the hardy annual of the sporting world, only susceptible to Covid, which forced its cancellation for the past two years.

It was back, though, at the weekend, largely unchanged, suitably invigorated and still able to impart lessons quietly amid the thundering and squelching of more than 1,600 pairs of feet.

This observer has regularly breached the defences of Falkirk to watch the Lindsays National Cross Country and has always been warned by the experience.

The event proclaims all that is good in sport: community, competition, a pathway through



And they're off: the Under-13 girls' race gets under way at Callendar Park

It's a dirty job but these hardy souls just love to do it!

It was back, invigorated and able to impart lessons quietly

the mud to elite level for those able, a run in the park for those who just enjoy their masochism sprinkled with mud.

It speaks eloquently and with those dedicated to the sport who come to mark the course, assemble the runners, organise the trophy ceremony and do the many tasks that allow boys and girls, men and women, to run with freedom.

It is also frequented by benign ghosts. The most prominent and influential is Laura Muir. This year marks the tenth anniversary since the Olympic medalist glided around Callendar Park to win the Under-20 women's title.

She was there on Saturday, if only in spirit. Frankly, it was impossible to talk to a girl athlete who did not regard Muir as an inspiration.

The headlines of the event are easy to summarise. Three of the four senior and Under-20 races were won by the same gold medalists as two years ago.

Mhairi MacLennan and Jamie Crowe took the senior races, a third success for the former and a second for the latter. Megan Keith won again at Under-20 level as Kristof Hornyik had his first victory in the Under-20 men's



Mud, sweat and cheers: Mhairi MacLennan hails her third Falkirk success (centre), while (left) the boys battle it out and (right) this East Lothian athlete soldiers on after falling in the ditch

race. There were stories here, of course, most notably MacLennan's return to form after a debilitating illness that impacted heavily on her breathing.

But the most profound lesson was this: how sport can be made accessible and how the interest of children can be both encouraged and then maintained.

It is an area of inquiry central to the health of the nation. Scottish Athletics has answered it.

The success of elite athletes — Muir, Josh Kerr and many others — speaks for itself. But the testimony to a deeper achievement comes from the mouths of babes or, at least, the schoolchildren who survived, even thrived in the woodlands of Falkirk. The support for them was visible on the hillside looking down on a puddle that resembled in its majesty a recreation of one of the Great Lakes.

Banners flew proclaiming the identity of the clubs that brought competitors from as far afield as Inverness and Dingwall and the Borders.

In competition terms, Giffnock North and Inverness Harriers were the major winners. Giffnock North took a clean sweep of team medals in the younger age groups, winning all six sets of golds at Under-17, Under-15 and Under-13 level.

Inverness Harriers took three individual gold medals (Under-13 girls, Under-20 women and senior women) as well as the Under-20 men's team gold.

The gathering of clubs, too, provided more than 1,600 competitors who each had an individual story. It is in these tales that success has a different definition. It could be seen in the faces of the children who scaled that last hill and sprinted or staggered home to the embrace of a finishing line and parents and friends who exulted in their

achievement of doing their best. It was instructive, though, to speak to the winners of the under-age races. There were constant themes: Muir, of course, to dealing with the tension of a study, and competing as a way forward, perhaps a career.

Intriguingly, girls also spoke of running being a way to make friends. This is in contrast to the girls' once routine practice of their abandoning sport in their teenage years because of a variety of issues, including body image.

Lois Macrae, a 12-year-old from Inverness, made the obligatory but sincere homage to Muir before praising her grandfather, who encouraged her to take up running. She spoke of the joy of sport and how it 'cleans the head'. Her Under-13 title victory did little to dampen enthusiasm.

This was echoed by the Under-15 girls' winner, Freya

Campbell, who has been running for five years. She, too, enjoys training with her friends and wants to do more cross-country.

Craig Shennan, winner of the boys' Under-15 title, differed in choosing a hero. He eschewed Muir for Craig Mottram, the Australian most famous for his gold in the World Cup in Athens in 2006. 'He faced the best runners in the world and never backed down.'

Shennan does not shrink from a similar level of commitment. 'I do 60k a week,' he said. 'I have a drive to improve and see where it all takes me but I really enjoy running. It started in school about five years ago but I would want to see myself competing long-distance on track.'

Angus Wilkinson, the Under-13 champion, was also attracted to running in school, particularly by the daily mile routine which has provided a gentle pathway to more serious trials.

The older the age group, the more a future in athletics becomes visible to the winner. Corey Campbell, of Team East Lothian, is already an athletic talent.

He has enjoyed a spectacular indoor season, culminating in setting Scottish indoor Under-17 records at 3,000 metres and 1500m. Racing for five years, he picked his hero from another era. 'It has to be Beth Cow,' he said. 'I loved the way he ran.'

Campbell, too, has that effortless stride but elegance deserted him briefly on a circuit of Callendar Park. 'I fell over and into a puddle on the first lap,' he said. 'But I just got up and got on with it.'

He returned from the glaur in style. It was a feat replicated by the national cross-country championship. It is back muddied but glorious.

RRS# ARTICLE 31- Leisure, play and culture
 HEALTH AND WELL BEING- "You don't need a parachute to go skydiving. You need a parachute to go skydiving twice."
 I went on a once in a lifetime holiday. Never again.

Congratulations @evemason18 ❤️❤️❤️

2nd place open ballet ❤️

McKechnie School of Dance



Beautiful work today @evemackenziee great to see

you back out in your tartan ❤️👏 Great results Eve,

well done ❤️ McKechnie School of Dance



We have a special [#SundayShoutout](#) for advanced student Ailey... Ailey has just joined the lovely team at [Babyballet West Lothian, Falkirk & Stirling](#) and will be leading lessons around Falkirk! Ailey also works in [Centre Stage Dancewear](#) and is a valued class assistant with CSBS where she is preparing for her acrobatics qualifications and assists with junior ballet and tap too. It is wonderful to have one of our talented dancers sharing their skill and love of dance, and inspiring so many aspiring little stars



Well done to junior CSBS dancers Orla and Phoebe who have been performing in "We Will Rock You" with [Big Bad Wolf Children's Theatre Company](#) this week! Orla was in the chorus in her first show, and Phoebe was a dancer in the production. Great work girls! 🍷🍷🍷

[#SundayShoutout](#)





The S1/2 Boy's rugby team



The S1/2 Girls Rugby Team

RRS# ARTICLE 29- Goals of education

HEALTH AND WELL BEING: Always remember you're unique, just like everyone else.

CENTENERY SHIELD Scotland 3 Northern Ireland 2 4 Mar 2022

Three superbly struck goals by Lucas Stenhouse, Ben Lamont and Lewis Gibson were enough for Scotland to beat Northern Ireland last night in the opening game of the 2022 inspiresport Centenary Shield at Renfrew FC.

Scotland returned to inspiresport Centenary Shield action after a two year, covid-induced break. In many ways, it could be regarded as back to business-as-usual: the opponents were the same as last time – Northern Ireland. The venue was the same as last time – Renfrew FC's smart New Western Park. A couple of differences could be noticed newly rebranded SAFIB inspiresport Centenary Shield tie: this visit was under the shimmering floodlights; rather than a brisk afternoon wind and tepid sunshine, and the illuminants were augmented by the presence of television cameras to beam the match live on BBC television.

All players were new too: no 'old lags' from previous seasons were there to show rookies the ropes. After the National Anthems faded, however, the first fifteen minutes followed a traditional pattern with a frenetic pace being set and tackles aplenty. These first fifteen minutes saw the visitors on top, but a combination of alert goalkeeping from Liam Russell and resolute defending, particularly from John Binnie and Matthew Strachan ensured the game remained goalless.

Indeed, Scotland had to wait until the 17th minute for their first attempt at goal. A jinking run down the left from Lewis Gibson allowed the wide-man a glimpse of goal, but his shot from 22 yards swept into the side netting. This left channel would prove a goal den highway for the Scots two minutes later as Lucas Stenhouse combined in an aggressive break with full back Jay Burns. As the ball returned to Stenhouse he fired a high, curling effort across goalkeeper Rian Brown and into the net via the far post to open the scoring



[Click image above for highlights](#)

The match then ranged from end to end: Gibson again tricked his way into the Northern Ireland area but saw his shot blocked; a lovely curling effort from Jack McFeeley would have equalised if it were not for a spectacular Russell save.

Lewis Tosh's free kick was helped on by McFeeley, but narrowly over the crossbar – this free kick followed a booking for Scotland's Rayan Mohammed for a push on Kelly near the touchline.

Scotland continued the trend, and again broke down the left hand side. Gibson's centre made it all the way to the back post where **Ben Lamont** was on hand to squeeze the ball home to give the hosts a 2-0 lead. This was harsh on an enterprising Northern Ireland team, who combined well in the middle of the park through Millen, McFeeley, Wightman and the diminutive McStravick.

These men continued to give the visitors hope: Millen fed McStravick on the left side of the penalty area, but his shot flashed across the face of goal and behind for a goal kick; McStravick then danced down the left and his cut back was well defended by Binnie and a McFeeley snapshot was well saved by Russell. This pressure was sustained by Northern Ireland as the half-time whistle approached, but Scotland held on to their clean sheet until the break.

HALF TIME: SCOTLAND 2, NORTHERN IRELAND 0.

Northern Ireland would have known that a quick goal would haul them right back into the match. Aaron Wightman was the man who provided the finishing touch, as Tosh's cross from the left eluded the grasp of Russell.

There then followed a period of play where each side struggled to gain the ascendancy. Northern Ireland tried valiantly to score an equaliser; Scotland knew that re-establishing their two-goal advantage would place them in the 'box-seat'. Lewis Gibson, a thorn in the Ulstermen's flesh all night, scored the crucial fourth goal of the match. He jinked from his right to his left, then back to his right, before providing a beautiful curling finish into the corner of the net

Northern Ireland were not finished: and shots came in from all angles: McCoubrey had a free-kick saved; the Scottish defence repelled three efforts from a corner with twenty minutes to go before Russell spectacularly tipped McGreevey's 25 yard effort wide. Russell excelled himself again with just over 10 minutes left on the clock. Wightman looked certain to score his second of the evening as he shot from 4 yards following Tosh's cross. Somehow Russell repelled the effort and Binnie booted clear.

Binnie made way late on for Harry Stephen, and his first involvement was to launch himself in to block as McGreevey looked certain to score. Northern Ireland did pull one back in injury time when Odhran McCart was left alone by the Scottish defence to nod home from a free kick, Scotland held on to record a rare opening day inspiresport Centenary Shield win, before their challenging trip to Dublin to face the Republic of Ireland on St. Patrick's Day.

FULL TIME: SCOTLAND 3, NORTHERN IRELAND 2.



inspiresport™

Tours to Inspire the Next Generation





Wallace High PE
@WHS_SSOS

🏀🏀🏀 A really good contest with @BraesPE tonight in the Cup with Wallace running out eventual winners 66-38, with an excellent spread of scoring and tough defence during pivotal moments of the game. Game MVP 🏆 - Ryan Salcedas and coaches MVP 🏆 - Dylan Clarke

9:43 pm · 10 Mar 2022 · Twitter for iPhone

1 Retweet 22 Likes



More Tweets





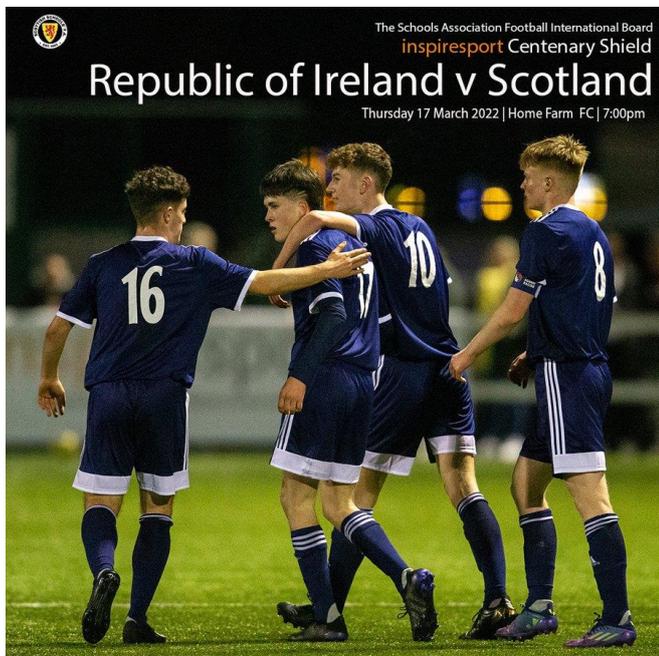
No consolation- but Wallace High went on to win the Open Boys Cup. With the majority of their team eligible again next year our boys will need to get some purpose into their practices!

RRS# ARTICLE 31- Leisure, play and culture

HEALTH AND WELL BEING: Always give 100 %, unless you're donating blood

Scotland Under 15 Girls Versus Rangers (1-2)





INTERNATIONAL BOYS 🇬🇧 | After a calm ferry crossing yesterday, our boys had a training session at the home of Linfield FC, in Belfast, before travelling to Dublin, in preparation for tonight's [inspiresport Centenary Shield](#) game with the Republic of Ireland at Home Farm FC.



RRS# ARTICLE 29- Goals of education
 HEALTH AND WELL BEING: I WRITE ALL MY JOKES IN CAPITALS. THIS ONE WAS WRITTEN IN PARIS.

CENTENERAY SHIELD Republic of Ireland 2 Scotland 1
19 Mar 2022

Defensive errors cost Scotland dearly, in a closely fought Centenary Shield International, against the Republic of Ireland in Dublin on St Patrick's Day

The SSFA under 18 international team returned from Dublin from a Saint Patrick's Day Inspiresport Centenary Shield match with their heads held high but they suffered a painful 2-1 defeat at Home Farm FC, Dublin at the hands of a strong and competitive Republic of Ireland side.

Scotland realised within the first few minutes of the game that they faced stern opposition against good opponents and on a bumpy surface at Home Farm. They did however survive the first fifteen minutes of a fairly frantic start and settled into the game.

Against the run of play it was Scotland who took the lead. Che Reilly (St Columba's HS, Dunfermline) who was one of two player changes made from their first game v Northern Ireland, cut infield and fired home from 20 yards to put Scotland in front.

The Ireland side responded with some very good play and dominated the game.

They scored a fortunate equaliser around the half hour mark when a Scot's defender slipped and mistimed his clearance. The Irish forward happily hammered home the chance.

Scotland were frustrated at a few decisions and minutes before half time a penalty kick was awarded to the home side.

Scotland keeper, Liam Russell (Holycross Secondary) pulled off a terrific save which kept the half time score line at 1-1.

Scotland made two half time substitutions with Rayan Mohammed (James Gillespie's HS) and Brodie Watt (Portobello HS) coming on in an attempt to change the game and Scotland did gain a bit more control. Unfortunately, it was the Irish side who grabbed what proved to be the winning goal.

A Scotland defender tried to see the ball over his goal line, but his opponent recovered the ball and crossed to a team mate who had an easy chance to score.

Scotland tried to mount a recovery, making three further substitutions Ben Lamont (James Gillespies), Bailey Klimionek (Liberton HS) and Ollie Brander (Grove Acad), but found their opponents too strong in a period of broken play and stoppages.

Despite a late half chance falling their way, a brave block secured Ireland a win in their first game of their campaign.

Scotland were left frustrated and disappointed but know that they have to lift themselves quickly ahead of their next match which is away to England at Spennymoor on Friday 1st April.

Scotland: Liam Russell (Holyrood Secondary School), Jay Burns (Dumfries Academy), John Binnie (Braes High School), Jonathan Steel (James Gillespie's High School), Matthew Strachan (Millburn Academy), Kenny MacInness (Inverness College), Lewis Lorimer (Harris Academy), Gavin Hamilton (Wallace High School), Che Reilly (St Columba's High School), Lewis Gibson (Dumfries High School), Lucas Stenhouse (James Young High School).

Subs used: Brodie Watt (Portobello High School), Bailey Klimionek (Liberton High School), Rayan Mohammed (James Gillespie's High School) and Ollie Brander (Grove Academy).



Click image opposite for highlights

**Scottish School Cross Country Championships
Hopetoun Estate South Queensferry
Thursday 3rd March**



XC_schools_2022_results.pdf



Team Scotland East competing at the British Cross Challenge in Loughborough this weekend. Well done girls!

[@falkirkvics](#)

[@ASC Fee](#)

[@scotathletics](#)

They all ran so well especially Charlotte with one shoe.



WPS7H

We are all so proud of your achievements in skiing A!! Winner of The Laddie's Cup and The Bairns' Bucket at Aviemore



WPS

Brilliant results for our boys' and girls' teams in P6 and 7. Both the P6 and 7 boys came 2nd in the team event with these 2 stars picking up individual awards with C winning the individual award for P6 boys. Massive congratulations to all our pupils who took part.



WPS: Well done to our Cross Country team who took part in the final league competition event today. Lots of smiles and effort as once again they represented the school fantastically. Thanks to Miss Donagher for all her hard work this year with the team and our parent helper Mrs Murphy <https://twitter.com/i/status/1506597946703417353>



Bo'ness Aced S4 & S5 boys travelled the short distance to [@BraesHigh](#) for a friendly game. Thanks to Braes High, [@Ledger PE](#) for having us along, an amazing rugby set up! Look forward to working with the school in the future!!



PIC • COLLAGE

Brilliant day with this group of amazing young people today. What a set of performances from each and every one of them during the Central Schools Cup today. They battled right to the end of every game and played some incredible rugby!



The final [@BraesHigh](#) rugby fixture of the term seen our U16 girls making the short trip to Falkirk High to play for the Central Schools Cup. Well done to [@FHSPHysicalEd](#) for their win.



SCOTTISH RUGBY

SCHOOLS WEEK



PIC•COLLAGE

FALKIRK RFC PRESENTS:



FALKIRK SCHOOLS CUP 2022

U15 BOYS (S2/S3)

FINAL'S DAY | WEDNESDAY 25TH MAY | FALKIRK RFC

We are delighted to announce that Falkirk RFC will be running the very first annual Falkirk Schools Cup competition, which will culminate with a Finals Day at Horne Park on Wednesday 25th May!

S3/4 BOYS RUGBY







RRS# ARTICLE 29- Goals of education
HEALTH AND WELL BEING: Light travels faster than sound. This is why some people appear bright until they open their mouths."





Scottish Inter League Table Tennis 2022 🏓 – Stirlingshire Team Report

After a three-year hiatus, the Scottish Inter League Championships returned at the weekend to the Bell's Sports Centre in Perth. 40+ teams from across the country competed over the two days in a variety of age categories and it was brilliant to see this event back on the calendar.

Cadet Boys B (Zach, Robin, Lewis) & Minor Boys (Findlay, Fraser, Ross)

These teams were entered as a development initiative to allow our younger players to gain experience at a large national event. While the going was ultimately tough results wise for these teams at the weekend, all players involved displayed improvement in play as the weekend progressed, supported their teammates throughout and importantly gained valuable match experience.

In the Cadets, Zach scored a great win over a nationally ranked player from the West of Scotland with Robin and Lewis also competing very well considering the limited amount of time both have been playing the sport.

In the Minors, the boys displayed an excellent attitude throughout the two days and the mix of playing styles in the team also made for some very entertaining rallies!

Hopefully the experience has served the players in these teams well



<https://www.facebook.com/StirlingshireTT/videos/3100018350286875>
<https://twitter.com/i/status/1505205464292016128>

Double click to view



EVE MACKENZIE invited to perform for the Queen at the Platinum Jubilee Concert on the grounds of Windsor for a week in May representing the Scottish Official Branch of Highland Dancing and The Edinburgh Tattoo Dance Company.



Our 15th student heading to San Sebastián Spain
Aimee Smith
 And what a fabulous team mate she is!!!
 Aimée has been representing her country at DWC for many years now, bringing her biggest support team with her. She has won many gold world championship medals in trios, small groups and large groups 🏆🏆🏆🏆🏆
 She has qualified in solos, trios, small groups & large groups, and will be greatly appreciated as teaching assistant.
 Aimee cannot wait to be back on that stage.

<https://www.facebook.com/Mckechniesdance/videos/gold-world-champions-922-marks-aimee-smithcarmen-judgeava-judge/560131552104514>



WPS
 G is heading to Spain as part of team Scotland for the very first time!
 She is super excited to be performing in trios and many group dances with team McKechnie. 🇧🇪🇪🇸🇮🇹
 Well done, G.





Charlotte ran her first international at the [#SIAB](#) schools international XC in Wales this weekend, representing [@SSAAschools](#) and [@BraesHigh](#). The U17 girls came home with a team silver [@falkirkvics](#) [@ASC Fee](#)



Click image above to view highlights

CENTENERAY SHIELD England 4 Scotland 0
3 Apr 2022



The SSFA under 18 boys endured a very difficult evening when they travelled to Spennymoor FC for the Centenary Shield game against old rivals, England. The result was a convincing 4-0 win for the home team giving them their second win of the tournament.

Unfortunately, it was a case of the Scottish team shooting themselves in the foot against a very strong and capable opponent.

Avoidable errors cost the Scots dearly in their third game of the tournament.

In a fast moving first fifteen minutes Scotland coped with the home team's positive start and did well in trying to retain possession.

They did however have to concede a number of corner kicks and it was from one of these that England took the lead after 37 minutes.

Centre forward and English captain Josh Stones rose to head home powerfully from inside the six yard box.



England's Stones open the scoring

England doubled their lead before half time when Stones capitalised on a Scottish mis timed clearance, that left him one on one with Scotland's keeper Liam Russell.

The forward made no mistake rounding the keeper before scoring.

Half-time: England 2 Scotland 0

The Scotland players knew that they had to up their game at the start of the second half and they started brightly.

England keeper Keogh pulled off a great save from a Scotland captain Kenny MacInnes shot that might have turned the game.



The visitors made three substitutions to try to change the flow of the game with Hamilton, Burns and Stenhouse coming on.

England added a third goal after Scotland lost possession in mid field and a long distance shot beat Russell. Further subs saw Watt and Brander join the game for Scotland.

But it was England who netted the fourth goal.

Forward Stones again found himself clear in the box after another mistake by Scotland and his clever chip earned him a well taken hat trick.

Scotland will now play Wales in their final game which takes place at Galabank, Annan at 7.00 pm on Thursday 8th April.

The squad will give their all to secure a win to end their international season.

Scotland: Russell, Stephen, Binnie, Klimionek and Strachan. MacInnes and Lorimer. Riley, Beagley and Gibson. Mohammed. **Subs used:** Hamilton, Burns, Stenhouse, Watt and Brander. **Unused subs:** Lamont and Wallace.



Click above image to view highlights

RRS# ARTICLE 31- Leisure, play and culture

HEALTH AND WELL BEING: A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station...



Congratulations to Logan and Bryce on winning the Scottish Hockey National U16s finals, playing for CALA Edinburgh Hockey club. Goal scoring, and goal saving - great achievements! #

Boys #U16CupFinals pool games finish @PMPitches. Cala Edinburgh beat Inverleith 4-2 to qualify for the final. Scorers: Fergus Roberts, Logan Forbes, Cody Adams & Alex Buckley. Callum Young & Olly Tomlinson for purples. Thrilling match.

Boys Final

The final was a classic end-to-end match with both sides giving their all. After a goal-less first half, there were five goals in 10 minutes. Cody Adams put Cala ahead before Murdo Kiddie equalised. Cody and his brother Jack put Cala 3-1 up, then Murdo scored again but Grove Menzieshill couldn't find another goal in the last nine minutes. Final score: Cala Edinburgh 3 Grove Menzieshill 2.



basketball Scotland is pleased to announce the squads and coaches for the 2021/22 U14 National Academy programme. The squads will prepare for and compete in the Tri-Nations tournament against England and Wales, which is set to take place in Dundee this May. The National Academy sets out to give our top players in each age group an opportunity to step up from the Regional Academy programme and compete with the top players in the Home Nations. Rachel Dagger and Daisy Lawson are just two of six Falkirk Fury players to make the squad



UNDER 15 GIRLS FOOTBALL

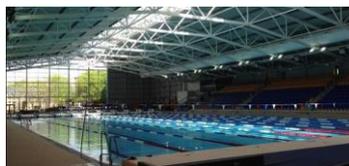
Our girls team qualified for the league play-offs after comfortably winning their league section and for the first time in ages were rewarded with a home tie. However, the writing was on the wall. From a couple of weeks earlier when they had crashed out of the opening round of the SPAR Futures Competition at Larbert High School.

We were still able to field a strong team but a combination of illness, call offs and having a real bad night meant we didn't do ourselves justice. After winning our opening game it went downhill.

Much the same story against St Modan's High School. The visitors had only lost one game all season and looked older and stronger than our girls and so it proved. We got off to a poor start, but a stirring comeback saw us reduce the arrears to a single goal. Defensive slips led to further visiting goals. Again, we fought back but St. Modan's continued to score until we lost 10-6. Not the climax to the season we hoped for. St Modan's then went on to beat Wallace High 2-1 in the final at Ochilview.



Mason Penman (2nd year)
front row second left
STENHOUSEMUIR FC 2008s -
SCOTTISH CUP SEMI- FINALISTS
🏆🏆



A really fantastic first day at 2022 West District Pre-SNAGS Meet today... Between the three partner clubs in the FIRST Performance Pathway (GASC, Bo'ness and Falkirk Otters) we came home with 28 medals including 9 Golds! Gold medals from Cameron Gill, Lisa McNair, Suzie McNair, Zoe Crawford, Grace Blair and Ruairaidh Stevenson and a heap of SNAGS consideration and qualifying times from the biggest team we've had at Tollcross for some time Day 2 at the West District Pre-SNAGS Meet and the swimming didn't disappoint...

Yet again the swimmers from across the FIRST family delivered 28 medals! No fewer than 11 GOLDS! (Meet total : 56 medals - 20 GOLD!)

Again, lots of SNAG'S swims confirmed and times bettered 🙌 🙌 🙌

Your gold medallists today were:

Fraser Gemmell

Ava Kirkham (Team Captain)

Lisa McNair

Suzie McNair

Cameron Shaw

Ruairaidh Stevenson

Gregor Skinner (Team Captain) - Special mention to Gregor : at 16 had never won a Districts medal, yesterday bagged two bronze - came back today and left with a silver and a GOLD ! Great to see hard work paying off 😊



Our Sparklers enjoyed a fun-filled game against [@biggarnetball](#) yesterday. The win was not to be had but the smiles proved how much they'd enjoyed the experience. Already looking forward to the next game



Our Sparklers took on Stirling Dragons this morning, taking the win: 13-8. They were fantastic on & off the court, cheering their team mates on very well done to all, special mention to Fern, who was voted player of the match [@Central_NA](#) [@FalkirkSport](#) [@NetballScotland](#)



Our Fireworks took on a very strong Dunfermline Stars team yesterday. 22-9 to Stars. Our girls showed great team spirit, supporting and encouraging each other throughout. POM - Lexie for super defence in the circle.



Well done to our Fireworks who took the win at 20-19 against [@stirlingnetball](#) today They played fantastic & we're very proud of them. Special mention to Holly who was voted Braes player of the match.



Well done to all the gymnasts that performed their brilliant routines at the Linlithgow Invitational today! It was also lovely to welcome parents and visiting clubs back to our competitions again. We hope the gymnasts enjoyed the competition!



Congratulations to Jemma finishing her Winter Season with an excellent run at today's TruWealth scottishathletics Young Athletes Road Race in Greenock - finishing in a fantastic 11th place-thanks to all involved in putting on a great event



SEMI-FINAL James Buchanan School vs Edinburgh Boys' Final Four Tournament

h since our final group game and we looked a little rusty in the warm-up. You can gather a lot of during a basketball warm-up and the Edinburgh team had several boys who were in the

Boroughmuir Blaze program-one of the top youth programs in the country.

The opening quarter was a struggle, both in terms of stopping their better players and creating our own scoring opportunities. Although we got better and more spirited as the game progressed, we had too many turnovers and missed shots to seriously trouble our opponents.







3rd/4th Place Game: MILLBURN ACAD.(Inverness) 43-42 BRAES HIGH SCHOOL

Same story in this game. Sixteen points behind going into the final quarter we suddenly came to life. We played much tougher defence and our fast break game was starting to pay dividends. The momentum was with us until with ten seconds left, we had levelled the scores at 42 points apiece. By now we had gone to full court pressure and unfortunately when Millburn were advancing the ball up the court, we committed a foul which put our opponents on to the foul line. Only six seconds left now. The first free throw was missed-the second converted. Time-out called, which allowed us to advance the ball to the front court. In those remaining seconds we still managed to get a shot away, but it was tipped away. Tremendous comeback that deserved better.





1ST

St Paul's HS Glasgow

Picture doesn't do this team justice-they were BIG with numerous talented players



3RD

Millburn Acad

Their teams reached multiple finals



2ND

James Gillespie's HS

Some talented players but well beat in the final



4th

Braes HS

Well done to all players and coaches. Events slightly conspired against us and who knows what might have happened if only.....?

Thanks to BRAES TRAVEL and their excellent driver for getting us there in plenty of time and the unscheduled stop on the return journey

CENTENARY SHIELD Scotland 0 Wales 2

10 Apr 2022

Scotland's Under 18 international schoolboy side brought their 2022 Inspiresport Centenary Shield campaign to an end on Thursday 8th April with a game at Galabank, Annan.

Unfortunately, they were beaten 2-0 by a very competent Welsh side who now have two big games coming up against England and Republic of Ireland

Scotland were able to hold the Welsh opening, which was strong and fast, but in the 8th minute the visitors went ahead.

The Welsh captain, Josh Williams latched on to a defensive header at the edge of the box and he hit his shot past keeper Matt Wallace (Linlithgow Academy) into the corner.

Scotland had most of the play for the rest of the half but couldn't really create any great chances.

Lewis Gibson tried a clever chip when he spotted the Welsh keeper off his line, but his effort went narrowly over the cross bar.

Half-time: Scotland 0 Wales 1



Scotland made three half time subs with Hamilton, Brander and Reilly coming on to try to change the game. Ben Lamont made himself a chance but pulled his shot wide.

Wales made it 2-0 midway through the half with captain Josh Williams again doing the damage with a well-placed shot into the far corner.

Scotland tried further changes with Mohammed and Stenhouse coming on. But Wales controlled the game well to secure their win.

Full-time: Scotland 0 Wales 2

Scotland won their first match against Northern Ireland but couldn't match this result in the other games. The boys, nevertheless, have been a credit through out to their school, their family, their club and themselves.

Great effort, great manners and sportsmanship from them all and they will have established friendships that they will have all their life.

They and their families will meet up one more time at Hampden for the Cap Presentation Ceremony on Monday 18th April. A proud evening for all involved.

Well done boys – thanks for your efforts.

Thanks also to the coaching staff Craig Johnstone, Scott Douglas, Steve Harvey and Gerry O'Hare who worked so hard with the team.

Finally, thanks also to President Robert Allan for his support and of course International Team Secretary, Les Donaldson MBE



[Click image above to see highlights](#)



**Boroughmuir Thistle 2 Scotland 2
8 Apr 2022**

The final preparation game for the SSFA U15 girls' squad was played out at Meggetland in Edinburgh against a strong and powerful Boroughmuir Under 19 team. It was to prove a positive and necessary test for the young Scottish Schools squad before they venture across the border to compete in the Bob Docherty Tournament.

Murrayfield Junior Ice Hockey Club

It was to be a successful trip for our U14's up to Inverness to face the Highlanders yesterday. A fairly comfortable win with the scoring spread throughout the team which was great to see.

A special mention to Aston Inglis, Ruairidh Bisset and Jayden Walker who all scored their first goals for the club. Big shout out to young Lewis Gair playing up from the U12's and grabbing a goal as well after being set up by his big brother Finlay. Geoff Dorward picked up the MOM award.



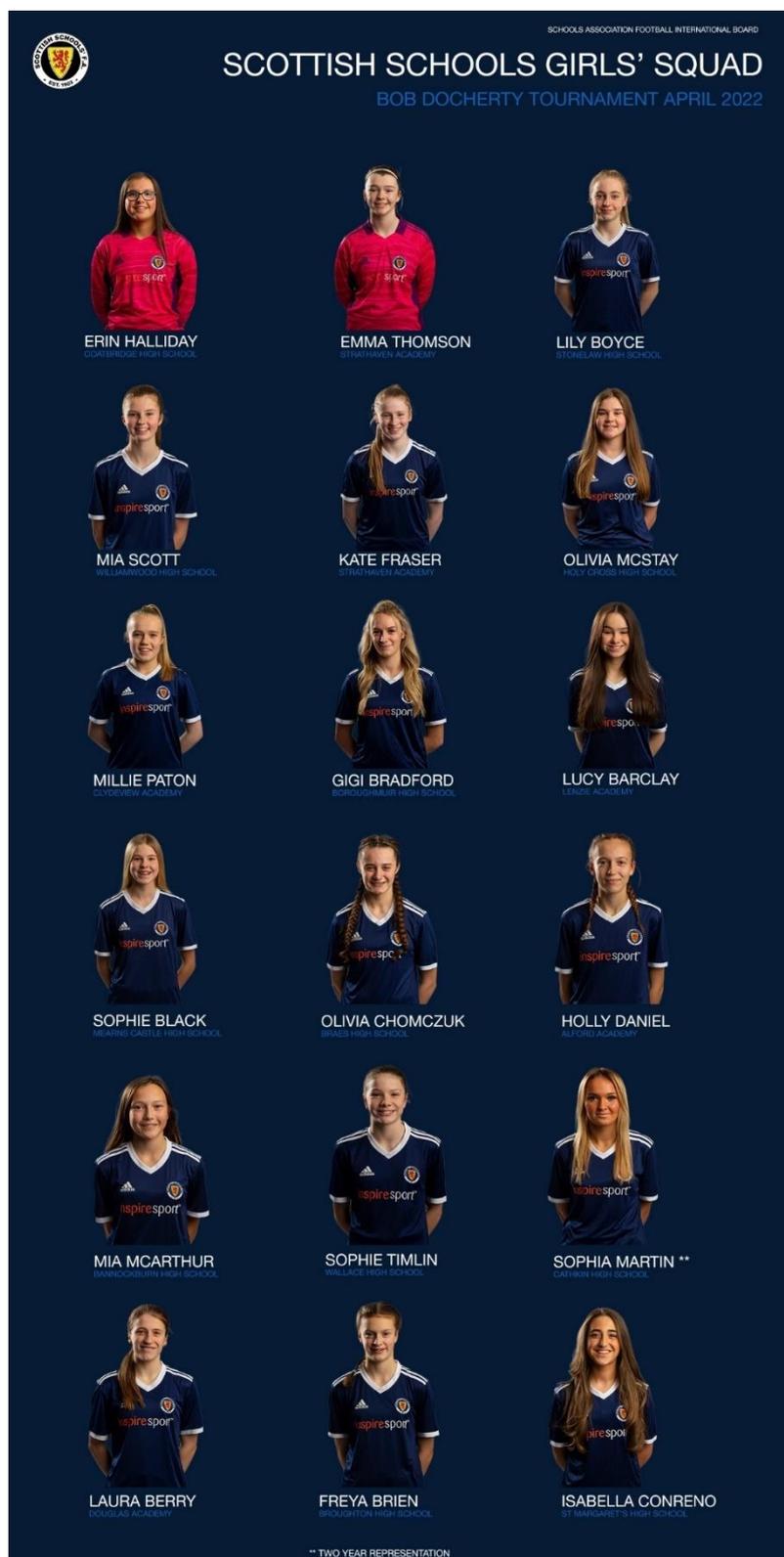
The **Bob Docherty Cup** is the annual home nations football tournament, contested by Wales, England, Scotland, Republic of Ireland, Northern Ireland and usually one guest team.

"It's a great introduction to tournament football, which is a vital part of their development. It's great to see how the group bonds and grows as the tournament progresses."

"That's why it's not about aiming to finish first, second or third, because it is all about progression."

"I want my team to compete and adhere to our principles in every game."

They should believe in themselves and back themselves to compete in every game because they can do it and then whatever comes as a result of that is where we're at."



England B 1 Scotland 1 12 Apr 2022

Scotland opened their account in this year's Bob Doc tournament with a 1-1 draw against England B, a team made up of girls from the Northumberland area, and a win in the penalty shootout to earn the bonus point

Scotland kicked off with the wind in their favour and nearly took the lead in the first minute when Laura Berry broke through, only for her shot to miss the target.

The Scottish team were certainly on the up for the challenge and took charge of the game during the early stages. Scotland were getting success down the wings with Holly Daniel on the right and Sophie Martin on the left.

In the 13th minute good combination play between Sophia Martin and Olivia Chomczuk allowed Olivia in on target, but the ball ran away from her for a goal kick. Sophie Black and Lily Boyce, along with Olivia Chomczuk were controlling the middle of the pitch, denying England any chance of attacking.

Both full backs, Millie Paton and Mia McArthur were getting forward to support the attack as often and they could. In one move Mia McArthur combined with Laura Berry to have a shot which was well dealt with by the English keeper.

In the 25th minute England came close when one of their forwards, in a fast break down the left, beat two Scottish defenders before firing in a shot which just flew past the far post.

Four minutes later Scotland took the lead. Excellent work by Sophia Martin, wide left, resulted in Laura Berry receiving the ball 20 yards out. Laura drove into the penalty box and, despite surrounded by defenders, fired a low shot past the keeper into the left corner of the net from 14 yards out.

In the 31st minute England were awarded a free kick just outside the Scotland box when one of their forwards was brought down. Erin Halliday, in goal for Scotland was equal to the shot to deny them.

England, by now, were fighting their way back in to the game. In the 35th minute Erin had to be quick to block an England shot after a long ball was played into the Scotland box.

Half-time: England B 0 Scotland 1

England, now with the wind at their backs, started the second half determined to push Scotland back. Most of the opening period of the half was played in the Scottish half. However, the back four, and in particular, Kate Fraser and Olivia McStay held firm.

In the 61st minute Erin Halliday pulled off another great save, diving to her right to push a goal bound shot away from danger.

In the 67th minute, after sustaining a lot of English pressure, Scotland broke with Laura Berry who had a great chance to double Scotland's lead but was denied by great goalkeeping by the English keeper.

Almost immediately England drew level. From an attack down the left the ball was played diagonally into the Scottish box for the England forward to smash an unstoppable shot high into the top right of the net

Scotland reacted superbly to losing the goal and fought back with Olivia Chomczuk having two long range shots in the dying minute of the game.

Full-time: England B 1 Scotland 1

Onto penalties (to determine a bonus point if necessary for table positions) Both sides scored their first five penalties. England hit the bar with their sixth and it was left to Lucy Barclay to smash the ball home to the delight of all the Scotland players and staff to win the bonus point.

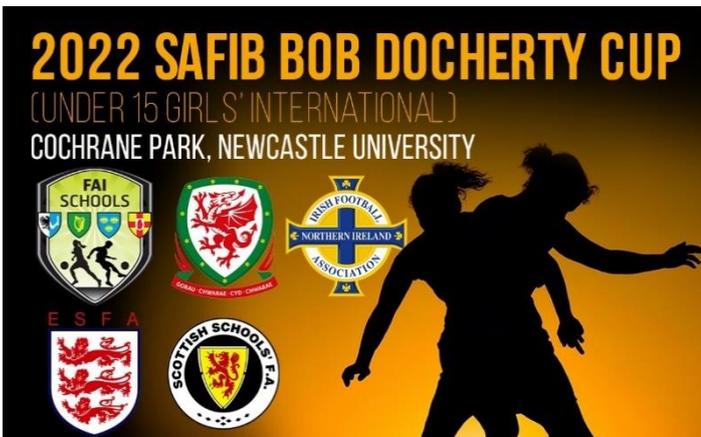
Scotland's Squad before the game



<https://twitter.com/i/status/1513477747582062592>

Double Click to view





RESULTS

Sunday, April 10

England 4-0 Northern Ireland

England 2 1-0 Wales

Monday, April 11

Scotland 1-1 England 2 Scotland won on pens

Republic of Ireland 4-1 England

Tuesday, April 12 | KO 4pm

Northern Ireland 3-4 Republic of Ireland

Scotland 2-1 Wales

Thursday, April 14 | KO 11am

Republic of Ireland 1-0 Scotland

England 1-2 Wales

England 2 1-3 Northern Ireland

Groups and Fixtures

Group A: England, Northern Ireland and Republic of Ireland

Group B: Scotland, Wales, Durham/Northumberland

- Sunday 10th April: England v Northern Ireland; Wales v Durham/Northumberland

The combined Durham & Northumberland team caused an upset when they beat Wales 1-0.

England, led by Emily Cassap (Sunderland SFA) who scored two goals, comfortably beat Northern Ireland 4-0. Amelia Freeman (Sunderland SFA) came on at the commencement of the second half.

- Monday 11th April: England v Republic of Ireland; Scotland v Durham/Northumberland

The girls playing for the combined Durham/Northumberland team can be immensely proud of their performances and achievement in coming from behind to hold a strong Scotland side to a 1-1 draw. For the benefit of the competition a penalty shootout, to see which team is awarded the point occurred, which Scotland won 6-5.

Republic of Ireland had an excellent 4-1 victory over England to win the John Reed Trophy.



Scotland 2 Wales 1 13 Apr 2022

Goals from Bella Conreno and Freya Brien, late in the first half, secured Scotland a place in the final of the Bob Doc Tournament for the first time since 2016. The Republic of Ireland will be our opponents on Thursday. Kick off at 11:00am

In contrast to Monday, the wind and cold had been replaced by wet and warm conditions for Scotland group game against Wales.

Wales were beaten 1-0 by English Schools B on Sunday and had a rest day on Monday. Scotland drew 1-1 with English Schools on Monday, gaining the bonus point in the penalty shootout. The game started as expected with both team attempting to establish dominance. Scotland started strongly, but the well organised Welsh side were equal to them.

Our defensive back four of Mia Scott, Kate Fraser, Olivia McStay and Millie Paton stood strong against any early Welsh pressure. In midfield Lily Boyce and Freya Brien had their work cut out preventing Wales build up play but performed their task superbly.

The first chance fell to Wales, in the eleventh minute, when they intercepted a slack pass in midfield, played the ball down the left wing for their on-rushing forward to cut in and shoot narrowly past the far post. In the 18th minute Scotland opened the scoring. Pressing by Laura Berry and Bella Conreno resulted in Bella intercepting a pass out from the full back. She then drove into the Wales box and calmly slotted the low to the keepers right into the net.



One minute later Emma Thomson pulled off a great save when she held onto a low shot from 16 yards out. In the 23rd minute Wales equalised. A long diagonal ball right to left, caught the Scotland defence out, allowing the Wales 13 in. She stepped inside and fired in a low shot across Emma Thomson. Emma got a hand to the ball but could only parry the ball out to a waiting Wales number 14 to hammer the ball into the empty net. In the 33rd minute Scotland took the lead again. Belle Conreno hit a superb corner into the Wales six yard box for Freya Brien to rise above the defence and head an absolute rocket past the keeper, into the corner of the net. Wales certainly came out for the second half in a determined mood. They pressed Scotland back and kept the game inside Scotland's half. In the 60th minute Scotland had a close shave when Millie Paton cleared a Welsh shot off the line after great build up lay by the young Welsh side. Three minutes later Wales hit the bar. This was closely followed by Emma Thomson pulling off another great save pushing the ball onto the bar to deny Wales. Scotland had a few attacks in the Welsh half, but it would be fair to say most of the game was being played in midfield and the Scottish half. Wales continued to push to get the equaliser, but Scotland held out to get the result needed to progress to the final on Thursday.

Full-time: Scotland 2 Wales 1

Scotland: Emma Thomson, Mia Scott (Gigi Bradford), Kate Fraser, Olivia McStay, Millie Paton, Isabella Conreno (Lucy Barclay), Lily Boyce (Sophie Timlin), Freya Brien (Sophie Black), Olivia Chomczuk, Sophia Martin (Holly Daniel) Laura Berry. **Subs not used:** Erin Halliday.





Republic of Ireland 1-0 Scotland (FAI Schools FA Match Report)

Hannah Healy (60)

A solitary goal courtesy of Captain Hannah HEALY of Holy Faith Secondary School in Clontarf was enough to see the Republic of Ireland Schools claim an empathic three in-a-row in the Bob Docherty Cup this afternoon (Thursday, April 14).

Richard Berkeley's side faced a very powerful Scottish outfit and the game turned out to be a real physical battle for the Irish girls.

A vomiting bug in camp last night caused concern with two casualties in Shauna Sheahan (Mount Mercy College, Cork) and Emma Meaney (Ardcoil Mhuire, Corbally) but the latter lined out despite the ill effects.

The first pop at goal was from Ireland with 12 minutes on the clock as Orlaith Doherty (St. Columba's College, Stranorlar) narrowly missed the target. The Donegal lass also attempted to set up Cache Crumligh (Carndonagh CS) and Kiera Sena (Coláiste an Chraoibín, Fermoy) as her pull back was squared into a packed box but the duo just missed out on connecting with the ball.

Then it was all Scotland as Laura Berry had multiple chances of converting. Her first opportunity was dragged wide of the post, the second saved bravely by Clodagh Fitzgerald of Coláiste Choilm, Ballincollig and her third, a rocket from 25 yards out was brushed wide of the mark.

Scotland's Olivia Chomczuk also came close in the dying minutes of the first half as it ended scoreless at the break.

The Irish started brightly with the ever present Orlaith Doherty as she chased down the Scottish full back to win the ball back for her side. A fantastic cross was met by Hannah Healy, but the Clontarf grad unfortunately missed her range on goal.

The talented Lauryn McCabe (Tallaght CS) won a free kick outside the box which Kiera Sena duly obliged, lashing it into the box but the Scottish keeper intercepted well.

The pacy Cache Crumligh tested the keeper before the Irish break through was made on the hour mark. Hannah HEALY headed home from a set-piece.

Again, this piece of magic was created by a foul on Lauryn McCabe. Kiera Sena stepped up to take the free and slot it into the danger zone perfectly for Healy to rise highest to thump the ball to the back of the net.

Clodagh Fitzgerald was called into action ten minutes from time to make a fingertip save to deny the Scots. And some wonderful defending from Chloe Wallace (Coláiste Nano Nagle, Sexton Street, Limerick) kept the Irish with the slightest of advantages late on.

The match official called five minutes of added time to the bruising encounter but played at least seven as Scotland hit the woodwork from a late set-piece.

Again, and again the Scottish team were awarded free kicks in some dangerous positions, but the Irish fought to the bitter end to see the game off and secure the silverware for 2022.

A third win for the Republic of Ireland given that there was no tournament in 2020 or 2021 due to the COVID-19 pandemic. Added to this was the John Read Cup which they secured on Monday by defeating England 4-1.

<https://twitter.com/i/status/1514578375477800963> Double click to view





BOB DOC FINAL 2022 | The difference in success and failure can be measured in cms (cleared off the line and hit the bar in the second half) Our girls left it all out on the park today in the Bob Doc Final. 🏆🇸🇪

Despite Scotland creating a number of chances against a strong Republic of Ireland side, it was the Irish team who lifted the Bob Doc Trophy yesterday at Newcastle.

A beautiful, warm and sunny morning welcomed the finalist to the final of the Bob Doc 2022.

The Republic of Ireland had beaten England 4-0 and Northern Ireland 4-3 on the way to the final. Scotland had won the bonus point against England B and beaten Wales 2-1 in the group matches.

A large crowd of families, friends and well-wishers wearing Scotland and Irish colours crowded into Cochrane Park, eagerly anticipating this final.

There were no signs of nerves as, once the whistle was blown, both sides fought hard to gain control of the game.

Scotland pressed the Irish defence from the off and this pressure resulted in, in the third minute, Sophie Martin turning the ball over and having a shot at goal from 12 yards out.

In the 10th minute Ireland created a chance. Good play down the right wing saw the ball cut back from the bye-line onto the Scotland six yards box, but keeper Erin Halliday dealt well with the danger.

In the 18th minute Sophia Martin played a superb through ball to Laura Berry. Laura raced in on goal but pushed her shot wide of the far post.

In the 23rd minute, after excellent defensive play by Kate Fraser, followed by an attacking drive by Olivia Chomczuk, then a pass into Laura Berry, who had a great shot which flashed across the face of the goal. Scotland, at this stage, were really causing the Republic problems, and pushing hard to get the opening goal.

Most of the play was happening in the Irish half.

By now Scotland were in their rhythm. Good combination plays were happening all over the pitch, in particular Freya Brien and Olivia Chomczuk were very effective down the left. The only thing missing was a goal.

Scotland were also keeping it tight at the back. Full backs Gigi Bradford and Millie Paton were on top of any Irish attacks down the wings.

Scotland finished the first half looking good. They had contained the Republic for most of the half and created at least four chances. The only down side was they had failed to take any of them.

Half-time: Scotland 0 Republic of Ireland 0

Scotland replaced Sophia Martin with Holly Daniel for the start of the second half.

Ireland looked in the mood and started the half well, pushing Scotland back into their half. Four minutes into the second period, Ireland came close when a shot, after good build up play down the right, flew narrowly over the bar.

Two minutes later, Olivia Chomczuk dribbled her way past three defenders to get to the Irish bye-line only for her cut back to be blocked by the Irish defence





Olivia Chomczuk on yet another amazing run down the wing

In the 15th minute the Republic opened the scoring. From a free kick wide left the ball was played into the Scotland box for Ireland's Kiera Sena to rise and head into the net.



Ireland's Kiera Sena heads in the opening goal

Ireland took confidence from the goal and now had a firm grip on the game. Scotland were finding it hard to get the ball back from their fast moving and passing opponents.

With ten minutes to go the young Scots found reserves of energy from deep within and took a hold of the game again. They piled on the pressure and won a number of free kicks and corners which the Irish conceded with desperate defending. From one corner Laura Berry smashed the ball towards the goal only to see it cleared off the line at the last minute.



Laura Berry's shot is blocked on the line

With time running out, Scotland had one more attempt when great play by Millie Paton, who beat two defenders before playing in Laura Berry. Laura connected superbly with the pass and sent the ball goalward only to see the ball rebound from the cross bar.



Laura Berry's shot on its way to hit the bar

Soon after the referee brought the game to a close and the Republic of Ireland retained the Bob Doc Trophy for a third year.

This young Scotland side, many who are able to be selected next year, can hold their head high. They gave their all today. On another day any one of the chances they created would have gone in and the result would have been different. But it wasn't to be.

That's the Bob Doc over for another year. Our squad have been outstanding ambassadors for their schools. They worked hard, grew in confidence as the week progressed and certainly ended the competition playing outstanding football. Bring on next year's competition.

Scotland: Erin Halliday, Gigi Bradford (Sophie Timlin), Olivia McStay, Kate Fraser, Millie Paton, Lily Boyce, Olivia Chomczuk, Lucy Barclay (Isabella Conreno), Freya Brien, Sophia Martin (Holly Daniel), Laura Berry. **Subs not used:** Emma Thomson, Mia Scott, Sophie Black. **Injured:** Mia McArthur.



GAME SCHEDULE

FOUR NATIONS 2022

DAY ONE – 13 April			DAY TWO – 14 April		
9am	VS (M)		9am	VS (M)	
9am	VS (W)	SPORTS HALL	11am	VS (W)	
11am	VS (W)		1pm	VS (M)	
1pm	VS (M)		3pm	FESTIVAL	
3pm	VS (W)		5.30pm	VS (M)	
5.30pm	VS (M)		8pm	VS (W)	
8pm	VS (W)				



- <https://twitter.com/i/status/1514210997166387217>
- <https://twitter.com/i/status/1514176737969647619>
- <https://twitter.com/i/status/1514175795513769986>
- <https://twitter.com/i/status/1514169933566984200>
- <https://twitter.com/i/status/1514162932841598978>
- <https://www.facebook.com/basketballwales/videos/645463996622263>
- <https://www.facebook.com/basketballwales/videos/359670362763488>
- <https://twitter.com/i/status/1514583318825684992>
- <https://www.facebook.com/bbireland/videos/3208618389417943>

Double click to view highlights

ENGLAND 81-42 SCOTLAND (W)

England Women got their Four Nations campaign off to the best possible start, as they dismantled Scotland in their tournament opener.

Lauren Milligan's side raced to a commanding 51-19 lead at half-time, with Fatmata Janneh (11pts) and Katie Januszweska (9pts) impressing from the off.

England's dominance continued in the second as they eased to a first win in Cardiff

Four Nations Tournament 2022 – schedule & results

Day One – April 13

U18 Men

9am – Wales 77-58 Ireland

1pm – Ireland 58-78 England

5:30pm – Wales 59-58 Scotland

U18 Women

9am – England 81-42 Scotland

11am – Wales 67-61 Ireland

3pm – Ireland 65-80 England

8pm – Wales 85-54 Scotland

Day Two – April 14

U18 Men

9am – Ireland 76-59 Scotland

1pm – England 94-40 Scotland

5:30pm – Wales 53-74 England

U18 Women

11am – Ireland 84-29 Scotland

8pm – Wales 72-79 England

As you can see from the results on the left, it didn't really get any easier for either Scotland team. Apart from the U18 Men's game against Wales it was quite a learning curve. England won both competitions. Seems we have quite a bit of catching up to do after Covid.

Emily scored five points against England and then two against Wales.

Darcy hit eight points against Wales.



FURY SCOTLAND 4 FIND STRONG OPPOSITION IN WALES !

Fury Junior players Sophie Cram, Darcy Dewar, Emily Dagger and Robbie Gilmour saw the strength of the Welsh, Irish and England National programs as their respective sides fell to a total 6 losses and no wins in Cardiff.

The Irish teams characteristically pressed throughout - no surprise there and turnovers produced a huge issue for the Scots in all games. With the Wales games historically wins for the Scots sides, it was not to be, and the English sides showed strength in depth in all their 6 games. For the Scots it will be back to the drawing board in terms of their respective National programs and for the players full credit to all in 6 very tough games.



[Click image to view](#)

Basketball will be among the early highlights when the Commonwealth Games get under way in Birmingham in summer 2022.

The full schedule for the Games has been confirmed and starting with the opening ceremony on Thursday 28 July 2022, the event will run for 11 days.

Basketball fans won't have to wait long for a taste of the action, with the inaugural 3x3 competition set to take place between Friday 29 July and Tuesday 2 August at an iconic new outdoor venue at Smithfield in the centre of the city.

<https://www.bbc.co.uk/sport/live/scotland/60995400>

<https://www.facebook.com/basketballscotland/videos/1419328808502787>

Double click the above links to see why this event might be worth the watch.



Scottish National Age Group Championships 2022

13 – 17 April 2022

Tollcross International Swimming Centre

The competition, held in a 50m pool, covers breaststroke, backstroke and butterfly at 50m, 100m and 200m. Freestyle is also included at 50m, 100m, 200m, 400m, 800m and 1500m as well as 200m and 400m Individual Medley.

SNAGS is the largest event in the Scottish National swimming calendar and pre-pandemic attracted over 1000 athletes from across the UK and beyond. Taking in to account the importance of competitive opportunities for age group swimmers at this time, for 2022, the competition will focus on the 18 and under groups only.

In addition, qualification and consideration standards have been widened from previous levels in recognition of the limited competition opportunities over the past 18 months and those whose training has been impacted during the pandemic.

Falkirk Integrated Regional Swim Team

Day 2 at [#SNAGS2022](https://twitter.com/SNAGS2022)

3 sessions of fast racing, processes realised, PBs and finals reached 🇪🇺🏆🏆🏆

... 18 swimmers in today's team with 10 finals hit in the last session 🙌🙌🙌 Finals from:

Lisa McNair 100BK, 400IM

Ewan Stevenson 200FLY

Fraser Gemmell 400FR

Suzie McNair 200BR, 400IM (GOLD! 🏆)

Lexine McCappin 400IM

Baillie McGinley 200FLY

Zoe Crawford 100BK, 400IM

Also a 6th place finish from the 4x100 medley girls : Zoe, Ava, Madison Gallacher and Suzie



7th place in 4x100 Free with Alex, Gregor, Baillie and Cammy G each smashing 2 lengths 🙌🏊‍♀️

Centenary Shield results and League Table

Thurs 3 March SCOTLAND 3 N IRELAND 2

Thurs 10 March N IRELAND 3 WALES 0

Thurs 17 March REPUBLIC 2 SCOTLAND 1

Fri 25 March N IRELAND 1 ENGLAND 2

Thurs 31 March REPUBLIC OF IRELAND 2 N IRELAND 2

Fri 1 April ENGLAND 4 SCOTLAND 0

Thurs 7 April SCOTLAND 0 WALES 2

Fri 8 April ENGLAND 1 REPUBLIC OF IRELAND 1

Thurs 14 April WALES 4 ENGLAND 1

Thurs 21 April WALES REPUBLIC Caernarfon 1900

Centenary Shield Table 2022							
	P	W	D	L	F	A	Pts
Wales	4	3	0	1	6	4	9
Republic of Ireland	4	1	2	1	5	4	5
N Ireland	4	1	1	2	8	7	4
Scotland	4	1	0	3	4	10	3
England	4	2	1	1	8	6	1*

* 6 points deducted for fielding an over-age player



Click image above/below



Click image above/below to view video



RRS# ARTICLE 29- Goals of education

HEALTH AND WELL BEING : To err is human. To blame it on someone else shows management potential.

Whoever stole my copy of Microsoft Office, I will find you! You have my Word!

I gave up my seat to an elderly person on the bus. And that's how I lost my job as a bus driver.



BOYS INTERNATIONAL |
Our Centenary Shield Squad and their families and friends attended the Cap Ceremony tonight at @HampdenPark

Scotland Under 15 girls receiving their medals at Bob Docherty Cup

CSBS

We are delighted to announce the cast for our 2022 Majors ballet, "The Wizard of Oz". We haven't been able to stage a Majors ballet over the past 2 years and are VERY excited to showcase the dancers in our dance displays! Congratulations everyone and enjoy rehearsals!



Annual S6 Vs Staff Football which finished 3-3

We are delighted to announce the cast for our 2022 Majors ballet, "The Wizard of Oz" which will be performed as part of our annual dance display.



- DOROTHY...** Anna Bremner
- SCARECROW...** Ailey Meikle
- TIN MAN...** Emily Paton
- LION...** Ailish Ogilvie
- GOOD FAIRY...** Jill Russell

RAINBOW/YELLOW BRICK ROAD... Ailish Ogilvie, Ailey Meikle, April Beattie, Ellen Guthrie, Hannah Firth, Jill Russell, Rachel Sneddon, Sarah Parker, Robyn Smillie

- MUNCHKINS...** Intermediate Foundation students
- TORNADO / POPPIES...** Intermediate students
- EMERALD CITY...** Inter Foundation / Advanced



Thanks to all contributors.