OMAGH ACADEMY SPRING NEWSLETTER 2020



Welcome to our Spring Newsletter, which provides us all with a wonderful opportunity to reflect on an action-packed and unprecedented term here at Omagh Academy. We started 2020 with an extensive programme of events, trips and activities embracing *academic*, *sporting*, *musical*, *cultural* and many other pursuits. We enjoyed high participation rates and success in group, team and individual activities across all age groups. As ever, our whole school community enjoyed attending and supporting each event and activity, bringing appreciation and encouragement to pupils and staff alike. During this term we welcomed Mrs Herron, Mrs Magee, Miss Wallace and Mr McLean to the Maths, HE, Art and Science Departments respectively. Our warmest congratulations are extended to Mrs Chittick on the birth of her baby daughter. Iris.

Necessarily our term and indeed our school year ended prematurely. Our pupils and staff have very quickly up-skilled in online learning, teaching and administration. We said goodbye to our Year 14 pupils and we wish them much happiness, fulfillment and success in their futures. We sincerely thank each of our Year 14 pupils for the contributions they have made – our school is a better place for you having been here and we are proud of you. Many questions remain and as we receive information and guidance we will pass this on. These are anxious and uncertain times and I would like to thank everyone in the school community: pupils, staff, parents and governors for their caring support, cooperation and encouragement as we navigate our way through. This support is a real testimony to the loyalty and sense of common purpose that we enjoy. I extend my very best wishes to all families and friends of Omagh Academy. My thoughts and prayers are with you.

LITTLE REMINDERS OF HOW TO

RE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

TOP TIPS FOR EVERYBODY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA. THE EALITY IS WE ARE NOT ALL PERFECT. HAVING EMPATHY FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT. INCLUDING DURSELVES. WE CAN FIND KINDNESS.

TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO IMPROVE THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.

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ACTIONS

UNDERSTAND THE IMPACT OF YOUR WORDS COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE EASIER TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

#WAKEUPWEDNESDAY



FEEL SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON. WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS UNDERSTANDING HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM. SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON. CONSIDER A VIDEO CHAT OR VIDEO



* OFFER HELP *

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO. WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A LISTENING EAR OR SAYING, I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU'.

BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE TRUTH? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.





DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING NEGATIVE COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND. YOUR COURAGE COULD SAVE A LIFE.

#BEKIND"



#WAKEUPWEDNESDAY

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL INTEGRATING MENTAL WELLREING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR FOUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



For further info, check out these online resources too

https://www.themix.org.uk/

https://youngminds.org.uk/ 2

https://www.mind.org.uk/

Covid 19 News

To the Omagh Academy 'online' school community - staff and pupils,

We thank you for your impressive engagement with online learning over the past two weeks. We would ask that you check your C2k email as we have emailed an E-Learning Guide to support you in our new online school environment. We will pause our online learning as it is time to take a break for two weeks. We will begin again on Monday 20th April 2020. Keep well and stay safe. You are all very much in our thoughts at this time.

Mrs Maxwell, Mrs Gervais, Mr Hamilton and Miss Faris

CCEA CORONAVIRUS EXAMINATION Update

The vast majority of candidates in Northern Ireland take their GCSE and A level qualifications with CCEA. CCEA has made considerable progress in finalising the options for GCSE and GCE qualifications. These options will then be carefully considered by the Minister of Education.

We understand the urgent need for clarity for both students and teachers, and plan to rapidly implement the arrangements, once these are set out by the Minister of Education. We will also publish the process that we will follow to ensure grades are fair across all schools and colleges in Northern Ireland.

We want to reassure students, parents and teachers that we are doing everything we can to ensure that the full attainment of all students is fairly recognised, during this unprecedented time.

As further information becomes available we will update schools and colleges with the guidance via this website. We would encourage students and parents to continue to liaise with their school for these updates.

THANK YOU

TO OUR WONDERFUL NHS
AND ALL THE KEY
WORKERS ACROSS THE
COUNTRY.

OA DONATION OF PPE ITEMS

Last week we donated items of PPE to local Marie Curie nurses to help protect the nurses and their patients from Covid-19. Teaching Staff & Non Teaching Staff led by Mr Hamilton, worked as a team to gather up supplies from Science and Technology. Thank you to **Mrs Keown** who manufactured visors using plastic provided by the History and IT Departments. Below, is a breakdown.

30 - Marie Curie

15 - Drumragh/ Three Spires GP

20 - Cardiology Unit in SWAH

10 - Clapham Family Practice, London

40 - Dromore Surgery

40 - GP Practice in London

10 - SWAH - Ward 3 Respiratory

20 - Post Office Omagh - Emlyn

10 - Community Care Nurses

+ 40 goggles with shields to some of these places also.



CELEBRATE WITH CCEA

Awards Ceremony

On the evening of Tuesday 17th December, CCEA hosted a celebration event at Titanic Belfast for the students who had achieved first place in GCSE and A-Level subjects in the summer 2019 examination series.

Congratulations to **James Hawkes** who was presented with an award for achieving the top overall mark in GCSE Agriculture and Land Use. In addition, he also received the 'Harper Adams Award'.

James is pictured with Leah Scott, CCEA director of finance and corporate services and Mark Anderson, Moy Park breeder/GP manager.



Mathematics

NSPCC NUMBER DAY

On the 7th February, all Year 8 pupils at Omagh Academy participated in 'Who wants to be a Mathionaire' in aid of the NSPCC. An outstanding amount of £1650 was raised. Well done to all Year 8!! See photo of the cheque presentation on our charity page!

UK INTERMEDIATE MATHEMATICS CHALLENGE

In February, Year 11 pupils took part in the UK Intermediate Maths Challenge. Over 200,000 pupils from across the UK sat this competition and our pupils were successful in receiving two silver and ten bronze certificates. Special mention must be given to David Bingham who achieved 'Best in School' and Sophie Alexander who also received a silver certificate.

Well done to all students and their teachers.







MUSIC DEPARTMENT

Our trip to...



From 30th January – 1st February, 30 music students from Years 11-14 plus 4 staff members spent an action-packed time in London. Exploring the sights was a key priority but really they were there to explore the musical activities which this vibrant city had to offer. Mrs Bingham reflects...

'After an extremely early start from Omagh we arrived in London at 7am. Some enjoyed a snooze on the bus into the city and at 9am we met out tour guide for the morning. Full of fun, important information and wise cracks, Liz gave us a whistle stop tour around the city, stopping at Buckingham Palace for the obligatory photographs! After a lunch-time stroll along the embankment we all piled back on the bus and off to our accommodation. Thursday evening saw us back in the West-End for a performance of the musical, Matilda. *Fabulous! Amazing! Awesome!* Every single one of us were actually sitting on the edge of our seats as we watched this fantastic show. For me, it was such a clever production and I certainly want to see it again.

A bright and cheery start to Friday morning saw us travelling back into the city for our first engagement. This was no ordinary Friday but Brexit Day! Our first stop was the Houses of Parliament for a guided tour. Not an event you would particularly expect musicians to take part in but we all enjoyed the history lesson and the guided walk through the House of Lords and the House of Commons with a chance to see and experience what we normally only see on our TV screens. Leaving a busy Parliament Square behind us, we walked to Covent Garden and allowed some of the characters from our production of 'My Fair Lady' (November 2019) see the stimulus for the story. After a brisk walk across town we arrived at the Dance Studios for a workshop based on Matilda. I have to be honest and admit that I wasn't quite sure what to expect with this workshop but to watch thirty pupils enter into this dance and choreography session was brilliant – they were energetic, focused and determined to get all the movements. I was quite glad to sit and watch! Next on the list was a gamelan percussion workshop hosted by London Symphony Orchestra. Our pupils are quite the professionals with Samba Drumming and African Drumming so it was fantastic to experience another style of percussion work. Tea, Hamley's toy shop, London by night and it was back to the hotel, via the underground, and time for some competitive quizzes before bed.

If Friday started with Brexit then Saturday began with Baftas! We arrived at the Royal Albert Hall for our tour and saw some of the preparations for the Bafta Awards taking place the following day. This is a beautiful building – old world charm, fantastic shape, huge auditorium and amazing acoustics. It was lovely to see behind the scenes and imagine what concert life there might be like. Mrs Gervais was calculating the pricing compared to our Spring Concerts at the Strule Arts Centre! Next, it was off to the Royal Academy of Music (where Mrs Quick studied!) and to visit the Instruments Museum. This allowed us to see a fantastic range of harpsichords and quirky keyboard instruments as well as look at the string family of the orchestra and try out their interactive displays. All to soon it was time for lunch, some shopping and then back on the bus and off to the airport again.

Was is a great trip? Yes! Did we learn a lot? Yes! Where we lonely when we got home? Yes! Would we do it again? Without a doubt!

Now ... where to next?!'

Thank you to our amazing music students and also to Mr Fyffe, Mrs Gervais and Mrs Quick for completing the Music team.













2020

SPRING CONCERT



The Music Department's annual showcase was, yet once more, a resounding success! Held at the Strule Arts Centre on Thursday 5th March, 194 students from Years 8-14 sang, danced and played their instruments at the 2pm and 8pm performances.

Weeks of rehearsals really did show in these performances and audience members were treated to sounds from the following ensembles: Orchestra, Vocal Duet by Ivanna & Nadia, String Orchestra, Flute Ensemble, Brass Band, Vocal Solo by Lucy, Year 10 String Quartet, Pipe Solo by Tom, Senior Choir, African Drumming, Junior Choir, Piping Trio with Tom, Anne & Carolyn, Woodwind Ensemble, Traditional Group, The Lads, Backbeat Percussion Ensemble and Guitar Ensemble.

One surprise item on the programme was 'The Tourists' – the group of GCSE and A-Level musicians who had travelled to London in January. After a photo montage of their trip was displayed on the big screen they all ran on stage to perform a choregraphed dance to the tune 'Revolting Children' from the musical Matilda.

As always, a much anticipated part of the evening was the extract from a musical – and this year's chosen show was 'Beauty and the Beast'. The GCSE and A-Level pupils really did present 'the tale as old as time' and brought the concert to a spectacular close.

Huge congratulations sent to Mrs Bingham, Mr Fyffe, the team of Instrumental Tutors and our pupils for providing such outstanding performances.

Enjoy the photographs and the video footage which will appear on the Music Department's Facebook page in the coming weeks.





SPRING CONCERT Thursday 5th March 2020















The Music Department is delighted to have received substantial grant funding from 'Arts Council of Northern Ireland' to purchase new instruments. Our extracurricular music programme will benefit greatly from the addition of a 30-player djembe set and 3 timpani drums. We look forward to the Autumn term and a chance to show off these new instruments in our next concert!

INFO TO TUNE INTO WHILE AT HOME

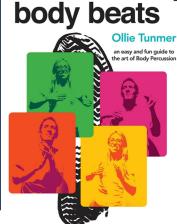
AT GOES ON

Delivered by Ollie Tunmer (former STOMP cast member and qualified teacher)

Daily Monday - Friday 11am GMT

https://www.youtube.com/user/OllieTunmer

https://www.facebook.com/beatgoesonUK



FREE THEATRE EVERY THURSDAY

Every Thursday from 7pm UK time, you will be able to watch some of the best British theatre from the comfort of your living room, via YouTube for free for one week.

It all kicks off with James Corden in the hilarious #OneManTwoGuvnors on 2 April at 7pm UK time. Save the dates, and we'll see you there!



FREE MUSICALS EVERY FRIDAY



Andrew Lloyd Webber has launched a new YouTube channel that will stream a production of his musicals for free online every week, in an effort to keep people entertained while they are at home. Titled The Shows Must Go On!, a new production from the composer's repertoire will be made available for a 48-hour period every Friday at 7pm.

Further shows to be made available will be announced in due course.

OPEN NIGHT

2020









Omagh Academy

Invites pupils in Years 6 & 7 and their parents

to our Open Evening

Thursday 16th January 2020 7.00 - 9.30 p.m











OPEN NIGHT 2020















Forty Year 9+10 pupils enjoyed a fabulous week from the 25th of January to the 1st of February on the ski slopes in Italy. They enjoyed excellent weather and great skiing conditions on the slopes of the renowned Paganella ski area in the Dolomites. Based in the picturesque village of Andalo, Omagh Academy pupils, along with pupils from Omagh High School, Loreto Grammar School, Omagh and C.B.S. Omagh spent a week learning to ski. Two Omagh Academy pupils (Isaac Rainey and Katie Ritchie) had skied before and formed part of the advanced skier group. The enthusiastic instructors from the Trentino Ski School were amazed at how quickly many of the pupils took to skiing. Après Ski activities included ice-skating, a movie night, a disco, a pizza night and a quiz night. Plenty of shopping was done in the many quaint gift shops in the village and parents and siblings were treated with unique gifts from the Trentino province of Northern Italy. Many skills were developed apart from skiing, with pupils developing a massive amount of resilience, intercultural flexibility, independence, teamwork, initiative and so much more. It was also a great opportunity to learn a little Italian, see the Geography of the Alps and experience a completely different environment. Well done to all forty Omagh Academy pupils who were a credit to their parents, school and their country!

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EIAG PROLITIONAL FIELD APPLICATIONAL

ARCHERY SUCCESS FOR Samantha Harper



Year 8 pupil, Samantha is a member of Drumquin Archery Club. She is the current NIFFA Indoor Champion and Field and Hunter Champion. During 2019 she set new NI records for her category (Cub Bow Hunter Recurve) at the NI Indoor and Field and Hunter Championships.

Samantha also won a gold medal in the European Indoor Championships at the Eikon Centre, Lisburn in March 2020. What an achievement- Well done Samantha!



Congratulations!

Congratulations to five of our students who have successfully reached the semi-final of the ABP Youth Challenge competition. In October 2019, the 5 students (Tori Robson, Jill Liggett, Joshua Keys, Allister Crawford and James Fleming) decided that they had a good pitch to put forward. They created a short video to enter the competition and subsequently were selected to go to interview stage in January. Well done to all 5 who answered a variety of questions relating to the Agri-food industry, earning themselves a place in the semi-final! Thank you to Mrs Donnelly for her help with video preparation and transport.

The team, alongside Mrs Lennox, have worked hard to prepare for the semi-final event. This was to be held in March at Loughry College. However, due to the Corona Virus outbreak, this event has been postponed.

The goal for our team is to progress through to the final, winning 5 calves to rear and gain experience in the agri-food industry.

We wish them all the best for the semi-final!

ANTI BULLYING VIDEO

Recently a number of our pupils from Years 8-12 have been involved in the production of a music video on Antibullying. They are all members of 'Much Ado Stage School'. We are proud of their efforts to promote the Anti-bullying message. Year 10 pupil, Esther, is one of the main vocalists in the video. The video is a reminder to us of the importance of how we should treat others both on and offline.



USEFUL WEBSITES FOR PARENTS

SCHOOL COUNSELLING

The School Counselling Service provider, Familyworks NI, is providing counselling online and via telephone during this time of closure. Pupils and parents/carers are advised to visit the website of Familyworks to obtain further information on how to access this service.

CHILDLINE

Childline has created a dedicated Coronavirus webpage full of tips, advice and activities. www.childline.org.uk

The Education Authority have issued Post Primary Schools with a list of helplines and web pages that young people and their parents can access. The list can be found on the OA website under the Parents' tab, Letters from the office, Telephone & Web Support for Young People.

AAIS

In collaboration with our young people and parents, the Education Authority Autism Advisory Service (AAIS) has designed a booklet, specifically for our post-primary pupils. The booklet is called 'Staying Safe Dealing with COVID-19. A booklet for post-primary pupils' and is currently available from the following link:-http://www.eani.org.uk/.../autism-

http://www.eani.org.uk/.../autismadvisory-intervention-servi...

AWARE NI

Some well-being tips from Aware NI for parents at home with teenagers.

www.awareni.org

ANTI BULLYING YOUNG PEOPLE'S FORUM

Year 14 pupil, Jessica took part in the first ever Young People's Forum held at Stormont. Following an application process, we were delighted to learn that Jessica had been selected to participate in the Forum. The pupils heard from a range of experts on key bullying issues and also took part in a plenary session with MLAs. A great experience for Jessica!



INTERNET SAFETY TIPS FOR PARENTS

- Don't block all access to technology. Help your child learn to use tech safely and positively.
- Be the parent. You're in charge. Set **boundaries** and consider using filtering software.
- 5 Teach your child what personal information they should not reveal online (YAPPY acronym).
- Navigate digital

 dilemmas with your child.

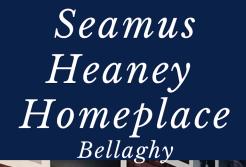
 Avoid using devices as rewards or punishments.
- Don't support your child to sign up for sites with age restrictions (e.g. 13+) if they're underage.

- 2 Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.
- Create a family media

 agreement with tech
 free zones such as cars,
 bedrooms, and meals.
- Help your child learn to **filter** information online and navigate fact from fiction.
- 8 Balance green time and screen time at home.
 Focus on basic developmental needs.
- 10 Learn more: Explore reliable resources for parents so you can educate yourself.

YEAR 13 ENGLISH LITERATURE TRIP TO

Recently, our Year 13 English Literature pupils travelled to the Seamus Heaney HomePlace in Bellaghy, which is a must visit! The exhibition itself was highly engaging, allowing pupils to gain more insight into Heaney's upbringing and the sources of inspiration for his poetry. Pupils also attended a lecture by Dr Frank Ferguson before taking part in a poetry workshop. An enjoyable and interesting day was had by all!



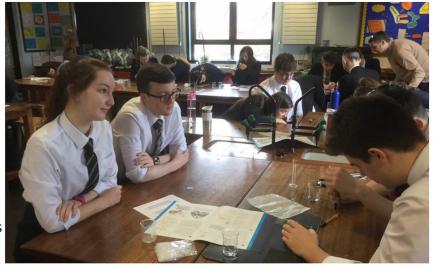


A Level Biology DNA ELECTROPHORESIS WORKSHOP

On Wednesday 11th March, Year 14 Biology students took part in a laboratory workshop session organised by Sentinus. Along with other pupils from the Omagh Learning Community, they carried out a procedure known as gel electrophoresis which is a common tool used in modern gene technology laboratories. In addition, this technique is used in forensic science to obtain a 'genetic fingerprint' and in paternity testing. This is one of the topics on the A2 Biology specification and it was a useful way to try out this procedure using equipment which is not available in schools.

All the students managed to carry out the procedure successfully and obtained great results despite not having done anything like this before. Well done!





PUPIL SUCCESS

Well done to Hannah Rennie who was awarded the Eames Cup for Best Cadet at the Omagh RAF Cadets Awards night in March. Year 10 pupil, Joel Freedman was promoted to Corporal at the same event.

Year 13 pupil, Jack Armstrong, was a nominee in the Recognition Award category at the Ulster Herald Sports Awards.

Our Deputy Head Girl, Saskia Hale is to be congratulated on achieving the Gold Duke of Edinburgh Award.

Year 13 Librarians had the joyful task of delivering heart shaped balloons with messages along with Brownies to pupils around the school on Valentine's Day! It brought smiles to many faces! Well done girls!



YEAR 11 LEARN SPARK WORKSHOP

Ready Steady Study!



On Tuesday 4th February Year 11 took part in a revision skills workshop called 'Ready Steady Study'. Paul Gray from Learn Spark delivered an interactive session covering a wide range of revision strategies that can be used to optimise learning. The session received very positive feedback, some pupils said they were inspired to start their revision that evening! Year 11 need to be commended on the excellent way they conducted themselves through the internal exams on Thursday 12th – Thursday 19th March. They demonstrated tremendous resilience to keep going in spite of everything going on in the world around them. They are an inspiration and their parents/guardians should be very proud of them.

Thank you to Mrs Beacom for supervising the successful event!





Citeracy WEEK 2020



Literacy Week took place between the 2nd and 6th of March. Junior pupils were involved in a range of activities designed to promote an interest and enjoyment of literacy during the week. This included 'Super-spellers' competitions for Year 8 and 10 pupils, a Public Speaking Competition for Year 9 pupils, as well as the 'Play in a Day' workshop where 25 pupils in Year 9 performed Shakespeare's 'The Tempest' to the rest of the year group. There was also a 'Book Swap' for Year 8 pupils and quizzes and games in the Library. Staff took part in a Literacy Quiz. Congratulations to all our winners and thank you to everyone who took part and helped to make it a successful Literacy Week. Thanks to Mrs Fleming for her effort in arranging all the activities!





PLAY IN A DAY

During Literacy Week, Year 9 pupils took part in a 'Play in a Day' workshop. They worked with a Drama co-ordinator from Konflux Theatre on putting together a performance of a shortened version of Shakespeare's 'The Tempest.' The play was performed in the afternoon in front of an audience made up of their peers in Year 9 as well as some staff. The audience witnessed some first rate acting, thoroughly enjoying the performance!







WORLD BOOK DAY

Junior School pupils celebrated World Book Day by taking part in a book quiz and listening to stories from famous books during their English classes. All pupils also received a £1 voucher to use towards a book of their choice. Check out www.worldbookday.com for many more resources.



FREE ACCESS TO BOOKS!

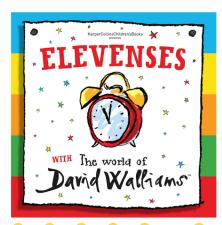
Audible has made hundreds of titles free for as long as schools remain closed. You can stream titles across six languages! Check out:-https://stories.audible.com/start-listen

Also remember **Libraries NI** provides free access to ebooks and audio books. You can create an account and find out more at **www.librariesni.org.uk**Happy reading!

Free access to children's eBooks

Available to download to your tablet or mobile device in minutes





The World of David Walliams is releasing an audio story from The World's Worst Children every day for the next 30 days!

Keep the kids busy with these daily audio treats, perfect for tea-and-biscuit breaks

Head to bit.ly/AudioElevenses each day for the latest story!





HEALTH CAREER EVENT

Some of our Year 13 pupils who attended the Health Related Careers information morning at South West College in February.

FOOD AND NUTRITION GCSE PRACTICAL SUCCESS!





In March 2020, Year 12 **Food and Nutrition** students carried out their GCSE Component 2 Practical activity. They had to choose a range of dishes that reflect nutritional and dietary advice for older adults (65+ years) and then plan, prepare and cook them in a 3 hour session. An excellent range of highly competent skills were on display.Mrs Braden was proud of all her students who produced outstanding dishes with a high standard of finish.





GET BAKING!

Why don't you try out some Easter baking recipes and have a go at making some over the Easter holidays. Be sure to show your finished creations on the TEAMs app- we would love to share your creations on the OA Facebook page!



Easter egg blondies recipe

These mini egg blondies are a fun and easy recipe to make with...

bc.co.uk



Chocolate Easter nests recipe

These chocolate cornflake cakes are a favourite of kids the whole year...

bbc.co.uk





PAST PUPIL SUCCESS

A huge congratulations to former pupil, Ben Hall who signed up to Falkirk at the beginning of the year as a defender. He made his debut for the Bairns on 25th January 2020, scoring two goals in the 6-0 win over Forfar Athlectic.

Well done Ben- we wish you every blessing and success in your future!

FURTHER SUCCESS FOR Well done to Jamie Lyons in Year 11 for his success once again in being given the title of 'National Breakthrough Rider of the Year. We are so proud. See the statement below from www.ukclubsport.com. NORTHERN Irishman Jamie Lyons has clinched our National

Breakthrough Rider of the Year honour with more than a quarter of the public vote.

Runner-up in the Ulster SBK Junior Cup class in 2018, the 15-year-old then stepped up to the British Motostar Standard class, scoring a number of top-five finishes including a season-best podium at the Donington Park GP round while keeping his hand in with wins in the USBK Moto3 class.

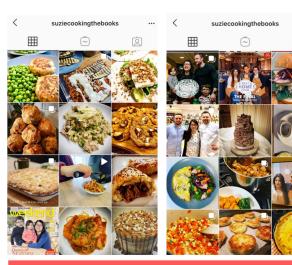
Lyons, who is set to remain in the BSB paddock for 2020, chalked up 25 per cent of the votes while Junior Supersport front-runner Adon Davie and 2018 Superteens champ Harry Leigh scored 20.4 and 18.9 per cent respectively.











A huge well done to Mr Arbuthnot's wife who recently took part in the TV series 'Best Home Cook', ultimately winning the series. Suzie Abuthnot impressed the 'Queen of Cakes' Mary Berry, with her ultimate three-course dinner party in the final of the televised competition on February 20. Congratulations Suzie!

Charity

"When we give cheerfully and accept gratefully, everyone is blessed."

- Maya Angelou



The members of Omagh Academy Players were delighted to present Damian, representing Air Ambulance NI, with a cheque for £365. The money was raised through a raffle for a hamper at each of the two evening performances of 'Blithe Spirit'.





MATHEMATICS FUNDRAISING

On the 7th February, all Year 8 pupils at Omagh Academy participated in 'Who wants to be a Mathionaire' in aid of the NSPCC. An outstanding amount of £1650 was raised. Well done to all Year 8!! Included in the photograph is members of the Omagh NSPCC branch.



tearfund

Every Tuesday during PSE, Form classes have a class collection with all money raised going to our chosen charity, Tearfund.
Since our last cheque presentation in April 2017,
Omagh Academy pupils have raised £3505.82. We will present this money to a Tearfund representative in the Autumn term. Well done to everyone whoalways give so generously!

MADLUG DONATION

We recently welcomed Dave Linton, the founder of Madlug, to school. We were delighted to present him with a cheque for £1450.00 as the proceeds from our recent Christmas Carol Services. Dave then spoke to Business Studies classes about the concept of social enterprise.

Thank you to all who supported our Carol Services and donated to this extremely worthwhile cause.



ART EVENTS THIS SPRING

Omagh Academy Art and Design department had the absolute pleasure of hosting a Shared Education, collaborative ceramic workshop with Arvalee School and Resource Centre.

Yr 11 Omagh Academy Art and Design students and pupils from Arvalee; worked with practicing artist Diane McCormick during two sessions, exploring clay building skills and glaze techniques, producing beautiful ceramic tiles.

It was a wonderful experience. We really enjoyed working with the pupils and staff of Arvalee School and Resource Centre.





True Colours

Millie Isaac's GCSE ceramic unit was recently on display at the Ulster Museum, Belfast, in the renowned CCEA True Colours Exhibition.

The Art and Design department are delighted Millie's work was selected for this unique exhibition which showcases exceptional artwork created by GCSE, AS and A2 students from schools across Northern Ireland.

Millie is pictured with her art work at the launch night, with her proud parents.

Congratulations Millie!

THE ART AND DESIGN
DEPARTMENT HAVE BEEN BUSY
GETTING TO GRIPS WITH
REMOTE LEARNING. THANK
YOU TO EVERYONE WHO IS
WORKING HARD,
PARTICIPATING IN OUR ELEARNING PROGRAMME OF
STUDY!











SHARED EDUCATION EVENTS AND WORKSHOPS



January

Year 13 Sport Studies pupils took part in workshops to develop their sports leadership skills together with pupils from Omagh High School, Loreto Grammar School and the Christian Brothers Grammar School. Year 8 pupils were then invited by the Year 13 pupils to an inclusive sports event at Omagh Leisure Centre where they had the opportunity to take part in several sports including: badminton, hockey, archery, boccia and wheelchair rugby. The Year 13 pupils from the four schools led the event, putting into practice the skills that they had developed through the workshops. Year 8 pupils across the six Strule schools attended and enjoyed the sports event.

February

The Music Department of Omagh Academy worked with the teachers of the History Department of Loreto Grammar School and the Drama Department of Omagh High School to plan a joint Arts project, which has since been suspended due to Covid-19. The initial stage of the Arts project involved Year 10 pupils attending a screening of 'The Quiet Shuffling of Feet' at the Strule Arts Centre on 10th February 2020. The film tells the personal story of David Bolton, who was involved, both personally and professionally, in the Enniskillen bombing and responded to the Omagh bombing. In 2001, David Bolton left the health service to establish the Northern Ireland Centre for Trauma and Transformation. Following the film, pupils had the opportunity to engage with a question and answer session with David Bolton and film director, Fergus Cooper.

The Strule Student Council met for the second time at Omagh High School. Six representatives from Omagh Academy attended the meeting with pupils from across the Strule schools. The pupils were taken on a tour by their hosts and engaged in activities before enjoying brunch together. Thank you to Omagh High for hosting.

Also, in February, the Art Department hosted pupils from Arvalee School and Resource Centre for an Art Project which was facilitated by artist, Diane McCormick. Further details about this event appear elsewhere in this Newsletter.

March

A group of Year 10 pupils accompanied by Mrs Keown, Head of Technology, travelled to a STEAM Careers event hosted by St Mary's College. They were able to engage directly with major employers including Terex to find out about the opportunities available to them in Engineering. On this occasion, Academy pupils joined with Year 10 pupils from the Christian Brothers and Loreto Grammar School.



•• YEAR 10 GAMEMAKER COMPETITION

Year 10 pupils recently developed their programming skills through the use of Gamemaker software. Programming has become basic literacy in the digital age we live in. It is important for pupils to understand the technology around them. Programming helps children learn to problem-solve and by understanding the basics of programming, it also helps pupils to develop an appreciation of how things work and prepares them for the future.

Year 10 pupils designed and programmed their own unique game to enter into a competition. The pupils displayed great creativity and demonstrated their problem solving skills. The following were the winners out of each class.

10A: Hannah Johnston, Anete Vigante and Hannah Rennie.

10B: Ruby Hood, Joel Freedman and Iona Mills.

10C: Kinga Kusek, Laura Zahumenska and Pippa Troughton.

10D: Blake Mawhinney. Jonathan Mooney and Emma Turner





A LEVEL HISTORY CONFERENCE



- We were delighted to welcome back former Head of History, **Dr Russell Rees**, as the guest speaker at
- our A Level History Conference. Dr Rees, the author of a number of textbooks, delivered lectures on the period covering Home Rule, the First Dail, the Treaty and the Civil War (1919-27). Teachers and
- pupils from schools in Enniskillen, Strabane, Omagh, Cookstown and Armagh joined with our Year 14
- historians to hear very insightful lectures. It was great to catch up with some of our past pupils who are now teaching History. Thank you to Mrs Gregg and the members of the History Department for

arranging this successful event.



"Bam!", Omagh Academy's Year 13 Young Enterprise company, have just concluded a very successful year's trading.

The ongoing team-spirited leadership of managing directors Katie Beattie and Ethan Bell was very much in evidence following the company's presence at the Christmas Young Enterprise Market in Belfast. January was marked by eager preparation for the Omagh County Fair, which took place during the second week in February. Competing against several local schools, Omagh Academy achieved a very respectable runner up position.

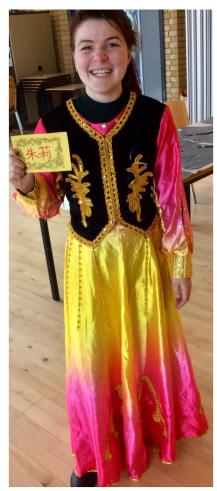
However, "Bam!" proved to be a company capable of succeeding on many other levels. The eco-friendly product offered by the company - a bamboo lunchbox containing a masked and caped super-hero teddy - was highly sought after by two local primary schools, who ordered bulk stock. This ensured that pupils had sold all available stock at the end of the company's life cycle. In fact, they had to order additional stock to meet the demand. In February, to support these additional sales, "Bam!" visited Gortin Primary to deliver a whole-school presentation on sustainability.

Participation in the Young Enterprise Company programme brought several rewards for the pupils of Omagh Academy. Not only did they move beyond recouping their initial investments to make a profit, but they also developed key job skills applicable across the business spectrum. In addition, a strong and positive presence was established in the local community. The company and Mr Stewart would like to thank all who supported "Bam!" over the past eight months.



MODERN LANGUAGES

CHECK OUR
FACEBOOK
PAGE FOR GOOD
APPS TO USE
DURING HOME
LEARNING!





CHINESE NEW YEAR

We had a FANTASTIC time recently, celebrating Chinese New Year at South West College!

We dressed up, did paper-cutting, painted Chinese characters, sang, played Chinese sports and even danced the lion dance. Many thanks to the Confucius Hub staff and Mandarin tutors for a most enjoyable immersion in Chinese culture.



OPEN NIGHT

SUCCESS

Several of our Year 8 pupils helped out at our Open Night in January- They were incredible! They did a conversation in French in front more than 200 people after only 3 months learning French! Super Grace, Erin, Sasha and Lori

BONJOUR





A LEVEL SPANISH DEBATE SUCCESS

On Thursday 6th February, a very determined group of A-Level Spanish pupils supported by Mr Suárez took part in the NICILT Interschools A-Level Spanish Debates at Queen's University, Belfast. Knowing that last year's Omagh Academy team had brought back the prestigious trophy only helped to fan the determination to give of their very best. This year's team consisted of Year 14 pupils Ryan McKane, Leah Neill and Matthew Patterson who faced Thornhill College debating AGAINST the motion 'Our personal data is no longer secure: we must ban all social media'. Ours was one of five high level, hotly contested debates which showed off the amazing talents of young linguists throughout Northern Ireland. We are delighted that once again Omagh Academy came out top, retaining the coveted trophy, and Leah Neill was awarded Best Speaker in our debate. Congratulations to the 3 students and Mr Suarez for all their hard work and preparation. Here's to next year!





SCRIPTURE UNION





SU FORMAL

On Thursday 13th February, over 40 pupils from our Senior Scripture Union attended an inter school SU Formal at Corick House. We enjoyed excellent food, dancing to a live band and an epilogue from Alistair McFarland, the SU E3 worker for Fermanagh and Fivemiletown. The event was organised by the Omagh and Castlederg E3 worker Sarah Emerson, with help from the two interns Ellie and Seth.

Since Christmas Junior SU continued to meet on Tuesday lunchtimes. Sarah Emerson spoke for three weeks about Christian friendship and on other occasions we had quizzes and Bible studies, led by Mrs Beacom, Mr Bingham and Mrs Cuddy. We hoped to organise an end of year trip away but that will have to wait until the Autumn!"

SENIOR SU Senior SU met every Thursday lunchtime this term. Our enthusiastic and committe

this term. Our enthusiastic and committed SU Committee planned our events, working along side Mr Cairns and Mrs Bingham. The pupils enjoyed Bible Studies, quizzes, prayer times and visiting speakers. There are talented musicians in SU and we have enjoyed very uplifting praise times.

Check out
Scripture Union
NI Facebook page
for lots of resources
including devotions.

Hockey West of Ulster League Final

On Wednesday 11th March, the 1stXI travelled to Raphoe to play in the West of Ulster league final. They were aiming to win the league for the 20th year in succession which would be a fitting way to end an excellent 2019-20 season. Despite having beat Raphoe early in the season, the squad knew this away fixture was not going to be an easy task. Omagh started brightly, producing some excellent attacks, especially down the right side through Captain Lauren Armstrong, Hollie Berrabah and Katie Ballantine. Raphoe however were tireless in defence, not allowing anything enter their circle or threaten their goal. The more Omagh attacked, the threat of a Raphoe counter increased. Before the end of the first quarter, they broke down their right side following a quick free. The cross into the circle found an unmarked forward who found the roof of the net with a first time shot. Omagh knew not to panic however as they had plenty of time left. However, despite total domination of the next two quarters, Raphoe remained in front. Their keeper pulled out some excellent stops, as almost everyone had chances on goal. Going into the last quarter, Captain Lauren spurred on her troops, with an emphasis on more circle entries and quick shots. Despite winning a few penalty corners and practising all variations which had worked so well all season, a slow pitch allowed their defence to get out fast, and thwart the striking team. With 7 minutes left on the clock however, another Omagh attack on the right found Katie Ballantine on the edge of the circle. She turned to her favoured reverse side and was delighted to watch her shot hit the backboard to the relief of the whole squad and coaches. Omagh threw everything at Raphoe in the final few minutes, with Amy McFarland, Lauren Armstrong, Amy McCollum, Danielle Hilley and Mia Nethery all seeing efforts saved. The final whistle sounded, and the decision to share the title or go to run ins had to be made. Both coaches agreed to finish the game on run ins – something the Omagh squad were well rehearsed in this season. With the weather deteriorating, Raphoe's first 3 attempts matched Lauren Armstrong, Katie Ballantine and Amy McCollum's efforts. Nadine Hunter dived to her left to make an excellent stick save to make the score 3-3 after 7 run ins. Mia Nethery and Raphoe's final taker both scored so it was down to Emma Hamilton with the final effort, and she didn't disappoint when she rounded the keeper to slot the ball into the net. Celebrations galore as the squad really did deserve the win.

Captain Lauren Armstrong proudly called her team forward to collect their medals before they held the trophy high for the 20th year in a row!

For the year 14 pupils, Lauren Armstrong, Amy Sproule, Katie Ballantine, Amy McCollum, and Nadine Hunter, this victory was bitter sweet, as it would be the last time they would wear Omagh Academy colours. They have been excellent ambassadors for Omagh Academy hockey teams over the past seven years and will be sadly missed.



NADINE HUNTER LUCY ROLESTON **AMY SPROULE** EMMA HAMILTON KATIE BEATTIE EMMA MARECHAUX LAUREN ARMSTRONG AMY MCCOLLUM MIA NETHERY KATIE BALLANTINE **HOLLIE BERRABAH** DANIELLE HILLEY SOPHIE EGERTON LEAH BOGLE **AMY MCFARLAND** SARA HAMILTON **JESSICA RENNIE**





Keep to date with latest news on the OA Hockey Facebook page.



FURTHER SUCCESS FOR LAUREN ARMSTRONG!

Congratulations to Lauren Armstrong who has made the next stage of the Irish U18 squad. She is due to play two tournaments in Belgium and Russia in June and July respectively.

She was also awarded the Ulster Herald Young Sports Personality of the Year at their awards evening recently. This award was well deserved following her superb achievements over the years.



SCHOOLS' CUP SEMI FINAL



Omagh O Friends 2

OA played against Friends in the Schools' Cup Semi Final on 12th February. Although we lost, we can't fault the sheer determination and fight from our squad. Our 'never lie down' attitude was fantastic and we couldn't ask for any more from the girls.

Thank you so much to the travelling support: teachers, pupils, parents and friends who were brilliant, and made us very proud to represent Omagh Academy.



Thanks to J&K Coaches for their continued Sponsorship!



Hard luck to the 2AXI who lost 21 in the semi final of the McDowell Plate. Despite going 20 down in first half, the squad were superb in the second half, enjoying most of the possession and many chances on goal. The Grosvenor GK however was outstanding in nets, making some excellent saves. Despite Jessica Rennie scoring from a penalty corner, we could not find a way past her and the

Congrats to past pupil
Hannah Roleston who was
awarded Dundee
University hockey player of
the year and from this
received a sporting colour.

toothall





FUTSAL COMPETITION @ LAKESIDE LEISURE CENTRE

On Tuesday 11th of February a team of nine Year 8 students from Omagh Academy participated in the annual 5-a-side Lakeland Futsal Competition in Enniskillen.
Omagh Academy won the tournament, a first time for the school. Omagh Academy were the only unbeaten team in the competition, winning six games against Omagh High, St Aiden's, Erne Integrated, DOC, Fivemiletown College and St Joseph's. Also drawing two games against Castlederg and Devenish.

Later Omagh Academy won 2-1 in penalties scored by Daniel and Harry in the final against Fivemiletown College after a 0-0

All Omagh Academy students showed exemplary behaviour and sportsmanship. They played incredibly well and showed great team spirit throughout.

The top scorers were: *Jack Adams 6*, *Dylan Donnelly 5*, *Harry Oliver 3*.

SQUAD

HARRY MCILWAINE
DANIEL BEATTY
DYLAN DONNELLY
HARRY OLIVER
JACK ADAMS
EOIN MCCUSKER
RYAN DOAK
MATTHEW MCCLUNG
ADAM COULTER

Señor Suárez

SCHOOLS' CUP

In late February, Omagh Academy Girl's Junior Cup Squad played in the last 16 of the Schools' Cup against Blessed Trinity College Belfast at the John McAree stadium in Dungannon.

The weather turned from snow to sunshine as kick off approached but the cold blustery winds continued throughout. OA raced into the lead with a goal from Katie Hunter as she cut in from the left scoring into the bottom right. OA then went 2 up with Emma Dixon scoring after Amy McFarland had an indirect free kick blocked on the line. Just before half time OA girls then were 3 nil ahead with a sublime strike from Hollie Berrabah. A cleared ball to the edge of their box was smashed into the top corner from 20+ yards.

In the second half Emma Dixon grabbed her second and OA's fourth with a well worked move and the cut back was struck via a deflection into the net. Ellie Dopson rounded the scoring off for the day with a great low drive after she had dispossessed their right back. A late scare saw Trinity hit the post and only for a great save and Baird diving on the loose ball the clean sheet would have gone.

Well done to all the girls!

Thanks also to Geraldine, accompanying Mr McCrossan and the squad.



BROOKLYN BAIRD,
CHRISTINE CLEMENTS,
SOPHIE ALEXANDER,
AMY MCFARLAND (C),
ROBYN HUEY,
HOLLIE BERRABAH,
EMMA DIXON,
SOPHIE EGERTON,
ELLIE DOPSON,
MOLLY MANAGH,
KATIE HUNTER,
JESSICA ORR,
SARAH EMERY
SARAH MILLS.



Keep to date with latest news on the OA Rugby Facebook page.



The 2019-20 season has come to an abrupt end due to the current health situations. However, we managed to, in most part, complete our seasons. There was some disruption to junior fixtures due to the ongoing poor weather from Christmas with games cancelled in Omagh and across the province. With the games played we have seen improvement throughout the season and can now look forward to better performances and results next year.

The senior teams all managed to complete their competitive fixtures, albeit without any silverware as a reward.

The 1stXV sponsored by **TC Autos** crashed out of the Schools Bowl competition following a bizarre game at Rainey Endowed. They then recorded a comfortable win over Strabane Academy in the Trophy Quarter Final before losing a very competitive game to RSD by 2 points.

The 2ndXV beat Portadown College in the main cup competition before losing to ERGS in the 3rd round. They then moved into the Plate competition and had a fantastic win away to Coleraine GS in the most horrendous of conditions. Their cup run came to an end however when they came up against a great Bangor GS team in the semi final. The MedXV entered the Shield at the 3rd Round stage. They travelled to Newtownards for a game against the fancied Regent House. Our boys produced an excellent performance and were unlucky to lose by a single point. They then received another tough draw in the Bowl competition with an away trip to Ballyclare HS. Again in another closely fought game they went down by 17 points to 12. Our players across all levels must be commended and thanked for their great commitment to training and representing their squads through the season.

Unfortunately for now the season looks to be over meaning we will not be playing in the Ulster Schools 7s competition this season and House Rugby will also be put on hold.

Pupil Achievements

Congratulations to *David Braden*, who has been selected for the Ireland U18 Clubs/Schools squad. This is a fantastic achievement for David and follows on from a great season with Ulster Schools U18s and of course the School 1stXV.

Reece Braden and Joshua Kyle remain part of the Ulster Schools Age Grade system and look forward to another summer of training at Newforge, Belfast.

A number of our Year 10 pupils have been nominated for Regional Development Trials. *Harvey King, Sam Beattie, John Armstrong, Piotr Banasiak, Callum Doherty and Brendan Quinn* will have a number of training sessions to put their cases forward for potential section to the Ulster Age Grade system.

We wish them all well with this training.

TC AUTOS

RUGBY SPONSORSHIP

The 1stXV maintain their long standing relationship with TC Autos. We thank their for their continued support and contribution to the Rugby Department.



Prepar**Shirk derica** ongoing for the 2021 South Africa Rugby Tour. We have completed a number of fundraising activities and thank everyone for their support.

YEAR 8 BOYS AT A RECENT RUGBY GAME







SKILLS?

Anyone got any Rugby skills on show? Send the videos in the OA Rugby faceboom page & we will get them posted!

E-DISTRICT CROSS COUNTRY SUCCESS

Well done to all our athletes who competed at the E District cross country at Necarne.

Special mention to the Minor Girls team winning team bronze medal, the Junior girls who ran a brilliant race to win team Gold, and to Cassie Lagan who won an individual silver in senior girl

Qualifiers to Ulster are:

MINI GIRLS

Erin Sproule 10th Kate Millar 12th

MINI BOYS

Sam Harper 11th
Daniel Beatty 15th

MINOR GIRLS TEAM BRONZE

Emma Beatty 14th
Rebecca Clarke 15th
Jazy McCaskie 23rd
Sarah Emery 29th
Lizzy England 31st
Michaela McCabe 51st

JUNIOR GIRLS TEAM GOLD

Iona Mills 6th
Sarah Fair 9th
Sophie Egerton 11th
Amy McLaughlin 22nd
Katie Ritchie 25th
Zara Hamilton 42nd

JUNIOR BOYS

Ethan Nethery 15th

INTER GIRLS

Amy McFarland 7th

INTER BOYS

Ben Henry 11th Alex Colhoun 15th

SENIOR GIRLS



















Cross Country success for Cassie LAGAN

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The Ulster Cross Country Championships were postponed for over a week due to bad weather. All our athletes ran superbly and even featured on the BBC live stream! A special mention to *Cassie Lagan* who came 3rd in the senior girls race, winning a bronze medal and qualified for the Irish Championships at the start of March! Cassie is a highly motivated and dedicated athlete, and this achievement is a reward for her hard work over the years!

She also ran really well at the Irish Cross Country at Clongoes Wood. Cassie finished 12th place overall in a fast and tightly bunched race. Not only did she achieve a top 12 position, she also finished ahead of the Ulster champion from the previous week.

Well done Cassie! We are so proud of you.







Congratulations to Cassie Lagan who has been awarded an Athletic Scholarship to attend Augusta University, Georgia, USA in September 2020.

WELCOME TO AUGUSTA Women's Cross Country | Track and Field

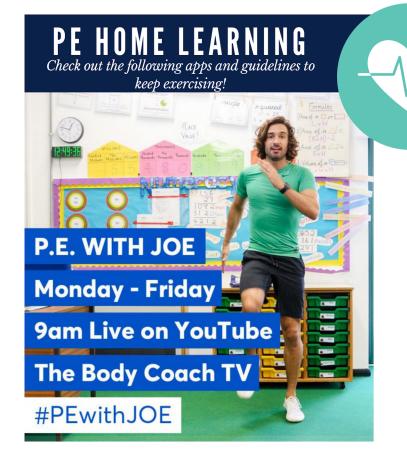


AUGUSTA UNIVERSITY WEBSITE RELEASE

Augusta, Ga. – The Augusta University Women's Track and Field and Cross Country teams added two new members to their squads. Cassie Lagan and Haley Gilbert are set to join Coach Adam Ward's squads for the Fall 2020 season.

Lagan comes to Augusta from Omagh, Ireland. While there, she posted an impressive personal best of 31:15 in the 5 mile distance run and a sub 5:00 finish in the short distance 1500.

When asked to comment on Lagan, Coach Ward stated, "Cassie brings a wealth of experience and talent to our team to help us take a big step to compete with the top teams in conference and the region. She has a great range on the track and has competed on some very tough cross country courses/conditions. That will be big for our women's team in the fall as we look to return to the NCAAs.



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