

I first met Amy in 2018 when she was 12 years old. My initial observation of Amy was that she was a polite and hard-working student; since then she has evidenced unwavering kindness to others, a wealth of skill and exemplary academic and sporting accolades both in and outside of school. She is one of most motivated and dedicated students I have ever met and her drive to pursue a career in football is impressive and inspiring.

Amy is an inquisitive student with many interests, as such she opted to explore and study a Level 3 in BTEC Sport, A Level Religious Studies and A Level Psychology all of which are progressing positively. Amy's interest in sport has seen her demonstrate excellent knowledge of Anatomy and Physiology, showing detailed understanding of the Musculoskeletal system in order to analyse sporting movements. Her knowledge of the Cardiorespiratory systems has enabled her to understand and fully appreciate the complexity of energy systems and their use in competitive sport, as well as her understanding the effect lifestyle choices have on an individual's health and well-being. This knowledge has allowed her to suggest lifestyle modification techniques, nutritional guidance, and a range of training methods to meet a performer's needs. Amy is very confident in answering questions in class and her written work is detailed and well researched. She is conscientious when working independently and also demonstrates excellent leadership skills when working as part of a team. Amy demonstrates a real passion for sport and maintaining a healthy lifestyle. As a result, she is highly organised and determined to succeed in this field.

In addition to her BTEC Sport course, Amy applied to undertake a Sports Leaders qualification whereby she has developed the ability to communicate with others, as well as build her self-esteem and confidence. Amy has managed her own work and personal development, she has identified problems as well as solutions and has been able to adapt her skills to meet the needs of different environments.

Amy has always been an asset to the PE department, including playing in both the girls and boys Football teams from years 7-10 and now coaching/managing the girls KS3 team. Amy has always been willing to support the department over the years resulting in Amy winning our school's Sports Person of the year award in 2022.

Amy undertook an Extended Project Qualification which ended in 2023. Her chosen topic for her dissertations revolved around whether Football is indeed 'The beautiful game'. Throughout the Extended Project, Amy evidenced a variety of skills including independent research skills, skills in evaluating, project management, how to utilise resources, presentation skills and skills in public speaking. Amy created a project in response to her chosen subject enabling her to develop a deeper understanding of the field. She approached the project through an academic mindset and undertook learning tools required at university level; the delivery of her project presentation expressed a clear drive and interest in her chosen subject.

In completing her Bronze and Silver Duke of Edinburgh Awards, Amy improved her communication, teamwork and problem-solving skills. On expedition Amy developed confidence and resilience handling difficult situations and knockbacks while physically and mentally drained. She also demonstrated fantastic time management and commitment throughout the duration of her volunteering, physical and skills sections where she learned the benefit of persevering with an activity for a sustained period of time and the joy of being an active member of her community.

Becoming a MIND mentor is quite a selfless act that many people would shy away from. Amy requested and applied for this valued position and was successful in supporting the wider school. Throughout her Mind Mentor role, she showed great compassion and assisted others to work through their academic journey. She undertook recognised training to assist students in a pro-active way; Amy has been able to put learnt techniques into practice. Amy is a mature young lady, who is very empathetic to the needs of others and always attempts to support those around her who may be in need. A great team player who leads by example and inspires others to follow her lead, whilst remaining very understated; she does not hog the limelight or boast about her own abilities.

Amy has been instrumental in the running of Junior School council, helping with our most vulnerable students and being an ear to listen and give advice. The school council is based on inclusivity for all including Mental health, Disability awareness, LGBTQ+ rights, the environment and social responsibility. Amy has been brilliant in making sure all students feel comfortable at school.

Amy is exceptionally well organised, blending her demanding commitment to football with full engagement in school life. She manages her occasional post-training fatigue with a good sense of humour and strong time management skills. Amy has a tremendous amount of energy which she will readily share for the benefit of others. She was instrumental in setting up a school-wide charity appeal, collecting a huge amount of donations for a local food bank and very quickly building trust that she could do it with little supervision. Amy is a natural communicator who chooses her words carefully and does not waste time. Amy would be a credit to anywhere lucky enough to secure her as a student.

Referee:  
Mrs Victoria Walden

Position/role:  
Head of Year 13