

# Sports News

Tuesday 29 September 2020



[Road World Championships: Julian Alaphilippe wins thrilling world title](#)



[Women's FA Cup: Everton 2-1 Chelsea - Toffees come from behind to beat WSL champions](#)

# Important Notices

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## STUDENT NOTICES

- **Be READY for wet weather lessons. A dry pair of socks, a dry headscarf. We will go outdoors for all lessons.**
- **Y8 lunch clubs in the sportshall - students must have white trainers, white sole to attend clubs.**



# Stars of the week

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**NHZ**

**Sonali Kishor**  
7L

Great effort in  
all fitness tests.

**KMM**





**Raveen Perera**  
11T

Outstanding  
effort and  
determination in  
the multi stage  
fitness test

**ACR**

**Hannah Haynes**  
7Q

Great effort in all  
fitness tests.





# Stars of the week

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**SFU**

**Jinuya  
Mathugoby 9Q**  
Always positive in  
lessons and tries her  
best.

**RWH**

**Nidhi  
Riteshkumar 8V**  
Always positive in  
lessons.

**MTA**

Adam Lebetiou 7L  
Excellent Result  
Recording



# Weekly Challenge

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Have a go yourself! Submit your scores on the [Google Form](#).

# Recipe of the week

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This week the year 9's will be cooking Pizza.  
Why don't you all give it a go.



# Staff Profile

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IMG\_5966.MOV

Miss Fubara

# Student Profile



## Disha Year 7

**What is your favourite sport?** Dodgeball

**What is your most memorable sporting moment?** Being part of her primary school football team.

**Who is your favourite sports personality?** Cristiano Ronaldo  
**Why?** I like him because he is an amazing footballer and he is cool.



# Word of the week

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skill

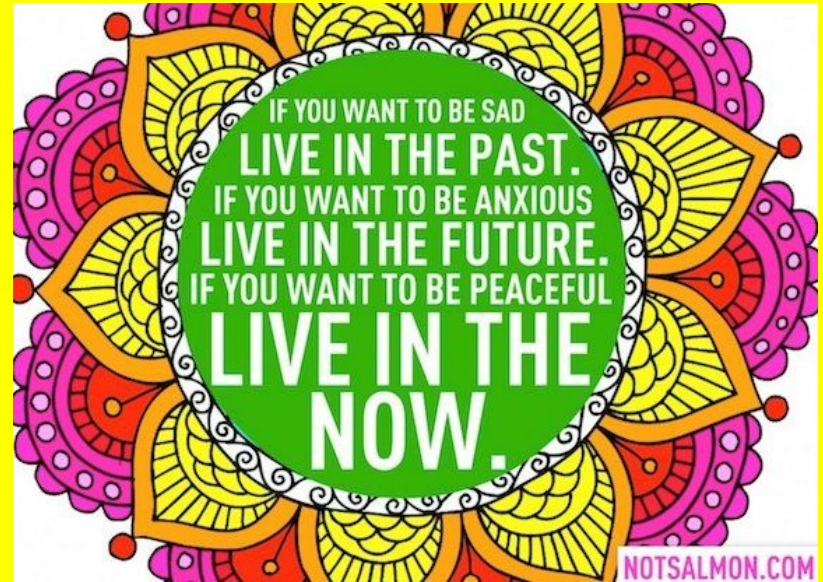


‘Skill is the learned ability to bring about predetermined results with maximum certainty, often with the minimum outlay of time or energy or both’

**TASK** - how many skills can you name in badminton?

# MINDFULNESS

BRING YOUR THOUGHTS BACK TO  
THE PRESENT BY NOTICING 5  
THINGS INSIDE YOUR CLASSROOM  
OR OUTSIDE THE WINDOW.



*You cannot control the past or the future.  
Mindfulness is training your body to live in the now!*