

# Sports News

Tuesday 6 October 2020



['A great finish!' - Kitata wins men's London Marathon after amazing sprint](#)



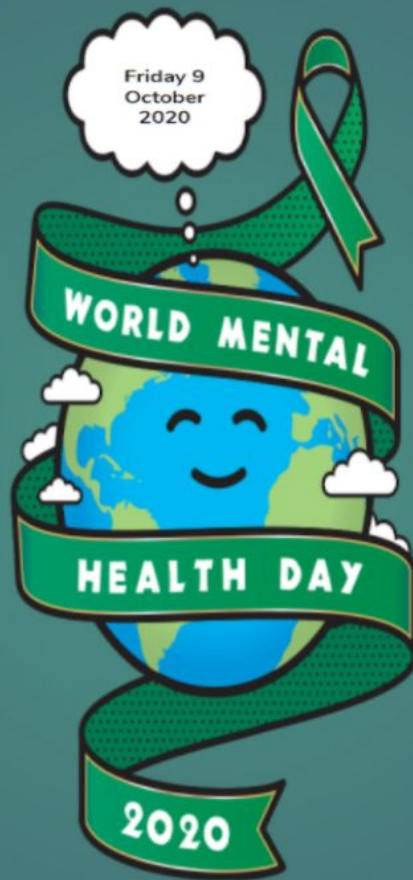
[Duckett half-century leads Notts to T20 Blast victory](#)

# 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.**
- **Y8/12 lunch clubs in the sportshall - Y8 students must have white trainers, white sole to attend clubs. Y12 - must have trainers.**
- **World Mental Health Day Friday 9 October - wear your green ribbon in support of mental health.**





# Stars of the week

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**NHZ**  
**Neil Patel 7**  
Excellent leading  
in the lesson

**KMM**

**Nihal Laljibhai**  
**9K**  
Fantastic display  
of resilience in  
lessons this term.



**ACR**  
**Reza Al Seffar**  
**9N**  
Improved  
behaviour and  
excellent attitude  
and effort.

**CYO**

**Jenil**  
**Nicul Kumar 10Q**  
Consistently doing  
the right thing and  
maximum  
involvement in  
lessons





# Stars of the week

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**SFU**

**Idman Abdi Ali  
11Q**

For her effort,  
positive attitude and  
great leadership  
skills

**RWH**

**Gunn Patel 9K**

Amazing effort in  
football during  
heavy rain!

**MTA**

**Krishita Rajeshkumar  
7V**

Excellent Effort in  
lesson



# 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 10's are cooking Chilli Con Carne and rice. Why not serve with a fresh salad. Vegetarian? then substitute the meat with Quorn, tofu or extra vegetables.



# Staff Profile

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Mr Yoxall



# Student Profile

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## Abisan 7X

**What is your favourite sport?** Football!

**What is your most memorable sporting moment?** Primary School Sports Day.

**Who is your favourite sports personality?** Jesse Lingard

**Why?** Favourite player and a great footballer!

# Word of the week

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## Technique



‘a skilful or efficient way of doing or achieving something.’

Can you use the word ‘technique’ in a sentence?

# MINDFULNESS

What is mindfulness and  
why do we practice it?  
Watch this short clip to  
find out more!



*The practice of mindfulness is simply being aware of what is happening right now!*