

# Sports News

Tuesday 13th October 2020



[French Open: Rafael Nadal beats Novak Djokovic to win 13th Roland Garros title](#)



[Watch: Wilson magic & 101-yard kick return in NFL plays of the week](#)

# 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 6 October - wear your green ribbon in support of mental health.**



# Stars of the week

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**NHZ**

**Iqra Cadir 7P**  
Continuous effort  
in the warm up.

**KMM**

**Praventhana  
Thevakumar 9T**  
Fantastic overall  
performance in  
Handball.

**ACR**

**Tushara  
Jeyanandan**  
Excellent effort in all  
her lessons.

**CYO**

**Zion Linton 7S**  
Always got the  
correct answer no  
matter what the  
question!





# Stars of the week

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**SFU**

**Leen Sultan 7P**

For excellent  
participation and  
positive attitude  
throughout the  
lesson

**RWH**

**Abinaya  
Sivarasa 10X**  
Always displaying  
resilience in lessons.

**MTA**

Anwar Abdi 9L  
Excellent Handball  
Skills



# Weekly Challenge

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

# Recipe of the week

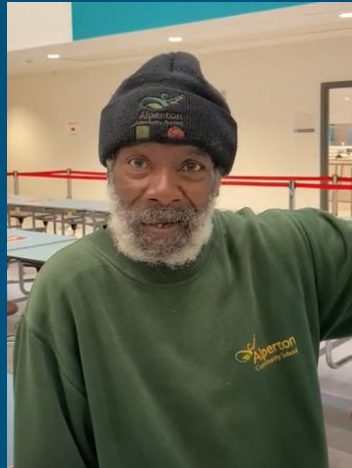
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This week the year 8's are cooking a flavourful Fruit Crumble..  
So gather any fruit you've got laying around as this is a simple but very tasty dish to serve after your meal.



# Staff Profile

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Mr Brandford

# Student Profile

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## Ahmed A 9P

**What is your favourite sport?** Football

**What is your most memorable sporting moment?** Saving the final penalty in class games.

**Who is your favourite sports personality?** Pierre-Emerick Aubameyang

**Why?** Quality player and leading the team from the front!



# Word of the week

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## Flexibility

“The ability to move the joint through the complete range of motion”.

The sit and reach test is used to measure flexibility.

# MINDFULNESS

Think of something that may be bothering you or making you feel stressed out today.

Now focus all of your attention towards your feet. Take the time to really feel them connecting with the ground.



*Notice what happens to your thoughts.  
In mindfulness this is called "anchoring."*