

Sports News

Tuesday 20th October 2020



[Vivianne Miedema scores hat-trick and sets record as Arsenal thrash Tottenham - WSL highlights](#)



[Isaac Chamberlain: The bus journey that changed boxer's destiny](#)

Important Notices

STUDENT NOTICES

- **Be READY for wet weather lessons. A dry pair of socks, a dry headscarf. We will go outdoors for all lessons.**
- **A reminder that we should only have ACS Logo hoodies on site - any others will be confiscated.**
- **Y12 Clubs start after ½ term - please see the rota.**



Stars of the week

NHZ
Mazneen
Kaleelur
Rahuman 10P
Great pace in the
10 minute run.

KMM
Jordell Hyman
7X
Fantastic effort in
circuit training.

ACR
Preethi
Srinivasapuram
7Y
Excellent effort in
handball lessons.

CYO
Jay Jignesh 7W
Great
understanding
shown of key
principles in
invasion games





Stars of the week

SFU
Amruta Vala 8Q
Great
commitment in
lesson

RWH
Ruby Dass 8V
Fantastic
knowledge and
effort in fitness
lesson.

MTA
Nirali Rajesh 9Y
Outstanding Handball
performance



Congratulations!

Girls Active and

YST Young Activists

Awards 2020

A big congratulations to Ruchita 9K who has been shortlisted in the leadership category of the Youth Sport Trust Young Activists Awards 2020.

Ruchita is a outstanding leader in sports clubs, representative teams and a role model both in lessons and around the school. She is a fantastic applicant for this award!

We wish Ruchita the best of luck at the virtual awards ceremony taking place on Tuesday 3rd of November!

Weekly Challenge



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

Recipe of the week

This week the year 10's are cooking Jerk Chicken with Rice and Peas.
So if you fancy the spicy taste of the Caribbean look no further than this traditional recipe.



Staff Profile



Mr Salapatas

Student Profile

Ruchita G 9K

What is your favourite sport? Netball.

What is your most memorable sporting moment? Winning the netball cup in primary school.

Who is your favourite sports personality? Virat Kohli.

Why? Great player and a great leader for the team.



Word of the week

Sedentary

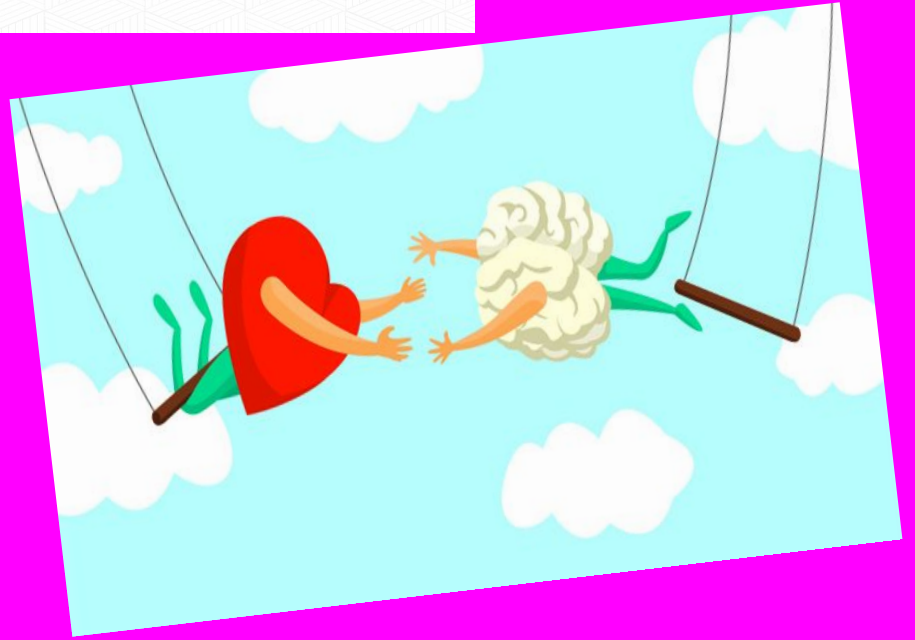
“Tending to spend much time seated; somewhat inactive”.

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

MINDFULNESS

Think of 5 things you are currently thankful for.

Share them with the person next to you.



Try to add more things to your list throughout the week.