

# Sports News

Tuesday 17th November 2020



[Challenger, champion, change-maker: The real Lewis Hamilton story](#)



[Women's Super League highlights: Chelsea score last-minute equaliser to draw at Arsenal](#)

# Important Notices

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## STUDENT NOTICES

- **CLUBS- start this week. TUE Y8, WED Y7, THUR Y9, 3.25pm - 4.15pm.**
- **Students can only come to clubs if they have registered on the Google Form.**
- **If you do not have a PE lesson, you bring kit with you and change at the end of the day.**
- **Meet on the LOWER MUGA for all clubs at the end of the day.**



# Stars of the week

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**NHZ**  
**Laiba Saroya**  
**8W**  
Showing  
resilience in  
dance.

**KMM**  
**Mia Hinzey**  
**9N**  
Fantastic  
dance  
performance.

**CYO**  
**Hershy**  
**Varsani 9V**  
Fantastic effort  
and thought of  
technique  
shown in in  
Gymnastics



**ACR**  
**8N**  
**Nevethika**  
**Sivakumaran**  
Amazing effort  
in dance and  
great energy  
levels.






# Stars of the week


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**SFU**  
**Isadora**  
**Goldshmidt 10P**  
Amazing effort  
and exceptional  
energy levels!



**RWH**  
**Bhumi**  
**Sanjivkumar 8R**  
Excellent effort  
and creativity in  
dance!



**MTA**  
**Milan Parxotamo**  
**7P**  
Great gymnastics  
work



# 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 Spicy BBQ Chicken Wings with Wedges .  
So if you fancy a bit of spice, why not give this quick and effective recipe a go.  
(click food image to access the recipe)



# Staff Profile

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**Mr Moore**



What's your favourite sport?	I can't decide, either Boxing, Tennis or Football.
Who is your favourite sports personality?	Jose Mourinho always makes me laugh!!!
What is your most memorable sporting moment?	Watching the 2012 Olympics in London-Super Saturday was amazing!!!  <a href="https://www.youtube.com/watch?v=gKJDjg4ebNQ">https://www.youtube.com/watch?v=gKJDjg4ebNQ</a>

# Student Profile



## Krish C 8R

**What is your favourite sport?** Cricket

**What is your most memorable sporting moment?** Going to watch the IPL last year

**Who is your favourite sports personality?** MS Dhoni

**Why?** He always wins and is from India!



## Word of the week

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### Aerobic respiration

Aerobic respiration is the process by which organisms use oxygen to turn fuel, such as fats and sugars, into chemical energy.

Can you use the word 'Aerobic respiration' in a sentence?

# MINDFULNESS

Listen to how you  
speak to yourself  
and others today.  
Try to only think  
kind thoughts.

You can start right  
now in form.



*How you make others feel says a lot about who you are!*