

Sports News

Tuesday 1st December 2020



[American football: Sarah Fuller makes history as first woman in a Power 5 game](#)



[Barry Davies remembers the artistry of Maradona](#)

Important Notices

STUDENT NOTICES

- **CLUBS - Click here for the latest [rota](#).**
- **Students MUST register on the Google Form to attend a club.**

[YEAR 7 GOOGLE FORM](#)

[YEAR 8 GOOGLE FORM](#)

[YEAR 9 GOOGLE FORM](#)

- **Students CANNOT turn up on the day without registering.**



Stars of the week

NHZ
Ghait Abbas
10L
Excellent effort
in volleyball.

KMM
Gabriel
Varatharjah 7Y
Great effort in
gymnastics.

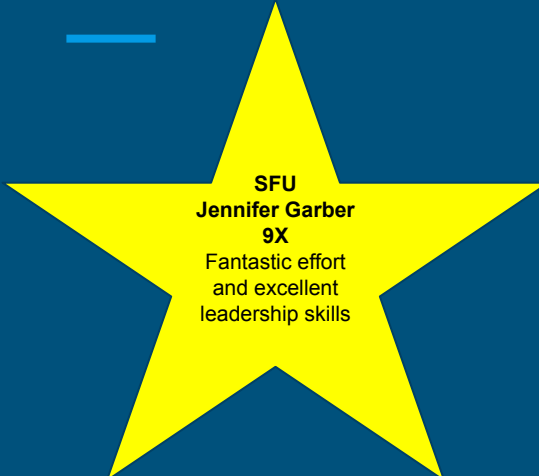
ACR
10T
Rahman Torgul
Excellent effort
in volleyball.

CYO
Vandna Divecha
10N
Fantastic bowling
skills shown in
Cricket.







Stars of the week



SFU
Jennifer Garber
9X
Fantastic effort
and excellent
leadership skills



RWH
Siroasan
Jeyakumar 10S
Fantastic effort in
HIIT lesson!



MTA
Riyan Varsani 9Y
Great gymnastics
skills



Weekly Challenge



How long can you hold a plank?
Have a go yourself! Submit your scores on the [Google Form](#).

Recipe of the week: Cupcakes

This week the year 7's have been making some tasty cupcakes.
So if you fancy a bit of sweetness in your life, why not give this quick and effective recipe a go.
(click food image to access the recipe)



Staff Profile

Miss Blackey



What's your favourite sport?	Tennis!
Who is your favourite sports personality?	I think Roger Federer is an amazing player
What is your most memorable sporting moment?	Competing with my form during sports days at ACS!!

Student Profile



Yug Y 7L

What is your favourite sport? Cricket

What is your most memorable sporting moment? Watching the IPL

Who is your favourite sports personality? MS Dhoni

Why? Because I love to watch him and try to copy his style!

Word of the week

Macronutrient

Macronutrients are the nutrients we need in larger quantities that provide us with energy: in other words, fat, protein and carbohydrate.

Can you use "Macronutrient" in a sentence?

MINDFULNESS

Stare at the candle, while noticing everything you can about it.

When your mind wanders, become aware of where it's going and bring it back to the candle flame.



This is a simple and easy exercise to train your brain to be mindful!