

# Sports News

Monday 14 December 2020



<https://www.bbc.co.uk/sport/av/golf/55297178>



<https://www.bbc.co.uk/sport/av/boxing/55293624>

# Important Notices

## STUDENT NOTICES

- **CLUBS** - No after school clubs this week. All will restart after the Christmas break.
- **Kit** - any student without the correct kit must bring a note from their parent/carer, explaining why incorrect kit is being worn. Students without correct kit or a note will be sent home.
- **Christmas holiday wellbeing** - think of some new ideas to help you keep fit in 2021. Click [here](#) for some ideas.



# Stars of the week

---

**NHZ**  
**Panna Szabo**  
**7V**  
Great  
performance in  
dance.

**KMM**  
**Rishi Patel**  
**11V**  
Excellent  
performance in  
football.

**CYO**  
**Kimari**  
**Stephenson-**  
**Ricketts**  
**7Y**  
Excellent effort  
shown in  
gymnastics  
performance.

**ACR**  
**Chaneka**  
**Ruddock**  
**7V**  
Excellent  
performance in  
dance.





# Stars of the week

---

**SFU**

**Zainab Radhi 7R**

For huge  
improvement over  
the course of this  
half term.

**RWH**

**Adeela Aamir  
10L**

Consistent effort  
in all fitness  
lessons.

**MTA**

**Hamza Mohamed  
7V**

Excellent  
Gymnastics  
knowledge



# Weekly Challenge

---



Miss Fubara's Record:  
3m56s

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

# Recipe of the week: Christmas Mince Pies

This week years 7 and 8's will be celebrating Christmas by baking some tasty Christmas Mince Pies. So if you fancy getting into the Christmas spirit, why not give this quick and effective recipe a go.  
(click food image to access the recipe)



# Staff Profile

---

Mr Sandu



What's your favourite sport?	Football!
Who is your favourite sports personality?	Steven Gerrard
What is your most memorable sporting moment?	When Liverpool won the champions league against AC Milan in 2005. Milan were winning 3-0 at half time. Then in the second half Liverpool came back 3-3. Finally, Liverpool won on penalties!

# Student Profile

---



## Mohil P 7L

**What is your favourite sport?** Cricket

**What is your most memorable sporting moment?** Playing in the football team!



# Word of the week

---

## Hypertrophy

**Hypertrophy means an increase in size, so muscle hypertrophy means the muscles get bigger. If you weight train regularly doing biceps curls, your biceps will show muscle hypertrophy. Cardiac hypertrophy is where the ventricle wall (heart muscle) gets larger or thickens as a result of exercise.**

Can you use "Hypertrophy" in a sentence?

# MINDFULNESS

Wherever you are - just stop and  
look around.

Become aware of everything your  
senses pick up.

How do you feel?  
Do you feel happy? Excited?  
Over-stimulated? Anxious?



*Take a moment and appreciate where you are and what is happening  
around you, along with how you're feeling in this moment!*