

# Sports News

Monday 15th March 2021



Late Sexton penalty gives Ireland win after  
Scotland fightback

# Important Notices

## STUDENT NOTICES

- **Reminder** - You wear your kit to school on the day that you have a S&H lesson.
- **Kit** - if you have any kit missing you **MUST** bring a note from home explaining why you do not have it.
- No sports clubs this week.

# ACS Sports Kit

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- ACS Green polo shirt
- ACS Green hoodie (optional)
- ACS Black joggers
- White soled, white trainers
- Spare socks and/or headscarf in case of bad weather.




**NO OTHER HOODIES SHOULD BE WORN TO SCHOOL. THESE WILL BE  
CONFISCATED IF SEEN ON THE SCHOOL SITE.**

# Stars of the week




**NHZ**  
Kara Bartholomew  
7P  
Amazing effort in  
football.

**KMM**  
Bayad BAKR 7L  
Fantastic recall of  
agility.



**ACR**  
Taylor  
McGowan-Charles  
8T  
Improved attitude  
and learning within  
lessons.

**CYO**  
Krish Chavda 8R -  
Superb effort shown in  
first practical lesson  
back.





# Stars of the week



**SFU**


**Ridhi Nair 11S**  
Positive attitude  
to learning and  
demonstrated a  
high level of  
ability in Street  
Dance. Great  
technique!

**AAD**  
Mazneen

Kaleelur-Rahuma  
Excellent  
attitude to  
learning and  
impressive  
agility.

**MTA**

Mohil Prakash 7L  
Excellent effort in  
lesson



# Weekly Challenge

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

# Staff Profile

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Mr Osmany



What's your favourite sport?	My favourite sport is mixed martial arts
Who is your favourite sports personality?	Khabib Nurmagomedov - UFC Athlete
What is your most memorable sporting moment?	Definitely the moment in UFC when Khabib humbled Conor McGregor - the brazen bully got his comeuppance!

# Student Profile

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Nuamaan S - 7X



What's your favourite sport?	Football
Who is your favourite sports personality?	Mo Salah because he always plays well and is in great form this year!
What is your most memorable sporting moment?	Winning a gold medal in Chess.



# Word of the week

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## Micronutrient

**Micronutrients** are one of the major groups of nutrients your body needs. They include vitamins and minerals. Vitamins are necessary for energy production, immune function, blood clotting and other functions. Meanwhile, minerals play an important role in growth, bone health, fluid balance and several other processes.

Can you use " Micronutrient" in a sentence?

# ACS Sport and Health Club



Register [here](#), join the ACS Sport & Health Club and to start logging your activity levels.

 STRAVA

# Leaderboard



**Mr Moore**

**4 hr 59 mins**

**10**



**Ms Bowerman**

**4 hr 9 mins**

**9**



**Mr Lauffer**

**59 mins**

**2**

Name	Total time	Activities
Mr Moore	4 hr 59 mins	10
Ms Bowerman	4 hr 9 mins	9
Mr Lauffer	59 mins	2



## Suggested Music For Meditation

Tips for meditation:

- Focus on your breath.
- Start your **meditation** by taking several deep breaths.
- Do a body scan. Focus on your feet and try and move your focus to the rest of your body focusing for few seconds on each part.
- Practice gratitude. Think of all positive things that you take for granted(Health,Family, Friends,Education). Some people don't have them.
- **Reflect** on the day. Think of how you can make this day as positive as possible. What behaviour can lead to a great day?