

Sports News

Monday 22 March 2021



BBC to screen WSL on TV next season in 'landmark' broadcast deal

Important Notices

STUDENT NOTICES

- **Clubs** - Sports Clubs start this week for Y7 - 9 students at Ealing Road. You must sign up before the club on the correct Google Form to attend.
- **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.

Y7 - 9 Sports Clubs

Sports Clubs start this week.

Please see the rota for your year groups
allocated day.

You must sign up first.

[Club Timetable](#)

Y7 - 9 Sports Clubs

Year 9 sports club google form [link](#)

Year 8 sports club google form [link](#)

Year 7 sports club google form [link](#)

ACS Sports Kit

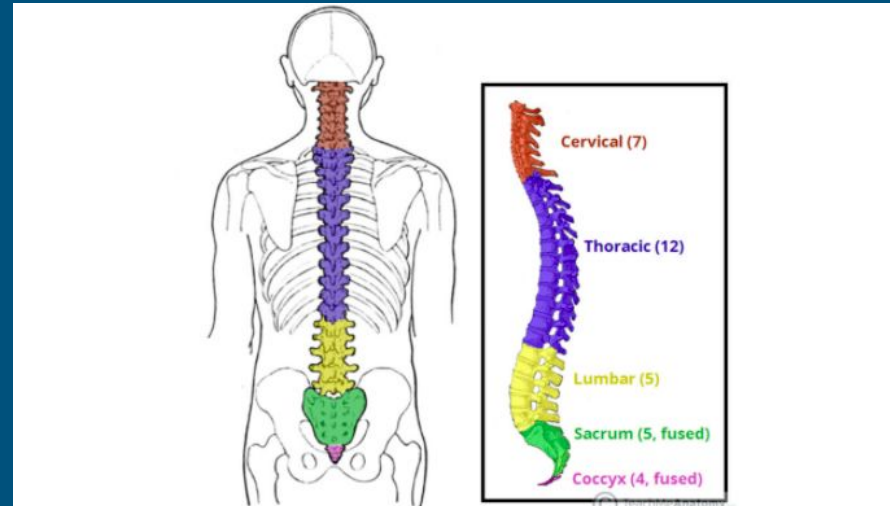
- ACS Green polo shirt
- ACS Green hoodie (optional)
- ACS Black joggers
- White soled, white trainers
- Spare socks and/or headscarf in case of bad weather.

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



Word of the week

— Vertebral column

The **vertebral column** is a series of approximately 33 bones called **vertebrae**, which are separated by intervertebral discs. The **column** can be divided into five different regions, with each region characterised by a different **vertebral** structure.






Stars of the week




NHZ
Stanislav Fruhvrit
10W
Outstanding effort
in fitness lessons.

KMM
Jaison D'Souza
7K
Fantastic
defence and
passing in
netball.

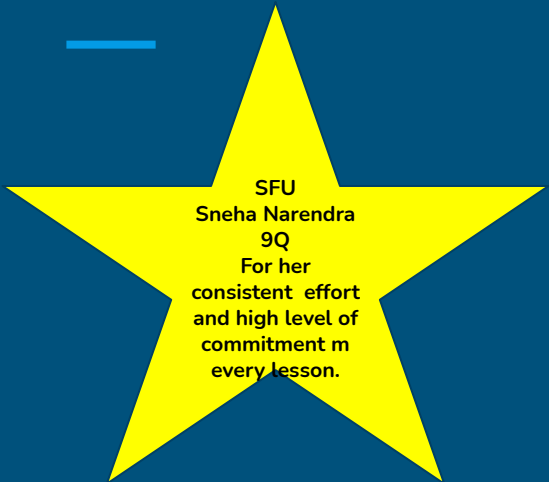


ACR
Bhumi
Rajendrakumar 7Y
Fantastic skills
shown in football
lesson.

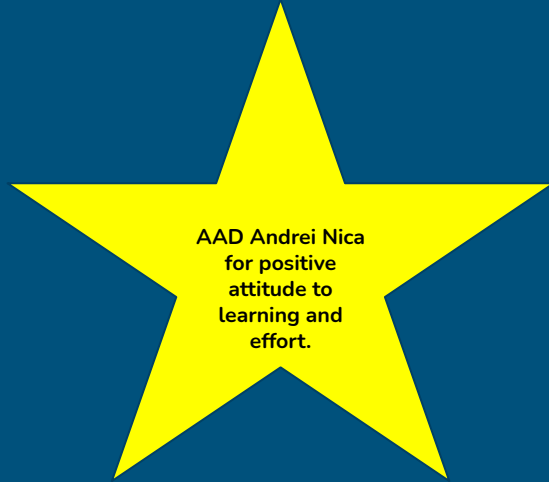
CYO
Deniss Pislaru
9K
Excellent effort shown
throughout both
fitness workout and
netball games.



Stars of the week



SFU
Sneha Narendra
9Q
For her
consistent effort
and high level of
commitment in
every lesson.



AAD Andrei Nica
for positive
attitude to
learning and
effort.



MTA
Jibril Sadik Ali 9R
Excellent football
skills

Student Profile

Priyashi R - 7W



What's your favourite sport?	Cricket
Who is your favourite sports personality?	Virat Kohli - He smashes the ball!
What is your most memorable sporting moment?	Getting to play football with my friends at school. I love it!

ACS Sport and Health Club



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

Leaderboard



Teacher	Total time	Activities
Mr Moore	5hrs 43mins	12
Ms Bowerman	4hrs 26mins	11
Riyen Varsani	2hrs 40mins	4
Miss Cathcart	2hrs 34mins	4
Mr Lauffer	1hr 36mins	3

Staff Profile

Mr O'Donnell



What's your favourite sport?	Boxing
Who is your favourite sports personality?	Joe Calzaghe as he was a huge inspiration to me when I was boxing.
What is your most memorable sporting moment?	Winning my first amatur boxing bout!

Challenge of the week

Alternating Superman Plank



How many alternating superman plank holds can you do in 30 seconds? [Google form](#)

How can mindfulness help with anxiety

Video:What is Anxiety?

- 1)Open your attention to the present moment. The present moment might not be the best. Acknowledge the experience of negative feelings without judgement but with honesty.
- 2)Focus on the breath. Take slower and deeper breaths without processing any feelings. By slowing down you breath you can take a moment and create space to calm yourself and start examining what caused the negative feelings in the first place.In that way your worries will not consume you.
- 3)Once you are calm, try and identify what caused these feelings.

Mindfulness helps you acknowledge your worries, irritations, painful memories, and other difficult thoughts and emotions. By going with what's happening rather than expending energy fighting or turning away from it, you create the opportunity to gain insight into what's driving your concerns. Finding the cause often brings feeling of relief and freedom.

Task: Think of a moment or an incident that made you feel anxious. How did you deal with it? Would you have done something different? What would you do in the future?

Useful links:

[How Mindfulness helps with Anxious feelings](#)

[Meditation for Anxiety](#)