

# Sports News

Monday 29 March 2021



[Women's football: European Club Association plans second-tier European club competition for women](#)

# Important Notices

## STUDENT NOTICES

- **Clubs** - Sports Clubs started last 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.

# ACS Sports Clubs Week

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- Opportunity to try out new sports.
- Prepare for summer club programme.

## Y7 - 9 Sports Clubs

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Sports Clubs continue this week.

Please see the rota for your year groups  
allocated day.

You must sign up first.

[Club Timetable](#)

# Y7 - 9 Sports Clubs

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

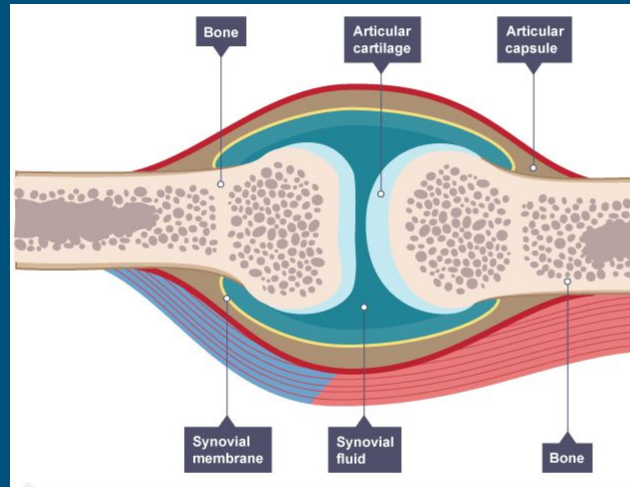
Year 8 sports club google form [link](#)

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

# Word of the week

## Synovial joint

**Synovial joints** (freely movable joints) allow us the free movement to perform skills and techniques during physical activity. Synovial joints have synovial fluid in the joint cavity that lubricates or 'oils' the joint so it moves smoothly. Synovial fluid is made by the synovial membrane.



# Stars of the week


NHZ

KMM  
Praventhan  
THEVAKUMAR 9T  
Fantastic passing  
in football.

ACR  
Yosef Jbara  
9L  
Excellent effort and  
determination in  
netball.

CYO  
Priyasa Janot - 10V  
Showing great  
resilience whilst  
developing bowling in  
cricket lesson.


# Stars of the week



SFU  
Urooj Ali 8Q  
For excellent  
Football skills



AAD Himani  
Samji for  
excellent  
officiating during  
Netball games.



MTA  
Riyen Varsani 9Y  
Great STRAVA  
scores



# Staff Profile

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Mr Green



What's your favourite sport?	Football
Who is your favourite sports personality?	Ian Wright. He never gave up on his dream, kept positive and had the mindset to succeed.
What is your most memorable sporting moment?	Age 14 winning the Middlesex school FA Cup

# Student Profile

Harshil - 8X



What's your favourite sport?	Cricket
Who is your favourite sports personality?	Virat Kohli - He's such a great batsman and always uses good teamwork.
What is your most memorable sporting moment?	Scoring the winning goal with header for my primary school.

# ACS Sport and Health Club



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

 STRAVA

# Leaderboard



Teacher	Total time	Activities
Ms Bowerman	6 hrs 11 mins	11
Mr Moore	5 hrs 2 mins	10
Riyen Varsani	3 hrs 22 mins	6
Mr Lauffer	47 mins	1

## Mindfulness is different for everyone.

If you feel like mindfulness isn't working, then it's possible you need to change your understanding of what being mindful is for you.

Keep playing around with different options until you find the right fit.

Watch this [Mindfulness Youth Voice video](#) for more information.

Mindfulness can be practiced during various activities.

