

Sports News

Monday 26 April 2021



Carabao Cup: Players and pundits revel in fans' return at Wembley

Important Notices

STUDENT NOTICES

- Sports Clubs Week 2. Y12 & 13 - Tuesday, Y7 - Wednesday, STAFF - Friday. Please sign up on the Google Form.
- Sports Teams will start next week. Look out for notices about trials and team events this week.

Sports Week 2

Y7

Y12 & 13

Week beginning 26/04

MON 26	TUES 27	WED 28	THURS 29	FRI 30
NO CLUBS	Y12 & 13	Y7	NO CLUBS	STAFF CLUBS

Registration for clubs week beginning 26 April

Year 12 & 13 sports club google [form link](#)

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

Staff sports club google [form link](#)

YOU MUST CHOOSE 2 DIFFERENT SPORTS

Basketball Clubs



- WK 1 & 2 Year 9 Tuesday, 3.30 -4.30,
Stanley Avenue, Outdoor Court.
- WK 1 & 2 Year 11 Friday, 3.30 -4.30,
Stanley Avenue, Outdoor Court.

one week to go! **Entry Closing Date 30/04/2021**



ENTER NOW HERE - <https://www.tfaforms.com/4857977>

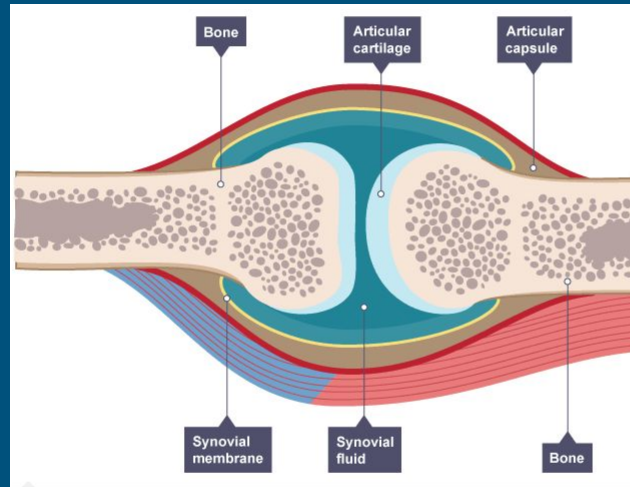
ing VIRTUAL! Get ready for rowing, racing and record making as London Youth Rowing prepare for a bigger and more inclusive event than ever before.

Please speak to Mr Moore if you would like to enter the VIRTUAL rowing championships. Training will begin soon!!!!

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.



Staff Profile

Ms Falad



What's your favourite sport?	Badminton
Who is your favourite sports personality?	My favourite sports personality is Marcus Rashford because he's a good player and has kickstarted many initiatives to help, support and encourage communities across the UK. His free school meals campaign, particularly, stood out to me as something both courageous and kind. His book club, too, has encouraged and inspired hundreds, if not thousands, of students across the country to start reading for pleasure.
What is your most memorable sporting moment?	My most memorable sporting moment had to be when my sister and I had a skipping contest; I managed to get to 300 skips without stopping! (This was a few years ago, however, I'm not sure I'd be that great now!)

Student Profile

Jay 7R



What's your favourite sport?	Cricket!
Who is your favourite sports personality?	Virat Kohli - such a good player and leader!
What is your most memorable sporting moment?	Watching the IPL.

Stars of the week

NHZ

Juhil Suresh
7V
Excellent effort in
the bleep test.

**KMM-
Junayd
Aidarews**

9Y-Fantastic
demonstration of
resilience during
the MSFT test
whilst fasting.

ACR

Priyatam Kantilal
9S
Fantastic
improvement in
their MSFT score.

CYO

Oscar Rybakowski 8L -
Excellent effort shown
during MSFT.

Stars of the week



SFU
Parthavi Patel
7Q
Excellent team
work and fielding
skills in Rounders

AAD
Caroline
Christopher
Knowledge of
anatomy and
excellent
performance in the
lesson.



MTA
Thomas Hall 11R
Fantastic
Rounders



Weekly Challenge

Dance Challenge this week!

How long can you hold a jazz or ballet retiré?



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

Emotional Intelligence

Emotional intelligence is one's ability to be intelligent with their emotions. More specifically it is the ability to do the following:

- ❖ recognize, understand, and manage your own emotions
- ❖ understand how others might feel and why (being empathetic)
- ❖ manage your emotional reactions
- ❖ choose a different mood or feeling

Why Teens Might Lack Emotional Intelligence?

The pre-frontal cortex (the part of the brain which governs reason and logic) is still developing. For the most part, because teens lack a fully developed pre-frontal cortex, they can be emotional and impulsive, and lack some degree of emotional intelligence.

Despite their need for further brain development, teens can in fact become more emotionally intelligent!

Here is how:

1) **Talk** about Emotional Intelligence. Be aware of what emotional intelligence is and be able to think of examples of people that have high and low emotional intelligence. What would be different about them? Who is happier?

2) Practice Emotional Intelligence. Becoming emotionally intelligent takes practice. It means remembering to be aware. Awareness doesn't come because you want it to come. It requires a choice, a conscious decision to be aware of one's feelings. Think of a situation that makes you uncomfortable or excited and ask yourself :

- How do I feel about that?
- What was/is my first reaction?
- What fears or anxieties are getting in my way?
- What am I excited by?
- How did that make me feel?

Researchers have found that Emotional Intelligence is equal to or sometimes much more important than I.Q People who have developed their emotional intelligence have healthier relationships and live happier, more fulfilling lives.