Sports News

Monday 10th May 2021



Lewis Hamilton takes control

Important Notices

STUDENT NOTICES

- Check the latest clubs rota.
- Sign up to attend clubs. You MUST sign up to attend.
- Uniform passes must be shown on days when you do not have S&H lesson but are attending a club.

Y7 - 9 Sports Clubs

JOIN a new club!!!!

You can join multiple clubs per week.

You must sign up first.

Club Timetable

Registration for all clubs

Year 7 sports club google form link

Year 8 sports club google form link

Year 9 sports club google form link

YOU MUST SIGN UP TO ATTEND



Please come to the Fitness studio at Lunchtime on the following days to train for the competitions. You must have your correct sports kit to take part.

Year 7- Wednesday 12th May

Year 8-Tuesday 11th May

Year 9- Monday 10th May

Staff Profile

Miss McDonnell



What's your favourite sport?	MotoGP
Who is your favourite sports personality?	Valentino Rossi
What is your most memorable sporting moment?	Watching England beat India in the women's cricket world cup at Lords

Student Profile

Shivang S 8V





Stars of the week

NHZ

Sagana Maheswaran 7K Outstanding batting in rounders. KMM- Chirag Meghji 10S Fantastic written exam knowledge.

CYO

Swati Chandrkant 10P
- Outstanding effort
and ability shown
whilst bowling in
cricket.

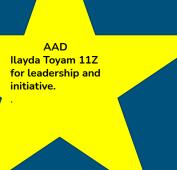








Stars of the week



MTA
Hemal Manikant
11V
Excellent bowling
technique



8 Mindfulness Habits you can Practice every day

- Take some time in the morning: The morning offers a great opportunity to practice your mindfulness.
- **Eat mindfully:** Take the time to really chew and appreciate each bite.
- Spend time outside: Observe what you see on your walk, how the weather feels, what you hear.
- Meditate: In a sense, meditation is the art of mindfulness. In meditating, you are taking the time to connect with your mind.
- Feel Feelings:In being mindful, you don't want to avoid your feelings. Part of it is being in the present moment, just the way that it is.
- Create Something: If you have a creative hobby, this can also be a good opportunity to practice mindfulness.
- Engage in Physical Activities You are Passionate About: It is easiest to be mindful when we are doing something that we enjoy and

which requires the attention of the body and mind.





