

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






What's your favourite sport?	Cricket.
Who is your favourite sports personality?	MS Dhoni - Because he is the best player and the captain of CSK!
What is your most memorable sporting moment?	Scoring the highest number of runs in our primary school tournament.

Stars of the week




NHZ
Sagana
Maheswaran
7K
Outstanding
batting in rounders.

KMM- Chirag
Meghji 10S
Fantastic
written exam
knowledge.



ACR
Uzair Kapadia
8Q
Fantastic batting
within rounders
lesson.


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



Stars of the week



SFU
Na'Rae Williams
7L
Impressive
fielding skills in
rounders



AAD
Ilayda Toyam 11Z
for leadership and
initiative.



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.

