

Sports News

Monday 17th May 2021



Leicester win first ever FA Cup Final against Chelsea

Important Notices



STUDENT NOTICES

- Well done to our ACS Rowing Team for a set of fantastic results in the National Rowing Competition. Special mention for Yosef Jbara 9L. He came 29th nationally! Well done Yosef!
- Sport Team registration closes on Friday 21st May.
- Y7, 8 & 9 Annual Rounders Interform Competition - takes place in lessons next week.
- Reminder on Sports kit - only the ACS kit should be worn to school. LEGGINGS are not allowed - ACS black joggers ONLY.



Year 7 and 9 students took part in the National Junior Indoor Rowing Championships in their Sport and Health lessons on the 13th & 14th May.

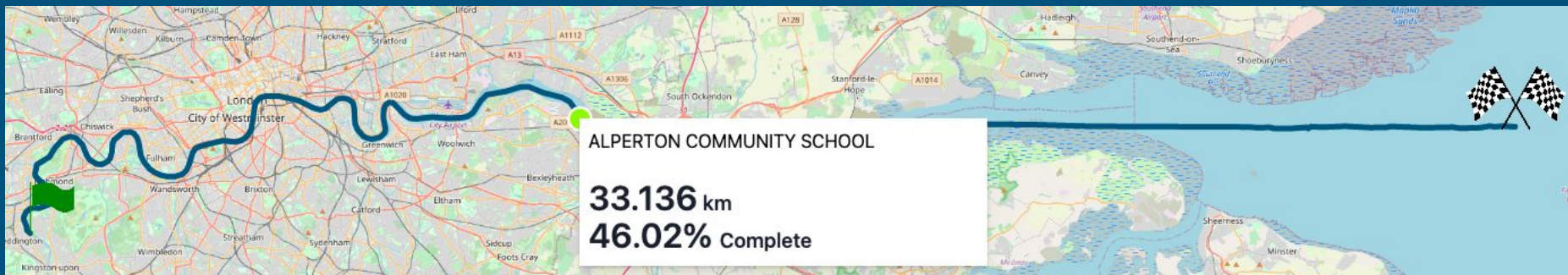
Well done to all of the students who took part and trained for the event and congratulations to the following students who made the top 100 in their respective year groups.

29	Boys		Jbara, Yosef ALPERTON COMMUNITY SCHOOL	1,042.0	04:00.0	1:55.2	9	CONCEPT 2 INDOOR ROWER
89	Girls		Ashok, Hridayni ALPERTON COMMUNITY SCHOOL	443.0	02:00.0	2:15.4	7	CONCEPT 2 INDOOR ROWER

NJIRC 21

NATIONAL JUNIOR INDOOR ROWING CHAMPIONSHIPS

During the competition Alperton managed to row a combined distance of 33km completing 46% of the Tidal Thames!!



NJIRC 21

NATIONAL JUNIOR INDOOR ROWING CHAMPIONSHIPS

Results

Year 7 Girls -2 minute row results

1	Hridayni	7Y	443 metres
2	Reshu	7W	439m
2	Preethi	7Y	439m
3	Pal	7W	432m
4	Elena	7V	431m
5	Chaneka	7V	421m
6	Bhumi	7Y	416m
7	Robyn	7X	401m
8	Neha	7W	382m
9	Prachi	7W	376m
10	Sibal	7V	374m

Year 7 Boys -2 minute row results

1	Abisan	7X	444 metres
2	Rishap	7W	432m
3	Manav	7W	429m
4	Jay	7W	397m
5	Arturs	7Y	390m
6	Darpan	7W	387m
7	Sudhan	7V	380m
7	Juhil	7V	380m
8	Devam	7Y	378m
9	Tarun	7Y	377m
10	Neil	7W	370m

NJIRC 21

NATIONAL JUNIOR INDOOR ROWING CHAMPIONSHIPS



Year 9 Girls -4 minute row results

1	Nicola	9Y	865m
2	Ruchita	9K	810m
3	Ishika	9L	787m
4	Siya	9X	781m
5	Dhrutika	9X	755m
6	Gunn	9K	754m
7	Angela	9Y	738m
8	Reya	9Y	736m
9	Richelle	9Y	719m
10	Rahma	9K	712m

Year 9 Boys -4 minute row results

1	Yosef	9L	1042
2	Jevon	9P	957
3	Parth	9X	954
4	Tomasz	9P	952
5	Niral	9N	916
6	Hareesuthan	9X	915
7	Shivam	9Y	909
8	Eriks	9P	904
9	Riyen	9Y	899
10	Pharrell	9X	887

Rowing Club



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

Year 7- Friday 21st May

Year 8- Wednesday 19th May

Year 9- Tuesday 18th May

Y7 - 9 Sports Clubs

JOIN a new club!!!!

You can join multiple clubs per week.

DEADLINE FOR JOINING 21 MAY 2021.

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

Year 7 Boxing Club Week 1

The Y7 boxing club has been so popular we will have a rota with students on this list attending in week 1.

Cassie Isaacs R Vihar Shatugana R Jay Prajapati R Ankit Shantilal R Angello Rosolek S Matei Vasilica S	Rutik Kantilal S Shivam Balu T kirtan Shantilal T Armaan Malik V Smit Hitesh V Sudhan Amrutlal V	Sophia Kaseke V Flavius Druga V Armaan Malik V Juhil Suresh V Darpan Soma W Manav Ramesh W	Thayaana Jeyabalan W Riken Shivji W Preethi Srinivasapuram Y Hridayni Ashok Y Tarun Chantrakant Y Jessie Davis Y Devam Desai Y
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Year 7 Boxing Club Week 2

The Y7 boxing club has been so popular we will have a rota with students on this list attending in week 2.

Amir Alati K Dhruvik Pradipkumar K Dhurv Ratilal K Narae Williams L Jenisha Rama L Rida Siraj R	Sonali Kishor L Iksir Abdillahi L Anaiya Kumar L Melency Aguiar N Sache Morgan N Nikithan Puvanenthiran R	Rahul Bulsara N Iqra Cadir P Elizabeth Samons P Miamee Brown-Bleau P Prachi Lalitchandra P	Milan Parxotamo P Hamza Bouazaoi Bouhia P Cristina Suciu Q Dhruvesh Subhashcumar Q Preet Khamar Q
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ACS INTERFORM COMPETITIONS 2021

WHICH FORM WILL BE 2021 CHAMPIONS?

*IN LESSONS
STARTING MONDAY
24TH MAY*

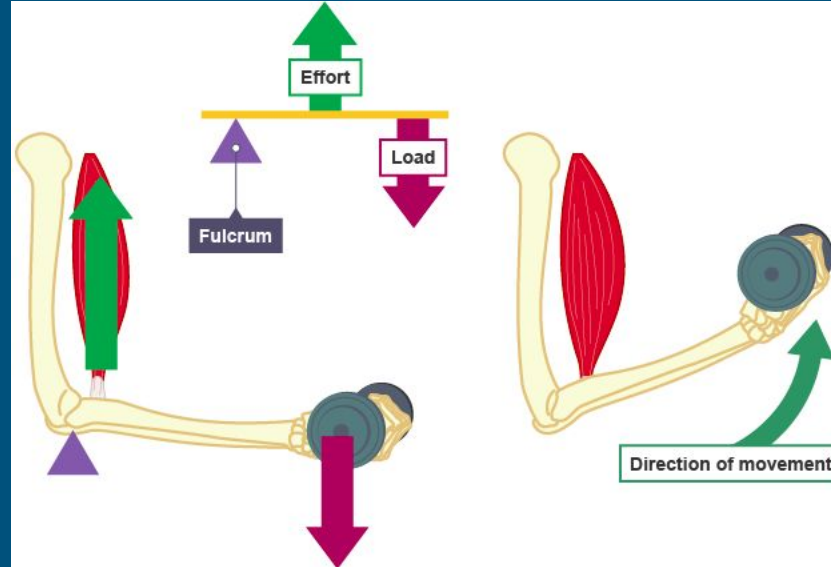


LET'S PLAY ROUNDERS

IMPROVE YOUR SKILLS IN LESSONS AND THINK OF STRATEGIES IN FORM TIME

Word of the week

Third class lever –The effort is in the middle between the fulcrum and the load.



During a biceps curl, the fulcrum is the elbow joint, the effort comes from the biceps contracting and the resistance is the weight of the forearm and any weight that it may be holding.

Year 10 inter form competition

10Y			
	1st	2nd	3rd
Multi stage fitness test	10P	10R	10N
Touch Rugby	10P	10Q	10R
Football	TBA		

10Z			
	1st	2nd	3rd
Multi stage fitness test	10V	10S	10T 10X
Touch Rugby	10S	10W	10V
Football	10X	10V	10S

Staff Profile

Mr Oliviera



What's your favourite sport?	Tennis
Who is your favourite sports personality?	Novak Djokovic
What is your most memorable sporting moment?	Winning Tennis singles and Badminton doubles tournaments in Portugal. Equally, watching Andy Murray win against Roger Federer in the 2012 Summer Olympics

Student Profile

Neha V - 7W



What's your favourite sport?	Football`
Who is your favourite sports personality?	Serena Williams - She's the best player and is an icon for women in sport!
What is your most memorable sporting moment?	Playing netball for my school team.

Stars of the week

NHZ
Dharini
Porxotomo
11P

Great effort in
rounders
tournament

KMM-Jevon
Sturge
9P-Outstanding
determination in
the NJIRC
rowing
competition.

CYO
Jainil Dipendrakumar
9N - Great application
of learned bowling
technique in a game.

ACR
Yosef Jbara
9L
Achieving 29th place
in the indoor world
rowing competition.
Well done

Stars of the week

SFU

Nicola Siekierska
Excellent rowing
in the
competition, 1st
place for year 9
girls in Alpertown.

AAD

Bhumi Sanjivkumar
8Y for consistently
excellent
performance in
lessons.

MTA

Dhruv Rajesh 8P
Excellent Bowling
technique

5 Ways to Foster Friendships with Mindfulness

- 1) **Make time for your friends-Life is busy, and it's easy to get immersed in homework and obligations. Make some time during the week to spent with your friends.**
- 2) **Communication is key-Pay attention and listen when your friend talks to you and be there to support them. Share your own stories and experiences, but also ask for help or explanations when you need them. All relationships are a two-way street, and communication has to flow both ways in order for it to function.**
- 3) **Support them during difficult times-It's just as important to be each other's shoulder to cry on, back to lean on, or ear to bend. And we all need that helpful friend who offers solutions or help without imposing or judging.**
- 4) **Respect personal space-Although spending time with your friends is important, giving each other some space to breathe matters just as much. Sometimes, being in the background can be more valuable than constantly being in each other's presence.**
- 5) **Sometimes, being a good friend means being a better friend to yourself. Acknowledge and accept when someone isn't reciprocating. Don't waste precious time with negative thoughts. There's nothing bad or wrong with this—not everyone is meant to be in our lives forever.**