

SLOUGH AND ETON REVIEW

DECEMBER ISSUE – 19th December 2018



Happy Holidays!

Dear Parents and Carers,

This has been a really busy and exciting term for the students and staff. The Reviews have shown how much is on offer for our students and we look forward to continuing that in the Spring Term.

I hope all parents, students and families have a great time over the Christmas period and look forward to your continued support next year. Please remember school restarts for students on Tuesday 8th January at the usual time.

Merry Christmas

Mr Collins

Twitter : @SloughEtonHead



KEY DATES



Wednesday 19th December 2018 - Last Day of Term (12.30pm finish)
Tuesday 8th January 2019 - New Term Starts

Newsletter



Have a story you would like included in next months newsletter ?
Please contact us with your story. Email : sloughandetonreview@slougheton.com

Work Hard - Be Nice - No Excuses

17th Dec 2018

Certificate Evening

On Monday we hosted our annual Certificate Evening. It was a wonderful event with students receiving prizes for their exceptional performance and attainment. We were delighted to have Emily Craig as our guest speaker. Emily is a part of the Great Britain Rowing team and won the gold medal in the lightweight quad scull at the 2016 World Rowing Championships! The whole ceremony was hosted by our Head Boy, Danyaal and Head Girl, Faiza. Well done to all students who won awards and to all the staff who made it possible.



Headteacher's Commendations

Students met with Mr Collins on Monday 10th December to receive a Headteacher Commendation. Very well done!

Andrew	Year 9	<i>For showing the school Christian Values and helping a medical student. Very respectful and mature.</i>
Zara	Year 7	<i>For outstanding English homework.</i>
Sultan	Year 7	<i>For being a brilliant young person, having had a great start to life at Slough and Eton. Being polite and working extremely diligent in class. Sultan receives a lot of praise from teachers, especially Maths.</i>
Haajar	Year 7	<i>For being a brilliant young person, having had a great start to life at Slough and Eton. Being polite and working extremely diligent in class. Haajar attends a lot of extra curricular clubs and has stepped in to fill a role in the school production.</i>

Christmas Movie Night

Year 8 enjoyed a fun-filled Christmas Movie Afternoon. Those invited were the students that had worked hard, been nice and had no excuses the whole term. Their attendance and punctuality was also immaculate. Keep it up Year 8 and we hope to see many more joining in with the fun next time!



Senior Citizens' Christmas Party

Slough and Eton had the pleasure of inviting over 190 senior citizens from the local community to join us for our annual Christmas party.

The evening consisted of live entertainment from the Music and Drama department, with instrumentals from students who sang and played 'Say you won't let go', followed by a trio of songs from the school choir: 'Read all about it', 'Mary did you know' and 'All I want for Christmas'.

We were lucky to have a sneak peek at one of the scenes from the school production 'Beauty and the Beast', which our guests seem to really enjoy.

Mrs Holland and Mrs Hadaway hosted the evening in style and with the odd joke thrown in.

Our guests participated in a Christmas quiz and a round of bingo with lots of prizes up for grabs and had the opportunity to win more prizes in the Christmas Raffle.

Santa Claus and Mrs Claus and their helping elves made a flying visit to hand out gifts to all our guests. Thank you to Mrs Nash and her family.

Hospitality was provided by the Year 10 GCSE Food Studies class who prepared a selection of savoury foods and sweet desserts.

The evening finished with all staff and students coming together on stage to sing a selection of Christmas Carols led by a former teacher Mr Bremner. It was easy to say the evening finished with a bang.

Feedback from carer's and the guest's was very appreciative of the hard work that went into organising the event and they had a lovely time.

For some of our guests this is their only festive time and everyone at Slough and Eton made sure they had a good time.

A huge thank you to all staff and students who helped make this evening happen.





Since September we have been working on the Whole School Production of Beauty and the Beast Jr, performed on Wednesday 12th and Thursday 13th December. The students have been working really hard learning songs, dances and lines. All that hard work paid off as they did an amazing performance. It was great being able to showcase the talent that we have at our school. We had a wide variety of years take part; (please see cast list on next page).

We would like to particularly say well done to Rana who played a stand out performance of Lumiere, her characterisation quite literally lit up the stage. We would also like to say well done to Suhani who brought 100% effort during every rehearsal. Haajar also did an amazing job taking on the role of chip 3 weeks ago and did a brilliant job learning all the lines, dances and songs. We also have to mention the heartfelt singing of Aida and Kiana who sang the songs beautifully.





Cast List

Narrator 1	Ella -7 Grey
Narrator 2	Paris -9 Mauve
Narrator 3	Suhani -7 Blue
Narrator 4	Sehrish -7 Yellow
Belle	Kiana -7 Green
Maurice	Uzair -10 Red
Beast	Aniruddha -10 Blue
Gaston	Kyan-10 Red
Lefou	Nasrin-10 Yellow
Silly Girl 1	Liandra -10 Blue
Silly Girl 2	Alisha-10 Green
Silly Girl 3	Maham-10 Grey
Lumiere	Rana – 10 Red
Cogsworth	Alicia-8 Grey
Mrs Potts	Aida -12 Blue
Babette	Victoria -7 Mauve
Madame De La Grande Bouche	Ruvarashe -10 Blue
Chip	Haajar -7 Mauve
Old Beggar Woman/ Enchantress	Jasreen-12 Mauve
Monsieur D'Arque	Alisha-8 Blue
Servant/ Villager	Aparaami-8 Mauve
	Husna -8 Green
	Zishan -10 Blue
	Soha -8 Red
	Oliwia-8 Blue
Costume	Jamila – 10 Blue
Props	Lina – 10 Yellow
Stage Manager	Romaan– 12 Yellow
Stage Crew	Raoul– 8 Mauve
	Zeeshan – 12 Green
	Haijra – 13 Mauve
	Qurratul – 13 Grey



This whole school production is really a whole school effort we would like to say a big thank you to:

- The Art Department for the amazing set and photos taken
- The Technology Department for helping to build some of the props
- The Food Technology team for the delicious food they put on after
- The Site Team for their help putting up the set and keeping the school open for rehearsals
- The Admin team for all the printing of the tickets and programmes
- The Prefect team for helping during the performance nights
- Mr Sutton for doing the microphones and lighting
- The Music Department for the great music

Also a massive thank you for those that came to watch the performance your support is greatly appreciated.



Seniores

Session 3: Ash Rizi



Last week we welcomed our third guest for an evening of discussion and activities, centred on the idea that it is completely fine to try a range of different careers before settling on the one that suits you best.

Ash Rizi, an up-and-coming actor with a special link to the school, has starred in a range of TV shows from *Eastenders* to *Silent Witness* and even written and directed his own short film. Given this success you would be forgiven for thinking that he has been acting his whole life, but he has had a long list of jobs including waiting in a restaurant, working in investment banking and even tutoring students through their GCSEs!

During the session, the Seniores were asked to come up with a film plot and try to sell their idea. Some of the ideas that surfaced were fantastically imaginative, including one with an app that made time stand still and one which delved in to the darkest depths of outer space. It was great to see everyone so engaged and able to consider freely the important questions about what they want to do with their lives. Well done also to Farhan for closing the session with some thoughtful remarks.

Our next guest will be Tan Dhesi MP, the Member of Parliament for Slough, on Thursday 24th January.

SCHOOL ATTENDANCE MATTERS

School starts at 8.30am

Our end of year **attendance target** is for every student to reach a **minimum of 96%** attendance. Therefore, to help support this please adhere to the following;

Registration: All students **MUST** arrive by **8.30am**.

Punctuality: Any student that arrives in school after 8.30am is marked late and advised accordingly of sanctions in place. If lateness persists, parents/carers will be contacted to discuss this matter further. If no improvement is made then the Attendance Service at Slough Borough Council may issue a Warning/Penalty Notice.

Absence: If a student is absent from school due to illness or has a medical appointment, we will require a parent/carer to contact the school by telephoning the absence line on 01753 486047 ext. 285 by **9.30 am** or emailing: attendance@slougheton.com. On the student's return to school he/she must **bring a signed note with the explanation** of the absence and/or medical evidence.

Appointments: There has been an increased number of appointments this half term. We know sometimes it is difficult to control some appointments, however, if possible please make appointments after school, towards the end of the day, or during the school holidays to minimise absence.

If a student has a medical/dental appointment during the school day, we **must** see proof of this appointment. For safeguarding reasons, students from Years 7 to 11 must be collected by their parent/carer from the school reception as **no** student will be allowed to leave the school site unaccompanied.

Leave of Absence Request: Forms are available from the school, however, **no** holiday will be authorised unless for **exceptional circumstances** in which case evidence may be requested. Unauthorised absence may incur occur a penalty notice.



MINUTES LATE	IMPACT ON YOUR ATTENDANCE IN A YEAR
5 MINUTES A DAY =	3.4 days 98.4% attendance
10 MINUTES A DAY =	6.9 days 97.6% attendance
15 MINUTES A DAY =	10.3 days 94.6% attendance
20 MINUTES A DAY =	13.8 days 92.9% attendance
30 MINUTES A DAY =	20.7 days 89.2% attendance



We break up on Wednesday 19th December at 12.30pm and expect to see every student back to school on Tuesday 8th January 2019. Please remember to wrap up warm.

Year 8 Visit from Shayestah and her Team

On Thursday the 6th December the RE department invited volunteers from Stoke Poges Mosque to come in to deliver some topics from our programme of study to Year 8 students. We covered following topics;

- ☾ What is Islam
- ☾ Rites of passage (birth, death and age of accountability)
- ☾ Parents' right and role in an Islamic family
- ☾ Healing foods
- ☾ Artefacts and history of Islam

Students and staff thoroughly enjoyed the workshops and presentation delivered by the team.

They found the day to be productive and felt they have learnt much more about Islam than they knew before.





Some of the students have said following about the workshops:

“

I learnt a lot about Islamic culture and life. It was a great workshop.

”

“

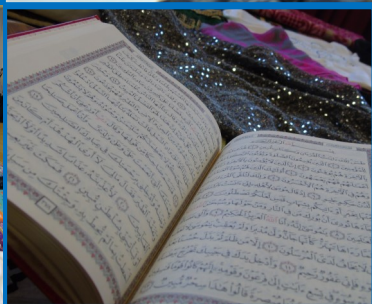
This enhanced my knowledge and helped me understand more so I can tell my siblings.

”

“

I needed to know about age of accountability and it was explained really well.

”



Overall it was an excellent day for Year 8 and they will build on the information they have gathered now for their GCSE exams.



Year 8 Literacy Day

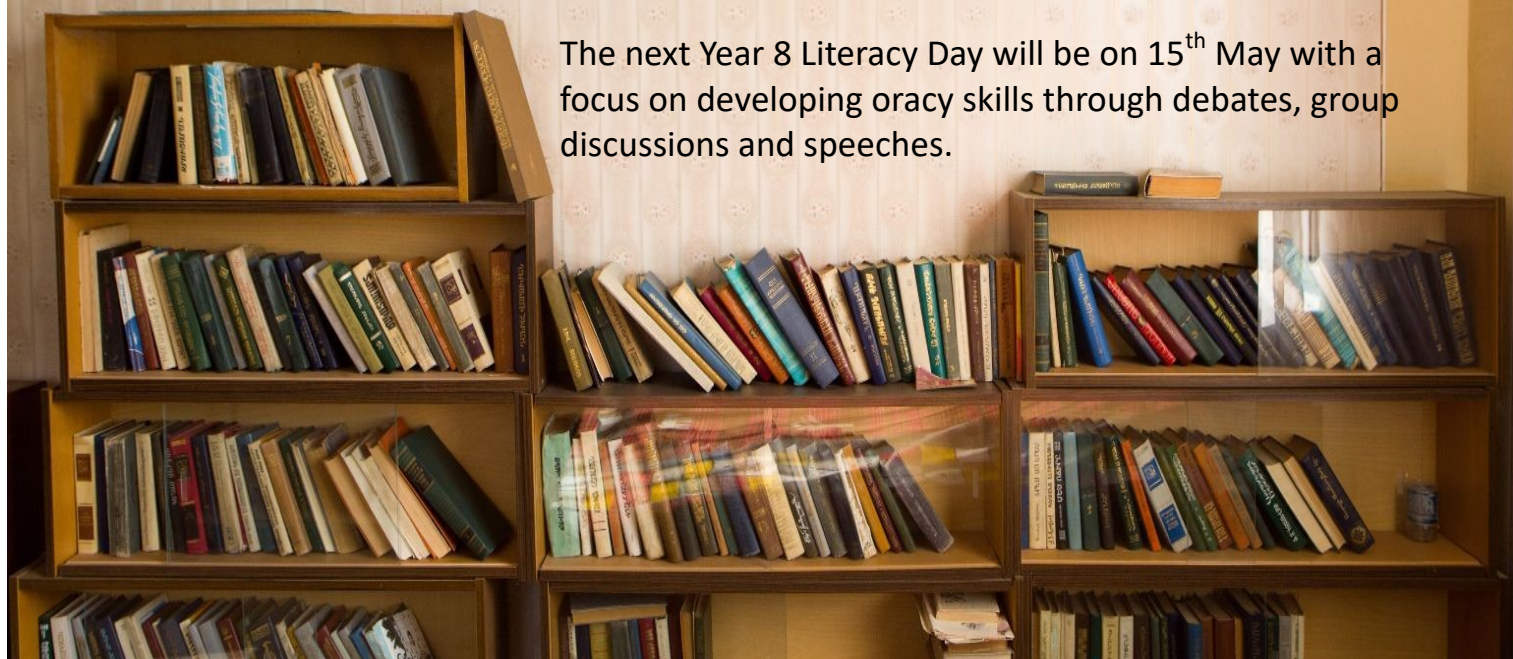
28th November 2018



Students across Year 8 took part in a Literacy Day, a day led and organised by the Head of English, Mrs Afraoui, and our guest speaker, Becci Fearnley. Becci is a professional poet and bookmaker. She developed and led literacy workshops in the main hall for our Year 8 students on the importance of developing reading, writing and oracy skills for success both academically and interpersonally. Studies have shown there is a positive correlation between those who read for pleasure experiencing higher levels of happiness than those who do not. Reading for pleasure is the reading we do of our own free will, anticipating the satisfaction we will get from the act of reading.

We have a fantastic library available and our students have been encouraged to read every day for at least 20 minutes in order to learn millions of new words. They are now equipped with a Literacy passport with several literacy activities for them to complete across our school in a variety of subjects before 6th February 2019. Their passports will be reviewed by the Literacy team. Students will be awarded Literacy certificates on completion of their passports. There are two Literacy days each year for each KS3 Year group.

The next Year 8 Literacy Day will be on 15th May with a focus on developing oracy skills through debates, group discussions and speeches.



Pantomime at Windsor Theatre

OUR BIGGEST AND BEST SELLING PANTO EVER!

BASIL BRUSH

ANNE HEGERTY

80 YEARS OF
WINDSOR
PANTOMIME

ANITA HARRIS

MARTI WEBB

MIKE READ

KEVIN CRUISE

DICK WHITTINGTON

STEVEN BLAKELEY

We took lots of Year 7 students and a few Year 8, 9 and 10 students to the Theatre Royal Windsor to see the pantomime Dick Whittington. Most of the students walked to Windsor through Eton and enjoyed seeing Eton College. Everybody enjoyed the performance and had a great time singing and dancing and getting into the Christmas spirit.



kooth

We're still here to help over the festive season

24/7 access to self-help materials and daily online counselling available over the holiday period



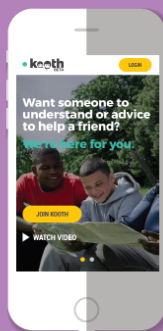
Chat to friendly counsellors online 365 days a year



Read self-help articles written by other young people



Join peer-to-peer support forums



Visit kooth.com to sign up for free today

Taekwondo Club

Next term between January and February half term we will be running a Taekwondo Club every Wednesday after school with an external coach.

If you are interested in joining this club please see Miss Dale.



CHRISTMAS COMPETITION

#S&EReviewChristmasCompetition



Step 1 : Take a picture of something Christmassy.

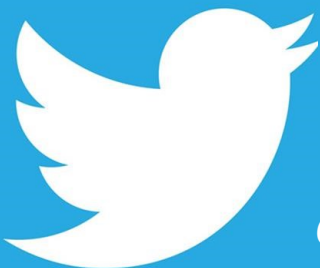
Step 2 : Send to :

sloughandetonreview@slougheton.com

Step 3 : Sit back and await the results!



The winner will receive 200 Vivo points



Follow us
on Twitter!

@SloughEtonHead

Tips :

Have you spotted something
Christmassy while out and
about ?

Or maybe there's something
twinkly in your own home?

Have you started Christmas
baking ?

Whatever it is, we want to see it !

Boccia Competition



What is BOCCIA?

Boccia can be **played** by individuals, pairs, or teams of three. ...

The aim of the game is to throw leather balls — coloured red or blue (which side uses which is determined by a coin toss) as close as they can to a white target ball, or jack.



On Tuesday 11th December nine of our Year 7 students took part in a Boccia Competition at Arbour Vale School. The students showed great commitment and focus throughout the day, achieving second place! They will now be put forward as one of two teams to represent Slough at the Berkshire School Games. Congratulations to all of the students who took part!



GIVE HELP

DONATE FOOD

Slough foodbank relies on your goodwill and support.

www.slough.foodbank.org.uk

SLOUGH YOUTH PARLIAMENT

Slough's Youth Parliament ensures that young people in Slough are able to influence and be involved in decision making in the town. The Youth Parliament is made up of 11-19 year olds from across Slough, and includes members from under-represented groups.

The Youth Parliament meets twice a month, and usually hosts guest speakers from partner agencies to inform discussion and decision around pertinent issues. In addition to their monthly meetings, youth representatives participate in a range of training and enrichment activities including volunteering at community events, attending away days and residentials.

Six students have nominated themselves to run for the Slough Youth Parliament at Slough and Eton:



- . Laibah 9 Red
- . Nasra 8 Blue
- . Honorata 9 Mauve
- . Jasreen 12 Mauve
- . Kyan 10 Red
- . Anushree 10 Yellow

These excellent students will now be starting their journey to creating their manifestos and running for election.

13th Sept - Youth Parliament Elections Schools briefing
Early Nov - Awareness raising activity in school/assemblies
30th Nov - Closing date for Election candidate nominations
11th, 13th, 15th Dec- Support for candidates to prepare manifestos and campaigns- Candidates need only attend one
w/c 7th Jan - Election campaigns start in schools
w/c 28th Jan - Elections and counts take place throughout the week
7th Feb - Election results announced at event
Feb half term - Residential for all elected Youth Parliament members - team building and new members design manifest and internal elections for UKYP reps and their committee



On Tuesday 27th November 2018 fourteen Year 12 and Year 13 A level Economics students attended the Tutor2U Strong Foundations A Level Economics Revision Workshop held at the Vue Cinema in Westfield Shopping Centre in White City. The session was engaging and included a combination of quizzes, examination exercises and advice which was delivered by experienced examiners of Economics. The workshop included a broad selection of useful topics in both microeconomics and macroeconomics. There was a particular emphasis on the importance of quantitative skills and practicalities of the examination. Students said they found the day insightful and informative and will be able to apply the knowledge and skills they learnt to their final Economics Exams.



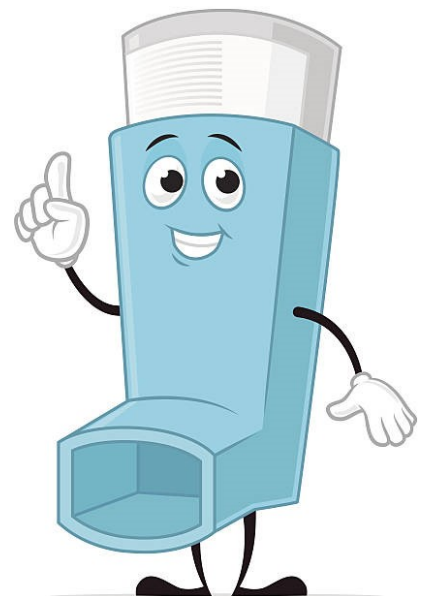
Medication in school

Students should **not** be carrying medication on them unless it is an **inhaler, Epi Pen or Diabetes** related. If you need an inhaler or an Epi Pen please ensure you always carry this on you and the medication is in date, also that the school has a spare pen or inhaler and your up to date

Medical Consent form.

Any **pain relief** medication should be passed to our medical lead Miss Rai with a completed Medical Consent form. Please ask

your child to come to Student Reception to hand in your medication or to get a Medical Consent form. If you would like more information please see Miss Rai.



Go4SET Project



On Wednesday 12th December Apiraami, Amani, Maariya, Awais and Adam in Year 8 went to Lakeside Energy from Waste in Slough for a celebration and assessment day for their EDT Go4SET project. This 10 week project involved investigating the energy usage in our school and coming up with ways to make it more energy efficient and environmentally friendly. The group decided that our school hall needed a lot of improvement and researched solutions to help save energy. They produced a report, a model and presented their ideas in front of a panel of assessors. As well as this they spoke to students from other local schools about their projects and listened to a talk from television presenter, Johnny Ball. They came away as Bronze Industrial Cadets with certificates and a signed copy of Johnny Ball's book is now available in the library. Miss Lewis is incredibly proud of them and it's great to see that all their dedication, team work and resilience paid off. The skills they developed will benefit them massively in the future and they have grown in confidence throughout the project.

Christmas Fun!

Rudolph's wordsearch

G	W	F	S	S	G	S	U	C	K	W	P	C	R
W	L	W	A	S	T	O	C	K	I	N	G	U	A
H	O	H	M	F	Y	L	O	C	N	U	I	D	R
S	A	N	T	A	Q	L	J	D	S	C	B	D	O
E	F	S	S	M	E	G	I	T	W	A	F	I	L
J	K	Z	I	G	O	P	N	M	U	I	P	N	L
Y	E	K	R	U	T	E	Z	B	A	E	L	G	L
W	D	R	H	E	S	O	L	N	A	F	F	L	U
C	E	J	C	E	S	E	R	C	O	N	O	B	U
A	Q	L	R	B	Q	E	E	R	T	H	H	L	I
U	V	P	V	Q	B	D	T	L	F	Z	F	E	E
J	N	E	O	E	Y	B	B	K	C	Y	V	G	F
J	T	Z	V	T	S	U	S	Q	S	B	R	N	P
V	Z	Y	T	M	I	G	C	W	Z	F	R	A	W
B	F	G	B	V	W	P	E	X	J	N	I	D	Z

Can you find them all?

ANGEL
BAUBLE
CAROL
CHRISTMAS
ELVES
FAMILY
GOODWILL
HOLLY

SoLUTION
ON p23

PEACE
PRESENTS
PUDDING
SANTA
SNOW
STAR
STOCKING
TREE
TURKEY



Santa's quiz

Can you answer all the questions in Santa's Christmas quiz? Check your answers on p23!



1. What might you find hidden in a yummy Christmas pud?

a) A coin b) A small toy c) Some pants

2. Which is not one of my reindeer?

a) Prancer b) Blitzen c) Rooney

3. In the song, what was the singer's true love given on the third day of Christmas?

a) Gold rings b) French hens
c) A Nintendo 3DS

4. In the film *Elf*, what does Buddy say is the best way to spread Christmas cheer?

a) Drinking ten bottles of ginger beer
b) Singing loud for all to hear
c) Giving sleigh rides on Santa's reindeer

5. What magic item of clothing makes Frosty the Snowman come to life?

a) A hat b) A scarf c) A pair of earmuffs

6. Which Dr Seuss character stole Christmas?

a) The Flinch b) The Pinch c) The Grinch

7. In which magical country is it always winter, but never Christmas?

a) Wonderland
b) Narnia
c) Lancashire



How to play Consequences

The Victorians loved playing Consequences at Christmas and it's still fun today. All you need is paper, a pencil and at least two people.

1. On a piece of paper, write a **boy's name** and fold the paper over the top of the writing so the person you pass it to can't see it. Pass it to the player on your left.
2. The next person writes a **girl's name**, folds the paper and passes it left (or back to you if only two players).
3. Carry on writing, folding and passing the paper, writing down something for each of these: **place name**, **what he said to her**, **what she said to him** and **what the consequence was** (in other words, what happened).
4. Then read out your story! It might go something like this: "**Harry Styles** met **my mum** at the **supermarket**. He said to her, '**Let's go swimming**.' She said to him, '**Have you got any biscuits?**' The consequence was, **they had fish and chips for tea**. The end!"

CHRISTMAS RIDDLES

See who can guess the answers to these funny riddles.

Do reindeer go to school?
No, they are elf taught.

What do you call a snowman in summer?
A puddle.

What is a typical elf greeting?
"Small world, isn't it?"

Who makes toy guitars and sing, "Blue Christmas?"
ELFis.

What does a reindeer do when he has an upset stomach?
He takes an ELK-a-seltzer.

What did the salt say to the pepper?
Season's Greetings!

What do you call people who are afraid of Santa Claus?
Claustrophobic.

What's the best thing to put into Christmas pie?
Your teeth!

What do you call an elf who sings?
A wrapper.

What is a parent's favorite Christmas carol?
Silent Night.

What do you call a Christmas Barn Dance?
A Ho Ho Ho Down.

Who delivers Christmas presents to dogs?
Santa Paws!

What kind of ball doesn't bounce?
A snowball!

Why wasn't the turkey hungry at Christmas time?
Because he was stuffed!

Where does Santa hide the presents he's giving to Mrs. Claus?
In the clauset.

Year 11 Handball

Wexham 18 - 12 Slough & Eton

Congratulations and very well done to the eight students who represented the school in their first handball fixture against Wexham. The students have been learning about the game in their GCSE PE lessons.

An excellent start saw Slough & Eton 5-2 and then 9-6 up thanks to powerful long distance shooting from Tristan and Sameer. After the break, Wexham's tactical understanding began to shine through as Slough & Eton's defense started to struggle. Despite some impressive physical play, Wexham came away victorious.



Lost Property

Our lost property box is overflowing. If you have lost an item of clothing please remind your child to go to Student Reception and have a look, there are several coats in the box.





Fixtures List

Date	Sport	Year	Opposition	Location	Time to meet at changing rooms	Approximate return time to school
Tuesday 8th January	Netball	9/10 combined	St. Joe's	St. Joe's	2.50pm	5pm
Tuesday 15th January	Football	7 & 8	Mini Tournament	S+E	2.50pm	5.30pm
Thursday 17th January	Hockey	7 & 8	Mini Tournament	Herschel	2.50pm	5.30pm
Tuesday 22nd January	Football	9 & 10	Khalsa, Eden Girls and Lynch Hill	S+E	2.50pm	5.30pm
Tuesday 29th January	Netball	7&8	St. Joe's	S+E	2.50pm	5pm
Wednesday 30th January	Netball	8 & 11	Westgate	S+E	2.50pm	5pm
Tuesday 5th February	Netball	10	Westgate, Khalsa	S+E	2.50pm	5pm
Wednesday 6th February	Netball	7 & 9	St. Joe's	St. Joe's	2.50pm	5pm
Tuesday 26th February	Netball	8	All Slough Schools	Khalsa	12.45pm (1.30pm start)	4.30pm



CAREERS ADVICE DROP IN



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Know where you want to be, but
don't know how to get there?

*Come and speak to our
Careers adviser!*



GET HANDS
ON WITH
YOUR CAREER



Every Monday
and Thursday
at Lunchtime

CONTACT :

careers@slougheton.com

Year 9 & 10 Girls' Power League Competition

On Wednesday 28th November six Year 9 and 10 girls took part in the girls' Key Stage 4 Power League Competition hosted by Slough and Eton School. Over 17 teams entered across Slough. Our School was entered into the Cup competition which is the higher competition due to doing so well in the preliminary round the week before.

Girls who represented the school are listed below:

Isra (10 Mauve)
Shelley (10 Green)
Liandra (10 Blue)
Jannat (10 Blue)
Maham (10 Grey)
Zakayah (9 Mauve)



Year 9 and 10 Girls' football (Reading Academy)

On Friday 7th of December five of our girls took part in a five-a-side football competition, with the winners winning the right to represent Reading Football Club in a national competition. As you can imagine the competition was very tough. This was partly to do with the fantastic girl's football set up in Reading, which inevitably meant that many of the teams we played



against consisted of players who regularly played in competitive and high level football. We didn't let that dampen our spirit and we continued to work extremely hard throughout, never losing our hardy spirit. A huge well done to Maham, Isra, Liandra, Cadia and Zakayah.



2019

FITNESS CHALLENGE

It's a brand new year, and an important time to encourage students to stay active and lead a healthy lifestyle!

We would like to challenge students each day to participate in the activities listed on the calendar below. For the month of January, we've included basic fitness exercises, including lunges, squat jumps, heel kicks, and jump and twists. Each week, the number of repetitions for each fitness exercise increases. Please keep in mind the number of repetitions is meant as a guide, and can be adapted as needed based on age group and skill level.

On Saturdays, students can choose their favourite hobbies to do at home with family and friends. Many of these are outdoor activities, and depending on where you live and the seasons you have, you can adapt these ideas.

For the month of January, we are celebrating National Hobby Month! Each Saturday, students can choose from a list of over 30 hobby ideas, or choose their own. Make sure they record on the calendar which hobbies they chose. This is a great opportunity to stay active while also spending time with family members, doing something they enjoy. They may even find a new hobby! Suggest to your children that they choose something they love, and also something they haven't tried before to gain a new experience.

We hope that this will be something the family can enjoy doing together whilst staying fit..



FITNESS CHALLENGE

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10 Heel Kicks 8 Jump and Twists	2 8 Basic Lunges 5 Squat Jumps	3 10 Heel Kicks 8 Jump and Twists	4 8 Basic Lunges 5 Squat Jumps	5 HOBBY DAY Choose 1 hobby
6 20 Heel Kicks 10 Jump and Twists	7 11 Basic Lunges 8 Squat Jumps	8 20 Heel Kicks 10 Jump and Twists	9 11 Basic Lunges 8 Squat Jumps	10 20 Heel Kicks 10 Jump and Twists	11 11 Basic Lunges 8 Squat Jumps	12 HOBBY DAY Choose 1 hobby
13 30 Heel Kicks 12 Jump and Twists	14 15 Basic Lunges 10 Squat Jumps	15 30 Heel Kicks 12 Jump and Twists	16 15 Basic Lunges 10 Squat Jumps	17 30 Heel Kicks 12 Jump and Twists	18 15 Basic Lunges 10 Squat Jumps	19 HOBBY DAY Choose 2 hobbies
20 40 Heel Kicks 15 Jump and Twists	21 17 Basic Lunges 12 Squat Jumps	22 40 Heel Kicks 15 Jump and Twists	23 17 Basic Lunges 12 Squat Jumps	24 40 Heel Kicks 15 Jump and Twists	25 17 Basic Lunges 12 Squat Jumps	26 HOBBY DAY Choose 2 hobbies
27 50 Heel Kicks 20 Jump and Twists	28 20 Basic Lunges 15 Squat Jumps	29 50 Heel Kicks 20 Jump and Twists	30 20 Basic Lunges 20 Squat Jumps	31 50 Heel Kicks 25 Jump and Twists		

Get Active for the New Year!

Use this printable calendar to keep kids active during the month of January!
It's also National Hobby Month, so you can encourage students to try a new hobby on the weekend and get their friends and family involved.



For Basic Lunges, do the number listed for each side








HOBBY DAY – choose 1-2 activities listed on Page 4 or choose your own

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

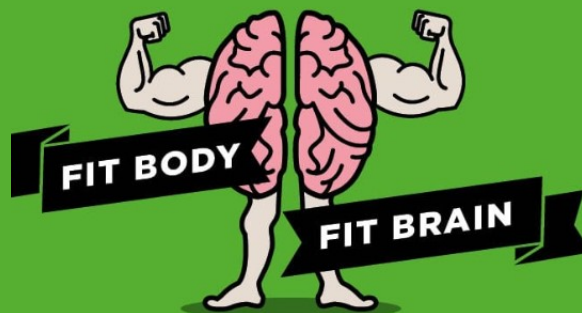
Fitness Exercises

<p>FITNESS BREAKS PRE-GAME</p>	 <h2>BASIC Lunges</h2> <p>Step forward with right leg. Land softly on heel then forefoot. Lower body by flexing knee and hip of front leg until front knee is at 90 degrees. Return to original standing position by extending hip and knee of forward leg. Repeat by alternating lunge with opposite leg.</p>	<p>FITNESS BREAKS MVP</p>  <h2>SQUAT Jumps</h2> <p>Start with feet shoulder width apart. Squat down (sit back) with arms extended. Explode up and reach up. Land softly on both feet. Repeat.</p>	<p>FITNESS BREAKS PRE-GAME</p>  <h2>Heel KICKS</h2> <p>Start with a light jog. Pull the heel of the lower leg up to and bounce off the buttock.</p>	<p>FITNESS BREAKS OVERTIME</p>  <h2>JUMP AND Twist</h2> <p>Jump up and rotate body. Land softly on the balls of the feet.</p>
<p>HealthierGeneration.org </p>				

January is National Hobby Month !

Choose from the list of hobbies (or come up with your own) for each Saturday of the month!

- | | |
|--------------------|--|
| • Skateboarding | • Disc Golf |
| • Canoeing | • Scavenger Hunt |
| • Baseball | • Volleyball |
| • Basketball | • Badminton |
| • Soccer | • Jump Roping |
| • Bowling | • Fishing |
| • Football | • STEM Activities (ex. build a fort, create the tallest tower) |
| • Archery | • Rock Climbing |
| • Dance | • Trampoline Jumping |
| • Ice Skating | • Reading (act out the story!) |
| • Swimming | • Charades |
| • Golfing | • Board Games |
| • Hiking | • Bicycling |
| • Horseback Riding | • Running |
| • Karate | • Laser Tag |
| • Gymnastics | • Frisbee |
| • Yoga | • Speed Stacking |
| • Table Tennis | • Hockey |



On 23rd November six selected Year 10 OCR Sports Studies Students attended the Slough YA Conference at Westgate School alongside other students from local secondary schools. Throughout the day they were involved in a variety of workshops both practical and theory which aimed to develop their communication skills, interview skills and CV building skills. It was a valuable day for the students who took away some valuable lessons that they can implement in the future.

Slough Young Ambassador Conference



Sportshall Athletics

On Thursday 29th November eight Year 8 girls attended the Year 8 Sportshall Athletics Competition at Langley Grammar. Here they competed in a variety of events including both track and field events. All the girls showed determination and resilience in all events so a big well done to them.





Clubs and Activities

2018 / 2019

MONDAY

M
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Common Room	All Years	After School / Lunchtime	Common Room	Various
Key Stage 3 HW Support	Years 7, 8 & 9	After School	PS1	Various
Key Stage 4 HW Support	Year 10 & 11	After School	The Hub	Various
Strategy Games Club	Years 7, 8 & 9	After School	iH6	Mr Portch
Beauty and The Beast Rehearsals	All Years	After School	Drama Studio	Miss Miller
Guitar Club	All Years	Lunchtime	Music Room	Mrs Donnet
Fitness Suite	All Years	Lunchtime	Fitness Suite	Miss Dale / Mr Parker
KS3 Girls Football	Years 7, 8 & 9	After School	Field / Pitches	Ms Luterek
KS4 Girls Football	Years 10 & 11	After School	Field / Pitches	Miss Dale
Year 10 Boys Football	Year 10	After School	Field / Pitches	Mr Bradley
Year 8 Boys Football	Year 8	After School	Field / Pitches	Mr Parker

TUESDAY

T
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Common Room	All Years	After School / Lunchtime	Common Room	Various
Games Room	Year 7	Lunchtime	It4	Mr Samuel
Enterprise Club	Year 7	After School	B5	Miss Thomas
Cooking Club	All Years	After School	Food Room T3	Miss Horn
Girls Science Club	Year 7 & 8	After School	S1	Miss Lewis
Boys Science Club	Year 7 & 8	After School	S6	Mr Dhiraj
Choir	All Years	Lunchtime	Music Room	Mrs Donnet
Table Tennis	All Years	Lunchtime	Sports Hall	Mr Harvey / Miss Dale
KS3 Girls Netball	Years 7, 8 & 9	After School	Netball Pitches	Miss Kelleway & Mrs Luterek
Year 7 Boys Football	Year 7	After School	Field / Pitches	Mr Bradley

WEDNESDAY

W
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Common Room	All Years	After School / Lunchtime	Common Room	Various
Games Room	Year 7	Lunchtime	It4	Mr Samuel
Key Stage 3 HW Support	Years 7, 8 & 9	After School	PS1	Various
Key Stage 4 HW Support	Year 10 & 11	After School	The Hub	Various
Bhangra Dancing	All Years	After School	Dance Studio	Miss Kumar
Shakespeare's Schools Festival	All Years	After School	Drama Studio	Miss Miller
Magistrates' Club	Years 8 & 9	After School	E6	Mr Bhatti
Fitness Suite	All Years	Lunchtime	Fitness Suite	Miss Dale / Mr Parker
Year 9 Boys Football	Year 9	After School	Field / Pitches	Mr Harvey
Year 11 Boys Football	Year 11	After School	Field / Pitches	Mr Parker

THURSDAY

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Common Room	All Years	After School / Lunchtime	Common Room	Various
Key Stage 3 HW Support	Years 7, 8 & 9	After School	PS1	Various
Key Stage 4 HW Support	Year 10 & 11	After School	The Hub	Various
Up for debate	Years 7, 8 & 9	After School	E6	Mr McCartney
GCSE Badminton	Years 10 & 11	Lunchtime	Sports Hall	Miss Dale / Mr Harvey
6th Form Football	Years 12 & 13	After School	Field / Pitches	Mr Gumbs

FRIDAY

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Common Room	All Years	After School / Lunchtime	Common Room	Various
Key Stage 3 HW Support	Years 7, 8 & 9	After School	PS1	Various
Key Stage 4 HW Support	Year 10 & 11	After School	The Hub	Various
Fitness Suite	All Years	Lunchtime	Fitness Suite	Miss Dale / Mr Parker



Bhangra sessions are held every Wednesday from 3pm to 4pm in the Dance Studio. This is a great opportunity to learn the traditional dance of Punjab and widen your knowledge on Indian culture.

Students across all year groups and staff are invited to join the sessions full of fun and fitness! You are advised to change into comfortable clothing and bring a bottle of water.

See you there!



What is bhangra?

Bhangra is a type of folk dance, which was conducted by Punjabi farmers of all creeds, Sikhs, Muslims and Hindus, to celebrate the coming of the harvest season.

VIVO

**ZERO
TO HERO**



WORK
HARD
&
BEHAVE
WELL

TEACHERS
WILL
REWARD
YOU

SPEND
YOUR VIVOS
IN OUR
ONLINE
SHOP

**Top scorers
this month !**



<u>Name</u>	<u>Year</u>	<u>Total</u>
Azaan	Year 8	390
Abdullah	Year 7	292
Vasile	Year 9	265
Adam	Year 7	259
Aroosa	Year 8	247
Christian	Year 7	246
Sehrish	Year 7	241
Ion	Year 8	194
Wiktor	Year 10	188



Merry
CHRISTMAS

AND HAPPY

NEW YEAR!

to all from Slough and Eton School!