



# CWS HEALTH & WELLBEING NEWSLETTER

2021/22 Term 1  
Edition 4



TEAMWORK  
RESPECT  
ENJOYMENT  
DISCIPLINE  
SPORTSMANSHIP

## 2021/22 TERM 1 REVIEW

I am so pleased to be able to release our 4th edition of the CWS Health and Wellbeing Newsletter. The sheer joy that students feel for participating in physical activity and playing sports fixtures was definitely missed and it is wonderful to be able to report on this again this term.

Perhaps the most impressive achievement of this term has been the fantastic number of students who have participated in after school activities and represented the school! We know we are very fortunate to enjoy new state of the art facilities and it is great to see the students now be able to make the most of these. A big thank you must go to the sports coaches and staff who have worked incredibly hard to ensure our students can benefit from top facilities and coaching.. A big well done must go to all the students who have participated in the clubs showing our core values to get the most out of each experience.

Exercise is fundamental to well being, and finding ways to be active has been a great support for many in recent times. One lesson we can all take moving forward is to ensure we keep being active when things return to a new normal.

In this newsletter we are proud to celebrate HRF and House sporting achievements from this term. We also hope both students and parents/carers will feel inspired to try a new healthy recipe in our HRF and nutrition section.

Mr. W Smith.  
Instagram

Don't forget to follow us on Twitter @CWSCroydon and

@cwsdofe and @cwsdofe to keep up to date with our latest news

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# CWS HOUSE SPORTS UPDATE

## THE FRANK LLOYD CUP



After a couple years of travelling to different locations for the CWS Race we were very happy to be back in our original home for this years edition. It was also the first year we could enjoy support from our new fantastic new sixth form. Every single student did the school proud with the level of teamwork and sportsmanship that we have become accustomed to from all supporters who are there to encourage the youngest students in our school.

Every Year 7 students should be immensely proud of there efforts in their first CWS House competition. We look forward to seeing how you fair in the multitude of events taking place this year.

Congratulations to Lukas, Marley and Billy and to Kenya, Miley and Ifrah for being the top 3 boys and girls in the race. They become the first students in Year 7 to be awarded House Pins.

**The Year 7 CWS Race Results: 1st Romero, 2nd Johnson 3rd Henman,  
4th Coleridge, 5th Campbell, 6th Fairfield**

As is the case every year, points from the CWS Race are added together with the endurance challenges from the other year groups to decide the winners of the Frank Lloyd Cup. The Year 8 relay runners produced a very competitive event and continued to show they are a year group with great athletes.

**The Year 8 Road Relay Results: 1st Henman, 2nd Campbell, 3rd Fairfield  
4th Coleridge, 5th Romero, 6th Johnson**

Unfortunately due to adverse weather we have had to delay the Year 9 Road Relay until after Christmas.

\*This means the overall winners of the Frank Lloyd Cup will be announced in House Assemblies next term!

# MOVEmber House MEPs Challenge

This year we launched our first ever MEPs challenge for Year 10. Each student was given their own personal Myzone Switch to take home and be as active as they could for the month of November. The total MEPs for each student was added together to decide the most active House!

Our overall goal is to support students to develop healthy habits whereby they are fit for movement, fit for learning and fit for life!

There were some truly incredible efforts throughout the month! It was fantastic to see the level of activity some students take part in daily. There were also some challenges to overcome and we will definitely run this competition again and hopefully support more students to earn more MEPs. The results will be combined with the results from the Year 7 Race and the Year 8 & 9 Road Relays to decide the overall winners of the Frank Lloyd Cup! This will be announced in House assemblies next term.



COLERIDGE	JOHNSON	HENMAN	CAMPBELL	ROMERO	FAIRFIELD
					

## MYZONE

Myzone heart rate monitors display real-time heart rate, calories, and intensity using five colour-coded personalised zones that convert effort into Myzone Effort Points (MEPs). The focus is on **rewarding effort** rather than fitness.



Our partnership with Myzone has not only allowed the students to gain a more in depth understanding of how their own body reacts to exercise but also to receive instant personalised feedback. You can find out more information about Myzone via <https://myzone.org/>



CWS is Youth Sport Trust School  
@YouthSportTrust





# CWS HRF & SPORT UPDATE

## CWS BASKETBALL



**LUOL DENG**  
FOUNDATION

We have been impressed with all the students within the basketball programme this term and are really happy with the launch of the Girls after school programme at Coombe Wood School. Both the Girls and 7 Boys programme have had really good attendance since September with the students excited to play in their first competitive basketball fixtures. The Girls getting their first win of the season, they are now 1-1 with the boys 0-1.

The year 8's have also played their first fixtures this year and have started the season really well with a record of 3-0 in the Croydon Schools League.

The year 9's have shown improvement starting the year 1-1 with the year 10's 2-0 in the league. The year 10's also competed in the Croydon Schools Cup and reached the Semi Finals of the competition.

Stand out students from the start of the season have been Ifrah, Jasna & Emerald from the girls sessions. Noah and Jasper year 7 boys. Roy, Sulaiman & Jerome from the year 8's. Malachi, Max N and Patrick year 9's and Muuka & Anton from year 10. Max N & Roy have not only demonstrated our core values when playing but they have been table officials for most games that they haven't played in, as well as Olivier W and Malachi assistant coaching in the bulk of the year 7 practises. Anton has struggled with injury but has still attended every session and practiced non contact skill work on the sideline. It is these sort of behaviours that really show how much can be learnt from physical activity, aside from sports skills.

We are proud that the first games played in the new Arena at Coombe Wood school have encapsured the schools core values and the culture of the basketball program has built up over the years.

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# CWS NETBALL

What a great term of Netball we have had on our brand-new courts at CWS. The girls have fully embraced these fantastic facilities and attendance to after school Netball club is testament to how much they love the sport.

I would like to make a special mention of the following girls who have showed outstanding commitment this term with 100% attendance to club.

## **Year 7**

Sophia, Khloe, Sydnee-jade, Khatisia, Melina

## **Year 8**

Plamena, Lottie, Sophia

## **Year 9**

Sylvie, Roma, Eleanor, Layla, Neema

## **Year 10**

Siya Joshi, Nethdri, Shyanne



I'm a firm believer that those who show the most commitment make the most progress; well done to all these girls named above and thank you to everyone who has shown such great commitment this term. Keep up the good work.

We have been able to recommence league fixtures and achieved the following results:

Year 10 lost 5-4 to Riddlesdown

Year 10 won 14-1 against Oasis Old Coulsdon

Year 9 won 23-6 against Riddlesdown

Year 9 won 12-6 against Oasis Coulsdon

Year 8 won 14-1 against Riddlesdown

Selecting teams has been difficult as all the girls are showing such great progress in the sport which makes competition for places in the squad very close between them. I'm looking forward to continuing the league in the new year, with hopefully lots more success for us.

I would like to say a special thank you to the girls who regularly come along to assist with coaching and umpiring in the after-school sessions. In particular, Layla Parry, Eleanor Uwadia, Neema Onigbogi, Roma Patil and Rohita Gobalakrishnan. I have been impressed with your coaching input as well as your umpiring ability.

Finally, the school TREDS are extremely important in Netball and underpin so much of what we do in the sport. I would like to make one last mention to the following girls for demonstrating not only the school TREDS consistently throughout the term in both lessons and extra-curricular but for also making the most progress.

Shivelle Marshall (Year 7), Sophia Byrne (Year 8), Sylvie Wallace-Fairley (Year 9) and Shyanne Rimell-Bukenya (Year 10).

I look forward to welcoming you all back in January to continue our progress towards success and hopefully winning the league and end of season tournament.





It's great to be back!! Football has come back in force this academic year with another two year groups to coach on top of the three year groups we were already used to working with. We are extremely lucky to say that we can now add even more talented Year 7's to our football sessions as well as an outstanding Sixth Form football education programme. We love how the Coombe Wood School football model is now really developing into what we set out to achieve four years ago.

Although COVID is very evidently still with us, we are delighted to say that we have been able to work with some normality this term, instead of our football sessions and fixtures being hurt by restrictions. It's been a real breath of fresh air to be able to work in our new facility with outstanding HRF department staff members supporting us on a daily basis. The work that everyone at Coombe Wood School is putting in to support our children across all areas of the school, not just in the football sessions, has been nothing short of outstanding. Thank you all.

This term, we have seen a boys team from each of years 7, 8 and 9 and two teams from Year 10 finally being able to compete in leagues. It all started in September with the Year 10 A team boys in the ESFA National Cup first round against The Forest School based in Wokingham. Unfortunately, we didn't start the year how we wanted, losing the game on penalties at the end of a 3-3 draw. It was then up to the U15 girls team (years 9 and 10) to show the boys how to progress in a national cup - which they did with two 8-0 victories in rounds one and two! However, the girls lost in round three to a very strong Shenfield High School by the narrow margin of 3-2. Hopefully the girls will have better luck next year and we'll get to meet the stronger teams in the later rounds!

With the inclusion of U13s girls (year 7's and 8's) we now have seven School football teams to arrange fixtures for and, so far this academic year, ALL teams have played three or four competitive fixtures in cups or the league. You can now feel a 'buzz' amongst all the footballers wanting to know when the next game is. We love it!

Year 7 boys have played three games, winning two and drawing the other. One fixture was an Area Cup game and saw us win 1-0 against Woodcote to progress to round two. There are a lot of excellent players in this team and the standouts have been Kaison Kennedy, Archie Foley and Jasper Coxe who aren't just talented but also embody the credentials and values of what it is to become a top Coombe Wood School student athlete.





Year 8 boys have lost two games and won two. It has been a competitive year so far for these boys, as it has been for the Year 9 boys who have also played and lost. Both teams have been given chances to show their true character and team spirit and it has, at times, been a real challenge for them to stay focused and get things back on track. We've slowly seen positive changes in attitude and application of School values across both year groups within their football training this term. They've worked hard to stick together and be determined to learn more in our sessions and it won't be long before both teams start demonstrating the quality we know they have.

Year 10 boys have two teams and between them have competed in seven fixtures this term since the ESFA National Cup loss. In total, they have won four, lost two and drawn one game so far and the standard has been extremely high. A special mention goes to Marley Leader who, in all, has scored nine goals so far! His attitude this year has been first class and it has been reflected within his footballing performances.

Girls U15s have only played their cup games this year but their dedication to want to play and improve hasn't changed since Year 7. We have a very strong team and are looking forward to the league fixtures soon to come. Maria Levey in year 9 has stepped up this year to compete in the team and she's stood out with her skill and pace in both the games she's played. Well done!

Girls U13s have played twice and won both games very comfortably. There are lots of positives to mention for this age group but what stands out the most is the enthusiasm from the new cohort of Year 7 girls we have. There are some very talented players in that year group as well and they are giving the Year 8 girls in the team a run for their money! Kyra Hill's determination to get into the team has been exemplary. She's not missed an after school club all term and her progress, along with many other year 7 girls, has been superb. It will be great to see the Year 7 girls group in football games sessions in the New Year. The standout performers in this U13's age group have been Roberta Aveloei and Carla Ortega who have both also represented the boys teams for their year groups. Keep up the good work girls!

Lastly, let's not forget all the girls and boys who train on a weekly basis with us but don't play in the school football teams at the moment. We have at least fifty boys and fifteen girls per year group for each session we do! It's not just about the school teams. A lot of these children also deserve a special mention this term for the continuous commitment they all show to want to learn more and have fun playing football in games sessions with Volenti Academy at Coombe Wood School.

# SIXTH FORM FOOTBALL ACADEMY



The Autumn term saw the launch of the new CWS Sixth Form Academy. After a tough pre-season programme over the summer led by Bobby Bowry, Steve Mckimm and Nathan Ashburn, the 34 successful candidates joined the new CWS Sixth Form raring to go.

The transition to a full-time football programme can put a lot of pressure on players' bodies, with training sessions most days and match days coming thick and fast throughout the autumn term. However, the boys adapted well to the new environment. The players are very fortunate to have the strength and conditioning expertise of Nate, both to prepare them for peak performance and to support physical recovery from any injuries.

The A squad have had a solid start to the season. Competing as Crystal Palace in the National Football Youth League (NFYL) the team sit in joint third in the U19 Southern Central Championship going into the Christmas break. This is a great achievement considering that the squad is entirely made up of U17's. The team are developing all of the time and the hard work on the training pitch is starting to translate into improved patterns of play that will only pay dividends going forward. In the ESFA National Super Cup, the boys have won three out of three and progressed into the knockout stages. We look forward to seeing who we draw in the next round and we aim to go as far as we can in this competition at our very first attempt.

The B squad have had a mixed start to the season in the SCL Youth Development League. They have done well in periods of games, however they haven't managed to sustain it and have been punished by older and more experienced teams.

One individual worth a special mention is Eoin Bolger who, despite being one of the youngest boys in the Sixth Form, successfully made it through to the NFYL National U19 trials at St George's Park.

Overall, it has been a hugely positive start for the Academy. Both on and off the field, Bobby, Steve and the other coaches can't speak highly enough of the attitude and team spirit of the boys. The second half of the season will hopefully be even more successful.





# INDOOR ATHLETICS

On Thursday 2nd December, 14 year 7 students took part in the Croydon Schools indoor Athletics competition. For some students this was the first time they had represented Coombe Wood in sport. Students were both nervous and excited for the event at Harris Crystal Palace School. All students were selected based on their efforts in a practice lesson during their HRF lessons. The event started with field events (vertical jump, standing long jump, triple jump, vertical jump & shot putt). Some great scores to get us going. The races then started and all pupils got the opportunity to compete in at least 2 running events from obstacle relays to 2 & 4 person relays. Well done to Kenya, Roberta, Naniah, Zaynab, Michaela & Shivelle (girls). Lukas, Marley, Jelani, Nick, Riley, Ewan & Billy (boys). On Wednesday 8th December it was time for the year 8 event to be held at Lanfranc school. The first races in this event went in our favour as both obstacle relay teams won their heat. Well done to Chloe, Xaiden, Kendra, Ketayah, Maya-Marie, Zaria & Kiana (girls). Kayne, Bob, Ali, Demario, Antonio, Jerome & Baz. A final well done to all students for showing fantastic core values at both events. A credit to the school, well done.

Thank you to Miss Potkins for organising and taking the teams!

## Results

Year 7

Boys- 3rd place

Girls-4th place

Year 8

Boys-4th place

Girls- 4th place



## STRENGTH & CONDITIONING

Mr Lucas has been a part of the CWS staff since September 2020. Since the start of this term we have really been able to make full use of his expertise now we have students using our HRF facilities. Mr Lucas acts as the student-athlete development coach, to help the students that compete for the school or external clubs to excel physically and mentally. This is done via tailored strength & conditioning (S&C) interventions for youth athletes & mentoring. He is a professional S&C coach with a background that includes training professional & international athletes. It is his aim to inspire & aid young people who aspire to reach their sporting goals.

With our Volenti run football programme now up and running within our sixth form Mr Lucas has been able to personalise support for the players as they look to progress on their football pathway.

# CWS GYMNASTICS

We've had a fantastic first term of the new academic year! We have seen the entire year 7 group with the new rotations of sport which has been a really nice opportunity. Lots of budding gymnasts!

Year 8, 9 and 10 have all completed their Christmas performances! We even got to see some of their previous year routines! Super cute!

In November, we took 5 gymnasts from year 9&10 to their first Coombe Wood School gymnastics competition! The competition, held in St Catherines in Guildford, was friendly fun and relaxed. The gymnasts; Mmesoma, Valentina, Ellie, Simran and Leila performed perfectly and had such a lovely day. Well done girls you did CWS very proud and showed the respect and discipline that CWS would expect.

After school clubs have taken off this year with the facilities being taken full advantage of! Our Monday development group are making huge improvements. Tuesdays Pro group are being selected for competitions. Thursday Cheer team is beaming and Demi is so excited to be offering a competition all the way in Birmingham hopefully in March! (Covid pending). Friday is by far the most popular club - gymnastics for all. A lovely mix of all years and abilities. No division, just one huge gymnastics family.

We are really enjoying the new year settled in our gymnasium, looking forward to the year 7 gymnasts we will soon see in January!

Everyone has worked really hard and already achieved so much, bars being the main point of attraction! But the skill level is ever increasing with the students being so committed and trusting in themselves. We are Looking forward to a new year with another competition just around the corner on January the 18th with our year 7&8 squad! 2022, we are coming for you!



## INDIVIDUAL ACHIEVEMENTS

We are always immensely proud of the achievements of our CWS students outside of school, and we love to hear about how they are excelling in their sporting passions.

Lexi has been achieving amazing things recently in Diving! Despite the restrictions of the past year she has shown incredible discipline to continue her training schedule. This dedication paid off and this term Lexi earned a Silver Medal in the National Diving Talent Games 2021. With this achievement comes potential selection for the GB Diving Squad!

Well done Lexi!

Please continue to share your achievements, along with the ways you stay fit and healthy with the HRF Department so we can celebrate the TREDs you have shown while living healthy active lives outside of school.



For this edition of our Newsletter we really do have two super simple recipes packed full of goodness!

## Chicken & Veg Bowl

### Ingredients:

250g brown basmati rice  
1 tbsp rapeseed oil  
1 garlic clove , crushed  
2 chicken breasts, sliced  
2 tbsp hoisin sauce  
100g frozen edamame beans or peas, defrosted  
100g frozen sweetcorn  
100g grated carrots  
100g red peppers , cut into small cubes  
1 avocado , stoned and sliced  
1 lemon , cut into quarters, to serve (optional)

### Method:

#### STEP

1

Cook the rice following pack instructions, then drain and return to the pan to keep warm. Heat the oil in a frying pan or wok add the garlic and fry for 2 mins or until golden. Tip in the chicken and fry until the pieces are cooked through, then stir in the hoisin sauce, season and continue cooking for a further 2 mins. Cook the edamame beans and sweetcorn in simmering water for 2 mins, then drain.

#### STEP

2

Divide the rice between four bowls and top with the chicken slices in a strip down the middle, with the carrot, red pepper, beans or peas, sweetcorn and avocado down either side. Serve with the lemon to squeeze over, if you like.



## Frozen Tropical Fruit Yogurt

### Ingredients:

480g frozen tropical fruit mix  
170g Greek yogurt  
2 tbsp maple syrup or honey  
200g diced tropical fruit and passion fruit seeds, to serve

### Method:

#### STEP

1

Put everything except the fresh fruit in a food processor and blend. Scoop straight into bowls, or tip into a container and freeze if you want to serve it later. Serve with the fresh tropical fruit and spoon over the passion fruit seeds.

***\*You must be properly supervised by an adult or experience cook when using some kitchen equipment.***

