



CWS HEALTH & WELLBEING NEWSLETTER

2021/22 Term 1
Edition 4



TEAMWORK
RESPECT
ENJOYMENT
DISCIPLINE
SPORTSMANSHIP

2021/22 TERM 1 REVIEW

It brings me great delight this term, perhaps more than ever before, to release the third edition of the CWS health and well being Newsletter. 2020 has brought to the forefront of our attention the importance of maintaining good health and well being. Exercise is fundamental to well being, and finding ways to be active has been a great support for many throughout the year. One lesson we can all take moving forward is to ensure we keep being active when things return to a new normal.

One of the best things about physical activity is the enjoyment it brings. It has been brilliant that despite the many necessary restrictions in place we have still been able to run sporting clubs and events in a controlled way. A big thank you must go to the sports coaches and staff who have worked incredibly hard to ensure our students get to experience these. 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.

In this newsletter we are proud to celebrate HRF from this term and provide a first look at our incredible new sports facilities! We hope both students and parents/carers will feel inspired to follow our christmas workout and perhaps try a new healthy recipe in our HRF and nutrition section.

Mr. W Smith (Head of HRF & Sport).

Don't forget to follow us on Twitter @CWSCroydon and Instagram @cwslife and @cwssport to keep up to date with our latest news.

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CWS HOUSE SPORTS UPDATE

THE FRANK LLOYD CUP



With three year groups competing for the cup this year it meant we had tremendous vocal support for our Y7 runners in the CWS Race at Duppas Hill Park. It also meant more points up for grabs than ever before with the Y8 and Y9 Road Relays. The CWS Race is always the perfect opportunity for our students to demonstrate our core values through the support they give to their peers and through the endeavour shown by each and every runner.

Every student should be incredibly proud of their effort in this competition, as without this the events simply would not work. With twists and turns as each year group completed their respective runs Coleridge just pipped it in the end. True collective effort always triumphs in this competition and this year was no different.

**The Frank Lloyd Cup Results: 1st Coleridge, 2nd Henman, 3rd Romero,
4th Campbell, 5th Johnson, 6th Fairfield**

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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.





CWS HRF & SPORT UPDATE

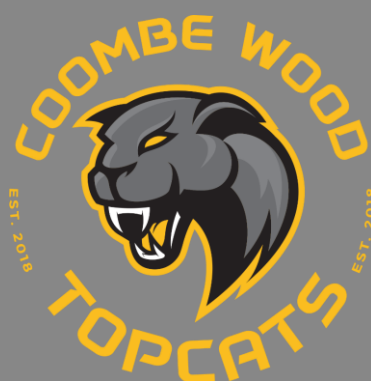
CWS BASKETBALL & NETBALL



LUOL DENG
FOUNDATION



Our indoor court with CWS logo and paw prints!



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CWS FOOTBALL

Our 3G pitch which is the same length as Wembley!



CWS GYMNASTICS



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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 Aveloaei 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.

Results

Year 7

Boys- 3rd place

Girls-4th place

Year 8

Boys-4th place

Girls- 4th place

Miss Potkins



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.

HEALTH RELATED FITNESS (HRF)

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/>



Our Activity Studio in the HRF Building is taking shape!



Moving into our permanent HRF building will be a really exciting time for a number of reasons. The Year 7s will get to make use of their Myzone belts for the first time! While all other years will be able to reap the benefits and rewards of exercising in facilities far exceeding what they have experienced previously.

Our message to our students will always be the same; it is not about comparing yourself to others, it is about working hard and having fun while trying to improve your own personal best.

Our CWS coaching partners are both essential and inspirational in delivering elite quality coaching to our students.

Just like the students they are delighted to take personal development in sport to the next level in our new facilities. On behalf of all at CWS I'd like to thank all of them for their efforts to continue to deliver such a busy Games & extra-curricular programme despite many trying restrictions.



CWS is Youth Sport Trust School
@YouthSportTrust

For this edition of our Newsletter we have two recipes packed full of goodness and flavour!

Ricotta, Broccoli & New Potato Frittata (veggie)

Ingredients:

100g [new potatoes](#), 200g [long-stem broccoli](#)
200g green beans, trimmed and halved
400g can mixed beans, drained
3 tsp [rapeseed oil](#)
2 [garlic cloves](#), crushed pinch of [chilli flakes](#),
cumin seeds or fennel seeds
4 [large eggs](#)
50g [ricotta](#)
1 tsp sherry vinegar
½ small bunch of [basil](#), roughly chopped
(optional)

Method:

STEP 1
Boil the potatoes for 10-15 mins until tender. Add the broccoli for the last 2 mins of cooking. Drain and thickly slice the potatoes.

STEP 2
Meanwhile, put the green beans and mixed beans in a pan and cover with water. Bring to a simmer and cook for 3-4 mins, or until the green beans are tender. Drain and leave to steam-dry in the pan.

STEP 3
Heat the grill to high. Heat 2 tsp of the oil in a medium [non-stick frying pan](#) and fry the garlic for 1 min, then add the chilli flakes or cumin or fennel seeds and cook for 1 min more. Add the potatoes, broccoli and seasoning, and toss to coat in the flavoured oil.

STEP 4
Beat the eggs in a jug, season and pour over the potato mix. Cook over a medium heat for 2 mins, or until the base is set. Dollop teaspoons of the ricotta on top, then grill for 4-5 mins until cooked through.

STEP 5
Meanwhile, drizzle another 1 tsp oil over the bean mixture with the vinegar. Stir in the basil, if using, and season. Slice the frittata into four wedges, and serve two with half the bean salad on the side. Chill the remaining wedges and bean salad to use in lunches another time..

Zesty Haddock with Crushed Potatoes & Peas

Ingredients:

600g floury potato, unpeeled, cut into chunks
140g [frozen peas](#)
2 ½ tbsp extra-virgin olive oil
juice and zest ½ [lemon](#)
1 tbsp [capers](#), roughly chopped
2 tbsp snipped chives
4 [haddock](#) or other chunky white fish fillets,
about 120g each (or use 2 small per person)
2 tbsp [plain flour](#)
[broccoli](#), to serve



Method:

STEP 1
Cover the potatoes in cold water, bring to the boil, then turn to a simmer. Cook for 10 mins until tender, adding peas for the final min of cooking. Drain and roughly crush together, adding plenty of seasoning and 1 tbsp oil. Keep warm.

STEP 2
Meanwhile, for the dressing, mix 1 tbsp oil, the lemon juice and zest, capers and chives with some seasoning.

STEP 3
Dust the fish in the flour, tapping off any excess and season. Heat remaining oil in a non-stick frying pan. Fry the fish for 2-3 mins on each side until cooked, then add the dressing and warm through. Serve with the crush and broccoli.



EXERCISE INSPIRATION

CWS Christmas Countdown Workout!

UK guidelines recommend that young people should participate in **60 minutes** of exercise a day.

If your clubs are not on over the winter but you still want to stay active then try this example of a personal workout at home...

Round 1: Complete **5 repetitions** of each exercise, with a 10 second break between each new exercise.

Round 2: Complete **4 repetitions** of each exercise, with a 10 second break between each new exercise.

Continue the countdown until you end with **1 repetition** of each exercise.

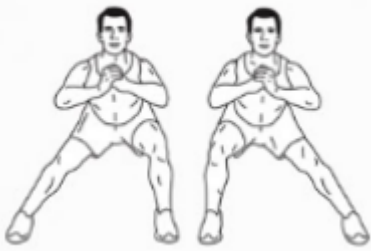
TEAMWORK

RESPECT

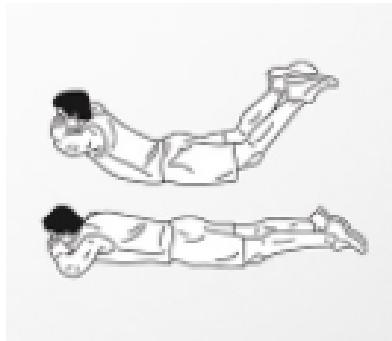
ENJOYMENT

DISCIPLINE

SPORTSMANSHIP



Side-Side Lunges



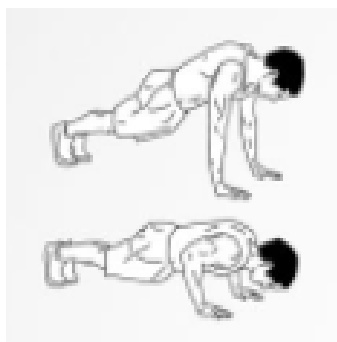
Back Extensions



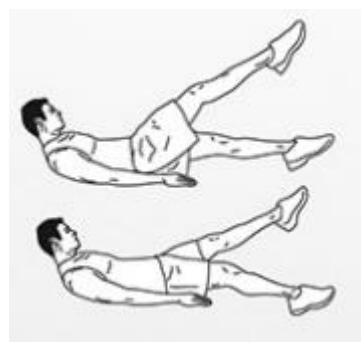
Side Leg Raises (do each side)



Plank Rotations



Push Ups



Flutter Kicks



Burpees

HRF IN 2021 AND BEYOND...

There is so much to look forward and so much to learn as we move to our new HRF building and outdoor spaces. The facilities and opportunities to be healthy, fit and achieve your absolute personal best are now ready for you to take full advantage of every single day. We are so excited to see your individual progress as you enjoy using the new spaces, and we strongly encourage every single student to maximise the opportunities on offer to enhance their physical and mental well being.

Merry Christmas from the HRF Department



a folio education trust school