



PHSCE

5 Y9 Tutor Groups had a PHSCE session last Friday on Contraception delivered by the School Nurse Team from The Royal Marsden Foundation Trust. Clearly this was a topic that had the potential for some silliness and immaturity, but every single student was really engaged and interested in what they were learning. Hugely valuable – I learnt a thing or two!

Feedback from the team who delivered the sessions was also extremely positive with the team leader emailing to say:

We all commented on how much we had enjoyed delivering the session and on how well the boys behaved and engaged with us. We look forward to working with you, the staff and pupils in future sessions

Julie H

Jack Petchey Speak Out Challenge Workshops

On Monday, 60 Year 10 students spent the day with the Jack Petchey Speak Out team. Working through the key techniques required for effective and emotive public speaking, both groups were really engaged throughout the day and made a great impression on our visitors. At the end of the session, every student performed a speech they had written, demonstrating the skills they had developed throughout the workshop.

After judgment, it was decided Jack Kew, Rishi Patel-Nash, Gerald Nunoo, George Moyles and Damon Bennett will be progressing to the next round of the national competition.

Jack Petchey's
"SPEAK OUT"
Challenge!

Year 8 Rewards Trip

27 year 8 students were invited on a rewards trip on Thursday for outstanding performance and achievement. All students thoroughly enjoyed themselves and the highlight was seeing Mr Wise be the one to cause havoc throwing a ball too early hitting the mechanism at the back. In fairness it came back down when it shouldn't have! Thanks to Mr Khawaja and Mr Richards for coming along.

Thanks
Matt W



Sutton Supremo Leaders

Four year 9 Sutton Supremo Leaders supported the girls borough KS3 and KS4 badminton competition last week. The boys practiced their badminton officiating, following their attendance at the England level 1 badminton officiating course back in November. They all demonstrated excellent leadership skills and fantastically represented the school at Nonsuch High School for girls. Congratulate the boys on their dedication to leadership in the community if you see them around school. Miss Hendle

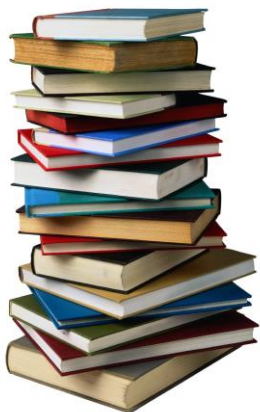
Rico Brooks
Archie Alexander
Jordi Alilo
Connor Edney

Weekly Results

Year 9 Football – Carshalton Boys 12 vs 5 St Aloysius
Crystal Palace Foundation – Chelsea 3 vs 1 Crystal Palace
Crystal Palace Foundation – Cobham 1 vs 2 Crystal Palace

Upcoming Fixtures

Date	Sport and fixture information	Yr(s)	H/A	Start	Finish
16/01/17	Football vs Cumberland	11	Home	2:45PM	5:30PM
16/01/17	Basketball vs Glenthorne	8	Home	3:00pm	6:00pm
17/01/17	Football vs Grey Court	9	Home	1:30pm	4:30 pm
17/01/17	Basketball vs Harris Merton	8	Away	2:30pm	6:00pm
17/01/17	Football vs Greatfields	7	Home	2:30pm	5:30pm
17/01/17	Handball vs Chessington	10	Home	2:30pm	4:30pm
17/01/17	Handball vs Woodcote	8	Away	2:00pm	5:00pm
19/01/17	Football vs Tunbridge Wells	9B	Home	12:30pm	5:30pm
19/01/17	Rugby vs Woodcote	9	Away	1:00pm	4:00pm
19/01/17	Basketball vs Coombe Boys	9	Away	3:00pm	6:30pm
20/01/17	Football vs Slough	11	Away	12:00pm	6:00pm
20/01/17	Football vs Forest School	9	Away	12:00pm	5:30pm
20/01/17	Rugby vs Wilsons	7	Away	1:45pm	4:15pm
20/01/17	Football vs Fullbrook	8	Home	2:45pm	5:15pm
20/01/17	Basketball vs Archbishop Tenisons	10	Home	3:00pm	6:00pm



Unwanted Books

We are seeking to improve the library of books we have available for our year 9-13 students. If you have any good quality fiction or non-fiction books at home in good condition, that you no longer want and that you think would be suitable, we would love to put them to good use in our library. Please bring any books to Suzi in the library. Thank you in advance.

Carshalton Boys Sports College

Café Menu 16.01.2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal 1	Thai Chicken curry	Beef & vegetable stew with Yorkshire	Roast beef	Fish & Chips	Spicy Meatballs
Main Meal 2	Game Pie	Spicy beef Tortilla	Chicken & bacon Pie	Fish cakes Fish fingers	6oz Beef Burger
Vegetarian	Tofu Stir Fry	Vegetable Stack	Broccoli & Cauliflower Bake	Vegetable Quiche	Macaroni Cheese
Fish Special		Pan seared Tuna		Herb Crusted Cod	
Potato	Savoury rice or New potatoes	Mash	Roast Potatoes	Chips	Cajun Potatoes
Vegetables	Green beans & Cabbage	Courgettes & Carrots	Assorted Vegetables	Baked Beans	Sweetcorn & Peas
Food fact	<p><i>Rice</i> is the second highest worldwide production after maize (corn). Since maize is mostly grown for purposes other than human consumption, <i>rice</i> is the most important grain for human consumption. There are more than 40,000 varieties of <i>rice</i> that grow on every continent except on Antarctica.</p>				
Pasta Bar/Grab & Go Bar	Pasta Bar	Cajun beef Nachos	Pasta Bar	Chicken & Chips	Pasta Bar
Refuel 2	<p>A selection of hot panini sandwiches Hot food & drinks</p>				
Desserts	Steamed Pudding	Carrot Cake	Apple Crumble	Rice Pudding	Assorted Sweets
<p>Meal Deal £1.90 Choice of any Hot meal with a cup juice and a choice of a fruit bag or piece of fruit or small fruit tub</p>					