



## Wear Your Trainers to school Day: Friday 18<sup>th</sup> November

To support the BBC's Children in Need Campaign, we will be having a 'wear your trainers to school day' on Friday 18<sup>th</sup> November. Apart from the trainers, students are expected to be in normal school uniform. A donation of £1 which will be collected at the door when they arrive on Friday morning. All donations will be gratefully received.



## FA Football Course

The Sutton Supremo's Leadership Academy (11 CSBC boys) took part in the FA Football coaching/referee course last Saturday. The course was held at Carshalton Boys Sports College and gave the boys an opportunity to develop their coaching, leadership and referee skills with a focus on football.

These boys were: George Green, Spencer Travers, Joe Watkins, Rico Brooks, Archie Alexander, Connor Edney, Ryan Noonan, Patrick Barroso, Matthew Amanor-Boadu, Jordi Alilo and Callum Irving.



The boys received some fantastic feedback from the course:

"They all arrived early and kept to timings throughout the day. They were very enthusiastic. I was particularly impressed with Rico, Matthew, Joe and Archie throughout the whole day – both practically and in classroom based work. In fact Rico and Joe have both completed the homework and brought their workbook into me today to check through".

The boys are now required to complete four hours of volunteering in order to achieve their football qualification.

Miss J Hendle

## Games Force Award

The Sutton Supremo Leadership Academy have had a busy week, completing yet another course to strengthen their knowledge and develop their leadership skills. Tuesday evening the Sutton Supremo's from CBSC and other schools cross the borough took part in PART 1 of their Games Force Award course. The Games Force Award is run by the London Youth Games, which young volunteers involved in every angle of competitions run by the London Youth Games. Participants of the course go on to supporting games events and making the events happen! On the night, the course involved taking part in a range of classroom based activities, to improve their understanding of what makes a great leader. Well done to all boys who participated!

Miss J Hendle



## Satro Challenge Trip

On Tuesday we went on the Satro challenge trip. Our object was to make a bridge that spanned 1.5 meters and was able to hold as much weight as possible. The catch was that we only could use paper, tape and nuts and bolts. We also had to budget our bridges.

It was a very fun experience, although we did get stressed at points, as for our team things did not always go right.

Jack Benstead 8C

Our trip to Royal Alexandra on Tuesday was fantastic. It inspired us to create something incredible and work as a team while doing it. No one person in our group designed the bridge, as the challenge went on, we all contributed and listened to each other and our bridge evolved with our ideas. We made mistakes but we fixed them, but above all, we did both of these as a team.

The catch to our bridge was it could only be built of paper, tape and bolts to support as much weight as possible. As imagined it was not easy and tempers flared and stress was shown, but we didn't give up. You would be kind to say our bridge looked alright. It wasn't pretty but it did its job and ultimately we had fun making it.

Noah Lewis 8C

## Cycling to School

A few students have attempted to come into school without helmets recently and have had their bike confiscated or a detention set. Please can we remind parents that those with permission to cycle must abide by the rules that they agreed to and signed. The rules the students agreed to are as follows:

1. I agree to cycle safely, responsibly and courteously at all times.
2. When crossing roads (if using a cycle lane) I shall dismount and push the bicycle across the road as cycling across the road can be dangerous.
3. I will wear a helmet at all times and lock it in the storage provided during the day. (padlock not provided)
4. I will ensure the number plate is cable tied to my bike at all times.
5. I will make sure my bike is roadworthy, tyres are pumped up appropriately and make sure lighting is fitted and works.
6. I will not cycle in the playground and will walk the bicycle to and from the bike shed.
7. I will follow any instructions given from any member of staff.
8. I understand that dangerous or inconsiderate behaviour of any sort will mean that I will be banned from cycling to and from school. This includes being reported from outside of school.

# Carshalton Boys Sports College

## Café Menu 14.11.2016

|  | Monday  | Tuesday               | Wednesday                   | Thursday                          | Friday               |
|--|---|-----------------------|-----------------------------|-----------------------------------|----------------------|
| <b>Main Meal 1</b>   | Stir fried Beef   | Dinner in a Yorkshire | Roast Turkey                | Fish & Chips                      | Sticky Ribs          |
| <b>Main Meal 2</b>   | Lasagne   | Rump steak & Onions   | Roast chicken Pulled pork   | Fish cakes Fish fingers           | Spicy beef Tacos     |
| <b>Vegetarian</b>  | Stir fried Tofu   | Vegetable Pie         | Broccoli & Cauliflower bake | Courgette Bake                    | Pesto Pasta          |
| <b>Fish Special</b>  |   | Catch of the Day      |                             |                                   |                      |
| <b>Potato</b>  | Spicy rice  | Garlic new            | Roast Potatoes              | Chips                             | Rice or Garlic bread |
| <b>Vegetables</b>  | Courgettes &  | Peas & Carrots        | Assorted Roasted Vegetables | Spicy Baked Beans                 | Sweetcorn            |
| <b>Food fact</b>   | Because the tomato has seeds and grows from a flowering plant botanically it is classed as a fruit not a vegetable. |                       |                             |                                   |                      |
| <b>Pasta Bar/Grab &amp; Go Bar</b>   | Pasta Bar   | Sausage & Mash        | Pasta Bar                   | Chicken & Chips                   | Pasta Bar            |
| <b>Refuel 2</b>  | A selection of hot panini sandwiches<br>Hot food & drinks   |                       |                             |                                   |                      |
| <b>Desserts</b>  | Carrot Cake   | Fruit Sponge          | Apple Crumble               | Chocolate cake<br>Chocolate sauce | Assorted sweets      |
| <b>Meal Deal £1.90</b><br>Choice of any Hot meal with a cup juice and a choice of a fruit bag or piece of fruit or small fruit tub |   |                       |                             |                                   |                      |