**WEEKLY BULLETIN**

*Must be read during form time*

**Notices:**

- **Brent Athletics Final Rankings** - *We were on the 7th place overall out of 15 schools in the borough!!!!*
  Fantastic results from Alperton Athletics Teams. Well done! Each year group places are shown below.

<table>
<thead>
<tr>
<th></th>
<th>Y7</th>
<th>Y8</th>
<th>Y9</th>
<th>Y10</th>
</tr>
</thead>
<tbody>
<tr>
<td>GIRLS</td>
<td>8th</td>
<td>9th</td>
<td>3rd</td>
<td>4th</td>
</tr>
<tr>
<td>BOYS</td>
<td>4th</td>
<td>5th</td>
<td>11th</td>
<td>8th</td>
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</tbody>
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- **Sports Clubs** - Want to join a new club? Want to train for an event? Make sure you check the news [club list](#).
  Sports kit needed for all clubs.

- **Rowing Clubs** - Want to row on water? All students who have participated in the rowing clubs are invited to attend a special LYR session to develop skills in water and take their performance to the next level! If you are interested please see Miss Hazley or Mr McKenzie-Moore.

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**This week’s Sport & Health message:**

“**HARD WORK BEATS TALENT WHEN TALENT DOESN'T WORK HARD**”

-TIM NOTKE

You will never reach your true potential if you do not work hard!!!!.
Girls U McKinsey cup cricket tournament

Well done to the U13 Girls cricket team who competed in the McKinsey Cup tournament on Tuesday 14th May at Kenton Cricket Club. It was a beautiful day and the girls did themselves proud by playing hard but fair and with a great attitude. In one game we won in the last over via a 4 off the last ball by Ridhi Vijay (7X). We are excited to have made the finals where we will compete against the winners of the other borough tournaments. Congratulations to the players of the day Ruchita Ganesh (7K) and Hardika Jayesh (7T).
Year 11 Brent Football Final v QPS

Y11 reached the finals of the Brent Football League this year for the third year running. All boys showed great resilience and maturity to make it to the finals. This was their last ever game playing competitively as a team for Alperton. Over the past 5 years all members have grown tremendously as players not just in skill but height too! Although we lost the game 5-2, all boys were proud to receive their second place medals as they knew they had lost against their friends and weekend football team mates from Queens Park School. We wish our boys every success as they continue their sporting journey playing competitively outside school teams. MTA and KMM
## Sports fixtures 2019

<table>
<thead>
<tr>
<th>DATE</th>
<th>TEAM</th>
<th>OPPONENT</th>
<th>VENUE</th>
<th>RESULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 21st May</td>
<td>Year 8 cricket</td>
<td>Wembley high</td>
<td>AWAY</td>
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<tr>
<td>Tuesday 21st May</td>
<td>Year 10 cricket</td>
<td>Newman college</td>
<td>HOME</td>
<td></td>
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<tr>
<td>Wednesday 22nd May</td>
<td>Year 8 cricket</td>
<td>Kingsbury</td>
<td>AWAY</td>
<td></td>
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<tr>
<td>Wednesday 22nd May</td>
<td>U13 boys</td>
<td>McKinsey cup</td>
<td>Kenton cricket club</td>
<td></td>
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<tr>
<td>Wednesday 22nd May</td>
<td>Year 7 cricket</td>
<td>Preston Manor</td>
<td>HOME</td>
<td></td>
</tr>
<tr>
<td>Tuesday 11th June</td>
<td>U15 girls</td>
<td>McKinsey cup</td>
<td>North London CC</td>
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<tr>
<td>Wednesday 19th June</td>
<td>Year 10</td>
<td>Kingsbury</td>
<td>HOME</td>
<td></td>
</tr>
<tr>
<td>Wednesday 19th June</td>
<td>Year 7</td>
<td>Kingsbury</td>
<td>AWAY</td>
<td></td>
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<tr>
<td>Thursday 20th June</td>
<td>Year 10 girls</td>
<td>Rounders tournament</td>
<td>Kingsbury</td>
<td></td>
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<tr>
<td>Monday 24th June</td>
<td>Year 9 girls</td>
<td>Rounders tournament</td>
<td>Kingsbury</td>
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</tbody>
</table>

## Cricket Season 2019

**Year 7 practice** - Tuesday 21st May, 3.20pm - 4.30pm. Meet Mr McKenzie-moore in ER changing rooms.

**Year 8 practice** - Wednesday 8th May, 3.20pm - 4.30pm. Meet Mr Hughes in ER changing rooms.

**Year 9 practice** - Tuesday 14th May, 3.20pm - 4.30pm. Meet Mr Tan in ER changing rooms.

**Year 10 practice** - No training on Thursday, match Tuesday 21st May.
SPORTING QUESTION

LAST WEEK

What does this signal mean in cricket?

Answer - 6 runs.

WINNER - Vithunan Wijayabalachandran 7R

NEW QUESTION

How many goals did Manchester City score in the 2018-2019 Premiership season?

Answers to be submitted in the box outside the Sport & Health office.

10 achievement points

STARS OF THE WEEK

NHZ - Nirali Ramnik 7W
Great fielding skills in cricket.

KMM - Meks Hasmukh 7N
Fantastic bowling display at cricket practice.

RWH - Moontiha Nasir 9T
Fantastic bowling in cricket.

MTA - Parita Deuchande 9X
Excellent home learning.

JHU - Ariel Velasco 10R
Outstanding trampoline routine.

VWI - Sara Haji Abdullahi 9S
Consistent high effort and leadership shown in PE.

MCA - Nikhil Mukesh 7Q
Great fielding in soccer baseball.

STAFF & STUDENT PROFILES

(click on the names to see the video)

Ms Bowerman
Food Technology

Yaseen
Year 7

WORD OF THE WEEK

Altitude sickness

Meaning:
Nausea caused by training at altitude.

Example sentence:
One of the athletes suffered from altitude sickness due to training at high altitude.