No. 21

This week is Blue Week

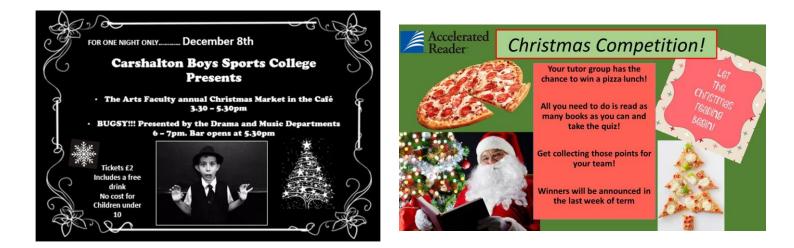
14th November 2016





Wear Your Trainers to school Day: Friday 18th November

To support the BBC's Children in Need Campaign, we will be having a 'wear your trainers to school day' on Friday 18^{th} 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:

rers, Joe Watkins, Ryan Noonan, Alilo and Callum m 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 participated 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 onto 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 1.5meters 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.

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