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Upcoming Events

- English Schools FA Cup
- Year 11 Football fixture vs. Carisbrooke
- Football fixtures vs. Ryde Academy
- South of England Netball

Off the Teacher's Desk - Mr. Barry

Extra-Curricular opportunities here at CEC

There has been a large increase in the number of students attending each of the sport clubs over the past few weeks. Rugby Club has had a vast increase in the number of students attending; however more students are still needed in each year group before a fixture can be organised.

The PE staff are always happy to see new faces at the clubs; therefore we would like to encourage even more students to attend. A list of the clubs we have on offer are included on page 2 of this newsletter, however if your son/ daughter requires any additional information please see one of the PE staff.

There have been a couple of recent teams who have had to play a fixture with a depleted squad as several students were unable to play due to unforeseen circumstances. To avoid upset in the teams and to avoid last minute forfeits, the PE staff would like to kindly ask - that if a

student cannot play in a fixture they have registered for, can they please tell one of the PE teachers ASAP to allow time to find a replacement? Your cooperation in this matter is greatly appreciated.

GCSE interventions for years 10 and 11 are starting on Wednesday 11th October. Additional information will be given to students in class.

As mentioned in the last PEn the students involved in the British Surfing National Championship (23rd - 24th September) would be listed in this issue.

Huge congratulations to:

- Henry Copeland
- Seb Entiroldi
- Louis Hutchings
- Oscar Saward
- Milo Bird

All students surfed in 7foot plus swell and enjoyed their time in Newquay!

Upcoming Fixtures / Results - Mr. Hughes

A big well done to all students who have recently represented CEC in fixtures.

Upcoming fixtures include:

Football YR9 Boys vs. CTK (away)
Tuesday 10th October

Football YR 9 Girls vs. Ryde Academy (away) Thursday 12th October

Football YR 7 Boys vs. Sandown (away)
Tuesday 17th October

Football YR 8 Boys vs. Sandown (CEC)
Tuesday 17th October

Netball Tournament YR8 vs. Island Schools (CEC) Tuesday 17th October

Football YR 10 vs. CTK (CEC)
Thursday 19th October

Latest Netball results:

Year 10 CTK v Year 9 Cowes
47-1 (Cowes win)

Year 10 CTK v Year 10 Cowes
18-16 (CTK win)

Sports Clubs

Day	Activity	Meeting Point
Monday	No clubs due to staff meetings	
Tuesday	Netball	Sports Hall
	Football (Boys Years 7-13)	Field
Wednesday	Badminton	Winder Centre
	Sports Leaders	Sports Hall
Thursday	Rugby (Girls and Boys all years)	Field
	Girls Football (Year 7 and 8)	Field
	Girls Football (Year 9-13)	Sports Hall
Friday	Year 7 Netball	Sports Hall

Off to see the Saints...

Mr. Hughes is in the process of arranging trips to see the Saints at Southampton for the following games:

Saints vs. Arsenal
 Saints vs. Everton
 Saints vs. Spurs
 Saints vs. Liverpool

Any student interested in attending any of the above trips who has not yet registered their names, please see Mr. Hughes during break to collect additional information.



Celebrating Student Success in Sport



Many students here at CEC are involved in sporting activities outside of school. The PE Staff would like to be informed of all significant sporting achievements your son / daughter have been a part of.

Please email all sporting achievements to:
Sbarry@cowesec.org

All sporting achievements emailed to the above address will be published in the next issue of the PEN.

Well Done to Toby Lucas in YR10 who recently competed at the Swanage Rowing Championships and won! If your son / daughter is interested in joining a Rowing Club on the island Please contact one of the PE staff to find out more information.

Stars of the Week awarded to...

The PEN -
Promoting
physical
Education
and
Celebrating
Student
Success in



Sport / Motivation Quote of the Week

“Will it be easy? Nope. Worth it? Absolutely”

- Anonymous