



# The Gowerton Goss - Autumn Term 2019

*For the pupils, by the pupils*

## Gowerton Tour 2019 Review

The tour was for 20 days and was the most ambitious we have undertaken visiting both South Africa and Australia.

In South Africa we stayed in Cape Town and then visited a game reserve near George. We then flew to Australia and stayed in Brisbane, Cairns, the Gold Coast and Sydney.

While we were away the two rugby teams played 4 games each and the hockey and netball teams both played five games.

As well as our games we took part in a large number activities including; A helicopter flight around Table mountain, a visit to a penguin colony, a tour of Langa Township, two game drives at the game reserve, a visit to a cheetah sanctuary where everyone (apart from Mr Mason!) was able to stroke an adult male cheetah, a visit to the Suncorps stadium to watch the Australia v Argentina rugby match, snorkelling or scuba diving at the Great Barrier Reef, an Aqua Park visit, the Currumbin animal sanctuary, and Circular Quay and the Harbour bridge and Opera House in Sydney.

### Interview with Mr Mason



*Q: How many pupils did you take on tour?*

A: Around 73.

*Q: How many games did you play and what sports?*

A: We were supposed to play 20 games of rugby but 2 got cancelled due to bad weather so we played 18 games of rugby, 5 games of netball and hockey for the girls.

*Q: What was the best experience of the tour?*

A: Walking around Sydney harbour bridge and the friendships.

*Q: What qualities did the pupils gain from the tour?*

A: Self-confidence, personal gain and Mr. Cullen learned to iron.

*Q: Will there be another tour?*

A: We are hoping so in 2022 but it depends on head-teacher, parents and pupils if they even want to come.

**(Article and interview by Ellie McLaren)**

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**WILL YOU BE GOING ON THE NEXT TOUR IN 2022?**

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# WINTER SPORTS DAY 2019

## Winter Sports Day Excitement Grows

Anticipation is growing as year 7 are preparing for Winter Sports Day on Thursday 21st and Friday 22nd November. After careful consideration the year 7 pupils have selected the following activities:

Thursday 21 <sup>st</sup> November Teaching Groups G.E.C.N.	Friday 22 <sup>nd</sup> November Teaching Groups W R S T H
Judo	Judo
Basketball	Basketball
Dance	Dance
Dodge-ball	Dodge-ball
Curling	Curling
Fitness	Fitness

Pupils will need their kit, trainers, water bottles, carrier bag, spare clothing in their house colours. Don't forget to pack a great attitude and good team working skills.

Friendship groups will be organised by your form tutors so that your team is happy, competitive and confident taking part in the activities. Winter sports Day is going to be a great success thanks to you leading the way.

## Fuel up to Keep Fit and Active

The Canteen are providing the following foods to ensure that you have the energy to keep going for both days. Think about what you will fuel your body with, build-up on the proteins and carbs cut down on the fats and sugars.

### Break

Porridge (select the raisins not the syrup).

Cereal (avoid the sugary variety).

Fruit. Look for the bananas (if they are good enough to keep Roger Federer going they are also good for you).

Granola with yogurt (add some fruit for extra energy.)

Eggs boiled or in bagels

Lunch Thursday	Lunch Friday
<p><b>Roast Dinner Day</b> Fill up on the vegetables but go easy on the gravy</p>	<p><b>Pasta Bolognese or baked beans.</b> A good one to pick as you will need to look after your body today when your energy levels start to fall.</p>
<p><b>Tomato and vegetable pasta</b> Those extra carbohydrates will be useful in afternoon to keep you playing to your best.</p>	<p><b>Gammon with broccoli</b> (Go heavy with the vegetables)</p>
<p><b>Chicken noodles</b> Great way to re-fuel protein and carbohydrates to ensure you last the day.</p>	<p><b>Curry with Brown Rice.</b> A good alternative to pasta.</p>

# Trash Alligators



*(Article by Brandon Hoskins)*



Trash Alligators is a club for all years. The club is all about saving the environment and nature and we do this by taking litter pickers and going around the Gowerton area picking up trash. The club is active every lunch and for everyone who normally gets food from the canteen the club comes with a front of queue pass. The normal route for us is out the back gates then up park road until you get to the top shop (Nisa local) and then we turn right down the path to the park lap round and come back in to the school. On the occasional day the teachers allow us to go into the shop to buy something and the walk is always filled with laughter and happiness!

Important information to join this club, you must go to reception to receive your permission form to leave the school grounds. If you have any questions to ask about Trash Alligators please see any of the staff below:



Mr. R. Hall-Richards



Ms. K. Lawlor



Ms. S. Bath-Jones

## Student Newspaper Needs You!

The student newspaper is looking for more pupils to help develop the content the newspaper currently delivers.

Whether you are a photographer, have an interest in writing articles, want to help write debates or have an interest in something you want to appear in the newspaper, then come along to **A10 every Monday Lunchtime!**

**Bring your lunch!**



## Editorial Team

<b>Debate editors</b>	Kiera James, Evie Davies, Kitana Richards
<b>Photographers</b>	Ben Rashbrook,
<b>Club editors</b>	Brandon Hoskins
<b>Technology News</b>	Grace Treseder
<b>Puzzles editors</b>	Brandon Hoskins
<b>Jokes / Memes</b>	Ben Rashbrook,
<b>Interviews</b>	Ellie McLaren, Grace Webb
<b>Advice columnist</b>	Ruby Zaire, Zuzanna Ciezka
<b>Stories / poems</b>	Maria Abid



# The Gowerton Goss - Brain Trivia

*By Brandon Hoskins*

F K R E S P E C T K J      **Gowerton**

H G H D L K M A T H L      **Respect**

K O L J G P I K K N B      **Math**

D W K J K O S J L G H

F E N G L I S H F M O      **Miss**

N R J D K R T H T J M      **Mr**

S T H S P E E R Y U E      **Block**

F O K S C H O O L K W

G N J S Y Y I S D L O      **Homework**

H H H J U D K H S K R      **School**

J V T M R U B L O C K

## ***Tongue Twisters!***

*(How fast can you repeat these famous tongue twisters!)*

**1. She sells sea shells on the sea shore**

**2. How much wood can a wood chuck chuck if a wood chuck could chuck wood**

**3. Betty bought a bit of butter but the butter wasn't bitter so she bought a better bit of butter**