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News from
around CATS
London
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London Newsletter 2016-17

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Welcome back!

Welcome back to CATS College London and I hope the year ahead is a happy and successful one for everyone connected with the College.

We are delighted to be welcoming over 50 new students this month, to follow A Level, Foundation, Pre-Programme and English courses. Best wishes and good luck to them all.

In this first issue of 2017 we focus on activities at the College and I hope students, new and old, will get involved in as many as they can throughout the rest of the academic year.

A number of students will also be taking part in our first exchange visit to CATS Academy Boston during the Easter holiday. Its theme is Business and Entrepreneurship and we are excited about this new link with our US partners.

Finally, don't forget to download the CATS Mobile App via Apple or Google...all you need to know about the College at your fingertips and an opportunity to send us your feedback.



Mario Di Clemente BA PGCE FRSA
Principal, CATS College London

Chinese New Year

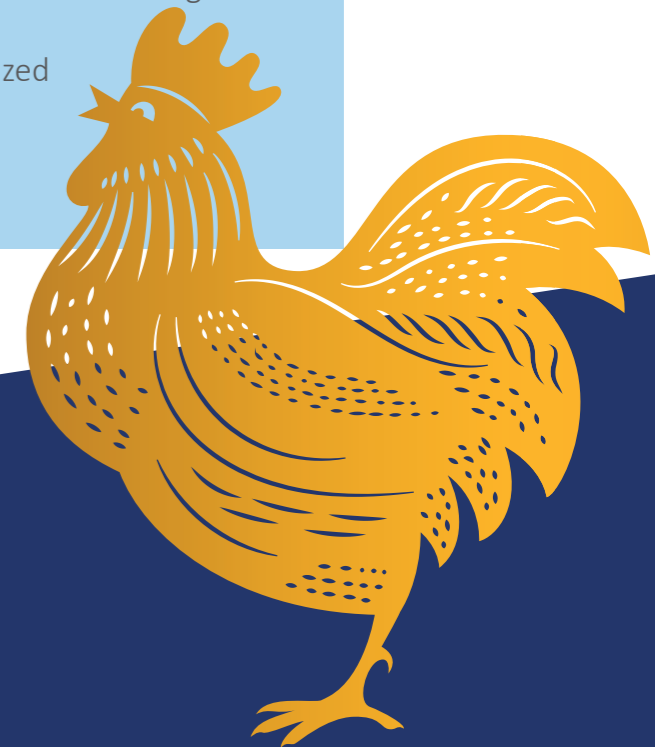


Chinese New Year, or Spring Festival, will be celebrated from January 28th around the world, and this coming year is the year of the Rooster. CATS College London will be celebrating the festival with a lunch on the 27th of January.

Happy New Year to everyone celebrating!

Celebrations in London

- The annual New Year's Day parade is expected to start at 10am and take a route along Charing Cross Road and Shaftesbury Avenue before reaching Chinatown.
- From January 27 to 29, the Coca-Cola London Eye will host a range of special events to mark the occasion. Visible throughout the city will be the landmark's themed light show- the attraction will unleash a specially designed red and gold lightshow every hour from 4pm during the weekend
- Between the 19th January and the 26th February Chiswick's Magical Lantern Festival is this year themed after 'Explore the Silk Road' and features a mass of life-sized and oversized lantern scenes that collectively represent this age-old trade route.



Mindfulness Masterclass

Back on Thursday 8th December, Renowned Specialist Cristina Codina Llavina successfully led a workshop on the Alexander Technique to students and teachers at CATS College London.



During the workshop, Cristina helped us to become aware of how certain movements can increase or decrease tension in the body. She then analysed our natural way of moving and taught us how to use our brain to change those movements, so that our bodies remain balanced and in harmony. She also taught us some tips and tricks that we can use when performing physically demanding tasks, such as taking exams. Finally, she showed us how to use the semi supine position to lead the body into the most balanced posture, so that it is fully rested. We also learned how to destress by redirecting the mind from our inner thoughts to our experience of the present moment.



As you can see from the photos, we got a lot out of the workshop. The students said that they 'felt relaxed' and found the workshop very helpful! While the teachers commented that 'they didn't realise what bad habits they had and were grateful that they had a chance to change them.'

Cristina said that 'she was very grateful for the opportunity to do the workshop, as it was a wonderful experience.' She was also very impressed with the students; afterwards, she stated that "they were the best audience ever! Brilliant sense of humour, bright students and really respectful. A golden medal for them. It's not easy at all to focus and perform what I sometimes demand from my students. Young people tend to be very loyal to their habits as part of their personal situation (to fit), therefore, I was highly impressed with their behaviour and manners during the workshop."

In fact, everyone agreed that the workshop was so successful that we plan to run another one later on in the year.

The CATS College London Mindfulness Club



Week of Culture 2017

Monday

Tate Modern, London Southbank Centre, and Millenium Bridge

The first stop on the cultural tour of London was the Tate Modern Gallery on the south bank of the Thames, where students got to see the wide variety of post-1900 artworks the gallery holds.

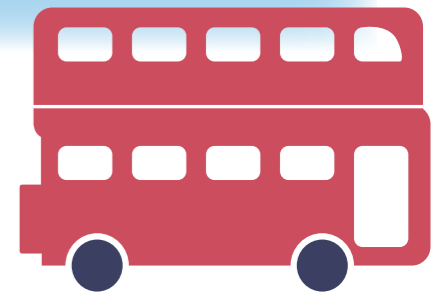
Students then enjoyed a walk around the London Southbank Centre and across Millenium Bridge.



"One of my favourite things about the Tate is the huge amount of things you can discover. Even when you think the exhibit is over, there are lots of things happening outside"

Last week students without mock exams took part in a week of cultural activities around central London. Students got to experience the best of London's museums and architecture, as well as watch a debate in the House of Commons.

"It was such an interesting and enriching experience"



Tuesday

British Museum, Museum of London, and Sir John Soane Museum

Next up was a trip round the corner to the British Museum. With over 8 million artifacts from throughout history, students could browse any period that interested them.

Museum of London, featuring exhibits from the birth of the city, up until the 2012 London Olympic games. The highlight for most students was an exhibition on the creation of the Olympic torch cauldron.



Final stop for Tuesday was the Sir John Soane Museum. A private collection turned to gallery.

Thursday

Natural History Museum and V&A Museum

Wednesday was spent in South Kensington visiting the Natural History Museum and the Victoria & Albert Museum.

Both Victorian buildings were a hit with students who seemed to like the structures as much as the exhibits inside.

"The tall ceilings and the marble pillars could also be part of an exhibition themselves"



Friday

Westminster Abbey and Palace of Westminster

On Thursday students had a tour of both Westminster Abbey and both houses of parliament. They even got to watch a debate in both the House of Lords and the House of Commons.

Highlights for the students included the serenity of the chapel, and getting an insight into the working House of Commons where a debate on female inclusion in politics was going on.

"The architecture was astonishing, the view from inside and outside was beautiful and calming; the gardens left me breathless. I could say this was my favourite part of the week"





Fine Art Mock Exam

Last week the Fine Art students undertook their mock exam in college, producing some excellent work.

The Fine Art mock exam is a practical examination where students have to create a piece of art over 12 hours. The exam is split over a number of days.

Whilst it is pretty exhausting, it is amazing to see how much work is completed over a concentrated period of time.



The students have created some really ambitious pieces this year, and we look forward to seeing what they will produce in their final summer exams.

All finished work will be exhibited in the Art and Photography exhibition on Wednesday 8th February.



Activities 2017

All activities will begin from
Monday 23rd of January

Extracurricular Activities

Activities for 2017 begin next week - students will be able to try out a club for one week before making their final decision next Friday (27th)

Monday:

The Art of Being Yourself
Charity and Fundraising
Math and Computing Club
Math Club
Chess Club
Photography Club
Mindfulness
Physics Club
Photography Club
Creative Writing

Thursday:

Language Exchange Club

Friday:

Economics Book Club
'Drop everything and read' book club
Chemistry Club
Social Paradigms
Young Enterprise

Tuesday:

CATS College London Magazine
Cross-stitch Club
Biology Club
Current Affairs
Film Club

NEW: Yoga

This term yoga is being offered on
Wednesdays from 6-7pm.

It is held in rooms 3.07 and 3.08
in college, all levels are welcome!



Sports



Tuesdays:

Fitness Session -
4:30-5:40 - Oasis Sports Centre

Interleague Football
Meet in the coffee bar 4:45pm

Wednesdays:

Yoga - 6-7pm - Room 3.07-3.08

Thursdays:

Football Training - 6-7pm - Market
Road ATP

Basketball Training - 7-8pm -
Holloway Road, School Sports Hall

Football Fixtures: Spring 2017

All games are a 6pm kick-off at
Burlington Danes, except Ashbourne
games which are at Westway

Tuesday 17th January:
Ashbourne 0 - 1 CATS

Tuesday 24th January:
CATS v Duff Miller

Tuesday 31st January:
CATS v Lansdowne

Tuesday 7th February:
CATS v MPW

Tuesday 21st February:
No Game

Tuesday 28th February:
CATS v Ashbourne

Tuesday 7th March:
CATS v Duff Miller

Tuesday 14th March:
Lansdowne v Ashbourne

Tuesday 21st March:
MPW v CATS

Upcoming Trips

Economics:

Friday 27th to Monday 30th Jan.
15 students will be travelling to
Frankfurt, Germany

Art:

Friday 27th to Sunday 29th.
16 students will be travelling to
Barcelona, Spain.

Boston Exchange:

Still open to January starters

Our first exchange to CATS
Academy Boston is taking place this
Easter. Focusing on Business and
Entrepreneurship it is a fantastic
opportunity to experience life in
the US. Students who joined in
January are still able to join this
trip, the deadline for deposit
payment is January 27th.
Please see
Anne Lefebvre or
Rishi Nathwani with
any questions.



Preparing you for university success

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