



.....  
News from  
around CATS  
London  
.....

---

# London Newsletter 2016-17

---

## Featured inside this issue...

1. Welcome Back
2. Mindfulness Masterclass
3. Week of Culture 2017
4. Fine Art Mock Exams
5. Activities

---

# 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.

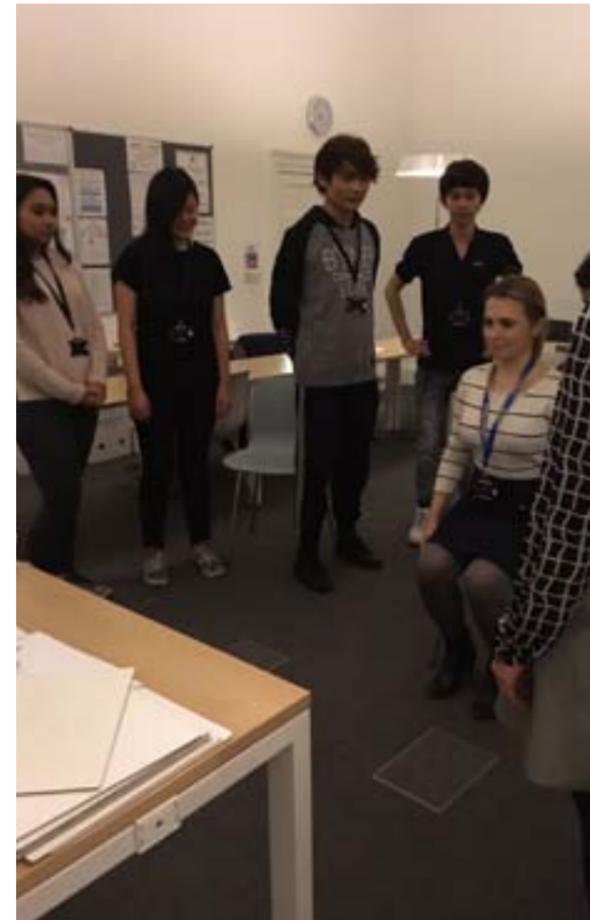


# Mindfulness Masterclass

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.

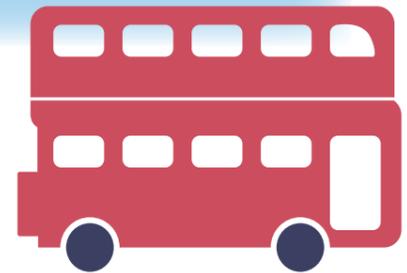
Students then enjoyed a walk around the London Southbank Centre and across Millenium Bridge.



*"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

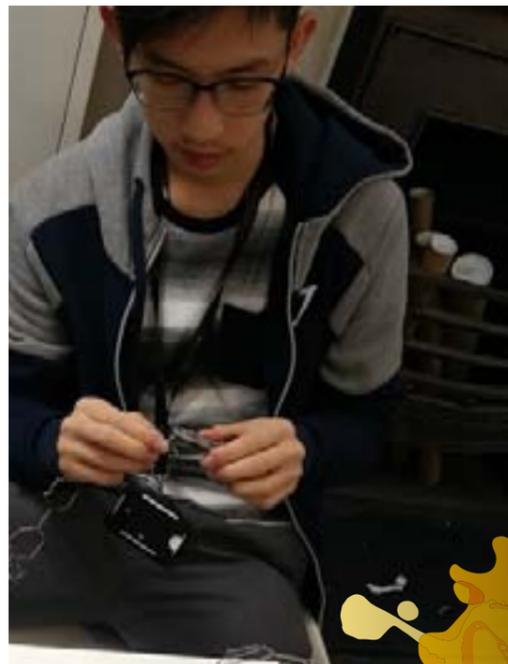
Westminster Abbey and Palace of Westminster

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

CATS College London is part of  
Cambridge Education Group

43-45 Bloomsbury Square  
London  
WC1A 2RA

[www.catseducation.com](http://www.catseducation.com)



**united world schools**  
teach the unreachable



THE QUEEN'S AWARDS  
FOR ENTERPRISE:  
INTERNATIONAL TRADE  
2014  
TO CAMBRIDGE  
EDUCATION GROUP