

# ALDRO XTRA

WEEKLY NEWSLETTER

16th January 2021

Dear Parents,

For those of you who are not aware of AldroXtra, this is a new Aldro initiative announced in assembly last Friday. It is all about providing co-curricular activities and challenges for the boys as well as providing a calendar of online events for the Aldro Community. All the information and communications can be found on our AldroXtra Teams page as well as on our social media platforms.

Each week during Distance Learning we will produce a newsletter for you which will highlight the events and challenges of that week and events and challenges for the upcoming weeks. We hope you will find this a really useful way for us to communicate all our Xtra provisions during the lockdown and furthermore you will find the sports challenges engaging and fun and the online "events" helpful and inspiring.

Guy Drayton

Director of Sport and Enrichment

## Jordan's Gym

Mr Jordan will be LIVE on Teams Monday—Friday for 10 minutes at 12.45pm delivering an "exercise for the day" Do join him for a daily boost to your health! This is optional, fun for all the family.



## Sports Challenges

### A 5-week programme of Challenges

- Optional, but fun for all the family
- Squad based
- Squad marks
- Week 1: Running/Walking Record all your exercise from Monday-Friday (Strava)
- Week 2: Cycling Focus, record all your rides from Monday-Friday

### 30 Day Challenge

- The Plank Challenge
- Optional & Fun for all the Family
- See Teams; AldroXtra



Nature Photography Competition  
Week 1 "Colour"

Mrs Eves has been very impressed with the photographs entered in to the first week of our DL Nature photography competition. At Fridays assembly prizes were awarded to the following boys:

Junior School Winner:  
Charlie P



Middle School Winner:  
Albie F



Senior School Winner:  
Jack B

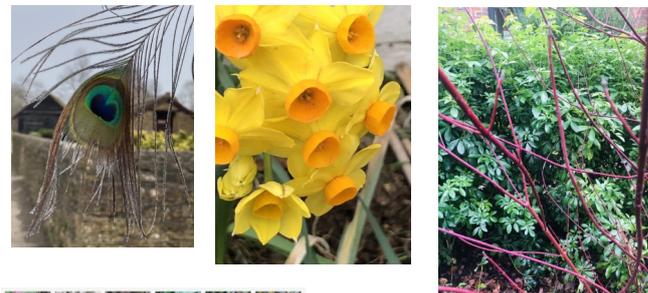


Next week's theme is **Family**

Entries to Mrs Eves  
by midday Wednesday



Some of the beautiful entries:



Special award went to Edi M  
for his rainbow montage

Form 5 bake Galette des Rois

In Form 5 French lessons the boys have been learning about la fête des Rois. After completing the challenge set and baking their own galette, here are some of the amazing results!



### Weekend Family Challenge

This weekend record all your times/distances on your bike and running. Perhaps you can do your own Biathlon? Run & Cycle? An Aldro mile followed by a 5k cycle for example? If, for whatever reason you cannot cycle, perhaps replace that element with either resistance exercise or sprint work?

**Squad Competition:** Squad marks will be given for participating & Squad marks for the overall result.

Please remember to email your photographs in to Mr Drayton: draytong@aldro.org and record your achievements in the AldroXtra Teams.

**GOOD LUCK EVERYONE!**



There is much more to AldroXtra...

Week beginning 18th January

- 18th 1pm School Council online
- 21st 4.45pm Wooden Spoon Talk online by Mr Rose
- 22nd Rugby Shirt Day

Week beginning 25th January

- 26th 4.45pm "I am Greta" An online talk by Miss Donaldson

**More to follow...**

### DATES FOR YOUR DIARY

**An Evening with Gavin Hastings & Rob Andrews**

**Friday 5th February - 6.30pm**

On the eve of the Calcutta Cup we are delighted that Gavin Hastings and Rob Andrews have agreed to be our online guests.

**More details to follow...**



**The Aldro Grand National**

**Friday 25th February**

**Virtual Horse Racing evening!**

Let us entertain you with a night at the races...



**More details to follow...**