

SPORTS news

26-30 April 2021

Headlines

Sports take a two-week break at The English School



Following the guidelines issued by the Mayor's Office of Bogotá during the weekend, sports at The English School must take a break during the following two weeks from 26th April to 9th May 2021.

We hope that the everyone's good behaviour will allow us to resume our training sessions in the school premises as of Monday, 10th May.

Our athletes were already resuming their sports activities in a gradual, progressive and safe way, and we hope to continue this process shortly.



Let's keep taking care of ourselves!

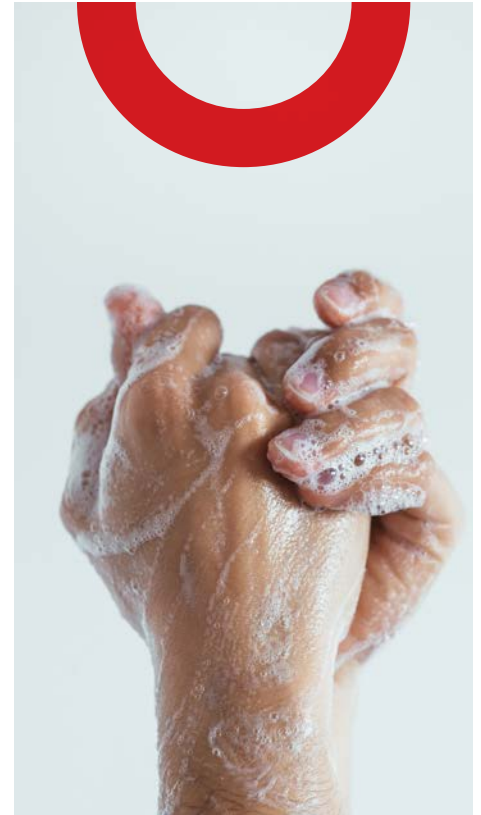
Remember to follow the three key recommendations to prevent the contagion and spread of COVID-19:

- Frequent handwashing.
- Social distancing.
- Permanent use of a face mask.

Although some people have already been vaccinated, if they do not follow the self-care recommendations, they can get the virus and spread it to those who have not yet been vaccinated.

The vaccine minimises the effects of the virus, but it does not prevent the spread. The resumption of our activities will depend on the responsibility and self-care of each and every one of us.

Nevertheless, it is very important that we continue to do physical activity, since this is a valuable tool against stress, depression and anxiety.



Tennis

From 23rd to 25th April 2021, our student **Valeria Sánchez Olmos** of **Grade 3-4** competed in the **Fedecoltenis Torneo Nacional Grado 4 Tolima** that took place in the **Country Club** in Ibagué, Tolima, finishing **runner-up** in **singles** and **champion** in **doubles**.

With these results, Valeria enters the top 20 of the Colombian women's ranking.

Congratulations Valeria for this great achievement.

TES pride!





Virtual race



The virtual race, organised and held by the **Graded School – The American School of São Paulo** in **Brazil**, will take place from **17th April to 15th May 2021**.

Given the cancellation of on-site classes as a preventive measure due to the third peak of the pandemic in the city, we encourage you to find a good space in your home to participate in the race and share your results with us. The most important thing is to have a go at this virtual event and be active. Let's represent our school in this virtual race! Below the information you need to know to participate:

Distances and categories:

- Distances: 1 km, 3 km and 5 km.
- **Middle School** students of Grades 6, 7 and 8: 1 km
- **Upper School** students of Grades 9, 10 and 11: 3 km
- Teachers and parents: 5 km

How to participate:

People interested can participate in two ways:

- As of 10th May, unless otherwise stipulated by the local government, those attending the school premises can register directly at the Sports Department office and run at the school premises.
- Those at home even after 10th May and for everyone during the two week of distance learning, the results must be registered using the Strava website. The results, full name and grade level must be sent to the Sports Department at deportes@englishschool.edu.co.
- You can run as many times as you want between 17th April and 15th May and submit your best result.

DO NOT MISS THE CHANCE TO PARTICIPATE AND REPRESENT OUR SCHOOL INTERNATIONALLY!

