

NEWSLETTER

“The only way to prove you are a good sport is to lose.”

Ernie Banks, Baseball player

Week 11 2023-24

INTER-HOUSE VOLLEYBALL



INTER-HOUSE VOLLEYBALL COMPETITION

The Inter-house volleyball competition wrapped up this week after an intense series of games, culminating in the final between Tiger House and Lions.

All 3 games ran neck to neck, with fierce displays from both teams and some amazing shots and teamwork throughout. Sarah, Tiger House Director, and Godfrey, Lion House Director, were on site to encourage their teams. Player of the match goes to Yeva for outstanding play and commitment to the game, well done!

Despite some dubious sideline heckling from Godfrey, Tigers fought the good fight, but to no avail, as Lion House took the match and the competition.

Lions : Tigers

Match 1:	28:26
Match 2:	24:26
Match 3:	25:18



STUDENT LEADERSHIP CONFERENCE

In a showcase of leadership and collaboration, on Thursday, ten students from the student council represented CATS Cambridge at the student-led conference on leadership hosted by Abbey College Cambridge.

It was a day filled with intellectual growth but also with fun, friendship, and a sense of pride in representing CATS Cambridge.

The programme featured talks from professionals on gender disparity, carving out a path to leadership, and how to be a positive change-maker.

The team project involved students working together in mixed groups to design and present ideas for developing leadership within a school environment. Congratulations to Saad and the winning team!

CATS Cambridge Delegates:

Malika
Bill
Kaysa
Kseniia
Irem
Jocelyn
Saad
Arslan
Ata



Deliberate Practice and the Pursuit of Expertise

**Phil Harwood,
Vice Principal**

Achieving expertise in any field is a journey that requires discipline, and a profound understanding of how we learn. A crucial element of this is deliberate practice, a term coined by Anders Ericsson focusing on purposeful, focused efforts to improve performance.

The journey towards expertise is not just about dedication and practice though; it's about unlocking a state of optimal experience that Mihaly Csikszentmihalyi referred to as "flow" - a mental state of complete absorption and focused concentration in an activity. This state is characterised by a genuine sense of enjoyment and timelessness that can only be reached by immersing oneself in their learning, at which point such dedication and practice become effortless and self-perpetuating.

It would be lazy to pigeon-hole flow with zen-like moments, or to devise a journey of activities aimed at raising self-awareness to reach one's flow, because it isn't a mysterious phenomenon, rather it emerges when an individual engages in activities that match their skill level with the challenges at hand. In the context of deliberate practice, achieving flow is a clear sign of progress and mastery, signifying that one has honed their skills to a point where the activity becomes almost intuitive, requiring minimal conscious effort. Csikszentmihalyi's work emphasises that the journey towards expertise is not just about the grind of practice though as we will not find that state of flow without finding joy and fulfilment in the process. Flow is therefore where challenge and skill intersect, creating an environment conducive to both learning and enjoyment.

The relationship between deliberate practice and flow is therefore symbiotic. Deliberate practice sets the stage for flow by pushing individuals to constantly stretch their abilities, creating a cycle of improvement. As one's skills increase through deliberate practice, individuals can take on more challenging tasks, creating a virtuous cycle of growth and flow, inculcating a sense of lifelong learning and a genuine love for the learning journey itself.