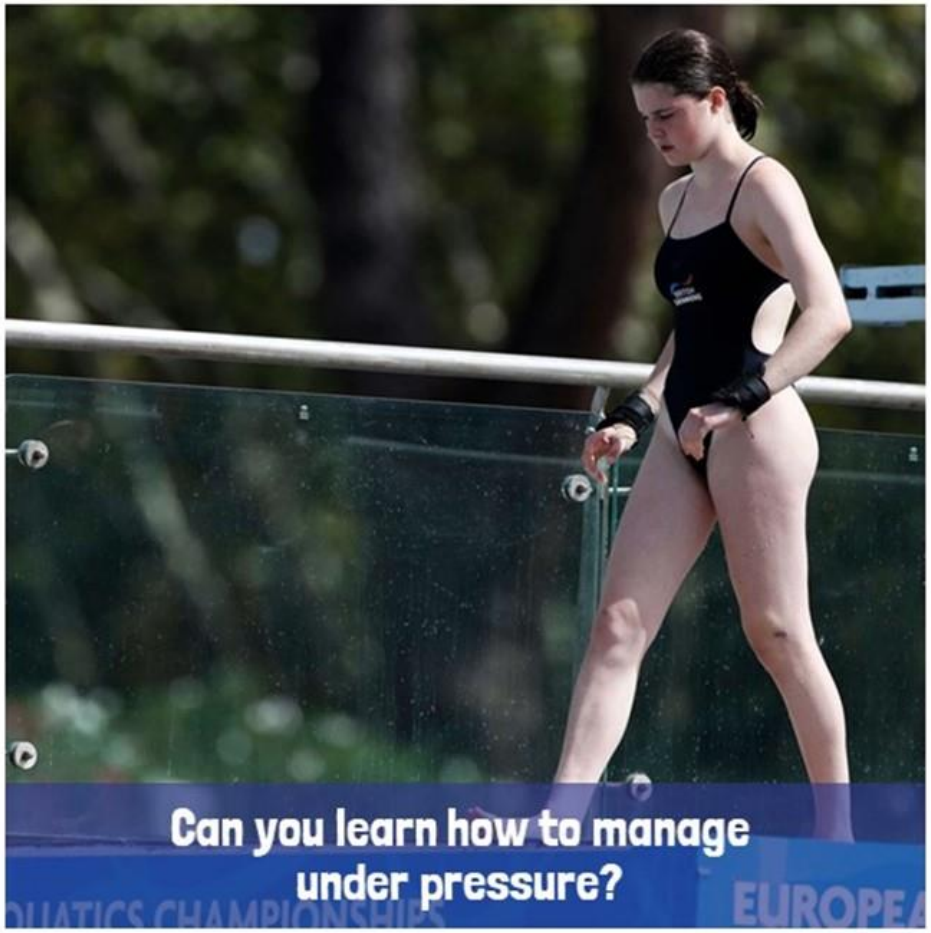
TAKEHOME

9 – 15 January

In the news this week



18-year-old Andrea Spendolini-Sirieix has been named as a BBC Young Sports Personality of the Year finalist. She is one-time National Champion, two-time Commonwealth Champion, and two-time European Champion across 10 metre diving and 10 metre synchronised diving. Skateboarder, Sky Brown, and gymnast, Jessica Gadirova, were nominated alongside Spendolini-Sirieix. Andrea is continuing with her A-Levels, attending school 3 days a week.

Things to talk about at home ...

- What do you think Andrea is feeling as she prepares to dive?
- Can you think of a time when you felt under pressure? What happened and what helped you manage?
- Do you think some people are better at dealing with pressure than others?

Please note any interesting thoughts or comments

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