



Autumn Term 2014

Highlights



Highlight of Highlights!

We were thrilled last month to be declared the top state school for sport in 2013-14.

School Sport Magazine said,

"Based on 20 different sports and more than 120 different national competitions, more weighting is given to success in a range of sports rather than single sports - not to mention competitions with more teams competing - and all results are input into a special computer program.

So congratulations to winners Aylesbury High School, the Buckinghamshire all-girls school who won no fewer than four national schools titles this year.

Champions in netball, cross-country, badminton and basketball, their achievements were all the more remarkable considering their single-sex status disqualified them from half the competitions on offer."

With almost 3000 secondary schools in the country, it is one of the most remarkable achievements in our history and a fantastic tribute to the talent, hard work and commitment of students and staff alike.

Meanwhile, there have been plenty of other highlights to report this term so enjoy this edition and have a good break.

Alan Rosen

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2 RECENT SUCCESSES



Congratulations and well done to

Chantelle Foster 13W who represented England in the U18 Girls' section at the World Youth Chess Championships in Durban, South Africa in October. She finished with a score of 5.5 points out of 11. Her four wins and three draws were against opponents from Lithuania, Slovakia, Egypt, Australia, Botswana and South Africa.

The photo shows Chantelle before a game on one of the live boards connected to the internet.

Ms Chubb



Leah Ball, in 8A who has won a *National Geographic* photography competition with this well-timed photo of a lemur. She travelled to Woburn Safari Park to take the photos.

Her exciting prize is an Indian Tiger Safari - a fantastic opportunity to take yet more amazing photos!

"I'm so excited, it's like a dream come true! I haven't been able to sleep for days. My two passions are photography and big cats, so winning this trip to India will be the experience of a lifetime!" said Leah on hearing that she had won the competition.

Mrs Queralt



Elizabeth Matcham in 10M who, a few weeks ago, competed in the Basic Novice Ladies category, one of the four Ladies Singles categories, at the British Skating Championships in Sheffield. The programme began with 34 competitors and ended with a close top five finish. Elizabeth skated her way to Gold with a score of 34.23 and is now the Basic Novice Ladies British Champion. The Silver and Bronze medals were won with scores of 32.25 and 31.36.

Miss Taylor

Gaining a place on the University of Reading Scholars Programme

When I heard about The Reading Scholars Programme held at Reading University, I thought it would be a beneficial scheme to apply for as it offers experience at university for English Literature A Level students aspiring to take it on to degree level. The programme aims to give Year 12 students a real taste of life as a university undergraduate, and to provide practical support as participants begin their higher education application process. It includes input from leading academics, current undergraduate e-mentors and university alumni, and involves participating in four events across the academic year: master classes led by academics in your chosen subject, an undergraduate shadowing day during half-term, a study skills session and finally a two-day summer school. Fortunately, my application for English Literature met the criteria they required and I received a letter containing travel tickets to my first event - which will be held at the university in December. I am excited to see what this involves and eager to gain experience of university life.



Freya Cox 12Y



How I have benefited from DofE

The Duke of Edinburgh Bronze Award was a long, challenging journey, which I am now proud to have finished. On reflection I would have to say the most successful part was trekking 30 kilometers in extreme heat, with heavy rucksacks on our aching shoulders. It is an experience I will never forget, as it taught me valuable lessons which will be beneficial in future endeavours: to work as a team and to delegate roles according to ability in order to complete a task efficiently. I have also acquired wilderness survival skills, which may come in handy at some point! Most importantly I now know the value of always maintaining the determination to complete any task to the best of my ability. This is the most important lesson learnt from my DofE journey.

Manijeh Kheradmandan 11W

Chemistry Competition

On Tuesday 18 November, four pupils at the High School went to London to compete in the Top of the Bench Chemistry competition. Milly Henley and Louise Holden 9S, Ariana Koffler-Sluijter 10S and Julia Raj 11H set off with Mr Turner and joined about 23 other schools in the Regional heat. There were many questions about various topics within Chemistry, and overall the team came 7th! It was a great night with laughter all round, and we were all happy that we took part!

Louise Holden & Milly Henley 9S

Breaking News

Many congratulations to Freya Firth-Robson 11S and Ellie Franklin 13H who have received offers of places in the National Youth Choir of Great Britain and the Royal Academy of Dance respectively. More details to follow in the next edition of Highlights.

Mrs Queralt

4 SCHOOL EVENTS



House Dance 2014

This year our stimulus for House Dance was Banksy's 'Spy Booth' piece. Each House took a different approach, with interpretations ranging from historical events to Banksy himself. All Houses worked incredibly hard on their pieces and it was fantastic to see all years coming together. The weeks leading up to the performances were exciting, fun and at times stressful but we are so glad we took part in one of the most highly-anticipated school events of the year. As Captains, we gained valuable leadership skills throughout this experience and being able to teach younger years was a joy. Thanks to the lighting team and tech crew, the atmosphere of the each performance

was brilliant and we hope the audience enjoyed it as much as we did.

The results were particularly close this year, with just one point separating first, second and third place. Hughenden leaped into 3rd with their flawless technique, Waddesdon stormed into 2nd with their powerful piece and Missenden proudly won 1st place.

Morgan Proverbs 12A & Gemma Carder 12O

Christmas Concerts

With Christmas approaching, it can only mean one thing for the Music Department - carols, concerts and lots of rehearsals. On Friday 5 December, the first Christmas Concert featured the Orchestra (and Mr Meyer's conducting debut), the Harding House Music Club, the AHS Dixieland All Stars, String Orchestra, Glee Club and the newly-formed AHS/AGS Percussion Ensemble to name but a few. Alex Ridout 11W played a fabulous trumpet solo, only a few hours after finding out she had gained a place at the Purcell School of Music for next year. Interval music was provided by The Four Seasons string quartet while raffle tickets were sold to raise money for a new school marimba!

At time of writing, concert number 2 is being rehearsed before we move to St Mary's Church for the annual carol service on Tuesday 16 December. As soon as that's over, the Year 12 House Music Captains will jump to life ready for House Music - it's fair to say the Music Department never stops!

Alice Digby 12I



Careers Talk

I went to a careers talk on a Tuesday lunchtime to gain a closer insight into dentistry. A former student, now a qualified dentist of 13 years, came in to talk about the profession: the highs and lows of the job, what makes a good dentist and the satisfaction and responsibilities of being a dentist. From listening to what she had to say, it has affirmed my desire and goal of reaching a similar position to her.

Raheela Hassan 11W

Bank of England Economics Trip

On Tuesday 11 November, we headed to London to go to the Bank of England Museum and have a guided tour of the City of London. After arriving at the museum and completing a two minute silence inside the building, we were given a talk on monetary policy by a consultant at the Bank of England and were shown a series of videos based on the concept of monetary policy and how it works within the bank. Following this, we were given time to explore the museum and had the opportunity to hold a 13kg gold bar with a value of over a third of a million, and see a million pound bank note! After having our lunch and going inside the impressive (but expensive) Royal Exchange, we began our tour of the financial district. We learnt much of the history of the City, what has changed and how it has become the City that stands today.

Ellie Saxton 12G

Photo credit: Chloe George 12A



A2 History of Art Trip

On Tuesday 18 November seven of us (including Ms Chubb) went to explore London for Cubist, Futurist and Modern Art. After three hours of heavy traffic and Ms Chubb navigating the mini-bus driver, we arrived at our first location: the Tate Modern. At the Tate we briefly explored the exhibitions then turned our attention to several specific pieces. It was wonderful to see Delaunay's 'Endless Rhythm' painted in 1934, particularly because the colour combined with the scale of the piece is much more powerful in person compared to a computer screen. After a visit to the gift shop, we hopped back into the mini-bus to visit the Estorick Collection of Modern Italian Art for a private viewing. Once we arrived, we had a tour and a very informative talk about Italian Futurism from an art historian. It was fantastic to see works of art that we have studied in class, and it will prove beneficial when it comes to the exam! It was a lovely day out and it was very exciting to visit a smaller collection of work.

Nicole Edwards 13H



Association of Art Historians – *Ways of Seeing* Conference

On Saturday 22 November, a group of AS and A2 History of Art students attended the Association of Art Historians' *Ways of Seeing* event at the British Museum. The theme of the conference was 'Patronage: Power & Glory?' - which AS History of Art students are currently studying in class. The conference consisted of several lectures, covering artists and artworks from many different areas of history, ranging from the ambiguity of the Parthenon patrons, to the contemporary issue of female patrons and collectors, in which we were interested to hear that the singer Madonna is a dedicated art collector! Additionally, the 2014 runner-up of the ARTiculation public speaking competition delivered his speech on Delacroix's *Liberty Leading the People*. This performance gave everyone in the room an idea of the standard the competition is looking for, which is useful considering there is an entrant from AHS in the regional heat of the contest. Overall, a very insightful and thought-provoking conference that opened our eyes to the fascinating world of art patronage.

Sophie Osborne 13D

6 HOME & AWAY



The Curious Incident of the Dog in the Night-Time

On Thursday 27 November a selection of Year 9, 10 and 11 students went into London to see the play (based on the book) 'The Curious Incident of the Dog in the Night-Time' at the Gielgud Theatre. The incredible stage and backdrop were formed using panels that lit up and opened, to create various effects. Amongst other effects were that the cast used movement to demonstrate how the main character Christopher, an autistic teenage boy, saw the world; for example he was lifted into the air whilst he imagined being an astronaut. The cast was brilliant and the innovative methods used made for a truly original performance. It was an amazing night and thoroughly worthwhile.

Pippa Prendergast-Coates 9H



Year 9 Trip to Germany

On Wednesday 3 December, around 50 Year 9 students travelled to Boppard, near Cologne. On Thursday, we travelled to Trier, where we looked around our first Christmas Market and walked down to see "The Black Gate", one of the last surviving parts of Trier's old Romanesque walls that protected the town from attack when Germany was just a collection of small city states.

On our second day we toured a Christmas market in Cologne, shadowed by the magnificent Gothic Cathedral. Next, we walked along the Rhine to the Lindt Chocolate Factory - the tour was amazing, but I think we all agreed that the chocolate was even better! Lastly, we all went ice skating in the outside rink nearby. It certainly felt cold enough for ice skating!

On our last day, we had an extremely interesting tour of Marksburg Castle (the torture chamber was the best room!) and then visited the Music Museum at Rudesheim which contained a variety of old mechanical musical instruments from doll orchestras and replaying grand pianos, to music boxes and gramophones.

Anna Hayward 9A



A2 Physics Trip to CERN

Despite a 4am frosty morning start, 23 A Level physicists were excited about the much-anticipated trip to CERN. After racing on the airport's 'human-conveyer-belt', we set off in groups to discover the city's museums, browse Christmas markets, and slide (and topple) on ice rinks. The next day, we visited the CERN globe; gaining an insight into the experiments. The overwhelming contrast between the massive detectors and tiny particles left us contemplating the secrets of the universe; from multi-dimensions to antimatter. Afterwards, we enjoyed a fondue evening at a traditional restaurant. Here, many of us experimented on the cowbells, alpine-horn, and utilised our knowledge of standing waves to play the wine glasses. Overall, an unforgettable weekend! Well done, Mr Sparkes - you even kept up your fitness regime!

Bony Roy, 13H



Psychology Club

With the start of a new school year, comes the start of a new club! Psychology Club is an exciting club run by students currently studying A2 Psychology. So far, particular focus has been given to some very interesting and notorious experiments such as

Zimbardo's prison study looking into conformity and Milgram's shock experiment into obedience (studies which shocked the nation!). Topics to be featured soon will include body language, phobias, forensics, Psychopathology, Pavlov's dogs and more. The club allows younger years to gain not only a flavour but also a wonderful insight into the world of Psychology. The Club has been a great success and we have received lots of positive feedback!

Lucy Lowrie 13H and Paige Brook 13J

Well done and a special thanks to Lucy Lowrie 13H, Paige Brook 13J, Cara Stubbings 13I, Rachel Weller 12Y and Anna Wallace 13H who helped with the planning, setting-up and running of this popular club every Tuesday lunchtime.

Ms Ahmad

SLAMBassadors Competition

Before I took part in SLAMBassadors, I had never heard of the competition or slam poetry because it was never something I had taken part in. Sometimes, however, you have to just go for it, and honestly, the experience has been one of the best in my life. Meeting Joelle Taylor and participating in group workshops was both extremely fun and eye-opening, and did wonders for my self-confidence. Winning SLAMBassadors Regionals was mind blowing, never something I thought I could do, but even if I hadn't I don't think my aspirations or enjoyment of the competition would have dropped. That was the best thing; the inclusion, honesty and overwhelming talent that you never realised surrounded you. I fully recommend SLAMBassadors to any student and would encourage you to participate in the future.

Niamh Alison 11S



Rotary Public Speaking Competition

After several weeks of practice with Mr Fialho, three teams, made up of a chairperson, speaker and vote of thanks, arrived at Stoke Mandeville lecture theatre. Catherine Jacobs, Emily Tuckwell and Pixie Woodus (9S) went first, talking about chocolate's effect on the world. Tilly Sharman, Emily Jenkins and Hanna Bajwa (9M) went next, speaking about the positive influences of social media. Imogen Gibbs, Emily Critchlow and Lucy Sallows (8S) were the last group from AHS. We all had refreshments before we nervously took our seats again. The AGS team were made reserves and then the tension built up. After a few moments of silence, they

announced that Imogen, Emily and Lucy had won and would be moving on to the District Rounds in February. We'd like to thank Mr Fialho for all the support he gave us, Mrs Hamnett for coming and supporting and our parents for bringing us and listening to us practise - we really appreciate it!

Emily Critchlow 8S

Inspired by Design

On Wednesday 5 November the AS Product Design students took the train to London to see 'Inspired by Design'. This event is held each year near Russell Square. There were lectures from five innovative designers to speak about how they became successful, with an opportunity for us to ask any questions. Here there were a plethora of designers ranging from the well-established, from the likes of Wayne Hemmingway, who, along with his wife created Hemmingway Design and the brand 'Red or Dead'; to new upcoming designers like Tom, Bobby and Ed, responsible for the paper pulp helmet. These helmets were still in the development stages, and being tested before they get the final nod of approval. When finished, they will be used in London to accompany the trendy Boris bikes and improving the safety of Londoners and tourists. From this we were able to get an insight into how a real life product is produced from the early concept stages to the later manufacturing stages; a process we have to use in our own A Level projects.

Towards the end of the day, we took part in a mass practical activity along with the other schools where we had to construct a 'megasheet'. To do this, each person along the perimeter held an unrolled roll of sellotape to build a crisscross effect to act much like a spider web. Those located in the middle had to rip up strips of paper of an identical size and place them on the sellotape; this gave a really cool effect and when the lights were turned off the paper was illuminated. We all had to work together to make the web move like a wave around the room which looked really cool.

Mari Hardy 12C



Props for Grease

The props are well under way for 'Grease', the joint production with AGS which will take place from Wednesday 25 to Friday 27 February. The students in Year 9 have helped to produce a 1950s style radio and the car.

Mr Potkin



MFL

On Tuesday 4 November AHS invited Professor Ingrid de Smet from the University of Warwick to give a talk to KS4 and 5 pupils about studying languages at a higher level and how they could combine with a variety of different degree courses and potential future careers. Professor de Smet talked to over a 100 pupils from AHS and AGS about the advantages of doing languages and how they can be combined with almost any other subject very readily. She then went on to illustrate the success rate of language graduates at finding jobs and how they are a very attractive prospect to potential employers.

Mr Baird

Two weeks later a small group of Year 11 AHS and AGS students went to the University for an MFL taster day. After a short tour of the campus by a 2nd year French and Italian student, we attended a talk on the benefits of studying languages. In the afternoon, we participated in various different sessions such as Italian and Russian tasters, a talk on the French Revolution, one on Hispanic Studies and intermediate French, German and Spanish sessions, to name but a few. The sessions were very interactive and we found that the day overall was educative and engaging, and helped us to learn more about university life and what it is like to study languages at a higher level.

Francesca Hyde 11A

Year 7 Technology House Competition

In the Technology House Competition on Wednesday 10 December, Year 7 students were asked to produce a device that would measure how many pennies it was holding. It had to be able to measure between 1 and 10 pennies. The students found the task challenging but came up with a range of innovative solutions. The winning House was 7W. The team will now represent the school in the forthcoming Rotary Technology competition in March next year.

Thank you to Maria Hardy 12C, Bethan Jones 12C, Rachel Biggs 13P and Molly Kelleher 13P for their support and judging.

Mr Potkin

Young Enterprise



The Young Enterprise company 'WRECKORDS' had their second sales event in Aylesbury on Sunday 7 December. They set up an impressive stall alongside 11 other companies and crafts people in Aylesbury's Market Square. They had a successful day and made a good sum for their efforts. Well done to you all.

Mr Potkin



STEM Competition Final

Following a successful STEM day at Bucks New University in June, Roseanna Schmidt 9H was part of the winning group overall and has been invited to attend the Southern Finals which are being held at King's College London [Strand Campus] on Wednesday 7 January 2015. Her team will compete in a number of Science, Technology, Engineering and Mathematics challenges.

Well done and good luck for the day, Roseanna.

Mr Potkin



Creative Writing Club

In November, members of the AHS Creative Writing Club decided to write a novel – in one month! Despite some quite ambitious word count targets of up to 50,000 words, many budding authors admirably achieved their goal. Here are some of their novel openings:

He leaned against the grimy wall, cringing at the sheer volume of germs that must be currently transferring themselves from its surface to his cleaned-this-morning shirt. He guessed that he had been outside for almost half an hour now, not that anyone would care. Closing his eyes, he tried to recite computer code, the periodic table, numbers in Latin; anything to calm the turmoil in his brain. She just asked him whether he

was going to drink his drink or not. He had been standing there staring at it for over an hour, not taking a single sip. He didn't know why he'd got the drink in the first place; he was never going to drink it. He willed his anxiety away, tapping his hands on his thighs in an erratic rhythm, screwing his eyes shut even tighter.

“Alright there, buddy?” (Lily Pople, 11A)

I was almost there. If I could just move a little faster, reach that little further I could grab it. Almost at the control of my thoughts, wings sprouted from the middle of my back, letting me gain more and more height, more and more speed. I was there now, right beneath the object of my attention; it was only an inch from my fingertips. My heart was throwing itself against my chest like a herd of stampeding horses in anticipation, then. Bang. I woke up...

Slowly, my heart rate slowed and my breathing returned to normal. Every night I was haunted by this dream. Time and time again it wrestled with my subconscious, beating it into submission before giving me the nightly terror. Even though I had it every single night I could not work out what I was trying to reach. When I reached out into the darkness of my mind all I found was emptiness and a gaping space where the answer should lie. All I could tell was that whatever it was, it would have such a big impact on my life I was willing to do anything to reach it. (Chloe Wright, 7S)

Miss Mayerhofer-Sebera

Citizenship

On Friday 12 December, David Lidington, our local MP, came to school to hear our Citizenship presentation on 'Cyberbullying and how to stop it'. We did a 'before and after' questionnaire and compared them. It was really interesting to see how his views on the importance of the issue rose after our presentation. We also discussed the importance of the issue and David Lidington's own views on it.



Lucy Baker, Alison Bonner, Millie Pepper, Chloe Osili, Sasha Weaver and Harriet Stokes 9M

Festive Fare

Once again Christmas is upon us, so Harrison Catering decided it was time to bring back the Vintage Cake Trolley this time with a little bit of Festive Flair. For the small price of 80p, students were able to choose from Iced Snowflakes, Christmas tree muffins, Marshmallow Snowmen or even Gingerbread Men.

Decorated and put up with passion and flair, the cake cart was (again) an instant success, with the girls' eyes widening with delight when they approached with token in hand, bewildered by the choice that was offered to them. We saw pupils twice and even three times as they were desperate to try all of our wares. Please keep an eye out for when it next returns! Merry Christmas!

Peter Shaw, Catering Manager



Year 9 Good Cause Fair

On Wednesday 19 November, our form participated in the Year 9 Good Cause Fair. We sold a variety of items which included handmade jewellery, homemade sweet snacks and an interesting wheel of fortune. We were very enthusiastic and determined to raise money for our charity 'Eyes Alight', which helps to support people with brain injuries. We feel that we were very successful and were really proud of our achievements, as we raised an impressive £180. In addition, we want to congratulate all the other forms for their fundraising efforts.

Mollie Kelleher, Morksha Rodrigo & Holly Lewis 9H



Senior Citizens' Christmas Party

The Annual Senior Citizens' Christmas Party, organised by Year 12 and Mrs Jarrett, started off the last week of term. There was a lovely atmosphere and all 88 visitors seemed to really enjoy themselves. Everyone helping out had lots of fun and there was lots of Christmas spirit, with a raffle, carols and a visit from Santa.

Lizzie de Lusignan 121



Fundraising Week

Fundraising Week this year is helping to raise money for our link school in Kenya to visit AHS next year. The three events were the Teachers & Sixth Form Pantomime, Teacher Karaoke and the 'A-Factor' Talent Show. There was a definite Disney theme to it all!



The panto was an awesome amalgamation of dancing, singing and brilliant acting from the teachers and students alike. Everyone involved worked incredibly hard and it showed throughout. Special thanks to the special effects team - the snow was universally agreed to be the highlight amongst many, many other brilliant performances.



Elizabeth Paull 12I

The winners of the Teacher Karaoke were the members of the MFL Department with an amazing adaptation of "The Bare Necessities" to "The Baird Necessities". Second place went to a very brave Mrs McGowan for her solo performance of "Let It Go", followed in third place by the Science Department with "Dig, dig, dig" from Snow White and the Seven Dwarves.



The 'A-Factor' was the final event of Fundraising Week and was thoroughly enjoyed by all! Based on the X-Factor (complete with our

own Simon Cowell—Mr Fialho!) students took to the stage to compete for the £50 prize. There was a variety of acts from singers, pianists and dancers. There was also an added bonus when the Cabinet (together with special guests from the Grammar School!) took to the stage to perform a special rendition of Queen's greatest hits, complete with fancy dress. The winners are to be announced in Friday's final assemblies and all are eagerly awaiting the result!

Suad Shamsideen 12C



U18 Basketball v American International School Hillingdon (The 'Sally Surguy Trophy')

In the annual game against the American School, which Mrs Surguy instigated, the AHS girls danced to victory.

Head girl Alice Craft opened the scoring with a fantastic lay-up. Her younger team mates helped to a first quarter lead of 20-6 points after using a trapping defence. Baskets from Melody Stephen 11A, Ella Messeter 9M, Morgan Davis 9C, Kiylo Solagbade 9A and 6 points from Natalia Osborne 9M set a high standard for the match. The second quarter saw Aisha Cooper 11W and Charlotte Brooker 10M add to the score. After such a dominant team display, AHS led 26-14. The

highlights of the 3rd and 4th quarter were a 3 point basket from Natalia and baskets from Kiylo, Ciara Belsham 9W and Ash Mutembwa 11C. The final score was 57-29 to AHS. An amazing team performance in memory of an amazing person.



Mrs Arber



U15 Basketball 1st team to progress to Regional Rounds

The U15 team have achieved the double over local opponents, Princes Risborough, in the English Schools Cup. Having beaten their opponents 61-18 at home, the AHS side went on the road for the first time this season. Playing in the first game in the new Risborough Sports Hall, Morgan Davis 9C scored her first of 13 points in the game. Captain Charlotte Brooker 10M was not to be outdone by her younger team mate and topped the scoring with 15 points. Further baskets from Ella Messeter 9M,

Mollie Baars 9A, Mollie Kelleher 9H, Adanna Ewuzie 10H, Annabelle Denly 10H, Niamh Gunn 9A, Chloe Osili 9M and Kiylo Solagbade 9A resulted in a 61-6 victory.

Mrs Arber

U14 Basketball Team amazes American School

The AHS Year 9 team are tough opponents for schools that face them on court. It was no different against the American School from Hillingdon. The AHS team dominated the game and scored freely from open play and the free throw line. Ella Messeter 9M, Mollie Baars 9A, Morgan Davis 9C and Mollie Kelleher 9H all carried the ball for the team. Issy Marshall 9H scored 3 out of 4 baskets with a 'swoosh' to edge the player of the match. Janine Jenksman 9M, playing in her first game for the school, scored a basket in the 65-6 victory.



Mrs Arber

The Stuff Dreams are made of for AHS Swimmers! London Aquatics Centre – ESSA Finals - Saturday 22 November 2014

Qualifying for the ESSA National Swimming Finals meant a whole lot more to our swimmers this year once we received the news that the finals were going to be held in the London Aquatics Centre, home of the 2012 Olympics. So, imagine the excitement as both our Inter and Senior Team qualifiers headed off early on Saturday morning to swim in the pool that had seen world record holders and Olympic champions before them! AHS would be competing against the likes of Plymouth, Mount Kelly and Millfield Swimming Scholarship Colleges.



The teams:

Inter Freestyle: Chloe Osili 9M, Anya Pavlova 9A, Rosalind Fell 10M and Danielle Kidd 9W

Senior Freestyle: Abbie Haward 13D, Cerys King 13O, Amy Haarburger 13I, Jessica Payne 12A

Senior Medley: Francine Kidd 13C, Abbie Haward, Jessica Payne, Cerys King

Following the Opening Address, Team Captains Abbie Haward and Danielle Kidd represented AHS in the parade around the Olympic Pool.

It was the second time ever that the Inter Girls Freestyle Relay team had swum together, a brave strong performance against incredible competition, but the team missed out on the finals.

The Senior Girls Freestyle Relay team qualified 10th in this event so the team knew that they had to give it their all to qualify for the final. A great start by Abbie, with good times by all and a PB for Jess meant a convincing qualification and an exciting Final, where we achieved 9th position nationally.

Again, a great swim saw the Senior Medley Relay team through to the final. An excellent start by Fran earned her high praise from the starting judge. Cerys shot off the blocks like a bullet and there were excellent swims by both Abbie and Jess. It was a very close final with point second differences between positions 5 - 10. Finishing in 7th position nationally, the girls left the pool with mixed emotions – huge pride yet sadness, knowing these would be their last ESSA finals.

What memories! Well done and thank you, Seniors! You have inspired our Inters and Juniors for next year!

Mrs Carey

AHS Squash Club

The AHS Squash Club has entered an U19 team into the National Schools Competition for the first time! So far we have beaten Wycombe Abbey Bs 4-1 and lost to Wycombe Abbey As 4-1. We have also played a friendly against RAF Halton and are playing Berkhamsted Collegiate in the next couple of weeks. For a team ranging from Year 13 to Year 9, we are doing exceptionally well and this is due to the dedication and hard work of the girls involved and the coaching they receive at AGS from Darren Withey and Sam Mueller.

Well done girls on your matches so far and good luck for the next round!

The squad are: Aisling Guerzoni 13E, Alice Digby 12I, Sam Elson 11M, Molly Woods 9C, Maisie Glock 10H, Hannah Thorndike 11A and Liv Walker 11H.



Miss Holmes



Junior Girls Regional Cross Country Champions

The Junior Girls dominated the Regional finals with Olivia Lowrie 8W leading the field home to become Regional Champion. The team were convincing Champions on 47 points from their East Region opponents: Olivia Lowrie (1st), Hatty Bell 7A (7th), Lucy Perkins 7S (12th), Olivia Robson 7A (27th), Nikki Melsom 7C (49th) and Georgie Morley 8W (53rd). An amazing achievement as the AHS team were a very young team with 4 Year 7s and only 2 Year 8s.

Mrs Arber

National Cross Country Finals, Newquay - Proud of You

Normally, the National Finals are run in cold conditions but blue skies and 16°C met the team on the morning of the race. 24 teams lined up in the pens at the start line. The course included many challenging climbs over the mile and a half. AHS were one of only 14 teams to have all runners complete the course. This was even more



amazing considering Nikki Melsom got spiked at the start and ran with a ripped shoe for the whole race. Each individual had their own story from the elite level race and can be extremely proud of being placed 13th at the National Finals. Final positions: Olivia Lowrie 26th, Hatty Bell 53rd, Lucy Perkins 58th, Olivia Robson 92nd, Georgie Morley 101st and brave Nikki Melsom 106th. A very memorable and enjoyable weekend for all.



Mrs Arber

Regional Cross Country Finals - Inter Girls run out of luck



In sport a little bit of luck helps you out – unfortunately, the Inter Girls' luck was in short supply when Jemima Taswell-Fryer 9H broke her toe in House Dance! Not to be ruled out of the competition, Jemima was on the start line only two weeks after sustaining the injury. Her team mates, Danielle Kidd 9W, Morgan Davis 9C, Tilly Green 9C, Bronwen Reed 10H and Hannah Alexander 9A, all ran with great determination. Amazingly, Jemima managed to be our 4th runner home. Special mention should go to Danielle Kidd who raced to 4th place overall.

Overall, the team score resulted in 4th place - with the top 3 teams qualifying for the National Final. This team is already planning its route to the finals next year!

Mrs Arber