Autumn Term 2016 Highlights



50% inspiration, 50% perspiration, 50% determination? Another term almost over, another half a million hours of lessons.

It's quite remarkable how our students manage to work so hard in lessons and then excel outside the classroom as well. Their achievements range from cooking to cadets to concerts, from steel pans to swimming to (public) speaking. AHS nurtures and encourages all sorts of talents and interests, and I would like to thank all the staff who have given so freely of their time this term to provide such a variety of opportunities and the many, many students involved.

Not for the first time, a particular mention of our sporting success. In November, School Sports Magazine published its annual ranking of state schools and we, again, have figured in the top schools nationally.

Our record is: 2013 11^{th} 2014 1^{st} 2015 3^{rd} 2016 8^{th} As the magazine reminds readers, being in the top 30 equates to the top 1% of secondary schools, and we can discount boys' schools ahead of us if we want to look even better (eg the 1^{st} and 2^{nd} schools in 2015 were both boys' schools).

The scoring is based on 20 sports, and 120 national competitions, so more weighting is given to success in a range of sports rather than single sports, and to sports with more teams entering. Well done, again, to all of the students, the PE team, coaches, parents and other staff who support our sports teams.



Lord-Lieutenant's Award for AHS Student

We are very pleased to hear of the achievements of one of our Y12 students, Emma Naylor, in her involvement with Cadets outside of school. She has recently received the Lord-Lieutenant's Award for Buckinghamshire, having been chosen by the Lord-Lieutenant in recognition of her outstanding service. In this role, which she holds for a year until October 2017, she will have the opportunity to escort the Lord-Lieutenant on his duties within the County and to meet members of the Royal Family who visit Buckinghamshire. This is a massive achievement and recognises the many hours she has given to the organisation in the last 5 years, often taking a lead in the running of the platoon and teaching Army Proficiency Certificate sessions. **Mrs Wilkes**



Rotary Young Chef Competition

Six girls ranging from Years 7 to 10 entered the Rotary Young Chef Competition earlier



this term. Their task was to plan, prepare, cook and present a two course, main meal plus either a starter or a dessert costing no more than £10. Morgan Ludlow, Year 10 and Hannah Smith, Year 8 were both selected to go forward and cook their meals at Aylesbury College on Saturday 19 November. They were the only girls against boys from other local schools and both cooked really well on the day. Whilst they did not win they both got some great feedback from the chef judges and thoroughly enjoyed the whole experience. **Mrs Saunders**



Rotary Club Public Speaking Competition

Mr Jones's lunchtime public speaking club sounded fun and so quite a few girls went along to find out more. He announced that a public speaking competition was being held at AGS that might be a good experience for us. We had to



form teams of three and write a speech on any topic we wanted to. Libby, Maiwa and I chose to speak about HS2; Mal, Jolene and Anaya chose to speak on racism; Dejannae, Ohemaa and Ninesha chose social media as their topic. The three weeks of preparation time flew by. On 15 November our three teams of 3 arrived at the Grammar School. Their big hall with the large stage looked quite scary but it was exciting walking up onto the stage and sitting down with the judges' beady eyes on you. All the teams did very well, but in the end, a group of boys talking about racial profiling came 1st and our HS2 team came 2nd! The HS2 team are now through to the next district round to compete with more schools which we are all looking forward to. **Emma Harrington 7W**

CURRICULUM

Ashmolean Museum Talk

On 3 November I was invited to speak at the Ashmolean Museum in Oxford as part of a Sixth form Study Day for History of Art. The invitation followed my participation in the 'Articulation Prize' earlier this year, a competition in which students are asked to deliver a ten minute presentation on a piece of art or architecture of their choice. The other speakers at the Ashmolean's Study Day included the museum's Curator of Northern European Art and the Head of History of Art at Oxford Brookes University. The event was not only a fantastic opportunity to listen to the other speakers but also to encourage other students to pursue the study of History of Art and get involved in the ARTiculation competition. **Zoe Berkeley 130**



Work Experience at Caremark

During my October half term, I did a work experience placement at a company called Caremark that provides home care for vulnerable people. They would not normally give this opportunity to someone my age but the manager could see my



determination so gave me a chance. The work experience entailed 2 days of induction training to brief us before we went into the field. The shadowing was incredibly rewarding as all the training was put into action and it was wonderful to be able to meet new people who genuinely benefitted from the help they were receiving. All the clients were very grateful for their personal care and the carers tried to make them as independent as possible which lightened their mood considerably. It was remarkable to see how much support could be given in people's own homes which meant that they wouldn't have to go into a care or nursing home. I thoroughly enjoyed my work experience at Caremark and left with the opportunity of a job after I turned 17. Working in social and

personal care is a really worthwhile experience and although the hours are long and tiring, to know that you have made a difference to someone's day is an uplifting feeling. Hafsa Qureshi 12J

Primary Biology

A Level Biology students delivered a lesson to two classes of Year 6 students at Bierton C of E Combined School last week. We introduced the circulatory system through role play before moving on to heart dissection. The girls and boys of Bierton were thoroughly involved and enjoyed poking, prodding and chopping at the hearts. It was a thoroughly enjoyable afternoon for all and hopefully helped to inspire the next generation of Scientists. **Nyasha Mutembwa 13L, Megan O'Mahony 13O, Ellie Priestley 13I, Fatma Bashi 13C and Leonie Glasson 13O**

Well-being Conference

As part of Mrs Hamnett's presentation to the Bucks Well-being Conference on the 'Whole School Approach to Wellbeing' Beth Lewin and I were asked to talk about our roles within the school community as part of the peer-led student support network. We informed the conference visitors about the roles of Year 13 Student Ambassadors, Year 8 Buddies, specific support clubs we run such as Spectrum (LGBTQ+), Young Carers, HEART (Healthy Equality and Rights Together)

and SHARE. The conference was a brilliant opportunity to share the opportunities we value so highly at AHS for providing unfailing support to all of our students, and to help other schools to make plans to improve their own development. As individuals, Beth and I have really benefited from this experience as it has given us more confidence to speak in public, but the main thing we both took from the conference was an appreciation for the amazing network of support that we all have at our fingertips in the environment of AHS. **Helena Meadows 13C**



Billie Update

Billie the snake arrived just before the October half term and is now a fully integrated member of the AHS Biology department. Billie was initially named William Snakespeare but, on the discovery she was a girl, was renamed 'Billie'.



Billie belongs to the species *Python regius* (Royal Python), commonly known as a Ball python, which is a non-venomous constrictor species found in sub-Saharan Africa. Billie currently lives in the classroom vivarium and mostly enjoys sleeping as she is nocturnal but does explore her enclosure and rather likes sleeping in strange contorted positions. It is expected that Billy will grow to around 120cm long and she may live well into her 40's although she is currently only 50cm long at a mere 19months old. Billie has recently undergone her first shed at AHS whereby she has replaced her old skin with a newer sheath beneath. It is thought the purpose of shedding is to remove any skin parasites and allow

further growth as, unlike humans, a snake's skin does not stretch as it grows. Billie has been extremely popular with many of the students and took a starring role as a model in Key Stage 3 Science Club in which students completed scientific drawings after a meet and greet session. We hope that Billie will continue to thrive in her new environment and interest future Biology students to come. **Leonie Glasson 130, Biology Ambassador**

Careers Talk - Make-up and prosthetics in the film industry

On 2 November, Tamsin Barbosa came to school to speak about working in makeup and prosthetics in the film industry. She told us all about how you can get into the industry and how she made her way up to become Vice-Principal at The Iver Academy. It was inspiring to hear how she has been able to work on some of the biggest films like Nanny McPhee, Penelope and Rogue One: A Star Wars Story. I found it very interesting to hear what Tamsin had to say on such a unique career. **Lucy Taylor 12J**



CURRICULUM

Focus On Art

It has been a busy and productive term in Art and Design. Year 7 have made a great start in the Objects project and have been developing their observational drawing using a variety of media. The most recent charcoal studies have been particularly exciting. Key Stage 3 students have come to the end of their first rotation and have produced some exciting final pieces. The Fashion project has seen some exciting artwork inspired by insects and they have created some excellent repeat patterns using computer aided design as well as lino printing for their fashion illustrations.



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The Year 8 portrait project has seen the girls utilise their skills and combine ideas inspired by many contemporary artists and this year the animation projects have seen a change in the way girls use the models to animate their scripts.

Year 10 have made productive starts in their coursework and are now beginning to develop much more independently and Year 11 are fast approaching their mock examination for their final coursework – Figures in a Space.

Year 12 have had a visiting artist, Heather Wharam, teach them different ways of approaching their drawing and how to use exciting

backgrounds and layers in their artwork. They have more recently produced an artist response piece from their test

week with some outstanding pieces over the 4 hours given. Photography students have worked exceptionally well and created some innovative photography combining stitch, Photoshop, blurring images to name a few.

The art department are entering competitions for Shanley Homes and for Wetherspoons celebrating the high standard of art work our girls produce with our local community. Watch this space for further developments. We look forward to another exciting and prosperous term. **Mrs Hartwell**



History Club

History is vital in helping us to understand the past so we can predict and shape the future. The most obvious reason is so that we don't make the same mistakes in the future but choose more positive courses of action. This is why AHS runs a History Club every Monday from 1:45-2:20. The club is run by friendly sixth formers who dedicate their time with us Year 7s. We do activities like re-enact the past, dress up, take part in quizzes or just talk. For example, we re-enacted the Battle of Hastings, built a motte and bailey castle and dressed up as suffragettes. As a member of History Club I can definitely say that AHSHC is the place to be if you want to expand your knowledge whilst having fun with a cool group of people. I love spending time with people whilst learning important skills. **Dejannae Shelukindo 7W**

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Careers Talk - Careers in Marketing

On 15 November, students in Years 10 to 13 were given the exciting opportunity to attend a Careers talk by Mrs Florence Brain, from the company Schwartz, on different careers in the Marketing industry. Having applied for a Marketing Management Degree at University next year, I was absolutely thrilled by the prospect of hearing from someone with first hand insight and experience in the field, having worked with such a successful brand. I had been counting down the days, and I was not disappointed! Florence presented us with a background on the terms and aims of marketing and introduced us to avenues that most of us had never



heard of before. She stressed the difference between appealing to a Buyer/Shopper (the person physically buying the products) and a Consumer (the person who actually consumes/uses it) and showed us a very interesting case of where marketing had failed, unfortunately, in the case of the Schwartz flavour pots, and where marketing had been successful, in the case of Coke Zero. This talk has helped me realise that Marketing is definitely the profession I would like to pursue, and I would like to say a massive thank you to Florence for coming and to Mrs Taylor for organising it. **Nana Ansah 13C**

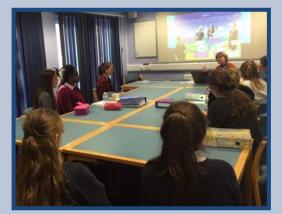
English Heritage Careers Talk



As part of a series of Careers Talks for students, on 4 November, Anne Fletcher, a consultant for English Heritage, came to talk to us about her work at various heritage sites such as Hampton Court Palace and St. Paul's Cathedral. Anne shared with us details of her career since graduating from Oxford University with a History Degree and more specifically what her current role at Bletchley Park involves. One of the most interesting aspects of Anne's job involves finding new ways to share the history of English Heritage sites with visitors using modern technology such as drone footage. Thank you to Anne for her wonderful presentation and to Mrs Taylor for organising the talk. **Zoe Berkeley 130**

Chartered Surveyor Careers Talk

On Friday 11 November, we were very lucky to have the opportunity to talk to a Chartered Surveyor in a lunchtime careers talk. It was very interesting as we learnt all about the varied and diverse roles that surveyors play in industry, commercial enterprises and construction. We also discussed the different pathways into surveying and real estate, including university degrees and becoming chartered. Overall it was a very interesting insight into the world of surveying and management, and how we could start heading on the pathway to becoming a surveyor from our point in education. Vanessa Bond 12A





Year 9 German Trip

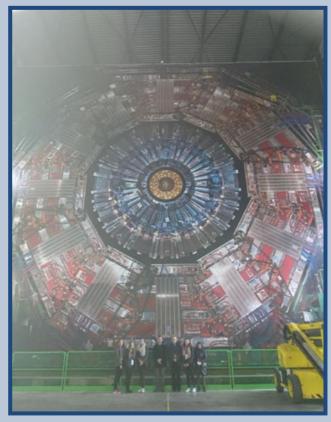
Year 9 had a fantastic time on the annual German trip to Boppard. As well as practising their language skills buying traditional and not-so-traditional food (McDonalds and churros, anyone?!) in the Christmas markets of Cologne and Trier, they did outdoor ice-skating and visited Marksburg Castle, the Lindt Chocolate Factory and the weird but wonderful Siegfried's Mechanical Music Museum. Everyone returned home full of the festive spirit!

Mr Baird and Miss Oatley

Accelerated Learning!

At 4am on Friday 2 December, 15 intrepid Year 13 physicists set off to Geneva to visit CERN. After a cloudy start, the sun came out and we were able to explore the city and its sights including the Cathedral and Natural History Museum. On Saturday, we ventured by tram to CERN where Pablo, our guide, showed us the first accelerator used there called a synchronised cyclotron. A short coach trip then took us into France to the Large Hadron Collider's CMS detector. We donned hard hats and took an elevator 100m underground to further understand the particle detection process, even experiencing an extremely strong magnetic field. Later some of us tested out a different field of physics by ice skating and we all enjoyed the finale of a fondue evening in proper Swiss style! Thanks to Mr Sparkes for organising the trip.

Year 13 Physicists



Hockey Highlights

The Year 7 hockey team are progressing well in the league matches. The teams are playing lovely passing/possession hockey but the main focus of our training after Christmas will be scoring goals! We still have space for more players, so if you are interested please see Mrs Rust.





Year 8 have started the season extremely well. The standard of hockey has certainly risen; so too have the numbers at training and team selection is becoming quite difficult. We have had some great results against the harder teams. Again possession has been key, and scoring goals is going to be a focus, along with converting our short corners.

The Year 9 hockey team has just gone from strength to strength. Scoring goals in abundance and slick short corner routines making them a force to be reckoned with. Training levels and efforts have been consistently high, and the future looks promising for these dedicated players.





The U14 indoor team made their debut against

an equally novice Cedars Upper School side where some great play and individual skill saw us win 1-0. Indoor is a very different game to outdoor, being so much faster, but the players rose to the challenge admirably, even starting to recruit some newbies into the indoor hockey family! Training is on Monday lunchtimes.

The U16 dream team always seem to come up against really tough opposition, but it never dampens their spirits. Despite losing every game, in some very trying

circumstances, they maintained their composure and have much to be proud of. The hockey they are playing is fantastic, we just need to keep possession in midfield and eventually convert to some goals. Numbers at training are high, and the work rate is good so success will surely come our way!

The U18 indoor team once again made it through to the regionals with limited training. Some fantastic play as a team, but we did miss Annabelle Denly who was out with injury and just missed her scoring prowess! However always the optimist, there is always next year!

The U18 outdoor team made it through to the county finals, narrowly losing to Stowe School and Sir William Borlase. This squad is full of a very committed and dedicated group of girls, who welcomed Olivia Robson and Nikki Melsom (both in Year 9) into the fold. Both played extremely well and Olivia opened the scoring for us. Mrs Rust



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U14 Netball

On Saturday 12 November, the U14 English Schools Netball team played in the county rounds of the English Schools tournament. We needed to win or come second in order to qualify for the regional rounds. On the day we played well, and with accurate shooting, solid defending and good down court play we were able to win all of our matches. Even though it was freezing everyone played really well and we are looking forward to the next round! Emily Mack 9H



U16 Netball English Schools County Round

On Saturday 12 November the U16 English Schools Netball team took part in the county round of the English Schools Tournament. There were only 3 teams to play against and therefore we only had to win 2 of the matches to qualify. The



first match was against The Grange and the game was very even until half time when we began to pull away, turning over their centre passes. We ended up winning the game. Our second game was against Buckingham and it was a very physical game. However we won the match and only had one left to play which was against Stowe. This was our best game yet and we dominated the match and won with quite a big margin. After winning all 3 matches we have qualified in first place for regionals in January.

Hannah Alexander 11A

U19 County Netball Champions

On 9 November the U19 English Schools Netball team took part in the County Round of the competition facing local schools such as The Grange and The Floyd. Our first game was against Thornton College where we were playing to the same level, reaching half time only one goal down. In the second half we pulled it back to have our first win as a team at 8-5. The next game was against Stowe. Both Charlotte and Caitlin fell over a few times but it didn't stop the performance of the team as we ended up winning 8-2. Our third game was against Akeley Wood where there were some great interceptions by the circle players which led to a 4-2 win. We then played against The Floyd, where Steph put up some excellent shots along with Charlotte in the circle. The defence made some more great interceptions and we



ended up winning 6-0. The penultimate game was our hardest game yet against The Grange. We began slowly and dropped behind, however just before half time we turned the ball over and were winning 4-3. We continued to play very strongly in the second half and won the game. Our final game was against Waddesdon, and we won! This meant that we were unbeaten, County Champions and off to regionals. Hannah Alexander 11A

0 SPORTS



Cross Country - Inter Girls Regional Finals

The inter girls had high hopes of gaining one of the top places and reaching the National Finals. However, margins at this level between qualifying and not, are really tight. Unfortunately, it was not our day as we lost Hatty Bell to injury on the eve of the race. Effort levels were exceptional and the girls battled well for the team. Olivia Lowrie in 9th led the team home. Emily Johnson flew around the course to finish in 14th place, Lucy Perkins 29th, Georgie Morley 34th, Olivia Robson 46th and Nikki Melsom 51st all showed great determination in the 70+ field. Hopefully next year we will have that little bit of luck back on our side. **Mrs Arber**

Junior Girls Regional

The junior girls' race started well but again AHS were hit with another knee injury after 300m of the race start. Our AHS lead runner, Millie Carey, had to drop out. The other girls rose to the occasion and Millie Lowrie led the team home in 17th, followed by Helena Van Hullen 24th, Zara Brooks 26th, Isobel Barnes 31st, and Year 7's Emilia Rock in 36th. Out of the 76 strong field to have all the runners back in the top half of the field was exceptional. Well done to all and fingers crossed for next year as the girls look forward to the County Championships in February at Hughenden Park and the Harrow School run. **Mrs Arber**





Old Girl Shines at University

Congratulations to Hannah Morton on making the team to run for Cambridge against Oxford. Fresh from the Cambridge University Sports Pages:

'Hannah Morton is the second fresher to have made the Blues team. Although a daunting experience, she can feel confident as an experienced club athlete. In recent years she has achieved winner and runner-up in the Hertfordshire XC County Championships in the U17s and U20s respectively and almost hit the top 30 in her last English Schools Championships. Nor does she lack experience of Varsity glory; her individual victory in the Fresher's Varsity and highly impressive 18th in the recent Met League can give her every confidence'. **Mrs Arber**

Super Sunday for Squash Girls

Congratulations to Molly Woods, Emily Withey, Imogen Gibbs, Hannah Mathews and Mia Gilbert, who beat Holmer Green 5-0. Our opponents, Holmer Green, were a young and fairly inexperienced team (2 of their team had never been in a match before) but nevertheless we are pleased with our first 5 - 0 win and maximum league points of 19. All 5 girls won their matches 3 - 0 and showed the level of concentration needed when there is a gulf in relative standards of play. Whilst knowing they could win convincingly they played in a way that didn't humiliate their young opponents which also takes skill and the right sporting attitude. Well done to all the girls involved. A big thank you to the parents for transporting the girls to matches and Coach Withey for his time and efforts in developing AHS squash. **Mrs Arber**

Thursday 24 November – Group stage v Downe House School

After a nightmare journey around Oxford that saw the team arrive late, the girls got on with it and played well, but unfortunately went down 3 -2. Hannah was 2- 0 up when her opponent had to retire injured having received a knock to the head earlier in the day – but Hannah's form would have seen her win regardless. Isobel was making her debut, in her first ever competitive squash match, and played well which wasn't really reflected in the 3 – 0 score line. Her natural athletic abilities, determination and tactical awareness will stand her in good stead – she already has an awesome forehand and sometimes very deceptive double handed backhand. Emily recorded our only other win, playing what we all thought was her best match so far this season. Imogen and Kaycia gave everything and but for a few key points in their games could have won a game or two. However we are happy that this relatively young team will have the chance to play in the Trophy competition now and gain more valuable match play experience. Thanks to Downe House for their hospitality and supper! **Mr Withey**

Sunday 4 December v Wycombe

Congratulations to Molly Woods, Emily Withey, Imogen Gibbs, Hannah Mathews and Mia Gilbert, who beat Wycombe 5-0. The AHS girls won each of their matches convincingly 3-0 giving us maximum points. There is a growing confidence in the girls and focused concentration in match play. This has been a good first half of the season with only 1 loss (which was a close 3-2 score line). Unfortunately Holmer Green have withdrawn from the league which means all results against them have been scrubbed. However with only 1 match left to play on 18 December, we are top of the division! With only 10 points between us and second place Beaconsfield, maximum points are needed against Chesham to go into the second half of the season top of the division. Well done girls! **Mrs Arber**

L2 SPORTS

Success at the British Modern Biathlon National

Championships

Congratulations to Danielle Kidd 11W who came 5th for the 2nd year running in the British Modern Biathlon National Championships (1600m run and 200m swim). She had a great improvement in her run time this year, probably thanks to the practice she had through school competitions last year in the 1500m. Due to the standard of this national event, the top 6 in each race receive a trophy. Well done on such a great result.

Mrs Arber



ESSA Secondary Relay National Finals @ London Aquatic Centre

With the competition getting tougher and tougher each year, we were once again delighted to have secured 3 teams through to the ESSA Secondary Relay National Finals. As usual, an early start saw 12 excited AHS swimmers arrive at the London Aquatic Centre, looking very smart in their team kit! For some of our swimmers, this was their first dip in a pool which has seen Olympians dive before them. For a few, this was becoming an annual event to look forward to. Professional and determined, our teams, despite not having the luxury of training regularly together as many other Specialist Swimming Schools do on a daily basis, gave their heart and soul. With fast change overs and many gaining PBs, we were very proud of their swims. Particularly as the pool conditions were described by some as 'swimming through glue! Nationally the Junior Girls Medley Team finished in 22nd position, Inter Girls Freestyle Team in 27th position and Senior Girls Medley Team in 21st position. A quick quote from Abbie Lawrence on the day: 'Today I swam 50 fly in the Olympic Pool at the ESSA finals, one of the most amazing experiences!!' Well done to all and huge thanks to Mrs Arber and Mrs Trueman.

Mrs Carey





Year 7 House Netball

Year 7 netball has been a great experience for me, and probably the rest of Year 7. For 7H we have experienced a roller-coaster ride, with defeat, draws and victories. Nevertheless the opposition have been friendly towards our defeat. This competition has bonded Year 7 through competition. 7H's team are happy even though we did not win overall as we have had a learning experience and we are looking forward to more! **Yi-Toong Yee 7H**



Anna is Junior Women's National Hill Climbing Champion

Congratulations to Anna Henderson in Year 13, who won the junior women's title at the RTTC British Hill Climb



Championships held on Sunday at Matlock in Derbyshire. The course is an 800 metre climb with slopes as steep as 19 per cent in places. Although it lasts just over 3 minutes it is physically very gruelling. There were over 240 competitors from all over

the country and Anna is thrilled to have won. Anna discovered cycling as part of her rehabilitation after breaking her leg in a skiing accident in the British Champs in 2015. It seems there is no stopping her! **Mrs Queralt**



Sophie Joins England Alpine Ski Team

It is a pleasure to be joining the squad because I can do more outdoor ski races and try to improve myself on the weekend testing. On various weekends all the skiers who are in the England Alpine Squad have to try and complete different tasks. I find they are very difficult but are helping me improve my strength. I only used to do Indoor Ski Races, but now that I have joined Ambition Race Team, I am doing some more outdoor ski races. Being in the England Alpine Squad means a lot because I am in a national squad and I closer to hopefully going to the Winter Olympics. I am so excited being picked for the squad and I hope to improve my skills for my fullest potential.

Sophie Gibson 7M

MUSIC

AHSteel at Energize on 1 November

Year 8 and 10 students opened Aylesbury's first ever Energize event at the Waterside Theatre with their energetic performance of Axel F's Beverly Hills Cop Theme. Playing to an audience of over 2000 people, schools from all over Aylesbury Vale joined forces to celebrate music and music making. It was certainly an energetic performance and a great way to kick off the event. Well done girls! **Ms Raven**





Christmas Concert 7 December

This year's Christmas Concert thrilled a packed audience in the Main Hall with performances from students from Year 7 all the way up to Year 13. We were taken on a trip around the world, from Symphony Orchestra's Slavonic Dance to a traditional devotional song from India and a calypsonian version of Silent Night on the Steel Pans. With over 120 students performing, the styles of music were rich and varied from jazz and classical to pop and rock. **Ms Raven**

Carol Service & Winter Concert 12 December

The Music Department finished its festive season in St Mary's Church, Aylesbury. The evening followed a new approach this year, with the first half celebrating a warm and joyful carol service and the second half showcasing student talent, from choral, string and flute groups to songs from musicals, pop numbers and a harp solo. The church was full with over 70 students performing to a full and appreciative audience. **Ms Raven**



FUNDRAISING WEEK raised £2500 this week - and put the 15 Fun in Fundraising as well! RACTOR equity Reacher Karaolia