



Summer Term 2015

Highlights



It is extraordinary how much AHS students can pack into an average term. This edition of Highlights is a real testament to our school community and to our students' willingness to embrace opportunity whilst enjoying the challenge.

We have talked a lot about what it means to have a Growth Mindset this year and our recent Go 4 It! Week promoted the notion that you do not only take part in something because you are competent but to have fun trying something new and to learn from your experiences. Students have also been encouraged to consider the 5 ways to well-being of which all elements have been evidenced within this publication; they are to connect, be active, be mindful, to give and to keep learning.

Now sit back, relax and enjoy this edition and have a lovely summer break!

Nette Hamnett
Deputy Headteacher

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2 RECENT SUCCESSES

Congratulations to Emily Francis

10 May 2015 saw the culmination of 18 months of work towards my Baden Powell Award, the highest award that a Guide can achieve. To celebrate my completion of the award along with 2 other fellow Guides, we held a campfire at Ellesborough Guide Centre for our families, friends and other members of the unit, where we were presented with the award by our Guide leader and the District Commissioner. The evening ended with campfire songs, hot chocolate and toasted marshmallows.

The Baden Powell Award is divided into 5 zones, each containing various clauses of which 10 must be achieved. Some of the clauses that I undertook included: organising a patrol cooking competition; producing a cookbook of healthy recipes for a Brownie Unit; and organising an evening based upon Burns Night. I also produced an 'all about me' poster and prepared a presentation on the global issue of infant mortality.

Following completion of all these activities, in order to finally qualify for the award, I had to attend a Baden Powell Adventure. This is a residential event and out of everything I had to do was the element that I found the hardest. This was because I arrived knowing absolutely nobody else there, which for me was pretty daunting but I left having made some new friends who I have continued to keep in touch with. The adventure was located at Blackland's Farm in West Sussex in December of last year and had a Christmas theme, so after we crate stacked in the freezing cold and glass painted candle holders, we made various Christmas crafts before tucking into an early Christmas dinner!

Overall, I thoroughly enjoyed completing the award and recommend every Guide to consider taking on the challenge too.

Emily Francis 10C



STEM Success

Congratulations to Jess Harrison-Loten 12O and Osadeba Jegunma 12R who have both been offered a place on the prestigious Corpus Christi Summer School in Cambridge. The course is aimed at young women who want to go into the fields of science, technology, engineering and maths. Judging by the performance of our Year 8 girls in our STEM day last week, we'll have lots of future participants too!

Mrs Queralt



Congratulations to Olivia Lowrie

Olivia was one of only four Junior Girls (Years 8 and 9) from Bucks to be selected for the English Schools Championships in the 800m race. She met the qualifying standard by running 2min 19sec; being a year younger, this is a massive achievement.

At the Championships, Olivia was in a really quick heat, which was won by the eventual National Champion. This was really valuable experience of elite-level athletics and a great way to end the school year. Overall, the Bucks Junior Team came 3rd in the B Counties Championship - a huge achievement.

Mrs Arber

Year 7 Trip to Boulogne

On 22-23 May we took 90 Year 7 students to Boulogne-sur-mer for a language and cultural trip. We departed very early in the morning in order to catch the ferry from Dover, which was a new experience for some! Once in Calais, the weather being very nice we had “un pique-nique à la plage”. The group split in the afternoon: some went to the Calais lace museum where they could admire the stunning Balenciaga dresses, whilst the others went to see the friendly but also very scary baker and made some croissants! The groups swapped activities before heading to the Parc d’Olhain, a beautiful centre near Béthune. On the Saturday morning we had a tour of Boulogne-sur-mer before going to the market. It was now time for the girls to use their French as they had to buy their own lunch! They successfully did so although I am not sure how balanced it was! (Strawberries, cheese and pains au chocolat for example!). The afternoon was spent in Nausicaa, one of the biggest aquariums in Europe, where the girls truly enjoyed seeing the sea lions, the sharks, the penguins and even stroked some rays! These were two enjoyable but exhausting and action-packed days that I hope they’ll remember!



Mrs Aston

Picardy

From 19 - 23 June, we took 67 Year 9 students on the French (with a History flavour) trip to Picardy. The journey out was uneventful and we arrived in plenty of time at the beautiful Cap’Aisne Centre in Chamouilles before they were thrown in at the deep end (almost literally) with canoeing and sailing on the lake. Although the girls were apprehensive, they really enjoyed it! The second day was spent in the WW1 Museum and touring the battlefields and it was clear that nobody was left unmoved by the stories and the sights of the commonwealth cemeteries.

To the girls’ great excitement, the following day was spent in Paris, where the groups split to go to the Orangerie and the Louvre museums. Students had stars in their eyes when they saw very famous paintings such as Monet’s Water Lilies and the Mona Lisa. In the afternoon we visited ‘the Invalides’, Napoleon’s burial place, before heading to our own Iron Lady: the Eiffel Tower. It was slightly ironic though to have 67 British girls wearing Napoleon’s bicorne and celebrating his glory on the 200th anniversary of Waterloo! The next two days were spent visiting Napoleon’s Palace, painting watercolours the way medieval monks used to, and visiting ‘Le Chemin des Dames’ where one of the most ferocious battles of WW1 took place.



The journey back was a bit more eventful: we ended up visiting an extra country, taking the ferry from a different place and coming back twelve hours later than planned! However, all in all, the girls still had a fantastic time and a bonus extra day off school!

Mrs Aston

4 SCHOOL EVENTS

Go 4 It! Week

The week of 22 June was the culmination of our focus this year on 'Growth Mindset' thinking. Following the research of psychologist Carol Dweck, staff and students are trying to move away from 'fixed mindset' thinking which causes us to avoid challenges through fear of failure. A growth mindset thrives on challenge and encourages us to embrace and learn from our mistakes.



During the week, teachers experimented even more than usual in their lessons. Students tried out free writing in English; in physics they taught parts of their lessons; maths students experimented with 'Flipped Learning'; Technology students became technical advisors and in swimming the girls chose a suitably challenging National ASA Swim Fit programme and 'went for it!' Mrs Carey commented, 'we have been so impressed with how hard all the girls have worked and the number who have been swimming further and deeper than ever before!'

Year 9 took responsibility for devising their own field work investigations during a trip to Docklands. Year 7 spent a whole day focusing on their resilience, learning how to challenge negative thinking and trying various relaxation techniques.

Students tried a range of new challenges in lunchtime activities – in art, cooking, sports such as cornerball and benchball, karaoke, iaido (a Japanese sword martial art) and even a silent disco.



Students fully embraced the week's activities and the growth mindset opportunities that they brought. Natalie said that 'working alongside older students really took me out of my comfort zone, but I learnt so much from it.' Elizabeth loved the yoga experience: 'The poses were really hard, but I've now learnt a very useful way to relax.' She summed up the message of the week: 'If you don't try, then you'll never learn the things you can do in life'.

Mrs Queralt



Activity Day June 26 - Year 9 Trip to Docklands



On Friday 26 June the Year 9s took a coach to London Docklands. We visited the Crystal Exhibition where we learnt about sustainable cities and what the world would be like in the future. There were activities such as using a device to control a city of your own and moving your body according to the wind demanded by the people of a town; it was very fascinating and interactive. After the Crystal Exhibition, all the groups had freedom to go out and have a look for themselves. Some groups took cable cars which allowed us to experience the geography of the place; it also showed us London from another perspective. We did some research of our own which consisted of taking pictures of abandoned places and talking about whether or not London should be made a national park.

Ishika Shah 9A

Activity Day June 26 - Year 10 International Day



On 26 June, Year 10 welcomed children from Long Crendon and Bedgrove Infant School for International Day. Claydon organised passport control and Ascott, Hughenden, Stowe and Waddesdon offered activities from different countries, including Japan, Greece, Brazil and



India. The children thoroughly enjoyed the activities, such as making masks and origami and Year 10 students had a great time entertaining the children and practising their limited Japanese skills! Missenden, meanwhile, went over to the Park School to organise international activities there.

Amelia Santerre 10A

Year 8 STEM day

Huge thanks to Sarah McSweeney and the Smallpeice Trust who came in to run a very successful STEM day for Year 8 on Wednesday 8 July. Students were challenged to build a wind turbine which put their science, technology, engineering and maths skills to the test. Eleanor Terrett said that they learnt a lot about managing a budget and teamwork alongside construction skills. Apparently triangles are the way forward! Congratulations to the winning group: Jadeine Jacob 8C, Abbie Garton, Bekka Richards, Sasha Abraham and Olivia Forster, all 8H, whose construction is pictured here.

Mrs Queralt



6 SCHOOL EVENTS

Activity Day July 9

Year 10 Health Day

We thoroughly enjoyed Health Day because of the variety of sessions that we did. We learnt a lot of new skills in self-defence including how to get away from an attacker. The study skills session was really fun and incredibly helpful and gave us lots of useful study and revision tips. Pilates was very calming and released a lot of built up tension. The talk on drugs and addiction was both fascinating and informative. The healthy well-being and sexual health sessions were also very useful. It was fun to do a different range of activities during the day.

10G4

Year 7 Creative Olympics

Year 7 experienced a day full of creativity on 9 July which included music, drama, sport, dance and art. Emily and Florence really enjoyed the African drumming: 'It was fun to learn something totally new.' Wati loved going to the Waterside to take part in a workshop on social media. Grace particularly enjoyed the rugby and Suki was pleased to

learn a new style of dance as part of the

Matilda routine. The girls also had fun with ceramics and designed and made tiles to represent different creative words. Thank you to the Creative Arts team for running the day.

Mrs Queralt



Year 8 Trip to Ashridge



Year 8 experienced a whole day of learning outdoors, including Geography, French and Maths lessons and an independent study they had planned themselves. Claire liked the 'hands on approach' to the day and Katherine thought that measuring trees was 'a much more interesting way to learn about trigonometry than in the classroom.' Anita learnt lots of new words in French and thought it was particularly fun to learn outside.



Mrs Queralt

The Rhino Farm

On Friday 12 June, we went to the library to hear author Annabel Claridge talk about how she researched and wrote her new book 'The Rhino Farm'. Rhinos in Africa are on the verge of extinction due to the value of their horns. Poachers shoot the rhino and cut off their horns, then the poor animal is just left alone in pain to die. Their horns are worth this much thanks to the fact that people used to believe that it was a drug and was put in many medicines. However, it has been proven that it has no effect on you at all. Although people know this, young millionaires ignorantly buy the ground up rhino horn to show off their wealth to their friends - it is one of the most expensive substances in the world. Her book sounded really interesting and we can't wait to read it, especially as it is only part fiction.

Hannah Wright and Natalie May 8M



Primary Maths Challenge

On Wednesday 24 June, thirteen local primary schools went to Aylesbury Grammar School for a Primary Team Maths Challenge. This involved teams of four pupils from each primary school competing against each other to complete a series of maths problems both quickly and accurately. Year 12 students from the Grammar School and the High School had been running Maths Clubs to train the pupils for the event in the months beforehand and a team of Sixth Formers attended on the day as invigilators. St Edward's Catholic Junior School won the challenge but it was an enjoyable experience for all of the participants, plus those of us who could see how much they had learnt.

Jess Fleming 12B



Big Bang Conference

On Tuesday 30 June, five Year 12 Further Mathematicians and Dr Maher set off for the AVDC Gatehouse Building to run a stand at the "Big Bang Conference". Over 200 children spent the day doing activities based around STEM subjects - Science, Technology, Engineering and Mathematics before a talk by mathematician Johnny Ball (if you don't know, ask your parents) in the afternoon. We ran three activities, a 'Towers of Hanoi' challenge, building 3D shapes to certain specifications and creating colour wheels which, when spun, appeared white. For us, this was to culminate our year's work in primary schools and it is safe to say the engagement of the children made it all worthwhile and even an opportunity to chat to Johnny Ball and try to beat Dr Maher's record floating 2p pieces on foil - sadly unsuccessfully.

Alice Digby 12I, Jess Fleming 12B, Shifa Bangi 12R, Laya Hariharan 12N and Sarah Mann 12Y

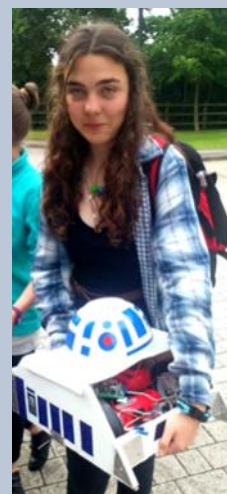


Rampaging Chariots

The students did really well on Saturday 20 June at Selex in Luton. They competed in robot sumo wrestling, an assault course and 2-a-side football. There was a lot of competition from the 14 other schools attending (mainly Sixth Form students).

The robots performed well and the students were taking notes throughout the day how to improve even further in next year's competition!

Mr Potkin



Formula 3D Competition at Bucks UTC

We were the only girls' team at the event and considering they have never driven on a Scalextric track before, they performed admirably. During the heats they were regularly coming in first and second place. In the final 24 minute 'Le Mans', they held 3rd position up until the final minute when they were unfortunately overtaken in the last 30 seconds. They came 4th out of 10 cars, which was brilliant. The event was organised by 3D Print World part of Cartridge World. It was attended and judged by the World Scalextric champion.

The students now intend to prepare both themselves and a new Year 7 group for the Formula 1 in schools competition next year and redesign their 3D printed car for this event. Although they did not win a main award, the school will receive a 1kg spool of PLA for the printer for the work that they put in. Well done!

Mr Potkin



Midsummer Music, Muses and Movement



Thank you to the Creative Arts team for putting on a lovely evening last Friday and to all of our wonderful performers. We were treated to amazing music by the Percussion Ensemble and the Flute Ensemble, some bewitching drama and captivating dancing. The highlight for me was the Harding House Music Club performing 'Uptown Funk' - the energy was infectious!

Mrs Queralt

Messages from our New House Captains for 2015-16

ASCOTT

Hi, I'm Amelia (Millie) Liggett. I can't wait to have a more proactive role in Ascott life, and am thrilled with the opportunity to be House Captain. I am studying Economics, Chemistry, Biology, Maths and World Development. After A Levels I'd like to go to university - but I'm not sure what to study! I really want to inspire Ascott this year, and be part of a friendly team who have masses of enthusiasm. I also enjoy meeting new people and look forward to getting to know even more members of my House.



CLAYDON

Hi, I'm Imogen (Immy) Bluff and I started at Aylesbury High School in 2009. I'm currently studying Biology, Government and Politics, History and Business Studies. After I've finished Sixth Form, I would like to attend university in the USA to study Political Sciences and International Relations, and as a career I would love to work as a civil servant or within Government/Parliament. The House spirit that Claydon carries with it is amazing and we never fail to have fun! I can't wait to channel this enthusiasm further and create more great memories over the next year - it is an honour to be your Head of House.



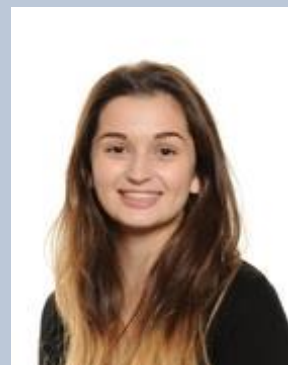
HUGHENDEN

Hi, my name is Charlie Rumble (Crumble for most people) and I am very excited to be your Hughenden House Captain this year! I am currently studying Chemistry, Biology, English Lit, Drama and Latin in hope of becoming a Vet! Life outside school for me consists mainly of spontaneous bouts of often unwanted singing, messy weekends lambing, attempting to drive a car with no casualties and of course dealing with the everyday struggle of being a ginge! We have had an absolutely fabulous start to the year - Sports Day 2015. Some said we were mad, most said it was impossible but after many years, several tears and a whole lot of purple, we did it. WE WON! Congratulations to all you wonderful Hughendonians out there - it is going to be a brilliant year and we cannot wait to get started!



MISSENDEN

My name's Alex Brain. I've studied at Aylesbury High School for six years now and, having been a participant of House Dance, House Athletics, House Drama (very briefly), House Swimming, House Football, House Rounders and even House Volleyball, I feel incredibly overwhelmed and excited to have been elected as House Captain for Missenden this year. I hope to follow in the grand Missenden footsteps and hopefully bring home the cup! I'm currently studying English Literature, Psychology, Film Studies and Drama & Theatre Studies, and I wish to either go on to university to study Film and Theatre, or to a drama school to study for a degree in Acting.

**STOWE**

My name is Lily Ingleton and I'm the new House Captain for Stowe. I'm hoping to study English Literature, Drama and Psychology next year and I look forward to seeing everyone in the House assemblies and around school!

**WADDESDON**

Hi, I'm Cat Searcey and I am honoured to be your new Waddesdon House Captain! I am currently studying English Literature, History, Maths, Biology and Photography and hope to go on to study English Literature at university. I know a few of you from my involvement in House Drama and in House Music in past years and I can't wait to get as many people involved as possible in House events and lead Waddesdon to victory!



Year 7 Good Cause Fair



As well as sweets and cakes, Year 7 also sold homemade bookmarks, hair braiding, fresh smoothies and fresh milkshakes and have raised £783 this year - well done girls! Cancer Research UK will be very grateful for this donation.

Year 8 Good Cause Fair

Year 8 have raised an amazing £1,627 this year - a fantastic effort! The following charities will benefit from all their hard work:

- 8A Emily's Start & Macmillan
- 8C Water Aid
- 8H Make A Wish
- 8M Make A Wish
- 8S UNICEF
- 8W Cancer Research



Year 9 Good Cause Fair

The takings are still being counted from Year 9's final Good Cause Fair which took place yesterday, but so far they have raised a very commendable £840 this year - well done!

Mrs Queralt



Bucks & Milton Keynes Schools Games

On Friday 10 July, the 12A Netball team went to Bedgrove Park to compete in the Netball School Games. After playing seven other schools, we won six games but unfortunately lost to Beaconsfield High, a strong team. We did, however, manage to achieve 2nd place and we all demonstrated great teamwork and played our positions amazingly well. Overall, a great achievement!

Elisabeth Basnett 7H



The Year 9 Rounders team also took part in the Games. We played seven matches against schools from Bucks and Milton Keynes. We played very well as a team, winning all our games, which meant that we were 1st overall, receiving a very nice trophy! It was a lovely day and we all enjoyed it very much.

Maddy Weir

Well done to the team, which consisted of Mollie Baars 9A, Mia Gilbert, Mollie Kelleher, Izzy Marshall, Helen Sansome, Roseanna Schmidt, Maddy Weir (9H) and Ellie Haarbarger, Lucy Robson and Freya Tucker (9S).

District Athletics Champions

A great effort was made by all the girls in the Track & Field events during the District Athletics held at the Guttman Track on Wednesday 8 July.

In the team events, Years 7 and 10 were the Champions, with Years 8 and 9 coming 2nd and 3rd respectively, making AHS the overall Girls Champions ahead of The Royal Latin and The Grange.

Individual Champions were:

Year 7: Janine Cliff-Afemari (hurdles), Olivia Robson (javelin and 800m), Hatty Bell (1500m) - all from 7A

Year 9: Danielle Kidd 9W (1500m), Jemima Taswell-Fryer 9H (800m relay)

Year 10: Annabelle Denly 10H (100m, discus and relay), Bronwen Reed 10H (relay) and Helena Rowland 10W (relay).

The highlight of the day was the last race, where the Year 10 relay team raced for victory over The Grange for the first time in 4 years - great commitment and teamwork.

Mrs Arber





House Athletics 2015



House Athletics was held on Thursday 18 June, giving all of us the chance to compete in a range of athletics events in order to win points for our Houses. The day saw individual triumphs and enthusiastic supporters, with a great standard of athletic ability being showcased in all year groups and across a number of events. After the field events and long distance races were completed in the morning, the whole school gathered on the field for an afternoon of watching or competing in the sprints and relays. Before the final races began, competitors and House Captains paraded around the field behind the AHS School Games torch relay. House chants and an amazing dance display from Missenden geared everyone up for an exciting set of competitions.

We supported our House competitors as they flew (or fell) over the finish line, until the infamous teacher relay began. It was a close race for everyone, but the PE team came out on top. The day drew to a close, and the overall winner was Hughenden, followed by Ascott and then Waddesdon. It was a fun and competitive day, with everyone getting involved by competing, cheering or face painting.

Zara Everitt 10W

