



Spring Term 2016

Highlights



Spring Term at AHS: exercising our analytical, cultural, dancing, ethical, global, moral, musical and sporting muscles (and working hard)

The short term is almost over, but we seem to have crammed in at least as much as those terms when Easter is later. Yet again, our students have been engaged in a terrific range of activities on top of all their academic work.

It is always a lovely surprise when we do well in regional and national competitions, and that surprise shows that we never take our successes for granted. To have so many outstanding results this term has been a great tribute to the talents of the students involved and their inspirational staff. Equally well done to those who simply took part in any of the events, competitions and trips that have kept us so busy this term.

The award from the Youth Sport Trust (see page 2) is a well-deserved recognition of the work of our PE team; it acknowledges the outstanding work in lessons, and perfectly complements our sporting triumphs which continue on an almost daily basis.

I hope everyone has a well-deserved break.

Alan Rosen

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2 RECENT SUCCESSES

The ARTiculation Prize 2016

Following the school heats of 'The Roche Court's ARTiculation Prize' earlier this year, I was invited to the Ashmolean Museum in Oxford on 25 February. ARTiculation is designed to stimulate students' interest and understanding of art, a subject that I am already deeply interested in, whilst developing their research, language and presentation skills. My presentation was on the series 'The Absent Portrait' by artist Phillip Toledano, who imports original, censored packaging from Iran, in which the women have been inked out individually. Toledano then removes the inked out figure from the packaging, creating a portrait, although not of a person but of absence, as the title



suggests. My speech was on how Toledano is able to communicate not only a criticism of the suppression of women in Iran through censorship, but also criticism of the nature of the way women exist in American Society, where the packaging originates from, being objectified through advertising and used to promote economic growth. The regional heats provided a fantastic opportunity to meet other students who shared the same passion for art, as well as Will Gompertz, BBC Arts Editor, who adjudicated the competition. I was extremely proud to win first place at Oxford and went to the National Finals at Clare College, Cambridge on 4 March where the adjudicator was Hannah Rothschild, writer, filmmaker and Chair of the Trustees of the National Gallery. I would like to thank Mrs Roberts, a wonderful teacher to all three AHS competitors, for taking us to the regional finals in Oxford, as well as Mr Elgin and Miss Holmes for their support and constructive feedback.

Zoe Berkeley 120

PE at AHS honoured by the Youth Sport Trust National Award



Congratulations to the PE department who were awarded 'Outstanding School for Physical Education' at the Youth Sport Trust Awards. Mrs Arber received the award from Chair of UK Sport Baroness Sue Campbell and Pussycat Doll Kimberley Wyatt.

AHS were commended for being 'the school demonstrating the most innovative practice in PE to develop the life skills and well-being of their young people.'

The audience were also told: 'The PE department is a leader for outstanding practice in this school and is constantly striving to improve what they do and how they do it, importantly considering what will make a real difference to their learners. The school has always been willing to take a risk and has been a key part of developmental and innovative pilot work for gifted and talented, the new national curriculum and most recently for assessment.'

'The teachers believe that the purpose of physical education is more than being good at sport, focusing on lifelong participation, ensuring their young people are growing and learning to become the best that they can possibly be. Through their practice they are striving for confident, healthy young people who clearly understand the wider benefits of PE to their social and mental well-being, as well as using it as a vehicle to develop life skills to support them in their next stage of learning or employment.'

Mrs Arber

Valencia Football Tour

Early on the morning of 13 February, 19 students from Years 8-13 embarked on a football trip to Valencia in Spain. The girls arrived in their plush hotel, unpacked, had lunch and got straight down to business with a training session in the afternoon. The training took place at Valencia's own training ground, where the facilities are first rate, and was conducted by youth team coaches from the club. In the evening we had the opportunity to go to one of the most atmospheric stadia in Europe, Valencia's Mestalla stadium, where we saw the home team provide British coach Gary Neville with his first victory in the Spanish League. Day two saw us play two games against local opposition. Although we were defeated in both games, it was a great experience to play on foreign soil in an unlikely-to-be-repeated experience. The afternoon saw a further training session and the start of some fatigue and by day three the long days in the winter sun were catching up with them. Spanish football is based around passing and



moving and is very intense; this was replicated during every training session, and by the Spanish teams we played against.

We had the added bonus of staying in the same hotel as the England U17 girls team, who were also there for training and the girls were able to have a photo taken with England player Rachel Yankey, who was accompanying the team. The final day saw yet another training session before a few hours of free time in the city centre. We finally returned to AHS very tired but all having had an excellent experience.

Mr Baird



Ski Trip to Passo Tonale

Never skied before? Want to gain more experience? Want to explore mountainous landscapes? By the end of an excellent week in Passo Tonale everyone was skiing down from the top of the mountain accompanied by our patient and enthusiastic ski instructors.

Every day brought a new challenge, whether it was skiing on a glacier with breath-taking views or simply going on a ski lift for the first time. Under expert guidance we improved our skiing so that by the end of the week we could all confidently ski down a mountain.

The food was fantastic and we were refuelled by a three-course lunch and dinner that introduced us to the delicious Italian cuisine.

In the evenings numerous activities were available such as ice skating, night skiing on the flood lit pistes, games, and a trip to the local café which did the best hot chocolates and gelato ice cream.

It was a fantastic experience to try something new, and a great opportunity to make new friends.

Lucy Pangbourne 12C



County Hall audience for students' gender equality campaign

On 10 March four Year 9 students took on the nerve-racking challenge of speaking up for gender equality before an audience of senior Buckinghamshire County Councillors and Officers. They were given centre stage at County Hall in the room where the Cabinet normally meets, at the invitation of Martin Phillips, Cabinet Member for Community Engagement and Public Health.

Before an audience of around 30, Emily Critchlow, Elena Brooks, Jessie Trueman and Amy Williams presented the case for men to take action against inequalities faced by women and girls worldwide.

The Year 9 students based their presentation on *HeForShe*, a solidarity campaign for gender equality initiated by UN Women. It was all part of their Citizenship GCSE, for which they are required to help raise awareness for a pressure group. Emily said the group was delighted with the invitation to present their case at County Hall, because of the opportunity to speak to Councillors and Officers who influence community life.

'The feedback was fantastic,' said Emily. 'We made so many contacts, who've invited us to speak at other events'. Deputy Head Nette Hamnett said: 'They are clearly very passionate about all aspects of the campaign and the County Council invitation was a good opportunity for them to generate discussion about these issues.'

Martin Phillips said: 'This was such a good opportunity for us as a council to engage with some of our younger residents. And we tried our best to host the students as close to International Women's Day as possible.'

Mrs Hamnett



Business and Accounting Competition

A team of 6 Economics and Business Studies students competed in BASE, ICAEW's National Business and Accounting competition for students in school or college aged 16-19. The competition involves a business case study, from which we had to advise them on possible future opportunities and a SWOT analysis, the strengths, weaknesses, opportunities and threats of the business. After presenting our ideas to 70 other students and a panel of judges, we had the opportunity to talk to potential employers regarding accountancy. Then we were announced as the regional winners and we were interviewed by a film crew which was very exciting for all of us.

We all agreed that the day allowed us to develop exceptional team work skills, broader business knowledge and transferrable skills which can be applied to our other subjects. As the only all-girls team and the winners, we also felt extremely empowered! We look forward to Birmingham in June where we will compete in the National Finals against around 50 teams.

Mr Morris



Clean for the Queen



At the start of March the AHS Eco Reps joined many different groups up and down the country who went litter picking for the Clean for the Queen campaign. We cleaned all around the school and along Walton Road, Turnfurlong and the Coach Park and picked up loads of rubbish! We are pleased to have made a difference to our local community.

Lottie Aulton and Callista Fletcher 7A.



Spanish Exchange

In February a group of Year 10 and Year 12 Spanish students from AHS and AGS were lucky enough to enter the homes and lives of Alfonso X El Sabio students from Murcia for a week. Upon arrival we were showered with Spanish affection, receiving hugs, kisses and presents. Having talked to our exchanges through social media and "GuasApp" we were all very excited about the activities that we had in store for the week and to finally meet our Spanish friends. After a siesta to recover from a 3am start we were thrown headfirst into Spanish culture and had an incredible time from start to finish. The action-packed week flew by and we didn't leave any stone unturned. We went to the beach, to the mountains and to school with our exchanges, where we were used as guinea pigs for the eager younger students to practise their English on. We had non-stop fun on the day trips to Granada and Cartagena, where we strolled through the streets, shopping and eating ice cream while taking in the sunshine and the extensive history of the areas. Between parties, churros, bowling, city tours, paint-balling, carnivals and hanging out with the Mayor of Murcia, our Spanish vocabulary and understanding tripled. A lot of us found ourselves in households that spoke no or little English (apart from our exchanges) so we were forced to tune our ear into the language and practise. Being thrown in at the deep end like that really is the best way to learn, and by the end of the week we found ourselves thinking in Spanish accents and feeling practically fluent. As stunning as the Alhambra Palace was, and as fun as it was being tourists in Spanish cities, what really made the trip were the people. We were constantly astounded by their hospitality and we made some true friends during the course of the week. They ensured that there was never a dull moment and saying goodbye to Murcia felt like leaving home, because that's what it became to us for a short period of time. It's no secret that Spanish people are affectionate, so saying goodbye was teary and emotional. The trip was truly special for all of us and we had the time of our lives. We continue to message and Skype as we wait in anticipation for their arrival in June.

Yasmin Bali & Manvi Laddha 10W

World Book Day Bake Off



Thursday 3 March saw what is becoming an annual event in the library with this year's World Book Day bake off. The theme this year was Shakespeare-inspired bakes and the girls went all out to create something exceptional. We had a number of different entries from Romeo and Juliet to Macbeth and members of the English department came down and blind judged the entries. Our second prize went to Emily with her Globe Theatre cake. The winner was A Midsummer Night's Dream by Suki Fogg 8M.

Thanks to all those who took part.

Miss Adams



Shakespeare 400

This year is the 400th anniversary of Shakespeare's death and AHS has gone Shakespeare mad to commemorate the bard. All the teachers in the English department (and even some from other departments !) have decorated their doors on the theme of one of Shakespeare's plays. It would be an understatement to say this has been a mere competition, as the teachers have taken it rather seriously, roping in their classes to help them win! Room E3 features a boat representing The Tempest, courtesy of Year 8s; E2 is decked out with Danish bunting and decorated masks telling the tale of Hamlet; E1 has a spectacular web creeping up from the bottom of the door to illustrate Othello. Congratulations to Mr Fialho and his Year 8, who won by decorating an entire corridor, not just a door, in a tribute to Romeo and Juliet. Other celebrations have included: Shakespeare bingo, Shakespeare by heart (won by Lauren Hoft, 9M), Shakespearean dance, a Year 7 performance of A Midsummer Night's Dream and a treasure hunt, where students had to find various quotations hidden around school, won by 8H. Thank you to Mr Elgin for all his hard work in organising the festivities.

Gemma Workman 10C



Science Talk from BAE Systems and the RAF

On Tuesday 8 March, 3 engineers working with the RAF and BAE systems came to talk to us about the weird and wonderful world of waves. They were very enthusiastic which made the assembly even more fun to watch and showed us many experiments - one with a laser pen, another showing how a cycle can power a light-up t shirt and another explaining how a virtual reality headset works. The most interesting part was where they demonstrated an instrument called a Theremin which you play by controlling the sound waves by moving your hands above it in the air! It was a very entertaining talk where I learnt some fascinating things about physics. Thank you to Mr Elcock for organising it.

Prakarti Agarwal 8S



Football and Business

On 28 January, A Level Business students went over to the Grammar School to listen to a business talk from the manager of MK Dons, who spoke to us about the structure and organisation of the business and the variety of sources of capital used to fund the football stadium and the matches that take place there. He discussed key business concepts in raising capital and managing cash flow in order to improve profitability and productivity, and by comparing these issues with real life examples and statistics we were able to gain an insightful overview into the reality of running a business and the problems and limitations companies have to overcome. This trip was incredibly useful and educational as it was directly linked to our AS exam and therefore helped to increase our knowledge and application of business structure, leadership and managing cash flow – all integral components of our course. We feel grateful and privileged to have had this experience, thoroughly enjoying the informative talk and would also like to thank Mr Morris for organising the trip.

Katherine Dalby 12L and Samantha Elson 12A

Oxford Open Day

On Saturday 5 March, 8 AHS students attended an English Faculty open day at Oxford University. We attended an introductory talk followed by a lecture on 20th Century Literature and then a mock interview, which was very useful. We had a rather strange lunch at Mansfield College (was it fish or chicken?) and met the Scottish Harry Potter, a student who really did look like HP and who ate in Hogwarts dining room everyday! (He attends Christchurch College) After lunch we had the opportunity to ask questions about the English course and life at Oxford. All in all we had an interesting and informative day and a good insight into student life at Oxford; thank you to Miss Holmes for organising the day (and waiting patiently outside for us!).

Alice Shedd and Daisy Williams 12O



8 COMMUNITY

House Music

Congratulations and thank you to all of the girls who worked so hard to make House Music such a success.

1st Place - Stowe

2nd Place - Waddesdon

3rd Place - Hughenden

Best Choral Arrangement - Moon River (Arr. Freya Firth-Robson)

Best Choral Performance - Hotel California (Arr. Cait Boon)

Best Vocal Solo - Reshma Arukgoda (How it Feels to be Free, Arr. Beth Gray)

Best Orchestral Arrangement - James Bond Theme Tune (Arr. Freya Firth-Robson)

Best Small Ensemble - Centuries (Arr. Annie Lovatt)

Ms Raven



AHS qualify for Rock Challenge Southern Final

We set off to Stevenage Theatre early in the morning on 24 February, all 70 of us - 56 dancers from Year 9-13 plus 14 crew - and the nerves were kicking in. The whole day was spent cheering other schools on and meeting new people; everyone was buzzing. After a fantastic performance we achieved not only 10 awards but an amazing 1st place. The screams of excitement were truly deafening. Thanks to our teamwork, Miss Heningham, and the help of our Year 13 Dance Leaders we achieved Awards of Excellence for Performance, Choreography, Set Design, Costume, Soundtrack, Drama, Stage Use and Visual Enhancement. We were also given an award for Stage Crew and were voted the Performers' Choice (as voted by the other schools). The weeks of hard work had paid off and it was an unforgettable experience. We can't wait for finals in June - fingers crossed for another 1st place for Aylesbury High School! It was a day we will always remember.

Lucy Reid, Jess Hollbrook and Katharine Charlton – Year 11



South East Schools Cross Country Championships, Harrow School



Boarding the coach on Sunday 28 Feb, the team comprising Years 7-12 for this open event had either experienced first-hand or been gently warned about this notoriously hard, muddy course! Not put off by this, all runners approached the event with positive steely determination and AHS put in yet another excellent team effort, through rough muddy farm tracks, the hills by the fishing lake, past the spectacular athletic track and through the golf course at Harrow School. Some fantastic performances, particularly from Hatty Bell, who had competed the previous day and Eliza Taswell-Fryer, who boarded the coach feeling unwell! After the superb effort, the runners (and supporting parents!) fully deserved their 2 course meal and, oh those cakes!

Congratulations to the team: Hannah Davis, Millie Carey, Millie Lowrie, Hatty Bell, Emily Johnston, Nikki Melsom, Olivia Lowrie, Anita Binns, Olivia Morley, Tilly Green, Eliza Taswell-Fryer, Leonie Glasson.

Already looking forward to next year!

Mrs Arber



Buckinghamshire Schools Cross Country Championships



After leaving Stoke Mandeville at 6.30am the Senior Girls Team had to wait till 2.35pm for their race. A challenging 4.2k course at Wollaton Park, Nottingham, awaited the top 310 runners from 47 counties across the UK.

The weather was changeable (snow, rain, sun, sleet) and the long wait allowed the girls time to explore the New Balance sponsors' tent. Much to our amazement there were face paints, table football, deck chairs and an awesome photo booth. We took advantage of all this marvellous entertainment - so much so we nearly forgot we had to run! However, race face on and warm ups completed the girls lined up with their six colleagues from schools across Bucks. Team bonding completed we were ready to race.

Hannah, in her last school-based race, led the county team home. Coming 31st in this top class race is testimony to an athlete who has always displayed total commitment and determination since joining the school in Year 7. A great role model for our other runners to follow. Year 12's Eliza Taswell-Fryer was the 6th Bucks athlete home in 226th. A fine performance considering the week before she was unsure if she would complete the Harrow run due to illness. Eliza also managed to beat 2 athletes who had previously beaten her at the county championships.

Mention should also go to Leonie Glasson who was a reserve for this event. Well done to all 3 athletes; we are proud of your achievements.

Mrs Arber

Squash National Trophy Championships

At 9:30am on Monday 7 March, 5 girls from AHS arrived at Nottingham Squash Club for the National Trophy Championships. Mia and Molly from Year 10 and Kaycia, Emily and Immy from Year 9 made up the U15 team. The first school, Kenilworth (who were finalists last year), were tough opposition. Out of 5 matches played, AHS won 1, however the team fought hard and played well. We then stopped for lunch and had a big carbo-load to give us

energy for our afternoon matches. Because we had lost against the first school we were now playing for 3rd place. In our second match against RGS Newcastle, we had 3/5 wins meaning we won 3rd place! As a team we came third in the National Championships, and everyone played very well against some challenging opposition. Thank you to Mrs Woods, Mrs Withey and Miss Holmes for accompanying us and coping with our nerves; and to Mr Withey for his hard work in coaching us!



Under 13 Footballers are County Champions; Under 16s in next term's Semi-Final

Both the U13s and the U16s swept effortlessly through their groups to qualify for the Semi-Finals of the county competitions. Both were, coincidentally, drawn against Shenley Brook End.

The U13s didn't have any fixtures last year, but from the outset this year have scored a lot of goals and conceded very few. In their first game they won 4-0 even though they only had 9 players. In the Semi-Final against Shenley Brook End, the U13s played excellent football and won 2-0 to secure a Final against Buckingham School. In the last ten years the U13s have been in the Final five times and never managed to win it, but this time they played superbly well to win 3-1, with Olivia Robson scoring twice and Issy Slade once.

The U16s haven't had to play too many games to get to the Semi-Finals - perhaps the opposition have simply been afraid of their reputation - but when they have played they have done extremely well both offensively and defensively. Their Semi-Final is at the start of the summer term and, with any luck, we will have two winning Final appearances to celebrate.

Mr Baird



Hockey Successes

The Year 8 Hockey teams recently played their end of season tournament hosted by Sir William Borlase, where the A team won the overall competition. They played extremely well with Miss Smith as their coach. Players of the tournament went to Nikki Melsom and Bea Wootton. In the Year 7 end of season tournament, the A and B teams 'did the double' with both teams winning their rounds and getting to the finals. Hannah Davis won player of the tournament for the B team and Freya Maguire for the A Team. Well done to everyone who has participated in the recent end of season tournaments. Indoor hockey will start again in May and outdoor in September. #hockeyisback



Mrs Rust

U13 Basketball Team reach National Quarter Finals



The youngest players in the school are living up to the high standards set by the older basketballers. With no national competition for Under 12s, the U13 team has been using a rotation system for players from Year 8 and Year 7.

In their first regional round game the team travelled to Angmering School, West Sussex. A tough battle ensued as the teams went head to head. After four tough quarters AHS had edged ahead 75-59 to progress to the next round.



In Regional Round 2 the opposition at Martins, from Essex, were known to us from previous National Finals. However a dominant team display saw AHS cruise to a 63-26 victory. This week saw a convincing win against Greensward School which has earned us a place in the last 8!

Mrs Arber

U14 Basketball - Some you win, some you lose



The U14 team have had a challenging time in the regional and zone games of the national cup. In the first regional game the U14 team dominated the game and won convincingly 68-12. However, the next match was a real nail biter against Langley Grammar and their England star. The girls came from behind and dug really deep to edge the game 59-54...phew.

Again we were on the road to Bury St Edmunds - Thurston College our opponents and a very tall England player. The AHS girls rose to the challenge but baskets from top scorers Grace, Katherine and Sasha could not prevent Thurston deservedly edging the game 64-50.

On the day we were beaten by a better team but we gave them a great game. To make the last 12 nationally and to regain the county championship at U14 level is the mark of another good season.

Mrs Arber

U15 Team win through to National Quarter Finals

In a repeat of last year's National U14 Final AHS faced FitzWimarc School from Essex. In last year's final AHS only edged into the lead with two minutes remaining on the clock. It was hardly surprising that this was going to be an edgy game. With nerves jangling, the half time lead of 25-20 set the game up for a sensational second half. In the third quarter AHS dominated play and Ella Messetter's 3 pointer with 2 seconds left on the clock ended the perfect quarter. AHS were 49-24 ahead after the set moves flowed. The final buzzer sounded on an amazing 63-39 victory and reflected the continued development of this team. Well done to all girls involved and good luck in the quarter finals!

Mrs Arber



U16 Basketball Team through to National Semi Finals

The U16 team led by Captain Charlotte Brooker are making excellent progress in the English Schools basketball championship. This week the team beat Angmering School, captained by England U16 Captain Tia Freeman 65-31. At this level every game has its challenges and being in the last 4 teams nationally is credit to the girls' teamwork and dedication. In the regional rounds the team beat Sharnbrook Upper 93-11 at home and after travelling to Bury St Edmunds beat County Upper (a basketball academy) 70-51. In their first zone round game the team won 73-34 v St John's Marlborough. Well done to all the girls who have represented the school on this journey.

Mrs Arber



U17 Basketball - Monday Madness

The U17 had the rare opportunity to experience what it feels like to beat Grieg City Academy on Monday. In a very low scoring game where defences were on top, both teams struggled to break away. At half time Grieg City were ahead 16-13. Two quick baskets from Ciara Belsham put AHS ahead and from then on the team did not look back. In the whole of the second half AHS only allowed Grieg City to score 1 basket. Final score AHS 42- Grieg City 18. National Semi Finals next!

Mrs Arber



U18 Basketball Team v American School, Hillingdon

Having talented musicians and dancers involved in other commitments, the U18 team were depleted of their Sixth Form stars. However, it did give Emily and Nissimi a chance to represent the school at this level.

The girls started the game on fire and led 15-2 after the first quarter. The game was very fast paced and the end to end action resulted in AHS 21-12 up at half time. The girls were in control of the game and their continued efforts and baskets from the whole team secured a 46-27 victory. Well done!

Mrs Arber



U16 Netball Team - 3rd in the Country!

This is the fifth Year I have taken an AHS Netball Squad to the National Finals. Thousands of schools enter the tournament each year and to say we are third in the country is a fantastic achievement. I would like to thank all of the parents who have supported us along the way and Mr Sillence for the good luck brownies! The girls were outstanding and I really couldn't ask for a better group of girls to coach!

Mrs Sillence



End of season netball tournaments

It's been a busy few weeks for the AHS netball teams who have all competed in their end of season netball tournaments to finish off a successful season all round. Huge congratulations to all the girls involved, particularly the U12A, U12B, U15A, U14A, U13A and U13B who ALL won their tournaments and the U14B team who came runners up.

Miss Hunter

