



Summer Term 2015

# Highlights



## Summertime at last

The school is just a bit emptier now that Years 11, 12 and 13 have started study leave.

Year 12 only have three weeks away so their departure was suitably low key, but Years 11 and 13 traditionally mark their farewells with a last-minute burst of creativity, this year choosing fairy stories and a Beach theme respectively to remind us how much we will miss them.

Both days were very imaginative and good natured, and they even managed to clear up after themselves. We wish everyone taking exams this summer success.

For those students leaving AHS this summer we must thank them for all they have contributed over the years and hope they feel ready to go out into the world well prepared for an exciting future.

Meanwhile, the Science refurbishment project is in full swing and I would like to thank teachers, technicians and students for coping so well with the disruption - it will all be worth it in the end!

Alan Rosen

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## 2 RECENT SUCCESSES

### Jane Brownlee Travel Scholarship 2015

I am absolutely delighted to have been awarded the Jane Brownlee Travel Scholarship this year. I plan to travel around Central and South America during Spring/Summer 2016, taking part in several volunteer projects, including conservation work in Costa Rica and leading a group of young people on a mission trip to build a house for a family living in extreme poverty in Mexico. It has been my dream to take a gap year and see more of the world since I was very young, and this award has brought me one step closer. I look forward to coming back with plenty of stories to tell!

Emily Lawrance 13I



### Congratulations to Alex Ridout

Over the past few years, our concerts have always had an amazing standard of music making whether it be Jazz, Pop or Classical. In all of those performances Alex has been playing trumpet. Her part, however small or big, was always played with the highest level of musicianship. At the end of this academic year, we will be losing a tremendous musician as she takes up a place at the prestigious Purcell School of Music. To be able to play music for large portions of the day must be a dream for any young, budding professional musician.

To add to this, Alex has recently been accepted on to a summer course at the Brubeck Institute in California in August. To be one of only two English students accepted on the course is high praise indeed and we wish her the very best of luck on the course, next term and for her future musical studies.

Alex is holding a 'Jazz and Cake' fundraising evening on Wednesday 24 June from 7.00 - 9.00 pm in the Main Hall to raise money towards her fees and travel costs. The entry fee is £5 on the door and cakes and coffee/tea available for a donation. The link to her campaign is <http://www.gofundme.com/u778cg>.

Mr Druker



### Food Safety Award achieved by GCSE Food Technology Students

Last month, all GCSE Food Technology students were given the chance to complete the *Food Hygiene and Safety Award - Level Two*. This was a fantastic opportunity as not only has it given us some great information and nerdy details for our GCSE exam, but it has also given us another qualification to put on our CVs; it also means that we are now able to consider taking up a part-time role in the catering industry.

Due to the detailed work we had already done on the GCSE course, we all passed with flying colours and have loved showing off our certificates!



Anna Bruce 11S



## German Exchange 2015

On Wednesday 25 March, about 50 students from AHS and AGS departed from Heathrow to Stuttgart, during the February half term break. Why? For a German exchange! The journey to Neues and Solitude Gymnasium from the airport had to be the most daunting part of the trip. Why? All of the students were about to spend 8 days with their exchange partners who they hadn't met yet. However, we realised that this fear was unnecessary within minutes of meeting them!

There were many opportunities to practise our German throughout the trip. We saw how their schools worked

by attending some lessons. As a group, we visited some bear caves, went tobogganing, visited the Mercedes Benz museum and Europa Park. During the week we learned new words and, most importantly, we got to know our exchange partners. After spending the weekend with our exchanges and their families the rest of the journey seemed to go too quickly. It was a very enjoyable experience and we can't wait to see our exchanges in July.

Adanna Ewuzie 10H



## Year 9 Trip to Valencia

At the end of April, 57 Year 9 girls and 4 teachers set off on the inaugural AHS trip to Valencia, in the south-east of Spain. We were treated to glorious weather, with endless sunshine and temperatures reaching a scorching 33 degrees some days. We had an action-packed programme of activities, including a visit to the Museo Fallero, which celebrates the Fallas, the city's biggest and most famous festival.

We visited the Central Market, which was a riot of colours and smells, and had a comprehensive walking tour around the old city centre. We also went to the interactive Museo de las Ciencias and the Oceanographic, which is the largest aquarium in Europe and has a

spectacular dolphin show. One afternoon, we ventured outside the city to take a boat ride on the Albufera, a large natural freshwater lake which provides water to irrigate the surrounding fields, where they grow the rice for Valencia's favourite dish - paella. Everyone had a fantastic time, despite the many miles of walking, with plenty of ice cream and shopping - as well as speaking lots of Spanish!

Miss Oatley



## 4 BRONZE DofE



### Practice Expedition for Bronze Duke of Edinburgh Award

Last weekend our group completed the practice expedition for the Bronze DofE. We set off from Wendover Woods in high spirits and with rucksacks heavier than us! We hiked (and ate) for 6 hours, arriving at Braid Wood campsite at 3.30 pm. To pass the time, we played rounders against another school (and won!), cards and 'Truth or Dare'. Bracing ourselves for a cold night, we cooked (burnt) pasta with tomato sauce, ginger cake and custard and, of course, s'mores. Waking up at 6.00 am to pack away and eat what was meant to be porridge did not give us the best start to day 2. We started relatively strongly, and ended absolutely exhausted, having crossed the A41 and climbed huge, huge hills. We arrived in Northchurch feeling proud that we had completed the expedition, and very ready to go home.

Maisie Glock 10H, Group 2

After a very long and tiring day of walking, we finally arrived at Braid Wood campsite. Although we were last, we were very happy to finish our 8 hour trek. We then cooked our pasta with a Trangia and some of us even made s'mores, managing to set the marshmallows on fire! We got very little sleep that night, making us even more tired the next day, but this did not stop us from finishing the expedition first, even though within the first hour we had walked in the opposite direction to our checkpoint! Overall, most of us enjoyed the weekend, but not the bad sunburn and aching limbs.

Amy Chennells 10H, Group 7

Over the weekend a lot of things went wrong – getting lost, falling into stinging nettles, and walking more kilometres than we were supposed to! But although all this happened, it was a fun experience and a real test of our endurance.

Vanessa Bond 10H, Group 11



## #FashRev

On 24 April 2013, 1133 people died and a further 2500 were injured when the Rana Plaza sweatshop in Bangladesh collapsed. Following the disaster, the campaign 'Fashion Revolution' was set up, with the aim of encouraging people to think about the story of their clothes - where they were made and who made them. The first official Fashion Revolution Day was on 24 April 2014, the anniversary of the disaster at the Rana Plaza, to commemorate those that died. On this day, people in 71 countries worldwide participated by turning their clothes inside out so the labels could be seen, and posted images of them on social media using #fashrev and #whomademyclothes. As part of our non-fiction writing unit, 9H have been learning about Fash Rev in our English lessons. We made posters that were put up around school, not only to advertise this year's campaign and raise awareness for the issue of poorly conditioned work factories, but also to improve our non-fiction writing skills.

Georgia Essex 9H



## RSC Production of "Love's Labour's Won"

On Thursday 30 April, a small group of students from Year 9 to Year 12 gathered together to watch a live stream of an RSC production of Shakespeare's "Much Ado About Nothing" also known as "Love's Labour's Won". We watched the performance and were then given the opportunity to ask questions to two members of the cast. Each school could ask three questions – sort of like the Genie's lamp in Aladdin! – and one of ours got answered! We all watched it because we had been chosen to take part in an online course about the staging of the show and how it would have been interpreted in Shakespeare's time. Overall, the day was great fun and we learnt an awful lot (as well as eating a lot of popcorn!) It was a wonderful experience and I can't wait for more opportunities of this kind.

Em Jenkins 9M

## A Victorian wife's monologue inspired by 'The Angel in the House' by Coventry Patmore 1854

I have a brain but I cannot think,  
 I have a mouth but I cannot speak. Who am I?  
 My hands are used to handle children and chores.  
 Instead of cleaning I could be inventing.  
 My mouth is used to kiss my husband and to teach my children how to knit.  
 Instead of listening I could be speaking  
 Face of an angel, mind of a poet,  
 But I am dumb and stay silent. Who am I?  
 What could I be?  
 I could be an inventor, a mathematician or even a painter  
 Use speech for opinions and my brains for ideas.

By Anna Kokotka 9H



## English Poetry Competition

Congratulations to all those who entered the English Poetry competition to write a villanelle on the theme of fate – a difficult topic within a difficult structure. The villanelle is a nineteen line poem with two repeating rhymes and two refrains. The form is made up of five tercets followed by a quatrain. The responses were impressive and delight to read. It was a challenge to choose the top three! Yet competitions are competitions and they must have an overall winner. We are, therefore, very happy to announce our final judgement:

1<sup>st</sup> Place: Thea Pelletier 12I

2<sup>nd</sup> Place: Georgia Collins 10M

3<sup>rd</sup> Place: Katy Roberts 12M

They won £20, £10, £5 Amazon vouchers respectively. The winning poems, along with other entries, will be displayed in the English department and across school. Very well done to all!

Mr Elgin

Here is Thea's poem: **Choosing Fate**

My fate is something I must choose -  
Playing chance I cannot master,  
I fear what I have, and have to lose.

Opportunity is my muse,  
Bigger, and better, and vaster,  
My fate is something I must choose.

I wear luck underneath my shoes,  
It reminds me to run faster,  
I fear what I have, and have to lose.

Failure hits hard enough to bruise,  
Through pain, and ache, and disaster,  
My fate is something I must choose.

Thinking now of destiny blues  
And mistakes set out in plaster,  
I fear what I have, and have to lose.

Fate I simply cannot refuse-  
Choice and chance in time I'll master,  
My fate is something I must choose,  
I fear what I have, and have to lose.





## Geography Sofa



For the last term Geography Club has been working towards creating a throw to cover the Geography sofa at the top of the Tower Block. The theme was 'Flags from around the world', with each Year 7 student creating one or more flags by sewing coloured felt together. We have successfully completed 36 different flags from around the world (with a little help from Year 13s and lots of sweets!) including at least one from each continent.

Thank you to all those that took part and well done for an impressive final product!

Jasmine Chater 13P

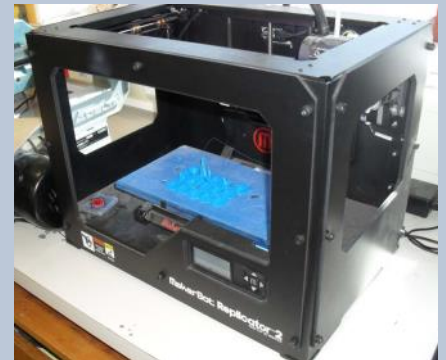
## Technology

Our 3D printer has been busy this year in Technology. The students have achieved amazing results from our machine to aid them with their work. Year 9 students have been creating traditional games this year, often with 3D printed game pieces.

It has also been used successfully with GCSE and A level pieces and for entering competitions, such as 'Formula 1 for Schools'.

I am sure the future holds a lot of exciting things for this technology.

Mr Potkin



## World Book Night

World Book Night is an initiative by The Reading Agency to try to get people to share their love of reading with others who may not regularly read for pleasure. The library was lucky enough to be chosen to distribute 54 copies of Robin Hobbs' book 'Assassin's Apprentice' for World Book Night on Thursday 23 April. We had a lot of interest and all copies had been taken within 45 minutes. It is definitely something we will look to do again next year!

Ms Adams



**'LAUGHING.  
YUMMY CUPCAKES.  
GETTING TOGETHER...  
AND HELPING FAMILIES  
AFFECTED BY CANCER.'**

## Year 13 Coffee morning for Macmillan Cancer Support

On Wednesday 29 April, forms 13J and 13H hosted a fantastic coffee morning for Year 13 in a 'Good Cause' Extended Tutor Period session. This was in order to raise awareness of and to raise funds for Macmillan Cancer Support. The morning consisted of a brief talk from Macmillan nurse Rachel Townley and her support worker Alison.

They outlined the role of the Macmillan team and the way in which money raised for the charity is used. After the talk, coffee and cake were served in the Sixth Form Study Centre. All of the amazing cakes and biscuits were donated by members of the forms involved. It was an enormous success and thoroughly enjoyed by everyone. From teachers to students it was so nice to have some time out to relax whilst raising money for such a good cause. We managed to raise an incredible £238.28 and we would like to thank everyone for their wonderful generosity and contributions whether it was baking cakes, donating money or joining in the laughter!

Poppy Harridge 13J

## AGS/AHS Cabaret Evening

After two months of rehearsals leading to blood, sweat and tears (literally!) our hard work paid off and we were ready to perform in the Cabaret evening at the Waterside Theatre. Our showcase included an uplifting Charleston, a contemporary pointe dance and a snippet of Missenden and Hughenden's House dances, all topped off by a show-stopping number from Broadway's *Chicago*.

From applause echoing through the theatre to our standing ovation, it was clear that everyone had a marvellous evening. This brings to an end my amazing and very busy year as Dance Ambassador and 7 years of dance at AHS. I feel very privileged that my final curtain call was to perform alongside 42 super-talented and genuinely lovely girls.

Ellie Franklin 13H





## 1, 2, 3 and 4 for AHS at National Basketball Finals

The AHS basketball teams have played their socks off this season and all four teams made it through to the National Finals, which took place at the University of East London and Nottingham's Wildcat Arena over the weekends of 9/10 and 16/17 May. The U14 team fought off stiff competition to emerge Gold medalists and the U13, U15 and U16 teams worked just as hard to win second, third and fourth places. A special mention should be made of Ella Messetter 9M, who was awarded 'Most Valued Player' of the U14's. whole competition.

The journey to the finals was an exciting one and we are extremely proud of all the girls involved, whose attitude and commitment have been tremendous. As always, our thanks go to Mrs Arber for all of her hard work and to Coach Jenner who has expanded the opportunities for girls' basketball at the school with great success. The past two weekends have been a wonderful finale to a very successful season.



*Photographs courtesy of Mr Osborne.*

## AHS Aquatic Leaders

A huge thank you to our former Year 11 Aquatic Leaders, who have reluctantly hung up their Swim Club hoodies! I just wanted to say how proud of you I am. You remained committed and organised throughout, providing excellent sessions to the Year 7s, who I know have enjoyed the club immensely. It has been quite a journey for some, who have progressed in their Aquatic Pathways, whether as lifeguards, timekeepers or ASA Swimming Teachers.



Welcome to our new Year 9 and 10 Aquatic Leaders, who, following their training, are already promising to live up to the standards of their predecessors. They have some great ideas for the AHS Swim Club and are full of enthusiasm. Year 7 current club swimmers should look forward to some fun, well-planned sessions!

Mrs Carey



*Learning our Water Polo officiators' signals*

## English Schools Athletics

On Monday 18 May, the Inter and Junior Girls' athletics teams went to the Stoke Mandeville Stadium to compete in the annual English Schools Athletics competition. The Juniors came 2nd overall with 283 points. Olivia Lowrie 8W brought home an impressive 25 points in the 800m and a further 21 points in the long jump, making her the top point scorer for the Junior Girls! The Inter team came third overall with a total of 273 points, just 7 points behind second place and 18 points behind the first. Annabelle Denly 10H was the top point scorer for the Inter Girls, scoring 43 points in total from her 100m and discus events.

Well done to all the girls who competed on the day; good performances from all despite the weather!

Mrs Arber & Miss Hunter

