



Autumn Term 2015

Highlights



Aspiration, Inspiration and Perspiration

As always, it's been a hectic half term, with all sorts of activities complementing the hard work that goes on in classrooms every day.

Well done to everyone who has managed to multi-task so successfully, juggling the many fixtures, rehearsals, performances, meetings, trips, auditions, talks, expeditions and events.

A quick thank you to parents for all of your support, whether as taxi drivers or as motivators, and to staff for running so many memorable and worthwhile activities.

Alan Rosen
October 2015

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2 RECENT SUCCESSES



Ice Hockey in Finland

On Saturday 22 August the U16 England Ice Hockey Team met at Bracknell for a training camp the day before we left to go to Finland. We arrived with high spirits and plenty of energy. The week included an hour and a half on-ice training session every day as well as off-ice fitness and a match in the evening. We won 1 match and lost 3, but I was proud to assist one of the goals on Monday's match, which we won 4-0. The games got tougher as we progressed through the week - the first two matches were played against local Finnish teams, whereas our last two were against the National Finnish Squad. During the week, all the training and matches had a huge physical and mental impact on the team.

Everyone became more exhausted and the number of injuries increased, but all the girls helped each other through to the end. Overall it was an incredible experience and an honour to be able to represent my country; I thoroughly enjoyed the week. Annabelle Denly 11H

England Basketball

Congratulations to Ciara Belsham, Kiylo Sologbade and Ella Messetter who have been selected for England's U16 Women and U15 National Development programme. Selections were made following their participation at the England Basketball Regional Development Tournament in Sheffield last weekend, along with fellow students Charlotte Brooker and Natalia Osborne. South Region team coach Cat Luz complemented all the players on their hard work, team spirit and determination.



National Ladies' Doubles Racketball Champion

Congratulations to Miss Holmes, who became the National Ladies' Doubles Racketball Champion at the Connaught Club on Saturday 17 October.

Costa Rica Trip - Year 11 2015

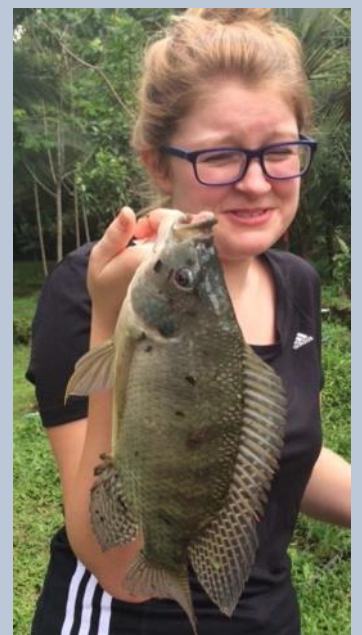


A few weeks into the summer holiday of Year 11, 12 students (accompanied by Mrs Arber and Mr Torpey) set off in the early hours of the morning, leaving our homes and families in England to fly 3 hours to Madrid and then a further 11 hours to arrive in the beautiful San José, on an incredible, enriching and delightful 2 weeks touring Costa Rica. There just isn't enough room to write about every single thing we did on the trip, as every day managed to fit in a week's worth of activity in itself, but some of the truly breath-taking moments include: swimming

in a rock pool under a waterfall; seeing sloths in their natural habitats - and many other exotic wildlife we'd never dream of coming across in England; witnessing the nesting of endangered turtle species (leatherback and green) on the moonlit beach in the late hours of the night; trekking up mountains and seeing stretches of beautiful undisturbed land - as opposed to cars and concrete; walking along hanging bridges nestled in the jungle; dancing with local children after they'd presented to us their national dance and dress; making traditional coconut snacks on the Caribbean coast of Tortugero and last but not least our amazing driver Paul and guide Julio, both of whom we can now call friends, to name a few! The trip will always remain a memorable one, not only for the activities we did, but the people we met - from our warm welcoming homestays, to strangers we passed, the things we learnt about nature and wildlife preservation and the culture of a completely different country and lastly for the friendships we made and developed in those two short weeks. As Henry Miller said - ***'One's destination is never a place, but a new way of seeing things.'***



Nana Ansah 12C



4 HOME AND AWAY



World Challenge Expedition 2015 to Swaziland and Mozambique



Having spent a year and a half preparing and fundraising, on Sunday 11 July eighteen AHS girls, accompanied by Ms Holmes and Mr Rosen, abandoned the comforts of Buckinghamshire in favour of spending a whole month in Swaziland and Mozambique. Despite an initial problem with our entry documentation for South Africa, everyone eventually arrived in the Kingdom of Swaziland to begin our acclimatisation trek. This involved a four day hike under the hot sun led by our guide, December. Not only were we given our first taste of walking together, but December provided us with lots of interesting information concerning local culture and customs.



Following this we travelled north for arguably the most meaningful part of the trip - the project. Tasked with building the foundations of a new classroom for a school in a remote and impoverished area of Mozambique, several hours away from the nearest road, we were overwhelmed by the welcoming and generous attitude of the locals. It was very rewarding to assist the community and immerse ourselves in a new environment, every day bringing new insights into what subsistence farming and living in one of the poorest parts of the world means and understanding the true value of water when you have to walk to collect every drop.

Next came the main trek and the most physically demanding part of our expedition. Working as a team we summited Mount Binga, the highest peak in Mozambique, and were rewarded with breath-taking views and a great sense of accomplishment.

We concluded the trip with an assortment of exciting activities including a safari, snorkelling, whale-watching and traditional dhow sailing before returning home. Overall, an unforgettable and eye-opening experience for which we are all very grateful.

Catherine Kleppen 13Y



Year 11 Art Trip

On Thursday 24 September, the Year 11 GCSE art groups visited the Tate Modern in London for our Structures and Spaces project.

The museum was built on an old factory site so the construction of the building alone was exciting. On arriving, we took many pictures of the pieces on show and also completed observational drawings. This gave us an insight into the art of illusion made by shadows, tones, viewpoint and perspective created by artists.

The trip enabled us to explore a plethora of different artists and their work, so we could take inspiration from them to apply to our own projects. In addition, the modern (and old-fashioned) architecture within the surrounding areas of the museum was a significant influence. The constructions will be of particular help with the final piece created at the end of the project.

Sola Adeliyi 11C



Careers With Animals

On Wednesday 7 October, Julie Beacham from Wendover Heights Veterinary Surgery gave an informative talk on careers with animals for Years ten and above. Throughout the talk she covered a wide range of careers including veterinary practice, nursing, research and support staff, explaining their roles and the realities surrounding them as many are shrouded in misconceptions. Everyone who attended enjoyed the occasion, helped by the biscuits shared out, and took on board the useful advice given helping them to decide if a career with animals is truly right for them.



Rosemary Paine 12I

KPMG School Leavers' Programme



School Leavers Programmes at large, respectable companies have become increasingly popular due to the cost of university. Through the new 'Careers After AHS' Programme, we were fortunate to have the opportunity to better understand some of these schemes through an interesting talk from KPMG. We learnt of their two post-18 schemes, one of which even saw them pay for students to get a degree at Durham or Birmingham! It was interesting to consider alternatives to the traditional route of university and inspired us all to research other similar programmes.

Naomi Harwood 13G

Energy From Waste

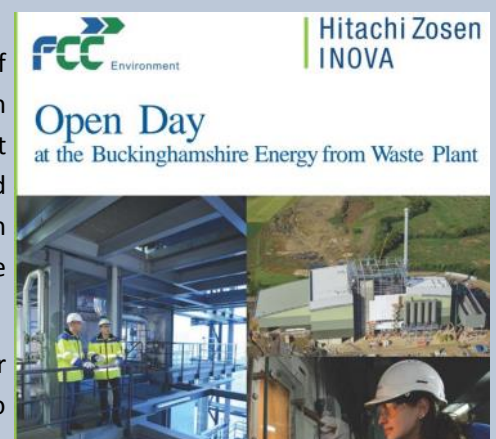
On 2 October, I visited the Greatmoor Energy from Waste Facility in Calvert. It has taken about two and a half years to build so far and is almost complete. The plant's future use will be to turn waste into energy.

The day began with looking around at the companies that are currently involved with the project: Hitachi Zosen Inova, Sir Robert McAlpine and Field Systems Designs.

Bucks County Council were also present. They each showed us a variety of ways of getting involved with their companies in the future; many of which offered routes to get jobs from university and apprenticeships. I learnt that many jobs are needed for the success of the plant, for example: electrical and civil engineers, environmentalists, shift managers and document handlers. In addition, I also found out that there are similar facilities in Europe (Switzerland and Spain) and quite a few in the UK.

I learnt a lot from attending the Open Day and would like to thank Mrs Taylor for advertising the opportunity on the Careers Google Classroom. So girls, do take a look and join!

Adanna Ewuzie 11H





Year 10 art trip

The Year 10 GCSE art group visited the Botanical Gardens at Oxford, as well as the Museum of Natural History. The gardens were filled with a variety of plants and flowers as well as an exhibit on the expressive artist Helen Simpson, who produces pastel and oil paintings. It was a very ethereal place and enabled the students to draw a plethora of different natural forms, our current topic. The Natural History Museum houses many different skeletons, bones, fossils and insects, including a full skeleton of a tyrannosaurus rex. This meant that those who chose bones as their natural form were open to an array of different shapes and textures to explore in their drawings. The trip allowed us to find different styles and explore tone, texture and shape when creating realistic drawings and sketches as well as extend our knowledge of photography.

Alisha Choudhary 10A



Jane Eyre at The National Theatre

On Tuesday 8 September, a coach full of Year 10 students arrived on the doorstep of the National Theatre to watch the much-anticipated production of "Jane Eyre". Every one of us was drawn into the action and ever so intrigued about the secrets of the Rochester Manor, played out on a minimal, yet innovative set. A few tears were shed, giggles released, and major applause given after the spectacular live action performance. I cannot even begin to describe the expertise of the actors and musicians in the way they portrayed their characters. All I can say is that "Jane Eyre" is a magnificent play filled with love, loss, and mystery. So, if you are planning on booking tickets at a London Theatre anytime soon, then book them for the Royal National Theatre where Charlotte Bronte's masterpiece is brought to life.



Chloe Waring 10C



PE Lessons in Year 10

The start of Year 10 brought about many changes; new teachers, new classmates, more homework. There were activities we got to engage in to know our G groups better, but none of them were as invigorating as the first PE lesson. In these lessons we got to know each other by playing teamwork and communication-based activities. They certainly enlivened us all! Over the past few weeks we have been concentrating on our leadership skills, in order to lead a sports festival for young children. ALL of the activities have given us a new found confidence in communication!

We have particularly enjoyed 5-a-side football where we have discussed tactics, and exercised our leadership skills. We have also focused on physical activity and how to differentiate between moderate and vigorous exercise - for example moderate exercise includes walking to school, whereas vigorous would include running or cycling at an increased intensity. During our warm ups, we try to include as much of this as we can as it is recommended to get at least an hour of exercise a day.

Fatou Ceesay 10W & 10G3

Quidditch House Cup Final—Stowe vs Ascot



This year was the inaugural year of the House Quidditch Cup, with our newly named Houses - Grincott, Clawdon, Misslepuff, Stowerin, Hughendor and Waddesley - battling it out for the coveted Quidditch Cup.

Due to Health and Safety regulations, it was natural that the girls were restricted to the on-land "muggle" version of Quidditch - flying is clearly too dangerous without the proper supervision. Hockey sticks would just have to make do instead of brooms. The heats saw fierce matches between all the houses but Stowe and Ascot were head and shoulders above and found themselves in the final.

Unfortunately, because of You Know Who, weather delayed the final for a number of days. But, on Tuesday 19 October 2016, the sun shone gloriously and the final began. Stowe were clearly a handful throughout but Ascot endeavoured to stay in the game. To and fro, the bludger and quaffles flew from one side of the pitch to the other. Needless to say, the arrival of Dementors was somewhat unexpected and the school will look into breaches of security to ensure it will not happen again. There are also rumours that the snitch disappeared to the staff room for most of the game, preventing the seekers from finding it—but we would like to take this opportunity to quell such unfounded untruths.

After a good 20 minutes of fast, fair and fizzing Quidditch - a supportive crowd cheering on, a few onlookers clearly puzzled - Stowe won and lifted the cup!

Well done to all those who contributed and got involved. Here's to next year! Mr Elgin



Student Ambassadors

We are the newly established Student Ambassadors providing support for younger students. As Year 13s we have experienced many of the issues that come to us, and can provide help through our email system and lunchtime sessions. We also organise form time sessions on topics such as revision or friendships. In the next half term, we look forward to continuing this work and helping even more people! Our email address is share@ahs.bucks.sch.uk for any students who would like to get in touch with us.



Emily O'Carroll 13N

SEND Ambassador

As SEND Ambassador I aim to raise awareness of Special Educational Needs in and out of the classroom. I am enjoying helping Mrs Thorpe run a lunchtime club that is run by the Special Educational Needs department where students participate in a range of activities developing communication and teamwork skills whilst getting to know each other, making friends and having fun. Last year I worked with a younger student and gave an assembly on the struggles of being dyslexic and hearing impaired. This year I want to raise further awareness of other disabilities.

Beth Dove 13Y
SEND Ambassador

HEART

HEART (Helping Equality And Rights Together) is a committee recently created to raise awareness of equality and rights within AHS as part of an anti-bullying initiative. We recognise that bullying is not prevalent in our school and that there is a very low occurrence of incidences related to this but our aim is to ensure that everyone 'stands up to bullying'. The idea for this committee was generated from a group of Year 12s who attended a local conference with a number of other schools with the aim of raising anti-bullying awareness. I found the conference to be very informative and it inspired us all to pass on the information we learnt into school.

We aim to provide comprehensive information and cover all matters regarding equality/rights in our school. The group is due to expand later this month as we have asked each form to nominate a HEART representative to attend our meetings. Our first main event is in preparing for National Anti-Bullying Week, the week of 16 November, so look out for any information around this and click on this link to find out more.

<http://www.bullying.co.uk/anti-bullying-week/anti-bullying-week-2015>

Salma Hussain 13O



Year 11 Fair Play Sports Leader Tournaments

In core PE our Year 11 are currently completing their Sports Leader UK Level 1 Award. The girls are in charge of leading their peers in a tournament of their choice. From the traditional netball and the barmy benchball, to the unconventional 'crouders' the girls have inspired their classmates to compete for the Fair Play award and the occasional reward of Haribo. (Other jellied sweets are available!) Once again the leadership skills and inspired ideas are reflecting the 'This Girl Can' attitude of the girls.

Mrs Arber



English Schools Swimming

On Friday 9 October our swimming team travelled to Watford with the AGS team to the Regional ESSA Relay competition. We were all very excited and it was different to go with the boys! The pool was very busy and loud and we only had five minutes for our warm up. We all swam really well and AHS came second, with a medal in each age group. We were really pleased for AGS who won first place at the gala and came home with a trophy. We are keeping our fingers crossed while we wait to hear how many of our teams have qualified for the National Finals at the London Aquatics Centre in November.

Lauren Faulkner 8C

Mums and Chums - Move Over Kids - The Mums are Back!

Friday nights 8pm and the Mums and Chums basketball club is going from strength to strength. The fun Friday sessions are free of charge thanks to Coach Jenner obtaining 'Feel Like A Fox' funding from the County Sports Partnership. Not content with putting the school teams through their paces, Coach is now teaching the mums to lay up! The word on the street is they are an enthusiastic bunch - well done to all involved.

Mrs Arber



Run Away success at ESAA cross country cup

The Year 7 and 8 team of Hatty Bell, Lucy Perkins, Olivia Robson, Emily Johnson, Nikki Melsom and Millie Carey have reached the regional finals in style. Over the hilly course at Wing the team showed gritty determination to battle up and down numerous hills. Hatty Bell led the field home with a convincing win and thanks to an awesome sprint finish Lucy Perkins took second place. The team event relied upon the great packing of the AHS team with Olivia 11th, Emily 12th, Nikki 14th and Year 7's Millie Carey in 20th. This great team effort gained the girls 1st place overall with DCHS 2nd and Wycombe High 3rd. The girls will now compete in the Eastern Region Finals in November.

Mrs Arber



Inter Girls follow Juniors into cross country Regional Finals



The team of Olivia Lowrie, Dani Kidd, Jemima Taswell- Fryer, Morgan Davies, Hannah Alexander and Elisabeth Hamilton had to run up and down a few more hills than the junior girls. Once again an AHS student led the highly competitive race home with Olivia dominating the field. Dani 6th, Jemima 13th, Morgan 22nd, Hannah 25th and Elisabeth 30th showed the strength of running and determination of the girls at AHS. The girls had a nervous wait to find out they had qualified in second place. Their efforts rounded off a great day at the races. The regional finals in Bedford are now the next target for the team.

Mrs Arber

Fun Run in the September Sun at Thornton College

Students from Years 7 to 10 represented the school in the first running fixture of the season. The girls opted for either the 1.2km or 2.4km run around the beautiful grounds of Thornton College. Club runners Olivia Lowrie, Hatty Bell and Lucy Perkins were the first 3 runners home despite stopping in the woods to discuss which way to go. Year 7 were led home by Millie Carey who was closely followed by Hannah Davies. Jemima Taswell- Fryer led home the Year 10s. Along with the eight Year 7s running for the school for the first time, Year 10's Sasha Weaver, Mia Hesford and Izzy Nevett competed in their first race for the school. A great effort from everyone involved which was rewarded with juice and biscuits after the race.

Mrs Arber



Sports Presentation Evening

As the school year kicked off again it meant it was time for our annual sports presentation evening. On Friday 4 September we were fortunate enough to have a guest athlete, Rochelle Clark, an England Rugby World Cup holder. The evening recognised the young sporting talent throughout the school from netball to house dance, fencing to rugby. Awards were given for various reasons including talent, commitment, excellence and leadership. I was lucky enough to interview our guest and, despite the nerves during it, we all took Rochelle's life story to be a great inspiration. Thank you to Mrs Carpenter for another entertaining and successful sports presentation evening.

Charlotte Brooker 11M



Netball Trials



The Year 7 Netball trials were an exciting but nerve-racking event. On Monday 7 and Tuesday 8 September the trials for the A and B netball squads took place. Miss Hunter, Mrs Sillence, Mrs Rust and a few other sixth-formers set us off with a few drills such as passing and intercepting the ball. Both nights they watched us play and recorded who was showing good teamwork and netball skills.

After the two evenings of trials they managed to cut down the numbers from about 80 to 28. The following lunchtime the chosen 28 went back to the netball courts and played a few matches where they watched us and finally decided who made the netball squads. Every Monday since then the two teams have been going to netball training after school.

Last week the A team played a match against Berkhamsted School which we won 13-7! The A team have another match soon against John Colet School.

Overall netball is a great sport and we really enjoy playing. Those who unfortunately didn't make the teams are able to go to House Netball which is on every Monday Lunchtime.

Macy Cook 7C & Onyi Okoye 7H

Netball

At the start of the season tournament, the Year 8 A team played at home with the new squad which consisted of Lottie Tangen, Ella Ross, Emily Mack, Isobel Mathews, Sophie Woodman and Elizabeth Basnett. We played against several schools including The Grange, Sir Henry Floyd, Waddesdon and Sir Thomas Freemantle among others. After playing all the matches in our Division, the results were: Sir Henry Floyd 3rd, Sir Thomas Freemantle 2nd and AHS came first! This victory has made us more confident and driven for the upcoming fixtures and tournaments.

Ella Ross 8A



Focus on Hockey

Hockey has been busy at Aylesbury High School since September. I am extremely impressed with the commitment and numbers of girls coming training, and training extremely well. Thursday evenings have now been split to allow for more girls to get involved. Year 7 and 8 training is from 3.30-4.30 and Year 9 and above train from 4.15- 5.15.

Fixtures have started with a vengeance.

Year 8 visited Sir William Borlase and although both the A and the B teams were beaten, they returned knowing what they needed to work on and some impressive play was shown, particularly by Florence Plant and Zara Buchanan who stepped up to play in goal.

Our combined Y10 and 11 team welcomed Sir Thomas Fremantle to AHS. With Lucy Robson and Annabelle Denly slotting 3 goals past them each, it was time for STF to put the pressure on us. They scored from a short corner, making it very difficult for our GK Mia Davison to do anything about it. We quickly reformed and Captain Ellie Kiely stepped up from defence and scored the final goal to make the score 7-1. A good game, but these players cannot be complacent, they face tough opposition in the next few weeks at the County Finals.

Year 7 were next in action in a training game against Sir William Borlase, showing their real potential and some excellent Goal Keeping skills from Amy Lewis, confirming that Year 7 will have a very strong team this year. This excellent start was consolidated in a game against Waddesdon this week where they won 1-0, with the goal coming from Millie Carey and player of the match going to Helena Van Hullen. The team's resilience to Waddesdon's pressure in the first half was exciting to watch. After a short half time team talk to boost confidence, AHS took it upon themselves to defend by attacking. Freya Maguire hit the ball deep into their defence and the ball stayed in our attacking half for the rest of the game. Year 7 have learnt a lot in their 2 games and are an exciting team for the future.

Year 9 have the most players at training from any age group which is excellent but a selection nightmare! We visited Beaconsfield High School to be beaten 3-1, but the score does not reflect the game. The goal came from a lovely break from defence by Eden Horwood and Elly Baldwin slotted it away nicely. Consistent and considerable pressure was put on the BHS defence by Nathalie Grant who hassled and hassled and was unfortunate not to be able to get a goal. Player of the match went to Sheridan Burns in Goal, as it is always better to save more than go in. We then travelled to Waddesdon the day after and found that we were a little sleepy to start. Waddesdon came out hard and before we knew it we were 3-0 down. With an uphill struggle ahead of us we continued to hassle well and kept better possession in the second half. Strong performances from Charlotte Strong and Eden Horwood in defence allowed our midfield and attackers more opportunities. Emily Critchlow performed well in goal, and again saved more than were scored. Player of the match, as voted for by the opposition, went to a well deserving Nathalie Grant, who once again made a nuisance of herself and has great potential for the future.

Everyone who has been involved in hockey since September has impressed me immensely. I am particularly pleased with the 'coachability' of a number of our players, and they listen and respond so well to coaching and feedback.

Our indoor training has started extremely well and I am excited about the talent we have in this squad. Presently it is only open to Y9 upwards, but I will be looking to expand that over the coming months. The indoor U16 squad have their first game soon against Cedars Upper School, which will be a great test as they have played at Regional Level. We have the county round a few weeks after this game, so it will give us all a great insight into the work we need to do.

Our hockey club has been assisted by Gary Able from Aylesbury Hockey Club, a great additional member of the coaching team. This will allow far more focussed work to be done with each squad, and I am happy that some of the older members have been helping with the younger years, most notably Abigail Lawrence who has been a great ambassador and coach for the Year 7 team. Any other girls who would like to help out are more than welcome.

Mrs Rust

U16 County Hockey Tournament

In our first game against Dr Challoner's, we had the first centre pass and kept possession for the majority of the game. Annabel Denly quickly showed them she was not to be messed with, and slotted home a well worked goal. Player of the match went to Alyssia Melsom. Next we had a tough game against Sir William Borlase. Some excellent defensive play from Amani Hoque saw her being awarded player of the match but we were left 2-0 down. Next up was Beaconsfield High School, another very strong team. Once again our defence came under huge pressure. A valiant effort from the whole team, but we were unlucky not to manage to put their GK to the test once again.

Our last 2 matches saw us win against Wycombe High with Annabel Denly slotting home 2 goals and Player of the Match. Hannah Kerr delighted us on the sideline with her leading runs and generally great movement off the ball. A very weary AHS team took to the field to play a strong Chesham Grammar School, and were delighted to secure a 1-1 draw to round off our impressive performances for the day. The team spirit was excellent and we are looking forward to our next road trip. Thanks to Gary Abel from Aylesbury Hockey Club who came to support and to umpire.

Mrs Rust



House Dance

Huge congratulations to everyone who participated in House Dance for their wonderful creativity and hard work. The winners will be announced at Friday's performance - follow us on Twitter to find out! @AylesburyHigh

