



Aylesbury High School
Prepare, Challenge & Inspire



HIGHLIGHTS

October 2017

A WORD FROM THE HEADTEACHER

"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin." Mother Teresa

The summer seems a while ago now but this half term has flown by with information and presentation evenings, open mornings and evenings, trips in the UK and abroad, talks, drama productions, dance auditions, music practice and rehearsals, serious fixtures and friendlies, Any Questions?, lunchtime clubs,and a lot of lessons as well.

I am sure we will all be ready for a break when we get to the end of this week and I hope everyone has a chance to refresh their batteries and be ready for whatever excitements the second half of term and the rest of the academic year brings.

Alan Rosen

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HOME AND AWAY



Year 7 Teambuilding at Green Park

On our first day at AHS back in September, everyone had worries about getting lost, too much homework and being able to make friends. We did get lost (more times than we can count!) but it was no big deal! Everyone seems so supportive and we are not letting our homework mount up. One of our highlights this term has been our trip to Green Park for a day of team work and challenges. We did lots of team building activities, such as orienteering, crate stacking, and archery. Everyone agreed that it was a brilliant way for Year 7 students to get to know each other better and to make new friends. **Rosa Dearden, Grishma Agrawal and Daphne Michelle 7H**



HOME AND AWAY

Fabulous Fiji

On 19 July this year, 24 very excited Year 12 students set off on the Operation Wallacea conservation expedition to Fiji. To say we were excited was an understatement and the whole experience surpassed all our expectations. After a very long journey to Fiji, via Seoul and an overnight stay in Nadi on the biggest of the Fijian Islands, we wearily arrived for our Homestay in Natewa. The journey to this remote village took us across mountain ridges and coast, both sporting spectacular views with many locals in the passing villages shouting, 'Bula Bula', the local expression for welcome.



After we settled into our homes for the evening and got to know our host families, we were officially welcomed by the village Chief in a traditional welcome ceremony where teachers were offered Kava; a national drink made from the powdered root of a pepper plant that more closely resembled muddy water. The rest of our stay in the village saw us take part in many of the villagers' daily activities such as coconut husking, making tapas (a printed tapestry), mat weaving, making coconut oil and preparing our own lovo, a traditional banquet made in an earth oven; we soon got used to eating like a Fijian!

Our expedition fully got underway after a gruelling trek into the rainforest where we spent our first week. Whilst in the rainforest we were split into four groups which rotated around various ecological surveys looking at arthropods, birds, herpetofauna and mammals as well as taking measurements within the rainforest. These activities were all guided by specialist ecologists from various parts of the world who were as excited as we were at the prospect of researching a vast area of rainforest and finding new species indigenous to the island. The ecologists not only guided the activities during the day but also delivered a series of lectures in the evening which included information on island biogeography, threats to island wildlife, recent extinctions of Pacific species and conservation initiatives in the Pacific.



The week was a huge success in terms of the data we collected and we may have also identified a new species of water mite which the ecologist Greg said he would name after us if confirmed!

HOME AND AWAY



Although we were sad to leave the rainforest, we were happy to clean off our muddy boots to start the Marine week. In preparation for this, many of us had already begun training to become fully qualified PADI scuba divers. Not only did this week allow these students to complete this qualification, we also got to explore the truly spectacular coral reefs within one of the largest bays in the Pacific; some even spotting some hawksbill turtles.

Again, this week was supported by specialist ecologist, Mel, and many of the divers at the on-site Marine centre. In the evenings students listened to engaging lectures covering the coral reef ecosystem, mangrove and seagrass ecology and economically important invertebrates. The lectures also included some identification of coral species native to tropical waters which students then had to independently identify in subsequent dives. The week finished with students presenting their own findings on the threats to reefs and marine conservation which they had been researching throughout the week which featured some imaginative role plays!

As the expedition drew to a close we were tired but excited to get home to share stories and photos of our amazing experiences; but not before squeezing in a quick tour of Seoul as we waited for our connecting flight. Not only did we return with memories of a lifetime but we also took with us the many lessons and techniques which we can incorporate into our lessons to teach these concepts within a real-world context. To all the scientists and people we met along the way and especially to Mrs Burt for organising the trip, Vinaka vaka levu (thank you very much)!

Mrs Mallet

HOME AND AWAY

World Challenge

On 22 June, 16 girls and 3 teachers travelled to Morocco for 2 weeks with World Challenge. In the weeks leading up to our departure, all of us had worked hard raising money through a variety of events to contribute to our travel costs so we were raring to go. We arrived at Marrakesh very late at night and our challenge began when we had to find our dinner in the packed market place, Djemma el Fna. After haggling with many shops and stores we managed to secure a meal for the best price. The next day we took part in a cookery class where we learnt how to make traditional Moroccan dishes including authentic salad and tagine. We all enjoyed this class even whilst working in the sweltering heat. Community work is key to any World Challenge trip so we spent time helping around a school which included painting the walls of a new classroom. The next six days were spent trekking the Atlas mountains, the highest mountain range in Northern Africa. We set up our tents and our mornings started at around 4 o'clock every day! Walking every day in such heat was very demanding however we all persevered, managing to make our walks fun and filled with songs. On our walks we passed villages, mosques and many pastoralists with goats.



HOME AND AWAY

The day we walked up Toubkal (the highest peak at 4167 metres) we woke up at 1am for a 2am departure. This walk was extremely challenging as it was very steep and pitch black; the only light coming from our head torches. With a lot of determination we reached the summit for sunrise which was beautiful and we all felt proud that we had managed to achieve a great feat. Once our trek came to an end, we travelled to Essaouira, a lively coastal city with amazing sea views. During our rest and relaxation time we went to the beach, experienced camel riding and spent a night in a nomadic tent, which consisted of playing the guitar and singing songs with the locals. We returned to Morocco and our final day was spent on a cycling tour around the picturesque gardens.

We all thoroughly enjoyed this trip as we became more knowledgeable about Moroccan culture and their way of life and we also learnt important skills like leadership, teamwork and time management that we can utilize throughout our lives.

Sasha Abraham 11H



HOME AND AWAY

Girl Guiding Anglia

During the summer, I went on a trip to Nepal with Girl Guiding Anglia. We spent just under three weeks based in Kathmandu, with excursions to Pokhara and Chit Wan. In Kathmandu, we helped out at a local school by renovating the classrooms and leading educational activities. For example, we spent two days doing a dental outreach programme which educated children about germs, why they harm our bodies, and how we can protect ourselves. The children were so kind and lively,



they loved to play games and sing songs with us (and make fun of our poor attempts to speak Nepali). As part of our trip, we visited health centres for malnourished children, and children with HIV/AIDS. Both were run by the Nepali Youth Foundation which is an incredible charity that helps children from the ages of 4 to 18. There we played games with children and got to see the health treatments they received. It was fascinating to see how the centres worked and how happy the children were, despite their conditions. We were also fortunate enough to be able to explore more rural areas of Nepal at the weekends, including a trip to Chit Wan. There we visited the beautiful national park and experienced monsoon rain. It was an amazing experience that I will never forget and a fantastic way to encounter a very different culture.

Emma Torrance 121

Year 13 Trip to Paris

We woke up at 4.00am in order to get the Eurostar into Paris. After dropping off our bags at the Youth Hostel, we went for a fascinating tour of the Assemblée Nationale (the French Parliament) which



consolidated our knowledge of French politics. After dinner, we went to the Théâtre de la Huchette to watch a production of the absurdist play “La Cantatrice Chauve” and laughed a lot throughout. On the way back to our hostel, we walked to Notre Dame cathedral, which was a very grand and impressive sight. The next day, we saw some amazing artworks by Monet, Van Gogh, Picasso and others at the Musée d’Orsay, gave presentations of famous French historical figures in front of the Panthéon and went to the Invalides to explore an interesting and interactive exhibit on Charles de Gaulle before seeing the burial vault of Napoléon. In the evening, we went to see the Arc de Triomphe and, of course, the incredible Tour Eiffel. During our final day, we went to le Marais, a picturesque area of Paris, where we enjoyed some croissants in a café and took advantage of the sunny weather in the beautiful Place des Vosges. We were really sad to leave Paris!

Ella Giles, 131

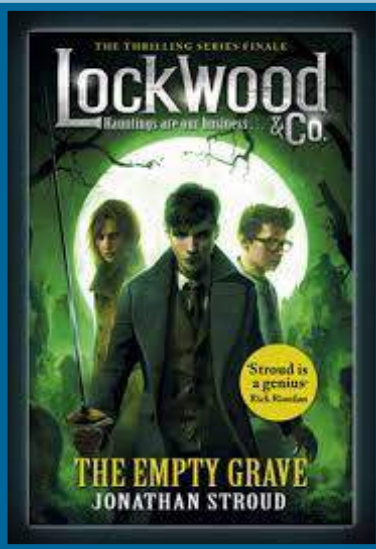
HOME AND AWAY

Visit by Renowned Author

On Monday 2 October, I, and many others, were very enthusiastic about the visit of Jonathan Stroud, one of my favourite authors. He began the talk with discussing how he started, with his first book at the age of 8 called "So Old The Glue Was Going Brown", to his first best selling series "Bartimaeus". He explained that he knew that he wanted to be an author, even his first full time job was at a publishers, but it was his wife that finally got him writing full time. Then he moved on to talking about his latest series, Lockwood and co, the finale of which was published a few weeks ago. The Lockwood series is from the point of view of a girl called Lucy Carlyle in a world where ghosts roam, and only children can fight them, as the adults are blind to them. Afterwards, he answered a few questions, revealing that

there may be a TV series of Lockwood and he may write a few short stories from Holly's, George's or Antony's point of view. He finished the session by signing books for his eager fans. All in all, it was a thoroughly exciting event.

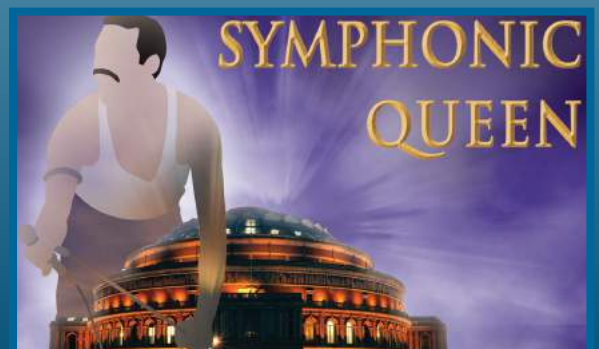
Amy Shaw 8C



Theatre Visit

GCSE and A Level students had a great time at the Royal Albert Hall on 6 October watching the Royal Philharmonic Orchestra perform Symphonic Queen.

Ms Raven



RECENT SUCCESSES

Bharathanatyam Arangetram

On 29 July, I performed my Bharathanatyam Arangetram: Tamil for 'ascending to the stage' after years of formal training. This was the culmination of many hours of practice with changes of colourful costumes and beautiful jewellery. A live orchestra accompanied my ten classical Indian dances which was really entertaining for the audience. One of the dances lasted for 40 minutes; a test of my stamina and ability to expressively tell a story. I had so much fun and was relieved, but happy, that the night was a success for everyone.

Maiurie Rasakulasuriar 9W



Winner of the R. A. Butler Prize

Folu Ogunyeye in 13W has recently been awarded the R.A. Butler Prize by Trinity College, Cambridge. This is a competition for essays in Politics and International Studies for students in Year 12. We were delighted to hear that her essay had been awarded first prize and she won £600, half of which has been given as book tokens to our school library. Folu and Miss Adams will now get together to work out how they will spend this money. Folu wrote an essay entitled 'Is economic globalisation incompatible with national democracy?'. She talks about the wider benefits of completing the essay: 'In reading various works, I gained a deeper understanding of modern democracy, as well as of the many perspectives on globalisation in scholarship. I concluded that the two subjects are compatible, but recent events such as the Global Financial Crisis and Brexit reflect a systemic lack of the political and economic conditions necessary for such coexistence to be sustained.'

Mrs Wilkes

CURRICULUM

Year 10 Art Trip

On Tuesday 3 October, a group of Art & Design and Textiles students from Year 10 went on a trip to Oxford. While we were there, we visited the Botanical Gardens as well as the Natural History Museum, creating observational sketches and taking photographs. It allowed us to develop our drawing skills, particularly when working quickly and from real life for our project theme of natural forms. The gardens had a wide array of flowers and fauna, both outside and in greenhouses - more than are usually available for students at home, so it gave us a chance to diversify the subjects in our sketchbooks. Similarly, the huge animal skeletons on show at the museum allowed us to try drawing something new and unique. Having a long time to create and refine these drawings was refreshing, as we usually just have 1 hour sessions whereas here, we could really get absorbed without constantly watching the clock! Overall, it was an exciting and interesting trip, and on behalf of all that went, a big thank you to Mrs Hartwell, Miss Beattie and Mrs Taylor for organising and to Mrs Emerson for coming with us at such short notice.

Megan Jenkins 10M



Year 11 Art Trip

On Wednesday 20 September, Year 11 GCSE art students went on a trip to the Tate Modern art gallery as part of our 'Journeys' topic to seek inspiration in the exhibits and displays there and for some of us even the building itself and its surroundings were of interest. We saw interesting and eye catching artwork from a number of famous artists, including Pablo Picasso, Barbara Kruger and Andy Warhol and enjoyed making individual sketches of our own. Just before we got back on the coach home, we walked around the outside of the Tate, taking photos of the people, buildings and landscape. All in all it was a good trip which we collectively gained a lot from to draw inspiration for our own work.

Aeliya Bilgrami 11S

CURRICULUM

Technology at AHS

There are so many opportunities for students in every year group to take part in a variety of technology clubs and competitions. We thought we'd tell you a little bit more about them ...

Year 7 and 8 Technology Club

Currently there is a club run by the Technology Student Ambassadors which girls from Year 7 and 8 can attend to learn skills with the tools and machines that are available to us. Each term there are different projects being run—this term the Year 7s and 8s have been working on different wood joints so that they can make a functioning box for them to keep. If there are any students who didn't make it onto the club this term, then do look out for notices about new places after each new project being run because it will be opened up again.

House Technology

In November this year there will be an event held where students from KS3 can take part in a technology competition that will contribute to points for their house depending on where they place. In this competition they will have to use the skills that they have been learning over the years and try to utilise their creative talent to solve a problem.

Robots

Over the years AHS has been taking part in The Rampaging Chariots competition which involves a team of students making a robot that takes part in a series of events including: an assault course, tug of war, sumo and two-a-side football. Prizes are awarded for winning the events, best newcomers and innovation in engineering which our Year 11 (now Year 12) team managed to win with their design of R2D2. This year we hope to enter two new teams from Year 8 who are being trained by our Year 9 team who, themselves, still hope to enter their own robot.

Electric car

Students from every year group at AHS have come together to build a car which we hope will run at 30mph in time for the Green Power competition which starts in April. This term we are focussing on fundraising efforts and sponsorship so that we can have a functioning car to enter and drive. Students from all years are able to enter and fill in different roles in the running and driving of the car, since it is an hour and a half competition where at least three drivers have to rotate in and out. We hope to involve lots of different people in our efforts to make our car the best it can be.

Anna Haywood, Gemma Workman, Lauren Wood Year 12



SPORT

Sports Presentation Evening

The AHS annual Sports Presentation Evening is always a great way to celebrate every individual athlete who competes for the school in a large variety of sports, ranging from county rounds in hockey to national finals in basketball. Each student invited to the evening received either junior or senior colours for achievements in their sport. This year our guest speaker was Lauren Thomas, an ex-AHS student who is pursuing her dream of competing for Great Britain in hockey at the 2020 Tokyo Olympics. She spoke about the challenges and rewards of playing sport at a highly competitive level and left us with the question: 'Would you rather always lose or never play the game?' This year's Sports Person of the Year was awarded to Lucy Perkins in Year 10. Other awards given out included: The Margaret Cooper Cup for commitment to sport which was awarded to Emily Johnston, Hannah Alexander and Annabelle Denly; The Abby Webb award to Mollie Baars; the Service to Sport to Serife Unsal for her contribution to leadership and the Outstanding Achievement in Sport to Helena Rowland. Finally the long awaited Team of the Year awards were given to: the Junior Medley Relay Swimming team(KS3), the U16 Basketball team (KS4) and the U18 Indoor Hockey team (KS5) all of which were thoroughly deserved for their performance throughout the year.

Mollie Baars 12H & Abbie Lawrence 12N



SPORT

Squash Success

The AHS team won our first league match of the season 4 - 1 with debutante Izzy Slade getting a win under her belt (3 -1). Wins also for Emily, Imogen and Hannah with Maisie Glock also making her debut. Congratulations on a great start to the season. **Sally Withey**



Football News

The football season at AHS has started off in an extremely positive way with large numbers of students regularly attending training on a Friday after school. At U13 level this year the girls are for the first time playing 9 v 9 on slightly smaller pitches, with the aim of encouraging younger students to have more contact with the ball. It certainly seems to have worked for us with 3 victories thus far, 10-0 v the Grange, 7-1 against John Colet and 8-0 against AVA. These victories have ensured the team will have a semi final in the new year.



The U15s, despite creating the majority of the chances, succumbed to a 3-2 defeat against John Colet in their first game, but were able to redeem themselves with an excellent performance away to Sir William Ramsay school, running out 8-0 winners, despite the absence of several players. The third game of their season was a really excellent game against Chesham grammar, a very tight affair finally ending up in a 2-0 defeat. Hopefully the team can pick itself up for the final group game after half term. **Mr Baird**

SPORT

Cross Country



Congratulations to the Junior and Inter cross country teams who got off to a superb start last week. Year 7s Mary Drewett and Kitty Galbraith led the junior team home in style. Both teams are through to the regional finals on 11 November—good luck!

Mrs Arber



Hockey

U16 Indoor hockey are through to the Regional round of the National Indoor competition. We played Sir William Borlase and Cokethorpe to get through. The next round is on Friday 17 November in Southampton.

U14, U16 and U18 County tournaments all took place last week, with our teams playing some

extremely good hockey - however with only 2 schools going through to the next

round of each competition, we were unlucky to finish 3rd in each competition. Going forward we must remind ourselves of what we do in training and apply that to match situations. Fitness and speed seems to be at the heart of what needs to improve! Well done to all girls involved, you are a credit to take out of school and a delight to coach!

Mrs Rust



SPORT

Basketball



It was great to see so many Year 7s getting involved in their first basketball fixture in Amersham along with some of the Year 8 players. And thank you to Ella and Grace in Year 10 for coming along to umpire.

Mrs Arber



SWIMMING

Podium for AHS Swimmers in First League Gala

Last week saw the first gala for the newly formed Swimming League in Bucks. Our junior, inter and senior teams competed against 5 schools, winning every relay convincingly and finishing in 1st position overall. Not only were there some great individual swims, but it was a great boost for our relay swimmers who then competed last Friday for a place at National Finals! Thanks to Wycombe Abbey for providing such a great venue, with touch pads and split timing screen, and according to the girls, amazing donuts! **Mrs Carey**

Wycombe Abbey Invitational League – Gala 1

Overall Results

Event	1 Aylesbury		2 Berkhamsted		3 Wycombe Abbey		4 Wycombe High		5 Pipers Corner		6 Sir William Ramsay	
Junior	1 st	39	5 th	10	3 rd	28	4 th	25	2 nd	33	6 th	0
Inter	1 st	27	5 th	10	2 nd	29	4 th	26	3 rd	28	6 th	9
Senior	2 nd	35	5 th	11	3 rd	33	1 st	37	4 th	16	6 th	3
Combined	1 st	101	5 th	31	2 nd	90	3 rd	88	4 th	77	6 th	12

The regional round of the ESSA Secondary School Swimming competition took place this year on Friday 13 October. Despite the date and the fact that Mrs Carey was worried my mother wouldn't arrive with my kit in time for me to swim, we all had a wonderful night. It is a fun evening as many of us meet up with our club friends who swim for different schools, and we may also be needed to swim strokes we don't normally swim for our club team. We entered teams in Junior, Intermediate and Senior age groups for both Freestyle and Medley Relays and, as usual, we met some strong opposition from teams we hope to see at the National Finals at the London Aquatic Centre in November. We are waiting for the final results to come out, however we are hoping to be able to report that we have qualified in the top 30 teams in the country again. Regardless though, it was a great team effort. A big thank you goes to Jessica Trueman, who helped Mrs Carey on poolside with our splits, Natalia Moren who was an official timekeeper for the event and congratulations to all the swimmers who took part. **Lauren Faulkner 10C**

