



Summer Term 2014

Highlights



Aylesbury High School
National Schools Badminton Championships 2014



Why us?

It's slightly interesting to look at the range of secondary schools in the country; there are 11-16, 11-18, 12-16, 12-18, 13-18 and 14-18 schools, secular and faith schools, academies, maintained and free schools, UTCs, voluntary-aided, foundation and community, selective and all-ability, single-sex and mixed, big and small, urban and rural, etc. Trying to count them is a real challenge (and probably more sleep-inducing than counting sheep) but somewhere around 3000 is not far out.

So when we enter national competitions, what are our expectations? 3000th, 1500th or 1st? We do have some advantages; for example, being a girls' school means we have twice as many competitors available as a mixed school. But to be **National Champions in Cross Country, Netball, Badminton and Basketball**, all in one year, is astonishing, complemented by terrific team and individual performances in a range of other sports as well, with Rock Challenge and Athletics still to come.

Baron de Coubertin suggested that it's the taking part that's important, not the winning, and, by definition, most people who play sport lose most of the time, but it is brilliant to have the talents and hard work of the girls, staff and coaches (ably supported by parents) recognised in such an amazing way.

So no apologies for this edition celebrating a variety of activities and achievements, and being especially full of great sporting Highlights; well done to all concerned. 50% inspiration, 50% perspiration...

Alan Rosen

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2 RECENT SUCCESSES

England Ice Hockey Training Camp

I have been invited from Southern and Northern ice hockey players to attend The School of Excellence. This is a national team training camp, which is a week of intense training, both on and off the ice, and is an indication to team officials and national coaches of our ability, conduct and commitment over 5 days. This will be taking part at Hull in the May half term. Out of the England Squad, they will pick the U16 Girls England Ice Hockey Team to go to Finland in the summer. It would be a great experience to compete against other countries and I hope I get the chance to.

Annabelle Denly 9H

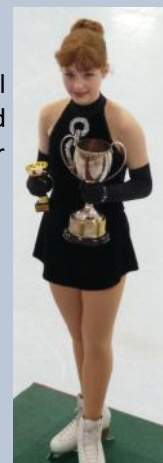


And still on the ice

I started skating at Milton Keynes just over 4 years ago, following my cousin's birthday party at the rink. I fell in love with the sport and I now train for around 15 hours per week both on and off the ice. I have reached National Ice Skating Association Level 7, which means that I am on track to qualify for the British Junior Championships within the next 18 months.

I recently skated at Bracknell against skaters from all over the UK and won first prize. It was also great to achieve a personal best score at the same time. I am now starting to work on the first of the senior level jumps - the Double Axel, which you will see skaters do at senior international level; it is very difficult and very scary!

Lizzie Matcham 9M



Now on to snow

Megan Riley 8S spent the last two weeks of March in Austria at an Ambition Racing Ski Academy training camp. She then took part in an International race, mainly an Austrian field, and came 7th in Grand Slalom and 8th in Combi. This was great experience for Megan for helping her get prepared for her next set of competitions. During the Easter holidays, Megan competed in the Scottish Championships, where she came 2nd and 3rd in Grand Slalom and 2nd in Slalom. This success was followed by a 3rd in Super G at the British Championships. Both these competitions were held in Meribel, France.

Megan was selected to take part in a 2-day trial last weekend for the U16 Children's GB team and is eagerly awaiting the result.

Well done, Megan.



Italian Exchange - April 2014

The Italian Comenius Exchange was a very enjoyable and beneficial trip for all of us. We spent some time in school, watched a presentation of our activities for the forthcoming week and had lessons in Italian. We visited Verona, Milan University (where some of the A Level students began to consider it as a possible option for studying abroad) and Milan Cathedral, where we went up to the top to witness the amazing view of the city. We also had the great pleasure of visiting La Scala, where we were able to watch parts of an opera rehearsal to the great delight of the ones considering music as a career. A day was also spent with our exchanges at the beautiful Lake Garda. Another highlight was Venice, where we walked through the city learning interesting facts about the place. As part of the project, we went to a perfume factory, Carbaline SRL, where we learnt about the family business and the process of making and labelling perfume. Unfortunately, all too quickly it was time to say goodbye. Many shed tears as we said farewell to our exchanges, hoping we will see them again in the future.



Victoria Williams 12P

Year 7 Boulogne Trip - 9/10 May

The trip was really fun and exciting. It was our first trip at AHS and it went very well. We got on the bus at 6.00 am sharp and then reached the Eurotunnel station at Dover. We spent some time at the services and sat in the bus ready to go through the tunnel. We reached Calais after half an hour.



First we went to the Lace Museum, then to the croissant factory (which was awesome), and then lastly to our dormitory. It was quite a fun day, although very long! The next day we went to a fish market, followed by a visit to Europe's biggest Aquarium, where we saw a sea-lion show and went to the gift shop. We then set off for home, arriving back at school at 8.30 pm where our parents were waiting for us. I loved the trip.

Rasika Wakhare 7A

German Exchange 2014

This year marks, we believe, the 50th anniversary of links between our German partner schools and Aylesbury High School. It was therefore only fitting that we took our biggest group of students ever to Stuttgart at Easter. A party of 55 pupils from here and AGS, made the unexpectedly long journey by bus to Stuttgart after a last minute pilots' strike forced us to alter our travel arrangements. Whilst in Stuttgart we visited the Europa Park, went bowling, went to castles, saw the city centre, visited a bear's cave, and much more. However, the main purpose of the trip was to spend time with our exchange partners and, of course, practise our German. This was done with gusto and a good time was had by all. We await our partners' arrival at the end of the term to complete a memorable exchange.



Mr Baird

Rampaging Chariots

Four students in Year 8 have nearly completed a Robot that will be used to compete against other schools in this and other counties on Saturday 14 June. The machine will need to complete an assault course and sumo wrestle. Next year they will receive a second robot to be able to compete in the 2-a-side robot competition.

Anna Hayward 8A said: "It will be fun as we will be competing against students that are older than us. Some of them are in the Sixth Form. Next year we are looking forward to training four more students in robot building so that we will have the second machine for the 2-a-side competition".

Mr Potkin



On Friday 13 June, twelve students in Years 8 and 9 will be competing against other schools in an annual competition at Bucks New University in High Wycombe. They will complete a series of challenges relating to Science, Technology and Mathematics.

Mr Potkin

Extended Project Qualification

How much do you know about the extinction of the golden toad or the behaviour of different types of penguins or the need for legislation concerning social media? These were all topics that students have been researching as part of their Extended Project Qualification (EPQ). The EPQ is a qualification worth half an A Level and is very highly regarded by universities as a way of developing students' independent learning skills. Over the last year, students in Year 13 have investigated topics of their choosing. Along the way, they have learnt to plan and manage a substantial piece of academic writing, to use a university library, and to avoid plagiarism. We are very lucky to have the facilities of Oxford Brookes University, who have supported the students very well over the course of the year. The highlight of their project was a presentation of their findings to a non-specialist audience. We certainly learnt a lot!

Higher Project Qualification

The Higher Project Qualification is the baby sister of the Extended Project Qualification. Rather than focusing on the skills of writing an essay, students have been project managing making a product. Those students who have been following the Language Leaders route have produced an artefact to help younger children learn a language. Girls have designed apps, card games, a giant soft toy and all the products have been thoroughly researched and in many cases been road-tested on their target audience! Those who have been designing jewellery have carried out research on different designers and have carried out market research. The final products, which were highlighted at the Showcase evening in April, were worthy of the amount of time and effort that have been put into them. The digital media group made some amazing films. They researched and investigated different genres of film and storyboarded their work. The completed films were of a very high standard. Peter Jackson - you have competition!

Many thanks to all the students, parents and teachers who supported the students completing these fantastic pieces of work.

Ms Chubb

Duke of Edinburgh Award successes

In the last year, 88 girls have achieved Bronze Awards, 15 have completed their Silver Award (with several more to come soon) and 18 girls have finished their Gold Award.

Completing Gold is an excellent achievement and the girls are rewarded with an invitation to St James's Palace for a Royal Presentation. Participants have until their 25th birthday to complete their Gold award, so those who do so whilst still in school have been remarkably successful. Six girls in Year 13 have done just that. The picture shows Sowmya Garikipati 13S, Hannah Holden 13K, Sophie Jones 13B, Bou Man Lau 13E, Ellen Rogan 13M and Charlotte Watson 13U. Well done to everyone and especially to "The Six".



Richard Torpey



DofE Bronze Award - Practice Expedition

We arrived at our start point around 9.00 last Saturday morning, where we had a quick kit check and were released into the wilderness of the Chiltern Hills at about 9.30. The first part of our route took us through Wendover Woods. We soon learned that this looked a lot easier on the map than face to face! After climbing the steep incline to the 'highest point in the Chilterns', we took a well-earned rest. We were all very grateful for the fact 'what comes up must come down' as we continued through our day, virtually hill-less and mainly in the shade of woods and copses. At one point in the middle of a wood, our supervisor Mr Meyer asked us to remove our bags, close our eyes and listen. Happily, we took off our bags and listened. He asked us what we heard; responses included birds, bees and nothing man-made. It was then we understood the true purpose of our trip - to realise the beauty of nature and our surroundings. When we arrived at the campsite after 6 hours' walking, we pitched up and put on a brew of hot chocolate and cooked a dinner of pasta. To our surprise, it was delicious and we all felt cosy and comfortable as we snuggled up in our sleeping bags.

Next morning, we packed up and left the campsite after a filling meal of porridge. The sun was shining as we navigated around the local countryside, past an emu farm and several horses. All was going perfectly until the last leg of the journey when we got a bit lost. We trekked on until we came across another group who managed to point out where we were, realising we were 5km off route, we set off to make the final leg. When we arrived at our end point in Berkhamsted, everyone collapsed in the shade with our bags, relieved we had made it back alive. It was a thoroughly enjoyable weekend, hiking a total of 30km (counting our detour due to getting lost!) and we all said we found it brilliant. We are all really excited about our real expedition in June and hope that the weather will be just as nice. Thank you to all the teachers and staff who made it possible!

Leonie Glasson 10S



AHS Squash Club

The AHS Squash Club has grown from strength to strength over the past year. Every Thursday, over 30 girls attend coaching with Darren Withey and Sam Mueller from AGS and myself. The AHS players have improved a lot over the last few months, thanks to their dedication and commitment to training and to their attendance at holiday squash camps. We also have a new squash kit from iPROSPORTS, which has really bonded the club together, and we hope to pick our first-ever AHS squash team to compete

against other schools and to enter the National Schools Competition next academic year.

Thanks for this year go to Darren and Sam and to Aylesbury LTSC for use of their facilities. Also, special thanks to Alice Digby 11C for stepping in as a much-needed extra coach! Any girls wishing to join the club are most welcome; we meet at 3.30 on Thursday by the Turnfurlong gates.

Miss Holmes

Junior Girls ESAA Track and Field Cup Athletics



The Junior Girls team of Year 7 and 8 students have a nervous wait to see if they will qualify for a Regional Final after scoring a solid 320 points at Stoke Mandeville. Wycombe Abbey School scored 380 points and Wycombe High School 326 points. In the other meet at Milton Keynes, Dr Challoners and Beaconsfield School both scored 325 points. With such close scoring, we are awaiting news from other counties in the South East.

Top scorers for the AHS team were Olivia Lowrie 7W (1500m) and Cerys Minty 8W (Hurdles) on 22 points. Danielle Kidd 8W (1500m), Jemima Taswell-Fryer 8H (800m) and Morgan Davis 8C (800m) all received over the magical 20 point for their events.

Mrs Arber

Inter Girls ESAA Track and Field Cup Athletics - Regional Finalists



After missing out on the National Finals by one place last year, the Inter girls produced a very pleasing set of results at Stoke Mandeville. With 392 points, the AHS team not only beat Wycombe Abbey (380 points) and Wycombe High School (324 points) but ended up as Buckinghamshire's highest scoring Inter team.

With victory at Stoke Mandeville, the team is guaranteed a place at the Regional Finals. The Inter girls who achieved over the magical 20 points were: Georgie Moss 10C (300m), Anna Henderson 10C (300m & Javelin), Jasmine Kobewka 10S and Bronwen Reed 9H(800m), Helena Rowland 9W and Annabelle Denly 9H (Discus) and Lucy Denly 10M (Javelin). A fine team victory from all involved.

Mrs Arber

Center Parcs National Schools Badminton Champions!

On Saturday 10 May, five students (Ruchika Madhotra 9S (Captain), Sita Morjaria 7C, Gauri Morjaria 7W, Izzy Marshall 8H and Daisy Williams 9S) went to compete in the Center Parcs National Schools Badminton Championships at Sherwood Forest. Nine schools across the country entered; we played two in the group stages. After comfortably winning our group, we made it to the final three. The first team we played was another easy victory, then came the deciding game. We had already ensured ourselves a silver medal, but we wanted gold! Even with the pressure building, we managed to win the final 5-0, with a couple of close games; 21-20 in our first singles.

After the victory, we were overcome with joy and relief and incredibly proud. Huge thanks go to our coach, Mrs Frith.

Ruchika Madhotra 9S



Oh what a perfect day! Monumental team effort secures National Championships

The U13 team delivered the perfect ending to a very long season. After a controlled semi-final victory over St Martin's 49-42, the U13s were matched against Greig City Academy. In a game that had enthralled the spectators, going into the last quarter AHS led 41-40. When the final hooter sounded on a 55-45 victory, the girls had the ultimate reward for their determination, focus and resilience throughout tournament. Coach Jenner's perfect day - seeing you beat Greig City to become National Champions.

Congratulations to our first Basketball National Team Champions.

Year 8: Ella Messeter 8M, Morgan Davis 8C, Kiylo Solagbade 8A, Chloe Osili 8M, Mollie Kelleher 8H, Niamh Gunn 8A, Ciara Belsham 8W, Natalia Osborne 8M, Holly Lewis 8H, Mollie Baars 8A.
Year 7: Sasha Abrahams 7H and Katherine Mitchell 7W.

Mrs Arber



National Basketball Award for Kiylo

At the National Basketball finals in Nottingham, 8A's Kiylo Solagbade received the 'Most Valuable Player' (MVP) award for the U13 Girls' tournament. After scoring 19 points in the semi-final, Kiylo scored a staggering 22 points in the final. This achievement was even more remarkable considering she was in the U15 squad which played two matches the day before. In the U15 tournament, this honour went to an England player. As there is no U13 England basketball team for Kiylo and her team mates, this award is recognition of their England potential. Awards like this are achieved through hours of training and dedication to your team and sport. Hopefully, next year we can report in Highlights about our England basketball stars?

Mrs Arber



U15 Basketball Bounce Back at National Finals to gain Bronze!



In the semi-final match against Greensward Academy, the AHS team was unable to stop England player Zoe Willis dominating play. Melody Stephen 10A (9 points), Megs Woodward 10H, Kiylo Solagbade 8A, Helena Rowland 9W (4 points), Ciara Belsham 8W (2 points) and an amazing court length lay-up from Annabelle Denly 9H could not prevent a 24-58 defeat to the eventual champions.

Faced against the school that dominates girls' basketball, The Greig City Academy, in the third place play-off, the team knew they were in for a mighty battle. Despite trailing in the first quarter 10-15, the team's attitude and determination were amazing. Captain Melody Stephen scored a massive 22 points to bring AHS back into contention and secure a dramatic 48-47 victory.

Mrs Arber

Morgan and Natalia Double National Champions!!



The 2013-2014 sporting year has been an amazing year at AHS with four teams becoming National Champions. The Junior Girls Cross Country team started off the celebrations with victory in Southend. The U14 Netballers dominated in Liverpool and the KS3 Badminton team smashed their way to victory at Centre Parcs. With victory at the Wildcats Arena in Nottingham, two of our students achieved the amazing accolade of becoming double National Champions. Year 8's Natalia Osborne 8M (Netball & Basketball) and Morgan Davis 8C (Cross Country and Basketball) should be immensely proud of such a wonderful achievement.

Years like this are extraordinary and all our National Champions have shown us that the difference between the impossible and possible lies in a person's determination. We are so proud of you all!

Mrs Arber



AHS at Royal Windsor International Horse Show

The AHS Equestrian Team was lucky enough to compete at the Royal Windsor Horse Show on 10 May after being given a place in the ballot. The team consisted of Issi Bradford (10H) Emily Conroy (9C) Eliza Tewson (10A) and Hannah Kerr (8S).

On a sunny afternoon in the Queen's back garden, with Windsor Castle in the background, Issi was the first to go and jumped a beautiful clear round; Hannah was second on an unfamiliar horse but unfortunately was eliminated; Eliza was next and had an unlucky pole at a big spread. I was next but my horse decided she didn't want to jump and I was also eliminated. This unfortunately meant that the team was unable to be placed but we were very lucky to compete at one of the biggest horse shows in Britain. Once we had finished it was time to enjoy a lovely afternoon watching the professionals show us how it's done! We hope to return next year and finish with a better result.

Emily Conroy 9C