



HIGHLIGHTS

MARCH 2017

A WORD FROM THE HEADTEACHER

“Teaching is the greatest act of optimism”

Colleen Wilcox

As you read this edition of Highlights and marvel at the diversity of activities that have kept us so busy this term, do spare a thought for all the teachers and support staff who have made everything possible.

The quote above reflects the fact that what is learnt and experienced in school can last a lifetime, and we never know the long-term results of the learning that has taken place. So much of what we do at AHS isn't measured in exam results but in the attitudes and values that, we hope, endure for many, many years after AHS.

As we count the hours/minutes until the end of term this is a chance to reflect on what have been some of the Highlights of the last three months. They would have been impossible without the dedication and initiative of the staff, and the willingness and energy of the students, so my (and I hope your) thanks to all of them, and best wishes to the whole school community for a good Easter break.

Alan Rosen

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Recent Successes

Aylesbury High @AylesburyHigh · Mar 10
Congratulations to the Y12 Economics and Business students - Runners up at the ICAEW Base competition @ICAEW well done!



Aylesbury High @AylesburyHigh · Feb 10
Well done to our girls who entered the Rotary Club technology tournament on Monday. Y10 came 1st, Y9 came 2nd and we were 4th overall!



Aylesbury High @TeamAHSPE · Feb 26
Emily led AHS runners home in an amazing 5th place. Team 4th place overall at South East Championships #RunSunday



Aylesbury High @AylesburyHigh · Mar 6
Well done to all the 2017 World Challenge girls for their efforts this weekend in the Forest of Dean.



Aylesbury High @AylesburyHigh · now
Well done to all who passed their PADI course at the weekend in preparation for the conservation expedition to Fiji with @opwall



Follow us on Twitter!

School Geography Challenge Finalists

Congratulations to Jess Trueman, Freya Payne, Laila Shah and Elena Brooks, all in 10S, who were selected for African Adventures' national School Geography Challenge Live Final. As part of their Geography topic of international development, they created an Aid Action Plan in response to the impacts of El Nino flooding in Nakuru, Kenya. They had an exciting day on Tuesday competing for a trip to Kenya this summer and we await the results – good luck girls! **Miss Watson**



Katy Is Awarded Honorary Citizenship

Former High School student Katy Roberts, who set up a children's charity Child Aid Gambia www.childaid.gm with her father Chris in 2011, has been awarded Honorary Citizenship of the City of Banjul in recognition and appreciation of her outstanding contributions to the people of Banjul.

Katy, who is on a gap year doing voluntary work at the PACE Centre after being accepted to Lancaster University, won the 18th Jane Brownlee Scholarship at Aylesbury High School. The Scholarship is in honour of Jane Brownlee, a teacher at Aylesbury High School from 1978 until 1998 and Head of Geography and it is awarded

every year to a student who wishes to travel abroad. The money Katy received was put to good use in the Gambia this month to improve the living conditions of Gambian street children hit by recent political crises which saw over 45,000 people leave the country to seek safety in neighbouring Senegal.

During the ceremony Katy was given an illuminated certificate of citizenship and a silver key to the city of Banjul, symbolic of the friendship that Katy has shown to the children of the community. Mr. Sandigie Njie, Clerk to the City Council, said that Katy's hard work and personal sacrifice is instrumental in supporting and working with destitute street children and those suffering great hardship because of personal circumstances in The Gambia. Child Aid Gambia funded the D300,000.00 (£5,525.77) Ndangan Water Project which was completed in July 2014, giving the children and their families living at the shanty town of Ndangan clean, safe drinking water which will greatly improve the health and sanitation of the children and the community as a whole.

The mayor, Mr. Abdoulie Bah, said Katy is an inspiration through her work with disadvantaged children. Her



father, Chris, said he was immensely proud of all that Katy has achieved with her charity work in the Gambia. He praised Katy's dedication to helping others, and said that this honour was a fitting reward for her efforts. Katy thanked the people of Banjul for their hospitality, and commented that she felt honoured to receive the award and will continue to help support the poor and destitute children of The Gambia through the charity for many years to come.

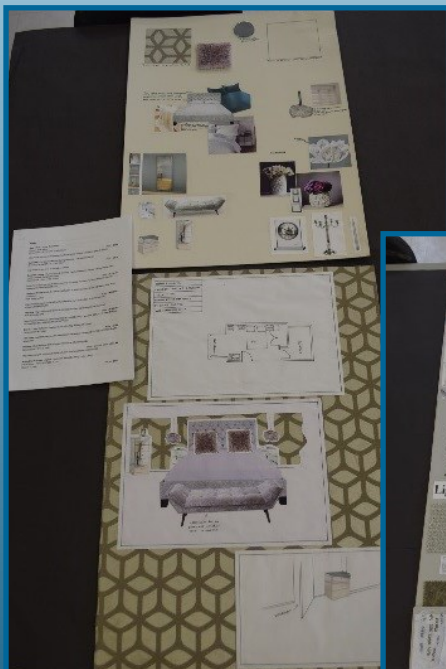
Anyone wishing to sponsor a child through Child Aid Gambia for just £38.00 a year, can do so by contacting www.childaid.gm

Isla Wins Interior Design Challenge

In November, Year 12 Art students were given the opportunity to work alongside the interior design team of regional housing developer, Shanly Homes, to design a chosen room for their upcoming new development. After meeting with the team who gave us an insight into what they do, we were given the task of doing it ourselves. With a checklist to-hand, we were asked to complete room designs, mood boards, fabric boards and more.

Three months later on 17 March, three members of Shanly's interior design team returned to announce the winner. Each design was unique and different to the other competitors', with two designs being of a master bedroom and one of a living room. The judges made it clear that they were very impressed with the standard of work displayed and that it was an extremely hard decision to choose a winner—but I was thrilled to have won the chance to spend a day with Shanly Homes' designers to learn more about interior design. We are all really grateful for the opportunity the competition gave us and the insight we gained into real life designing.

Isla Verney 12I



Swedish Exchange to Gränna

From 22-26 March, 23 Year 9 and 10 students went to Gränna in Sweden. After a very early start on the Wednesday we finally reached Gränna at lunchtime, where we were greeted by our exchanges and played some 'getting to know each other' games. Going 'home' was awkward at first - naturally- but we soon learned how friendly everyone was. On Thursday we were shown around the school and we were surprised to learn that they have no uniform and that they call teachers by first names! We spent some time in German, Spanish or French and Geography, English or Chemistry. It was interesting to see how they learn – their classes are so much smaller than ours, and we were jealous of their enormous lockers! After lunch in the school canteen (all students get free lunches in Sweden!) we explored Gränna. The town is famous for its 'Polkagris' (Sugar Rock) and we visited several shops including the Polkagris factory. We also learned about the Swedish explorers that travelled to the North Pole in a hot air balloon: Andréé, Frenkel, and Stringberg. Here's a spoiler... their tale has a very sad ending. In the evening we came back to school and made a big dinner: meatballs, mash, chocolate cake and apple pie. It was very fun to learn how to cook some Swedish recipes and an excellent 'bonding' activity.

On Friday we went to 'Boda Borg', an 'escape room' activity centre; most of us still have some bumps and bruises! But it was very enjoyable solving the various mental and physical puzzles and gave us a chance to get to know our exchanges even better and improved our team work. On Saturday, it was our day with the family. I went bowling and watched some films with my exchange and a friend of hers. But, most people, went to the island in the middle of the lake. The legend of how the island came to be is that a giant and his wife went to a party and when coming back the wife was so full she couldn't step over the lake so the giant broke off a bit of land and put it on the lake as a stepping stone! It was a fun day for all of us! On Sunday, we spent the day in Gothenburg and went shopping. When they dropped us at the airport, there were some teary goodbyes; everyone was sad to leave such nice people – but we can't wait to welcome them to England in May. **Purva Shegunshi 9H**



Spanish Exchange to Murcia

Year 10 and 12 AHS and AGS students had an action packed time in Murcia over half term. They had plenty of time to practise speaking Spanish as they visited the local area, including Granada, the beaches of La Manga and the Roman remains at Cartagena. **Miss Oatley**



A Level History and Politics Trip to Washington



In February half term, I was lucky enough to visit Washington DC on the History and Politics trip, with 43 other girls and 4 teachers. Having envied the girls who had previously been on the trip, I was incredibly excited and somewhat overwhelmed as we drove through the city on arrival, past the major monuments and all of the government buildings which had featured so heavily in our history and politics courses.

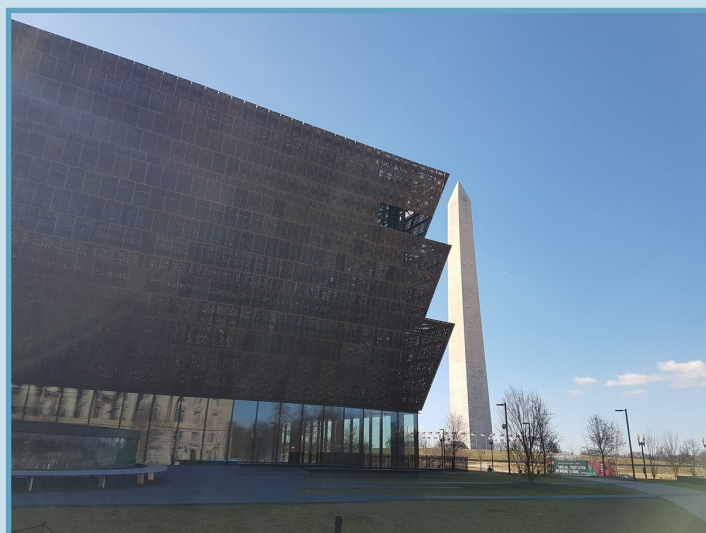
Before the trip everyone had been excited about different aspects of it, although it was commonly agreed that a trip to the Capitol and Congress was high up on everyone's lists of priorities. However on getting to Washington, each place visited seemed to exceed all of our wildest expectations.

Our first trip was to the newly opened Museum of African American History proved to be both poignant and inspirational with it being described by many as the highlight of their week.

For others the highlight was the walking tour of Washington DC on our second day. Whilst most that morning had been in slight trepidation of an afternoon spent walking, all of our "worries" soon disappeared as we set eyes on first the Washington monument, then the WW2 memorial, the breathtaking Martin Luther King memorial, the peaceful FDR memorial before visiting the moving Korea and Vietnam memorials, finishing at the awe inspiring Lincoln Memorial. This enormous structure looking out over the reflecting pool (made famous by Forrest Gump) towards the iconic Washington Monument was serenely magnificent, steeped in history, not only of the famous President Lincoln but also as the site of Martin Luther King's powerful and famous "I have a dream speech" of 1963. To finish our tour, we walked across the bridge from DC to Virginia to visit Arlington Cemetery where we witnessed the Changing of the Guard at the Tomb of the Unknown Soldier before visiting the graves of John, Jackie and Bobby Kennedy. This afternoon was a highlight of the trip for many of us, although maybe the time spent trying to get tickets at the Pentagon Metro Station may not have been quite so stress-free for our teachers.

Other high points were visits to the Capitol, where the chance to sit in the Senate and House of Representatives chambers was a very exciting and surreal experience. We also visited many museums and galleries such as the Newseum and the Museum of American History which were very interesting and thought provoking- especially the display of the Pulitzer Prize winning photos at the Newseum.

The Washington trip was an unmissable once in a lifetime experience and we all definitely came back with more understanding and excitement for American history and politics. We are really grateful to Mr Ochiltree, Mr Annat, Mrs McReynolds and Mrs Williams for organising it and making it so memorable. It wouldn't have been possible without you! **Fran Smethurst 13R**



AHS Ski Trip to Passo del Tonale February 2017

"You're gonna DIE!" Tizzy screams as I zoom ahead of the group, unable and unwilling to stop as I plummet towards the bottom of the hill. Shortly afterwards, and still gratefully alive, we carb load during our 3 course lunch and head back to the slopes for another 2 hour lesson. Our free time was spent precariously skating on a natural rink, slurping up way too much hot chocolate and scribbling biologically inaccurate beetles to Mrs Thomas' dismay.

For the beginners the trip was an ultimate success and the intermediates whizzed faster than ever before.

Thank you very much to the teachers who gave us such a fantastic time in Italy.

**Pippa Prendergast-Coates
and
Tanya Kalra
11H**



Business conference and Disneyland Paris

On 25 February, 27 business students set off to the magical Disneyland Paris. After waking up rather early, we were greeted with the sight of Mr Morris in Minnie Mouse ears! We arrived at Disney 11 hours later to spend the evening leaping around the parks. The next day was Paris day, featuring guide Anne-Marie and her coach tour of the sights. We also ran to the nearest Sephora, practised our French, buying some delicious crepes (Nutella with a side of happiness). On the Monday we attended the conference at the Gaumont cinema listening to Chas, Financial director at Superdry and an incredibly engaging speech from Joe the brand manager from Innocent Drinks, inspiring us to visit 'Fruit Towers' very soon. Thank you to our coach driver and to the teachers who took us - we wouldn't have got through passport control without you!

Penny Grimshaw, Rayana Dilworth and Izzy Nevett Year 11



A Year 7 Perspective

Starting a new school with so many new people was a bit scary for everyone at first, but although our form has only been together for a few months it feels like we have all bonded and everyone has made really great friends. During the transition in September all the Year Sevens (including myself) felt very welcome and soon knew there was nothing to worry about.

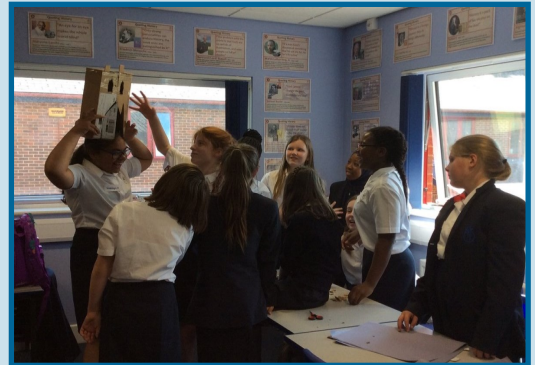
One of the ways I have settled in and made friends outside the classroom is by doing lunchtime clubs. There are so many different clubs from sports clubs to Science and History. My friends and I do Dance Club, run by the sixth formers, and by joining this I have made new friends with some lovely girls from other forms I otherwise wouldn't have met. Another thing I have got involved in is House Art and it has been nice to spend time with others that share the same hobbies as me.

Lessons have been very different at secondary school, but all of the teachers have been really welcoming and everyone has really enjoyed their classes. Languages was a subject relatively new to most of us at the start of the year and my form has been learning German for this half of the term. I have found learning a completely new language really interesting and I have picked it up well; I am now looking forward to Spanish next half term. Also my class is starting swimming soon too so that will be fun.

Something else that comes with starting secondary school is of course getting more organised and keeping on top of homework and other new responsibilities. Personally, I have kept up with homework fairly well. The tips we are always given are: pack your bags the night before to avoid that last minute panic and do your homework the night you get it if possible. Honestly, these tips are really useful and have helped everyone a lot. **Amelia Blair 7A**



Year 7s
enjoying
Science Club
and History
Club



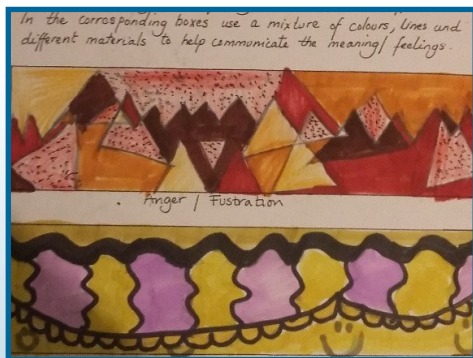
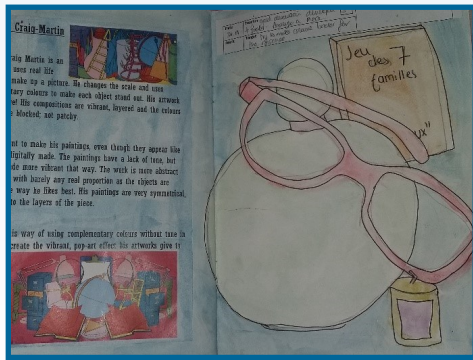
A Level Recital Evening

A big well done to all of the students who took part in the A-Level Recital Evening on Wednesday 15 March. There was a fantastic variety of performances from classical to jazz and pop, showcasing all of their talent and hard-work. We wish you all the very best of luck with your musical futures!

Ms Raven



Student Showcase: Art in Year 7



We have really enjoyed our Art lessons so far this year. At the beginning of the year, we studied artistic elements such as tone, texture, shape, colour, line and pattern. As you can see, we filled in our own representations of each element, using different lines and colours.

Then we studied how using these elements could create a mood in a piece of art, so we explored different colours and patterns to create emotion. We then created our own picture of us pulling a face, using the elements (especially colour) to create a mood.

We also looked at how to use lines in different ways, like a continuous line, sharp, thick lines and swirly lines, as well as looking at perspective and how to use a viewfinder.

We studied two collage artists: Derek Gores and Eileen Downes , and examined how they made their artwork using small torn-up pieces of paper and gluing them. We then made our own responses to their artwork.

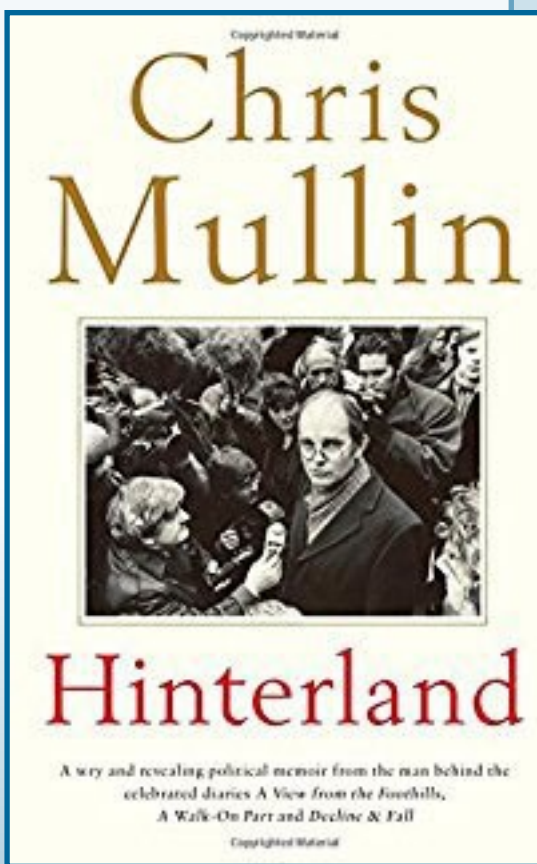
Next, we did some more research into the artist Michael Craig-Martin, who uses objects and draws them out of proportion. After doing a response drawing we created our own drawings using his idea of disproportionate objects. **Léa Courtois 7C**

The Curious Incident of the Dog in the Night-Time Theatre Trip

On 7 February, the GCSE Drama classes went to see a production at Aylesbury Waterside Theatre of “The Curious Incident of the Dog in the Night-Time”. Following on from the performance many of us had seen earlier in the year, “We Live by the Sea”, we were all very excited to see what this show had to offer. The performance was based around the life of a teen living with autism and his desire to find out what happened to his neighbour's dog after he found the dog dead in the middle of the night. It is fair to say, the piece was very gripping and had us all eager to go on and create some innovative pieces of our own. The set of this production was phenomenal and showed us that when creating a piece of drama, set and lighting are just as important as the acting. **Abby Barker 10H**



Former MP Chris Mullin Explains 'Why Politics Matters'



The latest high-profile speaker in the Year 13 Current Issues series was former MP Chris Mullin, who offered his personal explanation of 'Why Politics Matters'. In an increasingly complex and confusing world, where it is easy to feel overwhelmed and powerless, he challenged the Year 13 students to embrace the ways that politics has made a positive difference in our lives, and urged them to see it as a positive force for good, rather than something to be cynical or depressed about.

The former Labour Minister, acclaimed political diarist and author of *A Very British Coup*, later joined Year 13 History students to talk about his personal memories of the A Level history topics that they have been studying, with reminiscences and anecdotes ranging from the changing social and economic context of his former Sunderland constituency, Margaret Thatcher's personality and politics, life under Tony Blair, the Miners' Strike, the War in Iraq, the formation of New Labour from the ashes of Old Labour and the meaning of Brexit. But more than anything, most people simply wanted his thoughts on Jeremy Corbyn and Donald Trump! **Mr Ochiltree**



Joint AHS AGS Concert at St Mary's

Thank you for a wonderful joint concert on 10 March at St Mary's church. The joint symphony orchestra opened the evening with a Suite from Bizet's *Carmen* and Haydn's Trumpet Concerto, starring Catrina Shutter. This was followed by a host of other ensembles, such as the flute choir, an acapella group and a violin solo from Julia Raj. The concert finished with the joint choral society singing Fauré's *Requiem* ably accompanied by Michael Ng and with a superb solo by Freya Firth-Robson. We are very grateful to all students and staff who put so much time into a fantastic concert.



Mrs Queralt

Medicine and Dentistry Talk

On Tuesday 28 February, a final year medical student from the University of Sheffield, Amelia, and a Sheffield admissions representative, Daniel, came to speak to 20 intrigued girls about applying for medicine or dentistry. The pair gave an unflinching talk about the rigorous selection process for both courses at Sheffield and at other UK universities. Their presentation also included the qualities we need to display to be considered as future doctors or dentists, and the ways in which we can improve our applications. Despite their straight-talking nature, we left as motivated and optimistic candidates... with an increased knowledge about the city of Sheffield. Thank you again to Daniel and Amelia; and also to the sixth form team for organising this event, which signals the beginning of our journey towards 15 October.

Adanna Ewuzie 12H



Sports Leaders Officiate at the School Games

On Thursday 16 March, seven Year 12 Sports Leaders travelled to Stoke Mandeville Stadium to officiate at the Level 3 School Games Basketball Festival. This was the concluding part of the Basketball Activators Award which was being completed through our Sports Leaders Qualification. In the morning seven Year 3 and 4 primary school teams arrived to take part in the morning festival that we had organised with Coach Jenner.



We had adapted the game to suit the age and ability of the children to make it more enjoyable. Each leader took responsibility for umpiring a court with games of 6 minute halves. There were many rules to remember but we did our very best to be consistent and confident; we umpired to the best of our abilities and showed excellent leadership qualities throughout. In the afternoon the Year 5 and 6 festival was held, with games resembling the full game of basketball which were therefore much faster. The leaders worked in pairs with one leader umpiring and the other keeping score. Again there was confident umpiring and excellent team work from the leaders. LEAP, the organisers of the School Games, congratulated us on our successful leadership and support. We look forward to the School Games in the summer, where we will be supporting the Opening Ceremony and running the Year 5 and 6 Swimming competition. **Ellie Kiely 12S**

Work experience from Careers talk



Back in November last year, I noticed there was a careers talk on marketing by Florence Brain, who worked for McCormick (the owner of the brand Schwartz). After attending the talk, I approached her and asked whether her department ever took on students for work experience. I was lucky enough to be offered the chance of a week in the marketing department of McCormick, at their office in Haddenham, during February Half Term.

Florence put together a timetable for me that included all the people I would have meetings with during the week, to discuss what their job involved. I was also set a research project by the Innovation Director to look into current market conditions in the UK, France, Poland and Russia (the main countries they engage with) for a possible new project. The week consisted of meeting many people in different sectors of the marketing department and being able to ask them many questions, including how they ended up working there. I was also party to many meetings and, on Monday, aided research by having lunch at Nando's and the Works in Aylesbury with some of their researchers for their current project.

Overall, I had a fantastic week and learnt a great deal that I'm sure will be invaluable in the future. It was also incredibly helpful to be able to ask people, in the industry I want to enter, exactly what they did and use their experience to figure out whether I definitely want to go down a similar path. I would therefore really recommend taking the opportunity of attending the career talks that Mrs Taylor organises, because, even if it doesn't lead to something like work experience, it can be really insightful into people's careers and can help you decide what you might like to do in the future. **Georgina Crump 12I**

Year 9 Connecting Classrooms Project

In the World Development part of our L4L lessons, we have been learning about how people in other parts of the world go about their school, social and personal lives. Our class contacted schools from India and Pakistan, while other classes contacted schools in South Africa. It was very interesting to learn about how their daily lives differ from ours, the main difference being the food they eat, and after school activities (some of them study for 3 hours after school!).

We also took part in a shared project on The UN Sustainable Development Goals with Bloomfield School in Pakistan, finding out about the 17 aspects, ranging from Health to Poverty to Industry and Innovation. Both Bloomfield and 9H created Powerpoints on some of these matters and it was interesting to compare our thoughts. In addition to sending their power points, they also sent us many letters and posters. It was an enjoyable experience for all of us, to have the opportunity to speak with children from other parts of the world. It will, in the future, be a vital skill to be able to understand and communicate with people from other cultures and backgrounds, in our rapidly increasing, worldwide system. **Purva Shegunshi 9H**

Fencing

First Fencing Competition for AHS

Five girls (Grace Hammond, Katie Arber, Kaycia Socrates, Amber Stevens and Anaya Goodman) were brave enough to meet the challenge of coach Nick Ashmenall and compete in their first tournament at Houghton Regis. After the three round robin tournaments, Amber and Katie progressed into the semi-final tournament and Kaycia, Grace and Anaya into the plate competition. Fencing against more experienced opponents from Stowe School, Bedford School, Luton and Dunstable Fencing Club and Towcester Fencing Club the girls did exceptionally well. Competing against male and female opponents, right and left handers, the girls learnt so much. The girls would welcome more students joining them on Wednesdays after school – and they need some left handers to practice against! After a long afternoon, Year 7 Anaya Goodman won Bronze in the plate tournament and Year 11 Grace Hammond won best style. "The tournament was a really great opportunity to fence people that we haven't fenced before and test our skills against a wide range of abilities. I achieved a place in the semi finals and surprised myself at how determined I can be -I really enjoyed myself and look forward to our next tournament!" **Amber Stevens 9H**



England Hockey Success for Annabelle!

Congratulations to Annabelle Denly, who has been selected by England Hockey for the Advanced Apprenticeship in Sporting Excellence. The aim of the AASE is to ensure that hockey's performance athletes of the future are supported, motivated and inspired to maximise their talent and potential. Annabelle will attend four centralised national camps to receive coaching and performance support including nutrition, psychology and lifestyle advice underpinned by the AASE qualifications. In addition, all athletes will benefit from 15 high quality technical and tactical coaching sessions. There are currently over 33 other sports delivering the programme with 2,500 athletes benefiting nationally each year and ambassadors include Rebecca Adlington, Tom Daley and Jack Wilshere. This is a fantastic opportunity for Annabelle to gain an insight into what it takes to become an elite athlete and we wish her every success with this programme. **Mrs Rust**



Badminton

On 7 February the KS3 and KS4 badminton teams went to Stoke Mandeville Stadium to compete in the County Rounds of the English Schools Badminton competition. Over 15 schools from across the county compete to become County champs and progress to the regional round of the competition. The KS3 team (Olivia Jophy, Jessie Mace, Chloe Wright, Kate Neville and Yi-Toong Yee) started their competition with a difficult match against Dr Challoners, who secured a win of 3 games to our 2. In the next game AHS stepped up against Ousedale with a convincing 5-0 win, and were to continue in their winning streak in the last match of their group stages against Royal Latin B with another 5-0 win. This meant they progressed to the semi-



finals – where they faced Royal Latin A team. Royal Latin took the lead, winning the first two games which AHS soon followed with two wins of their own. This meant the fifth and final match of the game was the decider. Unfortunately AHS were beaten in the final match, meaning that Royal Latin progressed to the finals. AHS came back fighting in the play offs for third and fourth place however, beating Stantonbury with a 5-0 win, earning them the well-deserved bronze medal place!



The KS4 team (Izzy Marshall, Sita Morjaria, Gauri Morjaria, Izzie Neville and Neshitha Pathmanathan) started their tournament in the spirit and style that would continue throughout the day. This talented AHS team won 24 out of the 25 matches played throughout the day, with 5-0 win against Wycombe High School, Ousedale, and Dr Challoners, dropping just one game to secure a 4-1 win against Royal Latin. Having won all of

their matches in the pool section of the tournament the KS4 team progressed to the semi-finals, where they faced Dr Challoners. Convincing wins of 21-0, 21-1, 21-6, 21-1 and 21-7 secured their place in the final, against Ousedale- who they had already played in the previous pool rounds. Two nail biting games opened the finals, with Izzy M and Izzie N playing doubles and Sita as number 1 seed playing singles. The closely fought games were won by AHS, with a win of 21-17 for Sita and 21-18 for the doubles pair. This opening lead paved the way and relaxed the girls into their stride, and they went on to win the remaining three games by a good margin. Winning the finals meant that the KS4 AHS team are County champions and went on to represent the County at the Regional rounds.

On 9 March they played extremely well, and progressed through to the finals where they finally lost to Westgate. But a huge well done to the girls for their sportsmanship and achievement which took them this far. **Miss Hunter**



Jess Swims For Cambridge

Hi! I'm Jess Payne and I left AHS last summer. I was fortunate enough to achieve a place at the University of Cambridge in October and I've hardly looked back.

In Freshers' week, all the sports teams at the University held trials for their 'light blues' teams. These are teams



that train all year for one (main) purpose: to do their best to beat Oxford University 'dark blues' in the Easter term! Having swum at home since I was 11, I wanted to see if I was good enough for swimming team. At first I had my doubts; do I really want to give up all this time at university, the rumoured social paradise, for one competition months away? Either way, with these reservations I went to trials: I had nothing to lose really. It seems I did enough and I got a place! Training up to 7 times a week got underway as well as a weeklong January training camp in Fuerteventura. The sunshine couldn't wash away the pain in my shoulders from 4 hours swimming per day! It was time to eat healthily, sleep well and taper for the most prestigious competition of our lives.

Varsity day arrived and there was no other feeling like it. A team of athletes united by their commitment to their sport with perfect preparation behind them were ready to put in their best ever performances. The day itself proved a tough match for us light blues. Oxford literally brought out the big guns, after having lost their winning streak in 2016, and were giving everything to win back their title. But, we gave Oxford's ex-internationals and US-scholars our best shot. The men's team did exceptionally well with all swimmers achieving a prestigious full blues time. Unfortunately the women couldn't match this and lost to the dark blues. However, nearly all who competed swam new personal best times and I swam a PB of 1.08.02 in 100m butterfly.

It was an honour to compete for a club with such tradition behind it and it'll be a day I never forget. Considering my original reservations about

whether continuing swimming at university would hamper my social or even my academic life, I can say it really did not. The swim team has given me some of the best friends I have made at university. Also, there's nothing like competing for a real team, who all will give everything they can for each other on the one day that counts: Varsity. **Jess Payne**



Handball

Year 10s have been competing in a weekly G group handball competition on Friday lunch times. Handball has proven to be a popular sport of choice at AHS, with up to 80 participants at each session. On Tuesday 14 March two AHS teams went to Stoke Mandeville Stadium to compete in their first handball competition. AHS 1 started strongly, beating STFS 4-2 in their opening game, this set the precedent for the rest of their tournament, ending their 8 match competition unbeaten thanks to some amazing goals from Sita, Gauri, Sasha, Olivia, Kirsten, Katherine and Eve, and solid goalkeeping from Charlotte and Elizabeth. AHS 2 also had a good start, beating Misbourne 2-0, but despite numerous goals from Abby, Lisi, and Joss, and solid defending as a team they were unable to take the lead in the competition. AHS 1 finished in first place, meaning they will go on to represent the County at the Regional competition in Surrey on 3 May and AHS 2 finished in 6th place. **Miss Hunter**



Aquatics Club



Aquatics club is led by a group of Year 10 and 11 students every Thursday after school at the AGS swimming pool. We lead a range of aquatic activities for the Year 7s from synchronised swimming, aqua splash activities and starts and turns. Over the past few weeks we have been doing water polo and the Year 7s have all really enjoyed it! We plan our sessions to lead and then we rotate leaders weekly. We thoroughly enjoy teaching younger students the various skills, techniques and rules of the different activities that we cover. We are a group of committed and dedicated members, whose main goal is to help younger students have fun in the water. We want the students to enjoy it, so we try and make the sessions as entertaining as possible.

Elena Brooks 10S on behalf of the Aquatics Leaders 2017

Hockey and Basketball tour to Barcelona



Our hockey and basketball players came back to school reinvigorated after their half term tour to Barcelona where each team took part in three masterclasses and three competitive matches. Other highlights included a tour of Nou Camp Stadium and being presented with the match basketball after watching the Barcelona game. Congratulations to the U14 hockey team who were particularly successful in their matches. **Mrs Arber**



Basketball

U14 County Cup

In the first leg of the cup game, the team from Year 7 and Year 8 dominated the first quarter with Onyi Okoye, Millie Lowrie and Hannah Whitby scoring. They established a good lead during the first 3 quarters and remained strong in the final quarter with further baskets from Maiwa Banda and Hannah Whitby to run out 29-13 winners.



To challenge our young rising stars, girls from Year 7 and 8 were picked to play against Stowe's Year 9's. What our team gave away in height they made up for in determination and focus. Onyi Okoye, Maiwa Banda and Hannah Davis all scored to settle the nerves in the first quarter. AHS went to the break with a convincing 10-2 lead. Year 7's Jenny Harris, Esme Harrison, Hannah Mathews and Ruby Harrison settled well into the game. Niamh Durrant performed a great defensive check to stop Stowe scoring at a critical point in the game. In the last quarter Millie Lowrie took on the responsibility of ball carrier which allowed Macy Cook to run riot and score all 8 points for Team AHS in the last quarter. Well done to all on great team performance.

In a thrilling match against Mandeville, Niamh Durrant opened the scoring for the young team. Baskets quickly followed from Macy Cook, Maiwa Banda, and Year 7's Georgia Oakley to result in a 10-2 lead after a great opening quarter. In the second quarter Year 7 post player Anjola Abioye then scored two great baskets, which were quickly followed by Tutu Olowa scoring two more baskets. Year 7 dominated the scoring in the last 2 quarters with baskets from Eleanor Kirby, Anna Agega, Georgia Oakley, Dejanne and Tutu Olowa against their Year 9 opponents. Another great victory - well done to Ruvimbo Mutembwa and Lauren Egan who ran tirelessly for the team and provided many shooting opportunities for their team mates.



U14 English Schools Cup AHS v North School, Kent

The U14 team have made the regional rounds of the U14 National Cup after an amazing display of team basketball which resulted in a massive 104-25 victory. The team work on set plays was amazing and the quality of finishing made it an impossible task for their opponents. A very promising start to the national cup - we might start charging spectators to watch this standard of basketball! Well done to: Ella Ross, Sophie Woodman, Onyi Okoye, Hattie Bell, Niamh Durrant, Isobel Mathews, Millie Lowrie, Macy Cooke, Hannah Davis, Jasmine Orriss and player of the match Maiwa Banda. **Mrs Arber**

Squash

AHS Squash club on Mondays and Thursdays at AGS, coached by Mr Withey, is regularly supported by 10 -12 girls from all year groups. There are the more experienced girls who represent the school in matches but also several up and coming players whose games are benefitting from the sessions and making steady progress. Anyone interested in coming over and trying out squash or racketball just make your way over to the AGS courts after school on Monday or Thursday. Details of what kit you need, payment, etc can be found on the school's website.

The teams played in 3 different competitions this season: Bucks Junior League, National Schools Under 15's and National Schools Under 19's.

Our team playing in Bucks Junior League on Sundays has been represented by Molly Woods, Emily Withey, Imogen Gibbs, Hannah Mathews, Mia Gilbert, Kaycia Socrates and Frances Dobbs. They played extremely well, losing only two of their matches. It is very close at the top of Division 4 but we are in with a good chance of winning the league and being promoted next season.

In National Schools our Under 15 team of Imogen Gibbs, Emily Withey, Hannah Mathews, Isobel Mathews, Kaycia Socrates and Frances Dobbs finished third in the group stage. The Under 19 team of Molly Woods, Sam Elson, Imogen Gibbs, Emily Withey, Maisie Glock and Mia Gilbert finished second in the group stage, winning 2 of their 3 matches. This young team has excellent potential for next season's entry in the National Schools Championship.

Sally Withey



Cross Country

EIGHTEENTH SOUTH-EASTERN SCHOOLS CROSS COUNTRY CHAMPIONSHIPS

Cross Country runners from Years 7-12 took part in the Bruinvels Trophies on Sunday 26 February 2017 at Harrow School. The challenging 2.25 mile route led the girls around the playing fields, through the school's farm, golf course and back to the finish line. At this event there is only one girl's race. AHS team finished just outside the medals in 4th place but a fine result for the young squad out of the 16 teams involved. Year 9's Emily Johnson stormed home in a best ever finish for an AHS student in 5th place. She was followed home by Lucy Perkins 21st, Zara Brooks 29th and Year 7's Emilia Rock was home in an amazing 31st place. Our 'older' athletes Tilly Green, Louise Holden, Megan Westrophe, Daisy Wade and Nicola Sparkes represented Years 10, 11 and Year 12 in the race and all produced fine runs. But it was the grit and determination of our young athletes which shone through on the day – well done to Hannah Davis, Emma Philips, Issy Johnson, Lauren Egan, Hannah Whitby and Erin Thomas for completing the challenge of the Harrow course. The highlight of the day after a good run is always the Harrow teas.



Buckinghamshire County Cross Country Championships

Year 7

Well done to the Year 7 Team who came third at the County Championships out of 13 teams and 108 runners. Emilia Rock came home in 8th place and was selected for the county team to run at the national finals. Laura Goble 16th, Issy Johnson 24th and Emma Phillips 36th made up the team's score. Aylesbury High had one of the largest number of runners in this event with Eva Pudney, Hannah Whitby, Lauren Egan and Erin Thomas all representing the school at the championships for the first time.

Junior Girls Years 8/9

We had high hopes for our junior girls team at this event and in spite of injuries to Hatty Bell and Millie Carey, and Emily Johnson running with a heavy cold, the team managed a fabulous second place overall. Emily Johnson 13th Zara Brooks 17th, Olivia Robson 30th and Isabel Barnes 31st were the scoring runners. Hannah Davis, Lucy Perkins and Nikki Melsom all packed well in the mid 30's-40's. Charlotte Tidbury and Hannah Smith, both running for the school for the first time, were not to be beaten by the hilly course. Amazing effort from all.

Inter Girls and Senior Girls

The inter girls' Tilly Green produced a determined run in 21st place and was supported in achieving 6th place overall with good runs from Elisabeth Hamilton, Nicola Sparkes and Louise Holden. New students Emily Bannister 5th, and Megan Westrophe 11th teamed up with Leonie Glasson 7th to run in the senior girls race. Always a high calibre race with many club athletes, the girls should be proud of their achievements. A big thank you to Mrs Bell and Mr Appleby for their team managing and marshalling. **Mrs Arber**

House Dance 2017

The stimulus for House Dance this year was the painting “Girl before a mirror” by Pablo Picasso. I asked the Year 12 dance captains to take the original stimulus, research it further and from this create a theme to base their choreography around. Ascott presented a dance about the effects of Alzheimer’s; Claydon showed the suffrage of women throughout time; Hughenden’s dance was a narrative about a young girl obsessed with self-image and the damage it can cause; Missenden explored the time periods and influences of Picasso; Stowe interpreted the colours in the painting to link to various emotions and Waddesdon’s piece was a narrative about a young girl who takes the wrong path in life into a world of drugs and crime. All six houses worked extremely hard in the lead up to the event and produced a fantastic show full of original choreography, energetic performances and engaging use of costume, lighting and props. The judging took place over two nights and they were impressed by all of the houses and commented particularly on the professionalism of the girls’ performances as well as their attention to detail in all aspects of their choreographies. Hughenden took third place, Ascott were second and Missenden were this year’s winners. Congratulations to all dancers, captains and technical teams on all your hard work and for putting on a

fantastic week of shows.

I couldn’t be prouder!

Miss McKendrick



House Dance winners, Missenden

House Music 2017



We were treated to some wonderful performances in our House Music competition this week. Missenden kicked off the concert with a rousing sea shanty and Emily Sampson, who won best instrumental solo, beautifully playing Phoebe Unsworth's composition. Ascott showed us how to make the most of life with an energetic performance of *We Are Young*, featuring a stunning winning solo from Sasha Appleton. Camouflage-clad Claydon gave an arresting performance of *Survivor*, which was named best choral performance and Stowe intrigued us with their Top Secret theme, where Charlotte Gross and Daisy Williams had arranged a cunning James Bond medley. Elena Stamp had also created a clever 'cats' medley to top off their colourful *Alice In Wonderland* theme, which won best instrumental arrangement and Waddesdon finished off the concert with Libby Moreton's winning choral arrangement of *Paradise*. Congratulations to Stowe, who won overall, and a huge well done to our talented House Music Captains and all who took part for all their hard work this term—it was definitely worth it! **Mrs Queralt**

