

Highlights

February 2019



Will you, won't you, will you, won't you?

Inertia is very tempting, and it's normally easiest to say, "No", or "Can't be bothered" and staying firmly in one's comfort zone, and under the real or metaphorical duvet.

However, AHS students have been busy 'seizing the day' this half term and making the most of every opportunity as will be apparent when you read these pages.

Our ears are still buzzing from two wonderful House Music evenings where the 23 Year 12 House Captains did a great job organising 201 performers to interpret the theme of *Inspiring Women*.

Looking forward, a good number of students (167 at the last count) are travelling to Washington, Spain (2), Gibraltar, France and Italy over half term, so bon voyage to all of them.

As will be evident from *Highlights*, students and staff alike have put in an enormous amount of effort this half term, both in and out of the classroom, so I hope everyone has a well-deserved break next week and, whether or not on a school trip, returns refreshed and ready to make the most of every opportunity that turns up at AHS - if in doubt, go for it!

Alan Rosen



Aylesbury High School

Prepare, Challenge & Inspire

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Congratulations

German Debating Competition

At the end of last term, four students from Year 12 competed in a German speaking competition against the Royal Grammar School, in High Wycombe, organised by the Goethe Institut. We had to debate the question “Should a year abroad in Europe be compulsory for school children?” Aylesbury High School was given the ‘for’ argument, arguing that a compulsory year abroad in Europe would be beneficial.

It was really tough debating in German, with only brief notes to help us, but it definitely improved our confidence. Unfortunately, we didn’t make it through to the next round, as the boys from the Royal Grammar School were just a bit better than us, but it was good fun, and we would definitely recommend it for the future.

Eleanor Terrett 12A



Congratulations

Redshift Racing at the F1 In Schools Regional Finals

For the past 5 months, we have been working to design, manufacture and present a scaled down F1 race car for the National F1 In Schools competition. In addition to the car, the teams must put together a presentation, portfolio and display. Each team member has played a vital role; Sita Mojaría acted as Team Manager, Gul Kaur used her developing A-Level physics knowledge to become the team's Design Engineer, both myself and Pritika Ganguly acted as Manufacture Engineers, Gauri Mojaría played a vital role as Resource Manager and Amelie Austen was our Graphics Designer.

On the day itself, we raced, presented and explained our engineering methods to a variety of judges, ranging from aerospace and motorsport engineers to business and marketing directors. We were delighted to pick up multiple awards, including verbal presentation, team identity and fastest car. We ended the day placing 3rd overall in the London North regional development class, and will now be competing in the National Championships in Chester in March. Now all we've got to do is fundraise enough to get there - please see more details on the next page! A big thank you to all of our sponsors who've helped us this far, and to the Technology department especially for their support. **Emily Reynolds 12H**



Can you help us?

REDSHIFT RACING F1 in Schools

**11-12
MAR**

NATIONAL FINALS

Having made it through the regional finals, our team is now looking towards the national finals this march. We are improving the designs of our car, our pit display and our team identity. This project focusses on our resourcefulness as a team, and as such we need to raise money through sponsorship deals and fundraising to provide the commodities we need in the competition.

SPONSORSHIP DEALS

Any funding or donations that you can provide will be amazing for us as we can use this to develop our car and gives us the opportunity to make it through to the world finals of the F1 in Schools competition; in return, your company logo will be displayed on our pit display and uniforms in front of a national stage.



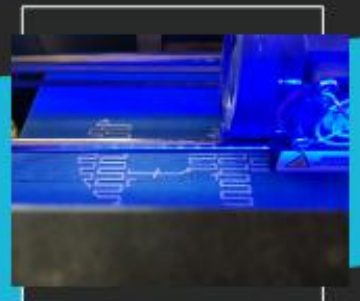
COMMODITIES & SERVICES

As well as funding, our team would be grateful for any other help you can give; such as large format printing, innovative merchandise and display items. We'd be amazingly grateful for any donations given!



CONTACT US

If you think you might be able to help us in our journey to the F1 in Schools National Finals, or would like to find out more, please don't hesitate to contact us on the email below, or visit our website at <https://redshiftracingahs.wixsite.com/redshifotracing>



redshiftracingahs@gmail.com

Congratulations

Future Chef Competition 2018/9

On 11 January we took part in the Future Chef competition at Aylesbury College. We and seven other contestants had 90 minutes to complete a main course and dessert for two people. Although neither of us managed to get through to the next round, both of us really enjoyed the experience and learnt many useful skills and techniques from the three professional chefs. Time management was key in order to complete both courses as well as learning to adapt to the new kitchen environment.

After presenting our meals, we were fortunate to be able to discuss our strengths and weaknesses with a famous chef from The Landmark Hotel in London. He was able to give us constructive comments in order to improve our cooking styles, techniques and presentation in the future. All the extra knowledge that we gained will be extremely beneficial for our GCSE Food Preparation & Nutrition exams. We felt honoured to be able to represent the school and were inspired to apply for the competition again next year. Most importantly, we especially enjoyed eating our dishes afterwards!

Annie Thorndike and Sophie Barrett Year 10



AHSixty Cake Off



Congratulations to our winners:
Chantelle Arulanandam 12J, Hannah Bush 8C, Mady Carter 8C, Rifaah Choudhury 7H, Sophie Flecknell 13A, Caitlin Maggs 8S, Katie Pine 9A and Aditi Sharma 8H.
We look forward to the grand final which will take place amid our other 60th birthday celebrations on Saturday 6 July - save the date!



Year 8 Outward Bound

In January, Year 8 had the opportunity to spend a week in Aberdyfi, Wales. In the five days we were there, we made many new friends, we were pushed outside of our comfort zones and overall had one of the most amazing experiences ever. We had the chance to participate in numerous fun activities, including gorge walking, mountain scrambling and sleeping in a log cabin. We are very grateful to all of the teachers and instructors who supported us along such a great journey.

Shaiyana Suresh and Vivian Sellors 8C



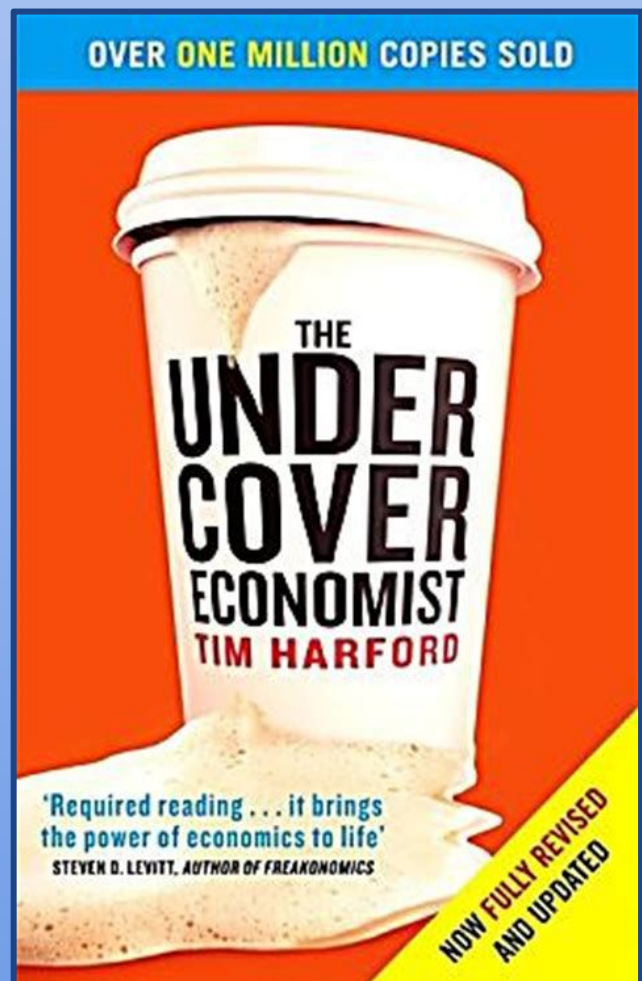
Curriculum

During wider reading for our economics course, we discovered *The Undercover Economist* written by the award winning economist Tim Harford. After finding out that he and his siblings attended the High and Grammar Schools, we invited him to speak to students and parents.

Tim Harford delivered a fantastic speech on the topic of statistics and how they can not only help us but can also be used to deceive us. He discussed the way in which statistics can be used to prove a point and also emphasised the way in which statistics are commonly used to introduce doubt as well giving tips on how to recognise reliable statistics.

We'd like to thank the Year 12 students, the economics department and everyone else who helped organise the evening . Thank you to everyone who attended and for those who could not be there, there will be a video of the talk on the website shortly.

Anika Kiadhra 12Y



Curriculum

Year 12 Psychology Experiments

For our first psychology project we worked as a team to investigate the question: 'How does syntax affect the recall of a list of words?' Before we could start we had to choose the sample group, create a hypothesis and choose the conditions for the participants.

Creating this experiment was quite a big responsibility as we had to carry it out as if we were psychologists in the real world, ensuring we had considered ethical issues such as consent and debriefing.

After carrying out our chosen experiments we had to present our results to the class, followed by a seminar style discussion. On our A3 poster we critically analysed what we had found by answering questions such as 'What do you think were the possible reasons for your outcomes?' and 'What were the weaknesses of your methods?'. We found that for our next project we should use a wider range of people such as men or women of a different age, as we were very limited with students aged 16-18; therefore next time we should be able to generalise our results. We really enjoyed this project and can't wait for our next experiment!

Abbie Garton, Olivia Forster, Kisani Vigneswararajah and Kiera Hollings - Y12 Psychology Subject Ambassadors



Music



Well done to all the students who took part in last term's Christmas Concert. It was an eclectic programme of super performances. Particular highlights included the ominous opening of Berlioz's March to the Scaffold (from Symphonie Fantastique) performed by Symphony Orchestra, the new Year 13 band 'Taking Back July' and Annie Alocious's beautiful carnic singing.



Thank you also to all the students who came along to Bartlett Residential Home in Stone to sing carols for the residents.



The Winter Concert and Carol Service was a festive way to end the term, set in St. Mary's Church in Aylesbury. The choir sang the carols beautifully and finished the evening with a lovely performance of Moon River. The a cappella group wowed the audience with Beth Lewin's arrangement of O Holy Night.



Ms Raven

House Music 2019



Thank you to everyone who entertained us with two fantastic evenings of music, and to the staff, tech team and support staff who helped make it possible.

- Best large choral performance:** A Million Dreams, Claydon
- Best choral arrangement:** Power to the People, Beth Lewin
- Best instrumental arrangement:** Charlotte Thompson
- Best small choir:** Hey There Delilah, Hughenden
- Best solo:** Roseanna Schmidt
- Best small ensemble:** Space Jazz Medley, Stowe



3rd Claydon 2nd Ascott 1st Hughenden



Sport

Well done to all our U13 and U15 cricket teams who played brilliantly in the Lady Taverners tournament. Our U15 girls are through to the next regional round, following a strong batting performance, accurate bowling and tight fielding.
Rachael Jackson



Secondary Schools Tennis Cup

Ellen Harding and Allegra Michopoulou represented AHS in the Tennis Cup last month and progressed through the round robin stages to meet SHFGS in the final. Although SHFGS won in the end, our students played more tennis than anyone else and did a super job. Head Coach at Halton, James Morgan said, "They played really well in the final and it was hotly contested. You have two great little players there!"

Mrs Carey



Badminton

On Friday 8 February, we took two badminton teams to Stoke Mandeville for the County rounds. Both KS3 and KS4 teams were placed into tough pools consisting of Royal Latin, Dr Challoners, Wycombe Abbey and Buckingham.

The tournament began with some tough singles matches, resulting in a win for Olivia Jophy and Yi-toong Yee. The KS4 team battled it out to come second overall in their pool, meaning a semi-final match against Royal Latin. After a loss in the first singles match, we pulled a match back in our first doubles with Kate Neville and Chloe Wright, making it 1-1. Jessie Mace pulled out a huge win in her singles to make it 2-1. Royal Latin then fought back in the doubles to put it back to a 2-2 draw. The final match saw some amazing badminton, and a 3-2 win over Royal Latin. The girls deserved the win with their great attitudes and effort. In the finals they played Dr Challoners, who just beat us 3-2 overall.

The KS3 team consisted of new players to the tournament, meaning most of them had never played with one another before. They quickly overcame this hurdle and won their pool overall, meaning a semi-final against Dr Challoners. The girls played very well and won 4-1, taking them to the final against Royal Latin. Yi-toong and Sahithi played some challenging singles matches that were very close. Varsha and Tasmiya played some incredible doubles to pull off a win to take it down to the last match. The girls gave each other plenty of support, and I could hear them cheering each other on from the other side of the sports hall. They fought to the end, but unfortunately lost 3-2 overall.

The girls played an extremely high level of badminton on the day and should be incredibly proud of coming second in the county in both age groups!

Miss Daniels



Basketball

Amazing Junior NBA opportunity for Team AHS Basketballers

50 girls from Jr. NBA Basketball England League schools in London and Buckinghamshire enjoyed a once in a lifetime clinic last month as part of the NBA and WNBA's "Her Time To Play" initiative. Hosted at London's CitySport, the lucky players from schools in Hackney, Southwark and Aylesbury were put through their paces in a number of fun and engaging drills involving shooting, passing, dribbling and defence under the watchful guidance of three-time NBA champion Bruce Bowen and Team England Commonwealth Games Silver Medallists Georgia Jones and Siobhan Prior. The group then came together to compete in a number of small sided games before enjoying a highly informative Q&A session.

Bruce Bowen said, "I love this kind of stuff, the stuff that's beyond the game. The game has really grown. The Jr. NBA is growing as well and these young girls can see that they can contribute to the game of basketball. It's about continuing that process, especially at a grass roots level." Bowen, Jones and Prior were able to join in with a number of the activities throughout the afternoon, sharing tips, tricks and advice to some budding new players. The session finished with a Q&A where the children were able to ask the stars how they got started, what inspired them to play and how old they were when they first got into the game.

"I think interacting with these kids is so great, watching them learn," said Jones. "It's a fantastic first experience for them to be here, and it's really inspiring to see so many kids here enjoying the game as well! Hopefully they'll play for a long time to come."

Mrs Arber



Cross Country

Bucks Cross Country Championships

On 6 February, a team of AHS runners took part in the Bucks County Cross Country Championships. The event took place at a national cross country venue, the beautiful grounds of Stowe School. Whilst the course was particularly challenging with a number of tricky hills, most of us agreed that it was actually a great course. There was a strong team spirit on the day and everyone gave their absolute all - we were all proud finishers. There were some excellent individual performances, with Payton Carter, Emily Johnston and Nicola Sparkes all receiving county places for the next round. The inter team secured first place medals. We are looking forward to our next competition at Harrow.

Millie Carey 10A



Swimming

In our recent inter-school gala our team did exceptionally well, gaining many first places in the races and with our senior breaststroke swimmer even managing a gala record for the 50m breaststroke with a time of 38.04. For this particular gala we came second overall. With just one gala left, we currently stand in first place for all the galas by a clear 38 points (and would of course like to remain there) with our juniors in first place, our seniors in second place (only one point from first) and our intermediates in fourth!

Our hosts were wonderful, even keeping us sustained with delicious sandwiches and doughnuts as well as juice boxes and tea and coffee after the event. Although Wycombe came through as winners this time, we're sure we can pull through in the final gala and retain our first position.

The Senior Swimming Team

