

Highlights

Summer 2019 - 2



*If you want something done,
ask a busy person*

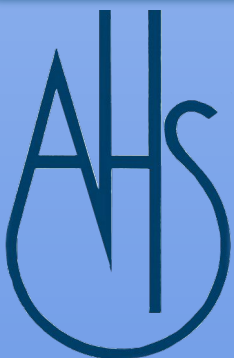
Here's a selection of the breadth and depth of activities which Team AHS has been undertaking over the last few weeks.

We never seem to have a quiet time of year and this half term has been no exception, with competitions, trips, performances and the 60th to keep us occupied and entertained.

So well done to all students for your perspiration and determination, to all staff for your inspiration and innovation and to all parents for your continued support.

I hope everyone has a well-deserved holiday and (for those returning...) you come back in September with batteries re-charged, ready for another action-packed year at AHS!

Alan Rosen



Aylesbury High School
Prepare, Challenge & Inspire

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Congratulations to ...



National Athletics Finalists

Congratulations to Hannah Whitby and Emilia Rock in 9S for progressing all the way to the ESSA National Finals in the Relay and coming fourth!

And to Emilia for the amazing achievement of winning the National Girls 300m - and breaking the record! Wow!

Mrs Arber

Helena Rowlands Ex AHS Student in England Rugby Team

Helena let us know that she has just got back from the 4th leg of the World Series in Japan, in which we came second!

She says: 'There were huge improvements in this tournament and we are taking a lot of confidence in to our next world series tournament in Canada in 2 weeks time'.

Good luck Helena, we are all cheering you on to qualify for the Olympics.

Mrs Arber



Congratulations to ...

"Highly commended" at BASE Business and Accounting National Finals.

This half term four Year 12 Economics students - Emily Critchlow, Megan Gormley, Jess Trueman and me, entered the Institute of Chartered Accountants of England and Wales (ICAEW's) BASE competition. Over 1400 teams entered but only 48 got through to the final at the Birmingham International Hilton hotel.

The task was to create a business proposal by working through an ICAEW case study. We had to choose an appropriate charity to support and act as consultants to form a strategy for the business. We gave a presentation and answered some challenging questions on our plans and their financial and ethical implications.

After a fantastic three course lunch, the awards were presented. We were all really excited when we were presented with the "Highly Commended Award" recognising the work and skills we used that day. The experience was a new one which allowed us to engage in a business challenge whilst simultaneously learning and developing new skills that can be used for the future. The event also gave us the opportunity to meet and network with influential people in the industry.

Ishi Prematillaka 12B



Congratulations to ...

Well done to Amy Furlonger in 10W, whose rowing team competed in the National Schools Regatta on Friday 24 May. This is the biggest junior national event of the racing calendar, with over 5000 competitors from schools and clubs across the UK, held at the London 2012 Olympic venue, Dorney Lake. Amy and her team won a bronze medal in the Junior Girls 15 Championship 8s. And Amy is just back from representing Great Britain against France!



Congratulations to Iona Esslemont in 7H, who represented AHS at a fencing competition hosted at Foxdell Junior School. After competing against all the other participants of the plate competition she placed second overall, achieving a silver medal.



...and to Katharine Esslemont in 9H for completing the 10 mile Florence Nightingale 'midnight walk the night' for a very deserving cause.

Mrs Carey

Congratulations to ...

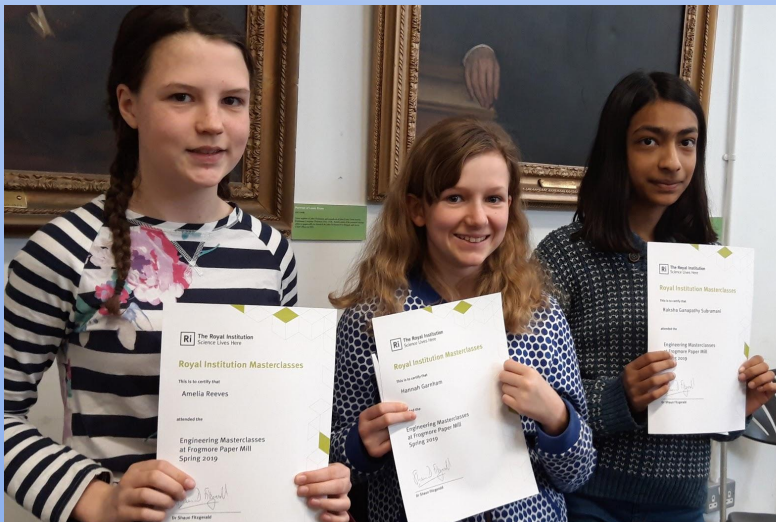
I was lucky enough to be selected to represent Central England at the Royal Windsor Horse Show and Junior Internationals (where I also represented England) for TETRATHLON in June this year. TETRATHLON consist of 4 discipline, swimming, running, shooting and Cross County Horse Riding. It's a great sport and I have made lots of friends.

We came 2nd at Royal Windsor and I was placed 10th individually at Junior Internationals and was lucky to be 1 of only 13 (out of 103 girls) to ride clear.

Isabella Barnes 10S



Engineering Master Class with Ri



From January to March this year, we had the opportunity to participate in Saturday morning engineering workshops at the Paper Mill in Apsley.

We met new people and learnt about how engineering is part of everyday life, from car safety and roll cages to aqueducts and teamwork.

Each week there would be a new challenge: from making the tallest structure out of spaghetti and marshmallows, to building a structure to withstand an earthquake (which we won). We also had to make a car that could be crash tested by a bus rolling down the hill and a Kinex Mars rover.

Overall it was an experience that gave each of us an insight into engineering in the world surrounding us and how it is used to make our lives safer and easier.

Amelia Reeves 9C

Congratulations to ...

Onyi represents GB at U18 Basketball

Congratulation to Onyi Okoye in 10H who was one of 20 girls selected to represent Great Britain at U18 level. The tournament took place at the National Performance Centre in Manchester, with the GB squad being split into 2 squads. This was a great opportunity for Onyi who is only in Year 10 to gain valuable court time at such an elite level. It was a great weekend for Onyi, as her team won the tournament - a great end to the basketball season.

Mrs Arber



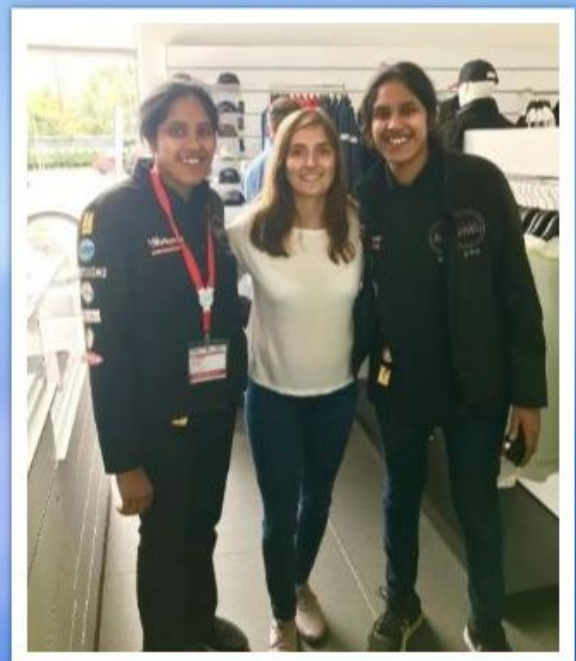
Congratulations to the Racing Team for a successful second race event at Goodwood with the team hopefully through to the International Final at Silverstone.

Read on for more F1 in Schools news! **Mr Cook**

F1 in Schools

On Wednesday 10 July the F1 in Schools team travelled to the Silverstone Porsche Experience Centre where we were promoting F1 in schools as part of the Dare to be Different event. Throughout the day we talked to younger girls about getting into engineering and the F1 in Schools competition.

It was great to meet women within the motorsport community, however we were most excited with the arrival of Claire Williams (Principal of Williams F1) Tatiana Calderon (Formula 2 driver) and Susie Wolff MBE (below clockwise from top right).
Sita and Gauri Morjaria



Rampaging Chariots!



On Saturday 22 June three teams of students from Years 9 to 13 attended the Rampaging Chariots robotics competition where we competed against 11 other schools, navigating our machines around an assault course, as well as sumo, tug-of-war and football tasks.

My team and I worked alongside some of the apprentices and other staff throughout the day, improving our design for our future robot BB8. Getting to talk to the staff, all experienced in different areas of engineering, taught us a lot about how we can go on to design better robots and use these skills in our future careers. Peter Bennett, the founder of the competition, helped us fix up R2D2, as well as instructing us in our designs for BB8.

Being part of the Rampaging Chariots team since I was in Year 7 has been a definite highlight of my time at AHS. As my team now prepares for leaving the school, we will be taking forward everything that we have learnt whilst working on these robots, while passing on to the Year 10 team, who this year competed with their turtle robot, Mikey. For most of the Year 9 team, it was their first time attending the event and each year there will be a new group of younger students testing their hand at creating a robot. We are proud to be one of the few all-female teams at the event and hopefully being able to inspire future teams, both in our schools and others that we may meet.

Leonardo, as a company, offer work experience for students in all years, allowing them to see into the world of working in the high stakes engineering industry. Three years ago Anna and I completed a week's work experience in Luton, where we worked together to explore the different areas involved in developing a final product in engineering. We got to learn about the various applications of engineering and the importance of developing "fit for purpose" solutions. Even though the applications are closed for this year, there are still opportunities to take, and get a head start on CVs for autumn applications, so do have a look here as we would highly recommend it:

<https://www.uk.leonardocompany.com/en/people-careers/placements/work-experience>



Anti-bullying Training

On 27 June, we took part in some anti-bullying training from the Diana Award at Aylesbury Vale Academy. We met with other students from other schools in Aylesbury and participated in lots of fun and interactive activities. There were also many educational videos and talks on recognising and tackling anti-bullying, whether it be in person or online.

All of us thoroughly enjoyed the day and learnt ways of handling issues and supporting peers effectively. One thing we felt would bring quite a challenge to us is to be able to get people to speak out about bullying and to make people realise that they aren't on their own.

Inspired, we have decided to run our own campaign in school to promote anti-bullying, spreading awareness of the ways people can get bullied and essentially, just to make sure that everyone feels safe and happy in and out of school on a daily basis. We found the training really interesting and we look forward to helping everyone around school!

Anisha Jain 10M & Vrinda Aggarwal 10H



Chamber Choir

Back the Back Launch Concert

We started our day on the train heading to London for the concert, in St Marylebone Parish Church. We were greeted by a large group of professional singers warming up in the church which had huge stained glass windows.

We started warming up and after got to watch the singers sing their songs. The Firth choir were amazing and we were all in awe as they began their first song. Soon after lunch, it was our turn to sing in the gospel medley!

Before we went on to perform we were given green ribbons to put on our black concert clothes. The atmosphere during the performance was brilliant; It was really fun and we all sang our hearts out.

Diya, Anushka and Khaya 7M



Duke of Edinburgh

Duke of Edinburgh's Award Expedition Season

This half-term has seen the DofE expedition season in full swing with two Bronze qualifying expeditions in the Chilterns and a Silver practice expedition in the Cotswolds, as well as girls on Gold completing practice expeditions with Expedition Wales independently.

Bronze

Over 140 Year 10s completed their Bronze expedition in June, half of them on the hottest day of the year! They all did incredibly well. Many had never been able to read a map properly, put up a tent or cook on Trangia before they started their training, and so they were justifiably very proud of themselves when they finished.

Silver

46 Year 11s also survived heat and humidity in the Cotswolds and are now gearing up for their qualifying expedition in the Peak District at the end of term. This year we planned both sets of Silver expeditions to take place after the end of the GCSE exam period, enabling the girls to enjoy some welcome time outside and in the fresh air, after all that indoor revision during study leave.



The rest of the award

People often think DofE is only about the expedition, but in fact this is just one of four sections (five at Gold) that students complete to gain the award. For Bronze and Silver, girls must also complete a Skill, Physical and Volunteering section and for Gold, they also go on a 5 day Residential. At the start of this calendar year DofE South East conducted student surveys and interviews about DofE at AHS, as part of our licence review, which takes place every three years. The results were extremely positive and really highlighted the strengths of the DofE programme in general and how it is run at AHS. Particular comments from girls included:

- “It got me involved in activities I always wanted to give a go but never got round to doing and it gives me goals to reach.”
- “Boosted my confidence to both lead a group and be part of a team.”
- “I've learnt valuable skills and have got to know my community better through helping it “
- “Made me a stronger and more resilient person and allowed me to recognise my strengths and weaknesses “
- “ It helped me become more organised and independent as I planned all my activities.”
- “It has improved my leadership skills as well as my ability to navigate.”
- “I have been able to make many new friends and it has really helped me to develop my confidence and socialising skills.”
- “It has allowed be to grow more confident and challenge myself to get out my comfort zone. It has given me the chance to enhance and apply many skills.”



DofE involves a huge number of staff at the school who volunteer by being assessors, DofE leaders and coming on expeditions. All of these tasks are done as an ‘extra’ through staff volunteering their spare time and energy, so a huge thank you to all involved. And of course, parents play a vital role in supporting their daughters to complete the different sections and get ready for expeditions, so a big thank you to you as well. Next year’s cycle has already begun with over 160 Year 9s making a start on Bronze. A very big thank you and well done to you all! **Mrs Saunders**

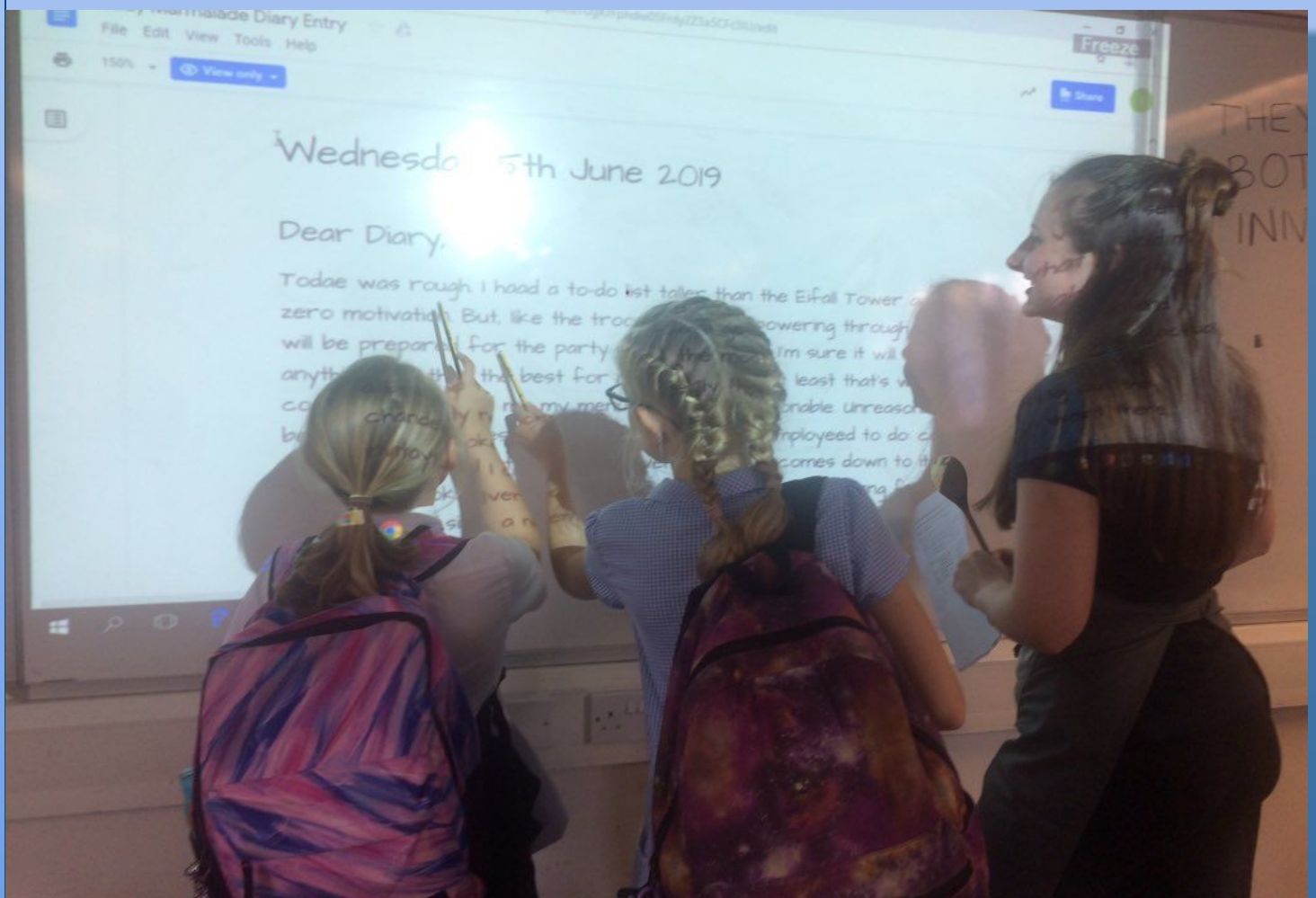
Primary Outreach

During the past year, Year 12 Primary Outreach students have been visiting Aylesbury primary schools to deliver Maths and English clubs on a Monday afternoon. The climax of the year occurred last Monday when we invited all the primary students to AHS to take part in either a inter-primary school Maths Challenge or a Murder Mystery Creative Writing afternoon.

While the English students investigated our Walton Grange crime scene and completed a series of fun writing tasks in order to find out what had happened to Lady Marmalade, the Maths group put their primary students through their paces with various challenges including crossnumbers and relays. It was really hard to tell which school had won because the competition was so tight but in third place came Bearbrook, followed by Stoke Mandeville and the winners, Turnfurlong. Everyone received a reward for participating because trying is just as important!

Special thanks to Mrs Queralt and Mrs Lu for helping everyone make the day happen!

Tobin Tica Year 12



House Events

Year 7 House Maths - Results are in! It was a tight race with only one point separating 1st and 2nd place! 3rd place - Hughenden, 2nd place - Missenden, 1st place - Waddesdon! Congratulations to all participants. Everyone was really nervous about House Maths but we pulled it together, worked as a team and came out first. Our poster on the NASA Hidden Figures was very informative and everyone, including us, was very proud of our win. **Palak Modhwadia 7W**



House Dodgeball

Year 9 were looking forward to a fun game of rounders, but due to England's unpredictable weather, house rounders turned into an intense house dodgeball competition!

After some extremely competitive matches, and lots of shouting and screaming, balls in the face and questionable throws, the results were in!

And the Year 9 champions were STOWE!!!! We really enjoyed dodgeball and hope next year it will become an official house event!

Hannah Whitby 9S

French Trip to Picardy

Upon arrival at the centre, we got straight into our archery and water sports activities to recover from our very early start! The next morning, we departed for Laon where we learnt how paint is made from plants, and then we created our own masterpieces. In the tour of Laon, we learned about the cathedral, and then found out about Napoléon's life and family at the Palais Impérial de Compiègne.

Next stop Paris! After taking an excessive number of photos at the Eiffel Tower, we visited the Louvre and managed to see the Mona Lisa before visiting the Invalides to see Napoléon's tomb.

The next morning we departed for the visit to L'Historial de la Grande Guerre in Péronne, where we looked in further detail into the war from the perspectives of different countries and how it affected them in different ways. We gained a better understanding of just how difficult life in the trenches was.

Overall the trip was fun and memorable, and we would like to give a huge thanks to Mademoiselle Billon, Madame Aston, and Mrs Smith.

Sophia Archer & Becky Lewis 9C



Activity Days

From STEM and Creative Arts Days, Enterprise workshops and International and Wellbeing Days with trips to Nottingham University, Ashridge, Docklands and the Black Country Museum, our students experienced some fantastic learning outside the classroom this term! Many thanks to all who organised these great activities!



Drama Trips

Mamma Mia

On 15 May, Year 9 had the opportunity to go to London to see the well known musical Mamma Mia. It was my first time watching Mamma Mia and I was not disappointed. We couldn't keep our eyes off the stage as we enjoyed the very well known songs - especially at the end where we all joined in with the sing-along. Although it ended late and I was very tired for school the next day, it was an experience that many of us enjoyed and will remember for a very long time.

Yi-Toong Yee 9H



Matilda

On Wednesday 12 June, students from Year 8 took a trip to London to watch the popular west-end musical "Matilda". The show was absolutely wonderful! The cast was mostly children, so as a group of young people ourselves, it was really inspiring to see all those talented people on stage that many of us aspire to be in the future. I would love to be an actress one day, so this trip was great for me, as it gave me a real taste of the thrill of performing on stage, and I'm sure many people will say the same.

Elysia Drew 8C



Art

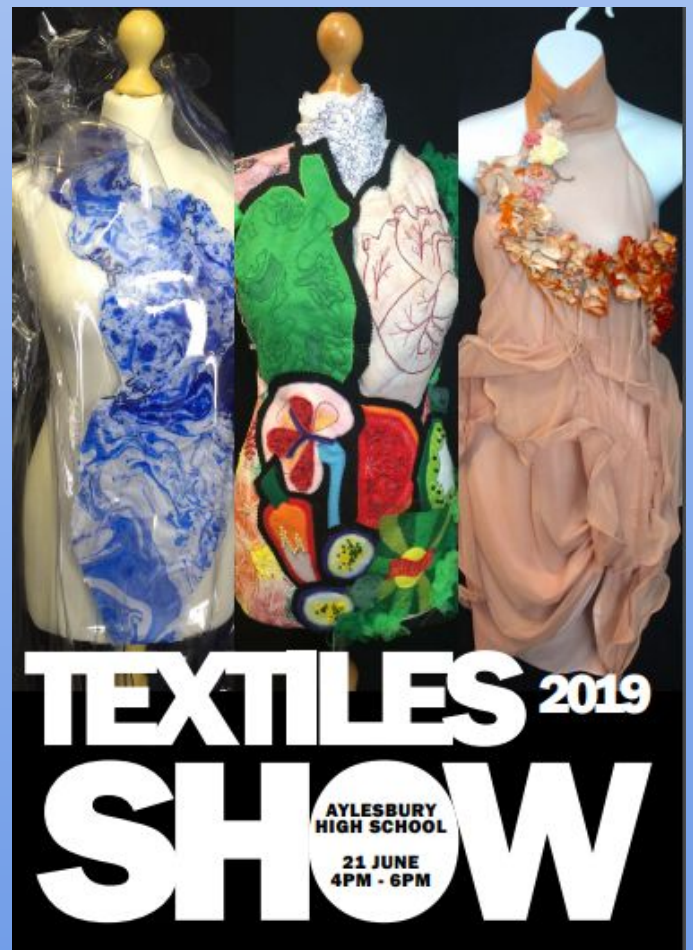
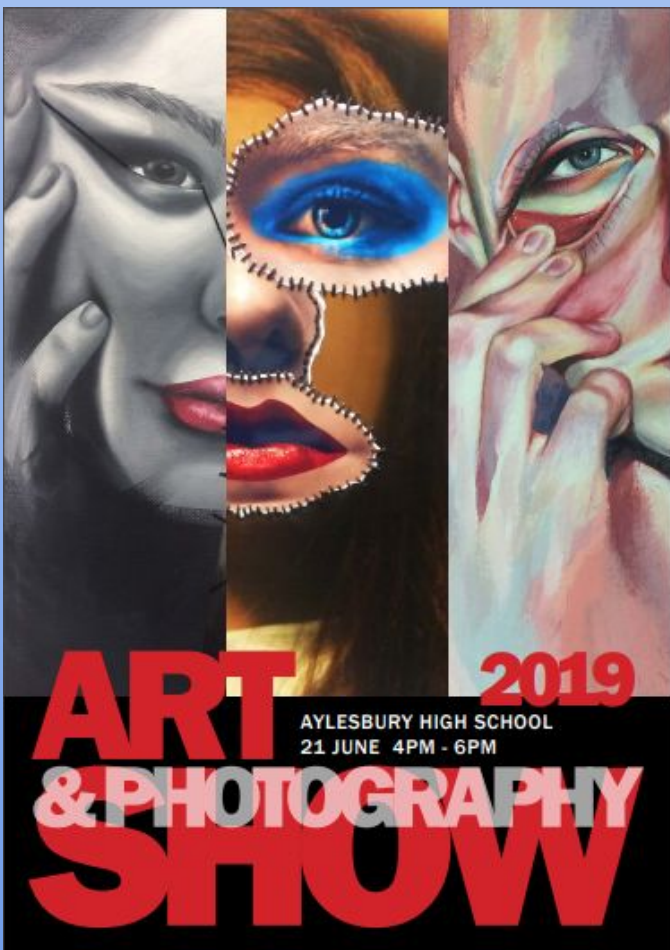
Summer Show

On a sunny evening on 21 June the art department opened its doors once again for the annual summer art exhibition, an event to celebrate the success of all the students' work from GCSE art and textiles, A Level Art and AS Photography. The rooms were busy and it was great to see students talking about their work and showcasing their favourite pieces.

Alongside our essential sketchbooks, many larger pieces were on display, including installation pieces, paintings and photographs, dresses and sculptures - all of which made for a vibrant and eye-catching exhibition.

Art is certainly not a subject which comes without hard work and effort, but the dedication and discipline which is required to juggle traditional academic subjects and homework alongside a freer creative subject is something which could easily be seen in the exhibition. Maintaining a creative element at school, up to and/or beyond GCSE allows students to continue to be expressive and sometimes the creative subjects just give us a welcome break, a chance to find something more relaxing, but at the same time incredibly rewarding in their outcomes.

Y11 Art Student



Dance

On 25 June, 25 Year 10 GCSE and Year 13 dance students travelled to Cheltenham for the national finals of the Great Big Dance Off competition. After a rather hectic, traffic filled journey to the regionals heat, I am happy to say that this time around, the trip was much smoother. A big thanks to Megan Gormley Year 12 who filled in for Tilly Green who was unable to be there on the day. The Year 10 students gained excellent performance experience and for the Year 13 students it was a fabulous, final farewell to their wonderful contribution to the dance department over the years. We miss you already Year 13! **Miss McKendrick**



Triathlon

Even though it was a bit drizzly, Stowe was a great event and Jess, Izzy and I had a lot of fun. It's a very friendly event with a lot of parents and supporters there. This event is held at Stowe School (usually a Sunday morning). It is a pool-based tri with the cycle on grass and closed road and the run all on grass. The distances are slightly longer than some other tris but nothing too hard. The race we competed in (Tristar 3) was 300m(12 lengths) swim, 5k bike, 2k run.

Chesham Tri on Sunday involved much shorter distances with 150m(6 lengths) swim, 3k bike, 1.6k run (even less for Year 7 and 8!). Sometimes the distances of Stowe tri scare people so Chesham is a great first triathlon if you're thinking of trying any. On the day the weather was perfect, as it wasn't too hot. Again it's a pool-based tri and the bike and run are all on grass. In her first ever Triathlon, Payton in Year 7 came 6th!

If you fancy trying a triathlon, the Woburn tri is early in September. You will always get a medal and feel proud of your achievement. I would really recommend trying one - come and join us!

Lauren Egan 9S and Jess Chandler 9M



Triathlon

School Games Triathlon

At the School Games Triathlon, students from Years 7-10 combined to make several junior and intermediate teams. It was a great way to mix between different years and meet new people. We competed in the three traditional triathlon events, swimming, cycling and running, in not such a traditional manner. Each sport was competed in a relay style with a 15 minute break in between.

It was a lot of hard work but the whole experience was enjoyable and was made better by our triathlon and aquatics leaders. Our highest scoring Junior team came 2nd with one of our intermediate teams coming 1st which was an excellent result for everyone, as there was a high level of competition. Overall it was a very successful day for all the competitors involved and everyone had a great experience.

Alex Smith 10S



Last week, 11 girls from Years 7-10 took part in a lake session at Queensford Lakes, Oxfordshire, led by Oxford Youth Triathlon coaches, Emma and Ian Keys. The girls learnt how to acclimatise to the cold waters of the lake and techniques such as breathing and sighting in open water along with skills such as swimming efficiently around buoys. They all did amazingly well and hugely impressed the coaches. Many begrudgingly left the lake, aspiring to continue swimming in safe open water sites over the summer and possibly enter open water triathlons in the future! **Mrs Carey**

Tennis

Aberdare Cup Tennis

The Aberdare Cup Tennis team consists of four players, who play matches in a knockout style competition. The girls began their first match just after Easter with Amelie, Lauren, Isabelle and Chloe all having convincing wins.

The second round consisted of a draw against Berkhamsted Girls, who are the toughest competition we have faced so far in the knockout stages. Lauren and Isabelle pulled out some big wins in the singles, making it 2-2. They went onto win their doubles making it 3-2, with Keya and Yi-toong making a huge win in the third set tie-break to win the match for AHS!

In the final match, the girls faced a tough team and tough weather against Claire's Court. They played extremely well with their opponents being considerably older than them and battled it out until the end. Unfortunately, it wasn't to be for us this year but the girls should be very proud of what they have achieved! The Tennis Team also want to wish Lauren and Isabelle the best of luck in September and thank you for your dedication to the AHS tennis team!

Miss Daniels



Amelie Brooks in 7S was lucky enough to attend the Yonex event at Wimbledon last month and met Eugenie Bouchard and Nick Kyrgios

Handball

On 14 May, we went to Surrey Sports Park to compete in the English Schools Handball Regional Competition, after our success at the county round back in November.

We started the day with a 4-1 win against Durrington and then secured a 5-3 win over Toynbee with goals from Macy Cook and Onyi Okoye. After a short break, we had two back to back games which tested our ability to play through fatigue. With a great 6-0 win over Maiden Erlegh with more goals from Macy Cook, Onyi Okoye and Hannah Davis, it showed our new set play was a success.

However, the following game proved difficult, as we lost 3-5 to Christs College. Throughout the day, the level of competition increased, and we finished by playing the hardest team there who went on to win. Although we finished 3rd, just short of the final, there was a great effort from everyone, especially our goalkeeper, Yi-Toong, who had to play without her glasses!

Macy Cook 10C and Imogen Broome 10A



Athletics

County Championships at Stantonbury

On a very wet and windy Saturday, AHS athletes competed at the County Championships at Stantonbury. With the elements against us all the athletes did well to turn up!

In the Year 7 competition Iona Esslemont, Olivia London, Tina Hope, Payton Carter and Scarlett Walters competed in a wide range of events. Both Scarlett in the high jump and Payton in the 800m achieved notable successes with their 4th places - well done to all girls for attending this high level event.

In the Junior Girls (Year 8 and Year 9 event) - Year 8's Victorious Ezeh qualified for the 200m and 100m finals, along with Hannah Whitby who gained 3rd place in the final. Mary Drewett was 3rd in the hurdles with Mady Carter 6th - whilst both being a year young for this age group. Grainne was 4th in her heat in the 200m and just missed out on qualifying for the final. Year 9's Emilia Rock established the junior girls 300m record and was selected for the national finals for 300m and relay. Hannah Whitby will join Emilia in the relay and represent the county in 100m at the national finals.

In the inter girls, Lucy Perkins took a break from GCSEs to become a double county champion in the 200m and long jump - a great final performance in an AHS vest and a well deserved victory. Lucy was joined by fellow Year 11, Emily Johnston competing in the grueling 3000m where she produced a fine run to gain the silver medal.

Well done to all the girls who competed in such adverse weather conditions.

Mrs Arber

