

Highlights

February 2020



100 Days and Counting

Having completed my first 100 days, I have started to reflect on the main points raised. The overwhelmingly positive feedback has been about the vast majority of students being engaged in their learning and a pleasure to teach. They support each other and are inclusive. There are things we need to work on; including uniform (particularly skirt length) and attendance/punctuality. All of the Parental Surgeries, meetings, pupil voice feedback and surveys will now go into building our '2020 Vision'. I will be involving staff, students and Parents/carers as we move forward.



Two events stand out in this busy half-term: Firstly, on Thursday night we had our official Tower Block Opening. Over 80 guests were given tours, talked with students and met staff to find out how this project has made a positive impact on their teaching and learning. Mr Rosen, Mr Chaudhry (Former Chair of Governors) and Year 13 Maths Ambassadors all spoke and Mr Lidington was our guest of honour. Thanks again to all our donors that made this possible.

Secondly, I experienced Aberdyfi with Year 8 and saw the impact of our great enrichment programme (pages 2 & 3). Happy half-term! **Giles Scoble**



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Year 8 Outward Bound

Year 8 students have had a fantastic personal development course at the Outward Bound Centre in Aberdyfi, Wales. Despite some pretty challenging weather, our students showed true resilience and pushed themselves out of their comfort zones – which is what the week is all about! Favourite activities included gorge walking, canoe slides, abseiling, rock scrambling and staying at the cabins. The response from our students has been overwhelmingly positive and it was great to hear how much they think they have learned about themselves – from developing their teamwork, making new friends and realising that they can do much more than they think they can - have a look at a selection of their comments below. **Mrs Queralt**

I found that I could push myself a lot further than I ever imagined and that I am more resilient than I thought - I just have to believe in myself!

I really enjoyed the rock climbing because I went a lot further than I thought was possible, which made me really proud. I found moments of the hike really special as I spent a lot of time with those I wouldn't do usually and laughed a lot.

In the future, I won't be as scared to step outside of my comfort zone, as I've realised I may miss out on something really fun, if I don't try it.

I know now that I can achieve anything I want to if I set my mind to it which has helped me build my confidence.

I am going to go on my phone less, socialise more, and realise there's more to the outside world. It was one of the best experiences of my life. THANK YOU!



Congratulations to ...

Well done to all of our teams, who had a very successful day at the Annual Rotary Club Technology Tournament. Our Year 9 team won the Intermediate class and Year 10 gained 3rd place with another trophy picked for best portfolio.



Congratulations to our F1 in Schools team who took part in the regional final in Harlow and picked up two more awards for their hard work.

A group of 6 AHS students took part in the F1 in Schools Competition. We had assigned roles within the team - from getting sponsors to designing and manufacturing the car. We had to fund, design and manufacture a car, which we then proceeded to race. As well as this, we had to write a portfolio and create a pit display for the judges to assess.

Whilst we didn't win this competition, we did earn 2 awards for our Pit Display and Sponsorship and Marketing. From this experience we all gained confidence and skills in manufacturing and designing the car that we wouldn't have got had we not taken part in this competition. This also gave us valuable teamwork and leadership skills, as we all took responsibility for certain parts of the project. I would highly recommend this event to anyone - do speak to the DT department about getting involved.

Amy Dell 10 W

Congratulations to ...



Huge congratulations to Nyneisha, Libby and Emma for getting through to the Branch Final of the ESU Public Speaking Competition!

Also, a big thank you to English Ambassadors Holly and Sophie for running our Year 7 Speakers' Corner event and to all of the brave Year 7s who took part!

Mr Braniff

Maddie and Bri had a fantastic day representing AHS in the NSEA Show Jumping last weekend.

Maddie had a great ride and Bri won the 70cm class and came 2nd in the 80cm. Bri has now qualified for the Regionals in April.

Congratulations!



Eco Group



The AHS Eco Group now has 4 new Year 12 Eco Ambassadors - Bridget Harrington, Ruby Hancox, Katie Pratt and Fleur Dixon - to continue the brilliant work of Bethan Fox and her team of Year 13s.

Bridget and Mrs Burt took a group of Key Stage 3 students to Challoner's Grammar School earlier this month to attend a Climate Emergency Forum. As well as listening to some inspiring speakers, they thought about how to solve the problem of getting more people to recycle. We have fantastic recycling facilities at AHS, but we need everyone to commit to using the bins correctly, which this group of students will be focusing on over the next few weeks.

We have made a big breakthrough with some aspects of recycling, though. Bethan and Eloise have been very successful in persuading students to put their pens and crisp packets in our special recycling points and we are now collecting food waste separately in the canteen. This is sent to a special facility at Great Moor, where the leftover food is used to create energy. We're encouraging students to ensure that food waste is recycled at home too - and to think about how to cut down on food waste altogether by using up leftovers. This saves food going into landfill and creating methane gas, which is 21 times more harmful to the environment than carbon dioxide.

We held another very successful ReLove Our Stuff event last week, where students brought in clothes to swap - a fun, free and fantastically easy way of recycling!

Next month, Ruby will be organising the Great Big School Clean, where Year 7 and 8 students will be helping to tidy up our environment, as well as the streets around school.

Well done to all of our Eco Reps for their hard work. We are about to start the process of collecting together our evidence to apply for the Green Flag Award. **Mrs Queralt**

Library



The Bucks Book Awards 2020

On Wednesday 5 February a group of KS3 students accompanied me to Pipers Corner School for the announcement of the 2nd Bucks Book Award Winner. The BBA was set up for students to choose their favourite books from the year and vote for a long and short list. The final six books were apparently very closely tied and the students that accompanied me were excited to find out who had won.

Before the announcement, however, they were treated to a performance by Karl Nova, a HipHop and spoken word poet from London - he was great and got all the students enthused and engaged with his own unique style of poetry. After a brilliant hour, Karl was asked to announce the winner which was, "A Good Girl's Guide to Murder" by Holly Jackson. It had added significance, as Holly is from Buckinghamshire and the book is based in Great Missenden.

A big thanks to Lucy Moorby, Freya Horsman, Hannah Richards, Zaemma Assad and Isabelle Hayes-Hamilton, as well as Dr Falls, for coming and being so enthusiastic. After half term we start with the Carnegie Book Awards! **Miss Adams**

Computing

The Computing Department is proud to announce that our students have competed for the first time in the CyberFirst Competition which is run annually by NCCE and GCHQ. This competition is aimed at encouraging girls into Computing and is exclusively aimed at Year 8 students.

The CyberFirst Club was created in order to prepare for this competition and we are delighted that not one, but four teams (Heroes, Veritas, Mad Hackers and Ramped) have joined the club and have shown great enthusiasm in encoding, decoding and following clues to locate and defuse items prepared for them.

One team, Veritas, did brilliantly to reach the CyberFirst semi final competition on 8 February (out of 3000 students!) Elizabeth Maher, Nusaiba Khan, Esha Srikantha and Norah Manuel did extremely well and very narrowly missed out on a place in the final - although they all won a new laptop! Congratulations to you all! **Mrs Jaggs**



Music

Thank you to the music department for their wonderful performances at the end of last term:

Carol Singing at Bartlett Residential

Members from Chamber Choir were warmly invited by Bartlett Residential Home to sing carols for their residents. We were spoilt rotten with lovely cakes and refreshments on arrival and then sang an array of well-known carols which were well received by the residents.

Christmas Concert

Thank you to all of the students who took part in the Christmas Concert. It was a super evening, packed with performances from many different styles, ensembles and soloists. Music Club got the crowd going with their fantastic energy and the audience enjoyed the well known Les Mis extracts played by Symphony Orchestra. Julia Kwan played a beautiful solo by Haydn and Choir finished the night off with a fantastic arrangement of Toto's Africa.



Winter Concert & Carol Service

Well done to all the students who took part in this year's Winter Concert & Carol Service. It was a fantastic finish to a busy term and started with singing carols in St. Mary's Church. The Carol Service was followed by some lovely performances from our various ensembles. Emma Harrington sang a beautiful rendition of Hymn to the Virgin accompanied by Gabby Alvares on harp. Glee Club made a super debut performing a song from Dear Evan Hansen.

Ms Raven

Maths



The new interactive screens and whiteboards are a fantastic addition to the maths classrooms, making the lessons more interactive and enjoyable. Working in this way enables us to actively communicate with our peers, as well as the teacher who helps us navigate our way through challenging maths problems. The refurbished rooms are spacious, clean and bright allowing us to work collaboratively. Mathematics classes really have a positive atmosphere that will help us sail through the A Level course.

Priyaanca Varadraj, Avanthika Ravi and Aziza Kitiri Year 12

Drama

On Thursday 23 January, we were treated to a workshop from the physical theatre group, Frantic Assembly. We started with a warmup, to engage our muscles and create the beginnings of building blocks that we would later use. These made us move our bodies around freely, and taught us to keep in contact with our partners, or with objects, which was vital for our main activity. One of the building blocks we learnt was called a pressure sandwich, where we had to push our hands together to lead a partner, sometimes with our eyes closed.

We also learnt several lifts, keeping in contact with our partner and maintaining pressure so that the lift could be carried out easily. Using tools like this, we began to devise our own pieces. After we had committed our sequences to memory, we worked on our transitions, which could range from walking to spinning to crawling through someone's arms!

Later in the day we learnt more about Frantic Assembly's work and we were able to ask questions about the theatre industry. For example, whether it is better to go to university or straight to drama school, or whether or not you have to go to London to get the best opportunities. It was a really fun, informative and useful workshop.

Amelie Lewin 10S



Economics

Last month, a group of four Year 13 students were lucky enough to go to Ernst and Young to discuss employment opportunities with them and what it was like to work in the financial sector. We had won this day in July last year, at the annual ICAEW Base competition, so were very excited for it to finally be happening.

Before we went to EY we visited the Bank of England and explored their museum, which was particularly relevant for the current stage of our A Level course, and we had the chance to hold a bar of gold, which was a definite highlight. We then went to EY where we had a brilliant talk in one of their conference rooms overlooking the Tower of London, and learnt a lot about apprenticeship and graduate positions in various teams across the business. We were fortunate enough to meet some great apprentices who gave us the inside story of working life. It was a great experience to have and we would like to thank Mr Morris who attended the session with us. **Emily Critchlow 13B**



Netball

English Schools' Regional Netball Tournament

Congratulations to our U19, U16 and U14 netball teams who all played at the Regional Netball Finals on Saturday 25 January after winning their county rounds earlier in the year.

Liv Crawley in 10H tells us:

We played some really tough schools - with some players 2 feet taller than us - and all played our best . Somehow we managed to play half a game with 5 players! We are grateful to Mrs Knight who made us some delicious flapjacks to keep us going throughout the day. And we would all like to thank Miss Daniels, Miss Lancaster and Mrs Carpenter for taking time out of their Saturday to support and coach us whilst we were there.

Isobel Mathews in 12E would also like to thank the staff and was proud of the team:

We played some tough opposition, and had some tight games with only 1-2 goals between us, but managed to take our biggest win 17-8 against Ryde School, thanks to great shooting from Jessie and Liv.

This was the last AHS match for the majority of our team (who are in year 13), so we wish all of our netball teams the very best for next year!



Cross Country

Having only just flown in from a Christmas Skiing trip, Emily Johnston ran an incredible race at the tough course at Shuttleworth College for Vale of Aylesbury Athletics Club on Saturday 4 January, finishing in 2nd place and securing automatic entry for the Buckinghamshire team - well done Emily! Well done also to Zara Brooks and Millie Carey who competed in the same gruelling course. **Mrs Carey**



This Girl Can....Park Run! A date for your diary...

As part of our Girls Active Programme we'd like to give you a heads up about our second AHS Park Run. This event was hugely successful when we ran it in 2018, with over 35 girls finishing their first ever 5k Run with pride. The aim of the session is to give a taster of an official Park Run route, helping girls to pace, inspire and prepare for participation in one of Park Run UK's weekly 5k runs. They are open to everyone and are free, safe and easy to take part in.

Our Park Run will take place on Tuesday 24 March from 3.20-4.45pm, where we will travel by coach to Meadow Croft Park, Aylesbury. The girls will run in a group appropriate to their pace, whether this be walk-jog to more competitive, with members of staff and run leaders who are familiar with the route. There is something for everyone! Several members of staff are taking part too so why not come along and cheer them on! Parents are also welcome to join us there. We look forward to seeing our AHS community pounding the park paths. **Mrs Carey**

Swimming

Earlier this month, Alice and Ruby Hancox received their Swimming Club Award from Leighton Buzzard Swimming Club in recognition of their contribution to running the club, coaching and officiating. Both Alice and Ruby are now fully qualified Level 2 Swimming Teachers. They were superb Aquatic Leaders at AHS and continue, amongst our other fantastic 6th Form helpers, to support with swimming lessons at AHS. A well deserved award to you both! **Mrs Carey**



AHS had a brilliant last gala. With multiple 1st and 2nd places, we didn't only have fun but we were successful in individuals and relays! Thanks to the amazing hosts and at the end of the gala everyone was given delicious brownies or doughnuts. Overall it was a great night of swimming and we wait with excitement to see if our teams will swim in the final! **Bethany Hamer 8S**

Basketball

Amazing Team Performance - Jr NBA victory for Y8's Chicago Bulls

The Junior NBA schedule does not stop for Aberdyfi so AHS was tasked with fielding a team in a must win fixture. With only one loss this season the Y8 team were hoping to reach the play off stages of this year's tournament. Over half the team were climbing, jumping and challenging themselves in the Welsh mountains so the remaining players headed off to Essex to face their own challenges.

Year 7 players Esther, Caitie, Mathilda and Treasure joined their older teammates Payton, Audrey, Aika, Nicole, and Amina to face Chadwell Heath. With Heartlands Academy pulling out at the last minute, the decision was made to play a full length game.

The AHS team rose to the occasion and soon got to half time leading 24-12 after great driving to the basket and lay ups from Nicole and Esther. In the second half, the team maintained their desire to score baskets with Audrey, Caitie, Amina, Payton and Mathilda all contributing to the AHS scoreboard. A real team effort in offence and defence as Caitie, Treasure and Aika collected rebounds for the team.

The work rate from the whole team was fantastic. Payton ran tirelessly up and down the court and was voted player of the match. The final score of AHS 34 - Chadwell Heath 24 was a real credit to all the girls who played - especially the 4 players who were playing in a Y8 Junior NBA game for the first time. We are very proud of the commitment, determination and teamwork shown. **Mrs Arber**



Basketball

Year 7 NBA

The Year 7s representing Milwaukee Bucks ventured into London to play the Pacers and Cavaliers at the Skinners Academy. Our Year 7 team are proving to be a difficult side to beat in the Junior NBA this season. Despite being physically much smaller than the opposing teams, this team keeps on going right to the end. Caitie had a particularly good game in offence and Meghan was awesome in defence. The team is learning new set plays and their teamwork is unlocking their opponents' defence. Great play from everyone involved: Caitie, Meghan, Esha, Jenny, Elsa, Mathilda, Milly, Treasure, Bella, Vanya and Esther. **Mrs Arber**



Fencing



On Sunday 2 February, 6 AHS girls competed in a fencing competition at Bedford School.

Olivia Sachdeva in 8H, Iona Esslemont in 8H, Thea Thomas in 7C and Isla McGuire in 7M competed in the younger age group with Millie Knight in 10H and Katharine Esslemont in 10A competing in the older group.

Everyone did really well and it was a very fun competition. I was proud that both Millie and I won the best style award in our age categories and for being placed fourth out of 22.

Iona Esslemont 8H

