

Highlights

Autumn 2 2021



Aylesbury High School
Prepare, Challenge & Inspire

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Congratulations to ...

Merits & Academy Awards

Well done to the students below who have achieved the most amount of merits (KS3/4) or academy awards (KS5) in their year this term!

Year 7 - Vivienne Lim, 7S
Year 8 - Lily-Rose Greville, 8M
Year 9 - Nidhi Billa, 9H
Year 10 - Megan McKeown, 10A
Year 11 - Leonie Lee, 11A & Poorvaja
Murali, 11M
Year 12 - Hannah Garnham, 12J
Year 13 - Ellie Martin, 13E



Bikeability

Following the successful Bikeability Programme offered last term, we were lucky enough to gain funding from Buckinghamshire Council again to enable us to offer further Level 2 and 3 training at Aylesbury High School. The Bikeability Level 2 course develops students' skills and confidence for cycling on single-lane roads with simple junctions and moderate traffic. During the training children will learn how to make independent decisions and cycle safely and responsibly. The Bikeability Level 3 course aims to develop riders' skills and confidence so they can ride in diverse road environments, including complex, often busy roads and junctions, sometimes with speed limits above 30 mph. All students gained confidence and improved their bike skills.





I really enjoyed bikeability because it was a great opportunity to learn bike skills and make new friends even though the weather was a bit cold it was great fun **Nakshatra**

The Bikeability training was really enjoyable and fun. All the instructors were really nice and explained everything clearly.
Hannah

Bikeability is good for guiding you through how you should correctly cycle on the road like focusing in when it's your priority and how you should indicate. I would recommend it if you need the confidence and knowledge on the road! **Anushri**

It helped me when I was in smaller groups, as it focuses on you more. The instructors demonstrate the route you take for your course very well. It was very fun I would recommend it to others! **Katy**

I feel that the bikeability training has helped me develop my confidence and skills on riding on the road making it a lot easier and safer for me to ride to on the road now now. **Haneefah**

I found bikeability really fun and I loved learning how to go around a roundabout and how to safely cycle in front and behind of cars.
Alys

Chemistry

We continue to be collectively collaborating in Chemistry. As well as our cosy clinics, our buddy system is up and running - in various Corners, pairs of committed students are respectively helping (Yr 13) or being helped (Yr 12).

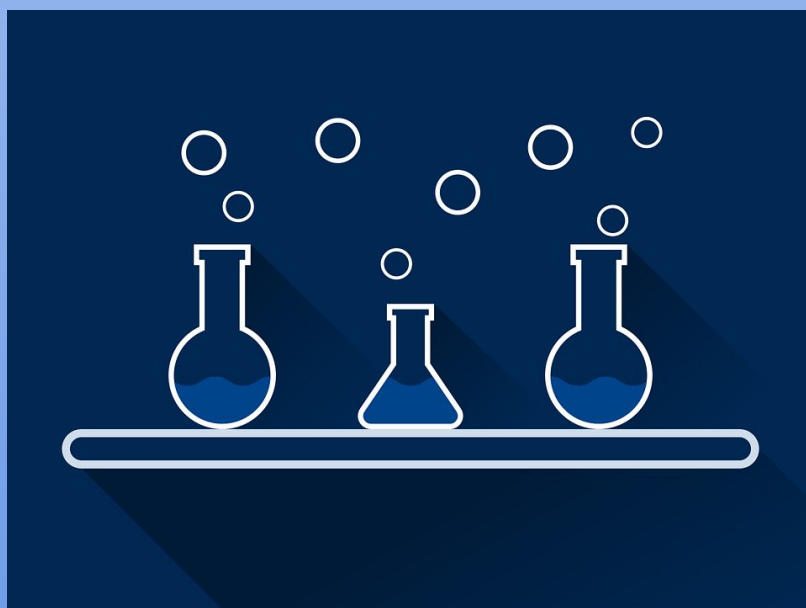
This gives our newest sixth formers some clarification to their understanding and our seasoned ones the chance to consolidate previous learning.

As they say themselves:

- N is really helpful because she gives me tips on how I can be better at Chemistry and revise smarter. She is so nice when I get a question right which really boosts my confidence.
- I think that the tutoring has been useful on both parts! Being able to explain complex ideas requires a thorough understanding of the subject and by running these tutoring sessions I have been able to deepen my knowledge of several topics.

We are very proud of our students' cooperative ethos.

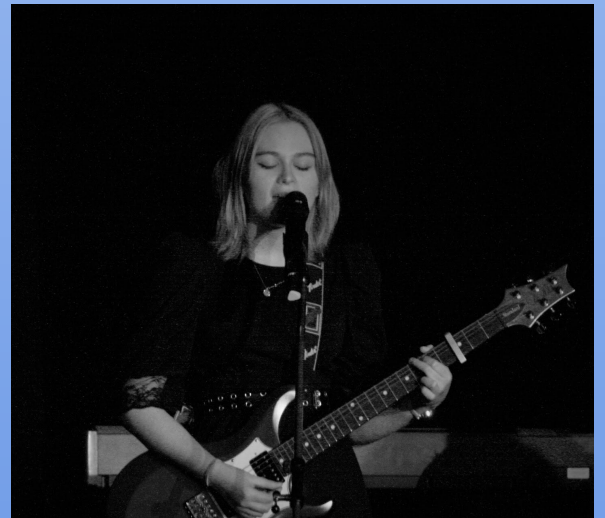
Mrs Jeffreys



Christmas Concerts

We were very excited to be able to host two live end of term events in the final weeks of term. The Christmas Concert took place on 7 December. This year it was joint with AGS and there were fantastic performances from a range of ensembles and bands. The Carol Service and Winter Concert took place at St Mary's church in Aylesbury on 13 December and was lovely way to end the term on a festive note. A big well done and thank you to all the students who took part and performed.

Ms Raven



Crochet Club



Crochet club has got off to a running start with more than 30 students starting in September with abilities ranging from beginners to advanced. Students made poppies as their first project; these were used in a wreath which hung from the school front doors for remembrance day. There have been many different projects undertaken from scarves, amigurumi and granny squares which have been a delight to see. Thank you to Oenone Wood for demonstrating her amigurumi skills. The current project we are working on is making snowflake decorations - this is progressing well. **Mrs Jaggs**



CyberFirst Club

The CyberFirst competition provides a platform for Year 8 students to experience the areas involved in Computing and Cyber Security and is held nationwide. Currently we have 44 students in 12 teams competing in the CyberFirst Competition online qualifying round which started at 12 noon on the 29th November. I am very proud of the participation and progress made by all students and we will keep our fingers crossed for entry into the semifinals in February. Congratulations to the top scoring team, "Clueless" who, as of Monday 6th December, have amassed 6573 points closely followed by "CyberPi" with 5367 points and "The Hackers" with 4423. Well done to all competitors for the effort and resilience they have shown.

Mrs Jaggs



German

Y12 and Y13 Germanists out and about...in Oxford and on Zoom

Whilst Y12 and Y13 German students are missing out on the usual Stuttgart exchange and Berlin trip this year, this hasn't meant their learning has stayed confined to the classroom, or to ordinary lessons. This half-term saw both classes go to the Bodleian Library in Oxford for a translation and archives workshop on life in 1920s Berlin, which we study as part of one of the A Level topics. The workshop involved hearing about a current Berlin-Oxford research project on English writers in Berlin in the 1920s, getting to look at letters, postcards and travel guides from the time which are now the Bodleian archives, and then translating part of an alternative 1920s travel guide to 'das lasterhafte Berlin'. A few weeks later, four Y12s, Jess Chandler, Isla Lloyd-Evans, Callie Cummins and Rowan Chantry, also had the opportunity to extend their learning beyond lessons in the form of the Goethe Institut German debating competition. This saw them argue for school canteens only serving vegan and vegetarian food in impressively fluent and formal German. Unfortunately they narrowly lost out on going through to the next round to the opposing school, RGS, Guildford, but the judges commented on how close the competition was and the incredibly high standard of German from both teams. To have gone from being able to describe what they did last weekend at the end of Y11 German, to formally and confidently debating a complex topic after 11 weeks of A Level German is seriously impressive and shows just how much progress students can make in the first term of Y12. Very well done to the whole team! **Miss Sheppard**



House Dance



We were thrilled to be able to host the much anticipated House Dance to a live audience again this year. Each House performed their own choreographed pieces which were in response to this year's stimulus, The Hill We Climb, a poem by Amanda Gorman. It was a fantastic event with high quality performances from all Houses. Congratulations to Missenden, the winning House.

Ms Raven

Mathematical Olympiad

The Mathematical Olympiad for Girls is aimed at girls and young women across the UK and consists of five challenging problems. This is representative of the top 5% of students in the country. We celebrate the achievements of four outstanding mathematicians who took part in the Mathematics Olympiad for Girls 2021 and achieved the following results:

Zoey Chung (Year 11) - Merit

Hannah Garnham (Year 12) - Distinction

Cenyujia Wang (Year 12) - Distinction

Sophie Brimmicombe (Year 13) - Distinction

In the Senior Maths Challenge, Hannah Garnham (Year 12) also achieved the Best in School (Gold Certificate) followed closely by Zoey Chung (Year 11), also with a Gold certificate. These students and Sophie Brimmicombe, Zoe Chang, Mathu Indran and Cenyujia Wang have since completed the Andrew Jobbings Senior Kangaroo. They await the results.

Well done to them and all students who sat the Senior Maths Challenge for their outstanding achievements. **Mr Otoo**



Santa Dash

Monday 6 December saw lots of sprinting santas, racing reindeers, energetic elves and speedy staff members taking part in the AHS Santa Dash on the School Field. It was a great way to kick start the school's festive events. Well done to all who took part!



Hockey

Training

The Hockey club and teams are back in full swing with around 60 students across Year 7, 8 and 9 training over at RAF Halton on a Wednesday night. Commitment to training has been excellent in all weathers and conditions and students have been able to work and apply skills from training into games. We have also had Sophie Bradley, Olivia Winnicott and Lucie Sainsbury from Year 11 assisting with coaching as part of their silver D of E award. It has been good to finish off with a Christmas tournament and we are looking forward to carrying on in January. Thank you for all your hard work and commitment this term!

Fixtures

The students have had multiple matches this term with our teams ranging from U12's to U18's (all pictured below!). They have competed with a number of other schools such as Stowe, Sir William Borlase, Tring School, Royal Latin and Pipers corner! They have shown excellent commitment and dedication this term and I hope they can continue with this enthusiasm for our remaining fixtures and tournaments in the New year.

Miss Lancaster and Miss Cross



Netball

The Netball club and teams are back in full swing with 100 students training on a Monday night after school, 30 students attending Netball Academy and 20 students attending come and play Netball on a Thursday lunchtime. The students have had multiple matches this term with some wins against Sir Henry Floyd Grammar, John Colet, Sir Thomas Fremantle, Wycombe High, Buckingham and The Grange! The students have shown great commitment and dedication this term, even with the weather being temperamental, and they are looking forward to developing their skills further after Christmas. Well done Netballers!



Swimming

AHS Making a Huge Splash!

Not only have our swimmers been incredibly busy getting back to their own club galas and qualifying events, but they have been taking the plunge for AHS in a number of events this term. After some amazing swims at ESSA Regionals in October, we were delighted that the Junior Freestyle team qualified for National Finals on 20 November at the London Aquatic Centre. Sadly, with significantly fewer schools qualifying this year (to keep numbers down on poolside) our Inters and Seniors, despite great swims were not lucky enough to qualify this year. Or so we thought..... A few days before the event, the Senior team, as reserves were called upon as qualifiers in both the Freestyle and Medley relays. National Finals is always such an amazing experience for the swimmers and this year did not disappoint. The teams all had strong swims and good starts off the blocks and moved up to finish in 18th position for all events which is an amazing achievement when you consider that the top few places are always taken by swimming specialist colleges! **Mrs Carey**



*I was so excited to even get into the finals considering how many schools there were to compete against and we were in the top 20 ! The whole atmosphere was something only few get to experience and I am very happy with how we did :) **Kara***

*I really enjoyed nationals this year, the experience overall was fantastic. The social aspect was really fun as well, as we got to spend a whole day making and talking to friends. Having the opportunity to race in the olympic pool as well was like a dream. As well as the little bonus of the ESSA merchandise! **Charlotte***

*We were very grateful to be given the opportunity to go to the national finals, especially in a year where they cut the number of schools qualifying for the finals from 30 to 20 so it was even more competitive than usual. We went into the event ranked 20th and with our fastest swimmer absent, however we placed 18th in both the medley and the freestyle relay. Everyone swam very well, it was a fun day and a last opportunity for most of the team to compete for the school at nationals. **Kathryn***



A large number of swimmers have also taken part in a couple of galas as part of the Wycombe Swimming League. After two galas, the Junior A and B squad are in 1st position, the Inters in 3rd position and the Seniors in 1st position! Two League records have already been broken by Kara in the Junior Fly and Millie in the Senior BackStroke events. We also took another group of junior swimmers to a gala run by Wycombe Abbey Sports Leaders, where they swam their hearts out and deserved to feel proud! We have a couple more league galas to take place along with other events in the new year to look forward to!



Eco Week

COP26, Insulate Britain, Fridays for Future, Extinction Rebellion...it seems as though everyone in the UK has begun to mobilise against climate change. At Aylesbury High School, we're continuing the efforts. From the 15th to the 19th November, AHS held its own COP week, with varying events on different aspects of sustainability, climate change and green living. We championed ethical fashion with the ReLove Our Stuff event, where students brought their unwanted clothes into school and switched with each other to rehome clothes rather than send them to landfill. Students organised and held a sustainable living event, created an informative display in the towerblock, presented an assembly for the whole school, produced digital storytelling videos in a programme conceived by an Oxford PhD student and so much more. To find out more about these incredible events, actions and efforts, read on!

Phoebe, Year 13

Our sustainable living event

Our everyday lives are polluted with plastic and carbon emissions. On Thursday 17th November, the hall was set up displaying different ways we can make our lifestyle better for the environment - vegan food, reusable sanitary products and plastic-free wrapping paper. It was very popular, especially the vegan snacks! Foods such as party rings, lentil crisps and vegan fruit pastels were on offer. The reusable sanitary products were handed out for free, and were very popular with the attendees of the event. Using reusable sanitary products can save you £2,250 throughout your life, and 15,000 disposable ones could find their way into landfill from just one person's lifetime. There was also plain brown wrapping paper to decorate, which can be recycled rather than the shiny, plastic film coated, metallic or sparkly wrapping paper that can't be. A way to test this out is to scrunch the paper into a ball. If it de-scrunches itself, it cannot be recycled.

Rose, Year 8

MockCOP

COOn Wednesday 17th November we held our very own mock COP26 with 58 students from AHS, AGS and The Royal Latin. COP stands for the Conference of the Parties, and the 26th one was held in Glasgow this year. COP26 was a congregation of countries from around the world who gathered together to discuss and debate the issues surrounding climate change that we face globally. The aim of our COP was to debate (albeit on a much smaller scale) issues and topics similar to those debated in Glasgow, with small groups of students representing the beliefs of the country they were assigned.

Each group had to make a presentation around one minute long, introducing their country. Following this, they then split into four areas of discussion: cities, energy, forests & food and oceans. Groups then debated and compromised for the next hour, and they came together with a set of agreements to present. It was really interesting to see how different countries reacted and how they agreed based on their different stages of development and needs. The quality of the presentations and debate were excellent. Feedback showed that everyone enjoyed it, and learned valuable skills such as communicating, working as a team, public speaking and quick thinking. At the end, the countries presented their agreements back to the whole group and had a small discussion on how they could convert their country goals into goals that we can carry out as a school. A big thank you to Mrs Burt, Sophie Lynch and Jess Chandler for organising this event, which was a huge success. **Jess, Year 12**



Relove our Stuff

On Tuesday 16th November we set up the main hall for a clothes swap. People brought in their old, small or unused clothes and left them at the swap, then browsed for a little bit before finding what they wanted and leaving. It was a huge success, and all of the clothes that weren't taken after were sent to a charity shop.

Every single item of clothing taken helped the environment one bit more - instead of being thrown into landfill they found a new home. As well as that, it means that less of us would need a new item of clothing from shops that sell clothes with bigger carbon footprints than cars, and so less might be made.

Even if you weren't able to go to the clothes swap, you can help in other ways too. Give your old clothes to charity shops or younger family, and see whether you can find any second-hand clothes that you like as well. Not everything good has to be completely brand-new. Even clothes that are unable to be reused can go to a fabric recycling plant.

Rose, Year 8



The problem with the fashion industry

It's pretty hard not to have heard about how unsustainable fast fashion is, and all the damage it creates. The fashion industry contributes 10% of global greenhouse gas emissions, and that's just one facet of its environmental harm. After a devastating production process, lots of us don't seem to even appreciate our items: in the UK alone, we dump 350,000 tonnes of clothing into landfill every year, a weight equivalent to that of the entire Empire State Building. It's not just the alarming environmental impact, ethical issues are also a matter of concern. The fashion industry is the largest employer of women globally, but less than 2% of employees earn a living wage, and unsafe working conditions are a common story. Whether we focus on its environmental impact, or the ethical toll it takes, affecting the lives of millions, it is pretty clear to see that smarter fashion choices are appropriate.

Naturally, we all want to do our best to alleviate these issues, and feel good about our purchases, but adopting the right approach doesn't always feel so simple. Here are our suggestions:

- Buy with purpose

This consume-less approach means fewer items are purchased in the first place, and fewer end up in landfill. Ask yourself the following questions: Do I really need this item? Is there something similar at home? Do I see myself wearing it often? Is it my favourite celebrity that likes this, or me?

- Buy from sustainable companies

With their not-so-cheap price tags, purchasing from sustainable fashion brands might seem unachievable with your budget, but remember: fast fashion is built to fall apart; sustainable fashion is an investment, designed to last. Buying from sustainable companies (such as those involved in the Better Cotton Initiative, or Certified B Corporations) are a great way to ensure you limit your environmental footprint.

- Mend it

Mending old clothes is not only an eco-friendly choice, but also a chance to be creative and put your textiles skills to the test.

- Borrow it

Your friends are a good resource – why not have fun borrowing from each other?

- Buy second-hand

Perhaps consider your local charity shops. You can find some bargains, whilst doing your bit to help charities in need. If charity shops aren't your thing, clothes exchanges such as **ReLove Our Stuff**, at school, are an enjoyable and sustainable alternative to fast fashion too.

Lizzie, Year 13

Sustainable Christmas

Christmas is no excuse to exploit our planet. Now is just as good a time as any to start living sustainably, so here are some ideas for how you can make your Christmas just that bit more sustainable!

1. Wrapping paper

- Buy recyclable paper!
 - Make sure the paper is not plastic based, and doesn't have glitter - glitter is actually a microplastic and so is not only very damaging to the environment, but also prevents the paper from being recycled
- Make sure to remove sellotape or non-recyclable decorations from the paper before recycling
- Consider using reusable gift boxes or fabric bags - these are much easier to wrap to- especially when it comes to awkwardly shaped gifts!

2. Food

- Avoid buying excessive amounts food (try to reduce food waste)
 - If you do end up having leftovers, consider freezing some for you to enjoy in the future
- Consider buying slightly less meat and adding a few vegetarian or vegan sides - you don't need to eliminate meat from your christmas dinner, but just one or two small swaps could make a difference

3. Sustainable gifts

- Consider buying some gifts second hand - it is often possible to find great, good quality gifts second hand, and for a better price too!
- Don't buy plastic for the sake of it - if you're buying a plastic novelty gift for example, consider if there is a similar alternative that is plastic-free.
- When buying for young children it can be a challenge to find toys that are plastic free, especially if they have their heart set on a specific toy! If you're in this situation, consider buying a subscription to [whirli](#) as a gift. This company is great for switching up toys as when a child gets bored of the toys, you can send them back and exchange them for others!
- If buying cosmetics consider plastic-free options. For example, you could gift shampoo and conditioner from the body shop, in the new refillable steel dispensers.
- There are lots of more eco-friendly shops online to buy great eco-friendly gifts - you just need to look for them! For example, there are plenty of ideas at the [ethical superstore](#).

General Eco News

Our uniform is made from recycled plastic bottles!

Choosing clothes made from more sustainable fabrics is a great way to help the environment. [Here](#) is a guide to which fabrics are the most sustainable and which are the least. Knowing the impact of different materials will really help you to be more conscious with your shopping!

COP26 and student involvement

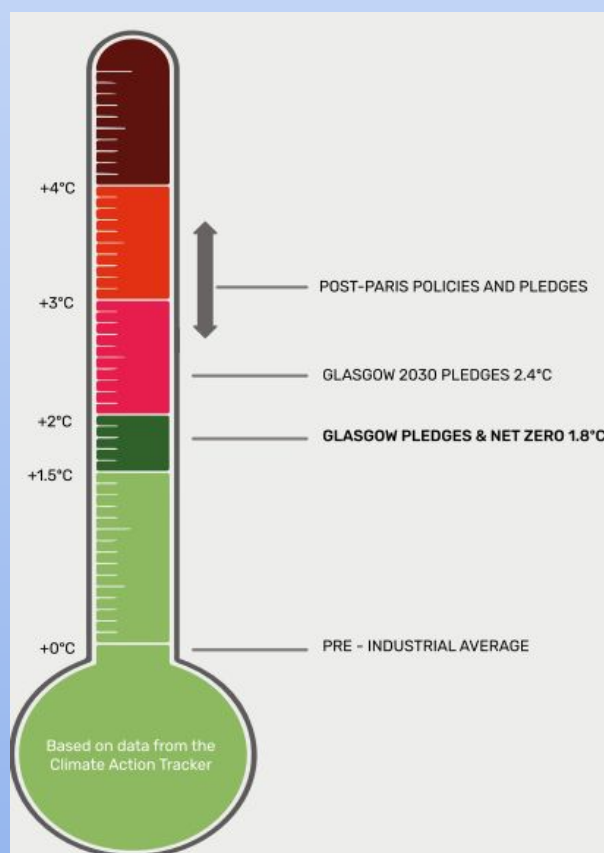
Here are a few of the outcomes of COP26:

- Increased investments in renewables, including in an energy fund to provide a billion people with reliable renewable energy by 2030
- 137 countries committed to reduce deforestation
- Over 110 companies committed to zero-emission vehicles (by 2030)
- Over 100 countries committed to reducing methane emissions

If you're interested, you can find out more about the outcomes [here](#):

Kayla was one student from Y12 who was involved with the actual COP26:

"I was a COP Reporter for the Transform Our Worlds Youth Summit 2021, a climate change organisation. I worked with a year 11 girl called Lydia and we met two to three times a week to discuss, create and film our presentations about COP26 where we discussed important themes such as Gender rights and sustainability to young people from primary school ages to secondary. The presentations were shown on the website for the youth summit and also shown at the WWF booth in Glasgow!!"



How you can easily find information regarding how to help the environment

- You can find lots of resources and information on the school's [eco website](#)
- From January there will be an eco notice-board, where we will share current news and new resources

Hannah, Year 12

Digital Storytelling



A Letter from 2050

We started this project on the 24th of September in a Friday lunchtime session. Over the sessions we delved into the idea that stories have always been told by humans and how this has adapted to a more digitally based society. Bill (the leader of the project, a PHD student at Oxford University school of Geography) talked to us about the storycenter in California and their project to gather videos, explaining stories and amplifying unheard voices. We looked at how many of these videos discussed a massive turning point in the person's past. And how this could be turned around to think about our future and our planet's future. We fed back our personal feelings about climate change. We expressed the anxiety, helplessness and anger we felt. The fact that as young people there is little we can do to impact the government and that the government doesn't seem to care as much as they should. We talked about the options of a possible future, the inaccuracy of the simple utopia, dystopia idea.

We wrote letters from our 2050 selves to our current selves. After writing our letters, which were between 300 and 500 words, it was amazing to hear each person's interpretations of the idea and how most letters combined the negative and positive and explored the in between. We explored photography and videography techniques. Using the wevideo software to explore the ideas I wrote about in my letter was really interesting and helped my ideas come to life. As part of Bill's project an animator, Tem, took the words from many student's letters and created an animation to capture the essence and how we, as young people, feel about our future.

On the evening of the 10th of November we went to the Museum of Natural History in Oxford. Seeing the museum after dark was amazing. We were allowed to touch some of the artefacts, including some live Madagascan hissing cockroaches and an elephant's tooth. We got to look at the 'meat the future' exhibition that explained the impact of meat consumption on the environment and the possible ways to mitigate and adapt to its effect. There was a panel including Bill and Tem, the animator, and also a poet, PHD student and an artist/ printmaker. They joined together to create a piece of artwork inspired by the regenerative nature of forests and the idea of sustainable reforestation. We should be leaving nature to itself to regenerate naturally rather than planting trees and the ludicrousness of carbon off-setting.

The collaborative nature of these projects was really inspiring especially in collaboration between science and creativity. Especially hearing about the process of the animation and the process of the illustration piece. Our school has an ethos of STEAM, understanding the importance of art, storytelling and science to connect people. **Beth, Year 12**