

— A Student Newspaper — **THE HIGH SOCIETY**

Friday 9th June 2023



CREATIVE ARTS

DRAMA

HOUSE DRAMA

A few weeks ago on the 11th May, only 2 weeks after House Music, many students took part in House Drama. It was an incredible experience with each house having a unique 15-20 minute piece. The overall stimulus was 'World on Fire' which was really interesting and fun to see what the captains could come up with!

Because of the clashing of rehearsals for House Music, which quite a few of the students were taking part in as well, preparation for both of the events was a bit difficult for them when considering what to prioritise. However despite that, both house events ended up being brilliant.

House Drama only happens in one night unlike House Dance and House Music. This means that the houses only had one chance to deliver their performances before judging. However, each house did their very best and had fun. It was a long and exhausting night for everyone, but with a lot of hard work it ended off with Ascott in 1st place, Stowe in 2nd and Claydon in 3rd! The judges were pleased with all of the pieces and thanked every single student for making it happen and taking part.

As someone who took part in House Drama this year, I had an amazing time both backstage hanging out with friends from different houses and year groups, and on stage performing.

Congratulations to Ascott for winning House Drama 2023!
Helena 10C

MUSIC

HOUSE MUSIC



On Tuesday 25th, the annual competition of House Music commenced. It was Mr Warner's first year as the Head of Music and for the first time, at least since I've been at the school, a last minute Sunday rehearsal took place. Our marvellous Head Girl Yi-Toong compéred the event but failed to hide her not-so-secret bias towards her House, last year's winners, Hughenden. I've decided to continue the bias towards my own House, Claydon.

No, this media is not impartial.

Each House had the stimulus of Banksy's 'Balloon Girl' and had a couple of months to prepare. Ascott came up with the theme of weather and had a very acoustic feel to their pieces. Claydon came up with the brilliant theme of The Natural World inspired by Banksy's phrase, 'there is always hope' and proceeded to perform a plethora of songs from various genres. "Breathtaking!"

Claydon won the award for Best Musical Director and Best Take On The Stimulus. Next, Hughenden, featuring many protest banners, finished off the night with an awarded cover of 'Living on a Prayer'. Missenden started off the night with their feel-good theme of nostalgia, featuring 'We are young' as a main choir piece. Stowe's theme of Freedom was best conveyed through their rendition of 'Freedom '90', winning an award for best choral piece.



Waddesdon, also performing songs from various genres and languages, were waving their orange flag high during 'Do You Hear The People Sing?'.

Wednesday 26th April: Results Day.

Yi-Toong kept the crowd and nervous performers entertained whilst the judges discussed the results. They handed out 6 smaller awards before the overall results. Third place was Missenden, the incredible Claydon came second and Waddesdon took the win. Well done to everyone involved!

Hattie 12C

PHYSICAL EDUCATION

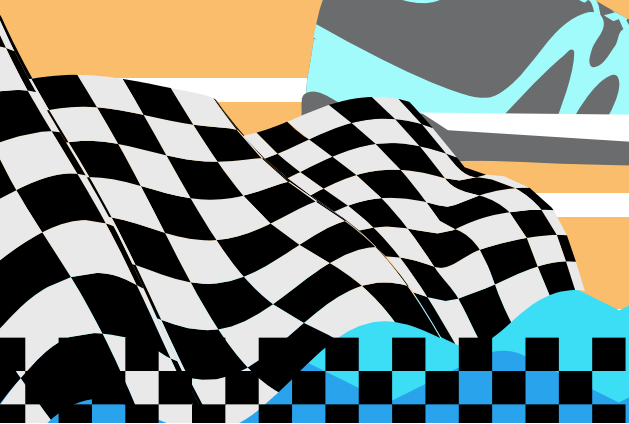
SPORTS NEWS: School Games Triathlon

On the 25th May was the year 7-9 Buckinghamshire School Games Triathlon. It was held at Stoke Mandeville Stadium and was against 54 other schools in Buckinghamshire. We competed in relays for swimming, cycling and running before our distances were added up to give us an overall score.

We took two Year 7/8 teams and two year 9 teams, everyone competed extremely well and despite the heated competition, we did amazingly. Although unsure to date of where we came until the results are calculated by LEAP, everyone should be very proud of their achievements today.

16 Aquatic Leaders also supported the event in leadership roles. Both leaders and competitors certainly did AHS proud by remarkable leadership and/or teamwork. Well done all!

Grace 9W



MODERN LANGUAGES

FRENCH FRENCH TRIP



On the 30th of March, a group of Year 10 and 12s met on Turnfurlong at 5am to head to St Pancras for the Eurostar. After several trains, a whistle-stop tour of Lille from Madame Aston and a 4 hour delay, we finally arrived at the hostel in Lyon.

On the 30th of March, a group of Year 10 and 12s met on Turnfurlong at 5am to head to St Pancras for the Eurostar. After several trains, a whistle-stop tour of Lille from Madame Aston and a 4 hour delay, we finally arrived at the hostel in Lyon. On the first day, we had the opportunity to meet students from a French school and take part in a dance class, ate in the school canteen and did a bilingual orienteering task around the town. For the rest of the week, we visited Le musée des Confluences, a museum of film and cinema, and both classic and modern art galleries alongside lots of free time to explore Lyon and Saint-Étienne on our own.

We even encountered a traditional street parade for a local festival held on the 1st of April, after having toured around the basilica and the streets of Lyon.



Before we knew it, it was time to get back on the tram and the many trains back to St. Pancras to drive to the awaiting parents on Turnfurlong. With lots of opportunities to practise our French and engage in the culture, art and architecture of Lyon and Saint-Étienne, it was certainly an engaging and enriching experience that was lots and lots of fun!

Lottie 12C

SCIENCE

BIOLOGY



BIOLOGY OLYMPIAD

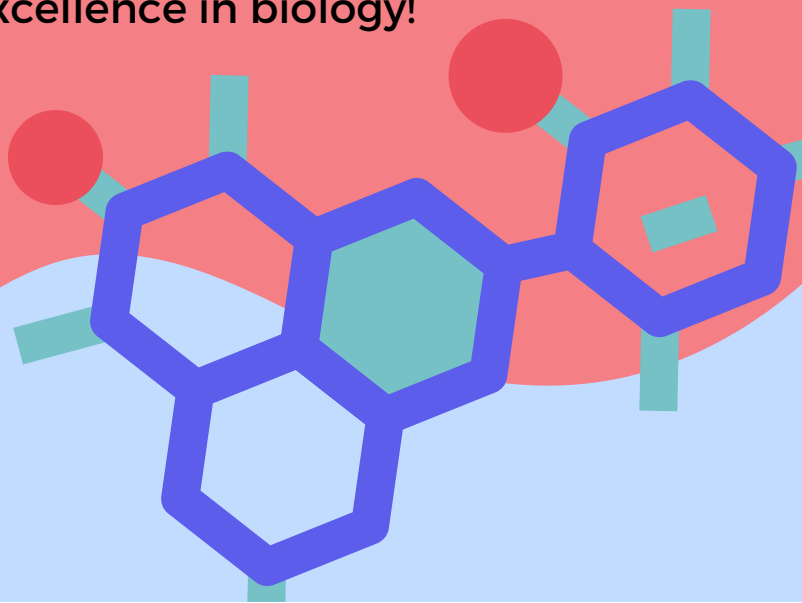
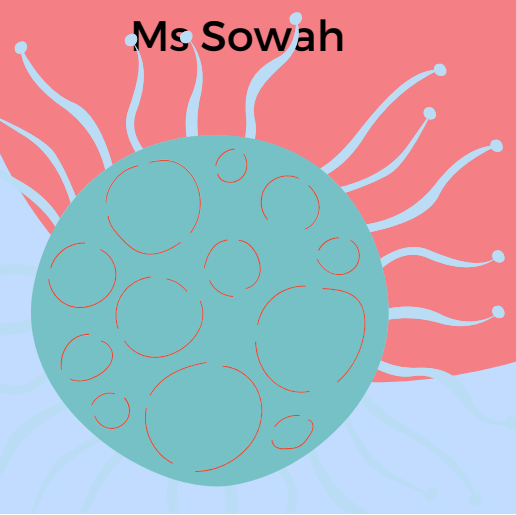
The British Biology Olympiad is a prestigious international competition. This year, over 13,000 students from 800 schools worldwide took part. All students completed two online papers based on A Level Biology content.

Simply participating in this Olympiad is a learning experience, and any award is an impressive achievement; the format and content are challenging. The top students are assigned medal rankings: Gold to the top 5%, Silver the next 10% and Bronze the next 15%.

Well done to the thirteen Year 12 students (who will have the opportunity to do the papers again next year) who achieved Bronze medals and commendations!

Congratulations to our six Year 13 participants, who all gained Gold or Silver medals: Abby Marshall, Cenyujia Wang, Hannah Garnham, Isla Lloyd-Evans, Jasmine Kendall and Sarisha Bali. This is a notable accomplishment for each individual and testament to their academic excellence in biology!

Ms Sowah



CHEMISTRY

STUDENTS SHOW CHEMISTRY EXPERTISE AT THE CAMBRIDGE CHEMISTRY RACE

A group of A-level chemistry students recently participated in the highly acclaimed Cambridge Chemistry Race, held on Saturday, February 4th. The competition brought together some of the brightest young minds in the field of chemistry, challenging participants to showcase their knowledge and problem-solving abilities.

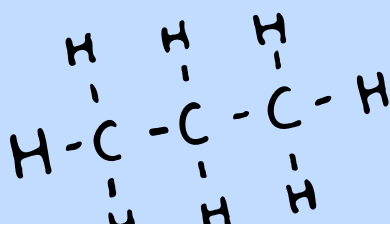
The team, consisting of Kate D, Raksha G, Shaiyana S, Lucie S, and Aneslin G, demonstrated their passion for chemistry and dedication to their studies as they embraced this exhilarating event. Despite the tough competition, the team proudly represented AHS and made their mark by placing 38th overall. The Cambridge Chemistry Race required students to apply their A-level knowledge to solve challenging chemistry problems within a competitive environment. Each member played a vital role, contributing their unique strengths to ensure the best possible outcome for the team.

Reflecting on their experience, the team expressed their gratitude for the opportunity to participate and the invaluable lessons they gained along the way. "The race was a tough challenge, but definitely a good experience," shared one of the team members. "Even though we didn't place, we still took part and answered lots of questions as a team. It was great fun to collaborate and think outside the box."

Another team member added, "The whole day was really enjoyable, and it was great to be able to experience the competitive environment. It was a fantastic opportunity to work as a team and apply our A-level knowledge to challenging questions."

By participating in the Cambridge Chemistry Race, these students have not only showcased their exceptional chemistry expertise but have also brought pride and recognition to AHS.

Maryam, 12K



Hand-drawn equation: $g = 9.8 \text{ m/s}^2 \approx 10 \text{ m/s}^2$



STUDENTS SHINE AT ROYAL SOCIETY OF CHEMISTRY OLYMPIAD

It is with great joy and excitement that we announce the exceptional achievements of our talented students at the prestigious Royal Society of Chemistry Olympiad. Their remarkable performances have illuminated the competition, making us incredibly proud.

Among the Year 13 participants, Cenyujia W has emerged as a shining star, securing the illustrious Gold award and earning the distinction of being the highest achiever from our school. Abby M and Hannah G have also displayed their brilliance, leaving an indelible mark in the competition.

In the Year 12 category, Ruby C has demonstrated extraordinary skills, earning a well-deserved Silver award and positioning herself as the highest-scoring Year 12 student at AHS. Keya K, Ayesha M, and Anne Q have also showcased their exceptional talent, making us proud.

We also applaud the achievements of our Bronze awardees, Ella C, Amelie W, Amy B, Zoey C, Reva P, Theedsana T, Aanya G, and Shaiyana S. Their dedication and passion have yielded remarkable results, reflecting their outstanding commitment to chemistry.

We extend our appreciation to all the participants, including Poorvaja M, Amitha A, Kayleigh M, Daphne M, Lucie S, and Varsha P. Their enthusiasm and active involvement in the Olympiad are truly commendable, and we are proud of their contributions.

Congratulations to all the students who participated in the Royal Society of Chemistry Olympiad. Keep shining bright in the world of chemistry!

Maryam 12K



WHOLE SCHOOL

CAP THE THERAPY DOG

There has recently been a new addition to the school-Cap, the therapy dog!

Cap, who works for the charity Pets as Therapy, is a friendly, chilled and approachable dog, and students who have met him always describe sessions as welcoming and relaxed. To give an insight on what sessions are like, we have conducted an interview with a student who has met with the therapy dog.

What has been your experience with the therapy dog?

It's been really positive, getting to see him a lot gives you something to look forward to and a way to de-stress.

Would you say that your mental health has improved since visiting the therapy dog?

Yes.

Do you think that this is a useful addition to the school community?

Definitely, he's a really nice dog and is very interactive plus you meet him with other people and get to talk with them.

Would you recommend the therapy dog to students having a hard time at school?

Definitely.

Nathalie 10C



EID EVENTS

This year, Ramadan occurred from the 22nd March 2023 to the 21st or 22nd of April, depending on when the crescent moon was sighted. Ramadan signifies the 9th month in the Islamic calendar, and the time of year it occurs changes annually depending on the moon cycles. In a day, Muslims fast from Fajr, which is roughly dawn, to Maghrib, which is dusk, when the fast is broken. Fasting in Islam symbolises great worship and devotion to Allah, and spiritually, they believe it brings them closer to Him.

Ramadan is seen as a time of spiritual cleansing and a time to focus on charity, respect and kindness - to include a quote from Abu Hurayrah: "When Ramadan enters, the gates of Hellfire are closed and the devils are chained". Muslims fast for 30 days, and Ramadan is then culminated with the incredible celebration of Eid Al Fitr. Eid Al Fitr is a commemoration of the 30 days of fasting, and it is filled with colour, light, gifts, music and amazing food!

This year, in AHS, we celebrated Eid as a school community by dressing up in our cultural clothing. The school's mixed roots and beautiful melting pot of students was showcased that day as students wore symbols of their heritage for all to see. It is our hope to make Ramadan and Eid Al Fitr an even more sizable festivity in the years to come!

I would like to give a special thanks to Fajr in Year 12, as well as all of the other members of the Ramadan society and everyone in the school who celebrates Ramadan and Eid. Thank you for sharing your traditions with us!

Kalpita 12C

MEDICAL LEADERSHIP PROGRAMME

On Sunday, 19th March, I attended a medical leadership training day by Medic Mentor. The Medical Leadership Programme is a programme consisting of three teaching days in a year, with optional homework in-between. It is a really great programme which gives you transferable skills, confidence and so much more that you can show off in the future, alongside mentoring you and giving you the opportunity to talk with doctors, vets and dentists.



I am looking at becoming a doctor, so for most of the day I was with others with the same career goal. You'll be split depending on whether you want to be a doctor, dentist or vet. The morning's sessions were on Ethics. It started with an introductory session where they introduced chief mentors and key information. We were then introduced to our first topic, 'Ethics & Approaching Ethical Scenarios' in which we explored the four pillars of medicine - Non-Maleficence, Beneficence, Justice and Autonomy - as well as the three C's - Consent, Confidentiality and Capacity. By far, my favourite part was when we got to look at case studies and make decisions for multiple patients based on our knowledge.

Wider Reading was discussed after lunch where we talked about the different sources where you can get a deeper knowledge of Medicine from.

Overall, it is a great experience, available for free to anyone in Year 10 and above. I really recommend it!

Thannista 10C

ROSIE MAY WEEK

Rosie May
foundation

At the end of April, we spent a week raising money for our school charity, the Rosie May Foundation. There were many fundraising events for the foundation, a charity that aids women and girls in countries such as Sri Lanka and Nepal.

These events included a “Wear it Pink” non-uniform day, a Smarties challenge and even a special workshop for Year 10 students, hosted by the founder of the charity itself!

The week concluded with a tea party celebrating Rosie’s 30th birthday, an event attended by many and enjoyed by all!



In the future, volunteering trips are being planned to Sri Lanka, an opportunity currently available to those in higher years, but that will hopefully be extended for many years to come!

A string of Swedish flag bunting (blue with a yellow cross) hangs across the top of the page. Below it, a stylized illustration of a building with a clock tower is visible.

SWEDISH EXCHANGE

The Swedish exchange (in early May) was a wonderful experience and learning opportunity for all the participants!

We all tried something new when we visited the school; everyone went to lessons and the Swedish students made meatballs (as well as a vegan version), there were hardly any left!. There were also plenty of opportunities to be active, such as our experience playing Brännboll, a Swedish sport similar to rounders. The family day was another highlight, it gave us the opportunity to form friendships and immerse ourselves in the culture. All the students were very welcoming and we were all so grateful to be included in so many activities!

Our day in Stockholm before heading home was one of the best- we all absolutely loved the ABBA museum. There were lots of amazing photo opportunities and the next day in Gamla Stan gave us the opportunity to explore the town and take in a bit of history. The exchange was an incredible experience and we are all so grateful to our hosts and to the teachers for organising this trip.

Here is a message from Miss Hussey, who ran the trip:

"The Swedish Exchange was one of my favourite parts of this year! It was wonderful to see the students make connections and build friendships with their Swedish partners, and for them all to be able to have a unique cultural experience in such a beautiful country. Plus, the ABBA Museum and homemade Swedish meatballs were definite

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Nathalie 10C

A stylized illustration at the bottom of the page shows silhouettes of people walking on a path. The background is a mix of blue, purple, and pink colors.