

— A Student Newspaper —

THE HIGH SOCIETY

Friday 21 July 2023





CREATIVE ARTS

PHYSICAL EDUCATION

PE HIGHLIGHTS

The PE department has been very busy these last few weeks, running event after event, creating an atmosphere of engagement, excitement and most importantly, competition. One success was the Y12 handball event, the first KS5 event since the days of Covid (remember masks and pasta shortages?), and with full teams, speakers blasting, and dodgeballs flying around, it was safe to say that this event was a success. A huge well done to Hughenden for winning, even with an injured captain! Swiftly following this, the Year 10 and 12 aqua leaders certainly made a big “splash” as they took the lead on the Bucks and Milton Keynes school swimming finals. This was a competition for Year 5 and 6, involving students throughout the county full to the brim with enthusiasm and enjoyment.

Then of course, our halls were soon filled with face paint and athletic shorts as our annual Sports Day came around, with more participants than you could count! After an inflatable mascot race, the legendary parade around school and some fun in the sun, the day was definitely successful - with Claydon taking home the trophy.

Finally, congratulations to Beth in Y7 for being one of our first Triathletes to compete in an individual triathlon event this year, a gruelling event consisting of cycling, swimming and running, however they pushed through and celebrated with a well deserved brownie! In other triathlon news, Joselyn in 9M competed in a very wet and windy event. She wrote: ‘I finished as the 14th girl in my age group, with my time being 41:45, and was the first girl out of the swim in front of a couple GB triathletes!’ Very well done to all!

A special thanks to the staff and students whose hard work and involvement helped these events go through. The only question now is... what new things are the sports department planning?

Zainab 12E



MODERN LANGUAGES

SPANISH

LOIRE VALLEY Y9 TRIP/ VALENCIA TRIP

On the 24th-27th May, a group of Y9 Spanish students went on a trip to Valencia, Spain.

From Señora Gamero:

"We were very busy as we tried to fit 5 days into 3! We visited the science museum, cathedral, market, Gulliver Park, Turia garden, Oceanogràfic, the Fallas museum and some shopping centres. The students had a booklet to fill with activities linked to the places we visited. We stayed in a nice hotel, where we had breakfast every day. Every morning, we stopped at "Mercadona", a supermarket chain in Spain, to buy our lunch. We had dinner in a nice restaurant every night. We had to walk 20 mins to reach the restaurant but, as the temperature was mild, it was nice to have a stroll. Overall, the trip was great, full of activities and shopping. We managed to overcome challenges we faced as a group and never lost our cheerful mood. The students were sorry to be back, but were happy to still have a few days of half-term to recover before being back to school."

Not long after the Spanish trip on the 3rd-7th June, another group of Y9 students went on a French trip to the Loire Valley in France.

From Mrs Lemonde:

"We stayed in the Hotel du Futuroscope which was a 5-min walk to the amazing Futuroscope theme park, where we spent the first day. On the second day, the students enjoyed shopping in Poitiers town centre and a visit to a lake where they were able to paddle their feet after walking around it...much appreciated as it was a baking hot day! On the third day we visited a chocolate shop where we tasted speciality chocolates and pastries. We also visited the Château Royal d'Amboise with fantastic landscaped gardens - a UNESCO World Heritage Site. The sun shone throughout, and it really was a fantastic trip!"

These two trips sound lovely to have gone on, and I imagine the students were able to immerse themselves in the rich culture of these two countries. Not only that, but these trips will have definitely helped them with their speaking skills, as they would have given them an opportunity to both practise what they already knew and also to learn new useful vocabulary.

Helena 10C



SCIENCE

BIOLOGY

YEAR 12 BIOLOGY TRIP

On the 2nd and 3rd of May, Y12 Biology students visited the College Lake Education Centre in Tring. We started off the day with an intriguing glimpse into the history of College Lake. From its origins as a chalk quarry, it has now transformed into a thriving nature reserve, home to a variety of wildlife species.

Our first task was measuring the distribution and abundance of different plant species along a transect. It was fun getting to identify the different plants that we encountered using the identification charts – a task which was harder than it should have been! In the end, we found over 30 different plant species in the habitat, which just goes to show how diverse it is.

Our second fieldwork activity for the day was pond dipping! This involved us investigating various aquatic organisms and where they are more commonly found – the open water or the detritus, which is found at the bottom of a pond. Each dip of our net brought us face-to-face with fascinating aquatic organisms, from slippery leeches to pond skaters and adorable tadpoles.

We ended the day with a guided walk through the nature reserve, learning about the strategies that were in place to conserve and increase biodiversity. Overall, it was an incredible field trip that combined learning, hands-on activities, and exploration. It is definitely an exciting day to look forward to for those doing A-Level Biology next year!

Maryam 12K



CHEMISTRY

CHEMISTRY NEWS

The Chemistry department has seen challenges and competitions galore, and this is the chance to mention and celebrate some of the talented students who took part. In Y10, Thannista S, Zara M and Richelle M had a once-in-a-lifetime opportunity to partake in the National Scientific Thinking Challenge at Warwick University. Well done to Thannista and Richelle for getting Bronze awards, and to Zara for getting a Silver award! Higher up the school, 8 Year 12s sat the Cambridge Chemistry Challenge paper - which was challenging, yet rewarding! Well done to Sara A, Reva P, Theesdana T, Ayesha M, Joanna D, Mady C, Anne Q and Ruby C for taking part!

Another prestigious competition held recently was the Royal Society of Chemistry Analyst Competition, giving our Year 12s a chance to experiment and extend their Chemistry knowledge. A theme-based challenge, the Year 12s were in three groups of three, working hard in the labs amidst mock revision to complete the tasks.

Theesdana T, Anne Q and Ayesha M were in one team, Svasti S, Sanvi M and Georgia D were in one team, and Vanessa K and her friends were in another team, and after a week of fun challenges and experiments to complete, all the teams were rewarded with a special tea in the labs, where they enjoyed cream cakes and made memories. Well done to all who took part!

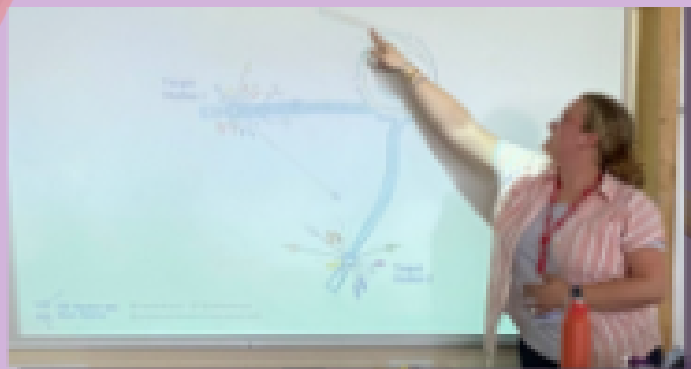
Kalpita 12M



ELLA CHANDLER SPECIAL SPEAKER VISIT

In Chemistry, students were fortunate enough to be granted a visit by Ella Chandler, an ex-student who came in to talk to our students about further pathways after leaving sixth form. She is the first of a new series called 'Special Chemistry Guests', which informs students on further education in chemistry. Students were able to learn about her work in neutron scattering development, the insight into what she does in her placement, along with the pathway she took to her position. Ella's journey was not easy - the end of her school life was disrupted by the pandemic, but despite not getting the opportunity to do exams, she still successfully got a placement in a field that she really enjoys. Ella Chandler is an inspiration to our students, and indicates how despite disruptions, you can still follow what you want to do in life.

Ella also gave some valuable advice to the students, which she remembers from Mrs Sutton and refers to as the 'Sutton Principle' :



“ It is not about what you do, but the skills you learn from it”

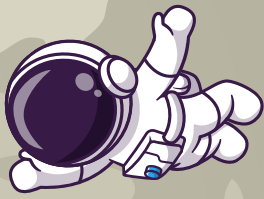
If there is anyone you particularly want to hear from, or you would like to hear about Chemistry pathways, do come along to these talks!

Kalpita, 12M

WHOLE SCHOOL

ACTIVITY DAY





ASTRONAUT VISIT

On Wednesday the 5th July, Y9 was very excited to meet NASA astronaut Dorothy Metcalf Lindenburger, who talked about how she achieved her childhood dream and her time in space. Many of the pupils found this to be very relevant to their own big dreams and felt inspired that they too could achieve their goals. On her path to becoming an astronaut, she faced many challenges (one of them being that she was unable to work in Kazakhstan because of a war); despite this, she pushed through, a lesson every student can learn from.

She carried on to mention that when she was in school and attending various science camps, she never really believed she could achieve her biggest goal. However after being a high school science teacher for a few years eventually she found an opportunity to work for Nasa and jumped at the chance of her dream job. She persisted through the long and intricate interview process and graduated 'astronaut school' in 2006. She was then proudly one of the four women on the space shuttle Discovery in 2010 to break the record for most women in space at one time (although it turns out they actually broke the record by accident!).

We all thoroughly enjoyed her visit and hearing all about the importance of teamwork on a space shuttle, determination, the peculiar training astronauts do underwater for hours at a time and of course, having all of our burning questions answered.

By Maja and Eleanor 9S



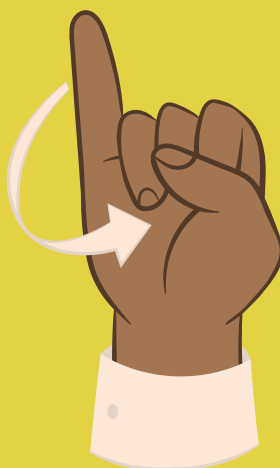
DIVERSITY NEWS

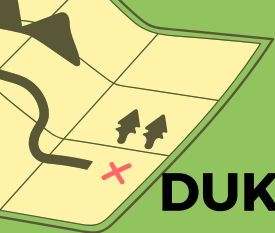


Throughout the year, a number of wonderful clubs including ACS, BSL and Spectrum, have helped to promote an inclusive and celebratory environment. Already we have celebrated so many amazing events like Eid, Holi, Diwali, Black History Month and Pride Month.

On Monday, BSL and Choir combined their talents and took part in the “Sing and Sign” event. The Afro-Caribbean Society also had an amazing performance! Culture day on Wednesday, accompanied by a fashion show in the main hall, showcased beautiful clothing from around the world. The 3rd Annual Pride Parade took place on Thursday with Cultural Music and Dance in the Main Hall. A flag hunt and Q+A was hosted by Spectrum on Friday, as well as ACS having a great dance session!

Nathalie 10C





DUKE OF EDINBURGH

Well done to Y10 and 11 are completing the hardest section of their Bronze and Silver DofE... the hike!

Y11 - having just finished their GCSEs - spent the weekend from the 7-9th of July in the Cotswolds. They soldiered on through thunder and lightning, even receiving a flash flood warning. Having spoken with one group, their strategy was as follows: lots of singing and rationed complaints in order to keep morale high! Despite the battle against the elements, the groups appreciated the architecture and nice scenery (that they could see in between the storms). However, their journey is not over yet...



the Peak District awaits on the 22-25th July. I spoke to some groups planning their next route and many said they felt some further investments would be necessary: walking sticks, waterproofs and food have been particularly popular, with many students looking forward to the independence of the Peaks.



Nonetheless, they seemed in high spirits!

Y10 had a wildly different experience - there was a general consensus that DofE was fun! In contrast to the year 11s, many left with sunburns as the weather was so hot. The training walks took place just after the Easter holidays on the 21st-23rd April, as well as the 12th-14th May and the students camped on the school field. On the actual expeditions on the 10-11th and 24th-25th June, many students arrived almost 4 hours late to their campsite having encountered surprise fences, angry cows, overgrown nettles, and crawled a lot of their "walk".

Good luck Y11 and well done Year 10!



Hattie 12C





EARTH CLUB

As public consciousness regarding climate change and its impacts increases, students here at AHS have stepped up and demonstrated remarkable dedication to the environment - shown through their ECO Schools Green Flag Award, which they have held for the past five years, not to mention their distinctions for the last two years. Eco Schools is a charity focused on assisting schools in enhancing their sustainability practices.



The team has met criteria in areas like recycling, biodiversity, transportation, and water conservation to name a few, and has exceeded the targets, rightfully earning their award. Led by Mrs. Burt, they have gone to great lengths to transform our campus into a hub of biodiversity. From the picturesque garden in front of the science block to the hidden birdhouses and bug hotels scattered across the field, our school has become a haven for biodiversity. Their commitment to our ecosystem knows no bounds - even enlisting the expertise of Fair Hive, a renowned organisation specialising in ecological initiatives, to ensure our birdhouses are the talk of the town. Furthermore, personal water bottle usage among students has skyrocketed, boasting an astounding 95%. This highlights the commitment of our community to reducing single-use plastic waste and helps our students to save money as they bid farewell to daily water expenses! These are just a few of the many initiatives executed by the team, so congratulations to the eco club, who have worked tirelessly to improve sustainability at our school and inspire us all to think greener!

Zainab 12E





HOUSE PUBLIC SPEAKING

This year, exciting things have progressed in our school - our house events have been bigger and better than ever. This year has been truly remarkable, and amidst all the new house events that have been introduced, one of them has been House Public Speaking! House Public Speaking is an incredible opportunity for students to step outside their comfort zone, and practise their public speaking skills whilst also developing confidence, communication skills and critical thinking. The overarching theme was about diversity, and each key stage was given a different variation of this theme to write about: for KS3, "what diversity means to me", for KS4, "the importance of diversity week" and for KS5, "our diversity is our strength".



Participants were asked to write a 5-minute speech based on the theme given, and then they proceeded to elimination rounds where Mrs Morris chose who would then be selected for the Grand Final that is to take place at lunch on the 18th July. One student said: "I didn't think I could take part because I felt as though I couldn't write a good speech. But doing this event really helped me see that I can be good at writing, and it encouraged me to think in ways I had never thought before."

A huge thank you to Mrs Morris and well done to everyone who took the time to write a speech and reflect on their theme - the speeches were brilliant and good luck to all the finalists.

Kalpita 12M



MEDSOC ARTICLE: AI AND MEDICINE

In this day and age, there is undoubtedly an inevitable progression towards the increase in using technology on a day-to-day basis. With the rise of AI (artificial intelligence) apps such as ChatGPT, it is evident that many industries have embraced this cutting edge technology to improve their efficiency and streamline their operations. One of these fields has been the healthcare sector, where patient care has been

revolutionised. From diagnosing patients to performing surgery by robots, this article delves deep into a captivating journey, unravelling groundbreaking innovations that will reshape healthcare for current and future generations.

Medical diagnosis

Key uses of AI in healthcare are the systems being designed to accurately diagnose diseases from medical imaging scans (-rays, MRIs, ultrasounds, CT scans) and microscope slides. AI algorithms can use this imaging and aid healthcare professionals in

identifying and diagnosing diseases more accurately and quickly. This technology could revolutionise healthcare by providing more precise diagnoses in a fraction of the time used by medical professionals, establishing a more efficient way of attending to a larger proportion of patients seeking medical advice, so treatments can be provided without conditions worsening as a result of a prolonged wait for diagnoses.

For example, cancers and other diseases can be detected at earlier stages, offering better

long-term outcomes. AI is also being used to assist in screening processes, including IVF, to determine how likely a fertilised embryo is to result in a successful pregnancy.

Radiotherapy

Radiotherapy normally uses generic dose prescriptions that don't consider the characteristics of individual tumours. However, an AI framework has been developed to use a patient's CT scans and electronic health records to create a specific, individualised dose.

Furthermore, AI supports radiation oncologists in order to localise the treatment of tumours, while minimising the effects of radiation on healthy tissue. This increases the success rates of radiotherapy, which instils more hope in the use of technological advancements in the medical industry.

Virtual nursing

Simply put, virtual nursing is a robot devised to manage your health or more commonly wearable devices, which are increasing in popularity. They tend to have more settings than the general smartwatch and while providing heart rate and blood pressure measurements, many models have options to remind the wearer to take medications, for instance.

One example of a wearable device is Current. This device enables doctors to receive updates regularly on their patients' health by sending the patients' vital signs such as heart rates, oxygen saturation and temperature to the medical professional. Some devices are also under development by researchers to transform the way these devices gather data to detect diseases such as hypertrophic cardiomyopathy. Hypertrophic cardiomyopathy, in Layman's terms, is a disease where the heart muscle thickens which makes it difficult for it to pump blood. It is also a disease with few symptoms which unfortunately implies that many people go undiagnosed.

Robotic surgery

The notion of robotic surgery initially seems as though it is a vividly 'futuristic' idea however this technology is, as a matter of fact, being utilised in a number of NHS hospitals, across the country, to assist in, for instance, knee and hip replacement surgeries.

Robotic surgery is also an integral technique to perform minimally invasive surgery. Studies have illustrated that robotic surgery is five times less likely to cause complications and with the added benefit of decrease in staff and time, robotic surgery is clearly a pioneering branch of technology for the future.

Information services

The NHS is currently partnering with Amazon's Alexa to offer medical information through a voice activated system. It is estimated that 14% of UK households now have voice-activated speakers, so by integrating the NHS website content directly into Alexa's core knowledge store, it is able to reach a much larger user base as there is no need to enable this skill in advance.

Navigating through websites can pose obstacles for people with literacy difficulties and accessibility needs, so voice-activated devices offers one solution around these dilemmas. Therefore, the main purpose of providing this service is to reduce demand on doctors and particularly benefit vulnerable individuals such as the elderly, blind people and people who cannot easily search for health advice on the internet.

Some, understandably, have concerns relating to storage of their personal data, to which Amazon has confirmed all data will be kept confidential and encrypted. Amazon has distinctly claimed that it's not selling products or making product recommendations based on this health information, nor is it building a health profile on customers. All information is treated with high confidentiality.

Pros and cons

Incorporating artificial intelligence in healthcare has many key advantages. As mentioned before, analysis of data will be much faster than human abilities, including clinical studies, medical records and genetic information. This supports medical professionals to come to a diagnosis and ensure more patients are provided with high quality and efficient medical attention.

MEDSOC ARTICLE: NHS IN CRISIS - TREATABLE OR PREVENTABLE?

The NHS. The nation's greatest treasure. 'Our proudest institution' in the words of our former prime minister, David Cameron. The National Health Service has carried our country on its back for decades, aiming to provide the best quality service possible to individuals based solely on healthcare needs, rather than their ability to pay. It was a brave, transformative but necessary initiative that derived from only 7 core principles. This service has over 350 clinical and non clinical roles, meaning that almost every single person we know has experienced the NHS, either operating within the system, providing quality care or receiving it. So why is this staple to our country now being described as 'in crisis' and is COVID the culprit behind this?

It's safe to say COVID may not be the solo offender in this 'crisis' but it continues to play a huge role. Staff retention, post pandemic, is at an all time low; data gathered from NHS digital shows at least 15,000 nurses resigned from the start of 2022 till March, with 4000 stating their reason as 'no work-life balance.' Other reasons for this abnormally high shortage of staff is burnout (with at least 64% of staff working overtime), pay (which has been reflected recently through strikes) and mental health related absences which cost the NHS 174,656 working days in September 2022. Relocation overseas has also been a major problem, exacerbated by Brexit, also resulting in more international students choosing to work in places like America due to better pay. Kafeelat Adekunle, a nurse working for the NHS, stated, "I'm a fighter but if anything comes up tomorrow I'm ready to go. I have a lot of family in America, I know I could get more, even double, if I was there today."

The overflow of patients is reflected by the toppling waiting lists and thus a rising demand for privatised care. The pandemic forced many surgeries and elective care to be postponed in an attempt to manage the high capacity of Covid patients. Aside from these patients, combined with worsened public health & diet as well as a drop in appointment attendances and A&E visits, the number of health problems have generally increased.

Considering the data, it is no surprise that in a SkyNews study, the proportion of staff who would recommend the NHS to others exhibited a negative trend. So with staff demotivated, limited funds and an overflow of patients, the majority of us are thinking of the same burning question, 'How will the NHS survive?'

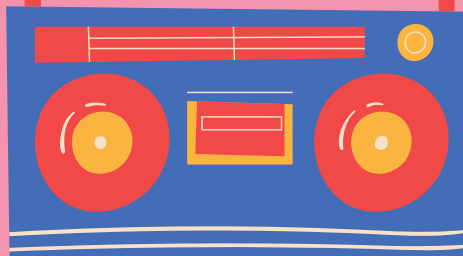
Currently the NHS have formed a comprehensive 2 year delivery plan; involving expanding urgent care and increasing service hours to reduce the influx of patients seeking A&E for minor conditions. Expanding rehabilitation care in people's homes allows for freeing up beds for other inpatients. The introduction of 111 and the new phone-in system to book GP appointments has majorly increased efficiency, convenience and appointment attendance which can be further improved by charging fines to consistent offenders missing up to 3 appointments. Staff retention and motivation needs to be drastically improved through: increasing mental health support services, specifically for NHS staff, providing training bursaries and pay incentives, imposing a recognition system to uplift and promote the work of staff through social media, creating monthly check-in meetings with staff, recruiting globally to tackle staff shortage and generally using social media to promote the importance of public health & diet.

So whilst the NHS may be showing symptoms of a 'crisis,' in my diagnosis, this condition is very treatable.

Naehaa



SUMMER SHOWCASE



On the 3rd of July, the hard work of the performing arts departments over the last term culminated in an exciting showcase of talent. The show opened with “gripping” performances of extracts from Tchaikovsky’s Swan Lake, swiftly followed by Gabriel’s Oboe by Morricone, played by the orchestra with oboe soloist, Elsa, and conducted by Ms Raven. After that, there was a fabulous performance by the A Level dance quartet to “Paint it Black”, inspired by one of their studied practitioners, Christopher Bruce. The rest of the show included dramatic performances including extracts from DNA, a GCSE performance piece, and Charlotte in 9H who performed a Shakespeare monologue that won her the local heats for the ESU’s “Performing Shakespeare competition” earlier this year

As well as some awe-inspiring musical performances from soloists Rosie 8C and Nathalie 10C and a Y12 strings and wind trio, there were also dance performances of many genres from Bollywood to ballet, from street dance to contemporary from years 7 all the way to 12. Finally, the show concluded with an upbeat performance of an ABBA medley by the school choir, complete with dance moves, conducted and accompanied by Mr Warner.

Congratulations to everyone who performed and worked so hard over the past term, with special thanks to Ms Raven, Mr Warner, Mrs Hughes and Miss Mckendrick, as well as the tech team for all of their sound and lighting expertise.

Lottie 12C

