



Letter from the Head

Hannah Nemko

This time two years ago, we had all just moved into lockdown and were hopeful that we would all be returning to school after the Easter break. What a journey we have been on since then.

Each half term sees us rising a little further out of the COVID mist and back towards the reality we once recognised as normality at Dame Alice Owen's and this half term has been no exception.

Lunchtimes and evenings have once again been a hive of musical, sporting, curriculum and interest activities ranging from the launch of our Young Librarian programme to the more established science lectures, chess club and alike. The staff have given freely of their time, planning and accompanying visits to A level Language film study days, as well as to experience some of the English Literature texts being performed on stage, or in their immersive form (see the article about The Great Gatsby Experience for more about that). Visits to the STEM centre in Stevenage inspired our Year 7s to learn more and more about Artificial Intelligence and its uses in the future whilst The Annual Brewers' Lecture, run by the Master of the Worshipful Company of Brewers, Mr Richard Fuller, taught our sixth form that there is an awful lot more chemistry involved in brewing beer than one may otherwise have thought.

The Brewer's lecture slotted neatly into careers week where we were, again, delighted to have been supported by our alumni who came to speak about how to break into a vast number of careers. Alumni from companies such as KPMG, GSK, Ocado, META, various radio, TV and animation companies as well as those advising the Government on their communication strategies and those working for the RAF, amongst others, spoke about how they [strove] with a will to be successful in their career, the way in which Owen's helped them do just that and how they can help, advise and support our young people in their move forward in life too.



ISSUE HIGHLIGHTS...

SAY 'HELLO'

Meet Dame Alice Owen's School Governors (page 3)

VIRES IN NUMERIS

Apparently, this Latin maxim is true not only for number of people (more on page 31)

HOW GREEN ARE WE?

Young Owenians' pursuit of the Green Flag Award (more on page 32)

...and so much more! It's our school!

The second half of each term is always buzzing with the fruits of the rehearsals which have gone before and these last weeks have allowed us to enjoy a number of fabulous concerts including the hugely anticipated Soul Band evening, which was better than ever, and the equally fantastic, student led, Great Gig; congratulations go to all the students who participated and organised those events.

As competitions have begun to open again, we have enjoyed competing as well as celebrating all sorts of victories in an array of sporting, written, mathematical and musical contests – you can read more about all of these within the Newsletter. Congratulations go to all the students who have been involved in competing in any event as well as to the staff who trained and supported them through the competitions.

This time of year, brings excitement and a little sadness as we say goodbye to one Senior Student Team, wishing them all the best for their forthcoming examinations and beyond, and hello to the next. We wish the outgoing team, comprising of Head boy, Oliver Crofts and Head Girl, Zoe Gunasekera together with Liam Finnegan, Ash Fowkes-Gajan, Jacob Hirschkorn, Eliza Hogermeer, India Jordan Jones, Ola Kawonczyk, Ibithaaj Koleoso and David Sleeman all the very best for the months and years ahead of them and hope that, like all leavers, they stay in touch through our alumni **owenians.com**. We are excited to welcome and start working with the 2022-23 team: Head Girl and Head Boy, Florence Crofts and Lierre Henry together with Daniella Adebayo, Louie Bailie, Nashita Karim, Alfie Mitchell, Anish Shah, Benedict Vincent, Aimi Weightman and Delfin Yucebas who, I am sure will bring as much enthusiasm to the role as their predecessors.

Of course, the end of the Spring term brings with it the much-awaited musical and this year was no exception. "The Baker's Wife" success was testament to the meticulous way in which Ms Govier, Ms Makepeace-Lott, Mr Southorn, Mr Pickering and the Tech Crew had rehearsed the students over the term. Ms Govier's cruelly timed brush with COVID added a few additional complications in the run-up to opening night, but, like the true professionals our staff and student teams are, you would never have known that the road to this opening night had not been as smooth as any other. The audiences were enthralled with the performances given and we all left humming, tapping and smiling away; what a fantastic way to end the term! Thanks also go to Mr Anastasi for the fantastic set he created and to Mr Stensel for arranging the props and taking care of the photography.

Wishing you all restful break over the Easter weekend,

Hannah Nemko

Thank you to all parents, carers, students and staff who shared their thoughts on school uniform. The updated expectations for September can be found on <u>our website</u> for your convenience.

who shared their thoughts about mobile phone use on campus. We were delighted with the substantial number of responses and will be reporting back on this, as well as the school's response, at the proper time in the new term.

A MESSAGE FROM SCHOOL GOVERNORS

Dear Parents,

We are writing this newsletter as three parents of current pupils of the school, two of whom have been recently elected by parents to the Governing Body.

As Governors, our role is to exercise independent oversight of the school's affairs including:

- Ensuring clarity of vision, ethos and strategic direction;
- Holding the school's leaders to account for the educational performance of the organisation and its pupils, and the performance management of staff;
- Overseeing the financial performance of the school and making sure its finances are managed efficiently and effectively.

We carry out our responsibilities through attendance at Full Governing Body meetings alongside additional Committee meetings. To perform our roles effectively, we attend relevant induction and ongoing training as well as bringing our own knowledge and expertise, as relevant, to support the governing body in its duties.

As a reminder, any issues of concern regarding your child/children are normally dealt with informally in the first instance by raising them with the relevant class or subject teacher. If, however, this does not result in a satisfactory outcome, there are clearly signposted channels to escalate matters within the school by following the procedures set out in the School's Complaints Procedure, published on the school's website.

Parents are, of course, welcome to speak to any Governor, and we can be contacted via the school reception by email on admin@damealiceowens.herts.sch.uk. As well as email contact, we and other Governors are available during Parents' Evenings at the School to answer any questions you wished to raise, or signpost you to the appropriate contact within the school. From time to time, you may also find us at concerts, plays, sports matches and other school events, and we welcome these opportunities to hear your views and any ideas that may improve school life, along with any feedback that might not otherwise be channelled into or through the school system.

If you are not already doing so, please support our excellent School by getting involved with the many OSA fund-raising initiatives that are arranged by our parent volunteers - see here for further information.

We look forward to supporting our students and yourselves during our term as parent governors.

With best wishes,

Patricia, Michael and Glenn



Patricia Bruno

My professional background is in Fashion, Luxury and Tech and I have held executive positions with multinational brands for over 20 years with tenure in Europe, US and China. A few years ago, I returned to Potters Bar with my family and established my own consultancy company providing brands direction on strategy, operations and performance. This allows me the flexibility and time to contribute as Parent Governor. As an Old Owenian and a parent of a son in Year 7, you will undoubtedly see me supporting the school 'enthusiastically' on sport side lines and at the many events!



Michael Rose

I am the parent of twin sons in year 9, living in Islington, and an NHS consultant of 26 years standing, now working part time. I have taught and trained medical students and doctors. I have been involved in examination question writing, examination standard setting and examination boards as well as being an examiner at under-graduate and post-graduate level.



Glenn Taylor

My 3 children currently span the Owen's life cycle (Year 13, Year 9, Year 7). I am a past Deputy Head Boy of DAOS and live in Potters Bar. I am in my 6th year as Co-Chair of the OSA, during which time we have raised a huge amount of money for the school. I am self-employed in the Commercial Property industry.

THE MATHS DEPARTMENT

Year 7 Maths Competition

On Thursday, 3rd March, four Year 7 children were selected to take part in the Herts for Learning maths competition - Joey Lee, Hannah Johnson, Ira Bhalla and Ammiel Gull. This challenge hosted around 20 other schools, with a number of different teams within that school. The competition contained four rounds. The first round was general maths, the second was a picture round, third was an estimation round and the fourth round was harder general maths questions.

During the first round, we all showed amazing teamwork and maths skills. Due to this, we gained 60 points which was full marks for this section. The next round was a picture challenge. This meant that two team members were shown a maths poster for 30 seconds and then had two minutes to describe this to their other two team members who had to draw this poster from the description given to them. This was repeated four times and we got 52/60 points for this part of the competition.

As a team, we did not do as well as we thought we would during round three, which was based around estimation. We scored 19 points out of a total of 60 - this will be our main area of focus in preparation for the finals. However, we did exceedingly well in the fourth round, scoring full marks again.

Overall, we found the competition stimulating and fun. We came first with a total of 191 points out of 240, that is by 17 points more than the second place! Naturally we were extremely impressed with this result and we do hope to show the same outstanding performance in the finals. If you have any questions or want to ask about it, come and find one of us when you have time - we'll be more than happy to explain how it went.

The Year 7 Maths Team

Year 10 Maths Feast

The Maths Feast was a fabulous event that allowed us to demonstrate our maths and teamwork abilities. The challenge was focused on combining our skills as a team and working together throughout all of the rounds. All of this hard work paid off and resulted in a victory.

Furthermore, we would like to thank the incredible Maths Department for providing us the opportunity to participate. We are also very grateful to Dr James who kindly volunteered to take us when Ms James was unfortunate to have contracted COVID-19.

Amelia Reader, Liam Buchgraber, Matei Pirtac, Sophie Chandan

Maths Challenge Results

Earlier this term 180 pupils from Years 9, 10 and 11 sat the UKMT Intermediate Maths Challenge, at which they achieved 26 Gold medals, 39 Silver medals and 42 Bronze Medals.

We had a record number of students (75 in all) invited to sit the follow on rounds this year. Congratulations to them all! Special congratulations go to Melissa Kassioti (year 9), Stephen Goodlad (year 10) and Eiden Israq (year 11) who achieved best in year, with Eiden also achieving Best in School. Melissa was invited to sit the Cayley Olympiad; Stephen was invited to sit the Hamilton Olympiad; and Eiden was invited to sit the MacLaurin Olympiad along with Rufus Jasko.

The following students were invited to sit the next which took place this month:

Grey Kangaroo (Year 9)

Jack Buchanan Jamie Levene Oliver Kanerick

Jack Fu

Emmanuel Abugo

Jafar Alani

Kat Almeida Jones **Evie Chadwick**

Conrad Greulich **Josie Grzesiczek** Phoebe Hosie

Ben Ingham

Zackaryaa Ishraq

Sally James

Adam Khalish

Neha Kubair

Isabelle Lee

Anisa Mandava

Iames McCoole

Dhruv Mcelwazne

Lucia Moreira-Gilbert

Lyla Mortensen

Akshadha Murali

Niamh Murphy

Ourania Neophytou

Rhea Puri

Isabella Rafati

Ashvin Rajan

Bhavya Ranawat

Melanie Reusch

Emily Roberts

Jonah Ross

Rahil Shah

Sophie Stane

Esme Stephenson

Amvi Subberwal

Shashivar Thangaraj

Marco Tsangari

Alice Weitzenfield

Joshua Williams

Pink Kangaroo (year 10)

Alex Beebee Sophie Chandan Uju Ekwunife Amira Eltholth Elizabeth He Charlie Islam Vincent Lee Leo Nichols Matei Pirtac Nathan Pung **Jacob Roberts** Indira Shakespeare

Felix Spence

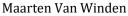


Luca Adams Freddie Arnold Max Bhowmik Jessica Brady Miranda Dunkin Charlie Findley Nathaniel Gibbon Arvin Hadidi-Fard

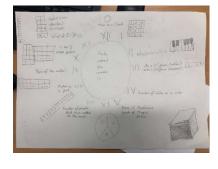
Zoe Leahy Kian Leung Jasmin Mac Thomas Mead Lyra Patel Ishika Shah Thomas Sleeman Sam Sloan Sonia Speight Ryoma Starling

Joshua Tate

Claire Hou







NEWS FROM

THE MODERN LANGUAGES DEPARTMENT

On 8th February, the Year 12 and Year 13 Spanish classes visited the BFI Imax to expand their knowledge on the film studied in A Level Spanish, 'El Laberinto del Fauno' (Pan's Labyrinth). The day involved a lecture given by Prof. Sarah Wright and Dr. Lidia Merás (from Royal Holloway University), followed by a screening of the film - which was amazing to see on the BFI screen! During the presentation, titled 'In the Shadow of the Spanish Civil War', we learnt a lot of useful background context of the film, particularly focused on life under fascism and Franco's dictatorship in Spain.

We were also given a valuable insight into Guillermo del Toro's life - including where he grew up and who his major influences were in making El Laberinto del Fauno. There were also opportunities for us to hear some excellent spoken Spanish by fellow A Level Students when Dr. Merás asked for feedback on some questions we discussed in groups about certain aspects of the film.

Overall it was a fantastic day - ¡lo pasamos muy bien!





THE SCIENCE DEPARTMENT

Science Club

This term in science club we have been doing lots of exciting experiments, starting by making crystals, then doing food tests to see how much fat, sugar, protein or starch some foods had in them. It was interesting to see how the reactant chemicals changed colour depending on the amount of sugar or fat it had in. After that we moved to light dispersion, trying to refract white light from our phones into a rainbow! It was fascinating that the glass prisms could refract light in that way. Next, we built circuits, using buzzers, batteries and light emitting diodes.

We also did some biological drawings of live locusts, labelling the parts and learning about them. After this we made fake snow, which was enjoyable and finally moved to static electricity, in which we used the Van der Graaf Generator to make peoples' hair stand on end, before discharging onto other people, often making a loud click. Science club is fun, and you can just turn up, so come to Lab 11 on Thursday lunch at 1:00 to experience more of these exciting experiments!

Artian Kastrati Year 7



Science Lectures

Here at Owen's, we are extremely lucky to have regular science lectures, where scientists who are specialists in their fields come into school at lunchtime to speak to students about all things STEM. The lectures cover an extremely diverse range of topics: this term the talks have ranged from "Drug Discovery" to "Psychology - Child attachment" as well as "Experiencing Architecture" and "The Life of a Paediatrician", to name a few!

The speakers talk to us about the science behind their work and research, in addition to depicting what the day-to-day life is like in their industry and how they got to where they are today. The talks are interactive and promote a great environment to ask all sorts of questions. Whether you are a lower school student with an interest in science, or a Sixth Former keen to pursue something science related in the future, everyone learns something new and leaves inspired! I would recommend the talks to everyone.

As an aspiring medical student, I really enjoy the more medically oriented talks and find them incredibly useful. A particular favourite of mine was the "Blood Is Fun" talk. Ran by a consultant Haematologist, she spoke to us about what a Haematologist does as well as educating us on just how long the training pathway is! We also learnt about the composition of blood and how the different blood groups work.

Two talks yet to happen this half term (at the time of writing) are "Fixing Broken Bones and Stem Cell Research" and "Treating OCD", which I'm sure, as always, will be very insightful.

A huge thank you to all the incredible parents and guests who have given up their time to come in to our school to talk to us and inspire us!

Alice Bayley Year 13



THE ART DEPARTMENT

Whitechapel Art Gallery

'It was great to be back in a gallery'

Earlier this term, our A level artists explored the exhibitions of the Whitechapel Gallery. They were particularly fascinated by the sculptures of Simone Fattal and playfully created art in 'The Living Studio' with resources were provided by contemporary artists to highlight the need for more affordable spaces in London.

Owen's young artists produced an impressive series of drawings for their respective themes and thoroughly enjoyed returning to visiting the gallery. An enjoyable experience for all and we look forward to seeing their work in our summer exhibition.

The Art Department







THE MUSIC DEPARTMENT

Soul Band Evening, Wednesday, 9th February 2022

Great excitement greeted the return of Soul Band Evening.

Congratulations to all our amazing performers for a great night - the Junior and Senior Soul Bands, as well as GCSE songwriter soloists, Simran Misir and Cheryl Jeyakumar.

Thank-you to Band Directors, Mr. Crossley, Mr Salter and Mr. Southorn, the Tech Crew, Mr Pickering, ex-Owenian, Wesley Wilson and the OSA.











Chamber Concert, Tuesday, 1st March 2022

Congratulations to all our performers in a lovely evening of chamber music. Not only were the performances technically impressive, but they also exuded great warmth, with the performers clearly revelling in their independence and close musical collaborations with each other.

The evening featured performances by the Junior and Senior Wind quintets, the Y10 Octet, the Y12 Quintet, the Y13 Martinu Trio, the Saxophone Ensemble and soloists, Isaac Scheer and Sohan Kalirai.

Our thanks to the music staff who were involved in preparing the performances, Mr Crossley and Mr Widden, and to Jade Brooks for her expert accompaniment.



Owen's musicians at the South East Schools' Chamber Music Competition. Thursday 3rd March

Thirty of our chamber musicians travelled to North London Collegiate School to take part in the above competition.

Each of our 6 ensembles performed to the adjudicator Michael Dussek, who gave them an immediate coaching session on their pieces. With repertoire ranging from Agay to Reicha, from Mendelssohn to Brahms and Dvorak to Martinu, it was a morning packed with musical insights and interesting explorations! We were immensely proud of our students' performances and enjoyed hearing them refine their playing still further under Mr Dussek's expert guidance. His words to the performers:

"... thank you for giving me such an enjoyable few days listening to you all. The standard of the performances was amazing and you will carry this achievement throughout your life, whether or not you become a professional musician.... every single performance gave me pleasure and there are some that I will never forget."

Congratulations to all our performers who represented Owen's:

Junior Wind Quartet: Maya Rodrigues, Andrew Fennell, Hassan Marzban, Joshua Day, Emily Roberts

Year 13 Trio: Sohan Kalirai, Ben Connolly, Kayla Nicol

Senior Wind Quintet: Ben Connolly, Mia Mortensen, Aidan Lee, Ashta Barbor, Jessica Brady

Year 12 String Quintet: Alice Proffitt, Florence Crofts, Isaac Scheer, Vidyuth Menezes, Lila Harman

Year 10 Octet: Laura Gutierrez-Muurisepp, Caitlyn Lee, Anna Bryce, Catherine Loi, Clio Proffitt, Thalia Lyngnes, Dyllen Bramble, Alissa Khederian

Year 11 Quintet Tara Rodrigues, Emilia Pantelides, Rufus Jasko, Martha Butler, Chloe Hau

Thank-you to Mr Crossley and Mr Widden both for their work preparing the ensembles and for their support on the day, and to Ms Bamber for driving the minibus. An enormous thank-you, also, to Mrs Kothare for all her work supporting the organisation of the trip and for her help with transport on the day.







Spring Senior Concert #1 - Thursday 10th March

"I can't understand why people are frightened of new ideas. I'm frightened of the old ones." (John Cage)

Our Spring Senior Concert#1 certainly had its fair share of new ideas from the **Jazz Collective**, a group newly established this year (years 7-13) to explore the art of improvisation through pieces such as Miles Davis' *All Blues*, the **Contemporary Music Group**, performing Julius Eastman's *Stay on it*, to the **Senior Strings**' World premiere performance of *Big Lips* by Y13 student, Sohan Kalirai. We certainly found ourselves taken in new directions by these pieces and could only marvel at the brilliance of our Owen's musicians, whose committed performing of this repertoire gave us a truly unprecedented musical experience for a school concert!

Interspersed with these were our familiar favourites such as the **Close Harmony Group** whose rendition of *Sh Boom* by the Chords was greeted by cheers from the audience.

In the Spring Senior Concerts, we begin to say **farewells to our Y13 musicians** as we send them out into the world to continue their musical journey. Our Y13 musicians are a group notable for the richness of their contribution and participation across every aspect of the Owen's musical community, enabling new ideas to germinate and ensuring the familiar ones continue to flourish. It was a solo from one such of these, Sean Huang, that opened the **Senior Choir's** magical offering in *True Colours* by Steinberg and Kelly.

The inimitable, thrilling sound of the massed ranks of the **Concert Band** were also on show in a programme that included the whole of Gordon Jacob's *An Original Suite*. The **Symphony Orchestra's** offering opened with the orchestra's leader, Y13 student **Kayla Nicol**'s performance of the *finale* from Tchaikovsky's Violin Concerto. Hers was a performance remarkable both as much for its consummate beauty as for its thrilling virtuosity in this absolute warhorse of the virtuoso violinist's repertoire. The orchestra accompanied with brilliance, visibly thrilled to be performing this piece with Kayla. In the beauty of *Faure's* Pavane, the audience also got an opportunity to hear from a range of the Y13 woodwind players on the solos, with the Chabrier's *Joyeuse Marche* bringing the evening to its culmination.

We would like to congratulate all our wonderful performers and to thank the ensemble leaders and directors, Mr. Crossley, Mr Kelly, Mr Widden, Miss Makepeace-Lott, Mr Southorn and Ms Bamber for their work bringing together such a wonderful evening of music. These events would not be possible without the backstage and admin support of Mr Salter, Mrs George and Mrs Kothare.

South East Schools Chamber Music Competition - the Finals Concert

St George's Church, Hanover Square, London SW1, Tuesday, 15th March 2022

Congratulations to the Y10 Octet and the Y13 Trio who were selected for the prestigious Finals Concert of the South East Schools Chamber Music Competition

Members of the Y10 Octet performing the finale of Mendelssohn's Octet.





The Year 13 Trio, Ben Connolly, Kayla Nicol and Sohan Kalirai performed *Madrigal Sonata* by Martinu.

We were very excited when the adjudicators, Michael Dussek and Garfield Jackson declared that, by unanimous decision, they were the winners of the Senior Category with "a performance with a lot of charm, with well-shaped phrases and good ensemble and dialogue. They captured the somewhat quirky light-heartedness of the style, but also gave good character to the warmer, more intimate side of the music."

Chamber Concert no. 2, Wednesday, 16th March

Congratulations to our Chamber musicians on their excellent performances in the second chamber music concert of the year. After being heralded in by a triumphant fanfare performed by our **Senior Brass**, we were treated to performances by several of our smaller chamber music groups. These included the highly energetic **Junior and Senior Percussion Ensembles** as well as impressive performances by the wonderful **Cello Ensemble** and **Year 7 Violin Quartet**. This was followed by a sensitive and stylish performance of Kenneth Leighton's Elegy for Cello and Piano by **Dyllen Bramble** accompanied by alumna, **Jade Brooks**, on the piano. We finished off the first half back where we began; with one of our brass ensembles, this time, the **Trombones Ensmble** took centre stage to perform a mix of Duke Ellington standards.

The audience were welcomed back to the EGH with the **Guitar Ensemble**, **Flute Ensemble** and **Clarinet Ensemble** who performed a variety of repertoire. One highlight was the Super Mario Theme performed by the clarinet ensemble, where students donned Mario style moustaches and caps to imitate the famous character. This followed a virtuosic performance of Piazzolla's Invierno Porteno (Winter in Buenos Aires) by **Kayla Nicol** on the violin. Next up we were treated to an exceptionally polished piano trio performed by Sohan Kalirai, Kayla Nicol and Katherine Vincent – **Year 12 and 13 Piano Trio**. Concluding the concert in style, the **Senior Jazz Ensemble** performed jazz classics leaving the audience tapping their feet after a glorious night of chamber music by our wonderful Owen's students! Our thanks to ensemble leaders: Mr Lance Kelly, Mr Ben Fullbrook, Ms Laura Dodds, Mr Bernard Bean, Ms Katherine Bamber, Mr Joe Niesyto, Ms Janna Huneke, Miss Rachael Coe and Mr Gareth Hunt.





Junior Concert, Monday, 21st March

Congratulations to our young musicians for performing in a jubilant Junior Concert on 21 March. **Junior Chamber Strings** began the concert in the style performing works by Handel and Warlock which were conducted and led by sixth former, Katherine Vincent. **Junior Brass** kept the superb music flowing by performing two works by Ernie Waites and filling the EGH with wonderful, rich brass tones. This was followed by **Junior Choir** and **Junior Chamber Choir** performing choral works ranging from well-known musical numbers such as When I grow up from Matilda to extracts from operas and even some new works by British choral composers. One fabulous highlight of the first half was when the **Junior Drumming Group** descended from the stalls playing some intricate and exhilarating rhythms on dustbins, who knew taking the bins out could be so much fun!

The second half of the concert saw the first live performance of the newly formed **Junior Ensemble**; a group that encourages students of any ability to join and have a crack at playing and improvising as a band. Handel's Sarabande was a particular highlight with some excellent improvisations from students who had only just started learning to play their instruments. Mr Crossley led **Second Band** in a rousing set of upbeat band numbers which among others included a heart-warming and toe tapping arrangement of songs from the movie Shrek, filling the EGH with smiles. To round off an excellent evening of music, **Second Orchestra** pulled out all the stops in their performance of a medley of songs from the musical Les Misérables as well as the Bacchanale from Samson and Delilah by Saint-Saens. The Music department would like to send a huge congratulations to all the performers and ensemble leaders, Ms Bamber, Mr Kelly, Mr Salter, Mr Southorn, Miss Jones, Mr Crossley and Mrs Brady.





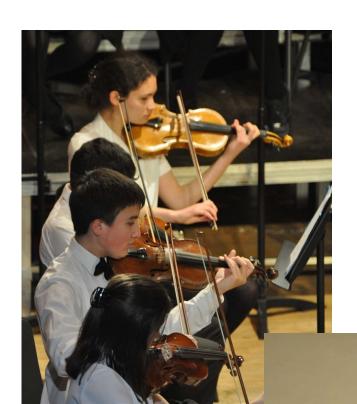
















THE PE DEPARTMENT

Football

Boys Year 7

The Year 7 boys football team had a weather term of saturday fixtures with a notable 2-1 victory against Forest School. They also came out 8-5 winners to finish their first district league with a win.

Boys Year 8

The Year 8 team have had a good season this year, with winning all but one of their saturday morning fixtures and narrowly losing in the county cup semi final to a strong Nicholas Breakspear team. They finished off the school season with a great 2-1 win against Chancellors in the District cup final with Excel scoring both goals on the night. Well done boys on a good season and hope this will continue into the next academic year.

Boys Year 9

The boys have played few Saturday fixtures this term, which was affected by the bad weather. They managed to get one draw, 2 losses but finished off the season with a 5-2 win. Well done boys and good effort this year.

Boys Year 10

The boys played very well in the final blocks of Saturday fixtures after Christmas and also battled through to the district cup semi final but unfortunately lost out in a penalty shoot out

Girls Under 13

In the final week of last half term the under 13 girls' football squad played in the County Cup semi-final against Croxley Danes School. Despite going into the second half two goals down the girls demonstrated excellent team spirit to level the game at 2-2 thanks to goals from Mia Phillips and Emilie Moudart. In the latter stages of the match player of the game Ellie Johnson scored the winner. The girls now face Beaumont School on Monday 28th March in the County Final at Harvester's FC, Smallford, St Albans, the first time in many years that a girls' football side has reached this stage. Well done girls and good luck!

Hockey

Year 7

The year 7s finished their County Cup campaign with games against strong Queenswood School opposition. The As played some excellent hockey but lost whilst the Bs were narrowly defeated 3-1. Riya Goyal and Ava Gilbert were named as the respective players of the match.

Year 10

The year 10 squad qualified for the semi finals of the County Cup where they faced Parmiter's School. Missing players due to illness and injury the team had the bare 11 and were extremely unfortunate to lose 1-0 in a very close fought contest. Alice Cleverley was selected as the player of the match.

Rugby

Year 8

On Wednesday 23rd February, the boys played against 4 schools in the qualifying pool round of the county tournament.

First they played Queens who they beat 5-0

Second they played Chauncy who they beat 3-0

Third they played Beaumont in a very tight game winning the match 2-1 with a late try

In the final game which decided who qualified for the County tournament they unluckily lost to a strong Sandringham team 3-0.

Well played boys



Netball

Year 7

The Year 7A team have had an unbelievable season with winning all their midweek and saturday fixtures bar one! The Year 7B team have had a number of midweek and saturday fixtures and have made great progress with winning their last 6 games in a row. The highlight of the season was both teams winning the District Netball Tournament!





Year 8

The Year 8 netball team have had a good first season with some strong performances throughout, with the highlight finishing 2nd at the district tournament.



Year 9

The Year 9A netball team have had a fantastic season, winning the district tournament and coming 3rd in the Janice Cook tournament. Similarly, the Year 9B's also won the district tournament and have won all their matches this year and therefore were unbeaten all season!







Year 10

The Year 10 team have been very committed and this has been reflected in their matches. They have won all their midweek fixtures and have had very tough fixtures on Saturday's, with the highlight being winning against Mill Hill. The highlights of the season were coming runners up in the District Netball Tournament and narrowly missing out on a win against Sandringham in the County Plate Finals.



2nd VII

The 2nd VII have had a great season, with some great matches to watch, resulting in being unbeaten throughout the whole of the netball season! The girls ended the season with a great win against Latymer School. I look forward to next year's 1st VII.



The 1st VII have a very strong squad and have had some exciting home and away matches. The girls had a competitive last game of the season where they won against Latymer School! Well



done to all of those involved in the season and we wish the Year 13's the best of luck at University, they will be truly missed.

Netball Trip

Year 9 to Sixth Form were invited to experience a Superleague Netball match at the Copper Box Arena. The match involved London Pulse Vs Wasps, the girls enjoyed themselves and were able to identify some new skills and strategies from the match to implement in their midweek and saturday fixtures.



Basketball

Year 7

A really good performance in their district rally where they finished runners up in the tournament losing by just one point in the final. They are unbeaten so far in the district league with 2 matches left to play

Year 8

On Monday 14th March the Year 8 team won the district rally against 6 other schools. The boys beat Chancellors in the final to win the tournament in a close game 6-4.

The boys are also unbeaten in the district league with just a couple of games to play



Girls Year 9

The girls have had a good first season, playing some competitive friendlies against Sandringham and JFK as well as finishing 1st at the Watford and Hertsmere tournament that they guested in. We are looking forward to seeing what the girls can do next year in the County League.



Athletics

On Thursday 10th March the Year 8 and 9 Boys and Girls team competed in their first event of the year in the Academy Cup. Both the boys and combined team came 3rd overall. With some great performances from Matthew G and Rian both winning their events on the night.

On Tuesday 22nd March our Year 7 athletes got their first opportunity to take part in the Hertfordshire School Games Sportshall athletics. All students performed well in each of their individual events. It was great to see the excitement on each of their faces.





Other Announcements

A big congratulations goes to former students Reu Walters on signing his first professional contract with Arsenal FC and Luca Gunter who has signed his first professional contract with Tottenham Hotspur FC. Well done boys and good luck with your careers.





CONGRATULATIONS

On Monday, 28 March, the Under 13 Girls' Football team (Years 7 & 8) played against Beaumont School in the final of the County NASUWT Shield. This is the first time a girls' football team from Owen's has reached a county final in over a decade. The team took an early lead through Emilie Moudart and added two further goals in the first half from Ellie Johnson. Captain and player of the match, Eva Leahy completed the scoring in the second half with a goal from a free kick just inside the opposition's half to ensure that the game was out of Beaumont's reach and crowned the girls as County Champions.

A superb achievement! Well done girls!

Team:
Amelia Arthur
Anika Bathuluri
Chantelle Cathline
Ellie Johnson
Eva Leahy (C)
Freya Mahendran
Emilie Moudart
Mia Phillips
Elina Saha
Iyla Saha
Ella Urquhart



Rising star Vishnu Panchamukhi has qualified to represent Hertfordshire at the 47th Butterfly Schools' Individual Table Tennis Championships National Finals

13-yo Vishnu will take on some of the best young players in the country at the Aldersley Leisure Village, Wolverhampton on Saturday, 2 April 2022. He earned a place at the event by battling through county qualifying stages. The round stage consisted of 4 groups each with 5 players in. Vishnu topped his group to get through to the knockout stages. Vishnu won semi-finals in the fifth and deciding game. The finals were even

Vishnu won semi-finals in the fifth and deciding game. The finals were even more tense and dramatic as Vishnu lost the first two games and in the third game Vishnu pulled back from match point for the opponent to win all the remaining three games and win the championship!

Vishnu took up table tennis in lockdown, playing on the dining table at home. He had to wait till after Covid to join a table tennis club. He now plays for Spins Table Tennis Academy. This is the 2^{nd} tournament Vishnu has played in.

More than 350 players representing 50 counties will gather for the National Finals, which is the biggest one-day table tennis competition in the country. Several stars of the sport, including Rio Olympians Liam Pitchford, Paul Drinkall and Sam Walker and Commonwealth Games medallists Tin Tin Ho and Maria Tsaptsinos, competed at this event during their school years.

Competitions are held at Under 11, 13, 16 and 19 levels for both boys and girls. All primary and secondary schools are eligible to enter players in the county rounds in order to qualify for these national finals. Following these championships, the English Schools' Table Tennis Committee will select representative teams to play in the Invitation International to be held in June 2022 with teams from England, Guernsey, Ireland, the Isle of Man, Scotland, and Wales all competing.



Following PE Department's recommendation to join an athletics club, Rian Shah (Year 8) joined Shaftesbury Harriers last summer. Shortly after that, Rian achieved the following:

- Club all-time record for U13 75 m hurdles at 12.1 seconds;
- 4th in the country for U13 75m hurdles;
- Shatfestbury Harriers Under 13 field athlete of the Year 2021.





Congratulations also to Oliver Almond, year 12, who came second at the British Schools Judo Championships in Sheffield, representing the school in the Year 12/13 section in the U73kg category.



THE CARFERS DEPARTMENT

Careers Department March 2022

It has been a very busy term for the Careers Department. January saw the launch of **Unifrog online Careers platform** for all Year 11 students. Unifrog is a careers programme where students can explore their key interests and career paths and supports students and parents to make careers decisions about post 16 and post 18 studies and apprenticeships. 6h form students already use Unifrog and Year 10 students will be given access to the platform in the summer term.

March saw the school celebrate National Careers Week (7-11 March) by hosting 16 lunchtime **Old Owenians Careers Talks** given by our talented alumni on a whole range of topics such as working in

Strategy Consulting, Drug Development, Recruitment, Financial Services, the RAF, Radio and Television, Civil Service and working as a communications director for the government. As usual, we were bowled over by the number of alumni who volunteered to give a talk which meant that we could offer a wide and varied programme to our students. In turn, our speakers were impressed with the way our students listened intently and asked pertinent questions.

Matthew Williams	Tom Sweeney Grieg	Camilla Poole
Director at KPMG	Building Operations Manager for Ocado Group PLC.	Recruiter, META
Paul Murray	Aidan Judd	Elliot Minkin
Director for Network Services	Radio and podcast producer	Assistant Producer at Studio
Standard & Poors	for Greatest Hits Radio and Listen	Ramsay Global
	Entertainment	
Mimi Zhou	Alex Aitkin	<u>Kirsty Hicks</u>
Strategy consultant for McKinsey &	Executive Director Government	Senior Medical Statistical Director
Co	Communication	for GlaxoSmithKline

will see the return of our **Careers Fair** in school where nearly 30 employers and education providers will set up their stands in the Gym and talk to all the students in Years 9-13. This event provides students with an opportunity to ask questions about how to enter a career and/or profession, what it is like to work for a given organisation and from apprentices to explore this exciting alternative to full time study.

Ms A Stein, Head of Careers

When is 90% just not good enough?

The answer is when we are talking about attendance.

Whilst 90% may be an excellent as a mark in a test, in attendance terms, over a year, it would mean that your young person has missed the equivalent of **one day a fortnight.** This level of absence would lead to your child being categorised as a persistent absentee; and it has been shown to have an enormous impact on a child's ability to do well at school.

Missing 1 day a fortnight equates to 20 days a school year, which is 100 lessons.

80% attendance equates to your child missing one day a week, which is 200 missed lessons.

Whilst national data on the impact of attendance on attainment has been hampered by the lack of recent examinations and so still refers to the letter grades at GCSE, it is still important to note the correlation:

Nationally, on average:

73% of pupils who had over 95% attendance went on to achieve 5 or more GCSEs at grades A*-C.

Pupils with no absence have been shown to be **2.2 times more likely to achieve 5+ GCSEs A*- C or equivalent including English and mathematics** than pupils who have missed 15-20% of KS4 lessons

Of pupils with absence over 50%, **only 3%** manage to achieve 5 or more GCSEs at grades A*-C including maths and English.

We understand that the last years have been unsettling for families and young people, but it is essential that all pupils attend school as regularly as possible if they are to be as successful as they can be later in life. Ideally, your child would be attending school between 100% and 98% of the time.

Pupil attendance is monitored carefully and we are in contact with the local authorities and families where we have concerns regarding attendance, unfortunately, these concerns can sometimes lead to Fixed Penalty Notices being issues to families whose children do not attend school as regularly as required. If you have concerns about your young person and their ability to attend school, please contact our attendance officer, Mrs Shah, attendance@damealiceowens.herts.sch.uk, or your child's Form Tutor or Pastoral Director to discuss further.

ECO SCHOOL

Owen's Students Striving for the Eco School

This year, several students at Owen's have enjoyed being involved in the Eco Schools project aiming to improve sustainability around the school. We hope that the school will be able to obtain the Green Flag Award which has been referred to as being the perfect way to 'acknowledge, reward and celebrate the ecological achievements of young people'. The award will be achieved when the school completes the Seven Step pathway which consists of various steps involved in improving the environmental impact of the school. To begin with, an Eco-Committee was formed, consisting of members of staff and a selection of Year 13 students in the Senior Prefect Team. Many enthusiastic students from Years 7 to 12 form the Eco-Council where they work together to give feedback to the Eco-Committee on issues regarding the school's environment and sustainability. The successful coordination between these two groups has allowed the project to develop in an exciting way.

Following the establishment of the Eco-Council and Committee, an environmental review of the school was conducted to help determine the main areas for improvement. The results of the review were promising as they highlighted the success the school was having in certain areas. This included the biodiversity within the school grounds as the lake, woodlands and other green areas provide a welcome habitat for various animals and plant life. However, more importantly, the review illustrated the areas needed improving. The Eco-Committee met with various members of staff and has identified three key areas to focus on – litter, waste and transportation.

Reducing the volume of litter in the school is the focus for the Year 7 and 8 representatives aided by year 13 students Jacob Hirschkorn and David Sleeman. The students proposed the fantastic idea of a house litter picking competition to help encourage students to reduce litter in the school especially after break and lunch. The competition will consist of students collecting bags of litter and sending in a photo of their work to earn a point for their house via a QR code attached to the main school bin. Well done to David for providing the idea of a QR code!

The Year 9 and 10 Eco Ambassadors are currently tackling the issue of transportation with the support of Year 13 representatives Ash Fowkes-Gajan and Liam Finnegan. The group concluded that the first step towards improving methods of transportation used by students would be to conduct a student survey. Questions related to how students get to school were brainstormed by students from Years 9 and 10 in a meeting a few weeks ago. The students provided innovative ideas and contributed with much enthusiasm, helping to form the framework of the survey which will be published in the coming weeks. We believe the outcome of the survey will yield results that will help to promote a potential 'walk to school' map which would consist of various drop off zones before and after school to help reduce carbon dioxide emissions in the local area as well as the instalment of bike racks by the school gates.

The topic of waste is being addressed by the Year 11 and 12 ambassadors with the Year 12s looking towards overseeing the Eco-Schools program when the current Year 13s hand over the responsibility next month. Mentored by India Jordan-Jones and Oliver Crofts, the upper school students have spoken to the grounds manager about different waste bins. The school canteen has had new waste bins installed for leftover food which can be reused and turned into compost. The ambassadors have also raised the issue of waste bins for different items, such as batteries, which has been relayed to the Eco-Committee recently. A special mention goes to India who had the original idea of participating in the Eco Schools project.

Next week various eco ambassadors will have the chance to plant 30 tree saplings on the school grounds, thanks to the donation made by the Woodland Trust. For us Year 13s, the Eco Schools project has been a great way to empower and motivate students to drive change and improve environmental awareness in our school and local community. We wish the Year 12 representatives taking over the best of luck in the future. The students on the Eco-Committee would like to thank all the staff members who have worked tirelessly to facilitate this process, including Mrs Knight, Ms Chan, Mr Tanner and the site manager Mr Wileman.

By Ash Fowkes-Gajan and Liam Finnegan, Members of the Year 13 Eco-Committee

The link to the Eco Schools website for more information:

https://www.eco-schools.org.uk/about/eco-schools-green-flag-other-awards/

WELLBEING AT DAOS

Holidays are so welcome after a busy term, and a great time to refresh and do something different. We encourage our students to use the Five Ways To Wellbeing to keep themselves in the best possible shape!



Connect

There is strong evidence that indicates that feeling close to and valued by other people is a fundamental human need and one that contributes to functioning well in the world.

It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

With this in mind, try to do something different today and make a connection.

- Talk to someone instead of sending an email
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is
- Give a colleague a lift to work or share the journey home with them.

Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups.

Exercise is essential for slowing age-related cognitive decline and for promoting well-being.

But it doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well providing some level of exercise.

Today, why not get physical? Here are a few ideas:

- Take the stairs not the lift
- Go for a walk at lunchtime
- Walk into work perhaps with a colleague so you can 'connect' as well
- Get off the bus one stop earlier than usual and walk the final part of your journey to work
- Organise a work sporting activity
- Have a kick-about in a local park
- Do some 'easy exercise', like stretching, before you leave for work in the morning
- Walk to someone's desk instead of calling or emailing.

Take notice

Reminding yourself to 'take notice' can strengthen and broaden awareness.

Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities.

Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.

Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Get a plant for your workspace
- Have a 'clear the clutter' day
- Take notice of how your colleagues are feeling or acting
- Take a different route on your journey to or from work
- Visit a new place for lunch.

Learn

Continued learning through life enhances self-esteem and encourages social interaction and a more active life.

Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression.

The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.

Why not learn something new today? Here are a few more ideas:

- Find out something about your colleagues
- Sign up for a class
- Read the news or a book
- Set up a book club
- Do a crossword or Sudoku
- Research something you've always wondered about
- Learn a new word.

Give

Participation in social and community life has attracted a lot of attention in the field of wellbeing research.

Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

Mental Health Awareness Week

In the coming term we are looking forward to Mental Health Awareness Week with its theme of LONELINESS. As a school we are always looking for ways to build and strengthen our community and we are aware that most students experience loneliness at various times in their school career. Below is a helpful booklet with strategies and ideas to support your child if they are struggling with loneliness for whatever reason.

https://www.mentalhealth.org.uk/sites/default/files/Loneliness%20Guide%20for%20Parents%20and%20Caregivers.pdf

EXAM WORRIES

We are also coming up to the GCSE and A Level exam period and want to remind you that our pastoral team in all key stages are able to offer your child extra support and guidance if they need it. This link to the Young Minds pages may also be useful to you.

https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/

SCHOOL WEBSITE

For your information, our school website now has a useful tab highlighting wellbeing and our pastoral care here at DAOS. You can find it under 'School Life'. It includes some useful links to help you to support your child.

Katharine Wheatley

Senior Mental Health Lead

OWFNIANS

SAVE THE DATE FOR:

OWEN'S FEST

An afternoon of summer festival vibes on **Sunday**, **3rd July 2022**.

This event is a collaboration between Owen's Members Club & The OSA,

for new Year 7 students, Owen's alumni, friends of the school & their families.

Please sign up to **OWENIANS.COM** for more info.



'Greenwich Park', the debut novel from Owen's Alumna, Katherine Faulkner, is available now in all good bookshops (and of course, on Amazon!)

Anna Welsford, our Alumni Relations Manager, read the book in almost one sitting and here is her review:

"I got into this story right from the very start and especially enjoyed the complexity of the interactions between the widely varied characters. Lots of twists and turns and it kept me guessing right up until the very last line. My kind of book! Would highly recommend as the perfect Easter holiday read."

Congratulations to Katherine!



Owen's Alumni news stories can be submitted to the Owenians Blog via Owenians.com (just click 'NEWS' and scroll to the bottom of the page.)

NEWS FROM

OWEN'S SCHOOL ASSOCIATION

AGM –On 7 March OSA had their Annual General Meeting to look into the upcoming events and where most support is needed. There are two particular areas where your help would be greatly appreciated:

OSA Website – www.theosa.org.uk. As the OSA continues to add content and make improvements, your feedback would be especially welcome. Please do send your comments, suggestions and kind offers of help to contact@theosa.org.uk

Refreshments – Aren't we all glad to be meeting face to face again at various events that the school organises throughout the year. It is with great pleasure that the OSA provides refreshments at these events. Although the OSA already boasts of a good core of faithful people (special thanks go to Bev and Tony who have rallied a trusty team), our strength is truly numbers. Therefore we strongly encourage you to give it a go – pick any upcoming event and dedicate us your time and smile. It may be hard to believe but often it is as little as half an hour (of course, you may enjoy it so much that you'll ask to stay for longer). Please get in touch with us at contact@theosa.org.uk.

Past Events:

Auction – Following the hugely successful inaugural DAOS Online Auction in December 2020, we had another online auction on 10th December 2021, which raised a whopping. £6,000. Thank you all the good people at Owen's!

Year 8 Cheese and Wine – Due to distancing measures last academic year, current Year 8 parents whose children joined the school in 2020 missed their opportunity to meet their teachers and other parents. Not wanting to be remiss, the OSA hosted a belated and yet much appreciated Year 8 C&W on 23rd March. This function also allowed Year 8 parents to learn more about the amazing activities of the OSA first-hand as well as to buy nearly new uniform (see below for more information on that). Many thanks to everyone who made it happen.

Future Events:

Quiz Night – We are delighted to announce that much loved and anticipated Quiz Night will be going forward. Save the date – Saturday, 23rd April (see flyer page for details). At Owen's Quiz Night there's something for everyone – it's informal enough for the rookies and sufficiently challenging for the seasoned veterans. Going solo? You are truly not alone and we'll conveniently place you at a table with other parents from the same year group. Book your place now to avoid disappointment later.

Summer Festival'22 – At Owen's we like to celebrate Great British summer, especially this year when we are anticipating the return of the school Summer Festival. Another date for your calendar – Sunday, 3rd July (more information coming soon).

Nearly New Uniform – Many Owen's parents have benefited from an excellent service that the OSA has been faithfully providing for years – selling nearly new uniform of good quality and at a fair price. These sales take place at various events and via online 'pop up' shops throughout the year.

Why is this service so important?

- It allows parents to make significant cost savings.
- It provides sustainable benefits to the environment by recycling uniforms in a good condition.
- It is a reliable source of the OSA fund raising with an option of match funding.

We encourage parents and carers to recycle and donate items. To make it easy for your students, containers are located through the main Reception doors on the right-hand side walkway, labelled 'OSA Nearly New Uniform'. In addition, at the end of each academic year, uncollected lost property items stored in the school office are passed on and included in the "Owen's Nearly New" sale events.

Kindly note that as the school relies on funds raised by the OSA to provide many extra resources to pupils, we are unable to offer refunds on any items purchased.

This service is run by two OSA parent volunteers, Mbalu Koroma and Patricia Doyle, and the school is very grateful to them for their diligent work in ensuring this much needed service runs efficiently and smoothly.

For further information about the "OSA Nearly New", or if you would like to volunteer, please email to uniform@theosa.org.uk.

Match Funding – Are you an Owen's parent who works for a blue-chip or multinational company? You may actually be! Many companies offer a Match Funding scheme as a perk for employees who volunteer their time for charities like the Owen's School Association. We would love to hear from you! Please contact Tabitha at contact@theosa.org.uk.

Easy Fund Raising – Feeling like you would like to help OSA and yet your schedule is bit tight at the moment? This one may just be right up your street. Shopping online via the Easy Fund Raising website is a great way to make money for the school without any extra cost (and time) to you. So far this has raised £14,000 for the school. Over 4,300 shops and sites will donate to Owens School Association for FREE when you use easyfundraising to shop with them.

These donations really help us and all you have to do is use easyfundraising when you're ordering the things you'll be buying anyway. See the link below:

https://www.easyfundraising.org.uk/causes/owensschoolassociation/?utm_campaign=raise-more&utm_medium=email&utm_content=rm-c20

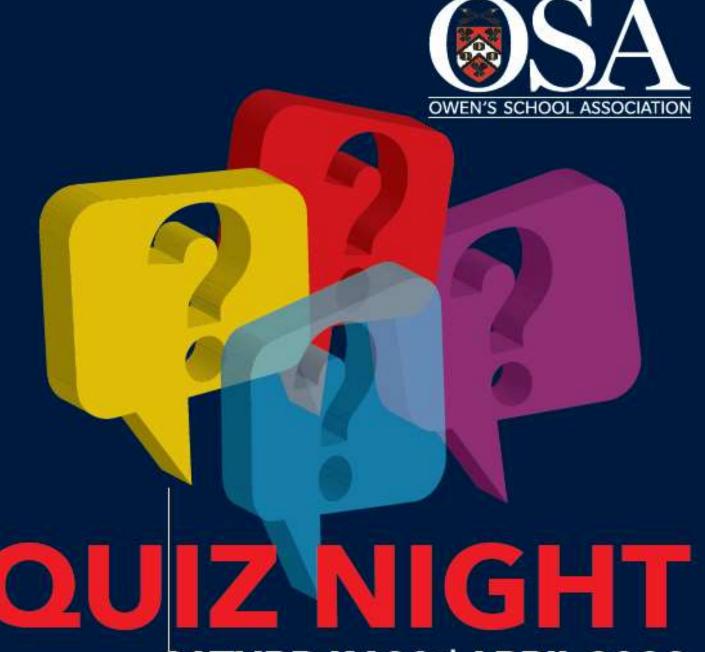
Book Covers – We are glad to announce that, due to unprecedented demand, the OSA have SOLD OUT all the book covers. If you find this news upsetting, please do email us and we will order more book covers to meet the growing demand.

200 Club – The OSA operates a Lottery Style 200 Club with two £50 prizes drawn per month, often with an extra draw taking place in December. Annual membership is £12 per number. For further details, please contact Deepika at 200club@theOSA.org.uk.

Facebook - Are we friends on Facebook? If not, we would like to be - @theOSA.org.uk

Committee Meetings – These are typically held at 7:30pm on the first Monday of the month during term time. We meet in a convivial and enthusiastic atmosphere looking for ways to support Dame Alice Owen's school community. By now you probably feel like it is about time to come and meet, please do. For more details, please feel free to email at contact@theosa.org.uk.





SATURDAY 23rd APRIL 2022

7PM FOR A 7.30PM START at DAME ALICE OWEN'S SCHOOL

All adults and 6th formers welcome

SUPPER INCLUDED *BAR* *RAFFLE* Please do not bring your own drinks

£15 per person £6 for students

Max 10 people per table. Don't be shy about ordering one, two or any number of places as we can make numbers up to 8 or 10 using year and form groups.

OFFERS OF RAFFLE PRIZES OR AUCTION ITEMS GREATLY APPRECIATED

Purchase tickets at: www.buytickets.at/theosa. For queries email events@theOSA.org.uk

ALL FUNDS RAISED SUPPORT DAME ALICE OWEN'S SCHOOL