

Dame Alice Owen's School

Newsletter May 2022



Letter from the Head

Hannah Nemko

The introduction to this newsletter is dedicated to Dr Mitchell who is stepping down from his role as Deputy Headteacher at this time.

Dr Mitchell joined Owen's 21 years ago and has taught generations of Owenians as a result. Starting as Head of Science, he moved into Pastoral care where he worked as Assistant and then Deputy Headteacher.

When I asked some of the colleagues who have worked with him the longest for their memories of him, they spoke warmly of "his unwavering and total commitment to the students", citing the way in which he attends every sports final, every gym and dance display, art exhibition and every music concert.

After hearing the 'Story of the Starfish' (see next page) some years ago, Dr Mitchell's team recognised this same desire in him, the drive and desire to help and support every child he could, even when the task seemed immense. They gave him framed photos of starfish which he proudly displayed in his office and which reminded him, further, of his duty; and there are huge numbers of students who, I know, feel incredibly indebted to Dr Mitchell for the care, support and guidance he gave them.

Dr Mitchell runs around the school at 100 miles an hour, seeing more people and getting more done than one might think possible in an hour. We hope that this move back into his other passion, chemistry teaching, will allow him to enjoy a slightly less frenetic, more predictable, life as well as more time on his bike!

Dr Mitchell will be replaced on the Senior Leadership Team by Mrs Blackburn. You can read more about her on page 3.

Wishing you all a restful half-term and extended Jubilee weekend. I look forward to sharing the photos from our celebrations with you in our final Newsletter of the year.

Warm regards,

Hannah Nemko



ISSUE HIGHLIGHTS...

SAY 'HELLO'

Meet Mrs Blackburn
(page 3)

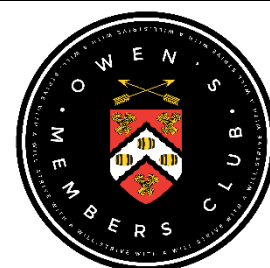
PERICULUM IN MORA

It's the exam period –
see how we can help
you thrive (page 8)

MAYBE IT'S FOR YOU?

Volunteer opportunities
for adults (page 23)

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





The Story of the Starfish

Author unknown

One day, the old man was walking along a beach that was littered with thousands of starfish that had been washed ashore by the high tide. As he walked he came upon a young boy who was eagerly throwing the starfish back into the ocean, one by one.

Puzzled, the man looked at the boy and asked what he was doing.

The young boy paused, looked up, and replied, "Throwing starfish into the ocean. The tide has washed them up onto the beach and they can't return to the sea by themselves. When the sun gets high, they will die, unless I throw them back into the water."

The old man replied, "But there must be tens of thousands of starfish on this beach. I'm afraid you won't really be able to make much of a difference."

The boy bent down, picked up yet another starfish and threw it as far as he could into the ocean. Then he turned, smiled and said, **"It made a difference to that one!"**

Please note that the November occasional day will now be on **Monday 21 November 2022** and NOT Monday 28 November 2022.

For all term dates see the school website or follow the link: <https://damealiceowens.herts.sch.uk/download/term-dates-academic-year-2022-2023/>

**MEET MRS BLACKBURN**

*By Krishan Sh (Y7), Luke M (Y8),
Rihanna U (Y8) and Bella T (Y10)*

What made you want to come to DAOS?

I had visited the school before I applied and I was blown away by the community spirit, high academic performance and amazing facilities. When I initially came to look around, I knew instantly that DAOS was the place for me! I am delighted to be here.

What has surprised you most about the school since joining us?

First and foremost, how much actually goes on here at DAOS! There really is something for everyone and I love how students celebrate each other's success. I have also been impressed with how lovely and welcoming students and staff have been.

What do you miss most about your old school?

As with any school, a community is built around people, so I would certainly say the people.

What have you enjoyed most since you have joined DAOS?

I have enjoyed getting to know everyone, walking through lessons and activities and understanding the history and traditions that exist here, it's very special.

What football team do you support and why?

Crystal Palace FC! I grew up in Crystal Palace and it was my local team so I have followed them from a very young age.

Who is your role model?

I have quite a few but the one that I would draw attention to, as a leader, would be Michelle Obama. I think she is such a powerful woman in the world and thankfully uses it to wonderful effect.

What is your favourite hobby?

I enjoy playing football, skiing and travelling.

OSA Spring Quiz 2022*By Simi Shah*

After two years of Covid, it was fantastic to hold a quiz at school which allowed parents to enjoy a night of food and drink while participating in a quiz alongside old and new friends. The tables looked fabulous and the event attracted over 200 people which included 5 tables of just sixth formers (the first time on record!).

During the quiz, we held an auction on a number of wonderful hampers and wares which raised over £200 for the school. Many thanks to the parents who bid on the items.

The night ended with a teachers' and a parents' table neck and neck with a tie breaker deciding on the winner – the parents! And let's not forget that the last raffle prize was won by a sixth former which led to the group coming near the stage to claim their prize – a tub of popcorn!

A special mention to Mike Thorpe, a Rotary Club member, who faithfully prepared quizzes for us for many years but who sadly passed away in 2021. A small donation is being sent to the Club to go towards a charity in Mike's memory. As the quiz was held at short notice due to the uncertainty of the pandemic, we were fortunate to have a Year 7 parent step in to prepare the quiz.

We are also grateful to all the attendees and we hope you all had a relaxing and fun evening. Without involved and active parents like you, OSA wouldn't be able to raise the funds needed to support our children's academic and personal development. The raised funds are directly donated to the school with the express purpose of purchasing needed items for school departments (e.g. textbooks, 3D printers, whiteboards, sports equipment, DT/art materials, etc.).

We would be remiss not to mention that a great success of the quiz night was hugely a result of a fantastic team effort from parent and school community: Alex Gilbert, Year 7 parent who skilfully wrote the quiz; Mr Ewins, Owen's teacher who magnanimously took on the role of a quiz master; school caretakers who helped with setting up and the cleaning up after the event; sixth formers and school tech crew members who enthusiastically helped on the night; OSA parents who organised and ran the event with grace and enthusiasm from the beginning to the end.

OSA Website – www.theosa.org.uk – Remember to check the OSA website and do send your comments, suggestions and kind offers of help to contact@theosa.org.uk.

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

Committee Meetings – First Monday of the month (term time), 7:30pm. We meet in a convivial and enthusiastic atmosphere looking for ways to support Dame Alice Owen's school community. Please come and feel it for yourself or email us first at contact@theosa.org.uk.

Refreshments – If you've been to any of the school events, you must have enjoyed refreshments in intervals and wondered who caters them. Well, it is with great pleasure that OSA can serve the school community in this humble way. We'd like to invite you to serve with us: pick any upcoming event and share your time and smile. It doesn't have to be much time, often it is as little as half an hour (of course, you may enjoy it so much that you'll ask to stay longer). Please get in touch with us at contact@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.





Owen's Fest

Owen's Fest (formerly known as Summer Fayre) is being held on Sunday, 3rd July, 12-5pm. In the spirit of the Platinum Jubilee year, it promises to be a fun-filled afternoon of music, art, food and much more.

Save a date, remember to buy raffle tickets (shhh, one lucky winner will receive a new PS5!) and we look forward to seeing you all on the day. And yes, if you feel like you could spare an hour (or more), please do let us know at contact@theosa.org.uk.

Easy Fund Raising – 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

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.

Nearly New Uniform – kindly remember to recycle and donate school uniforms items (containers 'OSA Nearly New Uniform' are located through the main Reception doors on the right-hand side walkway). To learn more about the "OSA Nearly New" or if you would like to volunteer, please email to uniform@theosa.org.uk

CAREERS FAIR: "Window to the Working World"

By Ms A Stein, Careers

On 20th April, after the Covid-induced hiatus, we once again held our annual Careers Fair for all students in Year 9 and above. An exciting and diverse range of employers and both further and higher education providers set up their stalls in the school gym. It was wonderful to have so many different industries being represented this year, from the Creative Arts to Construction, Law, Accountancy, Police, Technology Developers, Banking, Finance and Insurance Professionals; hopefully something for everyone!

The Careers Fair began at 12.45pm with Year 11 visiting over lunchtime, followed by Years 9 and 10 during the course of afternoon lessons. The Sixth Form students were invited to visit at any time that suited them, either during lunch or a free period.

The Careers Fair is a fantastic opportunity for students to meet and interact with employers and develop networking and communication skills by starting conversations with employers who interest them. Our aim is that they learn much about the rich and exciting range of career possibilities and pathways leading on from all the subjects they study in school. We hope that it is an event that will stick in the minds of our students for many years to come as a key moment in their career learning journey at school.

Here are a few of the comments from exhibitors:

"I was very impressed by the whole experience – interested and engaged kids, a really nice group of students."

"The students were receptive and lively with many pertinent questions."

"Great event, with a real variety of attending organisations and lots of enthusiasm from the kids."

I would like to thank all our exhibitors for their time and commitment and to all staff who helped in making this event happen. Hopefully we will repeat it next year!

Preparing for the Future

By Jeni McClean, Head of Sixth Form

Our medics programme aimed at preparing Year 12 students for their journey to a medical school started on Wednesday, 18 May. We had the pleasure to invite in a member of the Alumni who spoke to the students about the reality of a medical school, and a local doctor who was instrumental last year in putting together amazing support for our students as they contemplated their next steps. We are delighted to be in able to offer such support.

We look forward to developing our programmes for students hoping to enter other professions, and where possible those degree subjects not so directly linked to subjects taught in school. If any parent is willing and able to speak to a small group of students preparing for a future in the law, engineering, architecture, finance, archaeology, veterinary science, dentistry, or any other discipline, do please get in touch via our careers lead Abigail Stein steina@damealiceowens.herts.sch.uk

Platinum Jubilee in Baking and Art

Our Key Stage 3 students are making preparations to mark the Queen's Platinum Jubilee in both the Food and Textiles and Art departments. This year's *Great Owen's Bake Off* is being dedicated to the Jubilee, and students will be competing to be awarded Star Baker with a recipe they have created to mark the celebration.

In Art, all Year 8 students are collaborating to create a series of portraits of the Queen in the style of Lui Ferreyra. Our concept "70" represents Her Majesty's 70 years of service, with each portrait divided into 70 squares and embellished in a contemporary colour scheme. We look forward to sharing more news in the final newsletter of the year.



Platinum Jubilee Trees

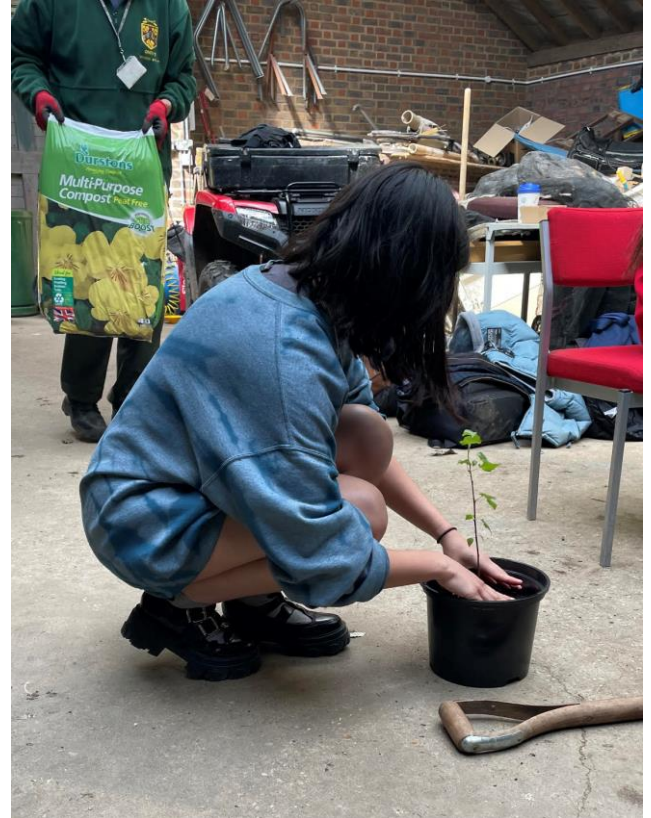
By Melissa K

The Woodland Trust gifted the school 30 small trees (rowan, silver birch and wild cherry) to be planted on the school grounds in honour of the Queen's Platinum Jubilee.

The Eco Committee worked alongside Terry Wells to plant the trees into pots during lunch on Thursday, 31 March. This will allow the trees to grow larger and stronger before they are permanently planted into the ground in November.

This turned out to be a really fun experience when all the students were truly engaged in the project. I can imagine we will need more volunteers come November, so I will keep you posted!

Many thanks to Aran for organising the trees and Terry for guiding the students with his expertise!

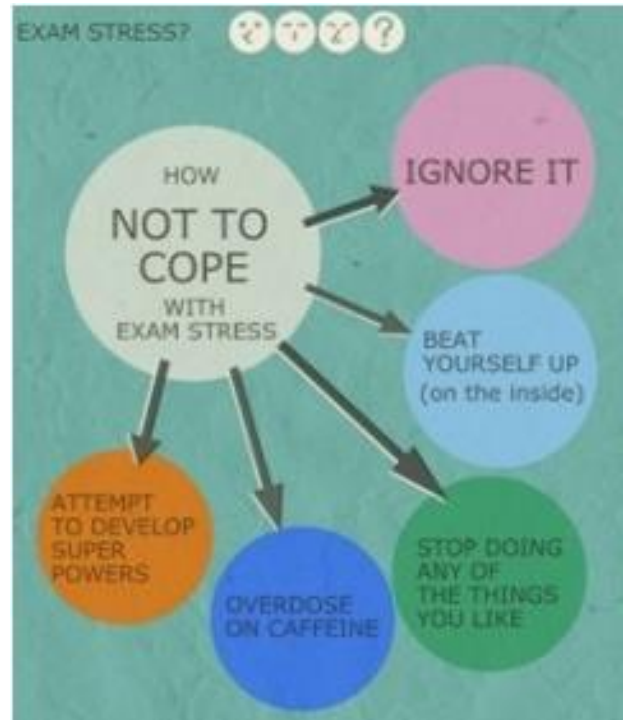


WELLBEING AT DAOS**SUPPORTING STUDENTS WITH EXAM STRESS**

With both internal and external assessments very much in the picture, we have run a couple of useful sessions for students to help them deal with the stresses and worries that often accompany exam periods.

NHS shares some helpful tips for students and parents/carers on their website:

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

**THINGS THAT CAN REALLY HELP**

- Work with your child to find what revision style works for them.
- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that you are and will be proud of them no matter what happens.
- Remain positive and hopeful!
- Plan a treat or an activity together to mark the end of the exams.
- Set aside one to one time so that they can talk to you about any worries.
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Anxiety is often worst at night and this means it is useful to encourage a good bedtime routine.
- Work with them to develop relaxation techniques.
- If anxiety and stress start impacting their day-to-day life, seek help from your GP.

If you feel that your child would benefit from speaking with someone in school about their exam stress, please contact the Pastoral Department. Information on these website can equip you in ensuring your child's wellbeing:

<https://www.youngminds.org.uk/>

<https://www.place2be.org.uk/>

<https://www.annafreud.org/>

<https://www.nhs.uk/every-mind-matters/>

<https://www.mind.org.uk/>

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

WHO'S WHO IN THE MENTAL HEALTH TEAM AT DAOS

Mrs K Wheatley is the Senior Mental Health Lead, supported by Mrs J Van Thal, Miss C Surry and Mrs T Jackson.

We are also fortunate to have Miss Hannah Duncan, an Educational Mental Health practitioner trainee, working with us, and you can find out more about her and her role in the article below.

Our team is committed to securing the best outcomes for all of our young people by building an ethos of positive mental health. As a school we already have extensive links with mental health professionals, for example CAMHS, as well as other external agencies in order to provide holistic support for our young people. For more information, see our school website (School Life/Pastoral Care and Wellbeing). If you wish to contact our team, please email Jacksont@damealiceowens.herts.sch.uk. For urgent concerns outside of school hours, please contact 111.



Hannah Duncan

I'm Hannah Duncan and I am an Education Mental Health Practitioner Trainee from the Hertsmere Mental Health Support Team. Our team focuses on early help and prevention in mental health for children and young people (CYP). I am based at Dame Alice Owen's on a Tuesday. I am currently training at the University of Reading, and I am trained in providing CYP with low intensity interventions such as guided self-help based on Cognitive Behavioural Therapy.

My main role is to assess and support CYP with common mental health difficulties, particularly, mild to moderate symptoms of anxiety or low mood, through one to one or group interventions. A mild mental health problem is when a person has a small number of symptoms that have a limited effect on their daily life and a moderate mental health problem is where they have more symptoms that can make their daily life much more difficult than usual.

As well as this, I am also here to support DAO with their whole school approach to mental health and wellbeing. This might be through psychoeducation workshops for students, staff and parents (e.g. exam stress; transitions; anxiety etc.); drop-in sessions for students to discuss their worries or concerns; consultations with staff when they need support with students who may be struggling with mental health difficulties and supporting students with signposting to services.

Junior Maths Challenge and Kangaroo

Earlier this term 285 pupils from Years 7 and 8 sat the UKMT Junior Maths Challenge resulting in 77 Gold medals, 64 Silver medals and 71 Bronze Medals.

We had a record number of students (43 in all) invited to sit the Kangaroo round this year – congratulations to them all! Special congratulations go to Harrison C, Andreas E, Vishnu P, Vanshika R and Kian T who were invited to sit the Junior Olympiad. Harrison also achieved best in year and Kian received best in school.

The following students were invited to sit the Kangaroo round scheduled for 14th June: Hannah J, Artian K, Niam L, Ben L, Ruofu L, Ivy L, Sabrina M, Akshay M, Ansh M, Imogen N, Stella O, Cailen P, Emilia P, Adam Q, Siri S, Raphael S, Hannah S, Adam S, Haruna S, Rhiannon T and Ellie Z.

We wish them all good luck and look forward to successful results!



Year 7 Maths Team

Following on the above success, the Year 7 Maths Team have gone on to win the finals of the Year 7 Maths Challenge, with a total of 206 points.

Hannah J, Ira Bh, Ammiel G and Joey L took home the victory on the 4th of May after winning the intense competition at Marriotts School, Stevenage. It was an incredible success and the whole team really enjoyed it.

Mrs Bond and Mrs Lee took the team to the event and remained on site to witness the victory. The competition was extremely tough, and there were very lucky moments associated with their victory. Combined use of their skills allowed the student to achieve the following results:

Round 1 (General Maths): 60/60
 Round 2 (Poster Round): 47/60
 Round 3 (Estimation & Problem Solving): 39/60
 Round 4 (General Maths): 60/60

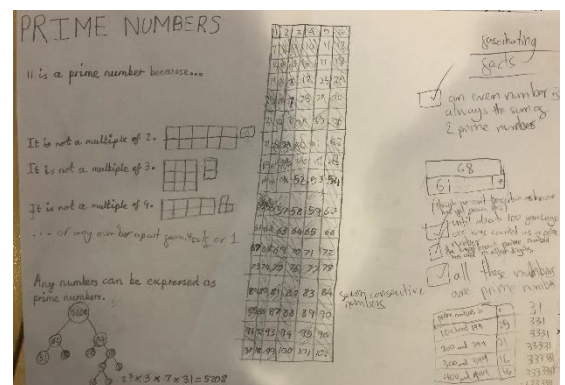
Let's hear from the students themselves:

"I found the competition very engaging and interesting; it was a great experience for us." Ammiel G

"I found that it was a tough but enjoyable afternoon. This victory wouldn't have been possible without every single one of us." Ira Bh

"Nothing compares to that moment when they called out Dame Alice Owen's School." Joey L

"The competition was an incredible experience for me and even though our minds were challenged, we finished triumphant." Hannah J



NEWS FROM

A LEVEL PSYCHOLOGY

Let's Talk Freud*Mrs Rutlin, Head of Psychology*

The Psychology Department is grateful to the OSA for their monetary contribution which allowed Year 12 students to participate in an online lecture by Stefan Marianski, Education Manager, the Freud Museum. An enthusiastic presenter 'was very informative and gave a deeper insight into the psychodynamic approach' as commented by one of the attending students.

Mr Marianski broadened the students' knowledge to the importance of dream analysis and free association, areas outside of the specification but crucial components of psychoanalysis. Students noted that "it was interesting to hear a different take on why we have dreams and that Freud did not believe in dream dictionaries." Freud's theories are often highly divisive and yet the students appreciated that 'the speaker also showed [us] the relevance of the psychodynamic approach in modern society, which made [me] have a different outlook on this approach; it provoked [me] to buy and read Freud's dream book' [The Interpretation of Dreams].

Others expressed dissatisfaction saying that they would have preferred an extended 90-minute session, while others stated that they 'would prefer to go to the Freud museum, see the famous couch and hear the talk in person' and '[I] would like him to do another talk, this time about schizophrenia, so that we can see alternative views on that disorder and how psychotherapy would treat it without medication'.

Perhaps an opportunity for a school trip in the future?

NEWS FROM

THE SCIENCE DEPARTMENT

Biology Olympiad Success

Last term 8 of our Year 13 Biologists took part in the British Biology Olympiad with fantastic results. All entrants achieved highly commended status and above. Congratulations to David, Ranjana, Elaine, Riti, Evelyn, Anna, Oliver and Grace.

In addition Oliver C and David S were in the top 5% of all entrants, achieving gold, and qualifying them for a subsequent competition to determine the UK team for the International Biology Olympiad (IBO).



NEWS FROM

THE HISTORY DEPARTMENT

The History Department was delighted to be able to take Year 7s to Rochester to further enrich their understanding of their current topic on the Norman Conquest. We visited the castle, cathedral and Guildhall museum. Students were given the opportunity to explore the castle and imagine what it would have been like to be present in the infamous siege of 1215. Students were also given a guided tour of the cathedral and particularly enjoyed seeing the painting of the Wheel of Fortune which dates back to the 1200s, depicting how money and fortune cannot equate to true happiness and that life is a continual cycle of high and low moments. In the Guildhall Museum students were given an educational talk about the History of Rochester and how the Norman Conquest changed the city. Students were able to hold replicas of Norman armour and some were even chosen to dress up as a Norman knight!

The Year 7s were also given free time in the historic High Street, and were amazed by the wide variety of shops. The students particularly enjoyed the sweet shop, with the shopkeeper commenting on how well behaved they were and their impeccable manners.

When asked to summarise the trip in one quote, we received the following delightful comments “the best day a Year 7 could dream of”, “an adventure into the past” and “to know there is still so much to learn about our history, really excites me”.

All the accompanying staff expressed that the students displayed exemplary behaviour and how well they represented the school. The whole department was so grateful to have been able to take the Year 7s on this trip and to see them have such a lovely time.



Mozart and More: A Concert of Music for Our Time

The Edward Guinness Hall, Wednesday, 4 May 2022

This term the Music Department had one final Spring Concert remaining in their season of performances.

The evening concert began with the **Chamber Orchestra** performing Beethoven's rousing *Coriolanus* overture, a fitting beginning to an evening filled with dramatic music. Up next, **Zoe G**, one of our departing year 13s, performed Mozart's challenging aria, *Una donna a quindici anni* from the opera *Così fan tutte* effortlessly, with the support of the self-directed **Year 12 and 13 Ensemble**.



This was followed by the world premiere of Y13 student, **Sohan's K** striking new composition *Granite Figures* for large orchestra and chamber orchestra, with Sohan himself conducting. This is how Sohan described his 20-minute long opus in programme notes: "*The piece reflects the process of construction formed through rhythmic foundations and motivic brickwork, chiselling out a pulse and groove.*"



After the conclusion of Sohan's world premiere composition, the **Symphony Orchestra** catapulted us back to the world of late 19th century operatic music with the performance of Humperdinck's Overture to *Hansel and Gretel* before being joined by the **Junior Chamber Choir** to perform the *Evening Prayer* from the same opera. The drama of the first half reached a peak in the **Senior Strings'** unbridled performance of the whole of Shostakovich's *Chamber Symphony*.



In the second half of the concert, the stage was filled with over 120 performers as **Junior Chamber Choir**, **Senior Chamber Choir** and **Senior Choir** and **DAOS staff singers**, along with members of the **Symphony Orchestra** under the batons of Ms Makepeace-Lott, Mr Southorn and Mr Salter gathered for the performance of Mozart's *Requiem*. After a short introduction from the orchestra, the chorus of singers, ranging from Year 7 all the way up to Year 13, along with student soloists, **Zoe G**, **Kayla N**, **Zak A** and **Rufus J**, filled the hall with the celebrated notes of Mozart's last, partially unfinished work. The *Confutatis* was a particular highlight, the robust interjections from the basses and tenors juxtaposed against the ethereal soprano of the junior singers. The concert concluded with a well-deserved standing ovation, and a fitting opportunity to bid farewell to all our departing Y13 musicians and send them on to their continuing musical journey beyond Owen's. Huge congratulations to everyone involved!

We look forward to our summer season of concerts!



STOP PRESS: As we go to print we have just received news that 2 Owen's Ensembles have been invited to play at the National Festival of Music for Youth in Birmingham in July. Congratulations to the DAOS Concert Band and the DAOS Senior Strings! This will be a time to remember and cherish!

Despite feeling somewhat lucky about avoiding Covid19 for two years, it struck at the worst possible moment as I was preparing for the GCSE & A' Level performances. However, thanks to Google Meet, the IT department, our fantastic Cover Supervisors, Mr Yianni and Mr Henshaw our GCSE & A' Level performances went smoothly and it was lovely to see so many parents and siblings in attendance. The GCSE repertoire was as wide and varied as ever including extracts from *Memory of Water*, *After Juliet*, *Shakers*, *The Watsons*, *The Importance of Being Earnest*, *Holes*, *The Odd Couple*, *Three Days in the Country* & *One Man, Two Guvnors*. The A' Level performers chose to perform the first Act of *Playhouse Creatures* by April de Angelis which I thought was perfect for Ella, Mia, Madison, Rose and Angelika; consummate character actors.



This year's **New Views Playwriting Competition** was as exciting as ever, allowing students to engage in the process of writing an original thirty minute play. We read a range of play extracts together, tried out all sorts of writing tips and techniques and met with our visiting playwright Christopher William Hill. Our workshop with him was really engaging and his feedback on first drafts certainly enabled students to improve their work; Natalie was longlisted.

Part of the importance of learning about performance is watching it, as it informs students' understanding as to what a play is, gives them ideas about how to create their own work and totally inspires our designers. Our first time out as a department was to watch Wise Children's adaptation of *Wuthering Heights* at The National Theatre. We took Years 10 & 12 to watch the performance and it was wonderful to watch the students shriek with excitement as we drew closer towards the theatre and all the familiar landmarks came into view.





The end of term saw the revival of the fabulous Owen's musical, a performance of **The Baker's Wife**, our large ensemble cast from Years 7 – 13 resplendent in their ability to charm us with their acting, singing, dancing and musicianship. The performance was also bittersweet as it would be the culmination of seven years at Owen's for our Year 13 students who will be sorely missed, but have also inspired a new generation of performers. Members of staff who spoke to me afterwards told me that they were moved by the students' warmth, kindness of spirit and camaraderie which was certainly felt as they gave their final speeches about their time in both classes and productions

A couple of weeks later after all the assessments were over we took Years 10, 11, 12 & 13 to watch **Small Island**, taking up a fair amount of the theatre in the process. When I was approached by a member of the public who asked which school we were from I am pleased to report that they wanted to congratulate us on having such 'lovely students'. Thank you to all the lovely members of staff who supported me on both trips.



As Half Term Break approaches, I am now in the final stages of casting the **Summer Show** which will be an original production of **Robin Hood** featuring students in the lower school. Due to exams in the H Block we've been auditioning in the amphitheatre where nearly 100 students took part! Please join us when we will perform the show on the 14th, 15th & 16th of July in the Main School Hall @ 7.00pm.

Miss E Govier

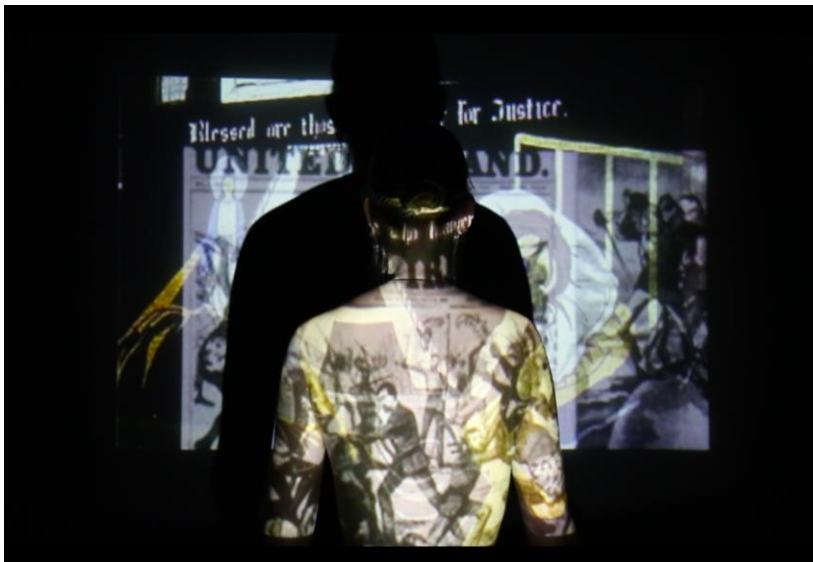
The Young Artists' Summer Show is an open submission exhibition for young people which takes place both online and on site at the Royal Academy of Arts. Our congratulations to Madeleine in year 13 for her submission, 17.03.1988 which has been selected to be exhibited for the Young Artists' Summer Show for both the online exhibition in July and onsite at the Royal Academy in the Autumn term.

This film takes the form of recollection of memory narrated by part of a discussion I had with my father. Exploring themes of alienation and longing, this work tracks the sharing of experiences between generations visualising the power of discussion and understanding. As with recalling memories, the film tackles a number of different themes such as the strength of community and religion growing up in Ireland in the 1970s.

~Madeleine

The work will be online and on display at the Royal Academy from 19 July - 14 August.

Well done to all who entered and to Madeleine for her outstanding achievement.





Girls Football

An amazing achievement for the U13 girls football team who won the County Wix Trophy against Beaumont School on 28 March.

The girls put in a fantastic performance winning the game 4-0. Well done girls and congratulations to you all!

Athletics

Under 14 Boy

The team have started the season off well and are currently on track to progress to the County Finals towards the end of the school year.

Rian Sh, Excel E-O and Morgan J have gained their new personal bests in their chosen events. At the first round of the Track and Field cup all the boys did very well and finished 7th on the day.



Under 14 Girls

A brilliant start to the season for the junior girls who are standing at the top of the table currently and looking strong to qualify for the County Finals. Some very strong performances from Aditi Dh, Ellie J and Lilian T. The girls had their first taste of the Track and Field cup competition, where they did well and finished 7th overall.

Under 16 Boys

The team have started the season very well and are currently on track to progress to the County Finals towards the end of the school year.

Joe G, Jago M and Angus B have demonstrated amazing performances in their chosen events. The boys did very well in the first round of the Track and Field cup finishing first on the day and now hopefully qualifying for the next round later in the term.

Under 16 Girls

A very strong start for the senior girls who have demonstrated some outstanding performances so far this year. Lots of the girls have achieved personal bests already this season, specifically within the field events including: Bella S, Alice C, Evie Ch, Emily J, Dyllen B and Beatrice R. The girls had a great performance at the Track and Field cup first round finishing 3rd overall on the day.

Cricket

Year 7 Boys

The year 7 cricket team played their first 2 games for school, losing out on both occasions. For some students it is their first experience of competitive cricket matches. However, both individually and collectively, they have already started to demonstrate clear signs of improvement. They are due to play 4 more fixtures before the end of term, with hope for some results to reflect the improvement shown in recent weeks.

Year 7 Girls

Year 7 A and B cricket teams had their first ever fixture against Belmont. Year 7 A team won having showcased amazing teamwork in batting and fielding. The girls have sedulously wrought a great team and I look forward to the season ahead.

Year 7 B team narrowly lost against Belmont. However, it should be noted they showed determination as well as improvement throughout the match with gaining more knowledge about the rules.



Year 8 Boys

We, Year 8 Cricket team, have had a great start to the season having won 3 out of first 4 games. We beat Beechwood Park School, Lochinver House School and St Alban's School, while we lost to Brentwood school. The latter was a tough game in which we gave our all but unfortunately were beaten quite substantially – by 53 runs. We are taking part in County Cup in which so far we have won first 2 games against Lochinver House and Beechwood park. Still to come this season we have our remaining rounds of County Cup as well 3 friendly matches against Chancellor's School, Enfield Grammar School and Hitchin Boys School.

Everyone has performed well and it has been a real team effort. A few performances worth a mention over and above this are the following:

Edward M has been great with both bat and ball, has taken many wickets and gone for very few runs with his exceptional off-spin bowling. He also scored many runs with the bat when the opportunity arose.

Niam L has been an absolute legend with the ball and has been tearing apart the opposition's batting line-up with his deadly leg spin.

Andrew F had two scores above thirty so far this season and has regularly taken wickets with his in-swing bowling maintaining a low economy rate.

Raffy J, our outstanding batsman and a very consistent bowler who regularly scores runs and takes wickets.

We are gelling as a team, learning each other's skills and strengths and hope to use these to progress further in County Cup as well as continuing to have fun.



Year 8 Girls

The U13 girls have made a promising start to the cricket season. In their opening game The A team narrowly lost, whilst the B team won. They are looking forward to future matches and further developing their bowling and batting skills

Year 9 Boys

Year 9 boys cricket team started off with a game in the County Cup Round 1 and were against St. Columba's College with the fixture at home. We won the toss and were elected to bowl first opening with Sam G who took a couple of well bowled wickets in his spell and some bowling from Rotimi G and George B who managed to get a break through the opener who had stuck around.

They ended up on over 120 runs at the break. It was a reasonable score to chase but due to some great deliveries to dismiss our openers we collapsed to a 81 run defeat knocking us out of the cup.

In the second game, we travelled to Aldenham School where we lost the toss and were sent out to field where we opened well but struggled to get the breakthrough. We were strong in the field with some excellent fielding from Ollie K who flicked to Jack B at keeper to get a well-deserved run-out. We restricted them to 131 and went in with hope. However, an early wicket where Jack flicked onto his stumps led to a slow crumble and fell short at the end by 41 runs after a valiant effort.



Year 9 Girls

Year 9 girls team had their first fixture of the year against Bancroft's, narrowly losing. The girls have been great in attendance at practices and have immensely improved in their cricket knowledge and skills. I look forward to their upcoming fixtures.

Year 10 Boys

The first game of the season was one with little preparation other than one or two lunchtime net sessions. Alarmed at the notion that the first game of the season was a county plate game against Birchwood High School, it would be easy to assume we would fall apart under the pressure, but this was not the case. It was a great game in which both sides exhibited great sportsmanship. The clear keenness to do well and good teamwork led to us taking the win. Special shout-out to Ben S scoring 45 and setting the standard high for the rest of the season.

Confident after the win against Birchwood, we did well to not go into the next game against Aldenham B's. Losing the toss we were made to bat – this turned out to be a blessing in disguise as we were forced to not only

give them a hard chase but also bowl with good line and length. With everyone getting a bowl but Ben, who again got a solid bat, the morale was high when we bowled them all out in one of the late overs.

To summarise, in the words of Saj S, *"this season has set out to be a brilliant opportunity to give players some fun games and develop a stronger relationship as a team with all of us looking forward to future games."*

STOP PRESS: The boys reached the County Cup semi-final beating St Edmund's College by 7 wickets. A superb team performance, with standouts from Eashan P, 4 for 9, and Mikhail T, 67 runs.

Year 10 Girls

Year 10 girls have been practising in preparation for their first ever competitive match, working on their bowling and understanding of the game. They were due to play Highgate School this week but unfortunately the match had to be postponed as Highgate had transport difficulties. They have matches coming up shortly after the half-term break against Aldenham, St Margaret's and Haileybury.

Tennis

It is the first time in a long time that Owen's has entered pupils into competitive tennis leagues or matches. Naturally we were excited to see how the pupils would get on – so far so good! We have entered both the Herts County Schools competition for competitive club players as well as the Nicola Mabbitt District competition for pupils with little competitive experience.

District: Nicola Mabbitt Trophy



So far we have only had one fixture in the Nicola Mabbitt competition, and that was against Sherrardswood School for both the U13 B teams, boys and girls. Fantastic work by the U13 girls who won their match overall with a clean sweep of sets. The boys came in second but enjoyed playing some close competitive tennis.



County: Herts Schools Competition

Year 7&8 Girls

In their first match the girls had a brilliant win against Monks Walk 8-4. They also recently played Queenswood where the girls had an amazing 7-6 win, ultimately winning in the final tie break shootout! A big shout out to the team consisting of Ellie B, Mia H, Chloe and Cami R-B and Hannah J.



Year 7&8 Boys

The boys encountered some very strong opposition in their first game in Beaumont, coming second but the team battled really hard. They have upcoming games against Sandringham and Aldwickbury. A team consisting of Max M, Markos W, Ben L and Pranav B.

Year 9&10 Girls

The girls have played their first game against St Edmund's recently just losing out in a final set shootout, 7-6. They have an upcoming game against Haileybury just before the half-term. A team consisting of Alice C, Dyllen B, Yahvi P, Juliet M and Emily R.



Year 9&10 Boys

A brilliant start for Year 9 & 10 boys who won both of their matches. Their first game was a dominant 12-0 win against Beaumont and more recently a well-fought win against Watford Boys, 8-4. Well done to Charlie H, Dylan P, Hayden S, Oscar M and Marko P.

Other Achievements to Celebrate

Mabel H swims for a small club called Anaconda. Not only were many months of training missed owing to the various lockdowns during the Covid-19 pandemic, but Anaconda did not regain access to its main training pool until January this year, almost 22 months after it closed for the first lockdown.

Mabel's first competition after returning to full training, at the start of this year, was the Middlesex County Championships. Here she won a total of 11 medals, 6 gold and 5 silver: she medalled in all 4 strokes at 50m; in freestyle, backstroke and butterfly at 100m; in backstroke at 200m and in the individual medley events over 100m, 200m and 400m.

In order to be invited to compete at National level, swimmers have to record times in Level 1 Meets (in a 50m pool) during the Qualification Window, which this year was 11th March - 8th May. The London Region Summer Championships took place over the penultimate weekend of the window and Mabel saw further success here, winning gold in the 50m, 100m and 200m backstroke events, bronze in the 50m freestyle and 200m individual medley and coming 4th in the 100m freestyle. Times were more important than medals, however, and Mabel recorded times that have seen her invited to compete at the British Summer Championships in 4 events - 50m, 100m and 200m backstroke and 50m freestyle - and at English Nationals in a further event, 100m freestyle. It is only the fastest 20 swimmers in each age group across England, Scotland and Wales that are invited to British Championships, after which each home country invites the fastest 20 swimmers, excluding those going to the British Championships, to take place in their Nationals.

British Summer Championships 2022 are taking place at Ponds Forge in Sheffield, 22nd - 28th July. English Nationals are also being held at Ponds Forge this year, 5th - 9th August. Mabel's dream is to make some finals and, ideally, win a medal. Watch this space!



In April, Tom M (Y11) travelled with the British Cycling Eastern Region Team to Perthshire to compete against the best riders in Britain in the Youth Tour of Scotland, one of Scottish Cycling's flagship stage race events. Tom got a top 10 in the individual prologue and helped his team to come second in the team time trial, resulting in 16th on general classification overall.



Congratulations goes to Aditi and Aayushi Dh, members of the Hertfordshire U15 Badminton team which became national champions in April!



Congratulations to Hannah J (Y7) for receiving 'Coaches' Player' and 'Players' Player' awards at Hatfield Netball Club. Keep it up!



Congratulations to Luca B (Y12) who after an intense training period has been selected to represent Middlesex U17 at rugby. A truly fantastic achievement given a high number of players competing for places.

HOME-START WATFORD & THREE RIVERS

Home-Start Watford & Three Rivers, a charity independent from statutory agencies which provides a family support service for families living in the Watford, Three Rivers and Hertsmere districts of Hertfordshire.

Our activities offer the following services:

- a free family support service available to all families with children under 5;
- training volunteers with parenting experience to offer practical/emotional help and friendship to families 2-3 hours weekly;
- affordable counselling services and family group activities.

As a charity, we are appealing for volunteers with parenting experience to offer a couple hours each week to provide practical and emotional help and friendship to families within their own homes. If interested, please contact us (see our poster for details).



VOLUNTEERS NEEDED

Are you a mum, dad or grandparent?
We need people with your experience for 2—3 hours per week to offer friendship and support to families

- ◆ Make a difference to the lives of parents and children
- ◆ Enhance your well-being
- ◆ Access free, high quality training **NEXT COURSE September 2022

Find out more:
www.home-startwatford.org.uk
 01923 248010
 Email: volunteer@home-startwatford.org.uk



Make their

Being a parent is hard for everyone; for some it can be overwhelming. Some of us have a fantastic support network of family and friends to help, some of us don't.

With your knowledge and experience as a mum or dad,



If you could give as little as two hours a week to support a parent and their children, then please get in touch.



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We're there for parents when they need us

- ◆ GAIN ACCESS TO FREE, HIGH QUALITY TRAINING
- ◆ LEARN NEW SKILLS
- ◆ ENHANCE YOUR WELLBEING
- ◆ MAKE NEW FRIENDS & CONNECT WITH YOUR COMMUNITY

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