

Dame Alice Owen's School

Newsletter October 2022



Letter from the Head

Hannah Nemko

School has finally been able to reclaim the busy buzz that we knew and loved before Covid. It has been wonderful to see so many opportunities springing back up around the campus from the lunchtime clubs and societies, that you can find [here](#), to the plethora of trips, visits and competitions that have taken place and are being planned, many of which you will be able to read

about in the pages that follow. Remember that you can keep up to date with school news by following us on Twitter @damealiceowens.

You will have read a lot about the current financial issues that all schools are currently facing. Unfortunately, Dame Alice Owen's is no exception. The unfunded support staff and teacher salary increases, as well as the enormous increase in energy prices, have resulted in a real term increase of approximately £500k for the school, even after additional government support. This means that the school is ever more reliant on the voluntary contributions that you may be able to make and that we will be having to watch our spending and energy consumption, even more carefully than before. As a result, once the heating in school is turned on, it will remain at 19 degrees and will be switched off at 3:30pm. We hope that this will save us tens of thousands of pounds. Please remember that if your child feels the cold, they can wear a **white base layer** under their shirt or blouse, a regulation **school jumper** and a **blazer** to keep warm. Sweatshirts and hoodies will not be allowed.

The school continues to exploit the campus to generate revenue and is ever thankful to the OSA whose donations ensure that students are still able to profit from some 'nice to haves' whilst we continue to make the savings everywhere we can in the effort to avoid more serious and significant cuts and changes. We thank you for your support as we move through this difficult time.

As we anticipate the second part of the term however, there is a great deal to look forward to. The concert timetable can be found [here](#), and our Christmas service, Nine Lessons and Carols, is but a mere nine weeks away! We also look



ISSUE HIGHLIGHTS...

NEMO DAT QUOD NON HABET

Black History Month at Owen's (page 3)

AN INSPECTOR CALLS

for an old Owenian (page 14)

THE BODY ACHIEVES WHAT THE MIND BELIEVES

What we've been up to in sports (page 20)

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



forward to welcoming you to the senior play, an adaptation of Shakespeare's *Much Ado About Nothing*, set in Messina, Sicily, which will take place on the 8th, 9th and 10th of December.

I hope you enjoy reading about everything that has been happening at school these last weeks.

Wishing you a restful break, if you get one,

Hannah Nemko

Admissions Arrangements 2024-2025 Consultation

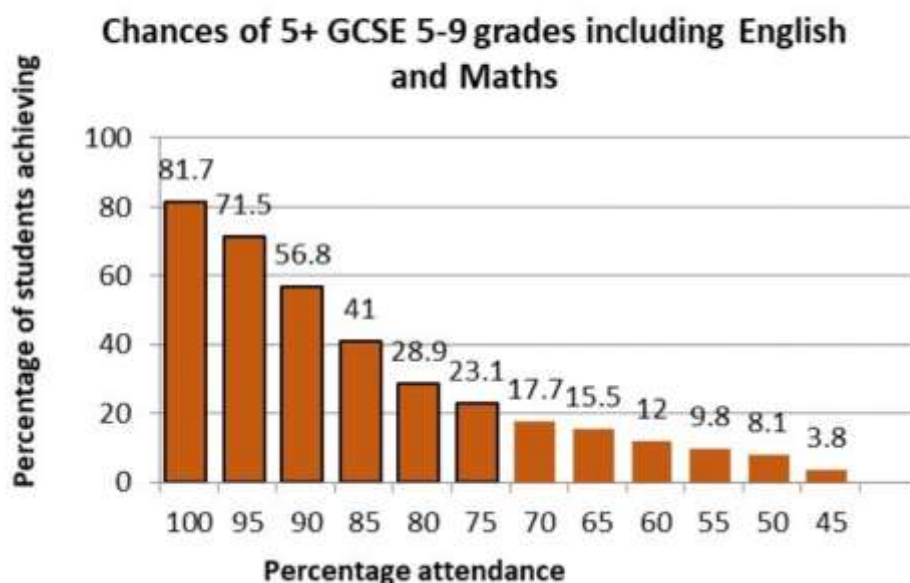
The Governing Body of Dame Alice Owen's School will be consulting on Admissions Arrangements 2024-2025 between 31st October and 12th December 2022. The proposed arrangements will be available to view on the [Admissions Policies](#) section of the school website from 31st October.

Should you wish to comment on any aspect of these arrangements please [email](#) Mrs D Coles, Admissions Officer, writing Admissions Consultation in the subject line, no later than Monday, 12th December.

While 90% is a great mark to achieve in a test, research shows that an attendance of 90% reduces a child's chance of achieving 5+ grade 5-9 at GCSE from 81% to 57%. A child who averaged 80% attendance misses a full year of education across their time at school. Even those students who find learning easy are affected; just 17 days off school in Year 11 can reduce final grades by one level across all subjects.

We understand that illness is a part of everyday life and that it cannot be avoided and of course you as parents/ carers must be the judge of whether your child is genuinely too ill to attend school. We also understand that there can be other reasons why your child may be reluctant to attend school. If you feel that this is the case, please do contact us so that we can support you – attendance@damealiceowens.herts.sch.uk

WHY IS GOOD ATTENDANCE IMPORTANT?





Black History Month at Owen's

Black History Month was a busy time at DAOS with a number of activities and celebrations taking place. ACS (Afro-Caribbean Society) and the Senior Team treated us to assemblies celebrating a variety of black figures that have inspired them from around the world. Senior Prefects spoke about figures like Fela Kuti whilst ACS members spoke about athletes like Mo Farah and how they have personally inspired them in their lives.

Over 100 students from across the school enjoyed a visit to the Lyric Theatre to watch *Get Up Stand Up* which tells the story of Bob Marley's life and his battle to take the message of love, unity and peace around the world.

Year 8 were treated to an African-Caribbean storytelling workshop delivered by Tuup where they learnt about the African oral tradition of the griot.

The Main Hall became a lunchtime cinema showing one of the best films of all time, *Hidden Figures* which tells the story of Katherine G. Johnson, Dorothy Vaughan and Mary Jackson, brilliant African-American women working at NASA who played a crucial part in the launch of astronaut John Glenn into orbit. The film depicts the discrimination these women faced at NASA and the changes which, all too slowly, took place within that culture at the time.



Do you know the name of a famous spider, often spoken about in African stories?* Do you know what Dr Maggie Aderin-Pocock, MBE, is well known for?*



If you do, you would have done well in the BHM quiz of 30 questions which covered personalities and events while also celebrating those who work or worked in a variety of realms from politics to literature via science and sport and everything in between. The three top scoring winners of the quiz will be announced after the break.

Thanks to Mr Sykes and ACS members, we have shared a comprehensive book list of works written by Black authors and addressing a variety of important themes and the lives of influential figures that have greatly impacted Black culture. The book list is included below for your interest.

LOWER SCHOOL READING LIST**Historical:**

- Making Our Way Home: The Great Migration & the Black American Dream (Blair Imani)
- Amistad: The Story of a Slave Ship (Patricia C. McKissock)
- Black Stars of the Civil Rights Movement: African Americans who lives their dreams (Jim Haskins)
- Black Londoners: 1880-1990 (Susan Okokon)

Poetry/Memoir:

- Poetry for young people: Maya Angelou
- How I discovered poetry (Marilyn Nelson)

Fiction/Classic:

- The Black Flamingo (Dean Atta)
- Asha & The Spirit Bird (Jasbinder Bilan)
- Roll of Thunder, Hear My Cry (Mildred D Taylor)
- Journey to Jo'burg (Beverley Naidoo)

MIDDLE SCHOOL READING LIST**Short stories/memoirs:**

- Black Enough (edited by Ibi Zoboi)
- X: A Novel (Ilyasah Shabazz)

Fiction/Classic:

- Let Me Hear a Rhyme (Tiffany D Jackson)
- The Hate U Give (Angie Thomas)
- On the Come Up (Angie Thomas)
- Kingdom of Souls: The Last Witchdoctor (Rena Barron)
- Dread Nation (Justina Ireland)
- Deathless Divide (Justina Ireland)
- Not So Pure and Simple (Lamar Giles)
- Monster (Walter Dean Myers)
- Calling my Name (Liana Tamani)
- Pride: A Pride & Prejudice Remix (Ibi Zoboi)
- Opposite of Always (Justin A Reynolds)
- Children Of Blood & Bone (Tomi Adeyemi)
- Buried Beneath the Baobab Tree (Adaobi Tricia Nwaubawi)

UPPER SCHOOL READING LIST**Short Stories:**

- I Will Not Be Erased: Our stories about growing up as people of colour (Various Authors)

Poetry/Memoir:

- Autobiography of Malcolm X (Alex Haley)
- X: A Novel (Ilyasah Shabazz)
- The Life & Rhymes of Benjamin Zephaniah: The Autobiography)

Fiction/Classic:

- Pride: A Pride & Prejudice Remix (Ibi Zoboi)
- Buried Beneath the Baobab Tree (Adaobi Tricia Nwaubawu)
- The Hate U Give (Angie Thomas)
- On the Come Up (Angie Thomas)
- Dread Nation (Justina Ireland)
- Deathless Divide (Justina Ireland)

Non Fiction/Historical:

- Roots (Alex Haley)
- Natives: Race & Class in the Ruins of Empire (Akala)
- Black, Listed: British Culture Explored (Jeffrey Boakye)
- Black & British: A Forgotten Story (David Olusoga)
- Homecoming: Voices of The Windrush Generation (Colin Grant)
- Don't Touch My Hair (Emma Dabiri)
- Brit(ish): On Race, Identity and Belonging (Afua Hirsch)

*The famous spider, often spoken about in African stories is called Anancy

**Dr Maggie Aderin-Pocock is a British space scientist and science educator



On Monday, 10th October, along with many other schools in the UK, many students and staff at DAOS wore something yellow as a manifestation of our intention and desire to prioritise mental health and wellbeing. A special assembly was held in form time to highlight what we can already do to take care of our mental health as well as how we can support our friends and colleagues.

Owen's enjoys the benefit of having an active mental health team comprised of Mrs K Wheatley, Mrs T Jackson, Ms C Surry and Ms J Van Thal. In addition, we have Ms H Duncan who is an NHS mental health support practitioner. Our Y12 Peer Mentor team (see the previous issue of the newsletter to learn more about them) also regularly meets up with Y7 students during form time to help them settle in at the secondary school and navigate challenges of the new routine.

You can find more information about Mental Health and Wellbeing programme at Owen's on our website, under the School Life tab.

Mrs K Wheatley
Mental Health Lead & Teacher of MFL



OSA has already had their two meetings in person this half term, which allowed us to look into the future, consider the school calendar, upcoming Owen's events and possible challenges. We are excited as ever about the new school year and have already held one of the most popular events among Year 7 and new Year 12 parents – Cheese and Wine evening.



On the 12th of October, Hannah Nemko and Glenn Taylor, OSA co-chair, welcomed Year 7 and new Year 12 parents at an informal event specially organised to provide parents with the opportunity to meet their children's form tutors and teachers as well as other parents. Besides, this also served a good occasion to get to know how to be engaged in the Owen's community.

Glenn presented OSA, its functions and objectives within the school life. He explained how OSA serves students and parents and how the latter can further OSA's activities.

Mark the date: The **OSA Autumn Quiz** is taking place on the evening of **Saturday, 19th November**, at DAOS (see flyer below). It's happening again and it's better as the result of some improvements based on your feedback. You'll be sure to like!

Remember to book early as to avoid disappointment (there is a capacity that we are unable to exceed).

You can book a table of 8-10 with other parents or friends or if fewer, we will match you up with other parents.

Prices remain the same as the last few years, the food will be plentiful, and the bar will be fully stocked.

If you can bring a raffle prize with you (or drop off at reception if you are unable to attend), it would be very much appreciated. If you are willing to donate a more expensive gift (with a value of >£50), we are likely to auction it on the evening. Kindly note that both the raffle and the auction make a huge difference when it comes to fundraising, so please do help if you can.

OSA Quiz night is always a fun way to support the school and we look forward to seeing you there soon.



Nearly New Uniform: In addition to regular sales held at larger school events, we're doing over the weekend online with the next one taking place in November:

Online shop opens: Friday, 11th November, at 5pm

Online shop closes: Tuesday, 15th November, at 5pm

Collections: Friday, 18th November after school

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 lend a hand, please email to uniform@theosa.org.uk.



QUIZ NIGHT

SATURDAY 19th NOVEMBER 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

OSA Website – www.theosa.org.uk – Remember to check the OSA website where you can find all the electronic addresses to which you can send your comments, suggestions and kind offers of help.

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

Committee Meetings – Committee meetings are typically held on the 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. We look forward to seeing you there!

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 email to refreshments@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 matchfunding@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 £15,000 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.

CAREERS PROGRAMME

By Ms A Stein, Head of Careers

Year 11 Guidance sessions

I have been meeting since June with Year 11 students to discuss their post-16 options and career thoughts. This meeting is help them think about the next steps in their education, whether Sixth Form at DAOS, another Sixth Form, Further Education College or searching for an Apprenticeship. By the end of the autumn term all Year 11 students will have had at least one meeting with myself and follow-up meetings if required.

In order to support students in making the most informed decisions, we use Unifrog; an award-winning, online careers platform. All students in 11 (and Year 12 and 13) now has their own personal account that provides a wide range of information related to their interests and aspirations. Key features of the platform include the following: Exploring Pathways – personality quizzes, career and subject profiles, MOOCs and webinars and Opportunities – search tools showing live vacancies/courses/placements for apprenticeships, universities (in the UK and abroad), FE, virtual work experience and much more.

Science lectures

Students interested in careers in the STEM (science, technology, engineering and maths) area have been attending lunchtime lectures run by Jo Papalouca, chemistry teacher. To date students have been addressed by a dentist, an AI expert and a psychiatrist. These sessions will continue throughout the autumn term. Posters for these sessions are displayed around the school during the days before a session.

Career webinars, lectures and events

Careers have been advertising careers webinars, events and on the Year 11-13 Google classrooms. Many students have attended these events gaining insight into career areas such as law, property management and working in the NHS. Students should continue to watch out for these events being publicised either on Google classroom or through emails from Unifrog sent to their school email addresses.

DUKE OF EDINBURGH PROGRAMME

By Miss A Lord

This has been a busy half term with 84 Y11 students completing their practice silver expedition in the Hertfordshire area. Despite the cold evenings and some navigational detours, the students spirits remained high. I am sure many of the students will have learned from this experience and will be able to complete their assessed expeditions in April or July with confidence.

Well done to all those students who took part.





In November thirty Y12 students will be completing the final part of their Silver award by taking part in an expedition in the Chilterns, while 108 Y10's started their Bronze award at the end of year 9 and are looking forward to completing their expeditions in the summer. Any Year 12 students wishing to enrol for the Gold award need to hand in their forms by 4 November.

A big thank-you to Mr Macdonald, Mr Payne, Mr Pickering, Mr Duke, Mr Hodgson and Mrs Sach for their help with the expeditions this half term.

Dates of the future expeditions

3-5 November 2022 – Year 12 Silver assessed expedition

27-30 March 2023 – Gold practice

21-23 April 2023 – Bronze practice/Silver assessed

6-7 May 2023 – Year 10 Bronze practice/assessed

1-3 July 2023 – Silver/Bronze assessed

16-20 July 2023 – Gold assessed expedition

Meetings: There are DofE drop-in sessions on Mondays and Fridays, 12.45 -1.25pm, in B7, where students can come and ask questions about the award.

DAOS ECO COMMITTEE

By Melissa Knight

Four enthusiastic Eco Committee members (Zackaryaa and Aoife from Y10, and Andrew and Charlie from Y11) took part in the first annual YouthCOP 22 at Hertford County Council on Monday, 26th September 2022.

Working alongside other students, they participated in an En-Roads Simulated Climate Debate activity where students had to make decisions on how and where we produce carbon dioxide emissions around the world and to see the effects of each decision on a global scale. They were able to get the increase in global temperature down to 1.7 degrees Celsius - so it is possible if we work together!

In the afternoon, students and teachers from different schools shared challenges they face when trying to make their schools more sustainable and ideas on how to overcome them. The experience provided us with lots of great ideas that we can bring back to DAOS to make it even more sustainable.





THE CREATIVE DIMENSION TRUST

WONDERS OF THE UNDERSEA WORLD

Congratulations to Claudio, Y13, who was selected to participate in the Architectural Model Making course in collaboration with The Creative Dimension Trust. 'Wonders of the Undersea World' includes an intense deep-sea backdrop with intricate eel, octopus and jellyfish architectural models made by students, depicting a futuristic view of life undersea.

Claudio benefitted from the one-to-one guidance from Allford Hall Monaghan Morris Architects (AHMM) head model maker.

'I was selected by the workshop of AHMM to realise an ambitious environmental design I had submitted through The Creative Dimension Trust. The brief was to create a piece of 'quirky underwater architecture'.



I proposed the concept of a mobile aquatic greenhouse, to help sustain endangered coral reefs. This greenhouse would make the process of outplanting more efficient, as the hub would be floating directly above the planting site, eliminating the need for speedboat transportation.

With the help from a team of professional model-makers I created a scale model of my design, which was exhibited in the display window of Fortnum and Mason's iconic London Piccadilly store.'

Well done Claudio and we look forward to seeing his extraordinary sculpture in our summer art exhibition in 2023.



NEWS FROM

THE BUSINESS DEPARTMENT

Business students visited Cadbury World, in Bournville, the home of all things chocolate. During the trip they learnt about the rich history of the firm whilst partaking in taste testing too! The students listened to a marketing presentation to better understand how the range of Cadbury's brands have developed over the years. It turns out that 70% of our chocolate purchases are on impulse and shrinkflation is now an industry norm. Bring back the good old days I say!

Lots of fun had by all and a great insight into the brand. Our special thanks go to Mr Thompson and Ms Archeou for accompanying us on the trip.

Mr. Bird
Head of Social Sciences

NEWS FROM

THE BUSINESS DEPARTMENT

The Psychology department has made a return to live lunchtime lectures and welcomed back Dr Jeya Balakrishna. He spoke passionately about his career path and his work as a Consultant Psychiatrist for the Ministry of Defence. He emphasised to the students steps they could take to improve or maintain good mental health and shared a couple of composite case studies of his patients. A parent of old Owenians, he is committed to supporting our current cohort and feedback from students was incredibly positive.

Please look out for posters advertising other lunchtime lectures - all students are very welcome!

Mrs Rutlin
Head of Psychology

We were so proud to hear that one of our alumni George Rowlands, landed his second professional engagement as Eric Birling in the touring production of 'An Inspector Calls'. George was interviewed by Greg Stewart of Theatre Weekly and said of the innovative production:



'Well, it's exciting, it's dark, it's smoky, it's thrilling but it's also very thought provoking and also very different. I think that's one of the reasons why this production has been popular for 30 years – it's a very fresh and original take on Priestley's original play. In my opinion it's the version of the play that people really should see.' You can read the rest of the article here:

<https://theatreweekly.com/interview-george-rowlands-on-the-30th-anniversary-uk-and-ireland-tour-of-an-inspector-calls/>

We surprised him at the stage door after his performance to congratulate him on a brilliant performance, his emotional monologue towards the end of the play a real tribute to his training at Rose Bruford College. The theatre was absolutely packed with young people from many schools in the Cambridge area who were no doubt coming to see what a performance of their set text looks like onstage.

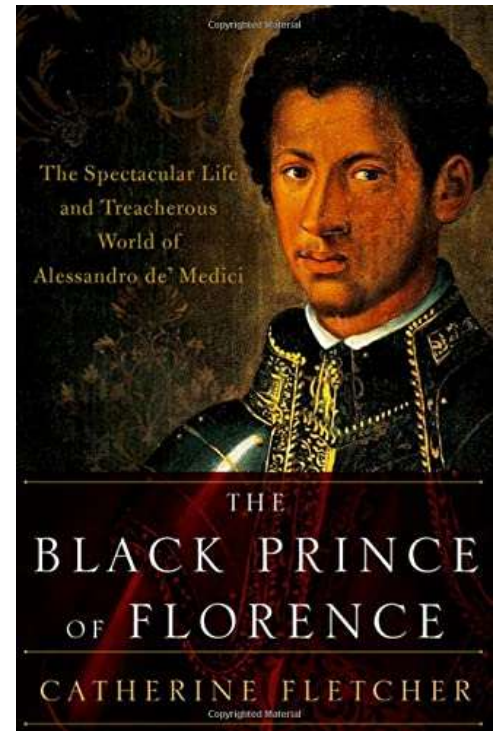


They were clearly fully engaged in what they saw and cheering at the powerful social and political messages that the play encapsulates. Those of you studying the play might like to look through the rest of the rehearsal photographs from the play taken by Mark Douet and see if you can guess which key moment you can spot here:

<https://www.broadwayworld.com/uk-regional/article/Photos-Inside-Rehearsal-For-the-UK-Tour-of-AN-INSPECTOR-CALLS-20220831>

This October we celebrated Black History Month, our students in Year 7 exploring The Art of Telling Tales from Africa including tales from Yoruba, Igbo and Mossi culture. We believe that the art of oral storytelling is a fundamental part of learning as our ability to share our stories with new audiences is in the voices of our students; they are the storytellers of tomorrow both on the stage and screen.

In Year 8 our students were learning about Commedia dell'Arte and how the first set of the *Innamorati*, or *The Lovers*, represented the aristocratic Borgias and the Medici of Renaissance Italy. This led us into the exploration of the life of Alessandro de Medici, the Duke of Florence, a powerful and popular leader who was of Black and Italian heritage.



Personally, I was blown away by the acting, the stunts and the direction of *'The Woman King'*. The leads are astonishing and the grueling training they went through to play their roles as the Agojie warriors is a testimony to their pride in sharing an important part of Black history.

Finally, *'Much Ado About Nothing'* is cast and in rehearsal ready for the Winter Show in December. Our production is set in 1960s' Messina; Senator Leonato and Commander Castillo have paused for vacation. Expect hilarity in the form of the local police, a war of words between Benedict and Beatrice, plenty of drama at the altar and feel good 60s' dance moves.

Ms Govier, Director of Drama

Year 13 trip to Stratford-upon-Avon

We were delighted to have been able to take fourteen Year 13 students on our annual weekend trip to Stratford-upon-Avon where we got to enjoy two plays: the comedy *As You Like it* on Friday evening and the tragedy *Richard III* on Saturday. The students definitely preferred the tragedy and were thrilled to see the first disabled actor, Arthur Hughes, playing the titular character superbly.

Mr Simpson drove the minibus and we had plenty of time exploring properties in the autumn sunshine – from Anne Hathaway's Cottage to Shakespeare's birthplace. A great time was had by all and it was so nice to be back.

Jacqui Beaumont
KS5 English and Literacy Leader



Year 11 Geography trip to the Jurassic Coast

Year 11 geographers had a very successful visit to Swanage and the Dorset Coast in the first week of the term. Despite horrendous weather forecasts, all groups were very lucky to mostly avoid the worst of the weather. The students investigated the effectiveness of coastal management and looked at whether Swanage is providing well for its ageing population.

This year we stayed at the YHA in Swanage, which was brilliantly located near the centre of the town. Students' reviews of the accommodation and the food were generally very positive. Most students also really enjoyed the walk from Swanage Bay to Old Harry Rock and the very close military fly by some experienced, as illustrated in the picture.

Well done to Year 11 for conducting themselves well and having a good time whilst also working hard. The geography teachers were impressed with all of you. Many thanks to Mr Payne, Mrs Sach, Mr Fry, Mrs Lord and Kathy Smith for helping to make it such a success. For many, the excitement about trips will only build as the Iceland trip approaches!

*Mr Macdonald
Head of Geography*



Owen's musicians and the Hatfield House Chamber Music Festival

Owen's Guitar Ensemble took part in an inspirational workshop with international guitar virtuoso, Morgan Szymanski. He worked with them on various aspects of ensemble playing, as well as sound production and projecting to an audience. The following Saturday, the ensemble performed in the stunning, historic surroundings of the Long Gallery at Hatfield House with their director, Mr Niesyto. In addition, they were treated to a preconcert talk from broadcaster and musicologist, Stephen Johnson.



We were excited that Morgan Szymanski came to wish the Guitar Ensemble luck and to hear their final rehearsal before his performance in the Marble Hall with the renowned tenor, Mark Padmore. We even got free tickets to this concert in the very Hall where the famous 16th century lutenist and composer, John Dowland, played for Queen Elizabeth I.



On the Friday evening, the Y10 String Quartet gave a highly praised performance of a Mendelssohn quartet movement in the same stunning surroundings of the Long Gallery before the Marble Hall concert given by the United Strings of Europe.



Our thanks to the Hatfield House Chamber Music festival for these wonderful opportunities.

*Katherine Bamber
Director of Music*



Football

Year 7 Boys

The boys have had a tough start to the season, losing their first 6 matches. However, they have shown great resilience and determination and on 13th October picked up their first point, drawing 0-0 against Yavneh College.

Year 8 Boys

The year 8 side have played both midweek league matches and weekend friendly matches. Their most notable performance was a 1-1 draw vs John Warner School where they showed good teamwork and togetherness in a well fought match.

Year 9 Boys

At the time of writing, the year 9 team are still in both county and national competitions, as well as having the district league and Saturday morning friendlies to play. Their notable performances were a 5-1 win in the national cup against Chesham Grammar School and a 5-2 win in the county cup against a strong John Henry Newman School with Excel scoring a hattrick and putting in an outstanding individual performance.

Year 10 Boys

The team has shown improvements on previous seasons and started off the year with a win in the district cup. The team have also progressed in the county cup with a good win over Hertswood with Alfie scoring two wonderful free kicks.



Year 11 Boys

The team has started the season off well with 2 wins, one in the district cup against a good Ridgeway side where they won 6-5 on penalties after the game finished 3-3 after extra time, The second win came in the county cup with a 6-0 win over St Edmunds College.

U14 Girls

The U14 Girls' Football squad are through to the 3rd round of the ESFA PlayStation Schools' Cup. They defeated St Thomas More Catholic School from Haringey in the 1st round 9-0 with 4 goals from Mia, 3 from Ellie and 2 from Emilie. Eva and Mia were voted as players of the match. In the 2nd round they played Parmiter's School and won 5-1. Mia again scored 4 goals and Ellie the other. Mia was also selected as player of the match for the second consecutive game.

Hockey

U12 Girls

Many of the girls in the squad have played little hockey before. They had one friendly game to date against St. Benedict's School which, despite losing, allowed them to begin to apply the skills and rules they have been learning to a match situation. Mahdi was named as the player of the match. In addition, they played in the Herts Schools' County Tournament. Their first game was against Queenswood which they lost 7-0. In the second game they lost 1-0 to Hockerill Anglo-European College in the final seconds of the match and in the final game they lost 2-0 to Bishop's Stortford College. The girls showed real progress throughout the tournament and really developed their game understanding. Player of the day was Mahdi who produced some heroics in goal. After half term fixtures begin in earnest with Saturday matches and County Cup League games.

U14 Girls

The year 8s first game was against a strong St. Benedict's School side. Although the girls lost, they have made real progress from last season and should be proud of their team spirit. Congratulations to Hannah on being selected as player of the match. The year 8s start their County Cup League campaign after half term, when they also have lots of Saturday fixtures.

The U14's had their first 11 a-side County hockey tournament. The girls won 3 games, drew 1 and narrowly lost against the winners of the tournament. They showed great teamwork throughout the tournament, especially as it was their first time playing in this formation. Overall, the girls came 2nd in the tournament. Special mention to the players of the tournament; Elina, Iyla and Ellie J.

U18 Girls

On Tuesday, 20th September, the U18s played in the County tournament at Haileybury School. The girls played incredibly well, only losing to Queenswood.

They therefore finished as runners up and have qualified for the regional round. All the girls showed great skill and determination throughout the tournament. Congratulations to the player of the tournament Amba.



Rugby

Year 10

The team played in a tournament held at the StoneX stadium, the home of Saracens. They won all their games, and the boys had a great experience at playing at this great arena.



Netball

Year 7

There has been a massive turnout for Year 7 netball this year, which meant it was harder to choose a squad! The 7A team had their first fixture against Berkhamsted which was very tough. The girls worked really hard, but unfortunately lost.

Year 8

The Year 8 girls are in the St Albans Netball League this year, after their nearly unbeaten season last year. They had their first game against Heath Mount where they found the opposition to be challenging and having to play out of their comfort zones. The girls' determination was strong however Heath Mount just won the game. Riya was the chosen player of the match.

Year 9

The Year 9 girls are yet to play their first fixture but have made a fantastic start to the season. We had a great turnout for trials this year and the girls have been really committed to training sessions. The 9A's first fixture will be on 24th November against Yavneh. Keep up the good work, girls!



Year 10

The Year 10 girls had an exceedingly difficult first game in the school Sport competition against a particularly good team in Sandringham but showed some promising moments. This was backed up with a fantastic start to the St Albans Netball league where they won their first match 31-27 against a competitive Roundwood Park. Well done to Alicia and Evie who were awarded Player of the Match, respectively.

2nd VII

The 2nd VII netball team had a great start to the year, winning their first friendly game against Latymer School. The girls showed teamwork and determination especially as they played out of their positions for a quarter of the match, resulting in a great win of 34-2.

1st VII

The 1st VII netball team are strong this year with two great new additions, Maya D and Rosie U who are both in the London Pulse Pathway. The girls had their first friendly against Latymer where they showed their strengths which resulted in a 23-12 win. The next game the girls faced was against Samuel Ryder, who



were a very tough opposition. The girls narrowly lost which resulted in them missing the next round of the County Cup. The 1st VII are competing in the County Netball Tournament and St Albans Netball League this year, so we are excited to see how they get on!



Basketball

Year 9 – Senior Boys

Training with Russell Hoops has commenced, and matches will commence following the half term break. There has been a great attendance at all sessions from the boys across the year groups.

Year 8 – 10 Girls

The girls have made a great start in training and are looking forward to County League matches next half term.

Cross Country

The Cross Country team has doubled over the year, with many students attending cross country practises from Year 7-13 with the lead up to upcoming races over the next half term. The team has great determination, attending practices in all weather and conditions.

House Sport

This half term has been Inter House Cross Country where many students have been involved across Key Stage 3.

Winning House at Year 7 was Isledon, Year 8 was Hermitage and Year 9 was Hermitage.





Other achievements

Congratulations to Annabelle R, who recently qualified to represent London Region at the NDP gymnastics finals. On 4th September, she also competed in Sheffield at national level and finished 9th in level 1 for her age group.

Congratulations to Sofia B who won a gold medal at the Manchester Open Karate Championships.

Congratulations to Hannah J and Annabelle R for getting into the U13 Hertfordshire Netball Academy.



Congratulations to former student Luca G who has recently been selected to represent England Football at Under 18 level against Holland, Faroe Islands and Belgium.



Big hooray to Annie, Y8, who raised £2,100 for Colnbrook Primary School. Colnbrook is a special school in Herts for about 110 children with development delay, speech & language difficulties and a range of other diagnoses such as autism and Down syndrome. Annie's aim was to get sponsored to do 500 flips for £1,500 in one session at her gym Hendon Leisure Centre; and she smashed her target by doing this in just over 2 hours and raising £2,100!



Congratulations to Fred and Albert for demonstrating some amazing results at South of England Athletics Championships. Fred, Y10, competed at Chelmsford on 14th August and came 2nd in the U15 Boys Discus. He ended the season ranking 15th in the UK (his best recorded throw of the season was 35m66). Albert, Y8, represented Hertfordshire in the South of England Athletics Championships at Kingston on 24th July and came second in the U13 Boys Javelin (his best recorded throw of the season was 31m39).