



GUILDFORD
HIGH SCHOOL

SENIOR SCHOOL

Winter Newsletter 2019





IN THIS ISSUE...

04 WELCOME

Mrs Boulton reflects on a busy Michaelmas Term.

05 GHS HIGHLIGHTS

An atmospheric evening at Guildford Cathedral for the highly anticipated Carol Service.

08 MUSIC

Michaelmas Concert and Choral Evensong demonstrate phenomenal musical talent at GHS.

10 DRAMA

A vibrant performance of the senior play and an energetic and dramatic end to the term in the school panto 'The Wizard of Oz'.

13 VISITS & TRIPS

Enriching trips across the globe from South Africa, to Sicily and America.

19 ACADEMIC

Insightful evenings at Classics and Psychology lectures and beautiful artwork in the Big Draw.

23 AROUND SCHOOL

A jam-packed term including visits from Maggie Aderin-Pocock (MBE) and Dr Alice Roberts.

25 COMMUNITY

Volunteering at Pilgrim Wood Residential Home, Junior Citizens Competition winner and a visit from Sheffield Springs Academy.

26 SPORT

The latest in GHS Sport news including Lacrosse and Netball highlights.

FRONT COVER IMAGE: *Michaelmas Concert*

INSIDE COVER IMAGE: *Headmistress Mrs Boulton with the Senior Prefect Team around the GHS Christmas Tree*

WELCOME FROM THE HEADMISTRESS

At this time of year I think to myself that there is no place like GHS at Christmas, just as Glinda tells Dorothy to click her heels together three times and think 'there's no place like home'. The festive season arrived in style at GHS with our hugely successful Christmas Fair, organised by the Friends of GHS, and has been closely followed by our annual traditions – a simply stunning Carol Service, tremendous Christmas tree, festive jumpers, Christmas lunch, a week-long game of assassins and topped off with 'The Wizard of Oz' – this year's Year 7 pantomime.

Highlights this half term have included Dr Alice Roberts' lecture to the school, welcoming pupils from Sheffield Springs Academy, Hannah's concerto performance at the Michaelmas Concert, the senior production of Molière's 'Tartuffe' and our First Lacrosse team winning the England Lacrosse School Challenge Cup. The most moving moment of the term was watching 'The Snowman' accompanied by our orchestra and choir. It was simply breathtaking. It is also the many small moments of everyday life that makes GHS so special, the casual conversations in the corridor and the roof-raising singing of Adeste Fideles in the final assembly.

I wish you all peace and happiness this Christmas.

Mrs Fiona Boulton



'INSPIRING WOMEN, INSPIRING GIRLS' LECTURE, DR ALICE ROBERTS

GHS was delighted to welcome Professor Alice Roberts to school, as part of our 'Inspiring Girls' lecture series. Professor Roberts is the Professor of Public Engagement in Sciences at the University of Birmingham, as well as being one of Britain's best known TV academics. She has appeared on shows such as 'Time Team' and 'Coast', and presented a number of her own series, including 'The Incredible Human Journey', 'The Origin of Us', 'The Celts' and 'Ice Age Giants'.

Professor Roberts' talk was wide ranging, covering the themes of evolution and genetics. We discovered how all life on Earth has descended from a single-celled organism, nicknamed 'Luca', and we were shown the similarities in the bone structures of all mammals, proving our common ancestry. We were also led through the development of a human embryo, learning how cells divided and the way chromosomes and DNA are formed. It was fascinating to hear and Professor Roberts had a gift for making complex material clear and understandable. The lecture finished with some thought-provoking questions from the pupils, including 'Were stone age humans happier than us?', (thankfully Professor Roberts thought not!), which showed how much she had inspired the school.

Mr Will Saunders

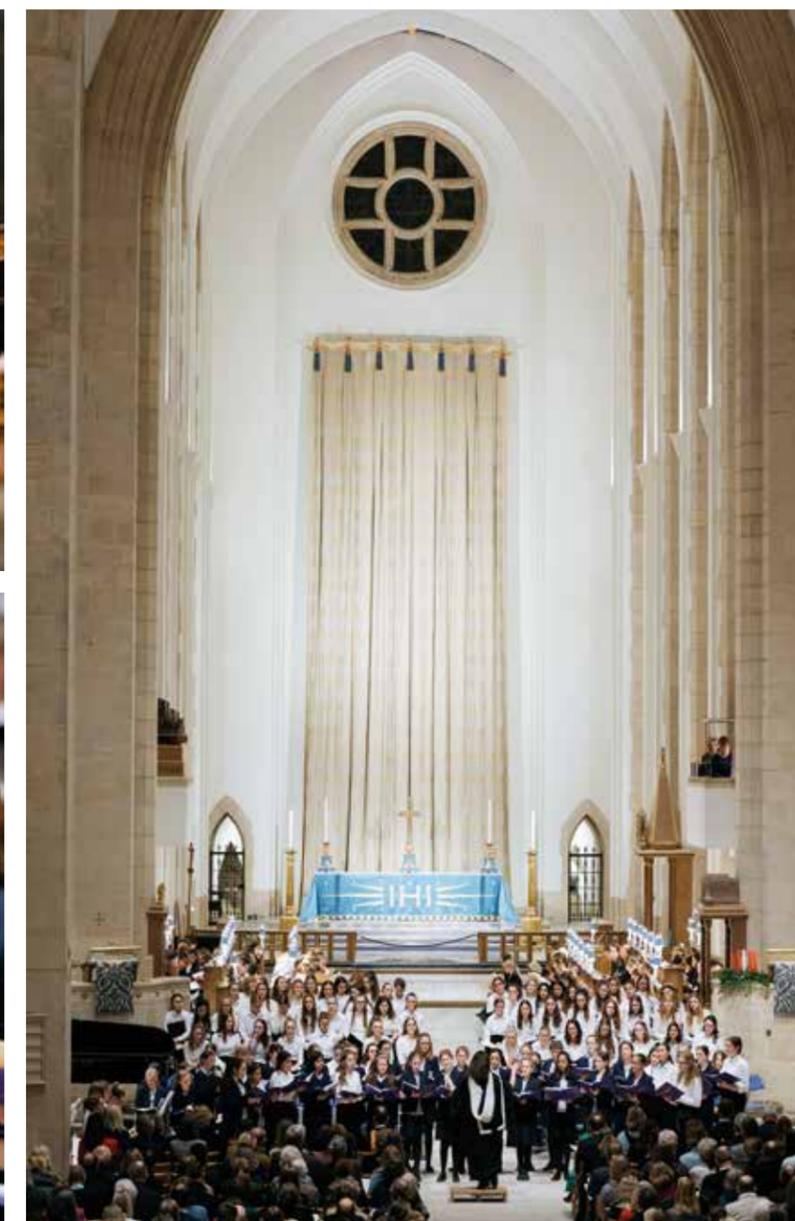


CAROL SERVICE AT GUILDFORD CATHEDRAL

For many in the school community the Carol Service marks the beginning of the Christmas season and so as pupils, staff and parents arrived at the cathedral on Monday 9 December, there was an air of quiet excitement and anticipation. For some of the younger pupils this was their first experience of being in Guildford Cathedral; for the Upper Sixth (and their parents) the service was more poignant as it marked one of the final key events in the school year. What was striking was the large number of pupils participating in the service, with nearly 200 singers and players forming the Brass Ensemble, Chamber Orchestra and the five choirs. Each choir sang individual carols at different moments of the service, but the choirs also joined forces for two pieces.

This year, the music was especially ambitious with three new and demanding carols written for this service and being performed for the first time: 'Star of The East' (by Milo, U6), 'Unto Me' (music by Mr Hadfield and text by Mr M'Clelland) and 'Salve Puerule' (by Mr White, RGS Director of Music). The singing and playing was magnificent, and the readings were delivered with brilliant clarity and assurance as the Christmas story was retold through the spoken word. This was an uplifting evening and a very fitting way to begin the last week of term.

Mr Grayson Jones



MICHAELMAS CONCERT

The Michaelmas Concert marks the culmination of a term's worth of industrious independent practice and rehearsals for the large ensembles at GHS. The sell-out audience were treated to a wonderful collection of tunes and hits played by the Wind Band, String Orchestra, Big Band, Chamber Orchestra and Mathias Band. The repertoire included hits by Freddie Mercury, Aretha Franklin, Stevie Wonder and Lionel Ritchie. Hannah's performance of Mendelssohn-Bartholdy's violin concerto was a delight to watch; she played with style, precision and maturity beyond her years. Based on this concert, music at GHS is certainly thriving!

Mr Jack Laphorn



CHAMBER CHOIR, ORCHESTRA AND SCHOLARS CONCERT

The first half of term ended with a concert in the 2016 Hall, given by the Senior Chamber Choir, Chamber Orchestra and Upper Sixth instrumental soloists. The choir sang a delightful selection of secular and sacred pieces and the Chamber Orchestra was also in fine form. Many thanks to those who contributed musically and with cash donations to a retiring collection for Princess Alice Hospice, over £400 was raised!

Mr Andrew Hadfield



INFORMAL CONCERTS AT GHS

Such is the number of pupils eager to play at this term's Informal Concert that two concerts were again held. On a cold and dark evening in November, 39 pupils from Year 7 to Year 13 performed repertoire ranging from Beethoven and Debussy, to Bernstein and Lewis Capaldi in two concerts full of warmth and colour. A fine evening showcasing some wonderful musical talent!

Mr Jack Laphorn



GHS & RGS JOINT CHAMBER CHOIR CHORAL EVENSONG

On Saturday 16 November, the GHS and RGS Joint Chamber Choir visited Trinity College Cambridge to sing Choral Evensong in the chapel. We were given a tour of the College as well as King's College Chapel and the Wren Library that contains some of the oldest surviving medieval manuscripts. The most exciting thing for us included seeing the original copy of Winnie the Pooh and the Trinity Carol Roll dating back to 1420! This was particularly exciting as at the Carol Service two years ago, we sang the text of one of the carols printed on the roll. It was an amazing experience and thanks to the staff who took time out of their weekend to accompany us.

Beth & Milo, UVIJ



SENIOR PLAY: 'TARTUFFE'

Once more this year, O what a treat,
 The Senior Play was such a feat,
 Of madness, mayhem, revelry,
 We knew that it could only be,
 The real deal, the true McHogg
 and once we saw right through the fog
 Of rhymes and couplets, two a pair,
 It's fair to say we were ensared
 By cowboy hats, quite fancy free
 and dying bees, sweet eulogies.
 Molière was there, in a rare twist
 And despite his best efforts to insist,
 "They are not going to mess
 With my play", I guess
 In the message didn't sink,
 For after just one swift blink,
 Dorine was making snide comments,
 They kept raining down in torrents,
 To warn her master
 Of an impending disaster
 The terrible "Tartooth", the sleuth,
 But finally we uncovered the truth.
 Jack was out of the box.
 After a few too many knocks,
 The quarrelling lovers came together
 Again, no more under pressure
 But united in their vehement stance
 To stop Tartuffe from meddling in France.
 The actors must be applauded,
 And their skills so rightfully lauded
 It takes such an art, to be just a part,
 Of a company so full of heart.

Miss Sophie Oakes



'THE WIZARD OF OZ': GHS PANTO 2019

Every year, the Lower Sixth write and produce the annual GHS Pantomime to be performed by the new Year 7s. This year's directors, Helena and Emily, produced an entertaining and original adaptation of The Wizard of Oz. As the Pantomime is an event widely anticipated, there were high expectations of this GHS Christmas tradition!

With Eva as Dorothy, accompanied by her faithful companion Toto, performed by Miriam, and Dorothy's love interest Jamie played by Emily, the story follows the GHS girls and RGS boys' determination to find their friend Dorothy with some help from the magical Glinda and the Mice. Although we cannot mention everyone by name in this article, we are incredibly proud of all the cast and their dedication in bringing this Pantomime to life.

A big thank you must go to all of our teachers, especially Mrs Bengoechea and to all of the Lower Sixth involved in any part of the production, from backstage to lighting and sound, the band, acting and music heads as well as those in charge of the tricky task of crowd control! Finally, huge thanks to the Sixth Form volunteers who helped with hair and make-up or handed out mince pies and mulled wine to parents. What an incredible pantomime! Happy Christmas everyone!

Hattie, LVIC & Freya, LVIJ



YEARS 9 TO 11 NETBALL TOUR TO SOUTH AFRICA

In the October half term, the PE Department took 4 netball teams to South Africa to enjoy a jam-packed itinerary that took in all that Cape Town has to offer! Straight from the airport we were taken to Khayelitsha, the largest township in South Africa, where we were met by a traditional playing band and Gloria who wanted to teach the pupils how to dance the South African way! Alongside two tough training sessions, 16 successful matches (with a highlight being against Paarl High where matches were streamed live to parents at home) we walked up Table Mountain, went on Safari and visited Robben Island. At the end of the week we stayed at the Geodgedacht Trust to see the work they do to bring children out of poverty and onto a path of prosperity. On our last day, we took 30 children from townships linked to the trust back to Cape Town to visit the aquarium and go for lunch. It was a poignant way to finish what was a most memorable week.

Mrs Amanda Whybro



YEARS 10 TO UPPER SIXTH CLASSICS TOUR TO SICILY

45 pupils from Years 10, 11 and the Sixth Form spent part of the October half term in Sicily. The island's strategic importance at the centre of the Mediterranean, its abundant natural resources, and incomparable beauty have made it a meeting ground for almost every culture bordering it. Our trip followed in the footsteps of the Greeks and Romans, travelling anticlockwise around the island. From the latter half of the eight century BC, the Greeks started settling on parts of Sicily, and the Romans later made Sicily their first province. We gained a fascinating insight into the historical developments, and cultural, artistic and architectural achievements that define the island's unique character. In addition to our busy itinerary, we had a karaoke competition in Latin, a hotly contended game of myth-tionary, and a Classics quiz. The pupils were inspired and inspiring, inquisitive and, above all, tremendously entertaining company.

Mr Andrew James



SIXTH FORM ART TRIP TO ST IVES

A level Art students travelled to St Ives to enjoy a two-day painting course at the famous St Ives School of Painting during half term. The students were tutored by Ilker Cinarel where he encouraged them to draw from direct observation of the amazing coastal scenery and streets of St Ives. Armed with a sketchbook, the students gathered visual source material to use over the rest of the course. This experience acclimatised them to their creative context; to see clearly what resonated with them. Back in the studio, they examined their sketchbooks and considered form, structure and composition to produce compelling paintings that captured their unique lens on the world. This work will contribute to the students' A Level Art coursework and be especially helpful to students going on to apply for Art Foundation courses. The weather was kind to us every day and the students all enjoyed the local cuisine of pasties and cream teas for their lunch!

Mrs Susan Kew



UPPER SIXTH GOLD DofE EXPEDITION III

Over the October half term a team of seven Upper Sixth students ventured off to Wales with the aim of completing our Gold DofE Expedition. I can easily say that the five days were an unforgettable trip as we not only overcame physical challenges, but also formed strong friendships, and shared some amazing experiences. We braved the rain and clouds and came out the other side laughing, not letting the weather bring down our mood. It was an extremely rewarding experience and I would recommend it to anyone further down the school.

Kiah, U6H



SIXTH FORM ECONOMICS AND POLITICS TRIP TO USA

In October half term, 21 Sixth Form students travelled to America to visit New York and Washington DC to enrich our Economics and Politics A Level courses. We started the trip on a high, literally, by going up the Empire State Building for a panoramic view of the city. We spent our time visiting iconic sights including Wall Street, the Statue of Liberty, Tenement Museum and Brooklyn Bridge. The highlights of New York were a very informative tour of the United Nations Headquarters and visiting the 9/11 memorial and the museum which was particularly poignant and emotional. Our time in DC was inspiring to say the least. We enjoyed a sunny walking tour of the city, taking in sights such as the memorials to Franklin D. Roosevelt and the Korean War. The highlight had to be standing in front of the Lincoln Memorial where Martin Luther King gave his 'I Have A Dream' speech. We were sad to say goodbye to Washington as we departed for the flight home. We all had a fabulous time and want to say a huge thank you to Miss Walrond for accompanying us and especially to Mrs Jones who organised the whole trip.

Ria, L6O & Alice, U6K



SIXTH FORM DRAMA VISIT - THE GREAT GATSBY

In November our Sixth Form Drama and English students travelled back to 1920s New York, visting an immersive production of the 'The Great Gatsby'. We loved throwing ourselves into all the aspects Gatsby's party had to offer (minus the champagne of course!) including: dressing up in the finest garments the drama cupboard had to offer, learning the Charleston, attempting some questionable New York accents and some of us even being involved in Gatsby's shady business. A huge thank you to Ms Fenton for organising a wonderful evening, you ol' sport!

Emily, LVIT & Helena, LVIA



A LEVEL GEOGRAPHY VISIT TO EAST LONDON

In November, the Lower Sixth AS and A Level Geography students travelled to East London to conduct fieldwork assessing the dichotomy between two adjoining postcodes: E15 (one of the most deprived parts of London) and E20 (a newly-created postcode representing the onward march of regeneration and development). After conducting a survey within each postcode, the students came away feeling they had learned new fieldwork skills and gained knowledge of a useful case study for the Changing Spaces, Making Places topic.

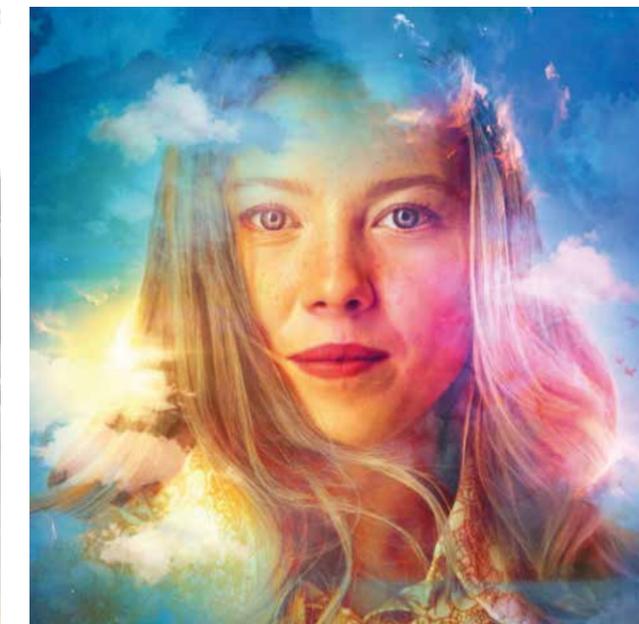
Mr Dan Martin



GCSE AND A LEVEL DRAMA VISIT - THE LOVELY BONES

The Lovely Bones, adapted by Bryony Lavery, was both unsettling but also uplifting and most of all, very moving. The performance style fused naturalism with strong physical theatre and choreographed movement. It was inspiring to our pupils who appreciated the effectiveness of the non-naturalistic techniques. The action on stage was reflected by a mirror-like canopy that covered the upper area of the performance space and presented the symbolic heaven and earth concept powerfully. Our 56 students from Years 10 to Sixth Form were hugely impressed by this production.

Ms Ashley Fenton



YEAR 9 TRIP TO LILLE

Jeudi dernier, un groupe de 103 filles se sont levées tôt pour prendre le car de 5h30 en direction de Douvres. Nous avons pris le tunnel sous la Manche et sommes arrivées en France vers 10h00. Puis nous sommes allées à Lille et nous sommes allées vers la ville. Nous avons interviewé des membres du public et exploré la ville. C'était pittoresque! Nous sommes allées au marché de Noël et ensuite nous avons mangé dans un restaurant français traditionnel avant de retourner à l'hôtel pour une bonne nuit de sommeil. Le lendemain, nous nous sommes rendues dans les banlieues de la ville pour évaluer la qualité de l'environnement dans les environs. Nous nous sommes assises dans un café et avons enregistré nos données géographiques et rédigé une évaluation. Nous nous sommes rendues à pied dans un centre commercial charmant où nous avons fait nos emplettes. C'était tellement incroyable et nous nous sommes très bien amusées. Nous remercions Madame Callaghan pour l'organisation de ce voyage merveilleux.

Zoe & Emily, 9LL



SENIOR MATHEMATICAL CHALLENGE AND OLYMPIAD

The Sixth Form students have had some incredible success in two mathematical competitions this term. First up was the Mathematical Olympiad. All 17 entrants did extremely well and Harriett, Katharine and Divya are especially congratulated for being awarded Distinctions. Next was the Senior Mathematical Challenge, where students were awarded a huge number of Bronze and Silver certificates. Emma, Charlotte, Natasha, Divya, Constance and Nicola were awarded Gold certificates and qualified for the Senior Kangaroo. Congratulations to all our students on their performances.

Mrs Laura Celiker



YEAR 10 CHEMISTRY AT WORK DAY

On 7 November, twelve Year 10 pupils attended the Chemistry at Work day at the Rutherford Appleton Laboratory. While there, they learned about some of the cutting edge experiments undertaken at the facility, including the use of the ISIS neutron and muon source to investigate the properties of matter. They also took part in hands-on workshops that allowed them to put the theory into practice by growing their own crystals, making nylon and exploring the chemistry of glowsticks! The day was a fantastic experience, provoking stimulating discussions with world-leading scientists, as well as the possibility of future careers in science.

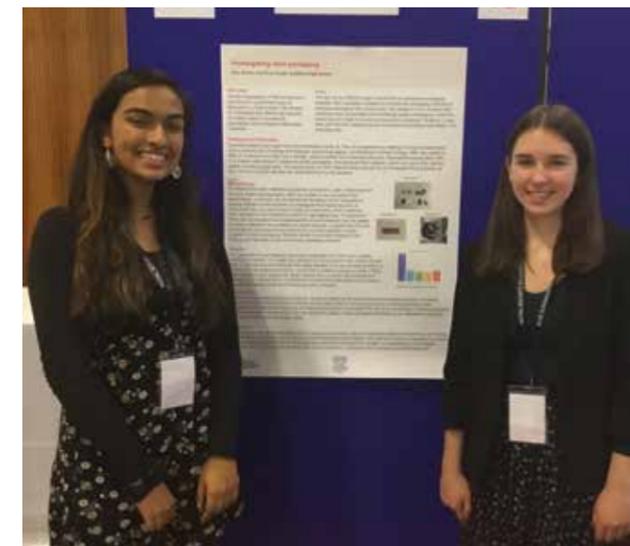
Mr Will Hack



ROYAL SOCIETY STUDENT CONFERENCE

In November, we attended the Royal Society Student Conference to exhibit our recent Silver CREST project. The title for our project was 'Ideal packaging material', in which we investigated more sustainable alternatives to plastics. Our day started with an interesting keynote lecture on neuroscience from Professor Sarah-Jayne Blakemore. We then presented our work to other students and a panel of Royal Society Fellows. In the afternoon, Members of the Royal Society met with us to discuss our projects. We received a lot of positive feedback. This was an amazing opportunity because we got to meet so many inspirational scientists. Thank you to Dr Lister for arranging this visit.

Amy, LVIE & Divya, LVIJ



PSYCHOLOGY LECTURE

The level of excitement grew as the 2016 Hall filled with people. Ben Williams MMC (member of the Magic Circle) conducted a thoroughly enjoyable and thought-provoking psychology lecture, where he discussed various topics including illusions and expectation bias. Ben went on to apparently 'read' minds, by presenting the first volunteer with the card (from a brand new pack of 52) that she had chosen and signed; the second volunteer, who was, arguably, the star of the show, managed to hide the black pawn successfully twice out of five times. The other volunteers were on the other hand, amazed by how Ben inserted a penny into an empty Coke can through the side. The evening achieved a fine balance between science and entertainment and was enjoyed by all!

Mrs Carol Benson



CLASSICS LECTURE

On Tuesday 12 November, pupils from all year groups enjoyed a captivating talk about Hannibal, the notorious Carthaginian general. Hannibal is remembered as one of history's greatest military commanders and the Roman Republic's mightiest opponent who marched across the Alps in winter with a team of African forest elephants. Ben Kane, the speaker, is an internationally acclaimed novelist, specialising in historical fiction set in the ancient world and his knowledge and enthusiasm for the Punic Wars were awesome. He sees historical re-enactment as a way of appreciating the practical realities of life in the past and brought along his Roman armour for us to examine and even try on. We were enraptured by the talk and left feeling inspired to know more.

Mr Andrew James



DEBATING SOCIETY & MUN ROUND UP

It has been another exciting term for Debating and Model United Nations at GHS. Our debaters have spoken brilliantly at a range of competitions from LSE to Rotary Youth Debate, and our senior team successfully advanced to the next stage of the ESU Schools Mace. In MUN, our delegates have attended conferences at Reigate, Croydon and London Oratory, with many students recognised for their individual contributions to committees. We have also hosted a Junior Debating competition for Years 7 and 8 against local schools and are now looking forward to running GHS MUN in January. Congratulations to everyone involved for a brilliant term!

Miss Sophie Oakes



CAREERS FORUM: CAREERS IN LAW

It was a pleasure to welcome some of our alumni back into school to talk about their experiences of studying Law at university and their careers to date. Emma Rowland (Class of 2018) talked about applying for Law and her first year of studying at Oxford and Rebecca Torrance (Class of 2017) discussed her experiences, also at Oxford and successfully securing a training contract for 2020. It was also great to hear from others about the 'Law Conversion Course' and their experiences of working in different areas of Law including aspects of the media and medical cases. We are very grateful to all our visiting speakers; the level of interest was clear from the way that many current GHS students stayed quite late to ask lots of questions.

Dr Jane Boyd



THE BIG DRAW

This year's Big Draw theme is called 'Drawn to Life' with a focus on creativity and wellbeing. This annual festival celebrates drawing in all its formats across the nation.

Our wellbeing at GHS is fantastic and Elmer the Elephant is a central character which sparked the idea of creating a patchwork for this year's Big Draw. Each pupil in Years 7, 8 and 9 was given a small white square of cotton and they were asked to decorate it thinking about what makes them happy. The results were beautiful and food, animals, music, friends and being at GHS made our pupils very happy. All 300 squares were stitched together to create a giant patchwork and the girls enjoyed a cookie on the quilt to admire all the individual patches.

Mrs Susan Kew

WINNERS

Year 7 Winner:
Melissa, 7LG

Year 7 Runner-up:
Aleeza, 7CB

Year 7 Highly Commended:
Arabella, 7LG

Year 8 Winner:
Karma, 8SP

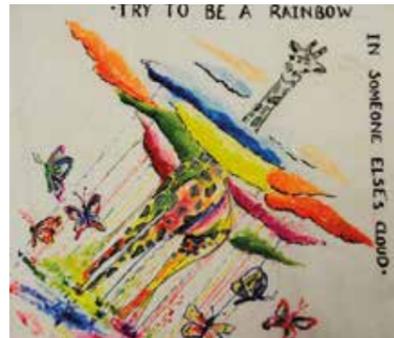
Year 8 Runner-up:
Isabella, 8SP

Year 8 Highly Commended:
Danya, 8CW

Year 9 Winner:
Aanchal, 9HL

Year 9 Runner-up:
Sivakamy, 9LL

Year 9 Highly Commended:
Annabelle, 9SH



MAGGIE ADERIN-POCOCK (MBE) SPACE SCIENTIST VISIT

Margaret Aderin-Pocock MBE, a well-known British space scientist and science educator, came and gave a talk to our Sixth Form. It was a real honour to hear her speak as she has overcome so much to get to the position she is in today and many of the Sixth Form students, especially those studying Physics, found her research fascinating. Maggie also talked us through how she managed to combine her passions of physics and sci-fi by becoming a scientific consultant for TV shows, including the 2009 mini-series Paradox. Maggie showed us that if you have a true passion for something you should always pursue it.

Charlotte, UVIC



EXCELLENT ENTERIES FOR SINGER SYMPOSIUM 2019

The standard of this year's Singer Independent Research Prize was yet again outstanding! Students chose to write essays on topics as diverse as the Soviet invasion of Afghanistan, to the use of gene and epigenetic therapies, to the inevitability of musical uniformity in our modern western society. This year's winners were Alice, Georgia, Beth and Milo and there were highly commended entries from Thea, Rebecca, Isobel and Beth. The winners presented their research to the whole Sixth Form in front of Mrs Sue Singer (ex-headmistress); a highly informative symposium!

Mr Andrew Hadfield



ALL WAS MERRY AND BRIGHT AT FOGHS CHRISTMAS FAIR

The Christmas Fair was again a lovely highlight of the winter term. Whilst the day dawned wet and cold, inside all was festive and bright! Father Christmas's grotto was magical, whilst upstairs some excellent Christmas Shopping opportunities were to be found in the Christmas Market provided by our external stallholders. As ever it is a team effort and our enormous thanks go to all who played a part; all together it creates the magical day it has become. From all of us, we wish you a very Merry Christmas and a peaceful New Year.

Jenni Hall and the FoGHS team



HOUSE ROUND UP

It has been lovely to see so many pupils taking part in the various House activities this term, filling the school with sounds of laughter and excitement. Cookery competitions have included Year 8 making Halloween themed cupcakes, whilst the Sixth Form created Yule logs, with Topaz and Ruby winning respectively. Year 9 took part in the House Bob Ross Art challenge, and created some wonderful landscape paintings in just 30 minutes, with Ruby, again, being declared the best. Isabelle Pun Lai Yuen (Emerald) won the House Photography competition, which received some wonderful entries. There have also been lots of quiz based contests, with Amethyst, Opal and Emerald winning in different Year groups. At the time of writing all the Houses are busy rehearsing for the House Song competition, which is always a fantastic way to end the term!

Mr Will Saunders



ALEEZA WINS JUNIOR CITIZENS COMPETITION

Earlier this year I entered the Junior Citizens competition to design a poster to raise the profile of a particular issue facing society. I decided to base my Junior Citizens picture on anti-racism and anti-bullying because I feel this is a subject that should be taken seriously and I think that sometimes people forget that everyone is the same. Everyone should have equal rights and no one should be treated differently simply because of their race. I am delighted to have been chosen as the winner for the competition. Thank you to PC Madgwick-Smith for coming into school and awarding me my certificate.

Aleeza, 7CB



PUPILS VISIT PILGRIM WOOD FOR CHRISTMAS

For several weeks now we have enjoyed visiting the lovely residents of Pilgrim Wood Residential Home, Guildford. Having invited the wider school community to join us, we were overwhelmed by the number of pupils willing to give up their lunchtime and spend time with the residents. During our visits we have chatted, put up Christmas decorations and the musicians amongst us brought along their instruments to give an impromptu concert. A special thanks to the DT team for creating personalised Christmas baubles to hang on the Christmas tree. We look forward to arranging more visits next year.

Freya, UVIS & Sophie, UVIJ, (Charity Reps, Senior Prefect Team)



SHEFFIELD SPRINGS ACADEMY VISITS GHS

In December, GHS was delighted to welcome fifteen Year 11 pupils and three staff from Sheffield Springs Academy which, like us, is part of United Learning. Their visit is the second half of what is now an established exchange programme between our two schools and follows our Year 10 visit to Sheffield Springs last July. During their two day visit our guests shadowed Year 11 pupils in lessons and had the opportunity to attend lunchtime clubs, sporting practices and a sixth form lesson. In the afternoon of the first day, we visited the University of Surrey for a seminar on the benefits of going to university, and a tour of the campus. Later, we spent an evening together relaxing with a movie and pizza. After a really enjoyable couple of days we were sorry to say goodbye to our new friends. We wish them well.

Mr Brad Russell



GHS ASPIRING ATHLETES PROGRAMME

The Aspiring Athletes programme is developing strongly at GHS to support our athletes with their academic and training commitments. It has been a fantastic half term and we would like to congratulate the following pupils on their exciting achievements and selections this half term.

- **Archery** - Louisa attended the Aphrodite Cup and won Individual Gold, Mixed Team Gold and Team Silver
- **Cricket** - Ellen and Mia have both been selected for Surrey County Cricket Squads
- **Fencing** - Georgia has been selected for the GB Under 17 (Cadet) foil fencing team and Imogen has been selected to fence for Britain in two International competitions in Grenoble and Copenhagen. Eva competed in a British Ranking competition and reached the semi-final
- **Hockey** - Millie has been selected for the U16 England Hockey Squad. Lily has been selected as a member of the England Hockey Player Pathway
- **Judo** - Amelia defended her national title and became a two-time British Champion in the under-40kg category. Amelia finishes the year as the National Champion, an undefeated member of the Southern Area team and winner of the Kent International tournament.
- **Lacrosse** - Emily and Sophie have been selected for the International Welsh Dragons Lacrosse Squad
- **Skiing** - Ella has been selected for the England Schools Ski Racing, Norway Squad 1 and will represent GBR at the international races in January. Katie and Saskia have selected for the England Schools Ski Racing, Norway Squad 2
- **Windsurfing** - Ashi has been selected to represent GBR in the Techno World Championships for windsurfing



In late November, as one of a series of external speakers, Steve Ingham, a leading performance sports scientist and figure in UK sport, visited GHS and gave an inspiring talk. Originally a physiologist, Steve has been integral to Britain's development as an Olympic superpower and has provided support to some of the world's greatest athletes including Jessica Ennis-Hill, Sir Steve Redgrave and Sir Matthew Pinsent. His talk entitled 'turning pressure into performance' was fascinating and provided our aspiring athletes with much to consider.

Mrs Laura McHale

FIRST-CLASS DRESSAGE

Olivia performed a first-class Dressage test at the NSEA National Championships Plate Finals to finish fifth in her class with 66.59%. Olivia and Cody have enjoyed an extremely busy and successful season, the highlight of which was finishing second in the British Riding Club Nationals Junior Prelim Dressage to Music. Olivia and Cody are currently featured on the cover of South East Rider – well done!

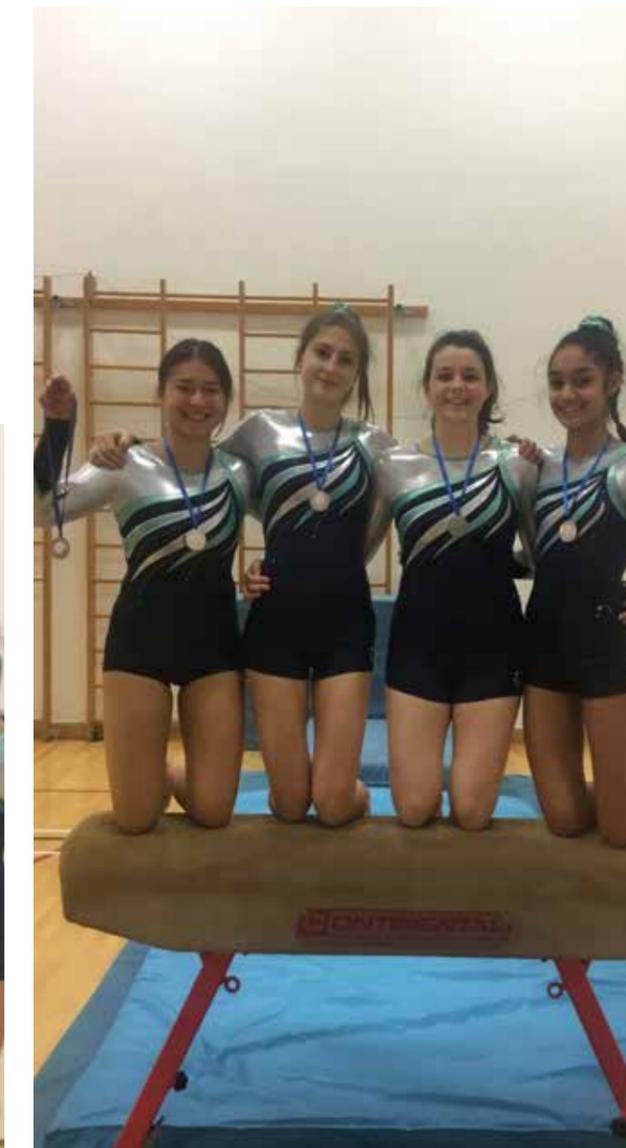
Mrs Tara Oxley



SECOND PLACE AT SURREY FLOOR & VAULT COMPETITION

On Thursday 28 November, the Surrey U15 and U19 floor and vault competition was held at St Catherine's. The competition comprised 17 schools and whilst we were also missing our Year 9 pupils due to their exciting annual trip to Lille, the teams performed brilliantly. Both the U15 and U19 team came second. Well done to all of our gymnasts for their achievements in what has been an excellent term for gymnastics.

Mrs Tara Oxley



PERSONAL BEST AT ESSA NATIONAL SWIMMING FINALS

The finals held at the Olympic pool never fail to bring out the best in the GHS swimmers. The Junior team of Kara, Amelie, Scarlett, Robin and Arabella were not fazed by the occasion, instead it inspired them to swim personal bests and beat their qualification times in both the Medley and Freestyle relays. They qualified for the two finals and finished seventh in both. It was great experience for the young team who I have no doubt, will return next year, determined to podium in their respective age groups.

Mrs Rachel Byrne



GHS THROUGH TO NATIONAL SCHOOLS' BIATHLON FINALS

An U12 team of Millie, Isobel and Lucy came first with Emily and Ella also competing very well as individuals. An U13 team of Robin, Violet and Sadie came second, and Kara (U14) and Darcy (U15) competed individually to both finish third. These are fantastic results and resulted in many pupils qualifying for the British Biathlon championships on 23 and 24 November in Nottingham. At the event our U14 team (Arabella, Kara and Lana) came third with Arabella fifth individually. Our U12 team (Millie, Isobel, Lucy) competed brilliantly to finish second. Robin and Katie also competed individually in U13 and we are delighted to report that Robin was crowned Biathlon Champion. Congratulations to all of our biathletes.

Mrs Tara Oxley



CROSS COUNTRY SUCCESS

It has been a busy term for Cross Country at Guildford High. Friendly races at Prior's Field and St Edmund's resulted in Year 7 and 8 team wins alongside individual podiums. At the District Schools Cross Country trials on 14 November, our biggest cohort of 41 girls ran brilliantly with 24 GHS runners being selected for the Surrey Schools Championships in January. We also ventured further afield to join RGS in two relays events. RGS hosted a team relay over 3km where GHS A team of Charlotte, Ellie, Della and Katie placed first and the B team of Summer, Bella, Robin and Katie placed third.

Mrs Tara Oxley



CROSS COUNTRY NATIONAL CHAMPIONS!

Over 1500 schools entered the first round of the English schools cross country championships in October. Having zoomed through the ESAA Regional finals, the junior team then had a long journey up to South Yorkshire for the National finals on 7 December. Our team was magnificent and ran their legs off on a muddy course. After a blistering start, GHS maintained their cool heads and fast feet to finish with 4 runners in the top 12! Robin fourth, Katie seventh, Bella eighth, Summer 12th, Kara 31st and Emmeline 73rd out of 147 runners. This resulted in GHS being crowned Junior National champions!

Mrs Tara Oxley

U14 & U16 NETBALL TEAMS THROUGH TO REGIONAL ROUND OF NATIONAL SCHOOLS COMPETITION

In November the U14, U16 and U19A Netball teams competed in the first round of National Schools. This is always a tough competition with pressure to finish top of your group to go into the play-off match, of which the winner qualifies to the regional round. The U19s played excellent netball all morning and faced Streatham and Clapham in the final but narrowly lost this match 15-14. The U16s came against Surbiton in their play-off match winning 12-10. The U14s had a phenomenal tournament winning all their games comfortably on their way to the play-off against Wimbledon. They took a quick lead and went on to win 20-6. Congratulations to the U16 and U14 teams and good luck for the regional round in January!

Mrs Rachel Byrne



AN EXCELLENT START FOR YEAR 7 LACROSSE

To kick start the Year 7 lacrosse season, many of our pupils attended our introductory course during the half term break. We had three fantastic days outside learning new skills, tactics and the rules of the game. We were joined by current and past England players, as well as eight members of the 1st Lacrosse Team, which ensured the pupils made incredible progress throughout the course. It has been wonderful to see how quickly the Year 7 pupils have developed a passion for the sport. With thirteen games played so far by our A, B and C teams, we have been victorious in eleven of these matches, including notable performances at the Guildford Challenge Cup which resulted in victory to GHS. What a fabulous start to their lacrosse careers.

Miss Stephanie Webb



RUNNERS UP AT THE SURREY LACROSSE CHAMPIONSHIPS

The U15 Team participated in the annual County Lacrosse Tournament on 18 November. The U15 B Team had strong opposition throughout the day facing both A teams and B teams. They demonstrated incredible perseverance to make it to the plate final against Claremont A Team. Although they narrowly missed out on a win, this established their place as the top B team in Surrey.

The U15 A Team also made a fantastic start to the tournament, winning all of their group games before eventually progressing to the final. Despite having beaten St Catherines' in the group stages they were unable to secure the win so they finished the tournament in second place. Both teams played superbly and showed their best performances so far this term.

Miss Stephanie Webb



GOLD MEDAL WIN AT THE ENGLAND LACROSSE SCHOOL CHALLENGE CUP

The 1st Lacrosse Team competed at the England Lacrosse School Challenge Cup at Aldershot Garrison Sports Centre on Saturday 23 November. This prestigious tournament involves the top eight schools in the country based on the finishing places at last year's National Schools competition. Played as a knockout tournament, the students participated in some very challenging 40-minute matches, which culminated in a competitive final against a very talented Berkhamsted team. Although down at half time, they remained composed and focused, turning the game around in the second half to come out on top in gold medal position with a 10-5 win. This is a fantastic achievement and the students played some top level Lacrosse. They should be extremely proud of their achievement.

Mrs Laura McHale





Inspiring Girls

Guildford High School, London Road, Guildford, GU1 1SJ

01483 561440 | www.guildfordhigh.co.uk