



Year 7 Geographers Down on the Farm

Amelia Griffiths

When we arrived we all filed into a building which used to be the chicken shed and sat down for a talk about the history of farming. Then we split into our form groups and set off for a day of activities.

Our group started with a tour around the farm with the farmer, James. We had to cross little streams and we saw river features such as tributaries, confluences and ox bow lakes. We also saw some animals, which caused a great amount of excitement. After the walk we had our packed lunches and prepared for afternoon ahead of us.

The afternoon started with us dividing into small groups to measure the steepness of slopes using a clinometer. Unfortunately it was then that the rain hit us. For those who were wearing shorts, because they thought it was going to be hot, this was not good, but we all wrapped up in jumpers and coats and carried on with smiles on our faces.

After measuring the slopes, it was nearly time to go so we hurried on to complete our final activity.

While walking around the farm we met James' mother who it turns out had been a student at Notting Hill and Ealing! We also met the man who owned the upholsterers, one of the traditional businesses that have workshops on the farm, who told us a bit about what he does. Then to finish off our day we sketched the beautiful cottage at the farm.



We all returned to the coach wet, muddy and exhausted but with smiles on our faces from the great day we'd had.

veni, vidi, vici: The 'Minimus Project' wins again!

Alex Smith



Notting Hill and Ealing High School in its link with North Ealing Primary School has won the National Mythology Competition Group Prize for the second year in a row!

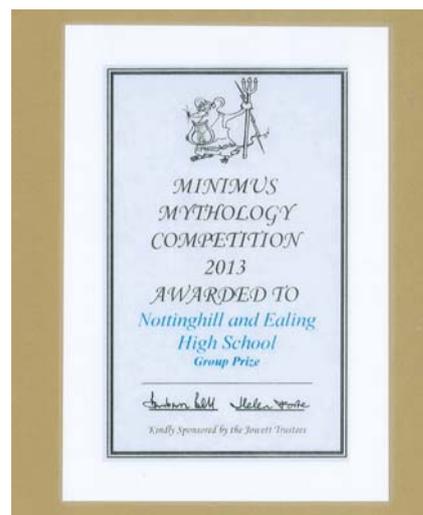
Our winning entry, chosen from over 200 entries, was for a filmed version of the myth of *Pandora's Box* directed by five Year 13 students (Katie Byford, Imogen Cosgrave, Abigail Thompson, Eleanor Vale and Jessica Zhang) and performed, in Latin, by twenty students from Years 5 and 6 at

North Ealing Primary School. The film was the culmination of a 10-week partnership. On Thursdays after school in the Spring Term our Year 13 students taught the primary school children Latin and some Roman mythology using the 'Minimus' Course.

The partnership was a great success and Mr Bob Fletcher, Headmaster of North Ealing Primary School, had this to say about the project:

"Many thanks for the Minimus

Club which was amazingly successful. Your students were superb and I hope gained from the experience as much as our pupils. You can tell from the attendance and the enthusiasm just how much they all thought of the team. Please convey our thanks to your students, to Ms Hunt and yourself for making the course happen. It's been great all round and to win a competition too – it's all too much."



UK Linguistics Olympiad

Maria Reichardt

Once again we entered a large number of our sixth form language students for the UK Linguistics Olympiad, the national competition that involves solving fiendish linguistic data problems.

Tamsin Brooks won a Silver award (top 14/% nationally) with Bronze awards (top 20% nationally) going to Beatrice Hewitt, Danielle Spragg and Yasmin Sahota

Certificates for participating at the Advanced Level went to: Flora Steafel, Zuzanna Needham, Beth Melluish, Sara Malik, Victoria Macdonald, Lucasta Emley, Louise Claxton, Lily Biddell, Karina Barberis, Gowsaleya Sriskantharajah, Maria Michael, Natasha Maynard, Hafsa Malik, Maja Kovac, Sorrel Evans, Rebecca Eastwood, Daisy Bidault, Maryam Allawi, Eleanor True, Katrina Will and Amelia Williamson

Junior MUN

Joe Pepper



On Saturday 22nd June six girls from Year 9 travelled to Reigate Grammar School to take part in a Junior Model United Nations Conference.

The team of Natasha Sharma, Anna Dobson, Esme Coy, Ella Valero, Lucy Cooper and Hanna Pietrzycki represented the UK and Guatemala, debating issues such as cyber terrorism and Third World debt.

Natasha won an award for Outstanding Delegate for her committee, whilst the United Kingdom as a whole was awarded a prize for Highly Commended Delegation.

We clearly have some very talented young debaters at the school and we hope to give more girls the opportunity to be involved in MUN conferences next year.

Africa Conference

Sally Cohen



In early June a group of Year 12 girls attended a conference on Africa at Wimbledon High School.

The girls were particularly inspired by Dr Casmir Chanda,

Secretary of the Commonwealth Countries League Education Fund who spoke on the need to educate girls, sharing her personal stories and memories as well as her thoughts about the future of Africa. They also enjoyed the 'Question Time' style panel session. All the schools attending had prepared questions including some on the future for South Africa after Mandela which resulted in a very thought-provoking discussion



New Buildings

The view from the garden



The new Hall fills up for our first assembly on 18 June 2013



Looking from the Portrait Room into the atrium of the new building



Year 7 Visit to The Globe

On a sunny (unusually!) day in June, all of Year 7 enthusiastically boarded two coaches, destination, Shakespeare's Globe Theatre on the South Bank. This was the first time in a number of years that the English Department had visited and it was a fantastic event.

The girls were given a tour of the theatre, inside and out, with some rather vivid descriptions of the sights, sounds, and malodorous aromas that Shakespeare's audience would have experienced and sometimes caused! Year 7 were surprised to see that the ceiling of the theatre was sumptuously painted, as were the Royal Boxes. While sitting in the audience, we were treated to a voice rehearsal from an actress practising as one of the witches from *Macbeth*. We were amazed at the sheer physicality of the demands on the actors as they project their voice so that all of the theatre goes 'in the round' can hear and appreciate their words.

After the tour, classes consolidated their learning in individual drama workshops on their set-text: *The Tempest*. These were led by professional actors and education practitioners from The Globe. The drama activities and the chance to perform were inspiring, demonstrating both how complex it is to prepare to perform in a role and to articulate the message the Bard hoped to portray in his character's words. Year 7 delighted their teachers with their intelligent, well-informed acting.

Gabriel Shanon

Junior Maths Challenge

Helen Critcher



In May, all of Year 8 joined the 250,000 students nation-wide who took part in the Junior Maths Challenge.

They did extremely well, achieving a grand total of 53 certificates.

Overall they were awarded

11 gold, 19 silver and 23 bronze certificates and a special mention goes to Beatrice Dallas who won three certificates: Gold, Best in Year and Best in School.

Well done to all of Year 8 for taking part with such Enthusiasm.

Open House

On Sunday 22 September we are taking part in Open House London, the capital's largest architectural showcase.

The school will be open from 11.30 am to 1.00 pm. There will be guided tours of the new buildings and representatives from the architects will be on hand to answer questions.



We hope many of you will be able to join us on the day.

Parents' Guild Raise a fabulous £50k towards the Big Build!

Charlie Altman

The last two years have been amazing fun for all involved in the Parents' Guild.

Our goal was to raise £75,000 for the new build to supply 'extra' items for the drama and sports departments. The terrific news is that we recently presented the school with a cheque for £50,000 and look set to achieve our full target.



The Masquerade Ball

This drive has been spearheaded by the heads of the Social and

Fund Raising Committee run by three tireless parents - Tracey Newman, Julia Cooper and Noni Garg. A special thanks also to Anita Wong who headed up our main fundraiser, The Ball, and is involved in helping with most events.

Put simply, without their involvement and energy we would not have been able to achieve this amazing amount.

Many thanks also to all the parents who helped, even in a small way – who bought Christmas trees or wrapping paper, or came to any of our events including Burns Night, the Quiz Night or the Ball. Or if you just bought raffle tickets. You all engaged and enabled us to raise this money!



Makeover at Junior School Fun Day

With the opening of the new building we will be able to once again host big events such as Burns Night at the school and the ever popular Christmas Bazaar which will return on 30th November

UK Chinese Calligraphy and Essay Writing Competition

Tracy Cheng



Girls studying Mandarin took part in the UK National Chinese Calligraphy and Essay Writing competition sponsored by Phoenix TV and the Sing Dao Newspaper.

840 pupils from schools all around the UK took part in the competition with judges commenting that this year's standard was particularly high.

In the Chinese Calligraphy Competition Eliza Argyropoulos won second prize and Samantha Shanthakumar, Priscilla Yu, Maya Caskie, Risako Sakatsume, Nina Masterton and

Hannah Lefroy tied for third prize.

In the UK National Chinese Essay Writing Competition Lucy Ashmore came second, and third place went jointly to Annazita Barry, Naomi Lefroy, Samantha Shanthakumar, Rebecca Yates and Sarah Ashraf.

Athletics Day

The Sports Department organised a great day of athletics at the Perivale Athletics Track. There was a full programme of track and field events with girls competing in House teams in high jump, long jump, triple jump, discus, javelin and shot as well as races over hurdles, 100m, 200m, 300m, 800m and 1500m and a four by four 100m relay.







House Competition

The results of the last House competitions of the summer term can alter the rankings and there is always the possibility that a dark house (sic) will creep up on the rails and take the race.

In the last few weeks of term Eliot won the House Swimming (and the most points for raffle ticket sales) while Nightingale were victorious in both the rounders and tennis competitions. As Athletics Day dawned it was still anyone's competition and there were only 26 points separating 3rd and 2nd places. The athletics result: 1st Eliot with 1946 points, 2nd Nightingale with 1850 points and in 3rd place Hepburn on 1824 points meant there was still everything to play for as we embarked on the final competition of the term: the House Music Festival. It was tight between Nightingale and Eliot until the very end but it was Nightingale whose flag flew proudly as the girls left school for the summer.

Many thanks to Priyanka Datta (Captain) and Mahsa Chalabi (Vice Captain) of Nightingale, Karina Barberis (Captain) and Natasha Maynard (Vice Captain) of Hepburn and Ava Daruwalla (Captain) and Mia Longley (Vice Captain) of Eliot for all their hard work, dedication and enthusiasm over the year...bring on the next one!

Sarah Davies

Maths Inspiration

Helen Critcher



The Maths Department took all of Year 10 to a day of Maths lectures on 2nd July and the journey included, for some, their first experience of being on a driverless train, as we made our way through Docklands to the Greenwich Theatre.

The first lecturer to speak was Dr John Roberts who introduced us to The Hidden Maths of Rollercoasters. This included several images of terrifying looking rides which interestingly don't need planning permission to be built as they aren't "buildings". The speaker had helped to design *The Big One* at Blackpool and is currently working on the design of a wheel which is to be bigger than the London Eye for the Las Vegas strip.

The next two speakers demonstrated various surprising, and sometimes counter-intuitive, ideas involving Mechanics and Juggling. The speaker was able to demonstrate some truly impressive skills which prompted Daisy Jessop to ask 'How long does it take to learn how to juggle five balls?' The final lecture, by Rob Eastaway, looked at some of the overlaps between maths and music, finishing with creating an original piece of music from a random selection of notes and rhythms.

The varied programme showed students that the maths they learn in school has many applications out in the real world.

Year 9 Visit to World War I Battlefields

Richard Petty



finds out that it was levelled by shelling during World War I and completely reconstructed in the 1920's, we moved on to Hill 62.

This is home to an unusual museum where part of the British trench system in Sanctuary Wood has been preserved and reconstructed. The girls were able to get a sense of the scale and feel of trench life and the damp and mud we experienced on the day were certainly authentic!

Our first visit of the day was to the museum at Passchendaele. Here the very lifelike displays and mock-ups of trench life, which the girls had studied in the spring term, set the scene for the day and our visits to three of the region's cemeteries.

the site of the "Kameraden Grab", the Comrades Grave, final resting place for many of the thousands of unidentified German dead discovered in fields and isolated burial sites during the clearance of the battlefields in 1954.

The first at Essex Farm is now the burial place of 1,200 servicemen but is generally most famous for being the place where Lieutenant-Colonel John McCrae of the Canadian Army Medical Corps wrote the poem *In Flanders Fields* in May 1915. We also visited Tyne Cot, one of the largest British cemeteries in the Region before going on to Langemark, one of only four World War I German cemeteries in the Flanders region. Here the international nature of the loss of life is powerfully brought to mind. As well as its famous bronze sculpture of mourning soldiers it is

After a stop at the Menin Gate and in Ypres, a stunning town by any measure, but especially when one



This is one of the History Department's most demanding trips. Many find it emotionally intense and the length of the day with its 5am start and an 11pm return is certainly a challenge for everyone. However, the girls seem to have enjoyed every part of the day responding brilliantly to all the talks and tours, intrepidly exploring the trench systems and having plenty of energy left over for the return ferry journey!

Life and Death: Pompeii and Herculaneum

Zainah Muddassir



On the 8th of July, 32 girls who study Latin or Greek, along with Mr Smith, Miss Marsden and Miss Benjamin, set off to the British Museum to see the new exhibition: "Life and death: Pompeii and Herculaneum." The exhibition gives us a glimpse into everyday life in the Roman Empire through the ordinary objects and possessions of the inhabitants of these two cities which were destroyed in a single day when Mount Vesuvius erupted in AD 79.

On arrival we stopped for a quick group photo, stored away our bags in the Schools area and at 11:00am we were allowed to enter the exhibition. Working in

pairs we began answering the questions that we had previously thought of in class. Each pair had an item to focus on and to answer questions about. These would then help us to answer our 'bigger' questions on more general aspects of Roman life ranging from how children were brought up to the significance of religion to the Romans. For example, my group's 'object' was a fresco depicting a man and woman holding a scroll, pen and book. From this we decided that our 'big question' would be on equality during that period, focusing especially on writing and education.

The exhibition is built in the form

of a Roman house and as we went round we filled in a small booklet, asking for sketches and details of our questions of our items. Our artistic abilities were clearly shown through our sketches!

Many of us began to have hunger pangs, but despite this we bravely carried on. A lady who was also visiting the exhibition came up to us and asked which school we came from. She commented on our beautiful behaviour and was equally impressed by Mr Smith's knowledge and enthusiasm over the exhibition!

By 12:20pm we had finished looking through the exhibition and were rewarded with lunch in the shade of the trees outside and a trip to the gift shop to buy chocolate, books and coins.

In the afternoon we made our way to the part of the museum dedicated to the classical world where we were told to "broaden our understanding of the Greek and Roman world by picking another object to further our understanding of our 'bigger' questions." It was a highly enjoyable afternoon and we were fascinated by the stories behind the different pieces on display.

Year 10 Enrichment Programme

Richard Petty



After the exams, Year 10 took a break from lessons for a few days and enjoyed the second half of their Enrichment Programme, designed to give them a taste of what lies ahead at school and beyond.

As well as taking the Morrisby test, which is great for informing careers decisions, the girls went on to learn about the secrets of entrepreneurship in Enterprise Day. The following day during Sixth Form Experience Day, held largely in the Sixth Form Centre, they were able to get a taste of what makes the NHEHS sixth form in general so different from 'life at school'. Sixth Form Experience Day also offered the chance to try out some sixth form style lessons, including some in subjects such as economics, psychology, history of art or government and politics which they had not come across before.

Many girls voted the highlight of the day the talks given by two former students (Francesca Barberis, who is reading English at Exeter and Aneka Popat,

who is in her fourth year of a medical degree at St George's, London. Francesca and Aneka very kindly came back to tell Year 10 about their own sixth form experiences, what to expect and how to get the best out of these two important years.

The Year 10 Parent's Reception held the following week was an opportunity for parents to reflect on Year 10 and what their daughters can look forward to in Year 11 and beyond. There were talks from Deputy Head, Academic, Mrs Raratey and Mrs Irwin, Head of Sixth and parents were also delighted to be able to look around the new buildings.

The Enrichment Programme was rounded off with a party organised by Year 10 for children from the Log Cabin Centre in Ealing. There was superb involvement from all the girls. 10RC put on a virtuoso performance of *Snow White* with much audience participation and interaction. 10PQ gave us a party food feast, and 10APM and 10AS gave our visitors (and staff!) some fun games to play.



Log Cabin Party

Setting up the games



A colourful record of Year 10's guests



Pavement art with some of the younger children

Socrates and His Clouds

Anna Kovacs and Connie Blach



Some of the Year 10 Classics students travelled to the Jermyn Street Theatre to see *Socrates and His Clouds* by William Lyons and based on the original comedy by Aristophanes. This production is a modern day portrayal, yet it somehow remains timeless in its classic setting of Greece.

Upon arrival we were all surprised by how small and cosy the performance space was, with room for perhaps only fifty people! We don't imagine the actors were used to playing to a cluster of excited schoolgirls but nevertheless the performance

was superb -a combination of wit, philosophy and unique humour.

Socrates and His Clouds tells the story of a man desperate for his young son to take responsibility by getting a job so he can pay off his and his father's debts. The Socrates' Academy seems a great place to start, with a unique teaching style which will make students truly think. But the son, Pheidippides, takes the wrong message to heart and lands himself and his family in great danger.

After the play finished the Stage

Manager appeared to announce that the cast and director would be available for a question and answer session. It took a little persuading for Mr Smith and Ms Marsden to let us stay, but the session turned out to be interesting and informative, (and there were great questions from Mr Smith and Anna.) We discovered how and why the play had been adapted in this way from the original and were given an insight into how the actors saw their characters, including a quite intriguing interpretation of Socrates by the actor playing him; "He's quite naïve, even childish I think, to expect everyone to be able to see the world the way he does."

Eventually the Classics Department reluctantly returned to Ealing, bracing themselves for the week ahead, though feeling inspired to think more about the world around us by the play. Thank you to Mr Smith and Ms Marsden for taking us.

GDST Language Prize

Congratulations to Naomi Lefory who has been awarded this year's Anne Hogg Modern Foreign Languages Prize. The prize is awarded to recognise the work of pupils in Year 10, who are taking two or more modern foreign languages. It was established with the generous support of Dr Anne Hogg, a former Chairman of the Council of the GDST and a linguist with a keen interest in Hispanic languages.

New Designers 2013

Andrew Kerrison

Early in July the Year 10 Design and Technology students visited the New Designers 2013 Exhibition at the Business Design Centre.

They were able to look at the stands representing over 200 creative courses at universities and colleges around the UK, see the work of recent graduates and find information on opportunities for careers within creative industries. Every discipline was represented from architecture to animation, furniture to textiles, graphics to glass, jewellery to interior design ... and everything in-between.

They also attended an informative session given by five designers from five different disciplines to get a real taste of what it's like to study design and be involved in the industry.

Year 10 RS Trip

Dorothy Geary-Jones



A United Reform Church, a Greek Orthodox Cathedral, a Jewish cemetery and a Reformed synagogue: all this in one day with a kosher lunch in Golder's Green. This was what the Year 10 RS group enjoyed on 4th July, in perfect weather.

It has been very good to build up the contacts with the clergy in these churches and at the West

London Synagogue over the years and we are, as ever, grateful to them for their warm welcome.

At the West London Synagogue we were particularly well looked after by their Head of Education who happens to be the mother of a student in Year 7.

The two highlights of the trip were probably simply being in St Sophia's Cathedral: a most beautiful building and the students being allowed to read from a Torah scroll...without having to prepare for Bat Mitzvah.

Lunch was good too!



Visitors to Year 9 RS

In RS this term Year 9 have spent some time studying the issue of suffering and how various religions address this matter.

9N were particularly lucky to have the chance of hearing from Yogita Ahuja (a relative of one of the girls in the class) and Fiona Ogawa when they visited us to discuss Nichiren Buddhism and how it has helped them in their lives.

In the lesson, the class and speakers watched a short film which explored the origin of the religion and looked at 3 case studies of modern day Buddhists which explained some key ideas and beliefs.

Yogita and Fiona went on to explain how they came to their branch of Buddhism and how it had helped them. The lesson finished with a lively and interesting Question and Answer session with the girls particularly intrigued by some possible links between the ideas raised during our Mindfulness Week and the practice of chanting which is used in this branch of Buddhism.

We are very grateful to Yogita and Fiona for their visit.

Christine Maynard



Work Experience

Christine Maynard



We are extremely grateful to the following companies and organisations who helped our students with work placements:

- Advanced Medical Services, ●Air Products,
- Alan Edwards and Co, ●Alcombe Veterinary Surgery, ●Arrow Media, ●Atlantic Design Projects Ltd, ●Belmont House Dental Surgery,
- Belmont Primary School, ●Benoy, ●Big Green Door, ●Blue Rubicon, ●Fallon, ●British Museum,
- Burdon's Farm, ●Chiswick Health Practice, ●Christies Auction House, ●Department for Work and Pensions, ●Eight Associates, ●Elite Associates, ●Gabrielle Shaw Communications,
- Prestige Caribbean, ●Gatsby Charitable Foundation, ●Fountain Practice, ●Generator Hostels, ●Grove Park Surgery, ●GSP Event Management, ●Havas Worldwide London,
- Hearst Magazines UK , ●Hive Health, ●Huntsman Eldridge Building Surveyors,
- Imperial College Healthcare Trust, ●Industry Publicity, ●Kensington Orthodontic Clinic,
- King's Health Partners, ●Lam & Co, ●Museum of London, ●Morgan Motor Company,
- Montpelier Primary School, ●Orchard House School, ●Ove Arup, ●Perivale Medical Centre,
- Radisson Heathrow, ●Richford Gate Medical Practice, ●SG Hambros, ●Simon Whitehead Architects, ●St Gregory's Primary School,
- Stems Flower Gallery, ●Stir Public Relations, ●The Corner House Nursery, ●The Daily Telegraph, ●The Globe Theatre, ●The Wall Street Journal, ●Toni & Guy, ●TV Edwards LLP,
- Twofour Broadcast Ltd

At the beginning of July following their GCSE examinations, Year 11 girls embarked on a week of Work Experience . The students arranged their placements either through their own efforts or with help from the school, family and friends.

Work Experience is an important element in our students' education. All careers guidance and employment reports suggest that work experience and work shadowing are vital in assisting students into the workplace after university.

For most students work experience took place over 5 days, although some managed to secure further opportunities over their long summer holiday, or to extend the length of the original placement.

During the Sixth Form Induction Day on the 9th July there was an opportunity for debriefing. Students handed in diaries recording information about

their experiences. They were also able to review their placements with staff and other students, and to read the evaluation forms received from their placement supervisors. This was an exciting experience as all students seemed to have made very positive impressions in their placements and also seemed to have gained invaluable experience and opportunities.

We would like to congratulate students on their performance and thank parents and employers for all their help and support in facilitating this programme. We are very grateful to the employers who provided placements for our students. A list of these companies and organisations is given in the column on the left hand side of this page.

Resham Khanin's placement was at The Daily Telegraph. Follow the link to see one of her articles <http://www.telegraph.co.uk/finance/10162068/Oxford-to-introduce-its-own-pound.html>

Maths Masterclass

Risako Sakatsume and Victoria Lennox

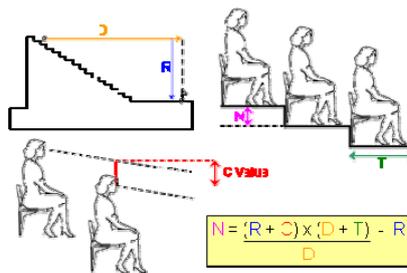


On Friday 28th June, we nervously entered the Royal Institution, slightly intimidated by the sight of the dozens of other students. We quickly chose our seats in the lecture theatre, thinking that nearer the back would give the best view. This was true; however at the expense of our comfort, due to the air con being on full blast!

The first lecture was by Dr Jenny Sharp and was about traffic jams and ways to avoid them. We discovered that even one car slowing down slightly on the motorway will disrupt the flow of traffic, and that doubling your speed will only speed up your journey by a couple of minutes.

The second lecturer was Dr Paul Shepherd who participated in designing the Olympic stadium, albeit for an afternoon, and we agreed that this was the most interesting talk.

We found out that the design of the Olympic stadium is not an ellipse or a circle, rather segments of different shaped circles pieced together. We learnt that when building a stadium, many factors have to be taken into account and that a lot of maths is needed; for example, trigonometry is used to work out the view spectators will get.



Finally, Dr Shepherd taught us about natural frequency, which is the frequency at which certain materials start to vibrate violently.

This was demonstrated by an unfortunate Wenlock, who was placed on top of a massive tower of Jenga which was on top of a sound board.

Someone from the audience was asked to clap and find the natural frequency to cause the tower to fall over. Although this demonstration was funny, it shows the implications of natural frequency in design and engineering.

After a break for lunch the last



lecture by Garrod Musto dealt with crop circle theorems. It was fascinating to learn about the formations and how they are similar to shapes and diagrams found in Euclid's Elements. He also revealed how hard it can be to make and design one perfectly, leaving us wondering how they can be achieved in a mere night.

We both agree that we were very fortunate to be able to attend such interesting maths lectures. We now have a better idea about how maths is useful in daily life, and that it is truly important.

A Year in the Pool - Swimming Update

Eleanor Vale



This year has been a particularly successful one for swimming at NHEHS. The Autumn term started off well with convincing victories over Heathfield, St Benedict's, North London Collegiate, and St Paul's. This success continued into the Spring and Summer terms with us defeating strong opponents such as Godolphin and Latymer, Heathfield, North London Collegiate and Francis Holland. There was a notable victory by the Water Polo team against Francis Holland when the NHEHS team of girls from Years 9 to 13 took on the undefeated Francis Holland team, and won 15-1!

29 girls from Year 11 chose the *Aquativity* course as their sports option this year. This consists of performance swimming, water polo, lifesaving and the nationally recognised RLSS UK life support first aid awards. Everyone successfully passed the course and received their medals and certificates at the end of the spring term.

As another year ends we have to say goodbye our Year 13 Pool Lifeguards. This year's team of Charlotte Harrison, Rebecca Braine, Abigail Thompson, Claudia France, Victoria Malone, Ella Merriman, Hannah MacDougall, Georgia Tucker, Amelia Powell, Grace Richardson Banks and Eleanor Vale have effectively preserved life, prevented injury and promoted recovery. We wish them all the best for the future!

Finally, last summer holidays, a Level 1 teaching qualification was held at the school pool. The course was completed by Abigail Thompson, Eleanor Vale, Naomi Richardson and Jessica Zhang enabling them to help out with teaching Junior School pupils during their swimming lessons. The course will be offered again to Year 11, 12 and 13 students this summer.

Well done to everyone involved in making it such a successful year for swimming at NHEHS.

GDST Athletics Rally

Bath University was the venue for this year's GDST Athletics Rally on Thursday 28 June. World Champion Gold medallist swimmer Karen Pickering, GDST alumnae (Brighton & Hove High School), was the guest of honour, introducing the event with a talk and Question & Answer session.

This year was the first year NHEHS has taken part the competition and we fielded a team of 60 girls who competed in both track and field events.

Particular congratulations go to Jessica Harbert who won the Year 9 Discus Competition.



Out of School

Congratulations to:

- Jemima Bradley (Year 8) who competed at the British Tumbling and Trampolining Championship at the LG Arena in Birmingham on 6 and 7 July. She was placed 6th in the GB U15s Double Mini Trampette Competition and 12th in the Trampoline Competition.
- Pooja Gupta (Year 10) who has gained a coveted place on the London and South East Region Netball Squad for the 2013 Season. Pooja fought off stiff competition against over 80 girls competing to secure a place.
- Nina Masterton (Year 9) who was selected to play netball for Ealing in the London Youth Games in their competition on 5 July.