



# notting hill and ealing high school

Senior School Newsletter  
Autumn 2013



## Official Opening of the Big Build

An evening of celebrations marked the official opening of our new buildings on 25 September.

Guests were able to watch a drama workshop with our sixth form drama students run by the Trestle Theatre Company and a dance class led by an amateur from the Ballet Rambert Dance Company. There were demonstrations of trampolining and fencing in the sports hall and the senior hockey squad could be seen in a training session on the new all-weather pitch.

Many of the donors who have given so generously to the Big Build Fund, including representatives from the NHEHS Parents' Guild, were present and able to join other guests in tours of the buildings.

Our architects from Ellis Williams Architects were in the audience to hear Ms Hunt, thank them for designing a truly wonderful building. She also thanked the trustees and Council of GDST for their confidence in NHEHS.

The £15 million development represents the GDST's biggest investment to date in one of its schools.

Chair of Governors, Julian Simmonds, praised pupils and staff for their determination to ensure that school life went on as normal during the building process and Helen Fraser, Chief Executive of the GDST, remarked that despite the challenge of a live building site right in the heart of the school, NHEHS had this year achieved the highest number of A\* grades at A Level of any GDST school.

Our guest speaker for the evening was inspirational Olympic athlete Sally Gunnell who joined governors, parents, Old Girls and other friends of the school in praising the remarkable facilities that the new buildings offer our girls. Sally rounded off the evening by cutting a ribbon held by Amelia Williams and Tara Bains (the oldest and youngest girls in the school) and declaring the buildings 'officially open.'

# The Festival of Dionysus

*Sophie Raby*



In the Greek world the Festival of Dionysus was a religious holiday for which many great plays were originally written and on 30th September, NHEHS held their own version of this Festival.

Year 10 Greek students with the help of Year 12 Classics students manned a stall featuring the Greek alphabet and as our guests began to arrive, they were helped to spell out their names using the letters of the Greek alphabet. There was also an array of masks and sets designed to mimic Greek theatre and Year 8

students performed their interpretations of the story of Oedipus, the man who, in short, killed his father and married his mother.

The undisputed highlight of the evening was Temple Theatre's performance of *Unmythable*. This show, which won awards at last year's Edinburgh Fringe, presents all the greatest Greek myths in just one hour. Three actors played multiple characters as the sailors of the Argonaut set off to claim the Golden Fleece, recounting different myths as they went. Some favourite moments included the re-telling

of the myth of Persephone and Hades with just two actors, an imagining of what it was like to be in the Trojan Horse just before the sacking of Troy and the appearance of Medea, who, amongst other things, suggested cutting her brother into pieces in a very matter-of-fact voice.

The songs, audience participation that involved everyone screaming deafeningly at the phrase "the Argonauts!" and the all-round hilarity of the performance, meant that it was safe to say that *Unmythable* truly was un-missable!

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## Top Score

*Bella Henry*

We are delighted to report that following a recent visit by a regulatory services officer from Ealing Council our kitchens have been awarded the top hygiene rating. The rating shows how closely we are meeting the requirements of food hygiene law and we achieved the highest rating possible with a score of "5 – very good" Congratulations to all the team in the kitchen!

## Year 7 Science Club

Andy Crame



Science Club got off to a good start with the girls making bracelets with UV active beads. These become coloured in sunshine (which unfortunately was mainly absent on the day, although the beads still worked) and the girls used them in a comparison to see what was the most effective sun protection cream.

In following weeks we made bath bombs from easily obtained ingredients, which proved very popular even

though the bombs were unscented, and then experimented with different types of invisible ink (pictured above). At our last meeting we looked at surface tension (can you get a cork to float in the middle of a glass of water?) and discovered why materials that are quite dense can still float.

Science Club meets in C2 every Monday at 1.45 and all Year 7 pupils are very welcome.

## Duke of Edinburgh Awards

Paul Quarmby



Girls preparing for the Duke of Edinburgh Silver award have been on practice expeditions this term.

For the first time these have included Avebury as well as the Cotswolds.



Sally Gunnell with Karina Barberis (Head Girl) and Isabelle Farrow (Deputy) visiting the dance studio on a tour of the new buildings



Cutting the ribbon held by Amelia Williams and Tara Bains (the oldest and youngest girls in the school) and declaring the buildings 'officially open.'



The NHEHS Symphony Orchestra 's performance of the 1st Movement from Haydn's Symphony No 104 - *The London* opened the formal part of the evening



## Poetry Masterclass

On National Poetry Day this year, half the Year 10 students were given the opportunity to take part in a Masterclass with visiting poet Musa Okwonga. Musa Okwonga has visited our school several times for National Poetry Day and every year I have been disappointed that I wasn't able to take part in a Masterclass, but this year was my chance.

In the workshop, Musa encouraged us to think about all aspects of the nature of water which was the theme of the day. At one point water was even described as being similar to comic book villains who take joy in elegant destruction, to the delight of many girls in the group who relished the comparison. Once we had brainstormed our ideas, Musa helped us examine three poems and lyrics and what they told us about water.

Then we moved on to the poetry writing session. Musa began by reassuring us that it didn't matter what we wrote and whether it was 'good' or 'bad'. He gave us a scenario for a poem, and then asked us to write the first line in five minutes. We were amazed by what we had achieved in such a short time. Our final task was to write a poem in ten minutes with the title *Water is*. The results surprised us all and really helped give us confidence in our poetry writing.

I thoroughly enjoyed the workshop and Musa Okwonga was really inspirational. Thanks to him I know where to start on next year's National Poetry Day homework!

*Erin Holder*

## National Poetry Day

*Viki Moss*



The English Department celebrated National Poetry Day on 3rd October and this year's theme was *Water*.

The day involved a series of exciting workshops run by poet, Musa Okwonga; an assembly in which the winners of our school poetry competition on water mythology read their entries and a performance by Musa Okwonga of some of his own

poems; and a lunchtime Poetry Challenge Extravaganza. This involved a series of poetry-based tasks of both a creative and knowledge based focus including 'Finish the Famous Line', 'Write a Vagon Poem' and 'Solve the Riddle Poems'. The winning team were: Anika Dhawan (8N), Isha Lamba (8E) and Maya Yates (8N). Many congratulations to our winners and all those who took part.

## What Musa Okwonga said .....

On National Poetry Day at NHEHS Musa Okwonga tweeted:

*Teaching brilliant pupils.  
"How'd you think of that line?"  
I asked. "The image" she said  
"just walked into my head."*

Thank you Musa for a great day!



## Poetry Competition Winners

*These are the winning entries from our whole school poetry competition. Many congratulations to our winners and all those who participated. The English Department thoroughly enjoyed reading your inspired, ambitious and imaginative poetry:*

### The Hidden Pool

*Frankie Sowerbutts, Year 7*

Come with me to the hidden pool,  
Where the waterfall calmly splashes.  
And the glossy vines hand like an emerald canopy,  
And the waves are silently crashing.  
Come with me to the hidden pool,  
Where the rainbow fish leap out of the waves  
And the sand shifts dreamily on the rock bottom,  
Creating a carpet for the underwater caves.  
Come with me to the hidden pool,  
Where mermaids sing their melancholy songs,  
And the moss is slick and velveteen,  
Clinging to the damp logs.  
Come with me to the hidden pool,  
We can start a new life there.  
Living behind the splashing waterfall,  
Breathing in the salty air.  
Come with me to the hidden pool,  
And we will be safe forever more.

### Seductive Suicide

*Roseanna Battle, Year 10*

Through the sedative rum and lulling ship  
Enchantment drew me to the helm  
Beauty and love caught in melody  
Encapsulated by a voice  
Be mine my love and sing for me  
The sweet, sweet song of tragedy  
The nightmare of this journey forgotten  
A past no longer need remembered  
The longing embrace, steered me to my death,  
And only then the sirens went off  
Too late...

### An American Tragedy

*Lucia Tremonti, Year 9*

Beneath the ominous darkness  
Under the ghostly water weeds  
Below the simmering sand bed  
Lies young soul one-hundred winters old.  
Inquisitive eyes search all night  
For the girl with the chilling truth  
As she has a story to tell.  
Big Moose Lake, Covewood Lodge,  
New York  
The Day: July, Nineteen o'six  
Through empty hours of the dark night  
Death committed in the moon light.  
In less than time a spirit flies.  
Was it murder or suicide?-  
And shall we ever know, Grace Brown?

### River Styx

*Natasha Nadel, Year 8*

The water was a thousand knives,  
Piercingly cold and dark.  
My foot scraped along the surface,  
A breath escaped from my mouth  
Before I could clamp it shut  
It was a beast.  
Trying to drag me to its den  
Where I would be left to die.  
As I look ahead to the end  
The face stares back  
His eyes as dark as the night sky  
His arms as powerful as chains.  
The long ride to the end.  
The long winding river.  
Sometimes fast, sometimes slow  
Twisting and turning like a rollercoaster  
Gentle and quiet like a rocking horse  
On the way to the underworld.

### The Ferryman's Advice

*Sophie Raby, Year 12*

*I based my poem on Charon, the ferryman who transports dead souls across the River Styx to the Underworld and the three-headed dog, Cerberus, who guards the gates. I study Latin and Classical Greek at AS Level and find it interesting to write with humour about the mythology of these civilizations and for that humour to be understood by a modern audience, which made it highly enjoyable to read my poem in assembly.*

### The Ferryman's Advice

Keep your body parts inside the boat at all times!  
Please don't stick your fingers in the deep  
It's pain and suffering in there—  
And yes, *I know*, you're dead but still...  
It's not that pleasant at all.

Don't talk to me at all!  
Please keep your mournful tale to yourself  
I've heard it all before—  
And yes, *I know*, it's quite overwhelming but still...  
It's really very dull.

Do not touch my oar!  
Please don't think you have the right  
It's not how this thing works—  
And yes, *I know*, you've paid your toll but still...  
I charge that for a reason.

Here! I've set you ashore.  
You're not my problem anymore  
But just one word of advice, for free—  
And yes, *I know*, that you're dead but still...  
*That's* a three headed dog: it just can't end well at all.

# Year 7 at Hillingdon

*Kitty Scales*

*At the end of their first week at NHEHS Year 7 enjoyed a day of adventure and team building exercises at Hillingdon Outdoor Activities Centre . The day was voted a great success with everyone enjoying the activities and challenges, making new friends and getting very wet. Activities this year included crossing the swamp, night line and the spider's web , as well as the all time favourite, raft building.*







## World Wide Walk

Lucy Wheeler and Beth Lowen



## Sixth Form Geography

Our Year 12 and 13 geographers have been to two lectures this term.

The first was *Peoplequake*, a stimulating view of how population pressures might affect our global future given by author and journalist Fred Pearce at King’s College School, Wimbledon. Pearce looks at population growth from a variety of perspectives including some which we may not have considered before. He argues for example that human population should soon level out, at a number that should be quite manageable; and some of the problems that may seem so dire in truth are assets - including the rise in average age and the increase in migration.

We also enjoyed the 2013 *Earthwatch* lecture and debate held at the Royal Geographical Society in Kensington Gore. There were presentations from conservation experts and academics related to the title: *Bone of Contention* about the legalisation of the trade in endangered species and the debate was chaired by broadcaster and presenter Martha Kearney.

With all the speakers having stated their cases, Martha Kearney then asked the big question, is it time to reconsider trade? Raised hands confirmed that while many audience members believed legalising trade in endangered species was a viable course of action, the majority maintained that a legal trade was not acceptable.

Sally Cohen

Friday, 11th October was the UN International Day of the Girl and the Girls’ School Association and the charity Plan UK organised the World Wide Walk in which girls from schools across the country walked a combined total of 40,075km, the circumference of the world, to raise funds for girls’ education.

15 girls from Year 8, each having undertaken to raise at least £50 in sponsorship (enough to keep a girl in Uganda in school for a year), took on the challenge to walk 10km. Despite wet and windy conditions the girls were in high spirits as Ms Hunt waved us off in the minibus and we headed for Bushy Park.

Lucy Psaila, explains: “When we left school, there was only a light drizzle and we were sure it would clear up. However, when we arrived at Bushy Park, we were greeted with an almost torrential downpour, which remained with us for the entire duration of the

walk. So we set off, and were soon soaked to the skin with numb hands and a large amount of water in our shoes.”

However, there was lots of singing along to iPods, linking arms, chatting and splashing away in puddles and a great sense of achievement when we finally completed the challenge and boarded the mini-bus for the journey home.



Well done to those who braved the elements and completed the walk: Philippa Jones, Iva Grujic, Octavia Hughes, Alice Wells, Esme Clarke, Phyllis Keen, Issi Stronge, Georgie Howes, Madeleine White, Asha Moore, Elena Tybulewicz, Margot Pue, Charlotte Killick, Lucy Psaila and Daphne Argyropoulos.

## Two Art History Trips to the National Gallery

Juliet Learmouth



The Year 13 History of Art class were able to deepen their knowledge and appreciation of German Renaissance art and Dutch seventeenth century genre painting on their recent visit to the National Gallery. One of the highlights of the trip was our study of Albrecht Dürer's devotional painting of St. Jerome in the desert in which the unfortunate saint is portrayed beating his breast with a rock in an attempt to cast away his sinful thoughts!

At the end of the trip, we were able to pay a quick visit to see the work of the artist in residence, Michael Landy, who has created a series of kinetic sculptures focusing on the martyrdom of saints. These extraordinary constructions can be activated by the visitor at the press of a pedal.



To our delight, we encountered St. Jerome yet again in mixed media sculptural form. Unfortunately, (or perhaps fortunately for St. Jerome) we were unable to bring his punishment to life as this particular sculpture was out of order!



The new year 12 History of Art class also enjoyed an enlightening trip to the National Gallery where they were able to apply their newly acquired analytical skills to original works of art. Our tour embraced a wide span of periods and styles,

starting with the medieval and Renaissance galleries where we saw the exquisite gold leafed Virgin and Child painted by Duccio in the early 14<sup>th</sup> century, and progressing through the 16<sup>th</sup> century galleries where we saw the works of Raphael and Bronzino. We were able to take in some of the drama of the Baroque period including works by Caravaggio and Pieter Paul Rubens before ending our tour with the work of the 19<sup>th</sup> century artist, Jean-Auguste Dominique Ingres



whose paintings we have been studying in detail as part of our study of the Neo-Classical period.

## Harvest Foodbank

*Lucy Wheeler and Beth Lowen*



A fantastic 982 kilos (that's almost a metric tonne) of food items were donated to the Ealing Foodbank in a Harvest collection that combined the efforts of Junior and Senior School girls.

In the week of the school's traditional Harvest celebration we filled boxes with items from a shopping list suggested by the foodbank organisers and because we know foodbanks need funds

to keep going, sixthformers also raised money for the charity through bake sales.

Luka Wilcockson and Saphia Youssef two of the sixthformers who helped organise the collection in the Senior School explained why the school had chosen to support the charity: "What we've seen in the press and on television has shocked everyone - we have realised that people in our own area are struggling to feed themselves and their children and so we wanted to help."

Chris Sutton of the Ealing Foodbank sent us an email

which said:

"Hearty thanks to you all for your superb donation of food to Ealing Foodbank today. It was a delight to see the many beautifully decorated boxes in which you presented the food and it was moving to see your wonderful generosity.

More and more people in Ealing are suddenly finding themselves in food crisis – they don't have enough money to buy food for themselves and their families. All the food you have donated will go to people like this. It will make a big difference to many people's lives."

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## Year 12 Gallery Visits

*Sophie Plowden*



In September, Year 12 artists visited two museums in central London to glean inspiration for their AS coursework topic: 'Looking Forward, Looking Back.'

The 'Paper' exhibition at the Saatchi Gallery show-cased a wide and wondrous range of works on paper, including a stunning installation constructed from suspended kite-like structures which filled an entire gallery. The 'Memory Palace' exhibition at the Victoria & Albert Museum included an intriguing series of pieces by twelve different artists made in response to a short novel.

## Cadbury World

*Sally Cohen*



Year 9 girls and Geography Department staff visited Cadbury World. There were excellent presentations by the company's Education Department on transnational organisations and Fair Trade plus a tour of the packaging plant.

We had the chance to try chocolate bars and melted chocolate with the result that we were all quite 'chocolated out' by the time we travelled home.

Back at school the girls have designed and sourced the ingredients for their own perfect chocolate bars which are very creative and hopefully have minimum impact on the environment. Some should definitely be presented to Cadbury/ Mondelez for production!

## GDST Art Exhibition

*Sophie Plowden*



Streatham & Clapham High School hosted the first GDST art exhibition featuring GCSE and A Level works from more than 20 schools. Works by Andrea Lee, Tilly Duckworth, Florence Strickland, Rebecca Eastwood, Ella Merriman, Megan Soper, Marguerite O'Sullivan, Emily Stone and Luka Wilcockson

represented NHEHS in a stunning and diverse selection in two and three dimensions, and film.

Jonathan Yeo, whose portrait of Malala Yousafzai is on display at the National Portrait Gallery, was the guest speaker at the opening show.



## National Geographic Photo Competition

Many congratulations to Joanna Mooney (Year 9) who is among the prize winners in the 2012 National Geographic Kids photography competition.

Entered in the wild life category Joanna's photo (above) was awarded 'Highly Commended'



## Year 7 at The Tower

As part of their History course, Year 7 are studying a number of different topics related to medieval England. The whole year group spent a day at The Tower learning about medieval life and 7E found time to pose for a class photo.

## Cambridge Greek Play

Rebecca Yates, Sarah Ashraf, Sophie Greenstreet, Cath Farrow and Molly Sagoo



On the 17<sup>th</sup> October, a group of Year 11, 12 and 13 classicists were met at platform 9¾ on Kings Cross station by Mr Smith and Miss Marsden, and, after taking a number of photos and visiting the Harry Potter Shop, we eventually boarded the train to Cambridge.

Thanks to Mr Smith's useful connections from his time at Cambridge we were able to look around both Pembroke and Downing Colleges and after admiring the stunning architecture (and meeting the soon-to-be-Mrs-Smith), we made our way to meet up with three Notting Hill Old Girls currently studying at Cambridge and another girl who is studying Classics. They shared their

experiences of life at Cambridge and we were able to ask them some questions. We reluctantly finished our chats and had a little free time before heading to the Cambridge Arts Theatre for the main focus of our trip, to watch two Greek plays, first a tragedy and then a comedy.

On arrival we were treated to an informative talk from Professor Paul Cartledge, one of the top classicists in the country, about theatre in ancient Athens and the plays we were about to see. First we saw *Prometheus Bound*, a tragedy focused on Prometheus, a Greek god who had angered Zeus by giving fire to humankind and was suffering his punishment.

The protagonist was chained to a ladder for the entirety of the play, which was slightly bizarre at times and made the production feel rather static. In contrast the comedy, *The Frogs* was a light-hearted, satire featuring the crude comedy and slapstick popular in ancient Greece. It was interesting to compare the types of comedy used in ancient times with today, and see how we are still able relate to and enjoy the humour. The play was very amusing, despite the slightly ambiguous plot. We think it was something about Dionysus and his slave venturing into the Underworld and involved a poet, but we're not too sure.

When first told about these plays, the Year 11 Greek class were mildly horrified to discover that the plays would be performed in the original Greek. Luckily there were also English subtitles and although it was difficult to read the translation and concentrate on the acting simultaneously, we all somehow managed and really enjoyed the performances.

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## GCSE Geography

Sally Cohen

The Year 11 geographers spent 2 days in Dorset investigating the impact and sustainability of rural tourism in the Lulworth Cove area. They worked very hard and achieved great data results which they have since been working on for their controlled assessment. An added bonus was the weather, with Dorset basking in warm autumn sunshine while West London enjoyed yet another wet spell!

## Tea Time Concert

*Katie Byford*

The Music Department held its first Tea Time Concert of the year this October, beginning the year with a wonderful showcase of talent featuring students from Years 7 to 11.

As is customary the atmosphere was relaxed and welcoming, with performers sitting throughout the audience and cheering on their peers. The standard of music was very high, with stand-out performances including the opening vocal performance from Lucy Cooper, and a lovely conclusion to the afternoon provided by Julia Flint's delightful Bassoon piece.

We are now looking forward to the Autumn Concert on 12th of November.

## NHEHS Old Girls' Association Tea



The 2013 tea party organised by the NHEHS Old Girls' Association was the biggest yet. Over 300 Old Girls, some from as far back as the 1940s and 1950s as well as others from more recent years, joined us on Saturday, 21 September for a celebratory tea, champagne and a much anticipated opportunity to look round the new buildings.

Among the guests were some of the many Old Girls who have been generous donors to the Big Build Fund.

The following day, Sunday, 22 September, many returned when the new buildings were open to the general public for Open House London, the capital's foremost festival of architecture. They joined our other visitors, who included neighbours and former parents, and this time brought along their families to show them how much their old school has changed.



## Team GB

Congratulations and good luck to Hannah McKnight who has been selected for the GB Team at the World Tumbling Gymnastics Competition in Sofia next month. Hannah who is currently British champion left NHEHS in June 2013 and is studying Civil Engineering at Loughborough.



## Year 10 Gallery Visit

At the beginning of the Autumn term Year 10 art students and their teachers attended a lecture on 'Image and Identity' at the National Portrait Gallery. Our lecturer was keen to encourage audience participation and included a range of portraits from the sixteenth century to the present day to identify and discuss the techniques and symbols which imbue the images with meaning. In the afternoon, we visited the 'Saints Alive' exhibition of Michael Landy's enormous, kinetic sculptures, made in response to the permanent collection at the National Gallery.

*Sophie Plowden*



## 140° from NHEHS

One group followed a bearing of 140 degrees from the school and photographed the landmarks en route which included Marks and Spencer in Ealing Broadway, Gunnersbury Park Mansion, Chiswick Park and Barnes Bridge.



## 140 Years of Style

In the art studios girls researched fashion and created hats in late-Victorian style. The wearers posed for photos which were then edited to recreate the formal, sepia-tinted photos their great-great grandparents would have recognised.



## 140 Straws

In physics boats were designed, built from a pack of 140 straws and then launched to see if they were sufficiently well-engineered to float.

## Happy 140th Birthday NHEHS

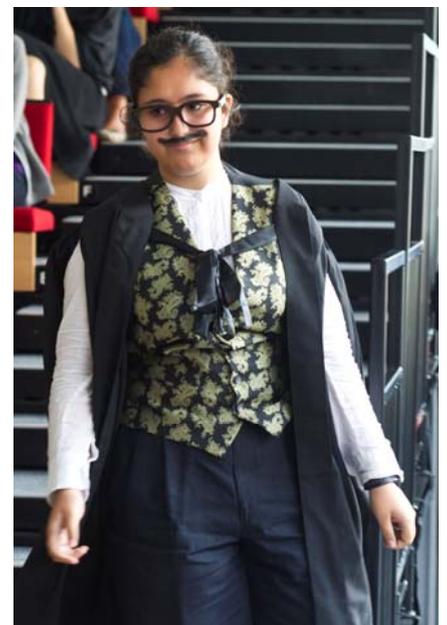


To celebrate the school's 140<sup>th</sup> birthday on 16 September normal lessons were put on hold and we enjoyed a day of special events and celebrations.

We began with an assembly featuring a quiz around the day's theme of 140 and a very loud rendition of "Happy Birthday." Then working together in teams, drawn from across year groups, girls spent the morning involved in activities put on by each department.



There was fancy dress (for girls and staff) again around the theme of 140. The winner was Maya Biswas-Whittaker as Phileas Fogg from *Around the World in Eighty Days* by Jules Verne, published in our birthday year of 1873. Everyone enjoyed a celebratory birthday lunch and the Great Birthday Bake-Off competition to create a show-stopping 140th birthday cake was won by Grace England.



## Happy 140th Birthday NHEHS



At the end of the day groups from each department presented their work to the whole school in a plenary assembly, prizes were given out and then we welcomed our special guest, swimmer Karen Pickering, herself a GDST Old Girl. She recounted the background to her victories in the pool at British, European, Commonwealth and World Championship level and held her audience spell-bound as she told us how she came back from shocking injury and went on to even greater success in spite of advice to quit the sport. She finished by taking questions from the audience. The answers to these included advice about the importance of surrounding yourself with friends who believe in you and some inside information on just how nice the changing rooms are at Olympic and World championships!



## Sports Reports



### Year 8 Hockey

#### *Annette Greenslade*

The Year 8 seven-a-side hockey team was in action towards half-term in an invitational tournament hosted by Latymer Upper School.

16 teams took part and after games against Teddington, Kingston Grammar and Tormead we ended up in the Plate competition. We played Tiffin in the semi-finals of the Plate and beat them but then lost to Surbiton High School in the final. Nevertheless, we were delighted with our silver medals.

### U 18 GDST Hockey Rally

#### *Ava Daruwalla*

This year's U 18 GDST Hockey Rally was eventful to say the least.

We started off with a 1-0 win against Northampton with a last minute goal from Lauren Oliver. We then had a break which we spent eating far too many Doritos while watching the other matches being played. Our next 3 games all ended in goalless draws putting us second in our group and facing Oxford High in the next round.

After another goalless draw, following a very tough game in which we played the best we had all tournament, it went to penalty flicks where we suffered a suspect (unfair) call and were



prematurely knocked out of the competition!

Even though it ended controversially we really did have a great day and played some great hockey. Our goalie Victoria Macdonald, was named player of the tournament due to some truly fantastic saves (which were also

instrumental in keeping us in the competition).

Well done to all involved: Ava Daruwalla, Vicky Macdonald, Sophie Swift, Isabelle Farrow, Ellie True, Jess Brisley, Lauren Oliver, Lara Dodd, Emma Fawcett, Rebecca Yates and Jess Shindler-Glass.

## Sports Reports



### Swimming

**Rob Bent**

All our swimming squads have been in action this half-term with fixtures against St Augustine's, St Paul's, Francis Holland and St Benedict's. I am very pleased with the training and the results at this exceptionally busy time of year.

Three teams from NHEHS took part in the English Schools Swimming Association relays held at JAGS on 14th October.

Although all our swimmers performed very well, our best results came in the intermediate events where the team of (L to R above) Maria Gorniok, Tallulah Comins, Pooja Gupta, Ele Love and Olivia Wong came second in both their relay races with fantastic times of 2.18.42 (medley relay) and 2.03.08 (freestyle relay). These are excellent times which, once the results of all the heats are in, may enable us to progress to the finals.

### Cross Country

**Nicola Evans**

NHEHS girls have been competing in the Ealing Borough Schools Cross Country Championship at Horsenden Hill.

At the first meet Alice Wells gained a silver medal and Cameron Thomas earned a very respectable 4th place in a field of 119 girls in the Year 7 & 8 category. In the second week Alice Wells matched her silver medal once again and Olivia Will went one better and won the

Gold Medal in the Year 11 & 12 category, with Joanna Vale gaining fourth place and only narrowly missing out on a medal.

Many of our runners gained top twenty positions which will hopefully hold us in good stead for the team competition results which should come out next week. Due to the excellent standard of running some of our girls were invited to go on and represent Ealing at the London Youth Games, which is a wonderful accolade.



### Netball Tour

Late in the summer term we received confirmation of our first netball tour and started to work hard to make sure we were well prepared with weekly training sessions every Friday morning at 7.30am and plenty of match experience against local schools. The tour is organised by the Girls Schools' Association and offers the opportunity to play against teams from all over the UK. We fielded two squads one of 12 girls from Year 8 and one of 11 girls from Year 9.

The arrival of our official 'Tour Hoodies' the day before we left made it even more exciting and we set off to Conover Hall School in Shropshire for a weekend of netball. We arrived in time for a Question and Answer session with England Netballer Sonia Mkoloma (England International) and Amanda Newton (Ex England Captain) then early to bed for the start of the big weekend.

Excellent play from both our teams on Saturday saw our Year 9 team promoted to the Cup rounds for Sunday while Year 8 made it through to the semi-finals of the Plate. On the Sunday they progressed to the finals and won!

It was a great first tour and everyone is looking forward to the next one.

**Diane Dunkley**