



History of Art and Spanish in Madrid

Juliet Learmouth

On Easter day, a group of twenty sixthform Spanish and History of Art students set off on an early morning flight to Madrid, accompanied by Mrs Sevilla and Mrs Learmouth.

During the next three days, we experienced every conceivable type of weather condition, ranging from hail stones to bright sunshine during a trip which provided us all with a rich cultural experience. We started at the Reina Sofia Museum on the first afternoon where we marvelled at Picasso's iconic masterpiece, Guernica. The following morning was spent exploring the treasures of the Prado Museum which gave the girls the opportunity to see some of the great works by El Greco, Diego Velazquez and Francisco Goya and this was followed by a trip to the Palacio Real de Madrid in the afternoon where we strolled through the sumptuous eighteenth century interiors.

One of the highlights of the trip was the visit to Toledo, a melting pot of different cultures, having

been inhabited over the last two millennia by Jews, Muslims and Christians. Our knowledgeable and enthusiastic guide treated us to an eye-opening tour of the medieval city which encompassed some of the lesser known sites and gave us a fascinating insight into its richly textured history.



In addition to the visual delights of Madrid and Toledo, we also relished the opportunity to practise our Spanish, sample the local cuisine (a particularly popular refreshment was the Spanish speciality, chocolate and churros) and our lively tapas evenings gave the language students ample opportunity to show off their language skills on the serving staff by ordering for us all. Our final evening was spent in an authentic local restaurant where we enjoyed paella whilst being entertained by a group of strolling musicians dressed in sixteenth century attire.

May Day Moment

Tracy Hobbs

A relatively new tradition in the NHEHS sixth form is a party to celebrate the arrival of Spring.

This is a much anticipated event and provides a relaxing break in the run up to exams. It is usually held at lunchtime in the garden of the Sixth Form Centre. In past years the weather has co-operated beautifully and we've been able to enjoy some early Spring sunshine..



This year however, spring was so slow in arriving and sunshine so scarce that the party was re-named "A May Day Moment" and moved indoors to the sixth form common room.

150 scones with cream and jam fed the sixth form (and staff) nicely!



Head Girl Team 2013/14



After a very successful year for our outgoing Head Girl Team we are delighted to announce our new Team

The new team is lead by Karina Barberis (Head Girl), with Martina Aghopian, Ellen Coleman Priyanka Datta and Isabel Farrow as Deputies. They are looking forward to their new roles and responsibilities as they involve themselves in all aspects of school life.

Skiing in Bardonecchia

Nicola Evans



A party of 40 girls from Years 8, 9 and 10 spent a week skiing in Italy during the Easter break.

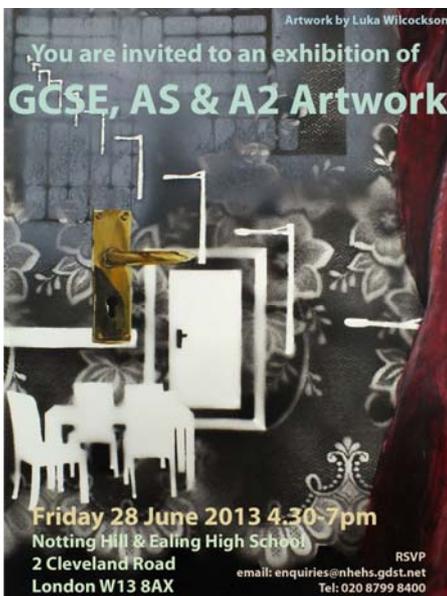
Bardonecchia in the Susa Valley offered good skiing for beginners and intermediates as well as the more

experienced skiers.

The clean mountain air and breathtaking scenery plus the sheer fun and excitement of skiing and of a holiday with friends made it a trip to remember.

A Private View

Sophie Plowden



The exhibition of this year's GCSE, AS and A2 artwork will take place on Friday 28 June from 4.30pm to 7.00pm.

Please join us for a glass of wine and enjoy the original and stimulating works on show.

Everyone is welcome, whether or not your daughter has work in the exhibition



River Cakes

At the end of their topic on rivers 7E made some amazing river cakes.



They were very creative and constructed river features and landscapes and then managed to consume vast quantities of cake.



Both the geography, and of course the taste, were very impressive!

Sally Cohen



Everything in the garden is ...

During the last two years we have all missed the garden at the heart of the school and as part of the Big Build we have given much thought to ensuring that the new garden will be somewhere where the girls can relax, enjoy each other's company and perhaps even eat their lunches on a sunny day (if they are lucky!).

For the last year the garden has been the site of the crane and earlier this year it was a complete mud bath. During February half-term work on the landscaping began and by the time we came back to school all trace of the huge pit which had housed the base of the crane was gone, and new paths had been laid which provided access routes to the Science Block.

There was more paving work in March with stone block paths laid through the garden, which though not yet open, was beginning to take shape. By the end of April many loads of topsoil had been delivered and trees and plants bought in ready for planting. Over the weekend of 18-19th May the trees were planted, the large scale planters filled with brightly coloured plants, the soil sown with grass seed (pigeons and Year 7 please keep off!), lighting posts uncovered and the whole area opened to pupils.

Once the grass grows and the planting begins to mature we will have recreated a wonderful area at the heart of the school that can be appreciated by future generations of students, staff and visitors.

Andy Crame

Tea-Time Concert

Paul Jeannes

On Tuesday 14th May, the Recital Hall was full to capacity for the Summer Tea-Time Concert, which as usual at this time of year involved both girls from the Junior and Senior School.

The Junior School iOrchestra opened the concert with a rousing performance of the *The Dambusters March* by Eric Coates, to coincide with the week of the 70th anniversary of the raid. There followed a number of solo and ensemble performances, including a concerto movement played by four violinists from the Junior School and a spirited performance of *The Ship of Rio* by the Junior School Chamber Choir.

Amongst the senior girls, there were a number of notable solo performances, including Annazita Barry, performing the technically demanding *Le Coucou* by Daquin, and Lily Johnston, who sang *Se tu m'ami* by Pergolesi with much style and focus.



The concert concluded with three ensemble performances from the Senior School Chamber Choir, Flute Group and Chamber Orchestra.



Of particular note were those girls in Years 11-13, who found the time to come and perform despite being in the middle of exams and revision. For many of the Year 13 girls this was their last performance at NHEHS. We shall miss them and we wish them luck, with their music and with everything they go on to do.

As always, this was a most enjoyable concert, and my thanks go to all those involved in putting it together.

Duke of Edinburgh Awards

Paul Quarmby

The Duke of Edinburgh Awards continue to be a popular part of NHEHS life with large numbers involved from the current 84 girls in Year 9 who started working towards their Bronze award this year to the 24 sixthformers who are working towards their Gold awards.

For most girls the expeditions probably remain the most memorable aspects of the scheme. The 84 girls from Year 10 completing Bronze and the 52 from Year 11 completing the Silver award have experienced a range of challenging weather in this term 's expeditions including snow on the ground in the Peak District for the Silver expedition in May.



Thank you to Scarlet Regan (Year 11) for these photographs taken on the Silver practice expedition in the Peak District

Examination Performances

Debbie Whitmarsh

In the summer term our GCSE, AS and A Level Drama and Theatre Studies students present their examination pieces for the examiner and an invited audience. During the course of the year the initial flurry of enthusiasm on these projects gives way to hard work, frustration and then renewed vigour as the students undertake what is always an exciting journey, although not without its fair share of dramas!

GCSE Examination Pieces



Having been given the stimulus 'Theatre Should Make an Audience Think' by the examination board our GCSE students were required to devise an original piece of theatre that would do just that. The girls worked in seven small groups with each devising their own response to the stimulus. This year two girls decided to offer costume design and embarked upon their own journey of research and experimentation, documenting the process in detail so they would be able to present the development of their designs to the examiner.

Although devised examination pieces require a great deal of hard work, this is always a special time of year for the Year 11 girls. The pieces they create are the culmination of two years hard work studying the practice and theory of drama in performance. Parents, friends, and staff are invited to watch the performances and of course, in such a public forum, they feel they can be judged by all, not just the examiner.

Working under this pressure brings many challenges and the girls really bond over the task,

Examination Performances



particularly in the final weeks. This includes not just those taking the exam. This year saw many Year 12 and 13 drama students watching rehearsals and offering advice. Hafsa Malik now in Year 12, who had previously offered costume design, mentored one of our Year 11s, giving support and providing that all important sounding board.



The final pieces were phenomenal. Creative staging, powerful characterisation and imaginative use of drama convention were the hallmark of an evening that was enjoyed by a large audience of parents, friends and staff. Year 11 Drama girls should be immensely proud of themselves!



AS Level Examination

The AS examination performance, which requires the students to work with a published text, took place the following week.

This year the group addressed the challenges of Carol Churchill's *Vinegar Tom*. This play is about poverty, humiliation and prejudice and how the women accused of witchcraft saw themselves. Based loosely in the seventeenth century, against the backdrop of huge social upheaval, class changes, rising professionalism and great hardship amongst the poor, the cast created images and a strong narrative which captures the position of women at this time.



Performed to an appreciative audience, the evening was a huge testament to the creative journey of the girls involved.

Debbie Whitmarsh



The Real Game

The Careers Department runs a programme of activities throughout the school designed to help girls think about what they would like to achieve in the future in terms of Higher Education and Careers. The first of these events comes in Year 8 when they take part in a game of careers exploration called The Real Game.

This is a programme, originally devised in Canada, that has been successfully reformulated for UK schools and has been found to be an excellent tool for promoting effective learning on many aspects of real life including career decision making. The programme has developed and changed over the years and this year the girls particularly enjoyed the updated features of the game including the considerable use of interactive ICT.

During the whole day event on Wednesday 24th April, each Year 8 form was installed in a large area and this became their working environment and community for the day. Girls thought about their dreams and aspirations and then were allocated a job. This was followed by exercises on budgeting and time management, all punctuated by tea breaks and lunch as in the 'real' workplace. In the follow up session the girls were encouraged to think about the implications of the Real Game for their decision making, and they completed a colourful folder which serves as a reminder of some of the issues raised.

Christine Maynard

Locatio, Locatio, Locatio

Alex Smith



After a successful and educational trip to Fishbourne and Bignor, Year 9 were set the task of creating a presentation to sell Fishbourne Palace and Bignor Farm to a wealthy buyer. Think of it as an ancient version of 'Location, Location, Location!' – the Latin translation of which serves as the title for this article.

The best presentations from each form were then shown to the whole year group in the Recital Hall. The standard was very high and each team competed well in order to try to win over the

judge, Miss Bradley, who scrutinised flyers, pictures, PowerPoints, Prezis and even videos which all tried to convince her to purchase the properties.

All the girls involved deserve huge congratulations on some of the most varied and compelling presentations the Classics department has seen – one video could easily have graced an estate agent's website.

However, there could only be one winner and that was the team from 9N (Rachel East, Lucy Cooper and Hannah Pietrzycki) who impressed the judge with their dynamic Presentation, and bits of Latin thrown in for good measure!

The Future of Education

The Sunday Times Festival of Education is now in its fourth year, and this year the GDST is involved in some of the sessions. Chief Executive Helen Fraser, Director of Innovation and Learning Dr Kevin Stannard and a number of GDST alumnae are among the speakers on the following panels:

- Friday 21 June, 2pm – What is holding women back from pursuing STEM careers?
- Saturday 22 June, 9.10am – What next for your daughters?

There is a 10% discount for GDST staff, parents and alumnae. For more information and to book www.festivalofeducation2013.org.uk/ quoting code STFOE13GDST

Geographers in Iceland

Sally Cohen



A group of 27 girls, Miss Richards, Mr Pepper and myself enjoyed a fantastic trip to Iceland during the Easter holiday

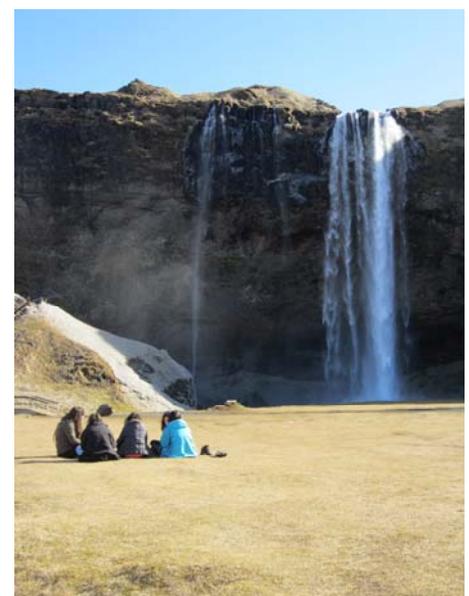
Iceland offers the chance to see a huge range of geographical features and processes at first hand from sea level changes, geothermal energy and volcanism, to tectonics and glaciation. We also explored settlement patterns and the cultural geography of Iceland. Our guide, Beggi, shared lots of information about Icelandic traditions as well as the physical Geography we could see around us.

We visited the North American / Eurasian plate boundary, Geysir National Park, the Eyjafjallajökull

volcano, Sólheimajökull glacier, the coast at Dyrhólaey, plus lots of waterfalls. In fact one of the most challenging moments on the trip was walking behind the Seljalandsfoss waterfall which was quite icy this year.

There were so many highlights but for the staff it was the girl's faces as one spectacular 'wow factor' view of a volcano, glacier or coast line was followed by yet another. The competitive evening activities including the earthquake building constructions and the Icelandic saga telling were also memorable!!

Thank you to Mr Pepper and Miss Richards for accompanying the trip and the girls for making it such fun



The LAMDA Experience

Ellen Coleman, Sara Malik, Megan Soper, Sorrel Evans, and Fiona McNeil

We are coming to the end of Year 12 and our final LAMDA examination at NHEHS (Grade 8). LAMDA has been part of our lives since Year 9 and here are some of the things we have learned along the way. (Photos show us preparing scenes from Marivaux: 'The Dispute', Lorca: 'Yerma' and Lope de Vega: 'Dog in a Manger')



"I think confidence is one of the best things I got out of LAMDA, especially when you go to a school like Notting Hill, where you are given so many opportunities to use it.

....in Year 9 I was persevering with drama, despite being, well, not all that great. I think the hardest thing was probably breaking habits I'd held onto for years – not being able to 'face the audience' and being "glued" to the person I was speaking to were the worst.

Yes, it may be slightly scary to look at people watching you, but this, coupled with looking down at scripts, meant all anyone saw of me was my 'emo' fringe. 'Blocking' was another problem, as hard as I tried, I always seemed to be in the wrong place at the wrong time, miles away from a partner who's meant to be handing over a prop or behind anyone (i.e. everyone) who was taller than me.

The main reason I wanted to take part in LAMDA was to improve. And I did."

Ellen



"LAMDA is one of those rare things which requires constant practise, but still allows you to roll around in fits of laughter whilst doing it. It has been a part of my life for four years now, and of course, just like before any exam, nerves build. However in life before LAMDA, I would get nervous even at the thought of public speaking, but LAMDA gives you a sense of confidence and ease which is priceless."

Sara

More LAMDA Experience



"In the last four years, Mr Mantzakos has supplied some of the greatest laughs, funniest moments and biggest boosts of confidence that we could ask for. Although I will not miss the teasing about my height or my inability to walk in heels, I will certainly miss the laughs.

Even though I find performing terrifying, with his help and ongoing supply of banter, I was able to improve and enjoy playing a vast range of characters. My favourite was a childless wife whose desire for children led her to kill her husband. Thanks to LAMDA I got to play a high society lady, a stalker and lower class gossip all at the same time."

Megan

"LAMDA is always an amusing experience ... full of ups, and downs....however, it is also a technical acting class, and Mr M has tips on how to stand, where to stand, how to walk and where to walk, in order to create a dynamic scene.

Staging theory and acting theory are key components of LAMDA – the positioning of actors is also pretty important. All this technical work makes you put a lot of thought into your pieces, and so is an incredibly useful complement to all the character explorations we do. "

Sorrel



"...we often surprise ourselves when we not only pass the exam but pass with flying colours! Mr M. always tells us to believe in ourselves and we do try, even if it can be hard. But patience is a key factor in our lessons ...and this and a little bit of magic managed to turn us, somehow, into decent actresses with the ability to blag our way through any questions that the examiner may throw at us. Good life skills, I always say!"

Fiona

Class of 2013

Rebecca Irwin



Thursday 16 May was a special day for Year 13. It was their last day in school and to mark the occasion the girls arrived in their old uniform. How young they looked!

They made a grand entrance to their last assembly and showed a specially made video featuring their memories of NHEHS. Not to be outdone the staff surprised them with a video compilation of their own that comprised a collection of good-will messages and memories. This was received with laughter and lots of ohhhhs and ahhs!

The day was rounded off with the Leavers Tea. The catering staff provided a delicious tea and girls and staff paid tribute to each other in song and words. A set by the NHEHS rock band of Mr Trickett, Mr Nelkin and Mr Warn (with a special appearance on the drums by Mr Pepper) provided a counterpoint to performances which included moving solos from Katie Byford and Alice McGregor and a virtuoso piano performance by Crystal Leung. There were several moments when there was scarcely a dry eye in the house but for the most part the tears were happy ones.

The Head Girl team rounded off the afternoon with a witty medley of songs reworded to reflect their experiences at Notting Hill.

The afternoon was a celebration of friendship and a chance to share memories of good times. The class of 2013 will always hold a special place in our hearts, as NHEHS will in theirs. They know they will always be welcome and we look forward to seeing them when they come back to visit and to hearing their news in the future.

GDST Pearson and Silver Awards

Congratulations to Sara Malik (Year 12) who is one of the winners of this year's GDST Pearson and Silver Awards.

These prizes are awarded to sixthformers at GDST schools who show academic excellence in classical subjects, a commitment to study a classical subject at university and an all round contribution to school life. Prize winners use their award to help finance a course (often a residential summer course) in a classical subject.



NHEHS Recital Series

On March 13 2013, Director of Music, Paul Jeanes and some of our Visiting Music Teachers gave us a rare opportunity to listen to the talented musicians that teach in the school in a tour de force of musical experiences !

Mr Jeanes started the programme with an inspiring performance of Brahms' *Rhapsody No 2* which confirmed what many already knew, that he is an extremely talented pianist! Anne Ashton then performed part of a Bach suite for unaccompanied cello, a spirited, light hearted *Bourée and Gigue from the Suite in C*. We then moved to a more recent composer, when Claire Jackson played the first movement of Elgar's *Violin Sonata* with Mr Jeanes; this was a wonderful example of professional duo playing – when both instruments are of equal value and their roles intertwined from the outset.

Some of the audience may have been surprised to hear two of the male teachers singing counter tenor! Tim Wilson, one of the more recent additions to the department had a very distinguished career as a counter tenor before he started teaching. He gave outstanding performances of two songs *Music for a While* by Purcell and *Litanei* by Schubert. This was followed by the duet *Sound the Trumpet* when Mr Wilson was joined by Mr Conley-Harper.

The penultimate work was an outstanding performance of Poulenc's *Flute Sonata* given by Nina Robertson – a very difficult but joyous piece. The evening finished with a performance of the first movement of Mozart's wonderful *Piano Quartet in G minor* performed by Claire Jackson, Helen Stanley, Anne Ashton and Paul Jeanes.

Caroline Watts

Certificates

Rebecca Irwin



Dr Hunt (top left) and Ms Hunt with some of the sixthformers

GCSE certificates arrive at school months after girls have received their results and in the past, in common with most schools, we have simply posted them off to students with an instruction to “...take great care of them as they are virtually impossible to replace.”

However, it struck us that the certificates were really a record of a huge amount of hard work and achievement and their arrival ought to be marked in some way.

So we organised a special assembly for staff and girls and invited along Old Girl

Katherine Hunt, consultant in neuroanaesthesia at the National Hospital for Neurology and Neurosurgery, who gave an inspiring talk about her work and how her time at Notting Hill had shaped her personally and professionally. She then helped Ms Hunt give out the certificates.





NHEHS Choir

Pictures from the choir rehearsal for the Spring Concert

Tell it to the Judge!

Alex Smith



The popular Year 8 Critical Thinking Club has been continuing in earnest. This term saw the introduction of a new topic by Miss Genge, based on her previous experience in the legal profession, which saw a group of Year 8s perform in a mock trial taking on the roles of judge, jury, witnesses, lawyers and the defendant.

The Year 8 girls were excellent in their various roles and showed a strong ability to work out convincing arguments for the defence or prosecution. It was superb to see the potential lawyers of the future, dressed up in formal robes, delivering their assessment of the facts.

The last Critical Thinking Club for Year 8 takes place on Tuesday June 18th and the critical thinking teaching team would like to commend those involved on their dedication, enthusiasm and great ability to take on new challenges.

Save the Date



first GDST-wide Art Exhibition from 15 to 19 October 2013 .

It will feature work from all 26 of the GDST schools around the UK and a special private view date for GDST girls and parents is planned.

More information will follow next term.

Streatham & Clapham High School will be the venue for the

Spring Concert

Paul Jeanes



The Spring Concert is always one of the highlights of the school musical calendar, and this year was no exception. The members of the Symphony Orchestra and Senior Choir (joined once again by parents and staff) had worked tirelessly during the course of the term to prepare, and the result was a concert of the highest quality.

The first half opened with the Symphony Orchestra performing the first movement of Beethoven's infamous Symphony No.5. The opening of this piece (perhaps the most famous opening of any symphonic work) is feared by orchestras all over the world as one of the most difficult to start, but in true NHEHS fashion, the girls took it in their stride and performed with great musicality and gusto.

As has become traditional over the past three years as NHEHS, the remainder of the first half was given over to a number of soloists performing concerto movements, with the Symphony and Chamber Orchestras providing the accompaniment. The audience were treated to music both familiar and unfamiliar, which included a beautiful performance from Alice McGregor, singing Mozart's *Agnus Dei* from the *Coronation Mass*, Hinako Suzuki, playing *Spring* from *The Four Seasons* with much assuredness and dexterity, Alice Blows, performing a concerto movement on the Double Bass by Capuzzi, proving just what a versatile instrument the double bass can be, and Amelia Wang and Erin Holder performing the serene slow movement from [Bach's Double Violin Concerto](#).

The final performance of the first half came from Hiral Jhala, who dazzled the audience with some very fast finger work in a performance of the 3rd movement from Mozart's *Piano Concerto No.15*. Hiral has very much been a stalwart of music at NHEHS over the past seven years, and this was a wonderful performance in what was her last concert at NHEHS; she will be very much missed.



The second half of the concert was dedicated to a performance of John Rutter's *Magnificat*, one of his lesser known works, but nonetheless one filled with the musical characteristics that one associates with his melody driven style. The combined choir of NHEHS girls, parents and staff rose to the challenge of performing this difficult work, and the end result was one that was musical, professional, and most of all uplifting.

My thanks to all of those who give so much of their time in preparing for this concert, as always, one which displays the many varied talents of all at NHEHS.

Extend Yourself

Colin Porter



The Extended Project Qualification, which offers girls a way of extending their academic interests beyond the A Levels syllabus, is now well established at NHEHS. In summer 2012 eight students completed the qualification with all achieving either an A* or A grade. Five Year 13 students recently completed their projects and made their half-hour project presentations, with question and answer session, to an audience of staff and fellow sixth formers before submitting their essays, completed logbooks or records of working to the examination board.

Harshini Pattni explored the role of hero in Milton's *Paradise Lost*, while Katya Savelieva asked if capitalism is the way for an economy to achieve growth,

efficiency and prosperity and Eleanor Vale investigated the legal status and portrayal of women in Ancient Rome in the reigns of Romulus, Constantine and Augustus.



Projects need not be confined to an essay or report format but may be design pieces or other 'artefacts' in which case they must be accompanied by a 1000 word record of the process. Erin Blackmore mounted an exhibition that took place over

three days in Studio Six to explore the relationship of the photographer and the subject through portraiture. Erin took as her starting point the assertion by American photographer Diane Arbus that "The camera is a kind of license. A lot of people, they



want to be paid that kind of attention and that's a reasonable kind of attention to be paid." Exploring yet another approach Abigail Thompson's project 'Nothing is Wrong' was a ten-minute film based on *Dracula* in which Abigail took on every role in the production of her film.

The research skills and academic rigour displayed by all five of the students were outstanding and would have been noteworthy at undergraduate level. Colleagues who were privileged to witness the students in action were hugely impressed by their depth of understanding and the extent of enthusiasm and commitment being demonstrated.

We are very proud of all of you!

In a Good Cause

Kitty Bradley



At NHEHS each form chooses a charity and spends a designated week raising money on its behalf.

The range of charities this year was as wide as ever and the girls have raised money with good humour, creativity, flair and great success.

Medical charities have proved popular causes and money has been raised for GOSH, Maggie's Cancer Care Centres, Alzheimer's Research, Parkinson's UK, the Teenage Cancer Trust and the Hypermobility Syndrome Association. Special congratulations go to 10APM who raised over £700 for Great Ormond Street which, along with many of the charities listed here, has touched the lives of some of the girls or those of their friends and families.

Some forms chose international charities such as Mango Tree who work with orphans in Kenya and Tanzania and AMAR who help communities in war zones. The girls also invited into school guests from a number of the charities they chose to support and we've

enjoyed learning more about their work.

Having fun while fundraising is a great NHEHS tradition and highlights this year have included 7E's Friday Extravaganza which included some great karaoke and featured some brave teachers who lined up to perform as One Direction. We loved 9E's nail painting service and we have bought tickets for some spectacular raffles with some memorable prizes which have included tickets to see Justin Beiber and the real One Direction!

We would like to say a very big thank you to everyone involved; to the girls for their enthusiasm and generosity; to the staff who have bought cakes and taken part in Friday events with such good humour; and to all the parents and friends who have supported the girls' efforts with everything from donated prizes to ingredients for industrial quantities of cup cakes. Thank you all!

The week of 29th May was Mindfulness Week at NHEHS. Mindfulness involves learning to direct attention to our experience as it unfolds, moment by moment, with open-minded curiosity and acceptance. Rather than worrying about what has or might happen, it trains us to respond to whatever is happening right now,.

The week started with an assembly by Oenone Crossley-Holland from South Hampstead High School. She introduced us to some of the concepts and benefits and the whole school carried out a Mindfulness exercise together. We clapped our hands three times, closed our eyes, held out our hands as if we were holding a football and tried to direct our attention to our hands. We then had to see what we noticed. To try this for yourselves, watch the TEDx talk on YouTube given by Richard Burnett, one of the founder of the Mindfulness in Schools Project.

Mindfulness is becoming increasingly popular in schools and we were able to explore its highly practical applications through mindful starts to lessons and optional lunchtime sessions. The week finished with an uplifting assembly run the Heads of Year team on Happiness and what it means for them. One of our aims in Mindfulness Week was to give the girls some practical skills to promote a greater sense of wellbeing and calm in the run up to the examination season. For example, we hope that in the last few busy weeks some have been able to use the breathing techniques we were taught

A number of staff are currently following an eight week Mindfulness course after school with a view to sharing some further techniques and ideas with your daughters next academic year

Katie Swift

Sports Updates

Nicola Evans



Rounders

The Rounders fixture programme is in full swing with our Year 7's getting off to a good start by beating local rivals Latymer Upper

Athletics

This year we have introduced athletics to the extra-curricular sport programme and entered our first ever athletics competition: the English Schools' Athletics Association (ESSA) Cup. We took 24 girls down to Mile End Stadium on May 8th and from a pool of 20 schools we came a very respectable 6th in the Junior Girls (U15) competition and 8th in the Intermediate Girls (U17).



Cricket

The NHEHS cricket club is off to a good start with 20-30 girls, some of whom also play at Ealing Cricket Club, regularly attending. Unfortunately our first fixture was rained off but we intend to persevere and expect great things over the next few years.



Staff vs Leavers Match

The staff team were well prepared for the traditional competitive netball match against Year 13; that is until we discovered 5 minutes before the game was due to get underway that we were, in fact, going to be playing rounders this year.

The Year 13s were out in force and their team chose to bat first. The staff quickly realised that were outclassed and not a little confused about the rules which, at times, seemed a little odd to those of us who had only played cricket before.

The Year 13 team had all the skills – they could bat, run and catch. On the other hand the staff could... well they did have lots of enthusiasm but little actual talent. There were two moments of glory as Mr Cheney and Mr Smith struck the ball beyond the fencing but were promptly told that such a shot meant they were out. The Year 13's inevitable win was met with a deafening roar from their loyal supporters while the staff were left to sulk on the coach.

It was a great event and credit must go to the Year 13 girls for winning, to Miss Evans for organising the match and to Miss Dunkley for umpiring (although not even her bias could save us).

Alex Smith