



Tropical Fashion

Hannah Ashraf

Under the management of Georgia Baker (Year12), NHEHS hosted a Fashion Show in support of The Brain Tumour Research Campaign.

The theme 'Tropical Rainforest' attracted a plethora of entries showing undeniable talent. The hall was transformed into a tropical rainforest and Sophie Mockridge, Head of Set Design, gave us a runway fit for London's Fashion Week.

With the set ready and the models raring to show their designs to an audience of parents, staff and friends, the show commenced. Designs ranged from butterflies to palm oil and as the interval arrived both audience and competitors were keen to find out the results.

Our judges were Becky Early, Professor of Fashion and Textiles at Loughborough University, NHEHS Alumna, Antonia Krashowski, Fashion Editor of the Daily Express and Lisa Ndukwe, Head of Design at Sweaty Betty. After much deliberation, they

announced that despite all entries showing inspiration, initiative and design acumen, certain entries stood out. Emma Vince, Saira Backhouse, Angelia Koval and Divya Kaliappan received the prize for most original design for their piece which incorporated fish netting to amplify the aquatic nature of the dress. The judges then chose Imogen Day's team for the 'best concept' prize with their design based on how we are destroying the rainforests with our demand for palm oil. The powerful writing imprinted on her dress, "Palm oil took my home. Please buy sustainable palm oil", perfectly summed up their message. Finally, Livia Harris and Mitra Karim took the prize for overall winner with their dress inspired by the beauty of butterflies.

We'd like to thank everyone involved; the judges for so generously giving their time and expertise, the Year 12 Committee, the models and their teams. As well as a fabulous evening of fashion we raised a lot of money for a great charity.

Thorpe Park

Sophie Castano



As is now an NHEHS tradition, Year 11 accompanied by their tutors, were treated to a trip to Thorpe Park once their GCSE examinations were safely over. It was a hot day and the queues were long but this did not deter them and, despite the amount of junk food consumed, there was no throwing up on the rides! Meanwhile, the sensible teachers could be found hanging out on the sandy beach. It was a perfect day to mark the end of an era. The girls are clearly very ready and excited to move on to the sixth form.

Nutrition Society Sponsors New NHEHS Prize for Science

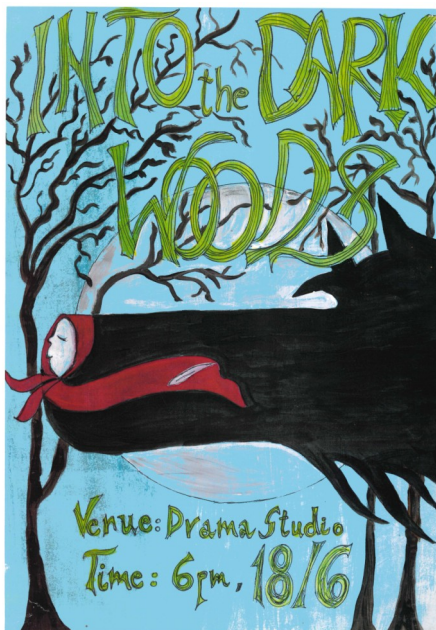


One of Notting Hill & Ealing's most distinguished Alumnae, is the British microbiologist, protein scientist and nutritionist Dame Harriette Chick who is best remembered for demonstrating the roles of sunlight and cod liver oil in preventing rickets. In 1941 she became a founding member of the Nutrition Society, who this year established the Chick Prize in her memory and to be awarded each year at NHEHS.

We were delighted to be joined by Mark Hollingsworth, CEO of the Nutrition Society, on 28 June at the Leavers' Ceremony when the inaugural award of the Chick Prize was made to Cecily Bell (Year 13) for exceptional achievement in the Sciences.

Into The Dark Woods

Georgia Condi



Poster by: Rhea Jodhri (Year 8.)

This year the Year 8 and 9 Minerva J Company performed the play *Into the Dark Woods* based on Grimms' tales such as 'Little Red Riding Hood' and 'Three Little Men' and adapted

for the stage by Phillip Pullman. Over a few months we rehearsed the individual tales in our groups and worked to perfect them before coming together as a big group to intertwine them all together.

We enjoyed working with different Year groups so we could make new friends and learn new drama skills. We used physical theatre to tell each story and created sound effects for key moments. It was very helpful to be given freedom to create our pieces but also to have Year 12 drama students as our directors as well as a Year 9 director to help us. The result was a great mixture of dark comedy and fairy tale endings.

Lower School Leaders

Olympia Bodker, Sakeena Sanders and Rhea Johri.

This year as Lower School Leaders we organised an event each term for all of Year 7 and 8 to promote cross-year bonding and to enable everyone to have a bit of fun! These events have included a quiz (consisting of pop trivia and school related questions), a team building activity and a picnic.

We've really enjoyed the experience and even when things haven't always gone exactly to plan at first we have pulled through as a group to make them the best we could.

We would highly recommend the experience to current Year 7s when their turn to lead comes around in September.



Duke of Edinburgh

Map reading challenge!



Tropical Splendour

The NHEHS Charity Fashion Show



Spotted!

TV Presenter, and NHEHS Old Girl, Angellica Bell filming at NHEHS for a new GDST film



Alumna of the Year

We were delighted and very proud when Notting Hill & Ealing High School's Dr Nirupa Murugaesu (NHEHS 1995) was voted this year's GDST Alumna of the Year.

Nirupa is the Clinical Lead for Molecular Oncology at Genomics England. She provides clinical leadership and oversight of the Cancer Programme for The 100,000 Genomes Project, the groundbreaking genome sequencing project set up to harness the power of genomics in the treatment of rare diseases and cancers. The project involves sequencing the DNA codes of cancer patients, in order to provide better, earlier diagnoses and personal care for sufferers. The project is transforming cancer care throughout the NHS.

Voting involved the whole GDST family of students, their parents, staff and alumnae. Nirupa was presented with her award by the Chair of the Council of the GDST Juliet Humphries at the GDST annual reception on 13 June. On receiving her award Nirupa said "I want to acknowledge the GDST for showcasing the talents of its Alumnae across such a variety of fields. This can only inspire current students to set their aspirations high." She also thanked " ...inspiring teachers and incredible colleagues for their brilliant support."

Natalie Burns-Spence

Female Composers Concert

Hester Goodsell



The 'Female Composers Concert' on 12th June was held in celebration of the centenary of the Representation of People Act of 1918 which allowed some women to have the vote for the first time.

The students presented works by a variety of female composers from the Classical, Jazz, Pop and Film music genres. It was also an opportunity for

our own student composers, with Bethan playing one of her GCSE compositions written for flute and piano and Session Orchestra performing two movements from a piece they had composed in their sessions. Other highlights included a dynamic performance by Emilia of Cecile Chaminade's *Concertino* and Jazz Band's arrangement of *John R* by the jazz harpist Dorothy Ashby.

Waterpolo

The U13 Waterpolo Team are now officially the 5th best team in the country!

A huge well done to Rob Bent and his team who played some outstanding matches at the National Finals.

The team are: Freya Rylatt, Mairi Gillespie, Esme Cornelius, Zara Talbot, Charlotte Pons, Bella Bartlett, Zoe Marsland, Connie Piling, Chloe Brennan, Mia Corney, Sarah Jane Davison, Beatrice Graham and Genevieve Pearce.

GDST Cricket Rally

Terri Adams



At the GDST Cricket Rally our U14 cricket team played superbly winning comfortably against Sheffield High, Portsmouth High and Putney High School.

As top of their section the team then went through to the Cup Quarter Finals. Here they met Sutton High School where they won 306 runs to 210!

They then progressed to the Semi Final where they met a strong Oxford High side. It was a tough match with Oxford having some County players on their team. While our girls played extremely well they unfortunately lost.

Overall we placed 3rd out of 16 schools! A great achievement!

The Real Game

Ruby McKee



On Friday 27th April, Year 8 took part in The Real Game, organised by Ms Parr, during which we decided what our dream life would be once we were young

adults. We were then assigned different jobs and had to work out whether our dream would be plausible with our allocated job. I was personally very disappointed

with my job as I was a Food Processing Operative who worked 38 hours a week earning £1,500 a month. However, I was very lucky to be sharing a static caravan with a Civil Engineer and in the end I was not in debt, unlike some of the other girls in my Year.

The whole event really opened my eyes to what was possible with different jobs and the number of bills and taxes involved in adult life. It was a really fun experience and I can't wait to do more similar exercises in the future.

Iceland

Adam Livings



During the Easter holidays, 33 students from Years 10 to 12, Mr Livings, Miss Parr and Miss Gordon visited Iceland. We were all incredibly excited as we began our trip with a visit to the Blue Lagoon geothermal spa where we enjoyed the warm waters and volcanic silica face packs. We then we set off to our accommodation, Guest House Husid, an old, converted Icelandic school, steeped in history. The journey to our accommodation also gave us our first views of Eyjafjallajökull, which fortunately did not erupt whilst we were there!

The following morning, after a typical hearty Icelandic breakfast, the students scaled Stora Dimon, a 178m high volcanic plug of ancient lava. The summit offered a stunning vantage point to look

down on the Markarfljót River and its braided channels. We then travelled to Vik, a small coastal town, where we were able to see the nearby polygonal basaltic columns on the coast. We also visited some excellent examples of coastal arches and stacks, a Geographer's dream! Then it was off to one of our many spectacular waterfalls.

Iceland is certainly not short of waterfalls and during our trip we explored several. The first was Skógafoss, which produced a spectacular rainbow at the base, just for us! We then visited Gullfoss, which was exceptionally loud and powerful, before finally seeing Seljalandsfoss waterfall which we were able to walk behind. A fantastic experience and a little bit of a wet one. We also visited the snout of

Sólheimajökull glacier, whose rapid rate of recession highlights the impact of climate change on this fragile environment. Another dramatic, if smelly, stop was a visit to the Haukadalur valley to see the geysirs. These did not disappoint, offering a spectacular eruption for us to see. We also explored Thingvellir National Park and studied the rifts between the Eurasian and North American plates, as well as visiting the site where early Icelandic chieftains went to settle disputes and establish laws.

The trip was a fantastic experience for all of us and the students not only enjoyed themselves but were wonderful ambassadors for the school. We look forward to return visits with other geographers in the future.

Da Vinci

Milly Buckroyd



The Da Vinci Programme is an enrichment club that aims to educate Year 10s about the wider world, and gives them the opportunity to look at interdisciplinary issues beyond school studies. 58 Year 10 students signed up for the programme at the beginning of the year, and attended each session, which were held on two Wednesdays each half-term. (You can see us here with our end of year certificates).

The topics ranged from: 'Winning legal arguments in any way possible', run by Mr Shoults; to the 'Cultural appropriation of art and literature' a session given by Miss Holmes and Miss Morgan. Each talk was incredibly well delivered and engaging, and required us to think in new ways in order to explore the topic even further.

The sessions required different things from us, such as conducting our own psychological experiments on our partners, or listening to an Iggy Azalea rap to understand the appropriation of African American language (AAVE). Each seminar was fresh, and as each student had the choice between two to attend, always interesting. The topics sparked many interesting debates amongst the Year 10s, and I'm confident when I say that we have all benefitted greatly from the opportunity to broaden our knowledge on both current, and older affairs. I would strongly recommend the Da Vinci Programme to future Year 10 students, as the breadth of learning was incredible and definitely something worthwhile.



Edinburgh Fringe

Those not lucky enough to be heading for Edinburgh this August were treated to two opportunities to see our NHEHS Edinburgh Fringe production of *Medea*. A sell out performance at The Tabbard Theatre was followed by an evening performance in school in which the all-female Minerva company who will be returning to the Fringe after their 2015 sell-out debut, brought their unique blend of physical storytelling to this adaptation of *Medea*.

Debbie Whitmarsh



Five Years On

We were delighted to welcome back NHEHS Leavers from 2012 – 2017. The sun was shining, there were prosecco cocktails a-plenty, and the afternoon saw many reunions between friends, and with staff.

Natalie Burns-Spence



Junior Maths Challenge

In May, all of Years 7 and 8 took part in the UK Mathematics Trust's Junior Maths Challenge. They did extremely well, achieving a record breaking total of 103 certificates (6 more even than last year's record breaking total!).

Overall they were awarded
9 gold
36 silver and
58 bronze certificates.

The gold certificate winners were:

Alice Jenkins (Best in School & Best in Year 8)

Chloe Brennan (Best in Year 7)

Anushay Khan

Sylvie Reay

Anna Haworth

Ami Hacker

Zoe Marsland

Kirshiya Selvachandran

Charmy Galoria

Amrit Mander

Well done to all of the students for taking part in these competitions with such enthusiasm. They should feel very pleased with what they have achieved.

Helen Critcher

Space Spectacular

Genevieve Pearce



On Friday 11th May 2018, a group of Year 7s accompanied by Ms Goodsell and Ms McCarthy, set off to the Royal Albert Hall. We were going to see the performance by the Royal Philharmonic Concert Orchestra entitled, *Space Spectacular* which would include pieces such as *Also Sprach Zarathustra* by Strauss, *Star Wars* by John Williams and *Jupiter and Mars* from *The Planets* by Holst.

Upon arrival, we were met by flautist Nina Robertson who also teaches at NHEHS. Next, we completed a backstage tour which included an up-close visit to the stage before the rest of the audience arrived and a chance to meet the Conductor, Anthony Inglis.

During the visit, we noticed several costumes which seemed out of place. (Later, we discovered that they were the conductor's and were involved in a surprise, namely that he would shock us all by dressing up as Superman for part of the performance).

After saying thank you to the tour guide and the Conductor, we took our seats in the arena. We were enthralled to watch Nina performing with the orchestra and nothing could have prepared us for the brilliance of the performance which was accompanied by spectacular coloured lights and lasers.

Tennis News

Jennie Scott



Tennis has been a popular sport this term, with lunch time clubs providing a mixture of competitive games and coaching for all age groups. Miss Munro-Hall and Mrs Scott have been particularly impressed with the Year 9's who are a very strong year group in this sport, and they have enjoyed challenging their skills and team work to improve their knowledge of the game.

The PE Department is grateful to Mr Smith for taking a weekly session before school in which participants enjoyed the early morning sunshine and the tournament they played. Other girls signed up for sessions with the instructor from Will 2 Win.

There has been a busy season of tennis fixtures with other

schools. All age groups have done well, with many girls having the opportunity to play doubles, and the match experience they have gained will stand them in good stead for future events.

We entered a team for the GDST Tennis Rally (see above) who travelled to the wonderful facilities at Queenswood School enjoying a day of competitive tennis and finishing well in the plate event. We also organised an Inter House tennis competition here at school which was very fiercely contested.

This year for the first time we entered the Team Tennis Schools competition. This involves a team of four players each playing singles, then teaming up for a doubles match. Throughout the term we have played the round

robin section of the event, and both our teams were unbeaten. The U12/U13 team won every match with a stunning score of 12-0. Congratulations to Pooja Pillai, Lydia Minko, Alice Jenkins, Neve Grosvenor, Sylvie Reay and Emily Ames. The crucial game for the U14/U15 team was the first match against St Helen's, and at 6 points all, Sophie and Isabella held their nerve and secured a victory for NHEHS by winning the tie-break. The U14/U15 team then went on to dispatch all their subsequent opponents 12-0. Well done to Isabella Holmes, Amelia Samtani, Edith Elwes, Josie Lloyd, Esmée Huet, Sophie Claxton, Nikola Kuzmanovic and Savarna Parker.

Both teams have qualified for the semi-final of the competition, which will take place next term.



MFL Trips

In June Year 8 students of French, Spanish and German were joined by some of the Year 9 German students for a few days of in-country activities and language practice. The students of French went to Normandy, while Avila hosted the Spanish learners with those learning German heading for Munich and Salzburg.

Bon Voyage!

Rhea Johri



Le 21 Juin, je suis allée en France. Le matin, je suis parti à 4h20! J'étais très fatiguée! Après deux heures nous sommes arrivées à Portsmouth. Ensuite, nous avons pris le car de ferry à Caen. Nous avons passé six heures dans le car de ferry. C'était vraiment sympa! Il y avait des bars, un cinéma et même une disco! Aussi, moi et mes amis avons acheté des cocktails sans alcool.



Nous sommes arrivées à Caen, une ville française. Notre hôtel était situé sur la plage, près de Caen. Nous sommes restées pendant trois nuit. Le soir, nous avons pris le dîner à l'hôtel et le matin, nous avons préparé notre pic-nic (baguettes). En Normandie, nous avons visité Avranches qui est une ville normande typique! J'ai acheté un aimant et 2 boules de glace. C'était délicieux! Aussi, nous sommes allées au Mont St Michel qui est spectaculaire. C'est une ville petite avec une abbaye sur une île. Ce soir-là, nous avons joué au volleyball sur la plage!



Le prochain matin, nous avons vu la tapisserie de Bayeux à Bayeux. La tapisserie était très longue - près de 70m! Le prochain jour, nous sommes allées à Arromanches une ville où les Américains et les Britanniques ont débarqué pour libérer la France des Nazi.

Finalement, nous avons pris le ferry pour Portsmouth puis on est rentré à l'école à 23:45, la nuit. Aller en France a aidé avec ma prononciation et la confiance pour parler français, et m'a fait voir les différences, la belle culture de la France. Ce voyage était incroyable!



Avila

Chloe Papageorgiou,



El jueves 21 de junio, las dos clases de español fueron al centro de Gredos en Ávila, España.

Fuimos por cuatro días y disfrutamos de las actividades divertidas y el bonito bosque. ¡Hicimos tiro con arco, cocinamos una deliciosa tortilla de patata y fuimos de pistas por el pueblo! Nos quedamos en tiendas con nuestras amigas que están al lado del paisaje bonito.



Cuando no teníamos actividades, podíamos jugar al fútbol, voleibol o pasear por el bosque. Antes de irnos en el último día, visitamos unas cuevas hermosas e interesantes que son alrededor de un kilómetro de distancia, aprendimos que los cristales en las cuevas tardaron miles de años en formarse.

En general, el viaje fue muy divertido e interesante porque nuestro español mejoró mucho y ahora comprendemos la cultura mejor. ¡Lo pasé Bombaj

München und Salzburg

Hannah Safi

Am ersten Tag haben wir uns um 7 Uhr am Flughafen Heathrow getroffen. Wir sind nach München geflogen. Wir sind zum Marienplatz in der Stadtmitte gegangen. Es regnete ein bisschen. Das Essen am Viktualienmarkt war wirklich gut.

Am zweiten Tag sind wir ins Schloss Nymphenburg gegangen. Es war sehr hübsch und mir hat es gefallen. Am dritten Tag sind wir mit dem Zug nach Österreich gefahren. Wir haben einen Stadtbummel durch Salzburg gemacht und viele Schauplätze von „The Sound of Music“ gesehen. Wir haben Lieder gesungen und haben in einem Restaurant zu Mittag gegessen. Wir haben Wiener Schnitzel und Apfelstudel gegessen.

Am vierten Tag sind wir ins Deutsches Museum gegangen. Es war sehr cool und interessant. Am Abend sind wir zurück nach England geflogen. Unsere Reise hat uns viel Spaß gemacht!



Harrow Symposium

Jennifer Bushell



Over the summer term, Year 12 have been collaborating with students from Harrow School to come up with some alarming 'end of the world' scenarios.

The girls and boys were invited to propose answers to the question 'What is the greatest global challenge of the next 20 years, and how should it be addressed?' They were then assigned into

groups of students from both schools with similar angles on the problem, and had two planning meetings in which they created a presentation to put forward their solution.

On Tuesday 12th June we travelled up to Harrow to take part in our Symposium meeting in which the groups presented their thoughts. I was so impressed with

their drive, commitment and communication skills, especially working with a team of people they had only known for a few hours!

The final presentations were impressively detailed, and gave us all much to think about as we contemplated the fate of our civilization. We were variously asked whether the greatest challenges were posed by climate change, a breakdown in global international relations, antibiotic resistance, artificial intelligence, food and water scarcity or a humanitarian crisis. As well as the presentations, thought-provoking questions were asked and answered articulately by students from both schools, and some spirited debate ensued.

Congratulations to all the girls involved!

Poetry by Heart

Emma Nuding

This year's Poetry by Heart competition for Years 10-13 involved memorising two poems, one of which had to be written before 1914 and one after, both chosen from the official 'Poetry by Heart' website.

The final was held on the 3rd July after individual heats in English lessons. This year students made ambitious poem choices, and we were treated to sensitive use of tone and emphasis. One student, Diana Razlog, impressively learnt over forty lines of highly ornate verse! Well done to the runners up Hannah Bolden (Year 10) and Natasha Ketel (Year 12), who delivered two poems sensitively. Best individual poem, *The Cleaner* by U A Fanthorpe, was performed by India Bonner-Moris (Year 10), who showed great understanding of the form of dramatic monologue. The overall winner, Sydney Wright (Year 10), evinced sparkling wit in her recitation of James Fenton's *God, a poem* and Adelaide Anne Procter's *Envy*.

Never Never Land

Gen Pierce



Led by Ms Craggs, Ms Smith, Ms Whitmarsh and Ms Nicoll, a large group of both Year 7 and 8 students went to Regents Park Open Air Theatre to see a production of *Peter Pan*.

George Llewelyn Davies, killed in action 1915, was one of the boys who inspired J. M. Barrie's *Peter Pan*. This production, by relating the Peter Pan storyline to the theme of the Great War, had a historical and heart-wrenching twist. The stunning contrasts between the fantastical and sombre scenes were chilling and were brilliantly executed by the 20 man cast and backstage crew.

Aided by Wired Ariel Theatre for advice on the aerial "artistry" and tech, the production also involved a live orchestra and singer as well as an impressive lighting deck and special effects. The use of puppetry added to the sense of authenticity and the set changes were smooth and swift. The scenes created by

mundane objects (and the use of on-stage characters carrying out these scene changes) was slick and enjoyable. Throughout the piece there were also historical links e.g. the mermaid puppets each had heads made of gas masks and each of Hook's pirates were from a different country and era. Flight was ensured and achieved through a thick, elasticated wire attached discreetly to a harness. The effects and tech behind each scene were complimentary to the performance - neither too blaring or subtle.

Each actor played up to their role - grown men acting the lost boys became childish and easily relatable to the characters they were playing and Tinker Bell's puppeteer (Elisa de Gray) skilfully voiced the fairy. In every line and scene you could see the evidence of a show that had been rehearsed and re-run over and over to achieve near perfection. I would not hesitate to see this production again – it was a wonderful experience.



House Maths

This summer term the sixth form Maths Representatives and the maths department came together to set up NHEHS' very first House Maths competition.

The competition consisted of 3 rounds held over 3 weeks in which Houses faced each other in a head-to-head tense mathematical battle.

The teams had to answer quick-fire maths questions on the buzzer as well as complete a difficult relay-style round in which team members from Years 7 to 10 had to work together to answer a set of tough questions in under 10 minutes. To top it all off we had a countdown round which was very entertaining as it involved audience participation.

The competition was great fun and the Maths Representatives enjoyed designing the questions for the younger Years as well as taking the reins on the logistics and planning of the whole event. Furthermore, it was lovely to see Years 7 to 10 working so well together in their teams, united by their love for maths!

Congratulations to Eliot, the overall winners

Philippa Jones

Sports Day

Sophie Nicholas

Wednesday 4th July saw Notting Hill and Ealing's Annual Sports Day at the Perivale Athletics track. It was a gloriously sunny day and from the moment pupils arrived, team spirits were high, under the colourful banners of Nightingale, Hepburn and Elliot!



The 1500m, the first race of the day, was a straight final. There were some excellent performances, in particular Jasmine Palmer (Nightingale) who broke the 1500m Year 9 record in a time of 5 minutes 34 seconds. The encouragement given by those watching this race and their support for friends was offered in true NHEHS style! As the last pupil from Year 10 crossed the finish line, she did so with a big smile, holding hands with 10 of her friends who had run the last lap with her! A school record was also broken in the morning track session by Natasha Jones (Elliot) in the 300m, who finished in a time of 48.36 and giving her the full collection of records in this distance at Year 7, 8 and 9.

Afternoon on the track was busy, seeing the straight final of the 800m, the finals of the hurdles, 100m, 200m and the relays. Keerit Dhillon (Elliot) put in an impressive performance in the Year 8 hurdles final, gaining a new school record at 13.08 for the 75m hurdles. In the 100m, Year 12 Cameron Thomas (Nightingale), the school Games Captain, set a new Year 12 record at 13.38 seconds and in the Year 7 200m, Bronwen Jacob (Nightingale) set a new record at 30.62 seconds and Isabella Holmes (Hepburn) in Year 9 set a new record of 28.51.



The field events throughout the day also provided high levels of competition and success. The Year 7 long jump record of 3.68m set in 2015 was blown out of the water, with Michelle Nogai (Elliot) jumping 3.90m, and Katherine Jansen (Nightingale) and Lydia Minko (Hepburn) both jumping 4 metres. Isobel Thornton (Elliot) also did well in the long jump, as she has done all athletics season, setting a new Year 9 record at 4.20 metres. In the high jump, there were also some large jumps recorded. Sephera Forrester (Hepburn) set a new school record of 1.35 metres for Year 7, Amy Taylor (Nightingale) equalled the Year 8 record at 1.28 metres, Honor Hill-Norton (Hepburn) cleared 1.40 metres for Year 10, as did Rosie Glenn (Elliot) in Year 12.



Sports Day

Sophie Nicholas



The throws have been very popular this term at Athletics Club sessions so it wasn't surprising results would be close in these competitions at all age groups. In the Javelin, Grace Kenyon (Hepburn) took the Year 9 title with a new Year 9 record of 23.30 metres, just beating Eleanor Ritchie (Elliot) in second place who threw 21.20 metres. In Year 10, Nikola Kuzmanovic (Nightingale) broke the school 'best' record for Sports Day, with a throw of 24.30 metres! Sophie Claxton (Nightingale) was impressive in the Year 9 Discus, throwing 21.30 metres and in Year 10 it was another good performance from Nikola Kuzmanovic (Nightingale) who got 19.45 metres. In the Shot, Mia Corney (Nightingale) took the Year 7 title with a throw of 6.20 metres, Freya Rylatt (Elliot) took the Year 8 title with 7.40 metres, Sophie Claxton (Nightingale) broke another school record throwing 8.27 metres for Year 9 and again to finish her trio of the day, Nikola Kuzmanovic (Nightingale) won the Year 10 Shot throwing 8.8 metres!

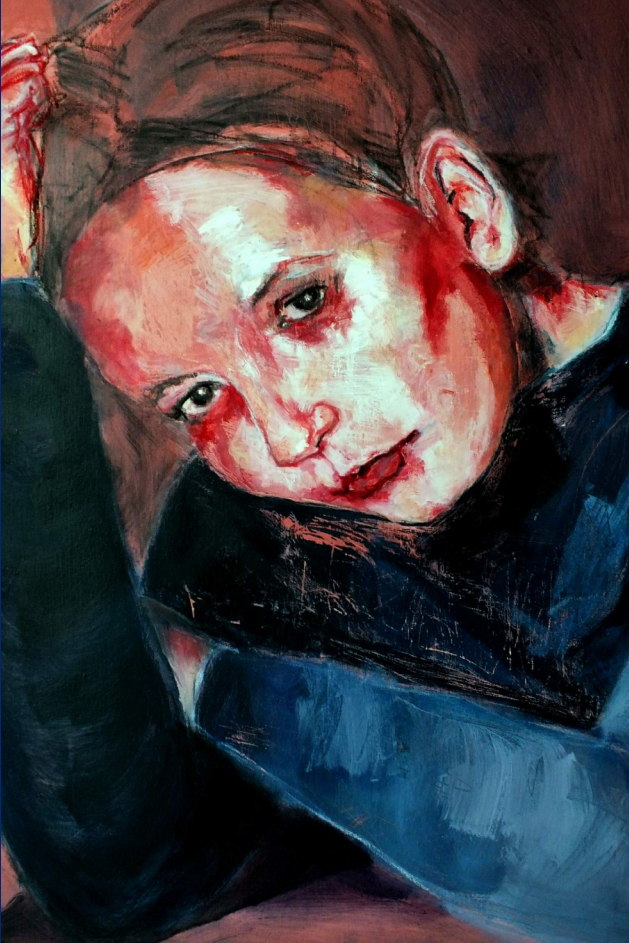
At the half time break the Games Captain and Sports Representatives set about running their fun Year group activities such as the sack race and egg and spoon, plus the much anticipated tug of war! The final of this was the annual Year 12 v Staff Tug of War. Unsurprisingly with the ratio of girls to staff participating being around 2:1, Year 12 won again this year (the staff are not sore about this honest!). However, it is rumoured next year a strict 'numbers' policy may be enforced to give the staff a chance!



The relays ended the day, and as ever they didn't disappoint. Hepburn took the win for Year 7 and Year 8, and Elliot for Year 9 and Year 10. However, it was Cameron Thomas in Year 12 (Nightingale) who got the last victory of the day! As the Year 12's lined up for the Staff v Student Relay, Cameron stood by Mr Cheney each ready to run the last leg for their teams. Mr Cheney's team took the baton into the final leg first, but Cameron, much to the delight of the crowd overtook Mr Cheney to beat him to the finish line!



It was a fantastic day and all were on the edge of their seats to hear the final House standings. In third place Hepburn on 2027 points, in second place Nightingale with 2072 points and in first place, for the second year in a row, Elliot with 2332 points!



Private View

After another exciting year in which the art studios seem to have been permanently packed with dedicated students working in free periods, lunch breaks and after school, the Art Department were delighted to welcome parents, student and guests to the NHEHS Summer Exhibition.

The exhibition provides the chance to showcase both exam and course work produced by our GCSE and A Level Art students and this year there was also the chance to see work from those girls taking art in Year 10 and Year 12. As well as being able to view the works on display visitors were able to look at the sketch books which record each girl's artistic inspiration and journey as she progresses through the course. The abundance of ideas, skill and creativity on show was breath-taking and to round off a perfect summer evening the NHEHS Jazz quartet under the leadership of saxophonist Lucinda Dunne, our Musician in Residence, provided an accompanying soundtrack of live jazz.

GDST Select X1



At the end of April a team of the most promising young cricketers from across the GDST took on their heroes as the GDST Cricket Select XI faced the Marylebone Cricket Club (MCC) Women in an inaugural match at Hampstead Cricket Club.

The team, which included NHEHS players Hannah Leathem and Deepa Kumeran, enjoyed a coaching session with England cricket superstar Lydia Greenway before going on to play against icons of the game, including Charlotte Edwards - former England women's cricket captain - and Beth Barrett-Wild.

With rain threatening play, both sides battled the elements in the 20-20 match, which ended with the MCC Women winning by 44 runs. The girls then went on to enjoy lunch and a Q&A with their opponents.

This was our first foray into the world of competitive cricket at this level and the GDST team - who refer to themselves as the 'original' GDST cricket team - were left excited and encouraged by the day. They are keen to return to HCC each year to play the 'new' Select XI.

Film Festival

Leah Veronese



On Thursday 5th and Friday 6th of July film came home to Ealing as NHEHS hosted the first GDST Film Festival. As part of the festival at NHEHS girls were treated to talks by visiting speakers from the film industry, with workshops and lectures on special effects, screen-writing, analysing film, documentary-making and presentations on technical jobs in film. There was also a chance for some lucky students to visit Deluxe Media a post-production studio in Perivale which included demonstrations of sound and audio editing, and a Q&A session with the staff.

A common theme among the our speakers and guests was the importance of taking opportunities even if you don't think you're good enough, and venturing into fields in which you might not have obviously relevant experience.

The programme was put together to give the girls an insight into what goes into film behind the silver screen, and to introduce them to areas of the industry with which they may be unfamiliar. Given the challenges so powerfully highlighted recently for women working in the film industry, this was an opportunity for our girls to feel empowered about what they can achieve in this field now and in the future.

In the run up to the Festival, girls from all GDST senior schools were invited to participate in a Short Film Competition and a Composition Competition. The Festival culminated in a black tie screening of the shortlisted entries on 6 July. The evening was hosted by sixth formers Daphne Argopolis, Lola Barak and Elizabeth Down with the overall winners decided by a panel of guest judges: two NHEHS alumnae, the renowned historian and

broadcaster Bettany Hughes and the producer of *The Boy with the Topknot* Nisha Parti, plus the former minister for culture Ed Vaisey.

Announcing the winners Bettany Hughes praised the girls' ability to construct powerful narratives, and their individual approaches to the theme. In the soundtrack competition which involved writing a score for the 'iguana chased by snakes' sequence from *Planet Earth II* the winner was Shreya Grover (Year 7) from NHEHS. In the film competition Portsmouth High scooped both the KS3 and KS/5 categories with our own Essma Zitoun and Bella Georgiadis (Year 10) being named the runners up for the KS4/5 category.

Congratulations to all the winners and our thanks to our judges for so generously giving their time and expertise.

Chick Reps



Genevieve Pearce

On the 8th to 18th May 2018, our school participated in the programme “Living Eggs”. This involved twelve Chick Representatives (me included) caring for and studying the chicks. Over the course of the week, I learnt many new facts (such as a fully developed chicken has more neck bones than a giraffe and that a chick’s heartbeat is averagely 275 bpm) and I was able to clean and provide water and food for the chicks (a full bowl of chick grain twice a day).. My favourite memory was when “Chicky”, the smallest and youngest, fell asleep in my palm - he felt so fragile and delicate.

Chloe Brennan

After observing and learning about the chicks for a few days, the Chick Reps presented what they had learnt to girls from Year 5 who paid a visit to the biology

lab in the Senior School to meet the chicks. I found this really interesting because whilst making the presentation I also learnt a lot about the chicks from teachers and other Year 7’s.

Finally, the thing that I found most interesting about the chicks is that normally, when a hen has her eggs, on average only 30% of the eggs hatch but we were lucky enough to have 80% hatch.

Eva Hitchins

As a Chick Rep, I got to do loads of interesting and fun activities including learning about them myself. The most interesting thing about the chicks, in my opinion, was that the yolk would provide nutrition for the embryo and the egg white is the equivalent of the amniotic fluid and sac.

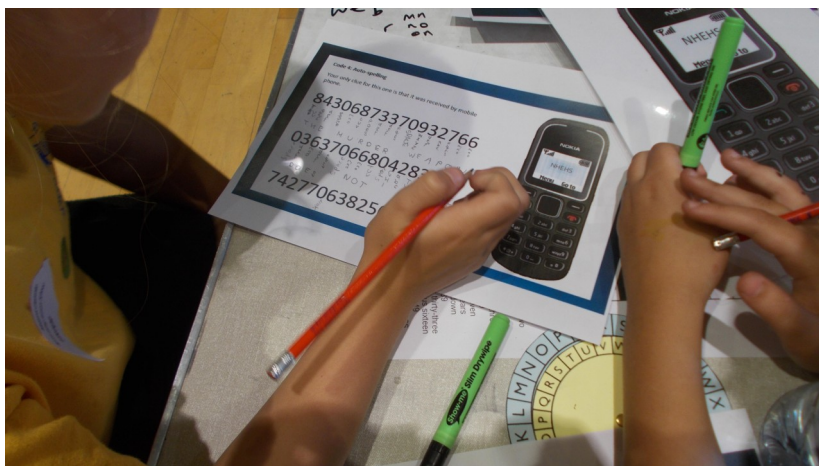
In the lesson to the Year 5s and 7s, I taught my group about how

you could tell the difference between the males and females (the males were brown, the females were yellow), signs that the chicks were hatching (piping, the egg rocking, cracks and chirping noises from inside the egg), what they looked like after they had hatched (wet and thin), how to tell how hot or cold the chicks are (if they are hot they stand away from the heat source (the lamp), if they are cold next to the heat source and if they are comfortable in the middle).

The chick’s names were (Megghan Markle, Albert Eggstein, Chickovsky, Nutmegg, Chickira, Amelia Egghart, Chick Norris and Chicky) and the best thing about being a Chick Rep was being able to see the chicks hatch. However, the worst bit was seeing eggs number 7 and 8 not hatch.

Maths Murder Mystery

Karen Ramzy Yacoub



At the end of June the maths department hosted 30 Year 5 pupils from three local primary schools for an afternoon of maths activities.

As the pupils arrived they were shown to their tables and were given some starter activities to complete. These included a cross number game and some fun quizzes. Once everyone had arrived and were settled Miss Croft welcomed everyone and introduced us, the sixth formers, to them.

The afternoon was based around solving a murder mystery which required the pupils to use some code breaking skills. So, before we could allow them to begin solving the mystery, they had to be introduced to some different ways of making and breaking codes. Elena and I (two of the Maths Reps) delivered a short presentation on some different methods of code breaking and then the fun could begin.

In their teams of 5 (two teams from each school) they had to solve a set of clues to figure out which maths teacher had committed the murder, in which maths classroom and what their weapon was. Despite some adamant Year 5s being convinced it was Miss Croft and interrogating her closely, it was finally concluded that Ms Critcher had committed the murder with a chair in Room 24.

After we finished the murder mystery, two sixth formers took each team of Year 5s on a trail where they had to answer questions with the answers being hidden around the school. Once all the teams had returned, they went head-to-head in a maths quiz and the afternoon concluded with winners announced for each activity and prizes of scented colour pencils (of which the sixth formers were very jealous!) awarded to the winners.



Networking Events

Now in its fourth successful year the Year 13 Alumnae Careers Breakfast took place in May. Girls enjoyed an inspiring morning of networking and discussion as they heard from four alumnae speakers about their career paths and then in small groups took part in a 'speed-networking session' with 20 specially invited Alumnae from a wide range of career backgrounds.

A new event launched this year was the Year 12 UCAS Breakfast at which more recent Leavers were invited to return to school to offer current students advice based on personal experience. The five Alumnae speakers detailed their journeys through Art Foundation applications, Gap Year experiences, life as a medical student and studying in the USA. What they had to say was up to date and directly related to the concerns of their audience who responded eagerly with lots of questions.

Events like these are extremely popular with our sixthformers. The support of the network and the chance eventually to offer help and share expertise in your own turn, are very special features of an NHEHS education.

Natalie Burns-Spence



House Music Festival

The annual House Music Festival was a great success. Everyone performed with real confidence and it was great to see so many girls involved. Thank you to the Year 12 Music Reps who judged the heats and Miss Gordon who judged the final. As well as being a history teacher, Miss Gordon is also a pianist and cellist!

Results:

Grades 0-4:

Winner: Freya McNeill + Amber Deane-Johns- flute duet

Runner-up: Ami Hacker- voice

Grades 5-7:

Winner: Leena Van-Surrell- flute

Runner-up: Chloe Brennan, Ariella King-Cline, Shreya Grover- piano trio

Grade 8+:

Winner: Emilia Rayner- flute

Runner-up: Jaimini Chohan- piano

Original Composition:

Winner: Chloe Papageorgiou- piano

Runner-up: Pooja Pillai- guitar/voice

Highly Commended: Olivia Frew- ukulele/voice

Pop Solo:

Winner: Pooja Pillai- guitar/voice

Runner-up: Chloe Braganca Vasconcelos- piano

Pop Group:

Winner: Natasha Raphael + Lewhat Yosief- voice and piano

Runner-up: Saira Backhouse, Rhea Johri, Isabella Farlow, Lara Glenn- a cappella quartet

HOUSE POINTS:

1st place: Nightingale 1500 points

2nd place: Elliot 850 points

3rd place: Hepburn 840 points

Hester Goodsell

Viruses and Infectious Diseases

Lisa Vashenko



On Monday 30th April, MedSoc were fortunate enough to be able to speak with Dr Emma Aarons, a consultant virologist and infectious diseases physician at the Rare and Imported Pathogens Laboratory (Dr Aarons is also an NHEHS Alumna)

Dr Aarons explained to us, over Skype, her clinical interests and her day-to-day work in this particularly unusual yet interesting speciality. Whether giving advice to hospitals regarding a patient or working in the lab, she specialises in dealing with the management of viruses – specifically travel-associated viruses, such as Ebola and Zika virus. She kindly answered our many questions about her field of expertise and fascinating work in the detection of viruses, as well as discussing with us the dangers of the laboratory (which is so dangerous that students are unable to visit it!).

After this, we took part in a quiz Dr Aarons had written for us identifying many different zoonotic viruses, the majority of which are present in bats and other exotic animals. We learnt how many viruses and bacteria happily coexist with their human hosts without causing disease and from an evolutionary point of view it is in the infectious agent's interest that it does not kill its host. Diseases arise at the time the infectious agent jumps from another species to humans before agent and host have evolved to coexist.

NHEHS' Medical Society are extremely to Emma for telling us about her field of work and the solutions that virologists, such as herself, provide.

Maths Trail

Helen Critcher

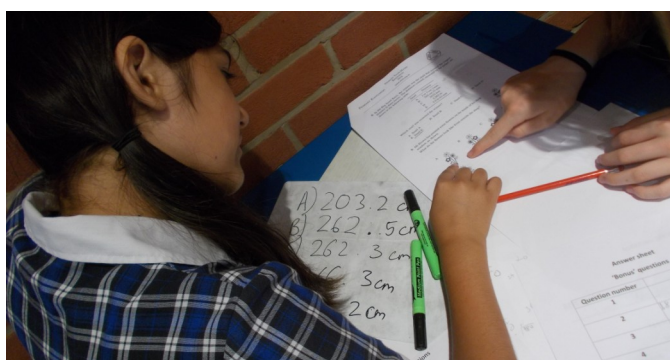
Year 7 girls welcomed NHEHS Junior School girls from Years 5 and 6 for a session of maths puzzles and a problem solving trail which took them around the school.



"It was really fun and the trail really tested my knowledge about how well I know the school."



"They had lots of fun trying to find their way around the school."



"It was very interesting to see how each of them approached the questions and how they worked as a team."



"A girl I was with was doing a question in a very long-winded way and when I showed her the quicker way she was astonished!"



"I thought it was fun and I would like to do it again! "

Erasmus Germany



Following on from the success of the London programme our Year 9 Erasmus project participants went to Germany in May for the next stage of the programme. This was organised by our partner school there, the Europäische Schule, Karlsruhe.

Joined by students from the Karlsruhe school and our other Erasmus partner schools (Malgomajskolan, Vilhelmina, Sweden, SOU Sveti Kliment Ohridski, Dalgopol, Bulgaria and Collège Vauban, Strasbourg, France) the students spent a

week at the Internationales Forum Burg Liebenzell which is housed in a twelfth century castle perched 440 metres above the small spa town of Bad Liebenzell in the northern Black Forest.

Once again the focus of the students' work was gender equality in schools and they spent the week working together in mixed nationality and multi-lingual groups discussing their response to this theme and how they might effect change in their own

schools and communities.

Three days were spent in a programme of exciting workshops led by experts in film production, drama and graphic novellas or comics. A visit to Stuttgart provided the opportunity to attend meetings which gave insight into what Trades Unions and Local Government are doing to promote the cause of gender equality at work and in education and the chance to discuss how this differs from what the students have experienced in their own countries.

On the final day we all travelled to Europäische Schule, Karlsruhe and the students were able to present the films, comics and drama pieces they had been working on. Euro MP Daniel Caspary joined them for the presentations and they were later welcomed to Karlsruhe's ultra-modern town hall by the city's Oberbürgermeister, Dr Mentrup.

Here three of our students, Inaya Gharatya, Isobel Smallman and Dulcie Johnson reflect on their experiences and the workshops they took part in.

Inaya Gharatya

This week was definitely an experience we will never forget. It impacted all of us in endless ways: each activity had meaning and importance and taught us something new. It helped us learn to work together and encouraged us to bounce ideas off people, most of whom we had never met before. This quickly created a friendly, comfortable and lively environment where we had the confidence to voice our opinions whilst coming together and bonding over a subject we were all passionate about. By the end of the week we had all grown our knowledge about the topic and were motivated to help make a difference

Erasmus Germany .../Cont'd

Isobel Smallman

In the comics workshop, we discussed some personal experiences of gender inequality which was an eye-opening experience. The workshop members were all girls and we were led by Dr Mathieu Rousselin, a political scientist, which made it an interesting dynamic. We were focusing on gender stereotypes in manga and advertising, noticing that sexual assault is 'a normal' in manga, as was naked women being used to sell products in advertising. The group split into two to create two different mangas, one being where a boy and a girl switched bodies and felt what it was like to experience everyday gender issues.



Dulcie Johnson

For the drama workshop we worked in several groups, which encouraged us to become closer to other girls from our school as well as people from different countries. We all participated in lots of mini games and worked towards short and snappy group scenes which were then put into one overall presentation. It was a challenge to work in a multilingual group because drama and acting can be very focused on language; however, we learnt to overcome these difficulties and produce a piece of work we were all proud of.



Inaya Gharatya

The film workshop impacted me in several ways whilst we focused on gender equality in film, media and everyday life in general. We began the three days by looking at the role women play in the film industry. It was eye-opening to discuss statistics about the topic and also go into more depth about the different campaigns supporting women, for example the recent 'Me Too' campaign. Going into detail about specific aspects of gender equality and more importantly how we would promote them, taught me how to act and react in different situations. Our work in making short videos about things such as the gender pay gap or 'boys' and 'girls' sports certainly inspired me and all of the others to try and take action and defy the stereotypes



Faraday Challenge

Rhea Johri, Alice Jenkins and Yasmin Clifford



On Thursday 14th June, we took part in the IET Faraday Challenge. Our brief was to design an attraction for Thorpe Park to suit everyone - especially those who do not like the big rides.

We decided to create a cat and mouse maze ride- called 'The Chase'. It's slightly similar to bumper car and you have to drive the cat cart around the maze. But then adding a twist, in our game you have to laser as many programmed mice as you

can, which scurry all around the maze. You get points for how many mice you hit and if you get over a certain number of points, you get a prize.

Our attraction was the cart itself, which we designed using some of these items: white flexible cardboard; one potentiometer; one motor; three regular wooden wheels; one wooden pulley wheel; and an elastic band. We assembled these items, along with the basic etc,

crocodile clips to create a cart in the form of a cat that can move by itself.

This competition was an opportunity to learn more about the world of engineering. Everyone definitely learned something new and even better – we won. We all had to work together to make it work, everyone had different roles leading to our success. It was great to win a trophy for the school, and each one of us also received a £10 Amazon voucher!!

The winning team was Meilissa Campbell, Yasmin Clifford, Alice Jenkins, Rhea Johri, Freya Rylatt, and Korina Szyszko-Nicewicz.

The IET Faraday Challenge Days are held at schools and other venues around the UK. The IET is one of the world's leading professional societies for the engineering and technology community.

The Faraday Challenge Days give students the opportunity to research, design and make solutions to genuinely tough engineering problems. The students were tasked by the Thorpe Park Engineering Team to design a new attraction for visitors of all ages to fit into the current site. They then had to design and build within budget an actual working part of their design before presenting their work. -

Enterprise Day

Aditi Dhawan and Jess Low



On Monday, 11th June, Year 10 has the pleasure of taking part in the annual Enterprise Day. The day focused on team building exercises and it also allowed us to spend time and work together with people from our Year group that we perhaps don't know so well.

The day consisted of activities varying from making rollercoasters to building hats to mirror the South African Makarapas from the 2010 World Cup. Our initial reaction was how was this ever going to teach

us about enterprise? But little did we know that by the end of the day we would have learnt skills not really covered in our normal lessons such as teamwork and the importance of appearance, resilience and manners in the workplace. We were also offered the incentive of chocolate prizes throughout the day making it even more enjoyable!

Overall, the day was an absolutely incredible experience. It taught us amazing life skills and the definition of enterprise which is 'Making Things Happen!'.

GDST Frederica Lord Scholarship

This year's Frederica Lord University Scholarship has been won by Ayesha Sehgal. The scholarship, which is one of the Trust's most prestigious, is competed for by girls in Year 13 from all GDST schools. It is tenable for three years of university study, and intended to help the holder benefit from the broader range of university experience – travel, societies, and other wider intellectual pursuits.



Aqua Sulis

Some of the Year 10 Latin students on a visit to Bath



Sustainable Fashion

Prize winning design concept from the team of Anna Haworth, Aditi Aryal, Kirsgiya Selvachandran and Imogen Day



Hairspray

The NHEHS Hairspray Dancers open the GDST Film Festival

Log Cabin Tea Party

On the 12th June, Year 10 hosted the annual Log Cabin event by inviting children attending sessions run by this local charity for tea and an afternoon of entertainment at school.

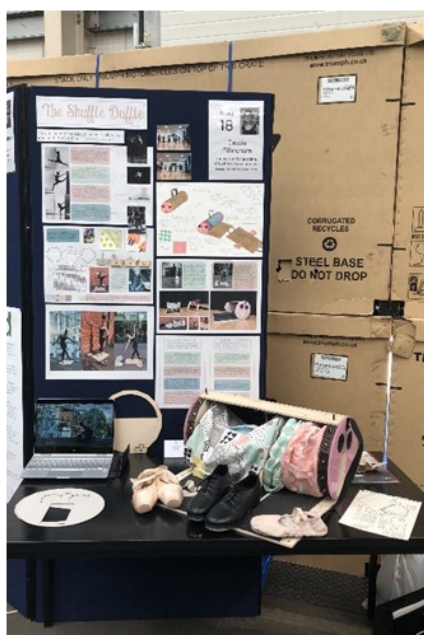
We had organised a variety of activities such as a T-Shirt decorating station, a Lucky Dip, a live outdoor theatre and many more enticing activities to entertain the 17 children who came along.. In the live outdoor theatre, students performed famous fairytales such as Red Riding Hood, Goldilocks and the Three Bears and The Three Little Pigs. These were an outstanding success as the children loved trying to guess which play the students were acting out. We also offered a lucky dip in which the kids received a variety of prizes, the most popular prize being the bubbles! In the T-Shirt decorating they enjoyed using pieces of felt, pens and a ton of glitter letting their imaginations go wild. It was a pleasure to see the wonderful creations they came up with.

Overall, the Log Cabin Tea Party was truly an extraordinary event. I feel so lucky to have been part of such an memorable experience where I was able to witness these amazing children laugh and enjoy the afternoon we spent together. It was a pleasure to host the afternoon and I hope I can participate in many more charity events like this.

Aditi Dhawan

Triumph Design Awards

Cassia Fillingham



In July, I competed in the finals of the Triumph Design Awards held in Leicester. The competition created by the motorcycle giant Triumph, aims to discover and recognise students who can demonstrate excellence in Design and Engineering. The brief provided by Triumph was to research and identify a real-world problem and then show how design and engineering can improve this.

The majority of the DT students entering the competition were from Year 13 and they submitted their major A Level coursework – however, as a Year 12 student I entered with an independent project. My product named 'The Shuffle Duffle' is a hybrid of a dance mat and carrying bag which allows a dancer to practice 24/7 to improve their technique in any location of their choosing.

During the finals of the competition, I was asked to present my product to a panel of judges who were all Design Engineers. It was a wonderful experience to attend and view other student's projects as well as being given tours of the Triumph factory. At the finals I received commendations for both my visual design and innovation rounding off a very successful and enjoyable day.

Essay Prizes

Congratulations to two of our Year 12 girls who have been successful in university essay prizes this term. Lucy Psaila won first prize in Oriel College's Lloyd Davies Philosophy prize for her essay entitled 'The limits of my language mean the limits of my world'. Lucy also won joint third place in the Newnham College Languages Essay Prize with her essay on the effects of globalisation and minor languages, such as Catalan, Welsh, Ukrainian or Frisian. Meanwhile, Rinda Naresh achieved joint second place in the Newnham College Biological Sciences Essay Prize for her piece on the origins and evolution of eukaryotic viruses.

Investment Club

Yasmeen Chishti, Jasmine Saha, Leah Mentesh and Eliza Beresford



Our Investment Club was established by Computer Science teacher Dr Nandi with the aim of encouraging students to appreciate more about the application of Computer Science to the modern world in areas such as in Finance. In the final meeting of the term we were invited to the House of Lords for tea by Lord Lee, the UK's first ISA millionaire, an extremely well-respected Financial Times columnist, a best-selling author and a much sought after seminar speaker.

Upon arrival at the House of Lords, we were greeted by the most congenial of security guards and were quickly ushered into the waiting area. Lord Lee arrived to greet us and we embarked on a tour around the House of Lords. One of the most

notable rooms was the House of Lords Chamber where the State Opening of Parliament takes place every year and also where visiting Heads of State address parliament. This room has huge paintings depicting the Battle of Waterloo in 1815 when the English defeated the French. Lord Lee spoke of the time when President Nicholas Sarkozy of France visited Parliament and how in the welcoming speeches made in that room to celebrate his visit he made numerous joking references to the Battle of Waterloo. It was heartening for us to learn that even politicians, like teachers, do have a sense of humour.

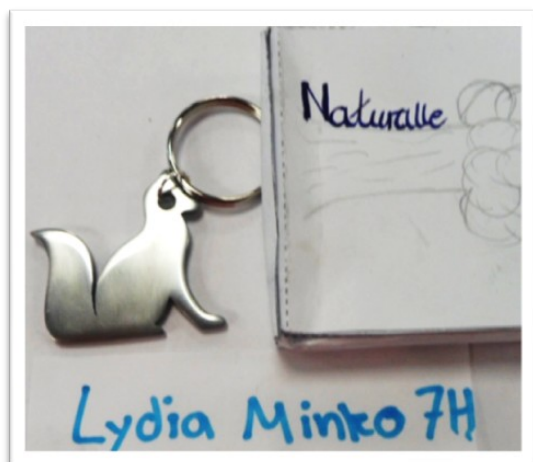
Then we were led into a large tea-room via a corridor where we could see numerous functions going on in different rooms, each function relating to a different

interest group. To the casual observer, this could be misinterpreted as a great deal of fun and frivolity going on at the public's expense. However, it is a well-known fact that it is over food and drinks that human beings bond, exchange information and much serious business gets done.

So, over a delicious tea which included cream and jam scones and cucumber sandwiches, we participated in a round-table discussion with Lord Lee about the world of investments, stocks and shares. We had come prepared and we asked Lord Lee if he would be willing to answer our questions. Lord Lee smiled and said "Oh this is just like Question Time". We were able to ask him for his tips for investment success (he likes to get to know the companies, and tends to pick those in which management has a substantial stake); advice on how to get started as an investor (read the specialist journals and magazines and the FT); and his views on Brexit (he's a staunch remainer). Finally, we showed him our own portfolio of investments. Lord Lee took the list of stocks in our carefully constructed group portfolio and studied it with great interest while we waited with baited breath. The verdict was that it was a good, conservative portfolio from which we could make money.

Pewter Jewellery

Oliver Futter



Year 7 have been making pewter jewellery. The project involved students creating a design and then making an MDF mould which was filled with molten pewter. The final product was then filed and polished to perfection. Julie Rotimi, a professional jewellery designer, came in to judge the girls' work with the winners receiving Accessorize vouchers to spend on more jewellery. The overall winner was Lydia Minko, with Adriana Hodson in second place and Charlotte Farrell in third.

Spring Concert

Hester Goodsell



The annual Spring Concert was held at St Barnabas' Church. The Symphony Orchestra performed with great confidence the overture to *Coriolan* by Beethoven followed by several

concerto movements. Charlotte Timms played the first movement from *Haydn's Piano Concerto No. 11* and Lydia Buckroyd performed the third movement from Shostakovich's hauntingly

beautiful *Piano Concerto No. 2* accompanied by the Symphony Orchestra. Georgie Redhead and Emilia Rayner presented a movement from Handel's *Gloria*.

The Senior Choir then joined forces with the NHEHS Parent and Friends Choir and accompanied by an orchestra made up of students and professionals performed two works, the evocative *Serenade to Music* by Vaughan Williams and the dramatic *Schicksalslied* by Brahms.

Plan UK Walk

Tara Al-Haddad



In the Plan UK Walk Year 7 girls and their Year 12 Big Sisters completed a sponsored 10k walk in support of this charity which strives to advance children's rights and works for equality for girls all over the world.

The walk took place in Cleveland Park and we walked around it three times to make a total of ten kilometres. There were around eight teams setting off at different times. However, many

teams merged or tried to beat the other teams!

This Plan UK walk has helped us make new friends and connect with our Big Sisters. It was a great idea and an amazing experience to do all that walking!

Everyone completed the route and in record times, raising an impressive £2,265 pounds.



More Charity News

This year the girls have raised over £14,000 pounds for a wide variety of charities. In addition to the weekly events organised by each form in support of their chosen charity we have also been supporting a range of other causes.

The special fundraising event for St Clare's Hospice was held in memory of Mr Trickett. When thinking of event ideas, we tried to incorporate some of Mr Trickett's passions, so what better place to start then with animals, especially dogs. The celebrity 'guess the pet owner' quiz went down a storm with some teams managing to obtain full marks and in the battle for best Science Department Team, Physics stormed away with the title in the Battle of the Sciences Quiz.

In June, to mark World Refugee Day, we organised a collection for 'Help Refugees' a charity which responds to humanitarian crisis by providing food, clothing, shelter, funding and more to refugees in need. They currently fund more than 80 projects across Europe and working from a list of 'most needed items' provided by the charity, we collected a remarkable amount of clothing, blankets, toiletries and games which will be delivered to Calais over the summer.

Thank you to everyone (students, staff and parents) for their support this year. Watch this space next year to see how here at NHEHS we will be looking to expand our charity support by introducing a number of volunteering projects in which girls can get involved.

Katie Prendergast



Rounders

Rounders has continued to be a really popular sport this year, although the girls have also been learning to play cricket in their PE lessons.

Each week we have had over 50 girls attending practice from Year 7 alone, making team selections competitive. Girls have attended training on a Tuesday afterschool at Trailfinders Rugby Club and in Year 7 we have fielded A-D teams who have all been very successful in their first fixtures at NHEHS. We have also had a hotly contested House Rounders competition.

Meanwhile the U18 A team took part in the GDST Rounders Rally in June coming in third place in the Plate, winning games against Sheffield, Blackheath, Birkenhead and Streatham and Clapham.

As always this has been a fantastic sport to take part in, especially when the weather has been so good, and it has been a fun way for the girls to finish the year.

Terri Adams

Minerva 7 Presents: Eva's Story

Esme Sugden



The final Minerva 7 show of the year was *Eva's Story*, a play based on escaping the Nazis via the Kindertransport in WW2. The Kindertransport was created to enable about 10,000 Jewish children in occupied countries to travel to England to escape from the Nazis. Most of the evacuees never saw their parents again as the majority perished in Nazi concentration camps.

In truth, we were all a little nervous, but very excited, when we found out we were doing an adaptation of the play by Diane Samuels as we felt we were being trusted to convey a message about something of enormous historical significance and emotive content. Furthermore, the issues are painfully relevant to the current situation of many child refugees and their parents today.

When we started rehearsing we knew we would have to perform our lines, entrances and exits perfectly, to allow the audience to enjoy the show as a whole and to cry as well as laugh. The issues of parenting, separation, grief and guilt were explored through multiple characters and the performance used emotional exchanges pared down to their essence. The talented technical crew used the projection screen, lighting and sound to enhance the audience's experience of the changing settings and timeframes.

This was an amazing opportunity that would not have been possible without Ms Craggs, Ms Smith and Ms Whitmarsh. I believe everybody loved the show and there were definitely a few tears at the end.

National Army Museum

Freya McNeil



Year 9 went on a history trip to the National Army Museum to broaden their knowledge of the First World War.

We began with a gallery search to give us an opportunity to explore the museum. It was interesting to discover more about the objects on display which we had not necessarily learnt about in our lessons. These included the 'dead man's penny' which was given to a deceased soldier's family to commemorate his brave contribution to the war effort. I found it an intriguing to learn more about specific soldiers' stories. In the classroom the majority of the history of First World War is taught about the army in general and does not cover personal stories. The museum gave us a unique insight into a different way to approach a historical period, ie through



first-hand accounts. Furthermore, many of the artefacts on display had additional electronic information which included records of other peoples' opinions on the objects. It was very interesting to see how other people had responded.

Some of us were able to take part in some of the basic drills which WW1 soldiers would have undertaken before they were sent off to the front. It was fascinating to be given a glimpse of the experiences of these soldiers. We also were able to learn how society perceives the army through the media such as films or even typically overlooked mediums like nursery rhymes. I personally found this section of the National Army Museum, the most captivating as it enabled us to link the past and present perceptions of the army and their soldiers. This covered a spectrum from the patriotic which

lacked any acknowledgment of flaws, to the highly critical where the army is accused of brainwashing soldiers and turning them into killing machines. The many ways of displaying information, such as through music or ethical surveys, allowed us to be taken through different scenarios which you might encounter as a soldier in times of war. This included questions such as 'If the enemy is torturing their prisoners of war, would you do the same?'

Later in the day we took part in a workshop in which we learnt about the propaganda posters which were made to persuade the public to sign up and fight in the war. It was interesting to compare what techniques were used in the posters such as 'guilt tripping' or the significance of showing family or women. Also, we examined posters from different periods, finding that those from the post-war period used blue backgrounds which connotes calm, whereas many of the propaganda posters at the beginning of the war used bolder colours like red to highlight the urgency of men needed to fight.

Year 9 enjoyed The National Army Museum and left having learnt many new things regarding The First World War.

Athletics

Sophie Nicholas



I am thrilled to report that our Year 7- 10 team finished in 6th place out of the 19 schools attending the GDST Athletics Rally! This is a huge achievement and a big improvement from our 12th position last year.

Some stand out performances:
Amy Taylor: 1.30m in High Jump – 2nd Place

Keerit Dhillon: 17.34 in Discus- 3rd Place

Isabella Holmes: 13.40 in 100m- 1st Place

Jasmine Palmer: 2 minutes 30 in 800m- 1st Place

Sophie Claxton: 8.54m in Shot- 3rd Place and 19.70m in Discus- 3rd Place

Natasha Jones: Running for the Year above in 300m 46.7 seconds- 4th Place

Vicki Newton: 22.52 in Javelin- 4th Place

Our girls put up a strong showing in the Middlesex Schools Athletics Championships with representation from Jasmine Palmer- 800m, Natasha Jones- 300m, Isabella Holmes- 200m, Grace Kenyon- Javelin, Isobel Thornton- Long Jump, Victoria Newton- Javelin, Honor Hill- Norton- High Jump, Milly Buckroyd- Triple Jump

Huge congratulations to Jasmine who ran 2 minutes 28 seconds and finished in 3rd place and Milly who jumped 9 metres 23 getting 4th place in the triple jump, a discipline which she has only just started this season.

In the Year 7 and 8 Middlesex Athletics Championships twelve girls were selected to represent Ealing . Being selected over

others in the borough in itself is a huge achievement.

Particular congratulations go to Sephera Forrester who finished 3rd in the whole county in the High Jump- Clearing 1.35m and Kavneet Dhillon who finished 7th out of 24 girls in the hurdles, which is another fantastic result.

Finally our team had some mixed results at the Track and Field Cup Regional Round finishing in 9th place out of 12. There were however stand out performances from Sephera Forrester- 1.35m in High Jump finishing in 3rd Place, Bella Bartlett- 17.50m in Discus finishing in 2nd Place, Zoe Marsland- 20.03m in Javelin, Freya Rylatt- 7m13 in Shot and Eva-Marie Weintraub- 2m48 in 800m

Critical Thinking Club

Sophie Castano



and creative song writing skills plus dexterity to crack the clues and escape before the time is up.

Creative Thinking Club enjoyed this classic Escape Room conundrum in the final session of the term with all teams except one escaping in time (and not to worry -we rescued the final team so they weren't eaten by the Giant either).

The Giant from Jack and the Beanstalk has trapped all the children in school. They have to use their wits, problem solving

Well done to the Critical Thinkers for showing off their mental agility throughout the year at Critical Thinking Club!

Year 9 Film Music Competition

Hester Goodsell

As part of the Year 9 music curriculum, students are tasked to capture and edit an original film and compose original music for it. There were some impressive submissions with everything from stop-time animation, fight scenes, musical theatre and emotive film shorts being entered. This culminated in an Oscars Competition held in June.

A huge thank you to Miss Dunne and Miss Webb for judging. Prizes were awarded as follow:

Best original soundtrack:

'Blue Inferno' Grace and Meher

Best cinematography:

'Hard Drive' Amelia, Lily, Aurelia and Brianna

Overall best film:

'Jane's Diner' Vita, Dulcie, Amelia, Li An and Olivia



Goodbye Year 13

Year 13 said goodbye to us this year with the energy, warmth and good cheer we have come to regard as characteristic of the class of 2018.

Pictures of the whole year group taken in Year 7 decorated stairwells and walkways. The girls were treated to croissants and Bushra's cookies in the dining room before going into their very last assembly. Old school uniforms made an appearance and the day was rounded off with the Leavers' Tea, which was a lovely occasion filled with musical and poetic contributions (and some happy tears) from both staff and students.

We are very sad to say goodbye to the Year group, but they leave us with an enormous number of fond memories. We would like to wish all the girls the very best of luck for the future, and hope that they will stay in touch with us and come back to visit often.

Jenny Bushell



History Day

The History Representatives organised the first ever NHEHS History Day on Thursday 7th June. The highlight was a fancy dress competition with a very broad history theme (anything pre -1980s apparently!).



Wicked!

On 20th June the Year 10 music students made their way to the Apollo Victoria theatre to watch *Wicked*. The song *Defying Gravity* from the show is one of the set works they study as part of the GCSE music syllabus. They hugely enjoyed the production and investigating the instruments in the pit during the interval.

Leavers' Ceremony



The guest speaker at this year's Leavers Ceremony was Sarah Hunter MBE. Sarah was Captain of England's Women's Rugby team in the Six Nations Tournament in 2018, Captain of England's Women's Rugby World Cup winning team in 2017 and World Rugby Women's Player of the Year in 2016.

Head Girl Team 2018/19

After a very successful year for our outgoing Head Girl Team we are delighted to announce our new team for 2018/19.

The new team is lead by Francesca Wilson (Head Girl), with Rosie Glenn, Phyllis Keen, Rinda Naresh and Sharuka Ravichandran as Deputies. This year, for the first time, the team will include the new post of Games Captain and we welcome Cameron Thomas in this role.

They are all looking forward to their new roles and responsibilities as they involve themselves in all aspects of school life.

Med Soc

Philip Sheldon



Just as England and Columbia were kicking off on 3rd July, we were halfway through an epic programme of lectures organised by the Year 12 MedSoc Representatives with a good-sized audience of NHEHS girls from Years 10-12 and Year 12 students from local schools.

The first seminar, given by Piriya Kesaven, a 5th Year medical student from Imperial College and representing the training company Kaplan, was about the UKCAT and BMAT entrance tests which all medical schools now require. She offered some very useful tips on time management in these pressurised tests.

Dr Nihal Shah, Consultant Oncologist at the Mount Vernon Hospital and the East and North-East Hertfordshire NHS trust gave a very clear and well-pitched account of cancer causes, treatments and advances. I was astonished to hear that mustard agents (nerve gases) are now being used as drugs for chemotherapy.

Very few people would ever get to see a consultant, were they not referred to them by their GPs.

General Practitioners play a crucial role following patients and their families throughout their lives and have a huge responsibility in interpreting the combination of a patient's words and the symptoms that they display. Dr John Keen, GP at Bedford Park Surgery, described how he sometimes has to tease out the real issue from the patient and he went on to outline examples of some of the difficult decisions that he has had to make.

The ethics continued with Dr Mike Brunner, Consultant Anaesthetist in Intensive Care at Northwick Park. He led a highly engaging discussion on the thin division between withdrawal of treatment and murder as legally defined in the case of Hillsborough victim Tony Bland. He also touched on the more recent case of doctors at Great Ormond Street Hospital, trying to offer baby Charlie Gard dignity in death, against the understandable wishes of his parents who were clinging to some impossible hope of recovery.

Finally, Pankaj Chandak brought the evening to a rousing end when he spoke about advances in surgery. He is a surgeon and researcher specialising in transplantation. He described how robotic surgery enables the surgeon to much more easily carry out delicate manipulations such as stitching together blood vessels. His research includes removing the antigenic determinants from the surface of transplanted organs with the aim of preventing rejection. Another project of his is to combine imaging techniques such as MRI with the use of 3d printing to produce anatomically precise replicas of donor organ and recipient's personal anatomy. This enables the surgeon to check that the operation is anatomically feasible (for example check to see if there is sufficient space in an infant for an adult kidney to be transplanted into them). The surgeon can also rehearse the operation in advance, knowing the precise location of the individual's blood vessels. This is invaluable in a transplant because the donated organ, once taken out of ice, needs to be connected quickly to the blood supply.

Congratulations to the Year 12 team of Lucy Whittock, Lisa Vashchenko, Sharuka Ravichandran and especially Rinda Naresh who took the lead in organising this highly successful event.