All the Fun of the Fair

Natalie Arestis

A week into the new term the School Hall was bursting with excitement as the Extra-curricular Clubs Fair got underway, with Subject Reps from across the sixth form on a serious recruiting mission for a vast array of before-school, lunchtime and after-school clubs.

With a choice of over 60 Clubs covering topics as varied as Feminism, Robotics, Philosophy and Coding, the Reps used their creative efforts to promote their passions. A group of drummers lured crowds towards the music department, a team of MI5 special agents promoted the Code Breakers club while a sausage-and-dog combo wandered round attracting attention for Backstage Pass (the Theatre Tech Club). Clever robots were on display to promote the Vex and Lego Robotics Clubs and amazing masks and sculptures were used to encourage sign-ups for the ever popular Art Club.

Teachers were on hand to help with recruiting for newer clubs such as “Sapere Aude” and “The Only Way is Ethics”, philosophy clubs which aim to challenge with questions such as “why is it ok to eat animals but not Humans.” Also recruiting hard were the Feminism and Politics Clubs who are aiming to bring the big issues of the day to life through exciting and thought-provoking debate.

And with a full and extensive menu of sporting and music clubs also on offer, girls throughout the senior school were spoiled for choice. Sign-ups were impressive and enthusiastically received. The buzz undisputed.
In the evening parents and guests were treated to a concert in which the NHEHS choirs performed a range of contemporary, classical and folk songs ranging from *The Water of Tyne* to *Stay with Me* rounding off their performance with a rendition of *Rolling in the Deep* by the combined choirs.

80 students from Years 7 to 13 in Chamber Choir, Senior Choir, Harmony Choir and Lower School Chamber Choir took part in an inspirational day of singing, learning and fun. The professional singers from Blossom Street produce an amazing sound and wowed our girls with their technique and energy.

On Wednesday 10th October, our U18 Hockey Team went to the U18 Middlesex Tournament where they faced Latymer Upper, Godolphin and Latymer, St Benedicts and Mill Hill. After a fantastic team effort, and some superb leadership by Nathalie Wickremerante and Philippa Jones, the girls won the whole tournament, being crowned U18 Middlesex Hockey Champions and progressing to the Regional Hockey Finals on the 6th of November.

Congratulations to the team and we wish them the best of luck in the next round.
Intermediate Biology Olympiad

*Liberty Brown*

In June the Year 12 biologists (now in Year 13) took part in the rigorous Intermediate Biology Olympiad.

This international competition is open to students in the first year of post-16 education and consists of a one-hour multiple choice paper to be taken online under exam conditions. Questions were set on topics students are likely to have covered at GCSE and in their first year of A Level.

The results are now in and girls did amazingly well with Rinda Naresh being awarded Gold and Alisha Godhania, Karen Ramzy Yakoub and Becky Everett taking Silver. Bronze awards went to Anika Dhawan, Philippa Jones, Iva Grujic, Isobel Stronge and Sharuka Ravichandran. Megan Rowley, Hannah Coxhead, Cleo Copper, Elena Tybulewicz and Shalini Chohan were Highly Commended with Elen Kavanag, Rosie Glenn and Phyllis Keen awarded Commended.

Senior Football

This year’s Senior Football Squad played their inaugural match under new coach Mr Futter in the Independent Schools Football Cup (ISFC) National Sevens Tournament at Charterhouse School in October.

Happy Birthday NHEHS

145 years old on 15 September 2018.

GDST Girl

Our very own GDST girl as seen on-line and in the Evening Standard and The Times as part of the GDST’s brand awareness campaign.

Singing in the Rain

Wet weather failed to dampen spirits on the silver DoE expedition to Dorset.
World Culture Week
Simon Piesse

Ealing Cross Country
Our team put in a winning performance at the Ealing Cross Country Championships. Jasmine Palmer won gold in the Year 9/10 race and we got a full house in the Year 11/12 race with Anna Mackenzie clinching the gold, Martha Price taking silver and Amira Nuseibeh achieving a bronze medal. Jenny Read also Ran very well to finished in fifth place. All of these girls have qualified for the Ealing London Youth Games team!

Another stand-out performance came from Eadie Solanki-Jackson who came seventh in the Year 7/8 race and was placed first among the Year 7 girls. Rosie and Nicola Hewitt also Ran extremely well coming in 10th and 12th in the Year 7/8 race.

All the 30 girls who ran finished strongly and as a result we clinched overall first place, making us Ealing School Cross Country Champions for the 7th year in a row!

Lauren Munro-Hall

World Culture Week kicked off with an “olé” and went on to feature African dance, a treasure hunt which involved hunting for clues in different languages and ended with a multilingual Poetry Slam.

The week aimed to immerse our students the languages they are learning through a series of exciting and fun cultural experiences. For example, what better way to gain insight into Lorca’s *La Casa de Bernada Alba* which our A Level girls are studying, than a Flamenco workshop? And so, a focus on Flamenco, literally kicked-off the lively week-long cultural programme. Girls from Year 7 and above, were shown how to tackle this complicated dance by a professional dancer, who delivered her instructions in Spanish.

French culture was delivered on a plate with a lunchtime session on making crêpes and raclette. Unsurprisingly, the tasting opportunities involved attracted long queues.
The Atrium came to life on Thursday with more music, this time with the sounds of Africa. Girls and their teachers, listened and danced freely to the mixture of lively East African and Angolan rhythms before following a dance choreographed and led by Spanish teacher, Mr Muma.

Meanwhile those not tempted by the beat could take part in a world literature themed Treasure Hunt with the three winners all coming from Year 8. (Leah Levman, Clemency Gething and Leena Flade) and all forms competed in a World Cultures week interactive quiz (First place 10T, second place 8E, and in third place 10G).

Poetry rounded off the week. With an exciting twist for World Poetry Day, all girls put their linguistic skills to creative use in a competition to craft multilingual poems on the overall theme of Change. The three finalists had the chance to deliver their poems in Spanish, Mandarin and French in assembly. Visiting poet, Frances Leviston, inspired our girls with the theme of Metamorphosis and gave a series of workshops throughout the day.

A Poetry Slam brought crowds to the Atrium at lunchtime and provided a rousing finale to a week of cultural and linguistic endeavour!
This summer 30 of our sixthformers went on a 24 day expedition to Thailand and Cambodia organised by World Challenge, a company which specialises in enabling student expeditions around the world. As well as being adventures in their own right these expeditions aim to promote confidence and independence as well as ethical engagement in the communities they visit. Our girls were divided into two teams each accompanied by two NHEHS staff and an expedition leader from World Challenge. Here are some of the experiences and adventures of Team 2.

This summer I went on a 3 week (+3 days) expedition to Thailand and Cambodia with 13 other girls from the school, Miss Munro, Miss Croft and our expedition leader, Cally.

We had to fundraise all the money to pay for the trip ourselves, so for the past two years we had all been doing lots of different fundraising events like quiz nights, car boots, and bake sales.

The original plan was for us to visit Nicaragua in Central America but only 3 weeks before the trip, we were told it was too dangerous so they changed our destination. I don’t think any of us thought we would be changing continent, let alone going 10,000 miles in the opposite direction!

The trip stressed independence and we each took on a different role each day. The roles included: being team leader, booking accommodation, finding transport, negotiating food prices and looking after our hygiene - probably the most important role because they always needed to bring the hand sanitizer— a necessity when you’re in the jungle and nearly half your group has diarrhoea! Two other key roles were our accountants, Rinda and Anika, who managed to make sure that we never got carried away with our money. In the end they became very quick at their 17 times tables!

We spent 8 days in Thailand, admiring the beautiful temples and palaces, and also doing our acclimatisation trek. This was a 2 day trek at Hellfire Pass and then the Erawan Falls. After a long trek through a narrow and steep forest, the waterfalls were what we were all looking forward to… but not when there are big bit-eyed fish in them. Nobody realised how powerful these small creatures were until we saw Miss Munro jumping up and down screaming and running away while attempting to keep her flip-flops on her feet.

8 days into our trip, an 8 hour coach journey, full of singing songs, book swapping and getting overcharged at the...
border crossing and we made it to Cambodia and our amazing hotel. For anyone who hasn’t just spent days sleeping in youth hostels and guest houses this hotel would sound pretty boring, but for us it was like a dream. Not only did it have an infinity pool but it had soap! By this time most of us were nearly running out of soap and there was great excitement when we saw the hotel also provided shampoo! There were even TVs and even though the only English TV programmes were Dora the Explorer and Phineas and Ferb, we all rushed to bed early and relived our childhood.

During the middle week of our trip we did our community project at a school through an organisation called We Care Cambodia. In the mornings, we built a fence around the school and dug vegetable patches. After relaxing in the hammocks at lunch and having bucket showers, we taught the local children English. While it was so rewarding during the day the nights were not so pleasant. Here are two top tips we learnt while living like the locals. Do not go to the toilet after it has rained as it will be infested with red ants. Yes, I sadly experienced ants in my pants! Also make sure that during the day your mosquito net is still tucked up unless you want to be woken up by screams of Loula and her giant hand that has been bitten by a centipede!

Then came our trek… 3 days in the jungle. I think we would all love to give a special shout out here to our World Challenge leader who managed to get us through those 3 days of giant spiders, throwing up and helping putting up bashers, never mind that there was a crack in the cover which meant Eshana got absolutely drenched in the night. It’s almost impossible trying to balance a hammock with just you in so I think Eshana and Sally deserve special mention for mastering the art of trying to balance a hammock with two people, especially at 2am in a thunderstorm.

Jungle treks, insects and weather apart other challenges were a phone detox and surviving off rice for 3 weeks. However, I think that anyone who gets offered the opportunity to do World Challenge should 100% go for it. We all made loads of new friends and came out of the experience feeling like we had made a difference to other people’s lives.
Young Leaders Conference
Francesca Wilson, Rosie Glenn, Phyllis Keen, Rinda Naresh, Sharuka Ravichandran and Cameron Thomas

We had from Friday evening until Saturday evening to submit our campaign ideas and then on the Sunday morning, we actually pitched our ideas to the charity and also to potential sponsors. It was a really fast paced couple of days because there were so many elements to consider. We also had to find time to conduct market research in Bath. Although we were working with people we hadn’t met before we very quickly learnt to pull together as a team. Tasks were allocated according to our skill sets; putting everyone in their strengths and working to each other’s strengths. We learnt how not to micromanage and how to respect everyone’s roles.

Just to give you an idea the campaigns devised included a #Tap4Tap app to enable FRANK Water, a charity installing taps in villages in Nepal and India to easily receive donated funds and a #LeanOnMe campaign for the Rainbow Trust, a charity that raises funds for terminally ill children and their families, using the slogan “we can’t stop time but we can make the most of it”. The social media campaign included a competition asking entrants to take pictures of the people who they have felt supported them to capture the #LeanOnMe sentiment.

The Young Leaders’ Conference took place at the Royal High School Bath where we joined more than 130 other GDST girls - Head Girls and their teams, for an intense and intensive weekend of activities and talks designed to inspire and challenge us.

Ann Daniels, one of the first women in history to reach the North and South Poles as part of an all women team, and Chartered Management Institute CEO Ann Francke were among the impressive women who took part in the event. Daniels drew on her own experience participating in a tough Dartmoor selection weekend as a mother of 18 month-old triplets with no previous experience, and spoke about the importance of living life to the full, taking opportunities as they appear, and not letting a fear of failure stop you in your tracks.

We were put through a series of team-building exercises by British Army officers and then split into groups with girls from different schools. We were asked to develop a digital fundraising campaign to support the specific needs of one of four charities: United World Schools, FRANK Water, Rainbow Trust, and SOS Children’s Villages UK. The teams were asked to use social media to raise awareness and also to produce a promotional video.
Latymer Hockey Tournament
The U13s went to their first tournament of the year which was hosted by Latymer school.

The U13As played 3 games in their pool against Surbition, Godolphin & Latymer and Queenswood, losing all 3. This put us into the Plate Competition where we played Latymer Upper in a very exciting Plate semi-final, holding them to a 0-0 draw, and then beating them in a penalty shuffle competition. The team then went on to play Queenswood in the Plate final, narrowly losing 1-0, but putting in a better performance against them than they had managed in the pool stages.

The U13Bs (pictured above) faced some tough competition in their pool, drawing one match and losing two. They progressed to the semi-final of the Plate Competition where they won 5-0 against Ibstock Place making it to the Plate final where they beat Tormead 1-0; resulting in NHEHS being Plate winners!

Lauren Munro-Hall

The Big Draw
Rebecca Fisher-Black

Right at the end of a busy half term, we celebrated the ‘Big Draw’ an international drawing festival, which takes place annually in over 25 countries worldwide. The theme for 2018 was Play! and girls from the Junior and Senior Schools along with staff were invited to take part.

The activities included a game of ‘Exquisite Corpse’ based on a drawing game developed by the Surrealists from the traditional game of Consequences and called Le Cadavre Exquis. The Surrealists’ game involves a piece of paper, folded horizontally concertina-fashion onto which, in turn, each member of a group draws a part of a body, without being able to see what others have drawn on the paper. The final result is a body or character of composite parts.

At lunchtime everyone descended on the Hall to add to the collaborative mural of people at play inspired by Tony Craggs Menschenmenge 1986 and students were also encouraged to create their own mini masterpiece on our ‘wall of frames’.

It was a fabulous day which successfully got everyone involved in drawing, discovery, and most importantly having fun with those HBs!
Creative Bonding

On their first full day of school this year, Years 12 and 13 were treated to an exciting film-making workshop from the Young Film Academy. Working in groups made up of a mixture of Year 12s and Year 13s, they also had the chance to get to know the people they’d be sharing a Common Room with for the next twelve months.

We began by hearing all about the history of film-making, as well as some tips on screenwriting, and the different kinds of camera shots used when making a film. A highlight of the day was the ‘fight choreography’ session – the sight of eighty pairs of girls squaring up in the garden and (very realistically!) pretending to punch one another was not to be missed.

After lunch, the groups went off to produce their ‘ten-shot’ films, each group taking a different theme. The girls took the instructions to be creative with their cast and locations very seriously, with one group even evicting Mr Shoults from his study in order to film there.

The results (with titles including Best Served Cold, Mars Actually, The Bin Bandit and Dethroned) were screened at the end of the day.

Jennifer Bushell

Get Involved
Katie Prendergast

We are excited to announce the launch of three brand new volunteering projects at NHEHS with fantastic local charities in Ealing, plus the roll-out of a reading programme successfully piloted earlier this year.

Working with Ealing Mencap, girls in Years 7-9 will be able to be part of the Volunteer Events Committee to help organise fun events for people with learning difficulties and other disabilities. Ealing Mencap are also offering the opportunity for five of our students in Years 10-13 to become founding members of their new Young People’s Board to work alongside the charity to create, launch and update new social media content for younger people. The five girls who win a place on the Board will be those who are able to fundraise the most money for the charity by December 14th.

Meanwhile volunteers in Years 12 and 13 will be able to work with Ealing Age Concern to help out for one to two hours a week befriending an elderly person at Greenford Community Centre or helping with organised activities.

Finally, following a highly successful pilot last year, there are also opportunities for Year 12 and 13 girls to work for one hour a week with young children at Drayton Green Primary School to help develop and practice their reading and literacy skills.

International Netball Experts

On 7th of September we welcomed New Zealand International Te Huinga Reo Selby-Rickit, England Internationals Vicki Oyesol and Halimat Adio and Mavericks U21 Champion Philippa Fleming. They led a 2-hour coaching session for girls from Years 8-13 in which shooters learnt about circle rotation, defence learnt how to switch players in the circle and mid-court learnt about the importance of passing hard and fast. The girls came away with some useful tips and some interesting ideas to apply to their game. A very inspirational couple of hours!
On Friday 7th September, a group of intrepid Year 7s boarded the coach for their team building day at Hillingdon Outdoor Activity Centre.

It was a very successful day. The rafts held together, those who wanted to take a quick dip in the water did, and the team building activities helped girls meet lots of new people and make new friends. They also generated some very healthy competition between the groups!

The girls were a pleasure to spend time with, and returned to school tired, a bit damp but very happy.

Parents’ Guild—Save the Date

Please join us at the Parents’ Guild Quiz and Curry Night on Saturday 17th November.

The cost is £22.50 a head, tables of 8 or 10

To reserve your table payment can be made via BACS transfer

PARENTS' GUILD ACCOUNT : 01700707 SORT CODE : 400226

(include your surname in Reference)

Please also RSVP to Iain Fratter at schooleventtickets@gmail.com
to let us know you’ve paid and how many of your guests are vegetarian.
The Art department has had a very busy start to the term with a number of exciting and creative art trips and workshops to aid student projects across the Art and Design curriculum.

In September, Year 9 artists visited the *Aftermath - Art in the Wake of WWI* exhibition at Tate Britain, and also took part in a workshop at the House of Illustration, for which they had to design an illustration responding to real life events. The aim was to inform our class project on 'Text and Image', as well as to complement our studies in war poetry in English.

Meanwhile our Year 10 artists visited the Frida Kahlo retrospective at the V&A: *Making Her Self Up* to inspire their GCSE coursework. This was followed by a visit to the National Portrait Gallery for a lecture on Portrait and Identity, as well as a visit to the BP Portrait Award.

In October, Year 12 A Level artists took part in a ‘Gallery Crawl’ around London, to further support development of ideas for their A Level coursework projects.

We started at the John Saone Museum and then headed to the Marina Goodman Gallery to see the exhibition by South African artist Kemang WaLehulere ‘not even the departed stay grounded’ and walked to the White Cube to see works by Julie Mehretu.

Then we headed south of the river for a quick-stop lunch and on to the Hayward Gallery to enjoy the immersive experience of the *Space Shifters* exhibition, finally ending our day at the Tate Modern visiting *the Shape of Light: 100 Years of Photography and Abstract Art*.
Romeo and Juliet

Set against a contemporary backdrop, our Romeo and Juliet are part of the smart phone driven generation who not only have to navigate the complexities of human relationships, but negotiate a society governed by Facebook, twitter and instant messaging. Fake news was not a term many people used two years ago, but it is now seen as one of the greatest threats to democracy, free debate and order. In this production, we see this force at play and witness the unfolding tragedy through not only the eyes of the characters but also through the eye of social media.

Thursday 22nd, Friday 23rd and Saturday 24th November
Performances start at 7.00 PM.
Tickets can be purchased via ParentPay and collected by your daughter from the Romeo and Juliet box office located outside the drama studio (open 1.45pm-2.15pm every Monday, Wednesday and Friday.)

Debbie Whitmarsh

Harvest
Katie Prendergast

The NHEHS love of a good cause, combined with some competitive spirit, was on show at the end of term as forms put together hampers for Ealing Food Bank. The generosity of the NHEHS community was on full show with some forms having created hampers worthy of Fortnum and Mason while others had embraced an emphasis on quantity and a more utilitarian approach.

The winners for style and presentation were 7S, 9S and 7T with 7G, 8E and 10G winning on the sheer amount donated. We are very grateful to everyone who made donations and a special thank you to Mr Barrett and the Caretaking Team who moved and re-boxed all donations so that they could be collected by the charity.

Netball Family

Thank you to all the Old Girls who came to play our U18 Netball Team. It was a 20-10 win for the U18s, but definitely a strong performance from the Old Girls.

See you next year!
The Atrium and Hall were buzzing on Saturday 17 September as over 250 NHEHS alumnae greeted former classmates and teachers at this year’s OGA tea. There were tables piled high with scones, chocolate eclairs, sandwiches and sausage rolls while a glass of Prosecco on arrival soothed any fears as to whether everyone would recognise old friends.


There were speeches by the OGA Chair, Jane Sigaloff, who described the evolving role of the OGA Committee and thanked two Committee members who retired this year: Jane Hering and Gillian Lowe, for their long service.

Mr Shoults spoke of his delight at meeting so many of the school’s alumnae in the last year, and highlighted the great input Old Girls can have into current school life. He also talked with pride about how the NHEHS Old Girls’ network is regarded throughout the GDST as one of the very best.

The speeches were followed by tours of the school buildings, old and new, led by sixthformers and the afternoon wound up with the annual OG vs NHEHS U18 netball match (The U18s won 20 -10 and there is now considerable talk among the OGA team about ‘a proper training regime.’ )

The girls also have the chance to meet and hear from some world class players such as England team member, defender Eboni Chambers and while not on court also to enjoy a range of team building and adventurous activities such as tunnelling, high ropes, rock climbing, and laser maze.

At the end of the first day the U14A team had gained a string of wins and a single loss to Channing: meaning they won their pool to go through to the Trophy as top seed. Despite some close matches against St Pauls, Channing and Bolton on the second day the team eventually finished in seventh place.

Meanwhile U13As (pictured above) put in a very strong performance on their second day emerging as winners of the GSA Cup. An excellent result!

Sophie Nicholas
On 30 September our team of parent and staff runners (including Mr Shoults, Mr Smith, Miss Bushell and Mr Stocker) set off to complete the challenge of the Ealing Half Marathon to fundraise for local Northfields charity The Log Cabin. A mix of enthusiastic runners, seasoned half-marathoners and first-timers, the NHEHS team found that they were never far from supporters who cheered them all along the 13.1 mile route.

Waved off from Lammas Park by Ms Silva, the first water station at St. Peter’s Church was a welcome sight and it was nice to see several NHEHS girls volunteering. Then, ahead of the tricky Park View Road hill, two large groups of NHEHS girls had congregated with their parents to wave brightly-coloured banners and hand out sweets.

Pitshanger was peppered with teachers and supporters encouraging the team with “Go Notting Hill!” to every runner in the NHEHS red and blue t-shirt. Back on familiar (and flattish!) ground after the Kent Avenue incline, we came to Wimborne Gardens and outside the school teachers and girls boosted morale with much-needed jelly babies and high-fives. Four miles down the road after conquering the notorious Greenford Avenue hill, the team were homeward bound but just as the legs began to tire, up popped up more amazing support in Hanwell!

Feeling almost like local celebrities, the whole team loved hearing the girls cheering them on by name.

Other runners quipped “You seem to know a lot of people in Ealing!”

With seemingly the whole of Ealing out on the streets, backed by steel bands, serious sound systems, jelly babies and noisy NHEHS supporters all along the course, the incredible #EalingFeeling inspired many of the team to achieve Personal Best times. Some have even signed up already for next year!

Many thanks to our supporters - both on the day and those that made donations online. We raised a stupendous 5871.66 for The Log Cabin which includes over £750 raised by the ‘own clothes’ days organised by the girls in both Junior and Senior Schools.

So, who’s up for the Ealing Half in September 2019?
Whole School Photograph

How long does it take to marshal 911 girls aged 4 to 18, by year group and height, a regiment of staff plus 1 Headmaster? Just under an hour if you have an ex army Lieutenant Colonel in charge.

Mr Baines, our Director of Operations, seamlessly led us through the process of getting into place for the whole school photograph. The sun shone brightly on what was the warmest October day for 20 years, the photographer’s megaphone failed at the critical moment but everyone managed to hold their smiles and that was it for another 5 years.

U 18 Netballers Through to Finals

The U18 team have qualified in the Middlesex netball preliminary tournament to play in the finals in March.

They won their first three games against Godolphin & Latymer, South Hampstead High School and Francis Holland but then lost against Henrietta Barnet and Highgate.

A little panicked knowing they’d lost their last 2 games they had an anxious wait for the overall results. However, enough points had been earned to gain third place and to qualify for the finals.
It was a pleasure to host an evening dedicated to networking for alumnae who work or have an interest in the fields of Architecture, Design and Engineering. The event kicked off with a discussion by our alumnae panel led by Katie Wilmot (NHEHS 2002) who is an architect. She was joined by Dr Kate Crawford (NHEHS 1995), an engineer, Emilie Paine (NHEHS 2007) who is an urban planner, and Kinda Savarino (NHEHS 2012), a graphic designer.

They covered topics relevant to these areas including the lack of women in these sectors, the influences of recent developments in technology and the importance of resilience and doing what you enjoy. They were also able to offer advice to young alumnae who are at the start of their careers and were able to give examples from their own career pathways.

Current sixthformers with an interest in architecture, design and engineering were also invited to the evening and were able to join alumnae at the networking and drinks reception which Followed. This gave all attendees the opportunity to make connections with each other and ask any further questions of the panel.