

— A Student Newspaper —

THE HIGH SOCIETY

Friday 21st April



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CREATIVE ARTS

DANCE NEWS

On Monday the 20th of March, after weeks of organising by Miss Mckendrick and I, the Spring Dance showcase took place in the Harding Hall. The evening showcased the choreography work and performance pieces of year 11, 12 and 13 dance students as well as the year 10s Great Big Dance Off competition piece and, of course, Joey's Commercial Club.



In the school day, there was a tech rehearsal to allow our wonderful tech team, led by Hannah, to enhance the performances with sound and lighting design and for the dancers to get in some last minute practice before the night! I was so impressed by such a wide range of styles from contemporary to hip hop and all sorts of narratives that were told through the dances; I got to see all the pieces in the dress rehearsal as well as experience the backstage buzz during the performance as I delivered the dancers back and forth from the green room (main hall) to the wings!

It was such a fabulous display of the amazing talent that Aylesbury High School is home to - and what a wonderful opportunity for the hard-working students to share their pieces with family and friends and for younger students to get a taste of what it's like to perform for an audience with proper production.

By Lottie, 12M



ESU PERFORMING SHAKESPEARE

On Wednesday 22nd March, Pihu, Eden-Rae and Charlotte (9H) performed in the second heat of the ESU Performing Shakespeare Competition, hosted at AHS.

As well as performing a 3-minute monologue or duologue, each entrant had to give a short introduction to their piece, stating the play, scene and character, why they chose the extract and what they wished to show or achieve by the way they played the scene. Charlotte chose Act 3, Scene 1 of Hamlet, delivering the famous 'To be or not to be' speech, while Pihu and Eden-Rae respectively played Juliet and Nurse in Act 2, Scene 5 of Romeo and Juliet.



Although the grand final isn't until June, preparation began in November. All teams who entered had six sessions with Mrs Hughes, each focusing on a different aspect of performing. The feedback they received gave them confidence and polish for the school's internal round, after which the three who made it through continued to rehearse right up until the second heat.

Shakespeare is often viewed as daunting source material, full of antiquated language and odd turns of phrase, but the sense of achievement gained from diving into one of these formidable texts and unravelling characters' backgrounds and motivations was a highlight of the girls' experience. The competition also taught them various public speaking skills and tricks - did you know that standing on the balls of your feet helps to project your voice?

Despite the tough competition, Charlotte was one of four competitors chosen to proceed to the regional finals. We wish you the best of luck, Charlotte, and huge congratulations!

By Nusaiba, 10C

HOUSE ART



On the 17th of March, AHS held the much-awaited House Art Fashion show. The show was made possible with the kind donation of clothes from Florence Nightingale, from which each House created 3 runway-worthy outfits and accessories to fit a chosen theme.

On the day of the event, as soon as we were released from our form rooms, we gathered in the main hall to start the technical rehearsal and run-throughs. When not on stage, each house worked hard to make their display boards as striking and vibrant as possible. Last-minute preparations such as finishing presentation slides, the scripts, cues, or perfecting the walks were all also underway. It was inspiring to see how everyone supported each other, and despite it being a competition, it definitely did not feel as one at times.

The eclectic and compelling music helped keep our spirits high and watching the other houses' run-throughs confirmed that the night would certainly not disappoint and deciding a winner would be all but an impossible task.

As the time ticked by and the final dress rehearsal began, models started putting on their outfits, and the hair and makeup team rolled up their sleeves and got to work.



A few hours before doors opened to the audience, we were delighted to meet with Kara, from M&S head office and one of the judges for the night. We discussed pursuing a career in fashion and the importance of sustainable fashion, a theme that underpinned the purpose of the show. Whilst the house art captains and backstage crew were unable to see the final show, it was clear that the night had been a huge success because of the many impressed audience members who did not hold back their praises. Overall, the night, I'm sure, was a memorable one; whether that was due to the exhaustion, the excitement, continuously shushing the backstage team, or the quiet celebrations after having been on stage. After 6 months of preparation, planning and designing, it is safe to say that the hard work very satisfyingly paid off.

On a final note, much-deserved congratulations go to Ascott for winning and the runner-ups, Waddesdon and Missenden. The show would have also not been possible without the hard work of Mrs. Hartwell, Miss Denham and the rest of the art department, so on behalf of everyone, thank you.

By Maryam, 12K

MATHS

MATHS CHALLENGE



On the 9th of March, Chloe, Beth, Aara and Iraa in Y10 had the exciting opportunity to attend Maths Feast, an inter-school maths competition aimed solely at Year 10s. These students were hand-picked by their teachers and put through a gruelling selection process, but eventually, they came out on top.

The event involved 4 rounds, each 25 minutes long, including maths comprehension, true or false rounds and even estimating the value. 15 schools.

The 4 students did incredibly well, winning 2 of the 4 rounds against the fierce competition of another

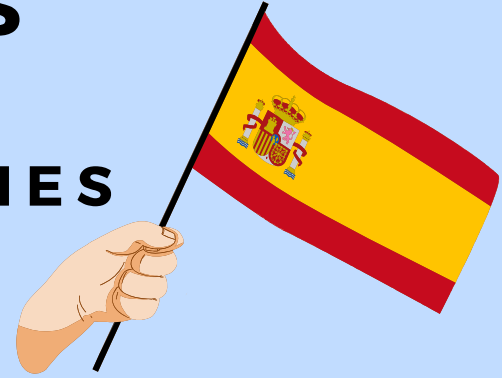
The participants stated that although challenging, “Maths is great fun” and in this event, they “aspired to win”, which ultimately helped them achieve. They also mentioned how the competition helped them build their confidence and teamwork skills, which they can carry forward to future competitions.

Although there were no significant prizes from the occasion itself, these four Year 10s shall be leading House Maths for Year 7 as student ambassadors and possibly starting a Maths Challenge Club in which all Maths-loving students at AHS can get involved in. Let’s hope next year’s participants from AHS are just as successful!

By Scarlett, 10A

MODERN LANGUAGES

THE SPANISH EXCHANGE-IES ALFONSO X EL SABIO



The adrenaline was high for the Year 10s and 12s gathered with parents on Turnfurlong Road at 3am. With a coach journey, flight, another coach journey and an entire week of fun ahead of us, the sole topic of conversation was what kind of breakfast we should get at the airport! Of course, we were all avoiding the nerves surrounding meeting our exchange partners for the first time. Putting faces to the names that we'd been conversing with for a couple of weeks was daunting to say the least. The only way I can describe it to you is like a blind date with someone that you have to stay with for a week - oh, and you're in a foreign country, speaking a foreign language. A piece of cake, right?



We waited, twiddling our thumbs in their school's canteen. Hoards of Spaniards flocked around us, many trying to test their English, many of them not being part of the exchange. Nonetheless, we finally met our partners and all went our separate ways. For me, Abuela's homemade Paella with the rest of the family was the epitome of authentic Spanish culture.

It's fair to say that the Murcian accent took at least the first day to adjust to, with many of us not understanding simple words, though our comprehension improved massively over the week simply from being immersed in the language.

The next day, our school visited Cartagena, a nearby city. We visited a subaquatic museum, went to a park with stunning views and then were let loose to explore. Myself and some friends went on a several hour walk along the coastline and up to a lighthouse, admiring the windsurfers in the choppy sea. The following day, we visited the Alhambra with our exchanges.



All I can say to you is that it was worth the 4 hour coach journey. We travelled through the south of Spain, our exchanges pointing out their families' villages and at one point there was desert terrain on one side in stark contrast with the snowy mountains on the other side!



The weekend held much excitement with the prospect of discotecas and carnivals... it did not disappoint. On the second day many of us visited the beach with our host families, all of whom were so amiable.

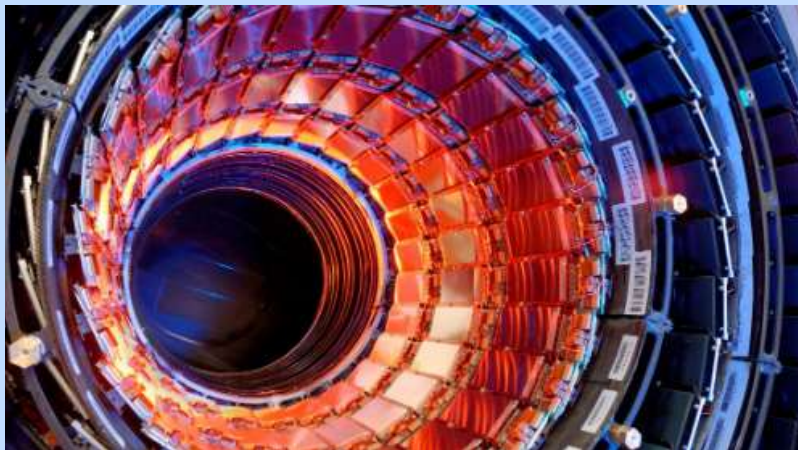
Much to their horror, we were in our Spring clothing, soaking up the vitamin D, whilst they were wrapped up in scarves and coats... good luck to them when they visit us!

We spent the next two days in Murcia, one in school with our exchanges. As well as calling their teachers by their first names, there is just a generally louder, more casual atmosphere there - drastically different to AHS. Some of us even managed to learn a traditional Murcian dance in PE. We visited the 'Casino' - a social club - with beautiful architecture featuring stained glass windows and with an inherent Arabian influence. Then, we had churros in the plaza outside the cathedral and finished our last day with a feature on the Spanish school's radio station. It was then time for the grand farewell and whilst there were some tears (honestly, from a combination of exhaustion and sadness), we all knew that hosting them in England was going to be so much fun!

By Hattie, 12C

PHYSICS NEWS

On Tuesday 7th March, a handful of Year 12 students had the incredible opportunity to attend the Particle Physics workshop hosted by the Rutherford Appleton Laboratory (RAL), a renowned laboratory run by the Scientific and Technology Facilities Council.



RAL organised an informative event including lectures on the standard model of physics, the work happening at the Diamond Light Source, the synchrotron science facility within RAL, and the anticipated talk on one of the most famous particle accelerators in the world, the Large Hadron Collider at CERN in Geneva, Switzerland. The LHC is something that Year 12s who study A Level Physics will have the opportunity to visit later this year!

Year 12s were exposed to a plethora of activities in order to explore these ideas, such as coding in Python, the chance to have a virtual tour of the facilities at RAL, an explanation of the mechanics of the LHC and more. This event was a good way to get an insight into quantum physics, as well as learn more about careers in the Particle Physics sector.

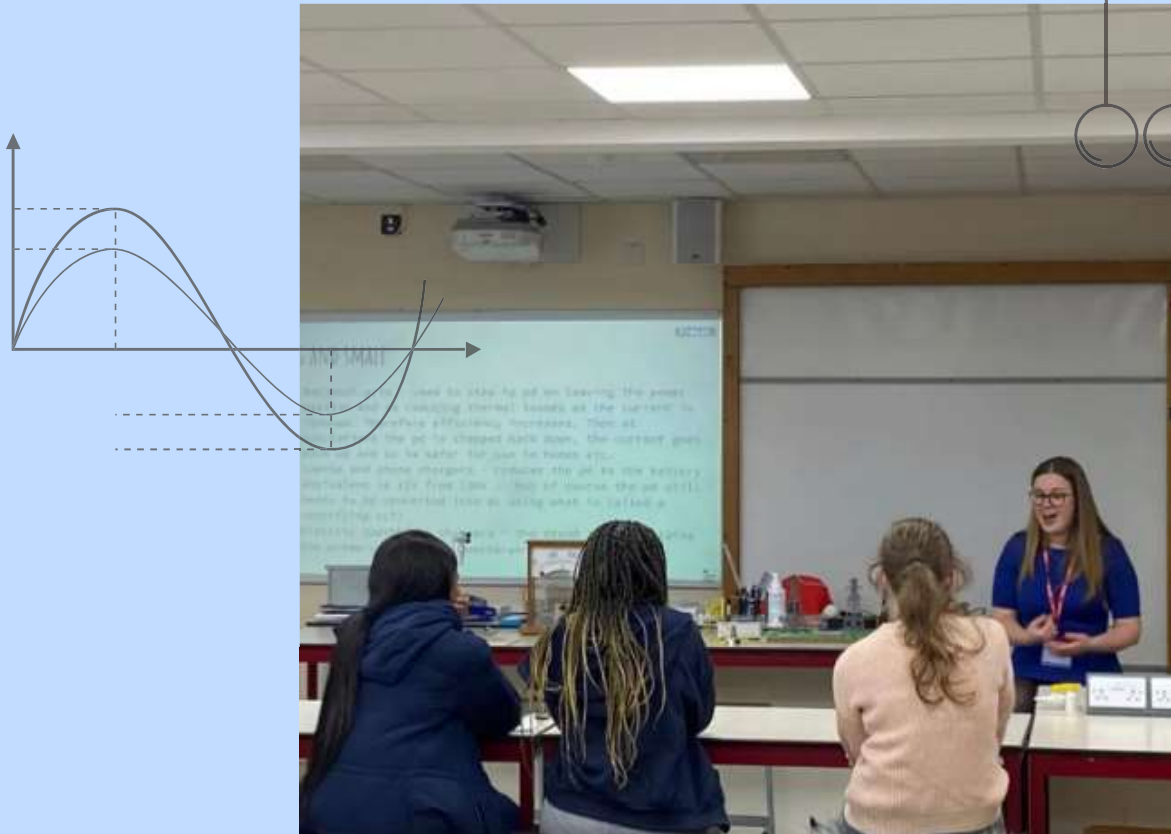
Mahira, one of the Year 12s who attended the event, said:

“[All in all,] a really insightful and interactive day [in which] we learnt new things about particle physics and got a fascinating tour of the ISIS laboratory [in RAL].”

Another Year 12 commented that:

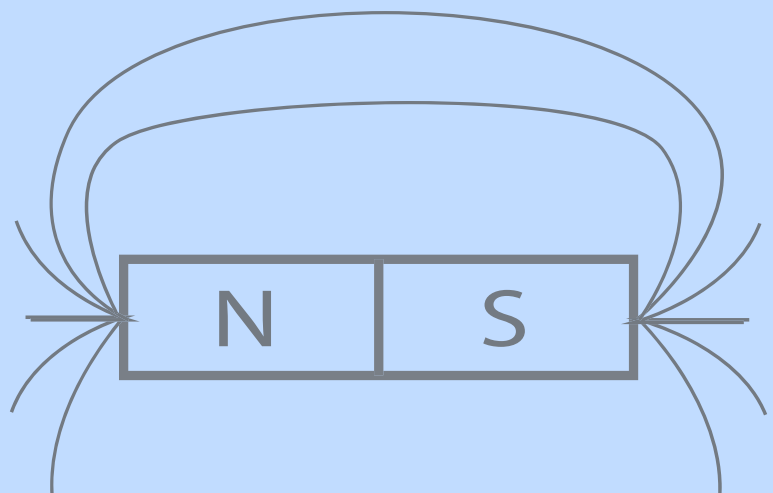
“It was an interesting experience and opened us up to some of the exciting opportunities for research within particle physics - specifically at RAL and CERN.”

Also, on Wednesday 8th March, AHS Physics Society, which is run by a group of Year 12s, had a visit from former student Ellie Glock. She left AHS in 2014, and is now a data scientist working in the civil service. Her insight into university life, degree-apprenticeships, and computer science and physics degrees was incredibly helpful, and many laughs were shared on that day. Thank you, Ellie, for coming in!



And thank you to Mrs Brittain for organising these two amazing days!

By Kalpita, 12M



STEM INSIGHT

Thannista 10C:

I was one of the people that attended the STEM Insight week, which happens every half-term. The STEM Insight week was a week's worth of experience packed full of information. So, what did I do? This gave us opportunities to ask direct questions to them and get their opinions. One of the most exciting parts of the week was our life skills, this included financial skills, CV skills and interview skills.



We learned common interview questions and what an interviewer looks for in an interviewee, such as dressing appropriately and how to present yourself confidently - this is extremely important! We got to put this into action when we did role-playing in an interview setting. (We did many of these for other sessions too, this allowed us to get familiar with others) CV skills were also intriguing as we learned how to format and lay it out to make it suitable to send to anyone. By far, it was the Financial Skills that were most eye-opening. We learned about the realities of living at a university, even with parental support.

While it was frightening we were assured that if we prepared we would be completely fine, we could do this by opening a savings account and then transferring it to an ISA account, or building up our credit score by paying for our mobile charges, starting now! For my presentation I looked into the effects of space on the human body, this was fascinating as it covered two major things I'm interested in; outer space and medicine!

There was plenty of support from the staff and my friends, such as lots of constructive feedback. By the end of the programme we got a certificate as proof, which is great if you want to put it onto your CV. I made many new friends and I really enjoyed my time there, it also helped me improve my confidence. I would absolutely recommend this to anyone who's interested!

Aara 10C:

STEM Insight Week was a great experience and I would certainly recommend it to anyone interested in a future career involving STEM subjects.

I got involved with this through a notification posted by Mrs Brittain on Google Classroom, I then filled out a form and handed my application to the Oxford Science Centre where they then chose around 20 people to come over to the centre. Many opportunities are posted on Google Classroom regularly, so make sure to check! The week was during the February half-term and was very informative. Companies like GE Health, Oxford PV, and Habitat Energy came during the week, and we learnt about a variety of different topics.



Emotional intelligence, PET/CT scans, effects on Alzheimer's, and power stations were only half of what we did. A fascinating workshop was when GE Health came in to talk about emotional intelligence, which is how you not only understand and manage your emotions but also how you recognise and influence the emotions of the people around you. It was an eye-opening experience, with a chance to make many new friends.

I still stay in touch with many of them and along the way, we get regular breaks which you can use to go into the Exploration Zone, look at the 15 acres of woodland or chat and eat lunch with friends!

Zainab 10C:

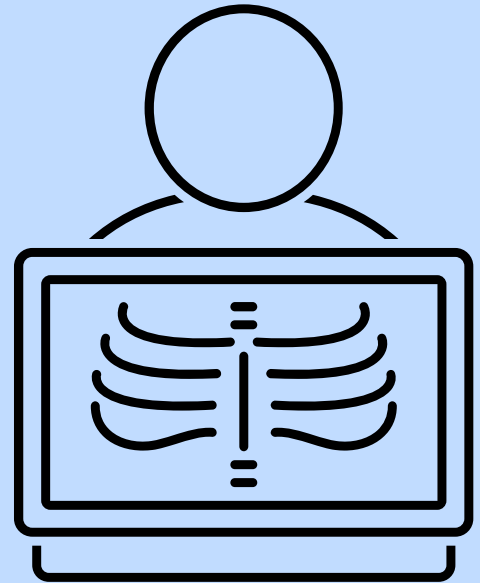
The STEM Insight Week was an awesome experience that I would recommend to everyone in my year group who is seeking more insight into STEM careers. Surprisingly, as an introduction to the week, we did breaking the ice activities which made me feel at ease and comfortable. One of my favourite parts of this Insight week was the activities that we did with GE Healthcare. The activities that we did were as follows: group discussions and group acting.

This was on the second day of the week when we got split into groups with different people. We worked together in groups to show a scene from a film that showed emotional intelligence. The other groups who were watching us were analysing how we made use of emotional intelligence and how my body language or facial expressions display this.

In our scene, I was a radiologist who was consulting patients about the use of PET/CT scans and how this will affect their bodies and if they had any concerns about it.

In PET scans you get injected with a radioactive substance which helps take the image and helps radiologists see how cancer is spreading across your body, nonetheless, this is excreted after 24 hours, so you will not be radioactive and the cancer will not spread.

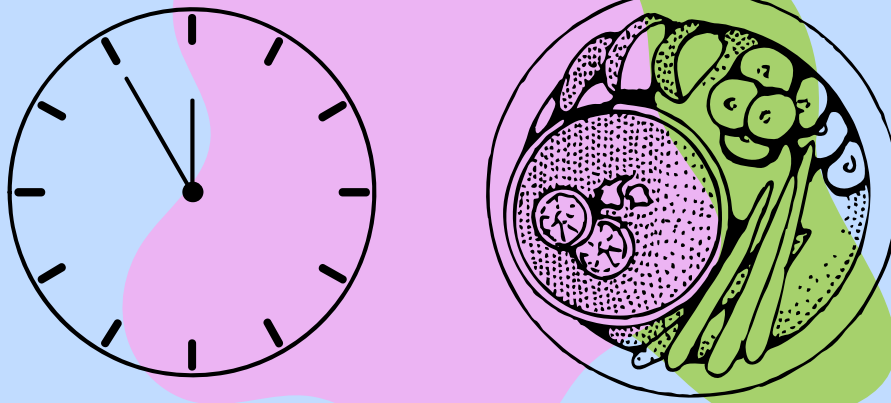
If I had not attended this Insight Week I would have never gained the confidence to speak in front of people and gained so much knowledge on understanding others. I befriended many people and I still keep in contact with them, I really enjoyed it, and I am sure you will too!



FOOD EXAM

The Year 11 Food Tech practical exams took place recently, between the 20th and 23rd of February and we would like to commend all involved.

During this time all other practical classes are suspended and 8 students at a time, taking a kitchen each, complete 3 complex dishes in 3 hours. “Bake off style,” as described by Mrs Saunders. The dishes must have accompaniments and display a variety of skills, competencies and equipment.



These exams compile 30 out of the 70 marks for the student's NEA 2 component. This makes up approximately 25% of their final grade. The themes this year were high calcium, North or South American food or, the very relevant, plant based. Students research their chosen theme in depth and then evaluate and conclude after their final exam.

Mrs Saunders would like to say that this is a “really big achievement” and that students “maintained their calm” despite the tiring and exhilarating nature of the exam. Skills shown include making bread dough and filleting a fish, both complex things to do under these timed conditions.

The dishes were also displayed excellently, however due to the fact they are active work we sadly can't include any photos, but promise to after students receive their marks!

By Beth, 13H

SKI TRIP

During the February half-term, many students had the opportunity of visiting Ravascletto, Italy to go skiing for the week. Staying at the Sportur Hotel, students had a great time skiing and spending time together in a completely new setting. Each day was fun-filled and jam-packed; from early in the morning, the students were already putting their ski wear on and taking the cable cars that lead them to the top of the snow mountains.



The best part for the students was that their skill level did not matter; there were several different-sized slopes, thus everyone was able to get their chance to ski, from the nursery slopes to the blue slopes. After being out in the cold for hours, the students got the chance to also enjoy hot chocolate and other warm drinks, and take part in evening activities such as tobogganing, as well as the most exciting souvenir shop, to buy some presents for people at home.

After talking to some of the participants in the trip, many of them told us that they particularly enjoyed getting to know the teachers outside a school setting, and were enthused at doing a new and entertaining activity. Still capturing the buzz of the students, it is clear that this trip to Italy has really created some positive memories and lasting friendships amongst the people who went.

Ellie from Year 10, who went on the trip, said:

"I think going down the real slope for the first time was one of my favourite moments, even though we all kept falling over on the steep part. I also really enjoyed the part of the slope where you could ski as fast as you wanted so we could practise parallel turning."

Ananya from Year 12, also said:

"I enjoyed learning a new skill, though it was difficult at first it was an experience and I would definitely go again."

All in all, the ski trip was a huge success!

By Kalpita, 12M



... **AND FINALLY**



'DESCRIBE A TIME WHEN YOU FACED A CHALLENGE'

I glanced at myself in the mirror one last time, took a deep breath, picked up my bag and left the house.

The walk to school felt like the longest ever. As I trudged through the snow, stride after stride, I reminded myself of my purpose... and that was to please my Lord.

Today - 15th October 2022, I will face the challenge. The challenge that has been dancing around my mind for the past 5 years. The challenge that has haunted me in my dreams. The challenge that I promised myself I will one day achieve.

I will wear the hijab.

I approached the school gates, turned the icy lock and let out a deep sigh, My heart was beating. Hands trembling. Thoughts racing. Then to my surprise, I smiled.

It was at this point, I felt a warm embrace of comfort and confidence surround me. I remembered that I was creating this new image of myself for no other reason than to please my creator.

It didn't matter what others thought, or what they would say. It shouldn't be relevant to me.

All my fears slowly began to fall off my body as I walked into school. I almost felt comforted by every harsh glare secure with every impertinent whisper ... at ease with every scrutinizing stare.

"You've got this Iram" I whispered to myself.

I no longer had a fear of losing my identity by wearing the hijab. Actually, I was rather excited to create this new identity for myself.

One of respectability. Modesty. Humility.

A new definition to beauty.

I adjusted my hijab and continued my day. This was a challenge that I faced, and overcame.