

the avenue

autumn 2010

From the Head

There is a distinctive 'outward looking' feel to this term's edition of The Avenue which only just begins to do justice to the many events and trips that have taken place throughout the school over the past term.

As the weather forecast tells us to expect more than a smattering of snow over the coming weeks, it is difficult to recall those warm summer days when our musicians enjoyed a fantastic tour to Paris and Euro Disney. Our 'pupil exchanges' with school's in Bremerhaven and Nimes have continued our European theme and provided wonderful opportunities for our own pupils to experience hosting as well as being hosted in families abroad.

We have also been forging stronger ties with other overseas schools, particularly in Years 8 and 9, where our pupils have been writing to Dalit children in India following Father Eric's

visit to Friends' last term. These year groups are hoping to raise money to sponsor a pupil through school. This activity formed part of Quaker Schools' Week, which also gave Year 7 the chance to stay at Woodbrooke, the Quaker education centre near to Bournville, where they got to know each other better, learned about Quakerism and 'silence' – and returned with staggering amounts of chocolate from Cadbury's factory shop.

Some pupils have visited the House of Commons, others have attended seminars in London or maths events at Cambridge University and, of course, we proudly retained the United Nations Association inter-schools quiz trophy.

All this adds up to a fulfilling term. Lots of pupils and staff will be enjoying a well-earned break. I hope that you, too, have a peaceful and relaxing time over the Christmas period.

Graham Wigley

The Junior School Harvest

Junior School pupils saw their very own harvest on sale at the Harvest Festival Celebration this term. For the third year running, pupils from Nursery to Year Six enjoyed an afternoon of picking apples in the school orchard and then sent them to a local press. The truckload of apples made 299 bottles of pure apple juice, which were then sold at Harvest Festival to raise money for Water Aid and the School's Green Team.



Friends' Scoops Quiz for Second Year Running

Friends' hosted the annual Strachan International Inter-School Quiz this term, which saw Friends' along with County High, Newport Free Grammar and Helena Romanes compete for the James Strachan trophy. Friends', who led from the beginning, managed to hold off County High, who by the end were closing fast, to win the quiz and retain the trophy for the



second year in a row. The quiz aims to heighten awareness amongst young people of the United Nations and its work around the world. Congratulations to Emma, Callum, Josh and Calum.

French Exchange 2010

There was a definite hint of nerves, a frisson of excitement and fear of the unknown as Gisèle Searle-Barnes, Max Ford and 16 Year 9, 10 and 11 students began their journey towards Nîmes, on the edge of Provence in southern France. This had little to do with the prospect of living for a week with families we had not met, but with the threat of widespread strikes on the transport network throughout France.

Having made it safely to Lille international station, it was through an arcane network of contacts and Gallic magic that Gisèle had conjured the night before, we were able to catch a replacement train - our original one had been cancelled – and travel slowly and in overcrowded conditions to our destination. But at least we made it!

On arrival the students were paired with their partners and off they went, with a nervous goodbye to their English friends, into the unknown. How would they survive? Would they be able to survive on (gasp!) French food? How would they communicate? Had they got their phrasebook? Would this teach them to do their French homework more conscientiously in the future? Would we ever see them again? Well, yes, in a word.

Sunday was a day spent 'en famille' and we all met again Monday morning at Le Collège Révolution. We visited the Pont du Gard – an amazing testament to the ingenuity and engineering skill of the ancient Romans. It was also an opportunity for us to get acquainted with the Mistral. It was a lovely bright day, but the icy wind cut like a knife. Little did we know this was just the warm up act for the visit to Les Baux de Provence the following day.

Les Baux is a mountain top fortified castle and village with precipitous views for miles, exposed walls and stairs and breathtaking drops. Lots of history, but even more strong wind. It was amazing. Absolutely fantastic. It was a full day as we also visited the impressive underground Cathédrale des Images en route, and the Daudet windmill.



After two days of sightseeing students spent a day in school, a chance to experience the French education system first hand – and survived!

The next day we enjoyed an outing to the Carmargue. A visit to Aigues Mortes, an ancient fortified port, a tour of part of the Carmargue Nature Reserve, a beach picnic (and it was warm and sunny!) followed by a touristy stop at Les-Saintes-Maries-de-la-mer, a charming seaside resort, and a good place for an ice cream.

Friday came all too quickly. The strikes did not affect us too much and in the end we made it back on time, tired but with lots of memories of new experiences, new friends and even some new French vocabulary!

Part 2 takes place in May, when it is our turn to host our new French friends. On a hâte de les revoir!

Max Ford

A Trip to a Hindu Temple

As part of their unit on Hinduism, Year 4 travelled to London to visit Shri Swaminarayan Mandir, Europe's first traditional Hindu Temple. The visit gave pupils the opportunity to experience living Hinduism, the culture of India and the values of Hindu Dharma. A pupil described her experience, "Every inch of the Mandir is carved, so everywhere is so beautiful with intricate designs. My feelings for the temple were so peaceful and humble, I felt as though I had become part of a different world."

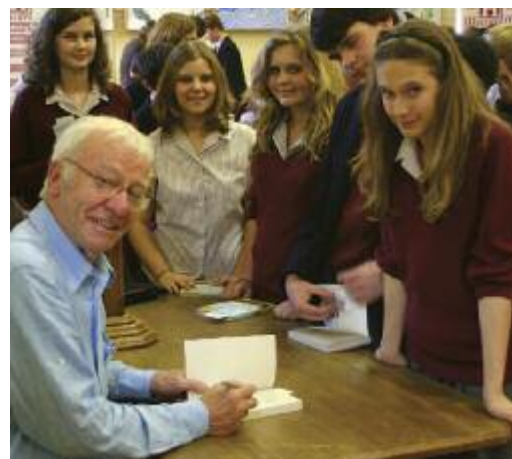


Terence Frisby Visits Friends'

As part of the Saffron Walden Literature Festival, Year 9 students and Year 10 history students enjoyed a workshop with author and playwright, Terence Frisby.

Terence Frisby, author of *Kisses on a Postcard*, and also the longest running comedy in the history of the West End, *There's a Girl in my Soup*, entertained pupils with his experience as an evacuee in a small village in Cornwall. He described to the audience how he had to travel across the country with thousands of other children and the dangerous things that a child evacuee was exposed to. It was the latter, which he asked our students to focus on during some drama based group work.

Dominic McGann (Year 9) said, "The talk was extremely interesting and taught us a lot about a period of time which is unimaginable to people of our age. It was also really refreshing to hear about his evacuation story as, unlike most I have heard about, it was a happy one."





Year 2 Visit Florence Nightingale

Year 2 spent a day at the Florence Nightingale Museum in London finding out all about the life and times of the 'Lady with the Lamp'. The children were welcomed to the museum by 'Miss Nightingale' and were treated to a session where she explained why she went to Crimea, what she did to help the soldiers there and then what happened as a result of her work. Pupils also participated in some self-led activities, which helped them discover more about the founder of modern day nursing. Year 2 also took the opportunity to stand on Westminster Bridge over the River Thames and enjoy the magnificent view of the Houses of Parliament and Big Ben. A wonderful experience was had by all.

Music Department Tour to Paris – July 2010

Following a very busy calendar of events which included a performance of Verdi's Requiem Mass, a fantastic collaborative Senior School production of 'Joseph' and numerous evening and lunchtime concerts, 52 Friends' School musicians turned their attentions to an exciting end of year tour to Paris. With two concerts booked during our stay, an outside engagement on a bandstand at Square Jean XXIII outside Notre Dame Cathedral and a performance on the Fantasyland stage, Euro Disney, our musicians had plenty to rehearse for.

Both the Girls' Choir and Concert Band performed with real flair and impressive levels of musicianship at each concert. They performed a mixture of show tunes, Disney classics, popular music and film themes and showed that all the pre tour preparations and extra rehearsals had been worth it! In addition, the pupils enjoyed a trip to the water park, Aqua Boulevard and a highly enjoyable guided sightseeing trip around Paris given by Max Ford.

Thanks to all members of staff who accompanied the trip and for the musicians and singers who represented Friends' School Music Department so brilliantly.

Gavin Greenaway



Duke of Edinburgh – Silver Expedition

During half term five Year 11 students embarked on their assessed expedition in the White Peak District in Derbyshire. After months of preparation and successful training expeditions, Tom May, Haydn Walker, Jed Hunter, Harry Guest and Rupert Rixon passed their assessment with flying colours. They described the experience as "Awesome, incredible and character building." Rupert summed it up by adding, "I have never enjoyed being cold, wet and tired so much in my life!"

They are now looking forward to working towards the Gold level.



Results 2010

A Level

Students and staff were able to celebrate excellent A Level results once again, building further on the success of recent years. A remarkable 19.4% of passes were at the new A* grade, 38.7% at A* or A, and 67.7% were A* - B. Furthermore 86% of grades were A* - C and no grade was below a D.

GCSE

Once again students performed well in this year's GCSE exams. The school achieved a 100% pass rate with 84.2% of all grades being A* to C which was in line with last year's cohort. Out of all the students in the year, 83.7% passed 5 or more subjects at grade C or above. On average students achieved 0.5 of a grade higher in each GCSE subject compared to their 'Yellis' predictions from their standardised tests taken at the start of Year 10.

National Curriculum Results – Key Stage One and Two

Key Stage One results showed and confirmed the solid start our children receive with 100% achieving Level 2 or above in Speaking and Listening, Reading, Writing, Mathematics and Science. At Key Stage 2, 90% of Year 6 pupils achieved Level 4 and above in English and 85% in Mathematics. 100% of pupils achieved Level 4 and above in the Science teacher assessment.

Chemistry at Work Day

In October a small group of Year 10 students attended the Chemistry at Work day at London Cruise Terminal in Tilbury. The day was organised by 'Stem Team Essex' and the 'Royal Society of Chemistry' to promote the types of jobs available to chemists in industry and involved a half day of lectures, demonstrations and hands on experiments. Students commented, "the lectures were interesting, and the knowledge was impressive. Testing the water using ion exchange columns was interesting, and the tests we managed to complete were fun, and helped us to understand the concepts (in water purification). We were then allowed to taste the water to test any difference after it had been filtered." and "I enjoyed the presentation about hair gel as the person giving the lecture was very enthusiastic." (The students actually got to make some hair gel during the presentation).

As well as learning about the sorts of jobs available to chemists, the day also highlighted the different routes that students can take to achieve a career goal, which was very helpful to the students in thinking about their career choices.

Philip Dant

From the Junior School Head



Once again the school year began with Year 6 and Year 5 going out on residential trips to North Wales, in the case of Year 6 and North Norfolk for Year 5. The weather in Wales was, as you might expect, rainy. This did not deter Year 6 at all and in most cases working out on the mountainside in the rain and wind made the whole experience much more challenging and in the end more satisfying. Alice Bromell remarked, as we stood at Pen y Pas measuring the width of a stream, its depth and the velocity of the water, "this is the best day of my life".

In Norfolk, one of the more challenging aspects of the week is the walk out from Blakeney Harbour to Blakeney Point. This is done at low tide and involves taking shoes and socks off and wading through the tidal stream. Muddy, slippery, messy, wet, and at times uncomfortable, but in the end, entirely unforgettable.

Year 4 are looking forward to three days at Flatford Field Study centre in Constable country and Year 3 will spend two days at St Mark's College, Audley End. And of course who can forget the Year 2 sleepover at the end of the year - certainly not their teacher Sally Manser.

With this emphasis on developing independence through the great outdoors in mind, the Junior School is planning to become part of the Forest Schools movement. Tiffany Johnson will be attending an initial training course early next year.

The Junior School is proud of its emphasis on challenging children through these sorts of activities and the benefits cannot be overstated. Children learn to cope by themselves, to work in teams, to support each other, to solve real problems, to appreciate the outdoors, to develop and use different personal skills, and are looking forward to develop a sense of place. They also learn to be more self aware, able to self regulate and have a positive mental attitude which leads to greater self-esteem and confidence.

If you have any doubts about these claims just ask the children when they return from one of our many excursions beyond the classroom. The stories and smiles will tell you everything you need to know.

Andrew Holmes



Equestrian

The equestrian team continued their successful run this term with excellent performances at both the County Dressage Championships and the Felsted Inter-Schools Horse Show. Congratulations to Imogen Candler who came first at the championships at both prelim and novice level. This qualified her to compete at the National Schools Equestrian Championships, which due to the snow in late November, will take place in January. At Felsted, Imogen was awarded Individual Champion and was also a member of the winning dressage team, along with Becky Westerhuis and Lani Hunter. Georgia Rolls was 4th in the Individual Dressage and Chris Morris-Mills, Imogen Candler, Lani Hunter and Alex Spooner came 5th in the team Show Jumping.



Gosfield Cross Country



On a very chilly day in late November a number of our talented runners represented Friends in the "Cut Hedge Cross Country" at Gosfield School. Alice Bromell (Year 6) came 3rd in her race with Alice Abrahams (Year 5) coming 7th. Congratulations to the Junior School girls' team who ran extremely well to come a very impressive 1st. The boys' team also ran well with Alex Beeston (Year 6) finishing in 16th place.

The Senior School entered 24 runners from Years 7 and 8, who were slightly disappointed that the course had changed to avoid the extremely muddy conditions it has become famous for! Well done to Hannah Irwin who ran an excellent race to finish 2nd. Also to Zac Deller who came 6th and Veronica Golovina who came 15th. Well done to all who ran.

Mountain Biking Success

Callum Riley (Year 11) has had two wins on his mountain bike this term. He competed in the Isle of Man End to End cycle race and scooped first place in the U16 category, finishing in an impressive 4 hours 2 minutes. The 75km course which runs from the northern most point to the southern most point of the Isle of Man consists of 1500 metres of climbing, fast fire roads, moorland paths, country lanes and forest singletrack. Callum put in a superb performance to come 97th overall. There were 1359 entries of which only 991 completed the course.

Callum also won the Challenger - Youth Male category in the 'Mud, Sweat and Tears' East Region Mountain Bike Series. An excellent performance in the last round in Chelmsford saw Callum win the race and clinch the series.



Old Scholars v FSSW

After a two-year break it was great to see the Old Scholars v Friends' School fixture resume its place on the school calendar. A youthful Old Scholars side took on Friends' 1st XI, with support from some teaching staff, in early September. It was a free flowing game with outstanding performances by Will Rolls and James Taylor. Old Scholar, Edward Addison-Atkinson scored two superb goals, and a third from Kevin Phillimon, put the Old Scholars in a strong position mid way through the match. Friends' responded with goals from Ben Kaye and Will Rolls to make for a thrilling game of football. The final score was 4-3 to a well deserved Old Scholars team.



Sports Highlights

Hockey

The girls made an excellent start to the season winning all their fixtures in the first half of the term.

U12

- Played well against Leventhorpe, both matches resulting in a draw.
- The 'A' team had an excellent 2-0 win against HRS to keep their undefeated run going.

U13

- Two good wins, 2-0 against Helena Romanes and 4-2 against Leventhorpe.
- A loss to Newport in the second half of term.

U14

- A convincing 2-0 win against Leventhorpe.
- A narrow loss to St Mary's in a closely fought game.

U15

- The team have continued their strong run scoring 18 goals in four matches.
- Held SWCH to a 0-0 draw.

1st XI

- Won four of their five matches scoring 16 goals. Only SWCH could hold them to a draw.

We are looking forward to the District Tournaments and hope to regain our form for them.

Congratulations to Imogen Candler, Libby Whitfield, Ed Candler and Becky Westerhuis who gained JAC/county selection and Becky Westerhuis who was selected for the Junior Regional Performance Centre.



Rugby

U13

- The team have enjoyed a good season with some strong performances.
- A high level of participation - 22 Year 7 and 8 boys out of a possible 38 played for the U13 team.
- Zak Charlton, Jake Ogilvie, Jimmy Roberts and Douglas Whall stood out among the Year 8 boys and Monty Sclater and Richard Hall gave promising performances for the Year 7 team.
- Two wins against Stoke, 12-10 and 17-12.
- A good win v HRS and a 17 all draw v Birchwood in a tightly fought contest.
- A loss to St Mary's but the team showed fighting spirit until the very end of the match.

U15

- Strong performances from Stephen Douglas, Will Eve, Sam James. Matthew George played well in all games and was the top try scorer of the season. Support from Year 9 boys, Moses Barber and Daniel Parker helped the team gain some good results.
- Two convincing wins against Stoke College.
- A comprehensive display of both backs and forwards rugby against Freman College resulting in a 48 -17 win.
- A narrow loss to St Mary's in a high scoring game (28 - 42) with some good running rugby.
- This team made good progress and the boys' skills developed greatly throughout the season.

Congratulations to Stephen Douglas who was selected for the Cambridgeshire County U15 rugby squad.



Football

U9

- An exciting first match of the season against Fairstead House. The team played with determination and fought hard to reduce the 3-0 half time lead to Fairstead with goals from Barnaby Knight and Joe Davis. Final score was 3-2.
- Despite the wintry conditions the team fought hard against a strong and skillful opposition in St Margaret's, but lost 5-0.

U11

- A loss to Howe Green House for the A team but Friends' fought hard, in particular, Nathan Gibbs who gave a strong and determined performance throughout the match.
- Good performances from both the A and B team against The Perse. Isaac Storey played well in goal and Jacob Taub showed skill in passing and played with determination.
- A draw for the B Team against Dame Bradbury's.

Netball

U9

- A loss to St Thomas More despite good play and Friends' maintaining the majority of possession.
- A 6-3 loss to St Margaret's.
- A much improved team won convincingly against Howe Green House, 13-0. The girls played as a team, marking their partners and passing superbly.

U11

- A loss to Dame Bradbury's but the girls showed excellent team play and a positive attitude.
- An excellent win against St Thomas More.
- Played well against tough opposition in Howe Green House but lost 11-3. Issie Chapman was awarded player of the match.

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