



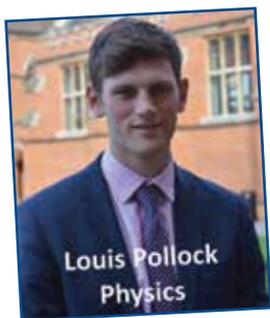
Bancroft's School Newsletter



Insight

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AUTUMN TERM 2017



Louis Pollock
Physics



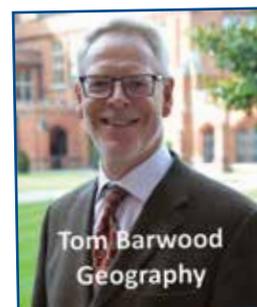
Saskia Johnston
Graduate Sports
Assistant



Siobhan Hancock
Head of Modern
Foreign Languages



Tim Paramour
Prep School



Tom Barwood
Geography

New Year... New Faces

As well as welcoming our new Alphas, Thirds and Lower Sixths to Bancroft's in September, we also said hello to a number of new staff. Some of the faces might look a little familiar: Chris Atkinson returns after spending a couple of years at Felsted, whilst Siobhan Hancock, Louis Pollock and Harry Jones are all Old Bancroftians!

Just like the new pupils, the new staff have had new routines, buildings and timetables to get used to and we are sure that they felt equally as

nervous on their first day! So half a term in and how are they feeling now? We asked a couple of them for their initial impressions of being part of the Bancroft's community.

Siobhan Hancock, our new Head of Modern Languages, said, "It has been wonderful to return to my alma mater after 20 years. The buildings may have changed a little, but the spirit of the School has remained the same – staff and students have been so welcoming. Highlights of my first few weeks have included extension sessions with U6 students applying to do languages at Oxbridge, working with students on the MFL magazine, Classical

Society talks at lunch time and singing with my German classes."

Julia Whitbread, joins us as Director of Music. Her first half term has been busy but she says, "I have thoroughly enjoyed the first four weeks at Bancroft's, although during the first two weeks I hardly felt as though I had time to breathe! Now I am feeling more into the routine I am relishing all the challenges a new school brings, meeting all the students and staff in other departments, although I don't always put the right name to the right face! The Music Department is always busy, but every day brings something new. The best thing is hearing all the musical sounds coming from visiting music teachers' rooms and listening to the various rehearsals that happen in A3 every day. It already feels as though I have been here much longer than just four short weeks."



Harry Markatis
Graduate Sports
Assistant



Chris Atkinson
Maths & Assistant
Director of Studies



David Archer
Head of Boys'
Games, Prep



Harry Jones
Economics &
Business Studies



Julia Whitbread
Director
of Music



Sam Sugarman
Drama



Paul Forster
Mathematics



Sonia Strnad
Economics



Maria Harrington
Russian

Senior School

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Public Examinations 2017

For our U6 and Fifth Forms, the shadow of exam results hangs heavy over the summer holidays. This year, once again, many of them exceeded their expectations and their results reflect the hard work and determination they have shown over the past years.

We saw the highest ever number of A*s achieved at A Level. 38.3% of all exams taken by our U6 pupils were awarded the top grade, making A* the most common grade achieved by Bancroftians this year. A fantastic 69.5% of exams were graded at either A* or A. Twenty nine pupils claimed three or more A*s each, with 14 of these gaining four A*s and an ecstatic two being awarded an amazing five A*s.

The majority of pupils have achieved places at their chosen universities. With 23 Bancroftians taking up their places, this was a record year for Oxbridge. Amongst other popular destinations are Nottingham, Durham, Exeter, Birmingham, King's London and UCL. Congratulations must go to Rebecca Leung who has a piano scholarship to study at the Royal Academy of Music. Two of our artists have places for art foundation courses, Tyler Ward-Bagnold is off to the Royal Drawing School while Nina will continue her studies at the prestigious Central St Martin's School of Art.

Apart from their undoubted academic success, this is a year group which has always thrown itself wholeheartedly into the co-curricular life of the School. Throughout the past seven years, they have made an invaluable contribution to music, sport and drama. School productions, such as *Sweeney Todd* and *Les Miserables*, have been enriched by their talent and enthusiasm. Twenty two of the U6 have achieved their Gold Award in the Duke of Edinburgh's Award Scheme and are looking forward to having their awards presented at St James' Palace. The members of the School's Combined Cadet Force have shown fantastic examples of leadership with Tom Walton, the Head of Contingent, and Josh Sekhon, Head of the Army Section, both awarded Sixth Form Army Scholarships.

Head, Simon Marshall, said, "Our U6 was an exceptionally hard-working and talented year group and they have coped admirably with being the first year to experience the new A Levels. As guinea pigs for these tougher A Levels, it has been an extremely stressful and uncertain two years for them, and, therefore, their achievements are all the more significant. They have been supported by our extremely dedicated and hard-working teachers (for whom these last two years have been no less stressful) who also deserve congratulations for their dedication and inspiration. As ever, we are as proud of those of our pupils who worked hard to achieve B and C grades as we are of those who worked equally hard and achieved A* grades."

Our Fifth Form also saw that their hard work had paid off in their terrific set of results. A huge number of pupils exceeded their expectations and we were delighted to see so many individual success stories.



Over half the exams (56%) taken were awarded an A* and 89.3% of all GCSE exams were graded at A* or A. In total fifteen pupils achieved a magnificent clean sweep of ten A*s, with 47, more than a third of the year group, achieving 7 seven or more A*s.

Simon Marshall, said, "This is an excellent set of results from a year-group which has been perhaps a little slow to realise their academic potential. It was great to see so many of our pupils express real joy (and relief) with their achievements. I am sure that this is a year-group which will now grow in intellectual confidence on the back of these great results and approach their A Levels with real ambition. This is the final year for this type of GCSE exam, and it is great to see our Fifth Form sign them off so well."





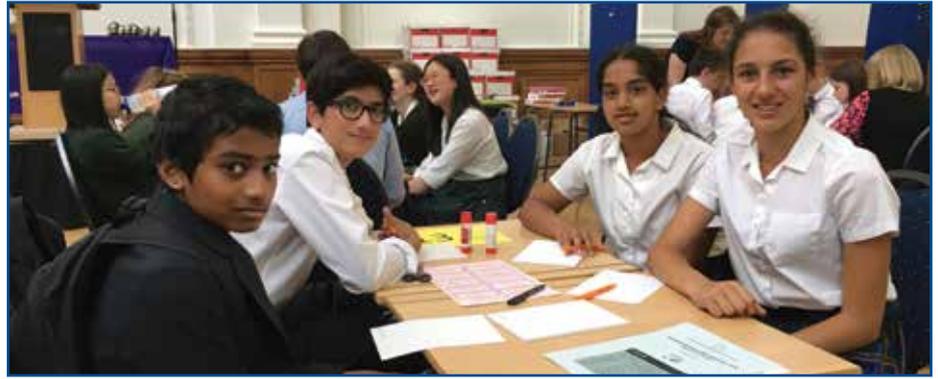
UKMT Team Maths Challenge

Sara El-Khamlichi, U4E

Maths, contrary to widespread belief, is a subject looked upon with mixed emotions by some Bancroft's pupils, possibly feelings of dread or horror. Some might even see it as a subject consisting of random numbers and pointless equations and of no real value in the outside world, a popular statement being "When am I going to need Pythagoras in real life?"

However, at the UKMT Team Maths Challenge Final, held at the Royal Horticultural Halls, I learnt that these seemingly "pointless" equations can be used to stretch and stimulate the mind, so enhancing skills of logical thinking and creativity.

With our team of Jathusan Vijayakumar, Akhila Natarajan, Aarian Judge and me, we kicked off the day with the poster round, requiring us to design a poster related to an obscure, lesser-known branch of maths called "Polyominoes" which focuses on geometric figures made by joining equal squares edge to edge, an example of which are dominoes. Fifty stressful minutes later we produced a



colourful, vibrant A1 poster featuring a large games console on which a game of Tetris was being played. Then it was time to put the scissors and glue to one side and focus on the upcoming three rounds, which we anticipated to be nothing but challenging.

Half way through the first round, we realised that challenging was an understatement with unusual, yet interesting, problems pushing our abilities to think fast under pressure as well as creatively, logically and accurately. However, by working as a team and using the vast range of ability and strengths in our quartet, we found that many of the problems did not require any complex equations or logarithms. All that was needed was a hint of common sense and strategic thinking.

When I look back at my time at Bancroft's, I won't remember the invigorating maths lessons on BIDMAS or trigonometry or even circle theorems. It will be events such as this one, that I will look back on and think simply how much fun I had and, as clichéd as it might sound, how much I learnt from them, in particular the importance of appreciating everyone's strengths and weaknesses and how, by using them together, even the most difficult of problems can be solved. Thank you to Mr Tse for taking the time to organise our team, by arranging our weekly practice sessions and preparing us for the finals. It was, as he stated on more than one occasion, a once in a lifetime opportunity.

High Energy Physics Course



Thomas Rendora, U6N

A small group of Physics students in the Lower Sixth went to a High Energy Physics course at Imperial College London. We had talks by speakers such as Prof Ulrik Egede, Dr Seth Zenz, Dr Philip Litchfield and Dr Francis Froberg on fascinating topics ranging from dark matter to neutrinos.

Prof Ulrik Egede spoke about measuring the lifetime of a D meson, a fairly complicated subject that required an introduction into the

nature of quarks, the smallest constituents of matter that we know of. Following that, we mapped the movement of particles from collisions in the Large Hadron Collider (LHC) on a computer, tracking them back to their common point and combining our data to approximate the lifetime.

Dr Seth Zenz covered how the LHC works and the various detectors in it such as CMS, ATLAS, and ALICE. He also explained concepts such as the *Higgs Mechanism*, which interacts with particles so they behave "as if they have mass". We discovered that the LHC is over 100m below ground, as well as having a 27km circumference.

Dr Philip Litchfield talked about the most exciting topic: neutrinos, a fundamental particle which is one of the most common in the universe. They are electrically neutral and only affected by gravity and the weak force, making them extremely difficult to detect, as both forces have very little influence at an atomic level. Additionally, they have their own *flavour*, which corresponds to their mass, however this can change while travelling! As a result, one can use neutrinos to measure time.

During the lunch break we questioned researchers about any concepts we had difficulty understanding. Their passion really came across in their answers, and they were eager to explain all that we wanted to ask.

After the break, Dr Francis Froberg discussed dark matter and cosmology, a subject I find particularly interesting. We learnt how very little is known about it, however there is a large amount of evidence that points towards its existence, making it one of the greatest mysteries of the universe. She showed us an animation on the formation of the universe, which made us chatter enthusiastically to each other.

By the end of the day, we were very tired and our brains were almost bursting with so many new ideas. I think it's safe to say that we found the trip incredibly stimulating and enjoyable, and would gladly go again.



Arkwright Scholarships

This academic year we have three new Arkwright Scholars: Anwar Jouhary (L6N), Simone Luis (L6W), and Hasha Dar (L6N). They will receive their awards in November at a ceremony to be held at the IET in Savoy place.

The Arkwright Scholarship Trust's mission statement is "We identify, inspire and nurture future leaders in engineering, computing & technical design." The award process starts with an aptitude test early in the spring term of the candidates' fifth year. Candidates who pass this aptitude test are then invited to interview around Easter time. Those who are selected at interview are sponsored by companies or charities for the duration of the Sixth Form. The award is a prestigious addition to the scholars' CVs and is worth £300 for each year of the scholarship. Sponsoring companies often invite their scholars to visit their companies.

Matthew Wood, U6S is a current holder of an Arkwright Scholarship. During the summer holidays he attended a course to which he was invited by his Arkwright Sponsors (GCHQ).

The CyberFirst Advanced course is a five-day residential course held at a small number of universities. The course is organised by NCSC (National Cyber Security Centre), QA (a professional IT training company) and The Smallpeice Trust (a charity promoting careers in engineering). This means the course addressed real world security issues that would have been presented to IT professionals.

The first day entailed open source intelligence, which is the collection of data from public sources used to gain information about an individual or an organisation. We started off by finding out as much about each other as we could, simply by their name and what they looked like. We were told about the AOL data breach in 2006 and the problems it caused. We were also shown how DNS lookups worked to help us show which website belonged to which domain and how to use websites such as 'who.is' to discover counterfeit websites wanting to steal information. We were shown how to use the robots.txt of a domain to find hidden websites and how to reverse image search pictures to find where they were from and finding the geolocation tags of pictures to find where they were taken. So much personal information can be found solely from a picture uploaded online; luckily most pictures have the geotag removed when uploaded.

The next day we were taught about the work of penetration testers. I had access to an operating system called Kali Linux, which is used by Advanced



Penetration testers. To introduce us to penetration testing, we were shown a route on how to get into Windows 7 computers without a login; this route took time, but was possible. Luckily this bypass has long since been patched. Next we were taught how to scan machines on Kali Linux to check information such as boot times. This is useful for 'hackers' to find out when people are active on their machines. We were then shown the endless number of ways to crack passwords. We were shown how Metasploit could be used to create a malicious payload to gain access and control computers remotely. We learnt how SQL injections worked by causing syntax errors. This allowed us access to the backend SQL server and gain more information than intended, however this could be simply solved by changing the security of a website. We were also shown how to Heartbleed: the process of sending large text files and receiving the dumped RAM of the server back.

Thirdly we learnt about encryption and were introduced to different ways of encryption such as the one time pad, which is one of the most secure ways of hiding information. We were shown a demonstration of the Enigma, and its history during and prior to WWII. We then were taught how to use Wireshark, a piece of software which allows us to look at the traffic of networks. I learnt about steganography, the act where

images or text documents could be hidden in other images.

Our final subject was digital forensics; the recovery and discovery of information hidden in files, ranging from deleted folders to broken hard drives. They introduced this to us by getting us to change the text documents to different file types and to observe the encoding changes. We file carved files to find hidden or deleted text documents or pictures within other files. It showed me how information could be recovered from deleted data even after it was removed from the recycle bin.

On the last day we played a team game using our knowledge of everything on the course to help us gain information about a made-up situation. We both worked as a team and used our individual skills to help us win as a group.

Numerous lectures were presented throughout the course, from cybersecurity specialists such as; the different jobs that are involved in cybersecurity, the evolving world of IT and how to protect yourself from cyberattacks. In the evenings we had different events, a movie night, a laser quest night and a pizza night.

Overall I thoroughly enjoyed the course meeting a number of like-minded people from across the country, and I would highly recommend it to anyone interested in computer science or cybersecurity.



Computer Science Trip to Oxford University

Ankita Redla, 5W

On Tuesday 13 June, eleven Bancroft's pupils embarked on a trip to Oxford University with Miss Korcz and Mrs Tindall. Although some were tired due to the very early start we had plenty of time to rest and recuperate on the train journey. After leaving the station we walked to the venue, giving us plenty of time to take in our surrounding and picture our potential future home of studies.

Upon arrival on site we were directed into the lecture hall where we were to spend most of our day listening to engaging speakers talk about studying computer science and its applications. To begin, there was an interesting analogy using a strand of DNA to

describe the technical and detailed nature of computer science. The talks which followed were short and speakers changed every 15 minutes to give us an overview of studying computer science, the developments in the field and potential exciting applications. For example, using flight data to map travel and the applications of using computer science for a fairer voting system. The lectures were not only interesting but also challenged our minds.

At midday we went onto our much-anticipated tour of a campus at the University. We were directed to St Hugh's College, one of the only campuses where it is permitted to walk on the grass fields! Walking through the campus, the library and grounds were truly breathtaking and inspiring. One of the most memorable talks was a 'Day in the Life of a Computer Science Student', which motivated us even more into wanting to study at Oxford. After a long, but highly worthwhile and inspiring day, we boarded back onto the train and returned home.

New Scientist Live

Vicky Veselichka, L6N

On Thursday 28 October a group of Bancroftians gathered under the tower. We walked to Woodford Station and scrambled onto a train, then onto another one and after that onto a third one. We arrived at the Excel Centre, conveniently connected to the station we got off at, and proceeded to wait in front of what I can only explain as huge, white garage doors. We were given wristbands, asked to queue and then told to stand back as the doors came up. It felt much like the reveal in every superhero movie ever; however, behind our big white garage doors there was not only one cool gadget, there were hundreds.

We were told we could explore the facilities on our own, and explore we did. My group first went on a Virtual Reality Roller-coaster, something I would recommend to anyone who is fortunate enough to come by one. Although I have never been on an actual roller-coaster I can guarantee that the VR one is hundreds of times better than the real thing. It feels just as crazy and scary as a real one but the danger of getting stuck upside down for half an hour due to a glitch in Thorpe Park's computer system is eliminated. Of course, I was expecting that everything that was to follow would seem somewhat low tech due to this amazing first experience, but I was wrong. We were able to "drive" the fastest land vehicle ever created, which had three engines one of which had a sole purpose of controlling the fuel valve. It was crazy to even imagine actually driving something with such power. We went to a talk which



enlightened us on some of the biggest computers in use, for examples those used to control rockets. My personal favourite experience was collecting six brain shaped stress balls. As I write this I am currently in possession of only one as I was persuaded by other members of the trip who didn't get one that they would be grateful if I was gracious enough to give them one from my collection.

Overall, the trip was an amazing experience and one I would very much recommend to anyone who has the opportunity to go.

I was one of the only students on the trip who doesn't take sciences but was fortunate enough to be there because I'd chosen to take mathematics A level. I have to say, however, that it did not impair my experience at all. The exhibition was much more showcasing what cool things maths and sciences could do rather than



bombarding you with knowledge you'd likely never use again. I thoroughly enjoyed myself and hope that this will encourage next year's students to go, especially girls who think that they will feel out of place due to male domination in the field of science and especially engineering.



Malaysia and Singapore Trip

Ria Aggarwal, U6S

With an excruciating early 5am start, a group of very tired Bancroftians headed out to Malaysia and Singapore for a diving and ecology trip. The trip was led by Mrs Graham (Biology) and Mr Goalby (Chemistry) and consisted of 21 students from the Fifth Form up to Upper Sixth.

After a deceptively smooth first flight to Dubai, we unfortunately missed our connection to Singapore due to flight delays. While waiting four hours in Dubai airport to reorganise flights and watching Mrs Graham deal with the complexity of airport administration we had our first bonding session as we conquered a corner of the airport to play cards and football. At 2am, bookings were finally complete and our group split for two different flights. Since my group had an unexpected day in Dubai, we embarked on a city tour in which we saw mosques, the Palm Islands and the Burj Khalifa with Mr Goalby. During spare time in the hotel, we also all managed to master the art of poker which became fiercely competitive in striving to win the most sugar packets. The other half of our group with Mrs Graham moved onto Singapore earlier but we all regrouped and headed off to Tioman Island only five hours later than planned. At Singapore, we were joined by Ecofieldtrips' staff, Rob and Kat, who led the days of snorkeling and trekking and stayed with us until the very end of the trip.

Tioman is an island covered with tropical rainforest and beaches off the east coast of Malaysia. We got a ferry from Tanjung Gemuk in Peninsular Malaysia. On arriving in Genting, we saw locals playing an impressive game of Sepak Takraw, a rattan ball game and the native sport of Malaysia. On our first day on the island, Rob and Kat taught us to play Sepak Takraw, or at least a form of it! We quickly caught onto the game, with some rules having to be bent for us to keep the ball in the air for more than three seconds. We split into teams, and a 'friendly' tournament was arranged. Again, our competitive streak came out and was especially prominent in Caleb who gave his team aggressive pep talks as self-appointed leader.

On Tioman Island we stayed in Melina Beach Resort, situated between the tropical rainforest and fringing coral reef. This gave us an opportunity to explore both such diverse ecosystems. One theme of our trip was microplastics: the impact they are having to marine life and even to human health. We learnt that millions of tons of plastic debris end up in our oceans collecting in ocean gyres and are known as 'plastic soups'. During one of our evenings we had a collective debate as to who is responsible for the management of mounting microplastic pollution; the government, general public or conservation agencies. One thing we learned was never again to use plastic drinking straws! We also took advantage of the surrounding rainforest by going on a walk from Tekek to



Juara. Rob and Kat pointed out many different animals including long tail macaques, monitor lizards and fruit bats. We also noticed plant adaptations to the rainforest like buttress roots and drip tips. Here we did some sampling in which we used a clinometer to calculate tree height using trigonometry. We also visited one of the island's mangroves which are now under threat due to land being cleared for building resorts and shrimp farming. On another evening, we went on a night time intertidal walk where we saw many sea cucumbers. These slug-like invertebrates feed on tiny food particles by sifting through and inadvertently cleaning the sand on the seafloor. We also learnt that when under attack sea cucumbers expel their own toxic internal organs which can save them from predation!

Our last days in Tioman were our diving days in which we progressed from inexperienced divers to achieving our PADI qualification. This involved learning the basics of equipment and safety to emergency ascents.

These days were the most tiring, however it was wholly rewarding to be able to reach depths of 18m to see turtles, baby sharks and lionfish. As a group we got serious tan lines due to wetsuits, earning me the nickname 'stripey'. All students and Mr Goalby passed their PADI open water certification so we were very pleased.

We travelled back to Singapore where we visited the Botanic Gardens, Little India and China Town. This was the chance to do some intense shopping, which Abdullah fully utilised. We also tried durian, the world's stinkiest fruit. I managed to eat the most, which was perhaps not the best idea given that we were due to go to Raffles Hotel for high tea afterwards. For Raffles, we all scrubbed up changing out of our usual shorts and t-shirts into dresses and smart clothes.

This was definitely an eventful trip, in which we eventually all became immune to the heat, insects and salt water. We got to know students and teachers alike and it was a great way to send off the Upper Sixth students who were leaving Bancroft's.



The Government Inspector; Lower School Production

Siobhan Downey, UAE

As the summer term drew to a close, so did our rehearsals for the Junior Play. Although we performed our version of *The Government Inspector* by Nikolai Gogol only three times at the end of June, this does not tell the whole story of the time, energy and positive work ethic required to polish a production as ambitious as this. Truly, the experience is sure to stick with all cast members as an exhilarating and truly worthwhile time in our Bancroft's lives.

The older years may be busy with their exams, but this term the lower years (under the guidance of the fabulous Dr Mill) were already well into a steady rehearsal schedule, often camped in the PAC on Sundays. I am still amazed by Dr Mill's dedication to the project, showing patience as well as authority. Somehow, he managed to do Gogol proud. Play rehearsals require lots of energy, but it was great to watch the play come together and feel a sense of achievement as it developed. Moreover, the social aspect of joining the Junior Play was brilliant – the many hours spent with fellow members of the cast and working for a common goal strengthened the community spirit of the School.

It would not be unfair to say that the Junior Play does not always have such high expectations, and I certainly feel that we broke the mould this year. Gogol's complex, farcical comedy is set in a badly-run town in Russia during the 1830s; the town Mayor (Martha Grimsell) has been informed of the arrival of a Government official inspecting the town, incognito. In a hilarious case of mistaken identity, Khlestakov (Kyrill Yeremenko), a traveller, arrives penniless at the inn of the town, only to be bombarded with queries and requests from the common folk of the village as well as the Mayor himself, to his considerable confusion. Much of the play's comedy comes from misinterpretations, double entendres and a healthy dose of slapstick, which proved to be successful on all three nights with the audience.

Along with apt period clothing and Dr Mill's trusty team alongside him (lighting technician, the DT department and his right-hand-man, Mr Young), as well as an enthusiastic and talented cast, the play was nothing short of a huge success. Thanks again to the staff, and to the audiences, for making our last Junior Play unforgettable!





House Drama 2017

House Drama is the first inter-house event of the School year. In under four weeks each house has to produce a twenty minute play, which is performed first to the School and then, following feedback and a chance to tweak the productions, in front of an audience of family, friends, pupils, staff and an invited judge. This year the guest judge was comedienne Candy Gigi Markham.

It is always an event which sees passions and rivalry run high, and 2017 was no exception. All houses performed to a very high standard but this was definitely School House's year. Its production about the perils of blind dating *Check Please!* was the worthy winner of: Best Supporting Actor (Male) - Oliver Hughes; Best Supporting Actor (Female) - Josie Grimsell; Best Actor (Male) - Ben Hughes and Best Production. West House took the awards for Best Ensemble with *The School Film* and Best Actor, Female - Emilia Hitching. East House's Ayaan Javid took the title Best Newcomer. Finally, North House won Best Design. Congratulations to all those involved. It was especially encouraging to see so many Thirds and Removes taking part in House Drama this year.





Speech Lessons

Emilia Hitching, 5W

This year, 400 pupils are taking speech lessons, from the Alphas in the Prep School to groups in the Lower Sixth. While many pupils start in the Prep or Thirds, it is possible to join at the beginning of any school year. A lot of the focus of speech in younger years is on building confidence for shyer students. Invaluable lessons in self-expression and communication are hidden away in games like 'Painting the Elephant', a nonsense game to heighten imagination. Speech exams take place at the end of the academic year and are always focused on poetry and prose, the length and difficulty of the extracts increasing with grade. "Exams" in the Prep, however, start off with learning a short poem and discussing your favourite book!

Speech in the Senior School develops the idea of self-expression and begins to combine this with theatrical nuance. The theory side of the exam also increases, with students learning both about the biological workings of the body to enable performance and the literary intricacies and importance of the pieces they choose. Taught in small groups of around eight, lessons continue to bring students out of themselves. Something as simple as posture or knowing what to do with your hands during a piece extends to real life, with students becoming more confident in the classroom and among their peers. When I volunteered with speech tutoring for my Duke of Edinburgh's Bronze Award last



year, I was struck by how the pupils changed throughout the year. Some of the livelier students calmed down as soon as they could channel their energy into a piece, and the shiest were given the confidence to make themselves heard.

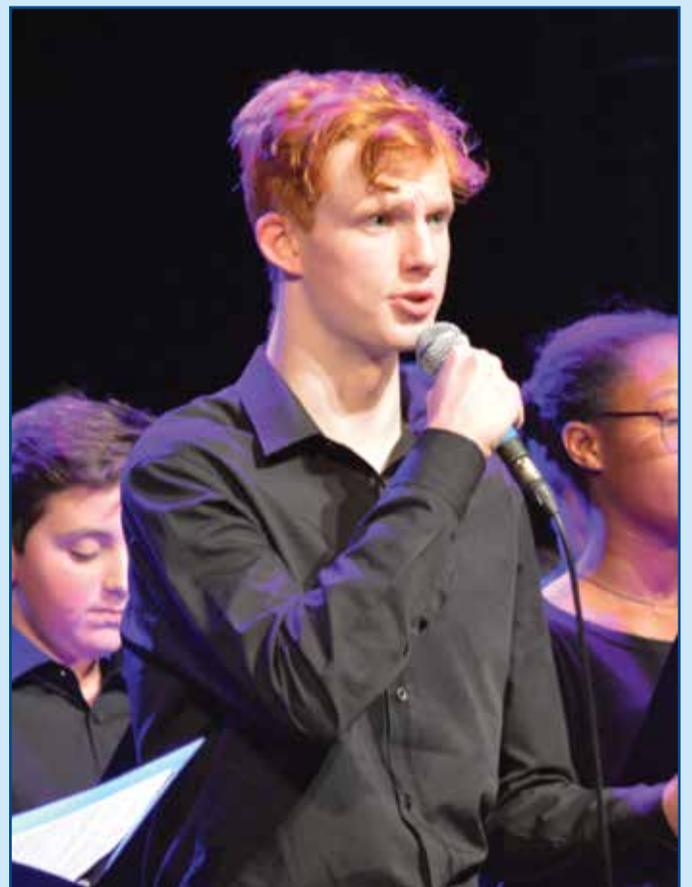
In a testament to the success of speech teachers Libby and Gary Oliver, 256 pupils of 390 who sat LAMDA exams last July achieved distinction, the highest number from a single school in the country. Having just sat my Grade 8 exam a few weeks ago, I encourage every student to take part in Speech at some point in their school career. It's only half an hour a week, but gives immeasurable help, and, of course, fun!

Eton Choral Course

Tom Dean, U6E

At the beginning of the summer holiday, I was lucky enough to go to Eton on a choral course. Our conductor was the MBE who set up the course in the 1980s, Ralph Allwood, who managed to get us from a shoddy group of teenagers with limited sight-reading skills to a cohesive choir which performed in Trinity College Cambridge and St George's Chapel at Windsor Castle.

During the course, as well as singing as one large choir, we split off into small groups to improve our sight-reading skills and learn how to make a musical group completely in tune with each other. We each had two one-on-one singing lessons with a leading professional singer; I took the opportunity to sing a song I had written, which taught me a lot about how to sing whilst playing the piano. Linda Hirst, a soprano with an illustrious career who has been head of vocal studies at Trinity Laban for twenty years, came as a special guest to give us a vocal masterclass, which is essentially a singing lesson for a few singers in front of a large audience. My personal highlight from the week was the Radio 3 recording of evensong, where I was lucky enough to be given a solo (it should be going out around Lent 2018 if you are interested). As a result of apparently performing well on the course, Ralph Allwood has invited me to join his choir, Rodolfus; I am thrilled to have such a great singing opportunity and cannot wait for the upcoming performances. All in all, it was an excellent course that taught me a great deal about singing in a choir, and I would recommend any budding singer to check out the course if they want to improve their musical skills and perform at an exceptionally high level.





U4 German Exchange to Hassfurt

Emilia Hitching, 5W & Rohan Barodia, 5N

The German exchange to Regiomontanus Gymnasium in Hassfurt, Bavaria, has been running for over thirty years now, and is a highly anticipated part of the GCSE course. While we are well prepared in class and have lunchtimes with a language assistant, we found that nothing benefits your German as much as talking with native speakers.

Our first day was especially full on, going straight from the airport into lessons with our exchange partners. In some lessons, like *Wirtschaft* (a kind of law/PPE lesson), with native Germans speaking at their natural pace about complex topics, it seemed like we'd never understand enough German to keep up with them! However, as the week progressed, we found ourselves being able to follow our exchange families' conversations and take part in them. All the vocabulary we learn in class about train stations and how to order a meal seemed much more useful, too!

Our exchange partners had already come over in March, and while we'd enjoyed having them to stay, they came at one of the busiest times of our school year. With homework before end-of-year exams, rehearsals and sports practices, we never got to hang out as one big group very much. The best thing about going to Germany in the summer was that the German school was in its last week of term. Their school day also finishes after lunch, so most afternoons and evenings were spent in larger groups, doing things



we can rarely do in school time, such as spending hours at the water park or visiting a zoo. This meant we all got the chance to meet each other's exchange partners and make a wider circle of friends amongst the German pupils. It was also interesting for us to experience small-town German life outside the big cities. Where London had been a brand new experience for some of our partners, we had the chance to relax somewhere much calmer and more idyllic than where we live.

We traveled into Würzburg, which contains many historical churches, going back to pre-1000 AD. We explored the churches

and the city as a whole, as well as viewing the main river and the stunning Würzburg cathedral. The more thrill-seeking of us ventured into the local amusement park. Although many of us felt nauseated after the first few rides, it was nonetheless a great day out. Arguably the best day was Sunday, when we went to the second largest lake in Lower Franconia. We hired pedalos, played volleyball and relaxed: really bonding together as a group.

Another great day was the penultimate one, when we took a tour around the surrounding area of Franconia. We visited a watchtower that was once used to keep tabs on East Germany and watch for desperate Germans attempting to flee to the West. As it was our last evening with our partners, one pair decided to host a barbecue where we all had a splendid time. On the last day, we reluctantly packed our suitcases and headed for Nuremberg, the site of both Hitler's rise to power and the denazification efforts of the war trials. In the afternoon, we rather emotionally parted with our exchange partners before taking a guided tour through the labyrinth that was the Nuremberg beer cellars, which had doubled as air raid shelters.

The trip was exceptionally insightful and entertaining. We would like to thank the pupils on the exchange for helping create such great group camaraderie, as well as Mrs Abbott and Mr Munch-Petersen who organised the trip. We would advocate this trip to any German student at Bancroft's; regardless of skill level, you will improve!





The Lost City of Atlantis

Mr Nick Lee

In June, Mr Lee of the Geography Department gave a well received, cross-curricular talk to the Classics Society about the legend of the Lost City of Atlantis and possible links with the eruption of the Thera volcano.

I first became interested in this topic whilst at university, studying the proposed impact of the Thera volcano (modern day Santorini) on eastern Turkey. I became fascinated by the Minoan Hypothesis; the theory that the great and powerful Minoan civilisation on Crete was eradicated in a few short years, possibly as a result of a truly cataclysmic eruption from the Thera volcano in 1600BCE. From this, I stumbled across the idea of the link between the Minoan Hypothesis and the fabled story of the Lost City of Atlantis, as written about by Plato in around 360 BCE. Legend has it that this great, powerful, utopian society sank into the depths of the sea amidst 'violent earthquakes and great floods'. The legend of Atlantis has intrigued many an intrepid explorer throughout history, desperately searching for its supposedly hidden treasures. I was fascinated by the question of whether Atlantis was real or not; was there a mythical, utopian civilisation that sank into the sea or did Plato base his story around catastrophic demise of the Minoans in 1600BCE as a result of massive eruption from Thera around this time? The similarities with the demise of the Minoans are unquestionable, but, still to this day, romanticists and explorers continue to search the great oceans in an attempt to find the Lost City of Atlantis and all its riches that supposedly lie at the bottom of the sea.

L4 Roman Day 2017

Mr Anthony Smethurst

On September 22, published author Ben Kane made his first visit to Bancroft's, giving a presentation to the L4. The pupils were given an insight into a wide variety of aspects of Roman life. The morning session covered such domestic matters as housing, slavery, clothing and food.

In the afternoon, the focus shifted to entertainment, and the various activities of the Roman army, culminating in the pupils being given the opportunity to handle a variety of weapons. The day came to a close with a Q&A session, during which the L4th displayed their enthusiasm for all things Roman.

A very enjoyable day was had by all!



Exploring Etymological Links Between the Classical Languages and Other Languages

Rhianna Padman, U6N

I wanted to see if I could discover any connections between Malayalam, my native language, and the classical languages. I also wanted to look at how one root can develop into a whole system of words in different languages with dissimilar meanings.

In order to do this, I had to look at the Proto-Indo-European Language (PIE), estimated to be spoken between 4500 BCE to 2500 BCE. PIE is the linguistic reconstruction of the common ancestor of Greek, Latin and Sanskrit (from which Malayalam is partially derived). Malayalam is not a widely known language, originating from Kerala in South India, and so researching was incredibly tough. Having said this, I was able to find some words that I could consider, especially between Latin and Malayalam. For example, take mundane, at first glance it lives up to its meaning, dull and boring. It comes, however, from the Latin, mundus, earth or worldly but it also can mean decorations or elegant dress. The week before my talk, I had gone to a wedding during which I came upon, by, the word mundu which is the traditional dress Malayali men would wear.

I traced back and found both mundane and mundu originate from the PIE **mh₂nd-* (to adorn). I find it especially fascinating how this singular root evolved into these two completely different words.

Although, Malayalam, is actually a Dravidian language, a large majority of its vocabulary stems from Sanskrit. It is like English, as technically English is a Germanic language. If, however, we were to look at a dictionary, 52.5% of English words are from Latin sources, 10.1% from Greek and 37.4% from other sources. Why then is English considered a Germanic language not a Romance language? Firstly, because of the grammar; nouns in the Romance languages have a gender, and adjectives match the number and gender of nouns. Also, the verb conjugation systems in the Romance languages are all very similar, whereas English has its own system, as well as the Romance languages having more verb tenses. Furthermore, having looked at a list of the most common words used on an everyday basis, I found that about 70% of those words are from Germanic origin. These are a few reasons why English is considered a Germanic language.

I discovered some interesting English etymologies. For instance, disaster (*dus + ἀστυρία*) is from the Greek, literally meaning bad star as the Greeks blamed planetary

positions for calamities. Another word derived from Greek is oxymoron (*ὀξύς ἡ μωρός*), sharp and dull, and therefore is in itself an oxymoron. A humorous derivation in Greek is Cerberus, the mythical dog that guarded the underworld, from **kérberos* (PIE), meaning spotted, thus the god of the underworld actually named his dog Spot. The word shampoo is actually from Sanskrit origin (*capayati*) meaning to knead. Did you know that salad and salary both come from the Latin word for salt (*sal*)? Salary originally came from a Roman soldier's allowance to buy salt as it was so valuable and salad vegetables were often seasoned with salty dressing. Or that hysteria and hysterectomy come from the Greek *ὑστέρα* (womb)? A hysterectomy is a surgical removal of the womb which is perfectly logical. But hysteria stems from Hippocratic medical teachings of the "Wandering Womb," which suggested that many diseases women suffered from were caused by the uterus moving of its own accord. Finally a word derived from Malayalam, pariah: *para* in Malayalam is a large drum and it was used to announce the king's notices to the public. Paraiyar were the drummers using the *para* and were seen as the lowest caste in society. I thoroughly enjoyed researching the topic and finding all these connections between languages as I traced back how the words we know today were produced.



Experiencing India

Miss Louisa Jones

In July, 23 Bancroftians and three members of staff made their way to northern India. The trip was billed as the trip of a lifetime and the itinerary promised a variety of experiences, from seeing the Golden Temple in Amritsar, to learning about the plight of the Tibetan refugees, to visiting the Taj Mahal in all of its white marble glory.

The town of Dharamshala, located in the verdant lower Himalayas, featured prominently on the programme and is where the Dalai Lama has lived in exile since 1959. Despite the country's worst monsoon season for 60 years, we had opportunities which we might never have had in other circumstances. Our pupils demonstrated incredible patience with refugee children

from Tibet and Rajasthan while visiting one charity; on another occasion, the Tibetan refugee children sang to our pupils and we responded with a rousing version of Floreat Bancroftia, probably never to be heard again in the Indian Himalayas. The plight of women within Tibetan culture shed a light on women's issues which resonated with our pupils, not least because it offered an opportunity for reflection on our own society's values and attitudes. On a day hike, our pupils felt lucky that leeches do not attach themselves to their ankles on their Duke of Edinburgh's Award expeditions, like they did in India.

Our trip ended with a visit to the Taj Mahal, which was undoubtedly a highlight. We visited at 7 in the morning, when the site is relatively peaceful. Happily, we avoided the temptation to recreate the famous Diana shot. If nothing else, the Taj Mahal was a reminder of what an extraordinary country India is, full of contrasts and impressive history. I would like to thank the pupils and



my fellow staff members for their good humour throughout the course of the trip. I know for certain that we all came away with many unforgettable memories.

Remembering Passchendaele

Harry Blisset, 3E

When my Dad and I left our house on our motorbike on the way to a once in a lifetime opportunity, we realised how privileged we were to be one of the 200 descendants to attend the 100th Anniversary of the most horrific battle of the First World War, the 3rd Battle of Ypres (Passchendaele). As we arrived at the Euro Tunnel we rode aboard and, half an hour later, we emerged from the tunnel to greet the stunning French scenery and the fabulous holiday that lay in wait. We stayed in a hotel in Belgium and on day two we had time in the morning to visit the Museum Aan De Ijzer in the Yser Tower.

At 4pm we set off to the Menin Gate. After a quick change at the side of the road into our smart suits, we went to St George's Church in Ypres. I was proudly wearing my Great Grandpa's medals: The Mons Star, The Victory medal and the British War medal. These were nicknamed Pip, Squeak and Wilfred. In St George's Church there were many plaques on the wall and I was looking for one commemorating the stretcher-bearers (my Great Grandpa was in the Royal Army Medical Corps); during my search I noticed plaques remembering the schools which fed the army with recruits. I showed my Dad and we started walking around the chapel and eventually found one with the Bancroft's badge honouring the Old Bancroftians who gave their lives for a better future for us. I was so proud to see my new school on the wall.

We then marched to the Menin Gate, with a band leading, for the Last Post ceremony in the presence of Theresa May, the King and Queen of Belgium and the Duke and Duchess of Cambridge. I stood just three people away from Theresa May, and when the service was televised. I was shown walking along with my Dad! We stood close to my Great Great Uncle's name which is listed on the Menin Gate and who died in this great battle in 1917. We then went to a reception at Cloth Hall and came outside to watch an event in the Market Square. The projections on the side of Cloth Hall were stunning.

The next day we went to the Passchendaele memorial service at Tyn Cot Cemetery. Prince Charles was there and marching military bands played. Many people read letters from the soldiers about the battle to their family and loved ones. It was a very moving experience. After this we went to the dugout which was shown on BBC 1 morning news.



This was a dugout, preserved after 100 years under water and opened just for 100 days to mark this battle in history as it lasted 100 days.

We now had to head home and as we rode along we reflected on how special the event was and how proud and honoured we felt to have been so lucky to honour our relatives.



Battlefields Trip

Emilia Hitching, 5W

One of the many changes that have come into effect as a consequence of the new GCSE system is that the much-anticipated Fifth Form Battlefields trip has been revamped. Whereas previous years have visited Belgium's trenches from the First World War, we were the first to visit Normandy. This was the centre of the D-Day attacks, which were instrumental in securing the Allied victory. An early start on a Friday morning saw around sixty Fifth Form historians embark on the journey to Normandy. This first was predominantly travel-based, with a stop in Honfleur to appreciate French culture (especially helpful for those of us taking GCSE French to get some practice in!) Once we'd arrived in Normandy, the evening was rounded off with free time on the beach and Dr Hunn and Mr Brennand's famed first night quiz. Tired out from a long day of travel, we retired to our rooms and readied ourselves for the next day.

D-Day and the Second World War as a whole is a large part of one of the GCSE papers concerning the development of warfare. As a result of this, we visited many different sites from the 1944 invasion. Our first stop was the Pegasus Bridge Memorial, opened by Prince Charles, where the attacks began in the early hours of 6 June 1944. Here we saw a replica of the glider planes Allied forces landed in. We were shocked to learn that the frame of the original plane was made of wood just 3mm thick and began to comprehend how risky an attack of this nature had been. Inside the museum, we saw privates' uniforms and letters home to wives and mothers, as well as pictures of squadrons and old medals. One student even found a section dedicated to one of her ancestors, John Howard, who had been instrumental in the success of D-Day's first stage.

Next we visited a museum at Arromanches, overlooking Gold Beach. A viewing platform allowed us to appreciate the scale of the beach and the attack itself. However, the greatest spectacle here was the 360-degree cinema. This showed the French occupation by the Nazis and how the Allied attacks on D-Day led to French and wider European liberation by VE-Day. Footage from the time of the genuine joy and exhaustion of the French who were occupied was especially moving and interesting – while we often focus on the experience of the British and German, those who were under siege for almost six years are often forgotten.



From here, we visited the American beach Omaha, where what is considered to be the toughest battle of D-Day was fought. Seeing first-hand the lack of protection soldiers had other than shingle to crouch behind reaffirmed for us the realities of war and the sense that these ordinary men were up against an extraordinary foe. The American cemetery here was for me the most poignant part of the trip. Modelled after the Washington Mall and beautifully maintained, it was nevertheless heart-breaking to see the sheer number of men who had died within such a short space of time and to think of all those affected by their loss. The first view of the graves is one that will stay with us for a long time.

On our return trip, we visited the site of V2 development and testing, used by the Germans to fire at London itself. Here we

wandered the very tunnels elite Nazis had walked and learned about the intended use of the location, before Allied bombing destroyed the tunnels and missiles had to be fired on a mobile basis. It was so interesting to track the lives of German technological engineers post-denazification. Perhaps the most prominent, Werner von Braun, became a NASA rocket specialist, working to put Neil Armstrong on the moon, and even presenting on Disney's science and space channel!

I cannot recommend the Battlefields trip enough to GCSE historians. While one of the aims is to return to England with a better understanding of the Paper 2 content, we left with a greater understanding of the sacrifices made for us during the war and a profound sense of how much we owe it to these men and women to preserve peace today.



Bancroft's at the View

Julia Jones (OB)



Our annual art show was held at The View Gallery in Chingford, The two week public exhibition showcased works from all Sixth Form art students, including the Upper Sixth's A-level coursework. On Friday 26 May we held a closing event which was a chance for the exhibition to be appreciated by parents, teachers and friends.

Everyone had chosen an individual theme that was personal to them, which meant that there were many different styles and subject matters on display. The exhibition included

art in a variety of mediums such as painting and photography and films by Lower Sixth students were projected onto the wall. Each of the teachers in the art department also displayed a piece of their work.

The artists all appreciated the support of the many parents, teachers and students who attended the show. The venue itself was a perfect setting, with views over Chingford Plain, and the atmosphere was definitely lifted by beautiful weather. Drinks and art-themed refreshments were served outside in the gallery's courtyard and were accompanied by live acoustic music from some of the Sixth Form.

We were all grateful for the opportunity as art students to have our hard work displayed to the public over the two weeks, and to see it in an exhibition context outside of the School's department.

For the Upper Sixth, having completed our exam earlier that week, it was a fitting occasion to mark the end of our School art careers. Many thanks to the art department and others involved for organising the event and making it such a success.



Co-Curricular Art

Mr Alan Ford

The Art Department runs an array of after school activities, offering great opportunities for artists of all ages to refine their skills, discover new talents and just to enjoy the process of creating.

Ms Vetta's Special Effects Club kicked off this year with gruesome scabs, scars and wounds; "It's great," said Jemima!

Junior Art club must be one of the most attended clubs. Mrs O' Sullivan took the group through the basics of ceramics and they are producing clay Rudolfs ready for Christmas and clay robins, which will then be wrapped in hand-made, lino printed Christmas wrapping paper. This term we have had the pleasure of Miss Wainwright and Miss Grimwood enjoying working alongside us to develop their clay modelling skills and to relax with pupils at the end of their busy days.

Life drawing is a fantastic opportunity for the Sixth Form to practice their skills and to build up a portfolio for both Art College and their A Level coursework. Each week lots of great experimental work

has been happening as well as good accurate drawing. It has been wonderful to see a number of staff join in this year. Jada said, "Life drawing definitely helped me understand the proportions of the human body. It was something I've never experienced, and I do enjoy expanding my art skills."

Canvas Club is an opportunity for students in the U4th upwards to paint what that they want to make. It may be a landscape, portrait or still life; it is a chance to follow their intuition and to create great art!





Rugby Tour – South Africa

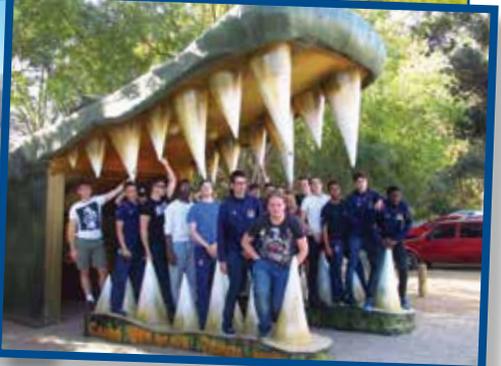
Will Ngassa, U6E

Our tour started on Thursday when we set off from School to Heathrow for our 12 hour flight to South Africa. Arriving in Cape Town we quickly set to work on our rugby with a visit to Stellenbosch Rugby Academy where the staff gave us our first training session. The next day we had an enjoyable coaching session from some of the students at the Academy. We were full of optimism for our first game against Stellenbosch Rugby Academy, hoping to start our tour on the front foot. However, they were a strong side with some big players but we still fought on. Unfortunately, we lost the game but we all learned that this tour was going to be tough and that we would have to fight for every second of it.

Although we were disappointed, we still had a lot to be cheerful about as we made our way into Cape Town to watch the Stormers, Cape Town's professional rugby team, play in the quarter finals of the Super Rugby. We woke the next day ready for river rafting, about which we were all excited. Despite the low water levels, due to a drought in the western Cape area, we had a very enjoyable morning amidst the South African nature. Our second match against Edgemoed High School followed, which we knew we needed to win. Again, we went onto the pitch with high hopes of success; within the first minutes we were up a try and so morale was high. We went on to win the match comfortably: the first win of the tour. Our next day was a visit to a paintball park which some of us were more excited about than others. We split into forwards vs backs and the backs proceeded to beat the forwards 5-0 with ease. After this we went to the waterfront where we enjoyed some amazing seafood and an exploration of the area.

Then came the day we were all waiting for: our game against Bishop. We had learnt that they founded rugby in South Africa so we knew that they were going to be a good side. We didn't let our heads drop throughout the match and we were rewarded with some tries but they were very well trained and proved too difficult to overcome. We all felt that we played our hearts out and were proud of what we had done as a team. The next day, we were lucky enough to go on a helicopter tour where we had a great aerial view of Robben Island, Table Mountain and the city of Cape Town.

Then came our journey to Knysna. On the way we stopped off at a wildlife ranch where we saw many animals indigenous to South Africa, and also stopped at an Ostrich farm. The next morning, feeling well rested, we



walked onto the pitch at Knysna to play our fourth match. It was well fought by both teams, but a conversion by Dan Davey with the last kick of the game secured our second victory on tour. After the match, we were invited to the Knysna yacht club to watch the Lions, another South African pro rugby club, play the Hurricanes in the Super Rugby semi-finals. Once again it was amazing to see the love of rugby from the natives. The next day, we went to a sports club in order to teach some underprivileged children rugby. It was incredible to see the happiness that sports could bring to children in situations that we could never imagine. Many in the touring

group thought that this was our best activity and we look forward to doing similar work in the future.

Leaving Knysna we made our way to our final destination, Addo. On the way, we stopped off in Port Elizabeth to play our final match against Pearson's' school. It proved a difficult match and unfortunately the opposition triumphed. The last day, was spent in the Addo national park; this was incredible as we departed in jeeps to witness animals in the wild. Altogether, we came within touching distance of hyenas, buffalos, elephants, and even lions! This was a special way to end a great tour that will live on long in all of our memories.





Queenswood Tournament Gold

Phoebe Collins and Alina Schumacher took part in the prestigious Independent Schools East Region Girls Championships held at Queenswood School on 29 June and emerged as the champions.

Pairs play as a team and each round begins with two singles matches. If both players win or both lose then the match is over, but if it is 1-1 then the two players join up as a doubles pair and play a Championship Tie Break to 10 points to decide the winners. Many of the top tennis schools in the region took part and en route to the gold medals, Phoebe and Alina defeated Bedford School, New Hall, The Leys and Queenswood.

This was a marvellous achievement for the Bancroft's pair and caps off a wonderful tennis season for both girls, who were rewarded with their Senior Colours – Alina for the first time and Phoebe for the third time!



Thirds' Essex Cricket Tour

Mr Martin Flaherty

The U12 cricket squad started the summer with a cricket tour that took in the delights of West Grove, Chelmsford, Colchester and finished in Newport. In total, seven matches were played and the team recorded five victories and two defeats (although the opposition unfortunately had to withdraw from the Great Baddow match at short notice).

In terms of high points, the batting belonged to captain Navneeth Vijayakumar who accumulated 248 runs at an average of 82.7 runs per wicket. He was ably assisted by Ismail Patel who scored 144 runs and there were also contributions from Max Pollard (67), Momin Ali (66) and Rohan Krishnamurthy (61). Elsewhere, Daniel Caton emerged as the leading bowler with 9 wickets, helped by his figures of 5 wickets for 4 runs in the final match against Joyce Frankland Academy in Newport. However, there were also meaningful contributions from Karan Jethwa (6 wickets) and from Anthony Wright and Navneeth (5 wickets apiece). In terms of fielding, Max contributed five dismissals, Ismail four and Hasnan 3 catches/run outs.

In all, a good time was had by all and the U12 squad learned a great deal about competitive cricket and personal conduct over the course of the week. The tour also ended on a pleasant note when Max Pollard presented Mr Flaherty with a delightful bottle of Bourgogne as a gesture of thanks for arranging the tour and giving so generously of his time on behalf of him and his parents. Mr Flaherty agreed to savour it over the course of the summer whilst recalling some of the high points.

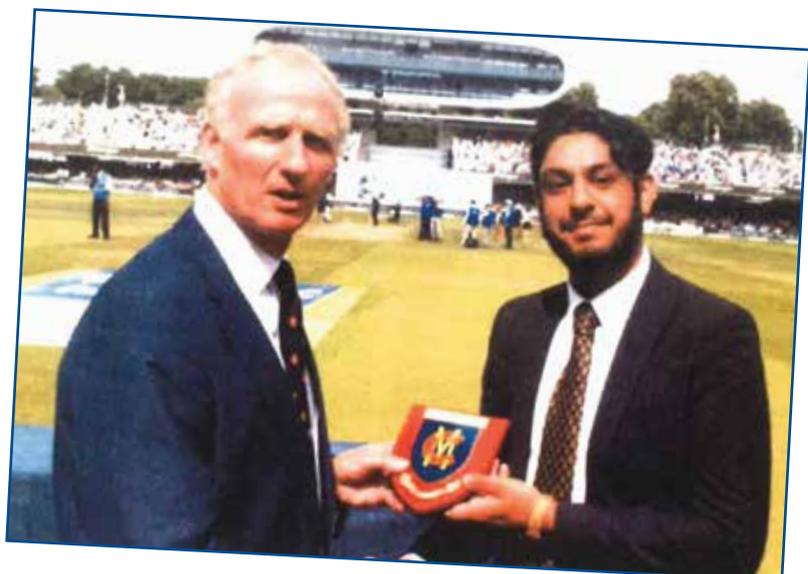
Bancroft's Cricket Captain Recognised at Lord's

Congratulations to Angad Nijjar, our captain of cricket 2017, who was presented with an MCC engraved shield by Matthew Fleming, this year's President of MCC.

Each year MCC recognises outstanding performances by school cricketers in the annual match between MCC and the school side. A player who scores 100 runs or takes 5 wickets in the match is invited to Lord's Cricket Ground for a special presentation which takes place on the field of play in front of the Lord's pavilion during the tea interval of a test match. This year the ceremony took place on the Sunday of the test match between England and South Africa.

This year fourteen cricketers from schools around the country were recognised by MCC for their achievements in 2016. Angad took 6 for 49 for Bancroft's v MCC in 2016, a great performance. Previous Bancroftians to attend this presentation were Gareth James and Nigel Jacob in 2010 and 2011; however Angad will be the first Bancroftian to be recognised twice! He will return again to Lord's next summer following his score of 130 for the School in the 2017 match v MCC.

Making his 1st XI debut in the L4ths, Angad has had a long and successful cricketing career both at Bancroft's and for club and county. He captained the Essex County team from U9s to U15s and was the Essex County U14 player of the year. He has recently started at Cardiff University reading Geography.





Hockey at the School Games

Josh Beardwell, U6E

In the final week of the summer holidays I was fortunate enough to participate in the annual School Games hosted by Loughborough University on its campus. I had been selected to play in the England Red team as part of the red, white and blue squad.

We began the tournament with a 4-0 win over our fellow countrymen England White, a confidence fuelling victory, however the experience of the legendary post-match ice bath, which in our case was an improvised affair - a paddling pool filled with glacial water, soon took away the glow of our first match victory. The following day we were confronted with our age-old rivals, Scotland; an eight goal thriller that ended in a draw due to a final second equaliser from the Scottish attack. A rather disappointing end to our first game of the day was soon forgotten as I once again plunged into the ice bath with a swift recovery in mind for an evening game the same day. Our penultimate match,



against England Blue, unfortunately ended in a 2-1 defeat along with our quest to win gold in the tournament.

After a session of video analysis where we scrutinised our press and defence, it was time for our final match against Ulster. A neck and neck thriller 5-5 was enough to secure the silver for Ulster and we secured a

place on the podium with the bronze medal around our necks. The Games provided me with a thoroughly enjoyable few days and the chance to play against national squad members. I was able to experience life on campus and make the most of the facilities as well as watch other sports on display; wheelchair basketball and volleyball were among the many memorable events.

Hockey Ball Patrol

James Beardwell, 5E

Back in June I was lucky enough to be selected for the Ball Patrol team for the International Hockey Federation Men's World League semi-final held at the Lee Valley Hockey Centre. The competition consisted of ten teams, England, Netherlands, South Korea, Malaysia, India, Canada, Pakistan, China, Scotland and Olympic Champions Argentina.

The Ball Patrol Team is a key element of hosting a successful event. Their role requires them to make decisions pitch side, based around the knowledge of their sport to try and assist in creating a fast flowing match.

The competition lasted for ten days and provided me with some great memories. I met many fantastic international players and witnessed some truly terrific hockey. I met many new friends and the whole event was superbly organised with a great family atmosphere and the winners were the Netherlands with England finishing in 3rd place. I really look forward now to the Women's World Cup at the same venue next year!

Aiming for the Top

Ellie-Larsson Brown, 5S

When asked what sports I play and I respond with "darts" people tend to be a little shocked. When you think of darts it is not perhaps what you would expect for a 15 year old girl to occupy most of her free time.

The question I get asked most frequently (other than "Have you ever hit a 180?") is "How did you get involved?" Having played casually at home, my father decided to take me to the January 2016 Lakeside World Championships, Champions' Dinner. He then convinced me throw a few darts and I hit my first ever 180! I then started playing youth county in May 2016 and I currently play for London.

Due to my father managing six semi-professional dart players, I have the opportunity to spend time around some of the top players, as well as being able to play on some senior tour events. This allows me to gain valuable experience from the likes of Deta Hedman (the ladies' world Number 1). The highlight of the senior events I have played in was the Category A England Classic, when I reached the Last 32; as a result of this, I am currently ranked 421st in the world for all ladies. Another highlight for me this season was being runner up in the England Open Youth and qualifying for the Winmau World Masters, in Bridlington. Unfortunately, I lost in the Last 32;



however, this was to be the eventual runner up. As a result of the various tournaments I play in as well as playing for the county, I am currently ranked third in the UK for all youth girls. My new goal is to be selected to play for England at the British Internationals in April, which are being held in Wales. My next competition is the London Ladies' Open and Classic, in which the majority of the ladies' top 16 will be playing; I hope to achieve another Last 32 or better. I hope that some the things I have achieved in a relatively short time proves to you that darts is a sport for everyone.



Rowing and Regattas

Alice Bolitho, L6W

In 2012, along with the majority of the country, I watched the London Olympics with great enthusiasm. I was inspired by the rowing, which caught my eye as one of Team GB's most successful sports, and so I decided to try it out and started rowing at Lea Rowing Club in Hackney. I never thought that five years later, this sport would have given me the opportunities that it has.

This summer my crew and I had the chance to row for Great Britain at the annual J16 GB vs France regatta as part of the 8. At the start of the year we had targeted this event as the major objective we wanted to achieve and so we set out a plan of how we were to go about doing this; how we were going to train; which competitions we were going to go to and how we were going to balance GCSEs with training.

It was during the Easter holidays that we really began training hard because we knew

this was the last sustained period of free time we had before our exams became more important. We would get down to the club at 6:30am, train until 8, revise until 9, coach until 11 and then revise for the rest of the day. Once back at school we were training about 6 or 7 times a week.

Our regatta season started off relatively well when we won silver at the Junior Interregional Regatta. We had a setback at National Schools in May when we had a terrible final but we did not let this stop us. After a comeback at Women's Henley in the middle of June, where we beat our long term rivals one on one, our next stop was Nottingham for GB trials.

On the 25 June we qualified as one half of the eight that would represent Great Britain. It was an indescribable feeling; something we had been working towards for so long had been achieved.

Three weeks later, we beat the French at the Docklands in London, achieving our goal for the year. Two days after the win, my club 4 and I went on to win gold at the WJ16 coxed four event at the British Championships.

Our achievements as a crew were by no means easy to accomplish. The key to our



success was a timetable we had created at Easter where we had dictated how our training regime would coincide with revision and exams. We followed this meticulously. Without it we would not have been as successful as we were. It is difficult to train 4 or 5 times a week normally let alone with GCSEs. After our exams we trained almost every day. This wasn't easy when everyone else was on holiday but in the end it was worth it. I can now say I have represented my country doing a sport that I love.

Doubles Delight!

Miss Amanda Wainwright, Head of Tennis

West Grove was treated to some wonderful competitive tennis throughout the summer term and, following on from the boys and girls 'Road To Wimbledon' events, the Inter-Year Doubles Championships were staged. These events allow boys and girls from the Prep 1s to the Sixth Form to pair up with another player in their own year group and play in a "round robin" box followed by a knock-out event.

As always, both events were played in such good spirit with the younger and less experienced players being really well looked after by the older years on and off court. We had 36 boys and 60 girls participating and it was so lovely to see the children enjoying both the competitive and social sides to the game. Many team players took part but it was really encouraging to see so many of those who had been coming along to the club sessions each week of the term also gracing the West Grove courts.

The champions in the girls' event were Abby McKinley and Harriet Wood (Abby then raced off to play in her 'Road To Wimbledon' County Final at Redbridge) and the Runners-Up were Eden Risby and Emilia Parsons for the second year in a row...they are determined to take the silverware home next year! The runners-up in the boys' event were Oliver Masson and Aarav Shah who put up a great fight in the final but the trophy was claimed by David Nana and Oliver Mynott. Once again, I would like to thank Mr Mike Wood of "Freedom" for sponsoring the medals and providing us with a beautiful trophy for what was the boys' inaugural event.

Many pupils have since joined local clubs or started having regular lessons which means that the standard of play in the coming years will be even higher and I cannot wait to see how everyone progresses over the course of this year. Keep playing and having fun!





Army Camp Summer 2017

Tom Walton (OB)

This summer the Bancroft's Army Section once again headed down to Napier Camp in Folkestone for our annual camp. Although this year involved a shorter week for the cadets they still experienced just as much and had a busy week.



After an initial day spent refreshing infantry skills such as pairs fire manoeuvres and section attacks, the cadets headed straight into the week's main blank firing exercise. Across two days all cadets were able to put into practice their camp craft, patrolling, section attack and ambush skills in blank firing scenarios. We were even lucky enough to receive support and guidance from a regular gunner unit from the Royal Anglian Regiment, who created a lot of excitement when they brought a GPMG (general purpose machine gun) along with them! The week concluded with the Dan Clack intersection competition which saw cadets tested on all the skills they had learnt throughout the year. Although there was fierce competition, Ben Harris, who is now assuming the position of CSM, and his section came out victorious.



From the Parents' Association

Sally Fisher, PA Secretary

We hope you all enjoyed your long summer holidays, which probably seem like a lifetime ago now, as we enter the second half of October. The



Parent's Association is busy planning the Christmas calendar of events, as those jolly holidays will soon be upon us. The Christmas period is always one of our favourite seasons, as we organise a number of festive events, including the magical Christmas Fayre, which is on Saturday 2 December. This is always one of the highlights of the year, for both pupils and parents alike, as the children get to see Santa, win lots of Raffle Prizes and participate in festive activities. We also have the Prep Pantomime planned for December followed by the delightful Christmas Carol Service.

Since we last wrote for Insight Magazine, back in June, the PA has raised over £9,000 in profit, which is all for the benefit of the students at Bancroft's School. It's the collective generosity of you - the parents - attending our events and entering into the spirit of each occasion, which has helped us to achieve this. Thank you for continuing to support your PA at each event.

Prep Sports Day was held in June and this year we sold out of every last morsel of food. The children were obviously ravenous after their successful morning of sporting achievements and so we raised just over £350.

The glamorous Summer Ball was held on Saturday 1 July, which turned out to be a beautiful, hazy evening - as we welcomed Mr Marshall to his first experience of a Bancroft's Ball. The boisterous band 'Fully Funktional' were on hand to ensure everyone was dancing on until well after midnight - leaving lots of people feeling quite hazy themselves the next morning.

More recently, a host of family and friends came together for an evening of fun, laughter and (sometimes bizarre) trivia at our annual Quiz Night on Saturday 14 October. Dr Hunn as Quiz Master kept everyone entertained for the evening, helping us raise a fantastic £2,000!

So, as we welcome in the second half of a new term, we also welcome in some new faces and Officers to the Bancroft's Parents' Association. The AGM was held on 5 October, where we said a sad farewell to Deepti, David and Shiwani but gave a huge welcome to our new Chair (Simmi Tohani), Vice-Chair (Mina Patel) and Treasurer (Samia Dar). I (Sally Fisher) will continue being the Secretary.

Thank you for your continued support and we look forward to seeing you at some forthcoming PA events.





Working with GVI in Costa Rica

Charlotte Rogers, U6E

In the summer, 23 lucky Fifth and Sixth Form students were granted the opportunity to visit Quepos on the west coast of Costa Rica. This trip was unlike any of the school trips that I had been on before. We went with a company called GVI, which believes it is their mission to build a global network of people united by a passion to make a difference. The GVI staff were all friendly and quickly became part of our group, whether that be from playing poker with us in our free time or laughing alongside us at Revered Moore. Not only did the Rev come with us, but Miss Grimwood and Miss Korcz completed the team.

The project itself was hard work and demanding, but our impact on El Cocal, the community we were helping, will be vital. Catching a mini-ferry across the river, we saw from the offset the difference between Quepos and El Cocal, despite there only being a small river between them. El Cocal is definitely a shanty town, yet the residents' attitude was no less positive than anybody else's. In fact, many of the locals helped us with our project, whether that be from feeding us at lunchtime or using their strength to lift the sandbags; even the children tried to help out. Our job was to help create a pavement so that the children could easily reach their school; they previously have struggled with this as the winter rains flood the roads. I thought this task would be easy, yet I was so wrong. Shovelling sand into bags and then dragging these into position was unlike anything I had ever done before, nothing in England could have prepared me for this. During our time we made 1.5 km of pavement; this was just a start. Our mark on this community was not just the pavement, in addition we planted trees around the community centre, as well as painting signs that ran along the road which promoted sustainable goals, such as recycling and keeping the roads clean.



Due to the winter rains, we often left El Cocal just after lunchtime, but we could not leave without having some incredible local food, which we all got to help make at one point, followed by a swim in the ocean. Most of our meals included rice and beans; this dish was a staple during our time over there and I thought I would have got bored of it, but I never did. Once back at the hostel, we worked on our Sustainable Development Goals, this allowed us to assess the situation in El Cocal and decide what we would do if we were in power. We also helped plan a fun day for the local kids at the end of the week; this ended up being a day of sports, face painting and songs, all of which the young children loved. In addition, we got to swim in the hostel pool, even in storms. This was hilarious; watching the Rev trying to catch a ball whilst bombing into the pool was an image I will never be able to get out of my head. Preparation of the evening meal was up to us students and, therefore, incredibly stressful. The meal varied from tuna to pasta; a group of us even made banana ice cream by hand. Surprisingly none of us got food poisoning and the meals were a success.

It would not be a trip to Costa Rica, without a trip to the beach. On our rest day, we went to the beach in Manuel Antonio and there we were taught how to surf and many of us also got a chance to go on a banana boat. We also saw a huge amount of local wildlife, whether that be the crocodiles which we saw on our first day, or the monkeys which pooped on some members of the group or the sloths which we saw late at night.



After our project ended, we headed to the mountains where we had two days of activities, involving white water rafting, zip lining and abseiling down waterfalls. Unfortunately, our time in Costa Rica had to come to an end, but on our way from the mountains to San José our bus broke down. Instead of complaining about it, we all went and played football in the pouring rain on a conveniently placed pitch. This is one of my highlights of our time: we had become a bonded group trying to find fun in a bad situation.

This trip was the best school trip I have ever been on. It was so unique and worthwhile; the impact that we, a small group of students, can have on a community is astounding and one day I hope I can go back and carry on working with GVI and the residents of El Cocal.





News from the Governing Body

Prof Philip Ogden, Chair of Governors

The summer of 2017 saw the retirement from the Governing Body of one of its long-serving members, Dr Vicky Philp. Vicky has served on all the main sub-committees and taken a particular interest in the Prep School and in safeguarding throughout the School. Since 2013, she has been Deputy Chair of the Governing Body. It was a source of great pleasure for other Governors that the Drapers' Company awarded Dr Philp a Drapers' Medal for distinguished service at a ceremony at the Hall in the early summer.

Vicky has been succeeded as Deputy Chair by Professor Peter Kopelman, formerly Principal of St George's University of London. Like Vicky, Peter lives in South Woodford and sent his children to Bancroft's. We will also have a new Governor from late autumn 2017: Lizzie Wingham is a BBC TV editor and producer and also a Freeman of the Drapers' Company. Lizzie's father is an old Bancroftian and she is very keen to contribute to the School's theatrical, film and musical activities.

For some years now, the Governing Body has held a very successful Governors' Day when we sit in on lessons and other school activities. This is a very enjoyable and informative day and a pleasant complement to the committee work that necessarily takes up most of governors' time. In the current academic year, we are also planning an away-day with the Head and Senior Leadership Teams to consider the strategy for the School over the next few years. Governors also continue to attend many events at the School during the year and very much welcome the opportunity to meet all members of the School, including parents.

Macmillan Cake Sale

Every autumn the Prep School, Senior School and the staff all join in with Macmillan's World's Biggest Coffee Morning by holding breaktime cake sales. It is one of the first inter-house events and prompts a degree of rivalry amongst the four houses in the Senior School as they compete to outbake each other. This year, the Prep School also organised this on a house basis with each house having its own stall.

It's always a popular event and this year we raised over £1000 in total for this very worthwhile cause. Thank you to all parents who contributed – we have seen the effect of TGBBO as the standard of cakes seems to get higher each year!



Heart-Warming Fundraising for Gosh

By Joe Ormsby and Mohammed Jiwani, RS

On Wednesday 14 June the current RS raised money for GOSH (Great Ormond Street Hospital). To raise money we, as a group, ran 21 miles altogether. Why 21 miles? Because that's the distance from Bancroft's to GOSH and back again. As well as running we also did a cake sale, as we know that people can't resist a tasty sweet treat! Everyone had a good time baking and buying the cakes, muffins and biscuits and from this we raised over £400.

Great Ormond Street Hospital is a children's hospital which specialises in treating rare and serious illnesses that a regular hospital cannot treat. This hospital is one of the world's best in paediatrics. Now, you're probably thinking...why fundraise for GOSH? Well, we picked GOSH because they saved my (Joe's) life when I was a baby. I had a condition called Transposition of the Great Arteries which meant my main arteries were the wrong way round and thankfully, through open heart surgery, the GOSH surgeons were able to switch them around. Without this operation I would have died.

As a result, I have a lot to thank them for, so I have tried to fundraise for them as much as I can throughout my life so far, collecting spare pocket money and even my Dad's change when he's not looking! In last Christmas' edition of GOSH's newsletter, I fronted a campaign to raise money for two new echocardiograms; these machines help doctors scan hearts and I plan to keep helping raise money for this amazing hospital.

GOSH is a massive part of my life and without them I wouldn't be here. Thank you to everyone who took part and donated. It is really appreciated. Half the proceeds of School House's Open Mic night in November will be going to GOSH.





OB NEWS:

Five and Ten Year On Reunions

In May the classes of 2006 and 2011 returned to Bancroft's for their five and ten years on reunions.

More than 100 Old Bancroftians gathered in the Dining Hall to listen to the Head, Simon Marshall who gave an update on the School and OBA President Nick Bowman who spoke about how the alumni can get involved with the OBA and the School. This was followed by a selection of canapes and drinks and gave everyone the opportunity to catch up with their contemporaries and teaching staff. A great evening was had by all.



OBA Ladies' Evening

The second of our series of Ladies Evenings took place at Bancroft's School on Friday 9 September and, oh, what fun we all had!

A big 'thank you' to OB Rosamund Hall (1992-99) who delivered a superb and very entertaining talk to approximately 40 OBs and former staff, together with the delights of scrumptious cheese and biscuits and some excellent 'natural' wine tasting. The evening was so successful that we will be looking to arrange a Jazz Evening at Rosamund's wine bar in E7 in the very near future!



University Challenge 2017

The 17 September episode of *University Challenge* saw Hugh Oxlade captaining the team from Fitzwilliam College, Cambridge.

Hugh comes from South Woodford and is currently reading History. His team ran out worthy winners against Leicester. Hugh is the second recent OB to appear in the long-running quiz show; Daniel Morgan-Thomas (2005-2012) enjoyed a run of success with Durham's team in 2014.



Leavers' Evening 2017



On Wednesday 13 September the school held an informal drinks evening in the Dining Hall for the U6 leavers of 2017 and their parents/guardians.

The evening was a great success and very well attended. Our leavers were officially welcomed to the OBA by our President Nick Bowman and were presented with OBA Ties and Ladies' OBA Pins. We were delighted to welcome back OBs from the classes of 2015 and 2016 who came along to help with a new incentive to offer mentoring and support to our new Old Bancroftians, sharing their university and work experiences. We wish them all every success for the future.

OBA Business Breakfast

In September, the OBA hosted another Business Breakfast, this time at the Gherkin. The event was hosted by OB Luke Savage (OB 1972 - 1979) of Standard Life Aberdeen.

Doug Webb (OB 1972-1979), CFO Meggitt PLC and former CFO of London Stock Exchange gave an inspiring talk 'British Engineering and Manufacturing, there is another world beyond finance!' to a packed audience of OBs and friends of Bancroft's. Who would have guessed that when you fly, you are never more than a couple of feet from a part supplied by Meggitt, and that the UK leads the world in aerospace engineering? There followed a lively Q&A session and time for networking.





The Lion King

The Pridelands of Africa came to life at Bancroft's Prep School with a visually exciting production of Disney's iconic *The Lion King Jr* by our Prep 2 pupils in May.



This was a massive and ambitious undertaking, and preparations for the production were thorough. Firstly, the children watched a performance of *The Lion King* at the Lyceum Theatre in January this year. Anna Healey, an actor and movement specialist, ran a session at School teaching the children how to mimic the various characters' mannerisms and behaviour in the show. The children were also treated to a workshop with actor Roger Wright, who played Simba in the original West End production of *The Lion King* in 1999. Much to the delight of the Prep pupils, Mr Wright also attended the final performance when he met members of one of the two talented casts. Mr Wright was most impressed by the production, saying "I had such a joyful experience watching Bancroft's Prep's production of *The Lion King*: superb cast and awesome talent. I foresee some stars in the making!"

Two casts each performed well-loved songs like *Circle of Life* and *Hakuna Mutata* to packed houses, over two, hugely successful, nights. All four performances were sold out. The production involved every one of the 63 Prep 2 pupils in some capacity as well as a choir made up of younger pupils. It was directed by teachers Laura Phelps and Allison Moor, with Adam Baum as Musical Director.



The pupils were all very enthusiastic about the production and their roles. James Hitching who played 'Ed' the Hyena, said: "As we got closer to the performance it got more and more exciting. Performance week was exhilarating!" Kofi Adjei (King Mufasa) said, "It's been really, really fun and it's taught me a lot". Vicky Philips, Prep School Governor was fulsome in her praise, "What a wonderful performance! As always the children were inspired and inspiring, with so much energy and talent."

Prep School Thinks "Outside the Car"

For a week in the summer term, members of Bancroft's Prep School and their parents were encouraged to "Think outside of the car."

The initiative was the idea of the School Council who urged the 300 pupils and staff to make at least a third of their journeys to and from School green. Children and staff were asked to walk, cycle, car share, take a bus or 'park and stride'. The target was surpassed as, of the 3,000 journeys made last week, a fantastic 60% of them were green (and that was during a rainy week!) Head of Bancroft's Prep, Joe Layburn led by example by riding to School on his tandem, sharing saddles with School Council member Aryan Kundra. Aryan said that this was a new experience for him. Although he is used to riding his own bike, he doesn't usually ride on busy roads in rush hour traffic.

In addition, Prep 2 pupils were on duty outside School encouraging parents who had driven to be good neighbours and to park their cars with consideration during the school run. Prep Head, Joe Layburn said, "We know that traffic issues around the Prep School cause frustration and inconvenience, they also make us seem like a bad neighbour to local residents. We're hoping that 'Think Outside the Car Week' will continue to go well and that we may be able to effect some long term changes in the way people travel. We believe



this will be good for the environment and for everyone's general health and well-being."



Imperial War Museum

Joy Amouzou-Akue, 2AA

On Wednesday 27 September we visited the Imperial War Museum. It is a vast building filled with artefacts from WW2.

When we got there we stored our luggage away and we spoke to some survivors who were evacuated called Jill and Peter. They told us their stories and we asked a lot of questions about how they felt and about the different shelters – the Anderson, Morrison and the cupboard under the stairs. They used these to hide in when bombs were going off. We then explored the museum in our groups. My group met two more survivors who were three and five years old when the war ended. We then went to the gift shop and bought some souvenirs. It was a very enjoyable day out and brought our class work on WW2 to life!



Beta PGL

Ciarán Farnan, BLD

I had an epic time at PGL. I loved the activities. My favourite was the Giant Swing because it felt like you were flying. I also enjoyed raft building and the trapeze. Climbing the wall was easier than expected. The hardest thing to do was fencing, even though I had done a fencing course before. It was tricky to remember the moves.

I learned things about myself such as that I can stay away from home and look after myself. I had not stayed away from home for more than one night before so that was new for me. I had to make decisions about what to eat and because I have food allergies that can be difficult. I think I coped well. I had a really good time with my friends and was happy that I got to share a room with them. The funniest part of the trip was when Zara fell off the raft and Thomas, my best friend,

fell in to help her. Having had the chance to go to PGL I now know how to tie new knots and I am quicker at building tents. I am now able to build my brother's tent for him in a minute. Thank you very much for a fantastic PGL. I will never forget it.



Celtic Harmony

Zaki Butt, ALP

On Monday 9 October 2017 the Alphas went to Celtic Harmony Camp as part of our humanities work on Prehistoric Britain. We were all very excited as it was our first trip at Bancroft's. We all came to school dressed up in our Stone Age costumes.

The journey began with a coach ride for about 45 minutes. When we arrived we went up a hill and in through a door that took us to a prehistoric camp. There was a small fire in a little hut and we all sat around it. The guide talked to us about prehistoric stages and then showed us how to make bronze. Then we all split into groups to do a set of different activities. The first activity I did was warrior training. In warrior training I was one of the Romans attacking the parents who were our enemies. I loved it. We also made arrowheads using soap, traded, visited the gift shop and lots more. It was an epic trip and everyone had an amazing time! I definitely want to go again. My favourite part of the trip was the warrior training.



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