

# The HIGH

Spring Term 2015 2nd Half [www.leicesterhigh.co.uk](http://www.leicesterhigh.co.uk) twitter @LeicesterHigh



I have always maintained that School is about happy memories. If the girls are happy, they are learning. To this end, we are planning some events for our current community and past community, see below. There has been a great deal of interest and I am delighted that we will be able to celebrate, socialise and enjoy all that is good about our School. Inspiring the girls is always important. In my relatively short tenure we have welcomed a Dame, an Ambassador and now I can add a President to that list! I was delighted to welcome the President of Malta, Her Excellency Marie Louise Coleiro Preca, this week, who was very interested in the School, and particularly enjoyed talking to the Y4 debating club and the politics A level students. I have more inspiring people intending to visit up my sleeve.....AW

## Leicester High Events to Enjoy!

GRANDPARENTS' DAY, LHS BIG WALK & OLD GIRLS' REUNION

In the Headmaster's quest to ensure that the community of LHS is celebrated, the School has planned some new and exciting events. The first of these is **Grandparents' Day** for Years 1 and 2 on Wednesday 25 February.

The girls have designed some brilliant invitations which give a little clue about the refreshments which will be offered during a fun-packed visit. In Rutland on Sunday 1 March, there is **The LHS Big Walk** for everyone who is, or has been, involved with Leicester High. Old girls, parents and staff are welcome, and, of course, current parents, girls, staff and governors. There are already 160 people who have signed up to the 4/8km walk, which costs £10 per family of 4+. Tickets can be purchased from Mrs Emma Martin on [em@leicesterhigh.co.uk](mailto:em@leicesterhigh.co.uk). All

**THE LHS big walk**

A walk to celebrate the whole community & family that is Leicester High: girls, old girls, parents, staff, ex-staff, governors, friends & family

Join us for a beautiful walk in Rutland  
Sunday 1 March 2015, 10.45am - 1.00pm  
£2.50 per person/£10 per family  
All profits to the Malala Fund

Contact Emma Martin 0116 270 5338 [em@leicesterhigh.co.uk](mailto:em@leicesterhigh.co.uk)

**LeicesterHigh**  
SCHOOL FOR GIRLS

**OLD GIRLS' REUNION 2015**  
11.30am - 3pm Saturday 25 April 2015



profits will go to The Malala Fund. On Saturday 25 April the **Old Girls' & Staff Reunion** will be taking place at School from 11.30am-3pm. Everyone who has been to, or worked at, the School is welcome, and tickets cost £14.50. There will be tours, a celebratory lunch, old photos and memorabilia on display, a photographer, and, most importantly of all, the chance to re-live happy memories and meet up with old friends. Tickets are selling fast, so please spread the word and do come! Contact Ms Sabina Davies, the Headmaster's PA, on [sabina.davies@leicesterhigh.co.uk](mailto:sabina.davies@leicesterhigh.co.uk) to buy tickets, or simply call the School. More information about both of the events is under 'Friends of LHS' on the website.

### PRESIDENT OF MALTA VISITS SCHOOL

On February 10, the President of Malta, Her Excellency Marie Louise Coleiro Preca, visited School. She met with the Y4 Junior Debating Club, and very much enjoyed debating with them the motion: '3 year olds should be given pocket money.' She listened to every girl's opinion, and then took a vote. The motion was not carried. She then met the A level politics students, the Head Girl and Deputy, and talked to them about being the second female and youngest President in Malta. The School is indebted to parents of Raquel in Y4, Mrs Berry-Brincat and Mr Berry, who initiated and organised the visit. Mr Whelpdale said, 'This is the start of a special relationship. I thoroughly enjoyed meeting Her Excellency, and we have discussed some exciting future plans.'



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# Junior

## Developing Resilience, Wellbeing & Motivation for Learning



**J**unior staff and parents enjoyed an informative and reflective evening with Steve Harris from Wellbeing Education in January. They learned about the importance of building pupil resilience, self-esteem and protective and risk factors for a successful childhood. It was felt that school and home can work together to develop a strong set of learning characteristics which help to make individuals successful in a wide range of walks of life.

## Choral Day for Years 3 & 4

**T**he Junior girls love to sing together and the School is often filled with their tuneful tones. So when an invitation arrived to join seven other Girls School Association Junior Departments at Dodderhill School in Droitwich Spa for a Choral Day, of course it was accepted! The day began with warming up the 230 girls' voices and learning four songs together, one of which, entitled 'Listen' had been penned especially for the event. After well-deserved drinks and biscuits, the parts and harmonies were added to the songs and finally some actions too! Girls from Year 3 and Year 4 enjoyed visiting another GSA school and raising the roof with the collective voice of the choir that they created!



## Pizza & Film Night

**W**hat better way to end the week than with some pizza, all your friends and the best sing-along film ever? After school on Friday 30 January, the Prefect team held a 'Frozen' night, in aid of local charity, ADAPT. The Junior Department hall was a sea of blue and sparkles when the girls from the lower school settled down in their party dresses to watch the much loved Disney film, 'Frozen'. The girls belted out their favourite parts, along with Prefects and staff. In the interval the girls got to eat slices of pizza and chocolatey goodies! Once the Juniors had sung their hearts out to the end of the film, a second showing was put on for the Seniors. Though fewer were dressed in sparkly frocks, they sang, munched on pizza and no doubt had every line stuck in their heads all night. Thank you to all girls who attended and to staff and Prefects for their support.

Words By Zakira Asra, Media Prefect.



## Year 3's sessions with Senior Sports Leaders

**A** group of Year 12 girls are studying for the CSLA (Community Sports Leadership) Award, as part of their Sixth Form enrichment. They carry out a set of PE and health and fitness activities for girls in Year 3 which will help to improve the girls' leadership skills and act as evidence for the CSLA award. For the next three weeks, the activities will be happening in the Junior Department gym at 13:55 - 14:55pm. By the look of it, the girls in Y3 are enjoying the sessions very much!



## Foundation Learn about Dinosaurs at Charnwood Museum

**O**n a chilly, snowy morning the Foundation Unit visited Charnwood Museum, Loughborough. Apart from exploring the many hands-on exhibits, tracking down various dinosaurs hiding amongst artefacts, lying down head to toe to find out how many girls it took to be the same length as a Pleiosaur's fossil remains from Barrow-on-Soar, the girls learnt about being a palaeontologist. They looked at puzzle footprints, made deductions, excavated for dinosaur bones, then reassembled them, as well as making their own clay fossil.



## Year 5 Learn about the Dangers of Fire

**O**n Monday 19 January, Year 5 were visited by the Leicestershire Fire Service. The girls listened to a talk about what to do in the event of a house fire and the importance of personal safety. The girls were also shown a slideshow about arson and hoax calling. They also discussed planning an escape route from their house should the need arise. They listened with great interest to the talk and are now going to plan their routes at home and test their fire alarms!



**NEW MORNING MINI BUS SERVICE: PICK UP FROM FOSSE PARK, ASDA CAR PARK, 7.30am. £3. CONTACT MRS MACKAY, 0116 270 5338 FOR MORE INFORMATION.**

# Senior



## Mountain Biking in the Snow!

**N**ine adventurous girls and Mrs Martin travelled to the Derwent Valley in the Peak District for a day of mountain biking. Despite freezing temperatures and plenty of snow, everyone had a fantastic day and cycled all round Ladybower reservoir on the snowy tracks. The day was led by Andy Rowlinson from First 4 Adventure UK, who was impressed with the girls' determination, positive attitude and good humour throughout the day!



## Girls play with London Philharmonia

**W**orking with their partner organisation The Philharmonia Orchestra, Leicestershire Schools Symphony Orchestra (LSSO) were able to offer 8 young string players the opportunity to perform alongside professionals as part of an *Orchestra Unwrapped* concert at De Montfort Hall in January. Two talented Leicester High girls, Hannah Erlebach and Rou-Qian Poon, were selected to be part of the 8, which was a great achievement. They had two coaching sessions led by play-



mance. Hannah, 15, has been playing the violin since she the age of 7, and has Grade 8. Rou-Qian, 16, has been playing the viola since Year 3 and also has Grade 8. They both attend the LSSO every Saturday morning for a 2 hour session. Both girls said that the professional players were extremely supportive, kind and encouraging. They also said that they were inspirational because they were very experienced; their ability to sight read was 'astounding' and they barely needed any rehearsal time. The girls were very happy to have had the opportunity and said they would love to do it again. 'Most of all, it gave me confidence,' said Rou-Qian.



## Samaritan Ambassadors

**O**n Sunday 25 January, 7 girls from Years 10 and 12 attended a training day at the local Samaritans branch. The day consisted of various activities: a discussion about what an emotion is, a game of 2 truths, 1 lie, an activity discussing the important attributes of a Samaritan and, most importantly, lunch! The girls enjoyed learning a variety of skills, the most important being listening. All of the girls received a badge to display their new title: Samaritan Ambassador, and they are now working on a way to raise awareness of the organisation.

By Sophia Bhatti

## Hope against Cancer

### Poetry Winners

**T**he Poetic Muse continues to reign at LHS, and particular congratulations go to R in Year 8 and M in Year 10, both of whom were awarded third prizes in the Years 7-9 and

Years 10-11 categories of this year's Hope Against Cancer poetry competition run in conjunction with Leicester University's Medical School. A number of other girls in School won commendations for their poems. In the Years 7-9 group: Kiera Bhardwaj and Alice Marriage were Highly Commended, as were Avneet Attwal, Summayah Jeffrey, Karisha Jobanputra and Anjni Thakker in the Years 10-11 group, and Imaan Duke in the Years 12-13 section of the competition. Commended certificates were also won by a total of 12 other girls in School.



## INCREDIBLE LEPROA FUNDRAISING

**Y**ears 6 and 7 were so moved and motivated during an assembly presentation about Leprosy by Mrs Eileen Evans from the charity LEPROA UK, that they managed to raise over £1500 for the charity. The girls showed excellent teamwork and had great fundraising ideas. Isobel and India in Y7 raised

nearly £70 on a cake sale, and 3 girls endured a 7m bike ride in the snow in onesies and raised over £200. Everyone also enjoyed a fundraising street dance session which saw Mrs Morgan and Mrs Evans dancing with all the girls in the gym! Many thanks to all the girls and their supportive parents too.



## New Latin Club in Senior School

**T**wenty five girls from Years 6-13 started a new Latin Club in January which is being run by delegates from the University of Leicester. The course, designed by Jane Ainsworth from the Ancient History and Archaeology Department, will use historical evidence to introduce the ground rules of Latin over a period of eight weeks. There has been an overwhelmingly positive

reaction from the girls and we hope that this will develop into a permanent feature of our extracurricular programme.



# Sixth



## The Gold DofE Girls Just Keep Going!

**A**t the end of the Autumn term, seven adventurous sixth formers, along with Mrs Martin and Andy Rowlinson from First 4 Adventure UK, set off for Ambleside in the Lake District. This is an annual trip for girls who have already completed their Gold DofE Expedition and want to do more in the outdoors. Everyone had two great days walking in the South East Lakes, plus an evening climbing at a centre in Ambleside. The girls cooked together one night, made all the lunches and everyone enjoyed the warmth and hospitality of Ambleside Youth Hostel, as well as the much needed drying rooms for all the very wet kit! It was a great trip

because everyone knew each other so well and enjoyed each other's company.

## New Geography Trip to London

**O**n Wednesday 14 January Mrs Pulham and six Year 12 geography students visited "The Crystal". This is a new, purpose-built development, operated by Siemens, in East London. It is home to the world's largest exhibition focused on urban sustainability and explores the future of cities. The girls enjoyed using the many interactive displays, but a particular highlight involved designing and financing their own sustainable city which they had to manage up to 2055.



Another activity involved furiously peddling a bicycle in order to generate enough



electricity to power a personal computer. Despite very strenuous efforts, the best result only amounted to 20 seconds of computer time! Afterwards the girls used the Emirates cable car to cross the River Thames and were able to view the redevelopment of the London Docklands. Mrs Pulham, who organised the trip, said: 'It was a very worthwhile trip which made the issue of sustainability much more real for the girls'.

## Biology Olympiad Competition Results

**M**any congratulations to Science Prefect Katherine Bretherton for her Gold in the 2015 British Biology Olympiad! Held on the 28 January, the competition consisted of two hours of computer-based multiple choice questions on topics ranging from biochemistry to zoology. 6000 Sixth Form pupils entered from across the country, so Katherine did exceptionally well to achieve her Gold medal. Pallavi Govind should also be congratulated on her Bronze medal, along with Sorcha Whyte and Layla Aboushagor who were Commended for their efforts.



## Oxbridge Evening & English Workshops

**P**arents of girls in Years 10-12 were invited to attend an Oxbridge Evening in January. Dr Curran, from Trinity College in Oxford, and Dr Woodman from Robinson College in Cambridge, spoke to parents about the requirements, the pitfalls, and the myths behind applying to these two prestigious universities. Earlier in the day, Dr Curran and her husband, Dr Rounce, from Nottingham



University, ran sessions with the A level English students. The AS group enjoyed some insights about Emily Dickinson's poetry, and the A level group enjoyed a session on King Lear. Dr Curran said, 'The girls were articulate, brilliant, engaged and very sophisticated.' It was a wonderful opportunity for the girls to get a taste of University-style teaching, and they clearly relished it. Dr Curran is an ex-pupil of the Headmaster, Mr Whelpdale, who taught her history when he was at St Michael's in North London.

## Sixth Form COLUMN

The termly musings of Media Prefect, Zakira Asra



**A**fter stocking up on sleep and chocolate over the Christmas holidays, we should have felt refreshed and ready for the new term. I think we came back regretful for all those days we didn't wake up until 12 in the afternoon and the lack of exercise. However, it has been full speed ahead as they get nearer... yes, EXAMS. And for everyone in Year 13, they'll be our final ones at Leicester High. It's a bitter sweet thought, as completing A Levels and heading off to university are everything we've been waiting for, but knowing that we'll be leaving behind hundreds of fond and funny memories will be harder to overcome than we'd like to admit. Things like the ceiling window suddenly flying open one afternoon, or having your face plastered around the common room for your 18th birthday. Whether we've made our way up from the Junior Department or joined later in Years 7, 9, or even 12, we will all share the same mixed feelings of excitement and sadness. We're also counting down to the freedom of summer '15 to begin all the great things we've got planned. Amongst us, activities include: festival attending, inter-railing across Europe, and volunteering to build a school in Ghana. And most likely, lots of late mornings!

### INTERESTED IN JOINING OUR SCHOOL?

### Next Open Morning: Thursday 30 April 2015, 9-11.30am

No need to book, simply walk in!

Please contact Mrs Harbage on 0116 270 5338 or [j.harbage@leicesterhigh.co.uk](mailto:j.harbage@leicesterhigh.co.uk) for more information