



The Abbey



# Gateway

11 February 2021

Virtual 5k Runners - Student Volunteering - Internet Safety Day

## Esha's Valuable Volunteering

In Esha's spare time she has been helping her mother, volunteering at Mohanji ACT Foundation UK.

For almost a year Esha helped to deliver hot food two-three times a week to vulnerable people in society.

Esha began to express an interest in helping her mum, and they would go to Slough to deliver hot food.

It wasn't just delivering food as they would spend time talking to these vulnerable, disabled people who were often alone at home.

It is so nice to see members of our community giving up their time, selflessly, to help others who need a bit more support and guidance.

**Esha, Lower IV**



## Race Runner

Rosa, in Lower Prep, completed her Race for Britain 3 x 5km GB Ultras virtual challenge at the weekend.

She competed in the England, Wales and Scotland races - consecutively improving her race times with a personal best of 48 minutes 11 seconds.

Rosa received her medals this week, and is now keen to run more often with her mum - which will boost her mental and physical wellbeing during Lockdown.

**Rosa, Lower Prep**

## Homemade Crafts



Kanyin has been busy with homemade crafts to keep her occupied whilst away from her screen.

She decided to make her own snow glitter globe inspired by the snow from last week as her little project.

Below are the materials she used:

Clean old coffee jar

Water

Waterproof figurine of your choice (feathers, poms-poms)

Strong clear glue

2-3 tsp glycerine or baby oil

½-1 tsp glitter

**Kanyin, Lower I**

For weekly events and reminders, please go to your [My School Portal account](#)  
This week's Heads Connected: [The corridor of uncertainty](#) Mr le Fleming examines what do you do when you don't know what to do?



## Curiosity Week - Lower IV German Tourism and Cuisine

As part of Curiosity Week, Lower IV German students were asked to research famous German landmarks and German dishes.

Neuschwanstein Castle is a 19th-century Palace that lies on a hill above the village of Hohenschwangau near Füssen in southwest Bavaria, Germany. This castle was built for King Ludwig II. About 1.4 million people visit the castle every year and around 6000 people each day.

The national food of Germany is called Sauerbraten. This is a traditional main course meal and is a roast. There can be a variety of meats that people use, including beef, lamb, pork, horse and more.

The meat is marinated in wine before serving and people think that it first originated from Julius Caesar's time.

Mr Vairo, Modern Languages



## Junior School PE - Running Success



The PE Department is sure there are significantly more runners out and about now than there ever was before the

pandemic, as people turn to it as a new form of exercise, that is accessible, safe and free!

You might think that cross-country runners are fortunate that through lockdown they can still continue with their sport, yet most of them thrive on the competition, which like netball, hockey etc has also ceased. Yet, where there's a will there's a way, and schools from across the county raced off against each other recently in the Berkshire Primary Schools Virtual Cross-Country Championships.

The Abbey is very proud of the Upper I and Upper II students that put themselves forward for the competition, along with over 200 others in each age group, with boys and girls competing against one another.

Congratulations go to Alice, Imogen and Sukh in Upper I who ran the 1.5km distance. Alice finished in 10th position overall, yet was the second girl in the race, a great achievement.

Well done also to the Upper II students of Serena, Araliya, Mariam, Tereza, Christina and Sneha who raced the 2km distance.

Serena smashed the entire field, winning overall by 5 seconds in a time of 7.52 with



Araliya finishing 8th overall, which was also the 2nd girl home, giving an Abbey one and two. As a team, these 6 students finished in 6th place out of 59 schools, and all those ahead of them were mixed teams. A great result, and fantastic to achieve some competition in lockdown, even if it was virtual. The PE department wonder if anyone else might join in the running "bug" over half term, maybe if the weather warms up?

Mrs Orr and the Junior School PE Department



## Alumna of the Week: Natalie Walmsley (2009)

Natalie is a writer & actor. Her pilot **FLING** is currently in development with NoHo Productions. She featured in CBBC's BAFTA winning 'Secret Life of Boys' playing Orc Ward and Shrimpy McPrawnbottoms. She wrote both characters and served as a team writer on Series Three. She also created, wrote and starred in a web series about the quarter-life crisis, **The Young Professionals**.

In 2018, Natalie performed her debut solo show 'Jasper Red: Press Play'; a self-indulgent drag queen energy healing therapist with a Britney Spears obsession. The show went on to gain critical claim at the Edinburgh Fringe, and was followed in 2019 by a new cabaret show with Porscha Jean, Brother Sun & Sister Moon. She is currently working on various original television and podcast projects and her idols include Geri Halliwell and Laa-Laa off the Teletubbies.

**1. When did you leave The Abbey and what are you doing now?**

I left in 2009. I'm now a screenwriter &

performer working on my first original comedy drama TV show, a podcast with BBC Comedy Studios, and various other projects. Previously, I managed the YouTube business at Zodiak Kids, where I got my 'in' to TV and spent the past six years building up my contact book and writing skills to be able to take the leap into freelancing.

**2. What do you miss the most about The Abbey?**

The 'in' jokes with teachers, the music office, and those lovely bottle-green Songs of Praise books. A special moment I'll never forget was when Mrs Catlow gave us a life lesson in year 8, closing Lord of the Flies she boldly announced that we should ALWAYS have our own bank account in later life. It's something me and my Abbies still fondly look back on today, and we've stayed true to her words!

**3. What would you say is your biggest achievement?**

Getting my writing agent - Katie - at The Agency, that I can remember the dance moves to Shine Jesus Shine - as taught by



the great Mrs Stanley, and that Lorraine Kelly once commented on my Instagram.

**4. What advice would you give to current students?**

That most advice is pointless, unless it really speaks to you. Be kind, be an ally, and the only person you should work hard to impress is yourself.

**Mrs Bushrod, Alumnae Engagement Officer**

## Amelia and Lottie's Daily Steps Challenge

Amelia, in Upper III has been walking her Cocker Spaniel called Lottie in her local woods to ensure she can smash her step count for the Lower IV PE challenge they were set.

Depending on which route Amelia takes, she does around 7000-9000 steps from her house to the woods and back again.

It is a really great way to get away from screens and remote learning, whilst also getting plenty of fresh air, exercise and giving your brain a break.

**Amelia, Upper III**



## Prisha's Pretty Pistachio Tealights



Prisha has been working hard in creating lovely tea lights and flowers out of pistachio shells. She gave these tea lights to some of her friends in January.

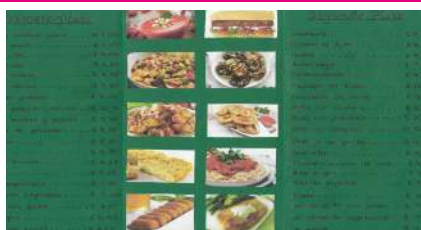
**Prisha, Upper II**

## Spanish Cuisine

Some of the students in Upper IV Spanish have been busy preparing Spanish menus.

Others have put on a Spanish themed dinner at home, cooking Spanish/Mexican food and teaching their family members how to order food in Spanish.

**Miss Cross, Spanish Teacher**



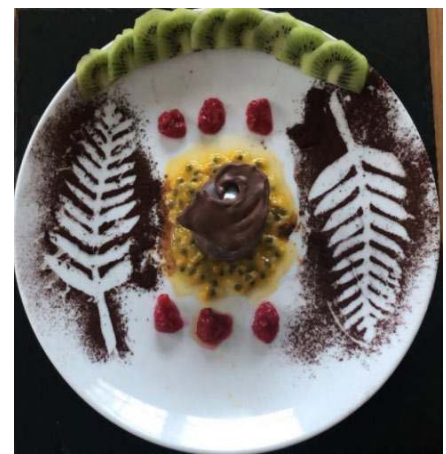
## Upper IV Teacakes Trip around the World

Upper IV were given the challenge of decorating and presenting a quintessentially British sweet treat, the Tunnock's Teacake to represent a different country.

The teacake could either be decorated to represent another country, or could use ingredients from another country's cuisine.

The students have come up with some amazing designs. Well done Sophie, Kate, Emma, Sophie, Millie, Mahi and Yana

**Mrs Pollard, Food and Nutrition Teacher**



*Be inspired!*

Be Inspired by Paris Lees

Paris Lees is an English Journalist, Presenter, and Transgender Rights Activist. She topped the Independent on Sunday's 2013 Pink List, came second in the 2014 Rainbow List, and was awarded the Positive Role Model Award for LGBT in the 2012 National Diversity Awards.

Paris is the first transgender columnist at Vogue and was the first transgender woman to present shows on BBC Radio 1 and Channel 4.



## Update on Sundance Film Festival Entry

A few weeks ago, an article was in the Gateway about Mrs Cornford's amazing involvement in composing the film score for a short film that was shown at the Sundance Film Festival. Having been screened at a handful of Film Festivals around the World, Mrs Cornford heard at the weekend that the film has been longlisted for a BAFTA.

The BAFTA category the film has been longlisted in is the Short Film Category. Mrs Cornford will find out next month whether the film has been successful, with the Awards Ceremony taking place on 11 April.

Everyone at The Abbey is hugely impressed and wishes Mrs Cornford all the best for the release of results.

## Lower III: Letters into the Future

Lower III have been writing letters for future Abbey pupils to read one day about their experience of the pandemic. They are planning to keep them in school until 2030.

'So even with all these hardships and all these struggles, it's not the end of the world, though it definitely felt like it. I hope you don't have to go through this, and I'm still fighting to the end, and hope that things might get back to normal. But even with all the bad you can find good, I read more and interact with my family more often, which is a really good feeling. I hope you aren't getting glued to electronics and live the best life you can in the future and realise what you have, since it could be



taken away from you. Life is good, even with the ups and downs.'

**Jaren, Lower III**

And:

'Captain Sir Tom Moore was a huge inspiration for the whole country, I think he is a hero.'

**Isha, Lower III**

**Mrs Hives, English Teacher**

## Upper IV Artwork inspired by Paul Giovanopoulos

Paul Giovanopoulos' artwork is defined by complex investigation of simple objects. His original vision involved a carefully composed repetitive grid of panels as the base of a painting.

Giovanopoulos then interpreted each panel, transforming the object within through "visual signatures" from art history, cultural icons, and concept.

In making art this way, he became at once creator, collector and curator of each canvas.

Upper IV art students have been combining all of this information into an artist study page of the artist 'Paul Giovanopoulos' who takes ideas and concepts of other artists and applies it to his own work. For example - a Pop art Mona Lisa, then a surrealism Mona Lisa etc.

Students also had a go at their own versions of Giovanopoulos' famous typography artwork.

**Mrs Barrett, Head of Art**



## Capacity Conundrums in Reception

This week students have been finding out the capacity of different containers; making their own potions and following tablespoon recipes to make biscuits.

Using sand, rice, cereal and water to tip, pour, fill and empty was so much fun and they all learned new vocabulary and practised their estimation skills.

**Mrs Booth, Reception Teacher**



## Virtual Physics Club

Mr Hills has been very impressed by the number of students who have regularly been joining the lunchtime Physics Club, virtually.

254 students have enjoyed exploring Physics experiments and other phenomena away from the classroom. Mr Hills is helped by three Sixth Form Physicists who help run the club and come up with ideas for experiments that students can do safely at home.

One recent experiment was looking at different density liquids, using a glass from home and some oil.

**Mr Hills, Physics Teacher**



## Upper III Sock Monsters



Inspired by the works of John Murphy and Jennifer Strunge, Upper III were tasked with creating sock monsters out of spare socks and other household items.

Isabella - Named after Sors, God of Luck



and Aeon, God of Unbounded Time and the afterlife.

He is friendly and trustworthy, dedicated to people and most importantly a laugh. He is cheeky and is sure to get up to all kinds of mischief, even if he is nearly king. He enjoys his studies and is doing a degree in astrophysics. He is clever and tall in stature but he has small feet and long arms meaning he often trips up.

Eleanor also created a sock monster named Mia Marshmallow!  
**Mrs Bumpstead, Textiles Teacher**

## Thank You Message - Grace

The beginning of 2021 was a very different year and everyone did so impressively well. We all worked together and understood each other's needs.

I read that some universities will offer only online courses, that some schools will have a mix of remote learning and in-school, that the holidays will have to be very within a 'limit'. These are just a few examples of how everyone is adapting to our now ever-changing world.

NHS workers, teachers, parents, shop keepers, charities, children, students, grandparents, musicians, actors, writers, pets, and neighbours (just to name a few) have been brightening up our lives and vice versa; whole communities came together through this tough time, everyone helped everyone and everybody did their part.

Now, more than ever is an important time to recognise the roles people have played during this pandemic and how certain figures will always be remembered.

Captain Sir Tom Moore was an inspiration to everybody who knew him and to everybody who met him it was clear, he brought out the best in you and helped so many people get through this unprecedented period. Not only did he change the lives of many he also raised 33 million pounds for the NHS, that is in urgent need of funds. He sadly passed away this past week but although he might be gone his legacy will live on forever.

This is an amazing time to reflect on what we had, what we have, and what will come. Just doing small things/gestures is an amazing way to show your parents and siblings how much you care. Even a cup of tea or a smile will brighten up somebody's day!

Everyone from primary school children to senior citizens is having to mould into the new normal and now, only now, does everyone realize how much freedom and interaction we had before.

It is more crucial than ever to recognize what we have and reflect on what we had. To recognize that we led such brilliant lives before this and to realize that nothing can keep us apart, not even some virus, is really important.

We might all be going through a tough time but all in all, we will pull through this, just like the generations that came before us.

Now, I hope everybody has a safe and relaxed half-term.

**Grace, Upper III**



## Leisure Activities - 2 Naomis



Naomi's work on Lego. She spent a lot of time building these all by herself and they are techno ones so they can function with a motor.

**Naomi, Lower I**



Meanwhile, Naomi in Reception has been helping in the kitchen, making a lovely vegan risotto.

**Naomi, Reception**

## Curiosity Week

Curiosity Week is an annual opportunity for students to step beyond the curriculum and enjoy the excitement of discovery.

This year Upper III and Lower IV were invited to 'be curious': they were given a week of no homework, allowing them time and space to research whatever they wanted.

To help them on their way students were given various stimuli, including mini lectures from staff, questions of the day and a range of suggested tasks, such as virtual museum tours.

The students did a fantastic job of letting their creativity soar and we had projects, presentations and even a rap. Students cooked new dishes, looked at the stars, followed the snow cycle and watched films in foreign languages.

It is a delight to see what they have produced and how they used their time to cultivate their own curiosities.

**Dr Bellamy and Mrs Pettet**

## Paper Crafted Flowers

Simra from Upper I has spent her free time at home, making beautiful paper crafted flowers.

**Simra, Upper I**



## Junior School Internet Safety Day

This week the Junior School's Digital Leaders have been helping us celebrate Safer Internet Day 2021. Now more than ever, it is important that we are all aware of the risks and responsibilities we have when interacting online and the Digital Leaders did a great job of sharing activities that helped us think!

Throughout the week students from Reception up to Lower III have been talking, sharing and learning about different aspects of digital safety, moving from the adventures of Detective Digiduck to discussions about scrutinising what we see online and how social media influencers monetise their posts.

Upper II and Lower III have been taking part in an interactive quiz and staff across the school have been leading assemblies with a particular focus on the reliability of what we see online. Peipei from Upper I shared some good advice "I have learnt that you shouldn't trust everything on the internet and the fact that you shouldn't giveaway private information."



After leading their class activities, Shreeya of Upper II said "I enjoyed speaking to the class and answering questions." while Araliya of Upper II "really enjoyed leading the class for the compass choice, because we had spare time I said to them make your own scenarios and we shared them."

If you would like to follow up this week with your daughter, more information for parents can be found in My School Portal.

**Digital Leaders & Mr Stevens**