



The Abbey

# Gateway

15 October 2021



Swimming Success - Junior Sport Captains - Tate Britain Trip

## GCSE Art Exhibition



Last Thursday, we were excited to open up the gallery doors to visitors for the first time in well over a year. This GCSE exhibition was curated from final pieces of work from almost 30 students who had completed their Art GCSE in 2021.

At the private view there was a great turn out from Abbey staff including visits from many of the Senior Leadership Team. We were also delighted to have some of our governors join us as well as Whiteknights Art Trail organiser Jenny Halstead, and one of this year's Artists in Residence, Kristen Rawcliffe. Those that attended commented on the quality and variety of the work on show.

This was a great opportunity to celebrate the success of our art GCSE '2021' students and we were gratified to have a number of students and their families join us in the gallery.

Feedback was very positive. A couple of examples from visiting parents include: "Such a lot of fantastic and different ideas. Wonderful inspiring. Thanks so much", Mrs Wilson

"So wonderful, beautiful, different forms of art. Well done to all the hard work of students/artists and their teachers. Delightful exhibition", Mrs Gogus.



During this week, Junior School students have visited the gallery and it was clear from the comments received by Upper I (Year 4) students, that they thoroughly enjoyed the experience:

'My favourite part was seeing all the different pictures, they all inspired me to learn about Art. It was my first visit to a gallery and I loved each picture because they were all so different.' **Jasmine**

'I liked doing the activity because we got to explore all the pieces of artwork and there wasn't just one answer to each question. It helped me to learn about different types of artwork.' **Naomi**

'My favourite part of the gallery visit was when we went to look at all of the artwork because I really liked looking at the different artwork. My favorite piece was the one with the dogs because I really like how it was in nature.' **Beatrice**

**The Art Department**



## Heads: Connected

### Proud to be

In 1987, Ghanaian-born activist Akyaba Addai-Sebo launched the UK's version of Black History Month. His attempt to take a stand on racism in our society was viewed as radical. Unperturbed, he pressed on.

Fast forward to the year 2020. We witness Black Lives Matter protests around the world sparking individuals and organisations to educate themselves about Black history, heritage and culture.

Thirty-three years on from Akyaba's initiative, has anything changed for the better? George Floyd's murder, the conviction of the police officer Derek Chauvin, and the far-reaching responses across society are a powerful reminder of an ongoing universal human rights campaign, with more of us embracing the notion that structural racism is not a figment of Black people's imagination.

[Read more](#)

## Podcast With A Cake

The second episode of 'Podcast with a cake' has been released - on the topic of Technology.

Episode two is available on [Spotify](#), [Apple Podcast](#), [Castbox](#), and [Amazon Music](#). New episodes will be uploaded each Wednesday.

For weekly events and reminders, please go to your [My School Portal account](#)

This week's Heads Connected: [Proud to be](#) by Nisha Kaura



## Meet the Peri's: Rachel Calaminus

The Abbey Music department is very fortunate to be supported by a vastly experienced team of peripatetic teachers.

In this feature, we get to know one of them a little better:

**Name:** Rachel Calaminus

**What instrument(s) do you teach?**  
Violin & Viola

**When did you discover your love of music?**

I saw a violinist on the TV at the age of 3 and thought I like the look of that...the rest is history.

**What advice would you give to young musicians?**

Keep trying and remember why you chose the instrument in the first place. Also try and play along with somebody better than you, you learn so much that way.

**What is your favourite piece of music and why?**

There are so many, it really depends on what mood I'm in. I love all of the Russian violin greats (of course).

**What is your funniest musical moment?**

It would have to be a piano quartet concert that I did years ago. The promoter



asked us not to move the piano but we decided to ignore the advice and moved the piano, which fell on the pianist's foot and he had to go to A&E! We started the concert very late and he had his foot in a huge cast.

**What is your most memorable musical moment?**

My very first BBC Prom concert. There is something very special about the Royal Albert Hall with all those music lovers prepared to stand up throughout a whole concert.

**If you could meet any composer from any point in time, who would it be and why?**

Bach (because he rocks).

## Spanish Presentation

In Spanish recently, we have been learning about the problems in the environment and what we can do about them.

In one of our more recent lessons, we researched a city in the world in regards to traffic and pollution, and wrote a presentation describing the problem and what should be done, and what the government is doing about the problems.



We decided to research Mumbai for our presentation, and we learnt a lot about the pollution problems over there. We found it very helpful, as it helped with skills needed for A Level, and we got to research a topic that we chose. We also learnt about global issues at the same time.

We found that it was a good technique of learning what we needed to know, and helped us work together as a group in terms of presenting and listening to other presentations. I really enjoyed the process of researching and presenting, as it made me realise how much my confidence has improved when speaking!

Ira and Issy, Upper V

## Careers and Higher Education Fair

Please save the date for our bi-ennial Careers and Higher Education Fair which will be taking place on Thursday 10 February 2022.

If you or anyone you know would like to take part in this fantastic event to represent your company and give invaluable guidance, help and information to our students then please contact Julie Bushrod at [externalrelations@theabbey.co.uk](mailto:externalrelations@theabbey.co.uk) - we would warmly welcome your participation.

## Chess Competition

Several students played in the first online chess competition for girls schools of this academic year last Wednesday evening.

Schools from all over the country took part and at the end of the competition The Abbey team came 2nd out of 37 teams which is a great achievement. Well done to Csilla (Upper III); Radha, Shree, Cara (Upper IV); Mia, Jigya and Prisha (Upper V); Anna and Anoushka (Lower VI)  
Mr Hills

## Musical Interludes



Once again this week we enjoyed our midweek musical interlude, with uplifting performances from Amelia (clarinet), Natasha (guitar), Louisa (clarinet), Katherine (piano) and Tamara (violin). Congratulations to everyone for sharing their music-making with an appreciative audience.

On Wednesday 10 November 12.15-12.45pm, some of our music scholars will be showcasing their talent to a wider audience, as we move the Abbey Interludes that week to Christ Church, and we thank the church for their hospitality. Anyone is welcome to attend this recital (open to the public).

Ms Bilkey

## Spartan Race



Congratulations to Emily, Lower III (Year 6) for finishing third in last weekend's Spartan race.

It was a 3km obstacle race through the mud. Despite the conditions and a bloody knee she was still smiling at the end.

## Studios Sounds

On Wednesday we were delighted to be able to welcome in a small group of parents to watch their daughters perform at our first live Studio Sounds concert of this academic year.

At the end of a busy school day it was a joy to be entertained by performers from Lower I to Lower III (Years 3-6) and our students, for many of whom it was their first live concert, rose to the occasion and entertained us with performances on the piano, violin and guitar.

Mrs Heard



## Junior School Sport Captains



Meet the new Junior School Sports Captains who have recently been elected by their Houses. The Lower III (Year 6) students, one from each house, are full of enthusiasm and ideas.

Olanna from Paget sends out the message to "keep active" and has already offered to assist at the Lower I I, (Year 3) lunchtime hockey club.

Evie has obviously made an impression, being new to school this year, enjoying sporting heroes from athletics and swimming and looking forward to supporting a Sports Relief Day dressing up as one of them. Her slogan is "Sport is for everyone. Go, go Carrington."

Araliya has already started writing a sporting rap for their assembly, hoping to also involve other keen Lower III sport enthusiasts. Her message to her house is "We are a strong team, Ducat. We just

need to believe in ourselves" Jessica Ennis is Araliya's sporting hero because she "never gave up".

Ipek strongly supports that "Kensington's the best" and motivates them with "we just need to work together and then we'll shine through." She, like Olanna, is inspired by Ronaldo, his skills and his determination "to give his best". Keen footballers, the four students have already instigated the start of a new Lower III football club after school, thanks to Miss Steele.

Each Sports Captain, like many other students in School, is passionate about encouraging everyone to "work as a team and try their best", not worrying about "needing to be really good". They're keen to work together to raise awareness of women in sport and will hopefully be strong role models to the girls in the Junior School.

Mrs Orr

## DofE Silver Awards



Congratulations to Lower VI (Year 12) students who were presented with their DofE Silver Award Certificates this week.

Lower VI students who received Silver certificates were:

Finia, Sania, Melinda, Jessica, Jennifer Hannah, Summer, Naz, Sophie, Natalia Molly, Eleanor, Katie, Carolina, Miranda Saadhikha, Natasha, Elizabeth, Olivia Natalia, Hannah, Johanna, Karma Aadya, Caitlin, Saniyah, Sophie, Lottie Amelie, Euphemia, Beth, Helena, Aaisha Tiana, Lina, Larisa, Lucy, Isabel, Megan

Also a special mention to Hannah (2021) who was awarded her Gold Award Certificate.

Mr Godfrey

## Regional Swimming Championships

Last Friday evening 14 students travelled to Watford to compete at the E/SE Regional Team Swimming Championships.

It was great to be back at a big event and we have missed it these last two years. The students did superbly especially as their outside of school preparation i.e. training and level of competition was nowhere near what it would have usually been in the run up to these championships.

Their times from this gala will now be put into a list ranked nationally across

the whole of England. The top 20 teams (reduced from 30 this year due to covid restrictions) will be selected to compete at the ESSA National Schools Team Swimming Championships on the 20 November at the Olympic Pool in London.

The Junior (Upper III/Lower IV) team of Holly, Dipa, Imogen, Lauren and Olivia came 12th / 24 in the medley relay and 3rd / 24 in the freestyle relay.

The Inter (Upper IV/Lower V) team of Katherine, Matilda, Carys, Jasmine and

Maya came 1st / 27 in the freestyle relay to become regional Champions, and 6th / 27 in the medley relay

The Senior (Upper V/Sixth Form) team of Priya, Isabel, Lily and Libby came 13th / 17 in the medley relay and 10th / 18 in the freestyle relay

The points added up for each age group gave us an excellent position of 4th out of over 30 schools that attended the gala.

## CREST Gold Project



CREST is a nationally recognised scheme for student-led project work in the STEM subjects (Science, Technology, Engineering and Maths). Supervised by Mr Lovibond, Abbey students have the opportunity to improve their independent and reflective learning skills through enquiry-based project work.

Tereza, Upper VI (Year 13) explains below about her recent Gold Project: "I started the CREST project with a friend simply because I was told it would look good on my UCAS uni application. Not knowing what UCAS was at the time, took my teacher's word and committed to the bronze project in year 8."

I really enjoyed it and so took it further to a silver which quickly turned into a gold project; all on the same topic of Autism. I went from, "what is Autism?" In my Bronze 10 hour project to developing a learning

tool for children with ASD in mainstream education in my Gold 70 hour project.

I decided to research Autism because I had a friend in primary school who had ASD and found it so interesting how a seemingly 'normal', kind boy can be so different to us, his peers, at the time.

He would ask me template based questions every Monday morning about my weekend, never making eye contact, with the aid of his 'helpers'. Having a conversation with him would be so different to the other primary school playground conversations I'd had. This sparked an interest early on and popped back up when considering what my project will be on.

My project involved online courses, reading books, online sources, countless studies and interviewing professionals to first build a foundation of knowledge then use that to create something, theoretically, that can help in the real world.

The professionals I interviewed included Donna Atkinson (a preschool head teacher) and Jess Debnam (a holistic model school therapist). They work together to get to know children in their care and send them off to primary school with a file of information about their learning styles and suggestions for how the primary school can most beneficially help the child's education and development.

They were the two most significant sources used during my project. I found Jess Debnam, my mentor, through Mr Lovibond, my school CREST supervisor and she introduced me to Donna Atkinson.

They helped me bridge the foundation of knowledge I had built to form a tangible and applicable tool.

The learning tool was a storytelling technique to be used by children with ASD which developed skill such as applying feedback and stimulating physiological parts of the brain to theoretically increase their function and build skills that would benefit them in the classroom.

The feedback I received from the CREST organisation:  
*Thank you Tereza for submitting this extensive and fascinating report. I am delighted to tell you that you have met all 15 criteria for the Gold Crest Award. Congratulations.*

*This was a fantastic and at times very complex and challenging read and I followed the arguments and explanations with real interest. Your choice of topic was extremely brave in a field where as you point out there is no 'norm' or clear definitions - No easily identifiable features common to all and indeed no clear physiology or Psychology for all.*

*Nevertheless you managed to make a coherent argument. You then delved into another field- Education and once more provided an argued approach to an educational tool.*

*As a teacher and an Education Consultant I was very impressed with the research and the outcome. The product that you came up with has real potential and I hope that you can go onto see it in action in a class one day and assess the outcome. Congratulations again.*

## Spanish Skills - Billy la Bufanda

LV have been learning the imperfect tense in Spanish. This is a difficult tense to understand but the students have been using a song to understand it - Billy la Bufanda. (Billy the scarf).

After working in class with the song, the students have created their own songs or stories on a piece of clothing. The results are spectacular. Well done girls for your creativity and your talent. It is truly wonderful. ¡Maravilloso!

Louisa in Lower V (Year 10) explained a little more about the task they were set.

"In our recent Spanish lessons we were entertained by some interesting, but slightly peculiar, Spanish music featuring "Billy la Bufanda."

The song was about a scarf called Billy and the troubles he encounters on a cold

winter's day. It was a great learning device as it really helped us to understand how to use the imperfect past tense when describing a setting and telling a story.

After carefully translating the meaning of Billy's story, we were challenged to create our own story/song about a piece of clothing of our choice and this was great fun as we were allowed to be as creative as we liked but it also consolidated our knowledge of the imperfect tense.

At the start it was challenging because we had to get to grips with our tenses and adjectives very quickly. However, in the end I really enjoyed writing my own song and now feel much more confident in the use of mixed tenses."

Mrs Trujillo

### Gorka el gorro

Esta es la historia de un cuento trágico. Es la historia de una prenda rosa:



Su nombre era Gorka. Gorka el gorro. Había una prenda, su nombre era Gorka. Gorka el

gorro estaba tan rojo como un tomate y ojos tan azules como el mar. Vivió en la cabeza de un niño pequeño y el niño lo usaba todos los días.



Pero un día hizo viento y Gorka voló de la cabeza del niño hasta la copa de un árbol.

Gorka, Gorka el gorro. ¡Estás atrapado en un árbol! ¡Qué vamos a hacer! Oh Gorka, Gorka.

Gorka el gorro. ¡Estás atrapado en un árbol! ¡Qué vamos a hacer!



Luego las hojas, hablaron con Gorka y dijeron: ¡Gorka, Gorka te adoramos! ¡Eres el gorro más guapo que conocemos! Oh Gorka, Gorka.

¡Gorka, Gorka te adoramos! ¡Eres el gorro más guapo que conocemos!

Entonces Gorka encontró el amor en las hojas. Ellos vivieron felices hasta que ...

Un hombre grande recogió a Gorka del árbol y fue colocado en la cabeza del niño. Ellos se reunieron. ¡Qué guay!

Pero no para Gorka. ¡Nunca volvió a ver las hojas! ¡Qué desastre!



## County Cross Country Success

On Wednesday 13 October the Junior and Inter teams travelled to Downe House to compete at the ESAA Schools Cup Cross Country Championships - Berkshire Round. They competed against other schools from Berkshire and battled the tough hilly course as a team of six. Their positions were added to give a team score and they did fantastically.

The Junior team of Grace, Isabella, Emily, Imogen, Susie and Matilda came an excellent 2nd place overall with a 2nd and 3rd individual placings from Grace and Isabella.

The Inter team of Carys, Lily, Maya, Ruby, Amelia and Gabby came first and were crowned county champions with a fantastic individual win for Carys; the rest of the team all came in the top 13.

Both teams have now qualified to compete for the School and Berkshire at the South West Regional Competition in November.



## Paula Rego Exhibition - Our Trip To the Tate Britain

On 24 September, the Sixth Form art students visited the Tate Britain in London. The main purpose of the trip was to see the Paula Rego exhibition as well as discover a range of artists to inspire us for our future projects.

Paula Rego is a Portuguese artist whose work centres largely around folktales and stories of women, often depicting an underlying message of hardship and very 'real' but often dismissed contemporary issues.

We were drawn to the way she combined surrealist techniques to convey these messages. Rego developed a signature and influential style within her practice, as she progressed as an artist.

She used a range of media, such as collage and oil paint, as well as experimenting with 3D figures. Her complex and narrative filled compositions were certainly eye catching on such a large scale. Overall, we felt that her exhibition was moving and enlightening.

Rego helped to spread awareness of female issues that were often 'taboo' through her Fine Art. This was heartening and more than lived up to our expectations. After experiencing the Paula Rego exhibition, we further explored the Tates' permanent collection of artworks. We would all like to thank The Abbey for arranging this trip and enabling us to have this opportunity.

Lower VI Art Students



## Physical Development Workshop at Nursery

Nursery parents were welcomed into the newly refurbished Knell House for our Physical Development Workshop last week.

This was a valuable opportunity for staff and students to demonstrate the many ways in which we support and develop the gross and fine motor skills of our very youngest students. Parents were invited to take part, alongside their daughter, in

a wide range of activities including 'Write Dance' and a P.E. session.

They even explored sensory play experiences, such as rainbow rice, water beads and play dough. It was wonderful to be able to welcome families into our Nursery classroom.

Mrs Archer

The Art and Marketing departments are launching an opportunity for all staff and students to participate in this year's Christmas card competition. The winning design(s) will be used by marketing for our whole school 2021 card(s).

Some additional information:-

Any medium accepted - good quality photo of artwork should be emailed to [Mackerethel@theabbey.co.uk](mailto:Mackerethel@theabbey.co.uk)

Theme - Winter Wonderland

Deadline for entries - Tuesday 2nd November 2021

## Getting To Know You: Desert Island Discs



This weekly feature gives us all a little insight into The Abbey staff, and our next Desert Island Disc 'castaway' is Mrs Staines - Director of Upper School.

### Top eight pieces of music:

Choosing these eight songs has made me realise that it is the memories closely

linked to them that has most strongly influenced my choices - music is the perfect way of being transported back to those moments in time.

The music of my mid-teens left a big impression on my Friday afternoons whilst doing my weekly paper round. I always listened to my home-made mix tapes on my Walkman; Terence Trent D'Arby, Maxi Priest, Tracy Chapman, The Cure, Sade. Loved them all, but **Back to Life by Soul II Soul** makes me smile the most. It conjures up memories of early forays into nightclubs with everyone dressed in baggy clothes and big trainers.

**The Whole of the Moon by The Waterboys** is the song that seemed to follow me around in the early 90's and will be forever associated with adventures overseas. It's also a great reminder that there is always a bigger picture.

**The Cranberries**, I listened to on repeat around that time too, **Dreams** for some reason reminds me of the London Underground which in many ways is another childhood soundtrack that always makes me think of home.

**The Source and Candi Staton, You Got The Love** is also a huge track from the early nineties that seemed to be played everywhere, still brings back lots of happy memories from that time.

Uni days we listened to music all the time, we loved House music and Roy Ayres but **Never Stop by The Brand New Heavies** I would add to the list because it reminds me most of the endless fun and sense of freedom we had as students.

More recently, I've enjoyed listening to **Haevn and Back in The Water**, for some reason it reminds me of my 3 grown up kids and of sunshine.

**Flying by Peder B.Helland** is a beautiful piece of music, very calm and grounding. A perfect soundtrack for meditation and for clearing the mind.

My final choice is probably the most random but is the track according to my playlist that I have listened to more than any other, **Hero by Family of the Year**. I never tire of hearing it, so for that reason alone, I would add it to my list.

### Book:

**Jeff Foster The Way of Rest**. It covers the power of mindfulness and being human, acceptance and pausing. A book of mainly poetry to dip in and out of. Perfect for desert island reading.

### Luxury item:

I don't really do luxury as such, but I couldn't live without regular big mugs of Yorkshire tea and reading the Sunday papers.

## Under 16 County Hockey Success

Congratulations to the Under 16 Hockey squad who played some excellent hockey to come 2nd in the Berkshire Schools County Tournament last week.

In the preliminary round, we secured 1st place by playing some fast paced flowing hockey against Holme Grange, Pangbourne and St Marys. In the afternoon the cup competition began, and once again the students rose to the challenge and continued to dominate.

Goals were harder to come by, but possession and commitment was evident to see. Two wins against Downe House and The Marist and a draw against Holme Grange ensured that we finished second



and the team now progresses to the South Central Regional round. Well done and good luck in the next round.

Miss Floyd

## Calling All Composers

As featured in the first Gateway of the year, The MusicFirst Young Composers Competition deadline is fast approaching. This annual competition is open to students in the United Kingdom ages 11-18 who compose their own original scores.

There are three categories: 11-14 years, 15-16 years and 17-18 years. If you would like to enter an original composition for this competition, please speak to Ms Bilkey, Director of Music, who will oversee the submissions.

For more information, including guidelines for the compositions, please [click here](#)

## Musical Moments in the Junior School

This week Upper I (Year 4) took to the stage for Musical Moments and were fascinated to see a bassoon up close. We also had performances from pianists and violinists and agreed that this is a great way to start a Tuesday. We look forward to Lower I's turn next week.