



The Abbey

Gateway

19 November 2021



Hockey Success - Anti-Bullying Week - Upper Prep Inquiry

South Regional Hockey Champions



The Under 14 Hockey squad have recently been crowned South Central Tier Two Regional Champions.

This is a fantastic achievement and well deserved to a squad of excellent players who have progressed from winning the Under 12 Reading Schools mini hockey when they were in Year 7 to South Regional Champions. Many of the players play club and county Hockey and as a result there is great strength, depth and experience within the team.

The Regional Round was played on Tuesday at Reading Hockey club. We progressed through the group stages drawing against High Wycombe (Bucks), and beating Churchers (Hampshire) and Bloxham (Oxfordshire).

We topped our group and drew Lord Wandsworth school (Hampshire) in the semi-final. This game was a fantastic spectacle of all things competitive, a quick goal to set the tempo, fast attacking play, periods of defensive pressure, an injury, and an equaliser for the opposition.

Through sheer grit and determination, we hung on which meant penalty flicks were looming! Penalties are always a nervous affair and this was no different with a place in the final at stake. Lily P, Lily R, Mia, Lois and Emily rose to the challenge whilst Becca was fantastic in goal saving two strokes. We beat Lord Wandsworth 4-2.

The girls were ecstatic that they had reached the final against St Edward's (Oxford) and were 100% focussed on finishing the day on a high.

After a long and tiring day, and so many emotions they played some of their best hockey in the last game, and beat St Edward's 1-0. It was a remarkable day and one they will never forget. Thank you to all the parents who came to support. It really helped us. The squad now progress to the National Finals which will take place in February.

Miss Floyd

Heads: Connected

Who tells your story?

The backdrop to our lives has become an anxious one - affected by opinions over BLM and our response to equality, diversity and inclusion; Everyone's Invited and the #MeToo movement; together with a climate emergency, online harms, mental health and wellbeing, as well as continued economic and financial uncertainty.

It feels relevant, amid this landscape, to have shared in the national opportunity last week to remember the service and sacrifice of all those who defended our freedoms and protected our way of life.

Through services held across our school sites, our community was reminded of the Armed Forces and their families, from Britain and the Commonwealth, the vital role played by the emergency services and those who have lost their lives as a result of conflict or terrorism.

[Read more](#)

Podcast With A Cake

The next episode of 'Podcast with a cake' has been released - on the topic of COP26.

This episode 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: [Who tells your story?](#) by Nisha Kaura



Meet the Peris: Bethan Mills

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: Bethan Mills

What instrument(s) do you teach?
Songwriting

When did you discover your love of music?
Age 6

What advice would you give to young musicians?
Learn to love mistakes. Mistakes are inevitable, and without mistakes we can't get better. If we avoid making mistakes, we'll never give ourselves the chance to learn and grow. "Wrong and Strong" is my motto.

What is your favourite piece of music and why?
"All you need is Love" by the Beatles. It's a beautiful message, and my parents listened to a lot of Beatles music as I was growing up so it means a lot to me.

What is your funniest musical moment?
Telling a rather unreactive audience, who were half asleep to "look alive" in the middle of a gig. Gigs are especially hard when the audience are unresponsive.



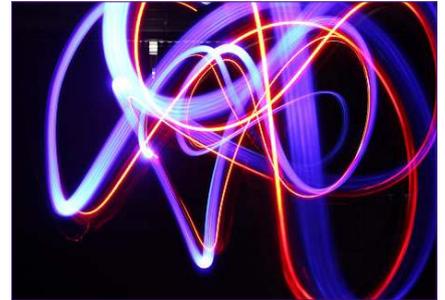
Luckily they all laughed and the rest of the gig was a lot more fun.

What is your most memorable musical moment?
Performing at Wembley Stadium is a standout moment for me, and getting to say "Hello, Wembley". The first time I heard one of my own songs on the radio was another stand out moment.

If you could meet any composer from any point in time, who would it be and why?
I am more of a contemporary artist than classical so I would probably pick Sir Paul McCartney and ask him to perform "Hey Jude" for me. Failing that I would choose Johann Pachelbel as "Canon in D" is my favourite composition.

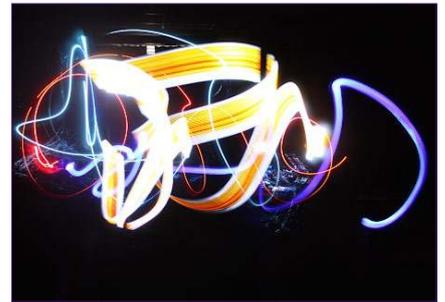
Lower VI Art Workshops: Light Painting

Over the last few weeks the Art department have been experimenting with our digital cameras. As part of an ongoing term of workshops,



Lower VI have had immense fun producing light paintings. This is a technique using LED lights, long exposure settings and lots of dancing around the drama studio.

We thought we would share a few of their pieces as we think they are a real treat.
Mrs Barrett & Mr Suret



'Catharsis' goes to the Saatchi Gallery

It has been wonderful to see how our Lower VI A Level concept of 'Catharsis' has grown from a lesson activity into an Abbey wide community project. It is now, with great joy, we can finally confirm some exciting developments - we are also going to exhibit at the Saatchi Gallery in London during March 2022.



'Catharsis' encourages everyone to write/draw their thoughts, memories and/ or emotions about the ongoing global Covid 19 pandemic. The participant is then encouraged to alter the shape of the paper to reflect their feelings. This is a cathartic exercise that is completely anonymous. Each piece of paper will unite with a mass of others. The paper is dipped and fired

in porcelain paper clay to represent the fragility of the times we live in.

The Saatchi Gallery is an internationally recognised contemporary arts space that showcases the work of emerging artists. Charles Saatchi himself is widely recognised for reinventing Art, notably in the 1990s where he was patron for the YBA (Young British Artists) that are now globally recognised artists - Damien Hirst, Tracey Emin and Chris Ofili, to mention just a few.

In 2019 the Gallery became a registered charity. The mission of the gallery is to provide an innovative platform for contemporary art and culture, committed to supporting artists and rendering art accessible to all.

The class are now busy preparing for the coming event by embarking on a site trip later in December. Here they will engage in discussions with the educational team directly at the gallery and begin preparation for the exhibition.



We are beyond proud of this huge achievement. We sincerely hope that our wider Abbey community will continue to contribute to this ongoing installation.

At both Senior and Junior sites we have an opportunity for our staff, families and visitors to see some examples as well as actively participate.

Please come and be a part of Abbey history!
Mrs Barrett

Cross Country Success



On Saturday, 12 girls from Upper III-Lower V travelled to King's College, Taunton to compete in the ESAA Schools' Cup South West Regional Cross Country Championships having qualified to compete by doing well at the county round a few weeks back.

They were running against the top teams in the south west regions and they did superbly.

The junior team of Gracie, Isabella, Imogen, Susie, Matilda and Emily came 5th out of 12 schools overall and placed

5th, 7th, 39th, 47th, 48th and 54th individually.

The inter team of Carys, Maya, Lily, Ruby, Amelia and Gabriella came 2nd out of 12 schools overall missing the 1st place by just a single point and were placed 1st, 9th, 13th, 29th, 34th and 35th individually with a superb win by Carys.

The inter team have therefore successfully qualified to compete at the ESAA National Finals in a few weeks time being held in Newquay, Cornwall, as one of the top 27 schools in the country.

'A Night of Movie Magic'



Last week, a large number of the UII students travelled to London to perform in 'A Night of Movie Magic' at the Royal Albert Hall. This was a fundraising event for Barnardo's and we were delighted that a number of parents were able to watch the evening performance. Our thanks go to the members of staff who accompanied the students on the trip. Here is what Sissi had to say about the day:

When I went to the Royal Albert Hall it was a terrific and unforgettable experience. The hall was grand and beautiful, and it

was a great honour to perform there. My favourite part of the day was the actual performance itself. I enjoyed performing in the hall with all the other schools and the music was spectacular! I particularly enjoyed the pieces the orchestra performed, and there were many that I knew.

Overall my experience at the Royal Albert Hall was fascinating and fantastic, and I would love to go there again.

Sissi

International German Olympiad



I am absolutely thrilled to have been given a place in the national finals for the International German Olympiad.

The Olympiad consists of two stages; the national competition which selects two representatives from each country and the international competition where the representatives of each country compete for first place.

Tasks include team speaking, reading and problem solving with the aim being to test and improve your German, but also to make connections with like minded people across the world! In order to gain a place in the national finals I had to submit an audio message, in German, explaining why I learn German and what makes the language special.

I also had to write about 100 words in German detailing why I applied for the olympiad in the first place.

The winners of the national competition receive an all expenses paid trip to Hamburg next summer where the international competition will be held. I cannot wait to get involved and who knows maybe I will be off to Hamburg next summer :)
Erin, Upper V

Chinese Language Club



Chinese Language Club has launched at the Senior School. Students in Upper III to Upper IV have the opportunity to learn and practise both Mandarin and Cantonese with native speakers every Wednesday lunchtime.

The club is run by Mrs Field with the help of Upper IV students Eunice, Jodie and Natalie.

Mrs Field

Nursery Christmas Decorations



Nursery had great fun visiting the Senior School Art department on Monday afternoon, where we began the process of making Christmas decorations for our families.

It was wonderful to watch the children become so immersed in the process of imprinting patterns onto clay, before cutting out festive shapes ready for firing in the kiln. We are excited to return and paint our decorations in a couple of weeks.

Many thanks to the sixth form students and staff in the Art department for a wonderful visit, which united the Junior and Senior school sites.



German Club



At Upper IV German club this week, we met in the Food Tech room to make Spaghetti-Eis, a German speciality invented 50 years ago by the Italian owner of an ice-cream parlour in Mannheim, Germany.

How do you make Spaghetti-Eis? First, press ice-cream through a potato masher, (the spaghetti) then cover it with strawberry sauce (to look like tomato sauce) and, finally, sprinkle grated white chocolate on top. (to look like parmesan cheese).

The verdict? Mmmmm, lecker!
[Mrs Seabrook Moore](#)

Anti-Bullying Week

This week the Junior School marked Anti-Bullying week and its central message of 'one kind word'.

The week kicked off on Monday with staff and students participating in Odd Socks Day, a national event all about celebrating what makes someone unique.

Mrs Hammond, Junior School Wellbeing coordinator said, 'We have such a wonderfully diverse community and celebrate this regularly, however this week also gave us the opportunity to focus on the message that one kind word can change somebody's day and also stop unkindness in its tracks! Our students know the importance of being kind to each other and respect each other's individuality but this week we all certainly noticed the positive ripple effect of kindness - one kind word really does lead to another.'

In addition to odd sock day, Junior School students also participated in themed assemblies, PSHE lessons on anti-bullying, a kindness challenge and art activities to promote uniqueness. .

[Mrs Hammond](#)





Upper II Art

Upper II have been looking at William Morris and his nature inspired designs.

We started the year making observational pen drawings out in the gardens and have since looked at the methods Morris used to build designs into patterns.

We have now learned how to print our own designs using silk screens. Now Upper II have learned the process they will work out how to print their own floral design, thinking about which areas need blocking out when and deciding where to layer their colours to create new hues.

Forest of Promises

Throughout COP26, hundreds of schools across the UK took part in creating a Forest of Promises.

Upper I students have been inspired to discuss how they can act on climate change, and have made some excellent suggestions for world leaders too!

Each leaf is a promise sending the message that we all need to be part of the change, but none of us can do it alone.

Here are some of Upper I's promises. They also challenge you to think about what you can do to be part of the change.

I promise to use less electricity and recycle more - Isha

I promise to turn off the light when I leave the room - Neve

I want world leaders to stop cutting down trees - Margaret

I want the Government to make electric cars cheaper - Sophie



Alumna of the Week: Alice Sheppard (2011)

Alice Sheppard left The Abbey in 2011 after studying A Levels. Alice then went on to study Medicine at Cardiff University.

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

I left in 2011 after being at The Abbey from 1998. I studied medicine at Cardiff University from 2011-2017. During my time at Cardiff I was a member of the University Royal Naval Unit, where I met my husband.

I followed my husband up to Shropshire in 2017 and have stayed there ever since, completing my Foundation Years at Shrewsbury and Telford NHS Trust and taking an "FY3" year to explore interests outside of medicine. In 2020 I began my GP training and I am currently in my second year, throughout which I will be working part time as a Population Health Fellow looking at lifestyle and obesity.

I have an interest in Lifestyle Medicine, am a member of the British Society of Lifestyle Medicine and also contribute towards the GP vocational training sessions. In my spare time I am

taking the Royal School of Needlework Certificate in Technical Hand Embroidery.

What do you miss the most about The Abbey?

The way we celebrated our eccentricities! I think it was wonderful how everyone was able to express themselves, not to mention the high quality standard of dressing up.

What would you say is your biggest achievement?

Well, the obvious one would be getting my medical degree - it wasn't without its challenges, especially being diagnosed with dyslexia in my first year, I had to completely re-evaluate how I processed information. Achieving my Gold DoF and collecting it from the Duke of Edinburgh was a close second!

What advice would you give to current students?

Don't be afraid to be different, do what makes you happy and you'll find the right path.



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 Jones - Lead in Science, Juniors.

Music:

Ed Sheeran - Thinking out Loud

This song was playing when my husband proposed

Frank Turner - Photosynthesis

One of my favourite artists, have seen him in concert many times!

McFly - It's all about you

I was a big fan when I was younger (and still am!)

Usher - Yeah!

Reminds me of my time at university

Whitney Houston - I wanna dance with somebody (who loves me)

Best karaoke song ever!

The Killers - Mr Brightside

A total TUNE that everyone loves and always gets people on the dance floor

The Weather Girls - It's Raining Men

My best friend and I always sing this in the car

Lighthouse Family - Ocean Drive

A song that was always played on family road trips and the first concert I ever went to

Book:

Holes by Louis Sachar

The way the story lines intertwine is fantastic and there is a very beautiful part that makes me cry everytime!

Luxury item:

A lifetime supply of chocolate! (Cadburys of course)

Spanish Speaking Trip



The Spanish department organised a trip to Reading Boys School to practise our Spanish speaking.

It was really cool to compare our courses through the discussions we had, as they were doing A Levels, and our group does IB.

The topic of discussion was a really interesting article in Spanish on Islamic influence in Spain, and through questions we had prepared earlier our group discussed the political and economic advantages to Spain developing this cultural link. It was really fun to speak Spanish with other students about topics that interested us, and I'm really grateful for the amazing experience. Hopefully we'll get to do it again.

Upper Prep Inquiry

As part of their inquiry into Sharing the Planet this week, Upper Prep have explored the wonderful work of the environmentalist artist, Andy Goldsworthy.

After gathering their own natural materials, they created land art exhibitions.

Mrs Yendley-Johnson and Ms Vorster



Abbey Interludes Recital



This week saw our fourth Abbey Interludes Recital in the music department.

We received an overwhelming number of applications from performers and we were treated to some phenomenal performances given by Vaala (piano), Natasha (guitar), Zara (singing), Chantelle (piano), Ellie (clarinet) and Louisa (singing).

This event is open to all students at the Senior School, regardless of whether they receive instrumental lessons in school or not, and is organised with the sole aim of encouraging and supporting our musicians to become more confident performers. Application forms can be collected from the music department.

