



The Abbey

# Gateway

5 November 2021



Peri Profile - Networking Dinner - Swimming News

## Upper IV Residential Trip to Swanage

This week's Upper IV residential trip has been a huge success.

We drove down to Swanage in clear weather and were lucky enough to have the sun stick around for the week. Conditions for the many outdoor activities were cold but clear, and our students made the most of the sunshine.

Our trip provider, Cumulus Outdoors, put on a variety of exciting activities that challenged our students to build their resilience and practise new skills. We rotated between bushcraft and air rifle shooting, fishing, beach games and urban orienteering.



we did an outdoor trek through the local nature reserve before warming up with a well-earned hot chocolate.

We come back to The Abbey tired and happy, with Upper IV having squeezed every last drop out of the experience of their first proper Outdoor Education trip. We are proud of their resilience, courage and enthusiasm, as well as being impressed with the lack of complaining about the cold and the amount of garlic bread they can eat at any one sitting.

Our thanks go to our tireless instructors at Cumulus, and to The Abbey staff who supported students and took part in all the activities alongside them. Please do ask any UIV student to tell you a bit more about her experience.

Ms Brunskill



Students in the boat rides learned a little about the geology of the Jurassic Coast, while also having the chance to drive the boats. An activity course of low and high ropes through the trees challenged all of us to locate our core muscles and overcome any fear of heights.

Back at the camp, students played football, pool and shuffle board, or relaxed in their dormitories playing highly competitive card games.

Evening activities saw UIV bonding around the camp fire and competing against staff in our residential quiz. On the final night



## Heads: Connected

### Let there be light

All around us, we see signs that nature is gearing up for the next spectacular season.

Before the cold, bleak winter months set in, nature celebrates this time in a blaze of golden glory. Warmth and colour - that's what signifies autumn for me.

The vibrant displays of russet and amber leaves on the trees and cosy evenings spent indoors. The telltale sight of huge flocks of swallows heading back to warmer climes before winter sets in. Plump acorns, shiny brown conkers and sycamore wings nestled in the leaf litter at our feet.

Digging out our soup spoons and dipping a toe into this season's film therapy - with obligatory blankets by a roaring fire.

[Read more](#)

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

This week's Heads Connected: [Let there be light](#) by Nisha Kaura



## Meet the Peris: Angela Good

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:** Angela Good

**What instrument(s) do you teach?**  
Singing and Piano

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

I don't remember not loving music. I sang before I could talk! I joined every choir I could and in the 80's some were awful!

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

To play and sing music that you connect to well. To practise little and often and always try and improve something before you stop.

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

Too many.. most operas, particularly Verdi and Puccini - but Brahms's 2nd Piano Concerto was my A' level set work and we were taken to London (from Leeds) to the Royal Festival Hall to watch it being played with Daniel Barenboim as the soloist. I still listen to it with real enjoyment and the comfort of familiarity.

**What is your funniest musical moment?**

I spent many years in Leeds Youth Opera as a teenager in Leeds. There were always funny moments as we rehearsed hard weekly for two shows a year, doing some



really big operas such as Carmen and Nabucco; laughing so hard on the coach back from one opera that was put on in a stately home somewhere in Yorkshire is one memory that sticks in my mind, but I can't remember what we were laughing about. Meeting like-minded, music loving friends at that age was truly liberating.

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

Singing the role of Violetta in La Traviata. A role that requires at least 3 different fachs (the term for your voice type), and getting to die at the end. A good, overly dramatic death scene is always enjoyable to play.

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

I would be in awe meeting any famous composer, but I would like to meet Muzio Clementi as he happens to be my daughter's best friend's 6 x Great Grandfather which is mind blowing.

## Swimming News

On 15 October, Gateway reported the results of the E/SE Regional Team Swimming Championships.

The Abbey Swimming Teams achieved the following positions when their times from the event were ranked against all schools across England:

Junior Freestyle: 23 /162  
Junior Medley: 58 /150  
Inters Freestyle: 7/164  
Inters Medley: 18/160  
Seniors Freestyle: 47/122  
Seniors Medley: 50/119

The top 20 teams in each age group qualify for the ESSA National Schools Team Swimming Championships on Saturday 20 November at the London Aquatic Centre - the home of the London 2012 Swimming gala.

The Inters (Lower V) have qualified for both the freestyle and medley relays, whilst the Juniors (Lower IV) are 3rd reserves for the freestyle relay.

The Abbey is the only school in Berkshire to have qualified for this competition in the Inters age group. These are superb results, which the students should be congratulated on and we wish the girls good luck in this competition.

## 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.

## 'Vision'

During half-term, Grace W in Lower IV (Year 8) wrote this beautiful poem titled 'Vision'.

**V**oice your ideas out loud  
**I**gnore the haters in the crowd  
**S**howcase your myriad of abilities  
**I**mprove inwardly on your liabilities  
**O**utwardly, always be kind  
**N**ever act unrefined.

**C**arry on in the darkest times  
**O**thers might be sour as limes  
**N**evertheless pursue your dreams  
**C**arry on within your team  
**E**xplore different concepts  
**P**ush yourself to become adept  
**T**here are times when you give up on all hope  
**S**till, there is no need to mope.

**D**ays that are bad will come and go,  
**R**elax your mind so your ideas can glow  
**E**veryone can fly  
**A**dapt your methods to meet your standards high  
**M**any people reach the stars  
**S**ome of us go to Mars.

## Wear Pink for Breast Cancer



Just before half term the Junior School had a 'Wear Pink for Breast Cancer' day to raise money for a charity called Little Lifts.

They create their 'littleslifts boxes' and fill them with mood-boosting goodies and practical products to support women and men who are undergoing active chemotherapy or radiotherapy treatment for primary or secondary breast cancer.

We raised £370. Enormous thanks go to everyone involved.

Mrs Hurley

## Networking with NHS- A night to remember



A Tuesday evening with a twist. On 19 October The Abbey's annual networking dinner took place, where alumnae were reunited with their school to unveil the lessons and experiences learnt since leaving - and of course to network with current Abbey students.

The evening revolved around the National Health Service - the UK's biggest employer, with 1.7 million staff in more than 350 roles in a range of different disciplines, from doctors and nurses, to lawyers, engineers and computer scientists. A drinks

reception followed by a three course meal, the evening did not disappoint.

to discover what made the alumnae decide to be in their line of work, and the impact of the pandemic on their jobs and university experiences. It was also great to hear first hand advice from workers in the industry before starting out on our own journeys.

We were also fortunate enough to listen to experienced and entertaining speaker Dr Will Orr, whose daughters also attended The Abbey. Dr Orr is a consultant cardiologist and Urgent Care group director at Royal Berkshire Hospital.



reception followed by a three course meal, the evening did not disappoint.

Once we'd had the opportunity during the drinks reception to talk to anyone who's career path we were interested in, we then moved on to the main hall and seating arrangements to continue our evening. We were seated on tables of 10 with an Abbey alumna hosting each table. The hosts were closely aligned to the area of future career interest we had, ranging from medicine to business. It was a relaxed and enjoyable environment, with many exciting conversations. It was interesting

In his 20th year at the Royal Berkshire Hospital he has been operating in the unprecedented times of the Covid19 pandemic. His experience of the pandemic moved the audience and was inspiring to listen to. It brought about a celebration and appreciation for all that we have to be grateful for. It was clear from his talk that the impact of Covid has brought a greater emphasis on research and innovation. Another thing that remained clear was the respect he has for his colleagues, he even said it was one of the best things about his job: the shared desire to help and make a difference.

The anticipated event did not fail to live up to its expectations; the bubbly and lively atmosphere made it comfortable to speak to everyone, and we were able to get important, first hand advice tailored to what interests us. The most resounding advice of all though, in every field of work, is to enjoy what we choose to do. Doing something that matters to us will enable us to take truly important values with us, of courage, perseverance and kindness, wherever we want to go. It really was a helpful and enlightening experience



- being able to discover first hand, from people who have previously been in the same shoes as us, some really important lessons.

I think we speak for all Abbey students when we say it was a night to remember. Lexi, Upper VI (Year 13)

### Quotes from Alumnae hosts:

'It was lovely to be back in school and meeting students, other alumnae and seeing past teachers. I was really impressed by how motivated and driven the students were and I had some really interesting conversations with many of them.'

'The dinner was a brilliant opportunity to speak to like minded students interested in pursuing similar careers or looking at the same university. The dinner gave us all a chance to get to know one another in a relaxed environment and there were lots of good questions raised about choosing universities, careers and even A Levels. The talk from Dr Orr was very insightful and from an engineering perspective, it showed the wide range of opportunities the NHS can offer.'



## 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 Mr Andrew - Head of External Relations.

### Top ten pieces of music (8 is just not enough):

Camelot: Camelot - Richard Burton & Frederick Loewe

- Let's Twist Again - Chubby Checker
- Mama Weer all Crazee Now - Slade
- Avalon - Roxy Music
- A Whiter Shade of Pale - Procol Harum\*
- Crucify your mind - Rodriguez
- Hallelujah - Leonard Cohen
- Adagio in G Minor - Tomaso Albinoni
- A-Punk - Vampire Weekend
- Samba Pa Ti - Santana

### Book:

The Folk of the Faraway Tree - Enid Blyton  
- it got me fascinated with change and opportunity

### Luxury item:

A powerful telescope - to view the universe.

## Abbey Interludes



This week saw our fifth Abbey Interludes Recital in the Music department.

Once again, we received an overwhelming number of applications from performers and we were treated to some phenomenal performances given by Lily (recorder), Natasha (guitar) and Linda (violin).

We invite all students at the Senior School to our recitals, regardless of whether they receive instrumental lessons in school or not, and the event 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.

Next week's recital will be at 12.15pm in Christ Church, Reading Road, and is open to the public.

Ms Bilkey

## Upper V Mural



Contributed to by every member of Upper V (Year 11), the year group decided to design a mural to represent everyone equally within a theme. This year, the most voted for theme was video games, and each student created their own avatar to fit on the giant, Pacman-styled background. The year group came forward with many different avatars from games we have enjoyed playing growing up such as Pacman, Tetris and Angry Birds.

### Lily - Project Manager

I enjoyed working with talented and proactive people in the team who all played a crucial role in how the mural came together. I felt honoured to have the year groups trust to lead a project that is so special to UV and so highly anticipated. I loved bouncing back and forth between the year groups ideas and the practicalities of the design. We were all so happy with the result!

### Phoebe - Project Manager

As a project that we look forward to throughout the years at the Abbey, it was a little daunting, though very exciting, to begin such a sought after project. For me, the design sessions were most interesting, as it felt like we were making progress, and that the final mural was taking shape. With a large mural team to work with, the collaboration was amazing, and the ideas throughout the whole project have made the mural so special this year!

### Poppy - Director of Digital Design

It was exciting to have the opportunity to help design and create such an important mural that has had a big impact on our year group space. I really enjoyed working with other members in the team to bring our ideas for the mural to life and I learned a lot about teamwork, communication and design throughout the entire process.

Ms O'Neill

## Masterclass at Trinity College



Congratulations to Bella, Nancy, Erin and Emilia in Upper V (Year 11) who have won a place on the Love Languages Masterclass run by Trinity College Cambridge.

Our students are going to work with academic staff and students from the University of Cambridge and they will find out about studying languages in this year-long course.

An exciting opportunity!

Frau Byrne

