

# broadsheet

Spring 2019

Pupils Empowered Following College's Annual  
**Wellbeing Day!**



Munich  
Trip p.7

College Congratulates  
Erin Matthews p.17



Abbey Gate College



# “The value of ‘parent power’ at Abbey Gate College cannot be underestimated...”

The start of the spring term is welcomed with the promise of better weather and our wonderful gardens springing back into life from their cold and dormant positions.

Watching the brave daffodils fighting high winds and being lashed with horizontal rain it appears that we may have to wait a little longer for spring to appear this year.

Hazledine Lodge at the Infant and Junior school has continued to exceed all expectations. It is lovely to see the patio doors open and the children enjoying the outdoor space. We are delighted to have been told that the building has been shortlisted for best educational building in the North West of England in the North West Building Excellence Awards 2019. The awards ceremony takes place on Friday 26th April, so we all have our fingers crossed that we win. The 200 purple crocus bulbs planted in front of the new building in support of the Rotary Club's campaign to eradicate Polio, sponsored by Mr Manning-Foster are now in bloom and it is a timely reminder that children elsewhere are still not accessing the basic medical interventions which we take for granted here in the UK.

The first example of ‘parent power’ this term was when we managed to plant over 70 trees during our family tree planting day at the Infant and Junior school to create a tree walk. Our plan is to add to our already wonderful outdoor learning environment with an outdoor classroom, which the PTFA has kindly promised to donate to. Our next Open Morning will take place on 18th May and our theme is the Big Outdoors Little Explorers. We plan to host a morning of outdoor activities including pond dipping, campfire songs, building shelters and outdoor games.

Another example was the support and offers of help that we had from parents who volunteered their time to help with our second Wellbeing Day. The pupils were released from their normal timetables and attended age-appropriate sessions to develop their physical and emotional wellbeing. The range of activities and informative sessions on offer was vast and included “How to empty your stress bucket”, “Personal safety” and “Coping with everyday life”, as well as receiving information about money skills, exams, healthy relationships and alcohol awareness. In the afternoon the pupils were able to choose three activities from an extensive list, including, singing, first aid, reading with Sixth Formers at the Infant and Junior School, yoga, camping skills, skincare, archery, drawing and even sewing and constructing pet bandanas! These activities were all themed around the five key strands of positive mental health, as used by the NHS, Mind, Young Minds and other mental health charities. With concerns being raised nationally about the mental health and wellbeing of young people, Abbey Gate College is proud to be leading the way in helping our pupils to focus on, understand and develop their wellbeing and resilience and to promote positive mental health.

Parents regularly give up their time to come and talk to our older pupils about the roles that they have in their own workplace through our extensive Careers Programme masterminded by Mrs Houghton and we are grateful to all parents who volunteered their services to accommodate our Year 10 pupils on their week long work placements. Without this support and encouragement, the pupils would not get to experience the understanding of ‘real time’ careers.

Sporting activities across both sites are harnessed by support and some are driven by ‘parent power’ and for this I am truly grateful. Being a small school, we are still able to offer a wide range of sporting fixtures against other schools and this in kind is due somewhat to parental help and support. I witnessed this at our annual NSEA Dressage and Showjumping equestrian competition recently. Having no understanding of anything ‘horsey’ as our teams will testify to, it amazes me that Abbey Gate College hosts the only north run qualifying event for the nationals. With up to 10 different schools competing against us we managed to qualify for both the County and National championships this year. Thanks to Katie Holden for organising what is an amazingly complicated event, and for the parents who sponsored the prizes, Mr Rimmer, Mrs Pickering and Mr and Mrs Bennett, without whom, the pupils would not be able to represent AGC in the sport which they truly love.

Another feat of logistical organisation is the Talent Show, overseen by Mrs Poyser and the House Staff, but run by the Sixth Form Charity team themselves. It is absolutely clear however that lots of parents help behind the scenes to support their children to enable them to perform on the evening. This year showcased talent across a wide range of acts including singing, dancing and even a magic trick! Our chosen charity to support this year is TRN (Trauma Response Network) which has been set up by one of our own parents, Mr Sean Gardner and his daughter Charlotte, in the wake of the Manchester Bombing at the MEN Arena. The event raised just under £2,000 on the night, thanks to ‘parental power.’ An amazing achievement.

I try to thank our pupils and staff often publicly, but I would like this time to say a huge thank you to every parent who helps AGC to be the school it is and volunteers their time or utilises their skills to help the youngsters in our care feel supported and to be successful and flourish.

**I wish you all a wonderful break over Easter and look forward to what the Summer term holds for us all.**

Mrs Pollard  
Headmistress



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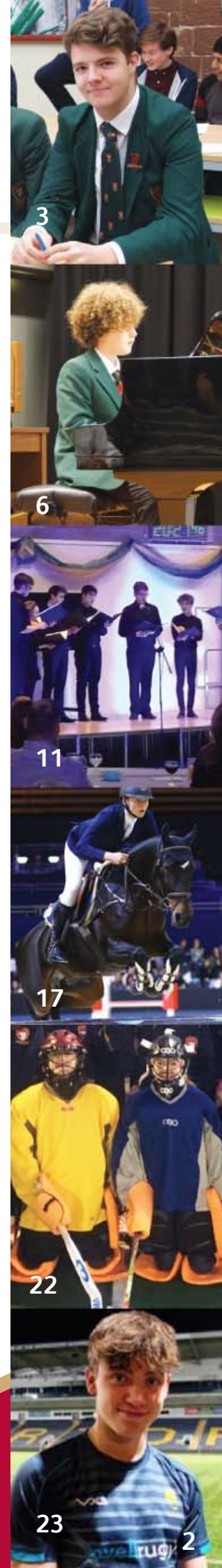
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Abbey Gate College



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World Book Day



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# Annual Wellbeing Day

If you type “young people” into Google, one of the first results is “young people mental health”; this issue has come into focus in recent years and has been highlighted in the media as a national concern. At Abbey Gate College, we pride ourselves on our high levels of Pastoral care and a firm belief in the importance of supporting the wellbeing of our pupils. Life can be stressful, even more so for young people. It is vital that our pupils understand how to look after their mental health, have effective strategies to cope with stress and are given tools to build their resilience. With this in mind, Friday 1 March 2019 saw our second annual Wellbeing Day, where the entire school was off timetable and everyone got involved in a variety of sessions to highlight and support positive mental health and wellbeing. At the Senior School, each year group had three morning sessions, on topics including “How to empty your stress bucket”, “Personal safety” and “Coping with everyday life”, as well as receiving information about money skills, exams, healthy relationships and alcohol awareness. The afternoon gave the pupils the opportunity to choose three activities from a possible 29 different sessions including Yoga, camping skills, skincare, archery, drawing in the garden and making pet bandanas. These were all themed around the five key strands of positive mental health, as used by the NHS, Mind, Young Minds and other mental health charities:

- Connect (with others)
- Keep Learning
- Be Active
- Take Notice (of the world around you)
- Give

Pupils were encouraged to choose activities that covered a variety of these different strands, with the aim that they will discover a new hobby, skill or pursuit that they may continue with.

The College had many visitors on the day, including Antoinette Sandbach, MP for Eddisbury, who did a question and answer session with enthusiastic members of our Politics Club, and Kane Oliver Parry, a West End star who has been the lead in We Will Rock You, Beautiful and many more, who ran a West End workshop. Hannah Holroyd, who set up her own company “Home by Hannah” as a way to re-focus on her own wellbeing after a difficult period in her life, ran a session on Interior Design and said that “Trying to navigate life can be tricky at times; feeling connected with your home environment is one way I’ve found helps to bring stress levels down and engage more.”

Some of the sixth formers visited the Infant and Junior site to help out during the day. The younger children were fascinated to talk to the older students and had many questions about life in the Senior School and in Sixth Form; the sixth formers themselves also benefitted from this and thoroughly enjoyed the opportunity to work with the younger children and to learn how to encourage and support some of the quieter ones.

## College Commits To Whole-School Campaign of Supporting ‘Wellbeing’ and Mental Health Training

Abbey Gate College believes that the challenges of mental health and wellbeing affect everyone and that discussion workshops and talks can help in addressing possible issues. The school’s commitment is reflected at all levels, meaning parents, teachers and support staff have also been involved.

The College has already run three mental health ‘aware’ sessions for parents and sixth formers. The College have 84% of Staff (89% of Teachers) trained in some form of mental health awareness through either the MHFA England half day ‘aware’ course or MHFA England, two-day ‘Mental Health First Aid’ course receiving overwhelmingly positive feedback. 29% of the teachers are now trained as Mental Health first aiders.

The holistic approach to wellbeing of teachers and support staff is an important part of the campaign by the College. Providing financial education in regards to pensions (financial wellbeing), physical wellbeing, mental health wellbeing and emotional wellbeing are areas which are supported as part of the staff wellbeing strategy. Twilight and Inset days have rolled out introduction to mindfulness sessions, Wellbeing and Lifestyle workshops, Wellness checks, Introduction to Reflexology, sessions to encourage a love of exercise and Pilates.

Interested in becoming a mental health first aider? Limited places are available for the 2 day course on 13 May and 20 May. Contact [Rebecca.upton@abbeygatecollege.co.uk](mailto:Rebecca.upton@abbeygatecollege.co.uk) for more details.

## The “Best Bits” of the day included:

“Talking to people that I don’t usually talk to”

“Hearing a personal story from a teacher so they know what you are going through”

“Socialising with older pupils”

We are already looking ahead, listening to feedback and making plans for Wellbeing Day 2020. But, most importantly, the school is continuing to embed the principles of positive mental health and wellbeing throughout the school year for all of our pupils and students.

The Infant and Junior School also took part in Wellbeing Day – please see page 13.

## Pupils’ Reactions

“I learnt that you need to relax once in a while and think”

“The day made me realise that not everyone understands things first time”

“The session helped me understand how to calm down and manage anxiety”

“I picked up new warm-ups and running techniques”

“I learnt how enjoyable reading is....and I’m actually not that bad at dancing!”





## Students Shine at House Music Competition

The school hosted its annual House Music Competition in February which was a huge success, especially for House Ripley who were the eventual winners!



The individual winners were:

Woodwind: **Will Borders**

Strings: **Frankie Conyers**

Vocal: **Tom Fesmer**

Piano: **Felix Gideonse**

Brass: **Henry Smith**

Drum kit: **Oisin Middleton**

Organ: **Felix Gideonse**

The best performance of the day and winner of the Margaret Caven Silver Salver was **Felix Gideonse** (Marmion).

Well done to everyone who braved the stage and took part!



## Pupils Deliver Professional Performances

At the end of 2018, thirty pupils from Year 7 to Upper Sixth were transported to an uninhabited island for three dynamic performances of William Golding's classic novel, *Lord of the Flies*.

The cast rehearsed tirelessly for the play, which sees a group of school children unexpectedly marooned on a desert island following a plane crash. Chaos, savagery and murder quickly become the norm.

The whole stage was covered with over two tonnes of

sand to add an extra level of naturalism to the production, allowing both the cast and the audience to be fully immersed in island life.

The piece also used moments of visceral physical theatre to both shock and excite the audience.

Director and Head of Drama, Mrs House said: "Lord of the Flies is such a challenging story and our pupils really rose to the occasion. There were some truly professional performances and all of the cast really enjoyed their time as 'savages'. I'm really proud of what we created."

## An Inspector Calls for Years 10 and 11



Years 10 and 11 enjoyed a performance of the J.B. Priestly play 'An Inspector Calls' by ManActCo (Manchester Actors Company), a company comprising of professional actors who visit schools around the North West performing curriculum-based performances.

The pupils are studying the classic play as one of their GCSE English Literature texts.

The performance was a one-hour condensed version of the play, followed by a 30 minute question and answer session where pupils could ask the actors about the play, the characters and themes and their performance processes.

## Oisin Dances His Dream with the English Youth Ballet

The bright lights of the stage beckon for dancer Oisin, who will be dancing his dream with the English Youth Ballet (EYB) in three performances of *Giselle* taking place at the Regent Theatre, Stoke on Trent.



EYB is said to be one of the UK's largest ballet companies and has previously won The Stage Award for special achievement in regional theatre.

Well done Oisin!







# “Absolut fantastisch!” Munich trip



“Absolut fantastisch!” was the verdict of the 19 Year 10 and 11 students following their recent four-day trip to Munich, Germany.

Combining cultural enrichment with language immersion, the trip was led by Mrs Garratt and Mr Leadsom.



We arrived in Munich late afternoon and our first challenge was to negotiate our way to our hotel using the city’s super-efficient travel network. After settling into our rooms, we did what all inquisitive travellers do and stocked up on drinks and snacks at the local supermarket! Later, we enjoyed a warming Ghulash and Kartoffelknödel (potato dumplings) supper and got some rest in anticipation of the busy days ahead.

The second day started with a brisk walk to Marienplatz - the town square - and a ‘short’ climb (306 steps was not a short climb) up the Alter Peter church tower where we enjoyed an impressive view of Munich’s skyline framed by the snow-covered Alps.

We then headed to the Münchener Stadtmuseum, where we learned about all aspects of life in Munich - past and present and then onto the renowned outdoor food market, Viktualienmarkt, for lunch. Here we had to complete language challenges such as buying an Apfel for our teacher and finding out about the local specialities of Weißwurst and Schweinshaxe.

Next, we took a quick subway ride to the Olympic stadium where we were given a tour by a lovely local student. We played Foosball on the largest football table we’ve ever seen and some had a quick race on the stadium track while others participated in a rather competitive snowball fight. We then explored the impressive BMW Welt and marvelled at German design and engineering.

On Saturday we started the day with a walking tour of central Munich, followed by a session at a local language school, which we all thoroughly enjoyed. After that, the group visited an art museum featuring pieces from Wassily Kandinsky and Andy Warhol.

That evening, we went to the world famous Hofbräuhaus restaurant and beer hall, which was frequented by key Nazi party members in their formative days. We enjoyed a three-course traditional Bavarian meal and live Oom-pah music played by some rather jolly Bavarians wearing traditional Lederhosen. We also witnessed a very energetic whip-cracking performance. The tradition, sometimes known as Aperschnalzen, is supposed to drive the Winter away. It didn’t work...

Our fourth and final day greeted us with snow - a lot of snow! This provided a cold, but stunning view of the 17th century Nymphenburg Palace. Later we took a tram to the world-accredited Science and Technology Museum and discovered a wealth of interesting exhibits, particularly on Aerospace and Astronomy.

Sadly, it was then time to return home. Despite the heavy and constant snow fall the flight ‘seemed’ to be on time (spoiler: we were wrong!). We sat on the stationary plane for two hours enabling us to fit in two more activities – watching the ‘plane being de-iced and accepting the pilots’ invitation to visit the cockpit.

I’m sure that everyone would definitely class this trip as a success – we managed to see so much in a short space of time and had brilliant language opportunities! Many of us were inspired by the visit and are keen to return, some of us are even looking into further study opportunities in German. Auf Wiedersehen München, bis zum nächsten Mal!

Naivasha Jones Yr 11.





# MP Visits AGC



As part of March's Wellbeing Day, MP Antoinette Sandbach visited Abbey Gate College and spoke to pupils and students from Year 9 upwards – many of whom are members of the Politics Club.

Given all the changes and exciting events of recent months it was a great opportunity to hear from someone so close to the action in Westminster.

In addition to telling pupils how she got into Politics, Antoinette answered questions on a whole raft of issues including:

- 1 How she felt about the Conservative Party's European Research Group, as well as the recently formed Independent Group.
- 2 What her thoughts were on the first and potential second EU referendums.
- 3 Whether she felt the voting age should be lowered to 16.
- 4 How far Parliament should resemble the makeup of the UK population.
- 5 Whether private healthcare can effectively work alongside the National Health Service.

At the end she urged students to join the Eddisbury Conservatives – or any party for that matter – and encouraged pupils to write to her with any constituency concerns they might have.

Students also informed her of the results of our second mock EU Referendum which were:

- 79% Remain
- 21% Leave

Based on a 48% turnout.

Though the turnout was significantly lower than last time (drop by 20%), the Remain vote has increased by 16%.



# Holocaust Memorial Webinar

In late January, Lower Sixth Historians had the unique experience of listening to a Live Survivor Webcast.

Harry Spiro – who lost his entire family during the Jewish Holocaust – spoke about his life and suffering in an incredibly moving and thought-provoking way. Here's what the students thought:

It was very interesting and moving to listen to the Holocaust survivor. A very important experience!

- Molly Owen

It was a hard-hitting experience, made sharper by the fact the speaker had personally been through such horrors.

- Ella Dayton

...by hearing it from a first hand account it made it seem much more real.

- Scott Nelson

It was educational and brought to light what the Jews and others went through. Harry made it all seem more real.

- Rohan Patel

Really eye-opening and educational.

- Baden Hocking

# THE GALLERY

A SELECTION OF WORK FROM OUR YOUNG ARTISTS



Year 8  
Paper design



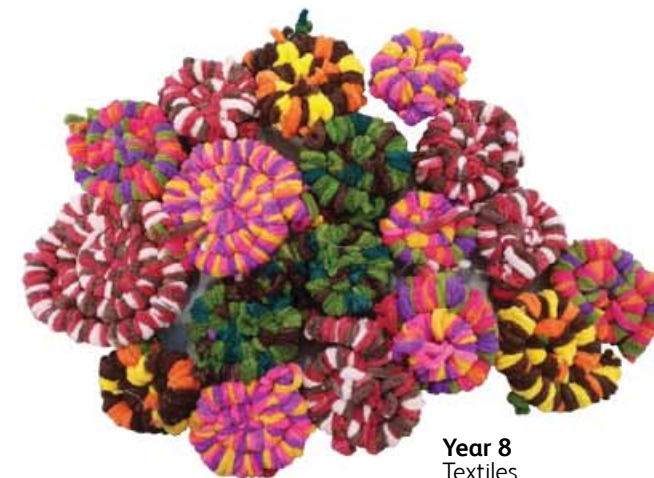
Year 9



Year 13



Year 12



Year 8  
Textiles



Year 13



Year 8  
Photography



Year 7  
Photography



Year 9  
Tudor inspired clay buildings



Year 12



Year 9  
Colourways



# Variety Show

## Raises Almost £2,000 for Charity!

Variety means the quality or state of being different or diverse; the absence of uniformity or monotony and this aptly described what was on offer on 8th March in the third Abbey Gate College Variety Show in aid of charity trn (trauma response network).

Despite many acts having never performed in public before, the audience was wowed by original drama pieces, ballet, singing, magic, acting, ensembles and musical performances. Many pupils also managed to incorporate humour into their act or evoke indescribable emotions to the members of the audience. Tears of joy were shed and a real buzz was felt from start to finish.

The Abbey Gate College annual variety show has become a highlight in the school calendar and one where we discover hidden talent and get to see our pupils in a whole new light.

The show also enables pupils to express themselves in their own unique way, to build confidence by sharing their passion and to meet new friends with shared talents and interests.

The overall organisation was lead this year by Head Girl, Heather Churchill-Evans, who successfully incorporated pupils from Year 5 up to Year 13 and even managed time to put on two sterling performances herself! Mr Andrews was instrumental in the light and sound with the help of Luke Moulsher and Carter Parry. The evening was introduced by John Muir who managed to both entertain and inform. Staff were also involved helping setting up and on the night and the collaborative acts saw some dancing staff! We were entertained also by the Saighton Syncopators our very own AGC Jazz Band led by Mr Smith.

**Well done to everyone who took to the stage and entertained all in the name of charity.**





# Infants & Juniors

# NEWS

Events and stories from the Infants & Juniors

## 1 Burns Afternoon

Once again, the Infant and Junior School donned their tartan for an afternoon of activities to celebrate the life and works of Robert Burns and all things Scottish!

The Burns Afternoon tradition began 3 years ago when a parent asked if she could bring in some haggis for her child's class to try. Little did she know where that would lead!

The children enjoyed 6 activities, all relating to the curriculum. They learned about Scottish scientists, including Henry Faulds (who investigated fingerprints in the 1800s) sang traditional songs, recited poetry, tried to create a tartan pattern and tested their physical ability by learning how to Strip the Willow and Toss a Caber.

Of course the afternoon would not have been complete without the traditional supper and the children had the opportunity to sample haggis, neeps and tatties all washed down with a wee dram of Inn Bru! A great afternoon was had by all!

## 2 Wellbeing Day

The children had a range of fantastic wellbeing workshops on Friday 1 March focussing on the 5 ways to wellbeing.

In the morning children experienced Practical Healthy Eating, Singing for Fun, Meditation and Mindful Colouring and Exploring the Outdoors where they had a choice of den building or going for a walk along the footpaths available to us in our glorious school locality.

The children also took part in workshops, one of which was with Julie Paterson who spoke about the 5 ways to mental wellbeing. Children made wellness apples which are going to be used to create a wellbeing tree in Nature's Nursery. PC Sally Malone led a workshop about E-safety addressing issues prevalent to our children, such as PEGI age recommendations for apps, MOMO and other negative interactive issues and what to do if they come across them.

Sixth Form students also came to work with the children and answered their questions about life at the Senior School as well as engaging with them over a lego and board game session. Healthy Relationships were also explored with the children designing posters and booklets and what we can do to ensure our relationships are healthy. A fantastic and engaging day for all our pupils which got them thinking about their own mental and physical wellbeing.

## 3 Sound Values

Key Stage 2 pupils enjoyed 'Sound Values' Liverpool Philharmonic concert, experiencing 'British Values' through music, thanks to the generosity of a College Benefactor.

## 4 New library opens on World Book Day!

After much anticipation, the new library opened with over 850 books just in the junior department alone!

The aim is for the infant department to have their own library which will hopefully be expanded and computerised later this year and student librarians will be running the new computerised scheme.

## 5 Families Plant 70 Trees to Create a Forest Trail

Families came together in November to plant 70 young trees to create a new forest trail for outdoor learning.

Families were invited to sponsor a tree and participate in a tree planting afternoon. Nine different native tree species including sweet cherry, downy and silver birch, field maple and hazel were planted in the beautiful school grounds by pupils, parents, teachers and governors.

Parents arrived with spades at the ready to plant their tree with the help of their children. Trees were tagged with a number and planted randomly so future generations are able to search for their family tree.

The trees were planted to enhance the current outdoor learning facilities which connect pupils to nature by providing rich learning experiences. During the afternoon pupils learnt the Latin name of their tree and will be involved in the maintenance and development of the forest trail over the coming years.

## 6 Harry Colebourn

J6 has been studying about the life of Harry Colebourn, a WW1 soldier who bought a bear cub 'Winnie' on his way to war.

This was the bear which inspired A.A Milne's books after his son Christopher Robin met Winnie at London Zoo.

The class has published the work for a display and Oliver brought in a type writer as he wanted his work to be as authentic as possible!

## 7 Personal Safety Day

In February, the children took part in a range of activities and workshops focussing on personal safety.

Children met PC Sally Malone who introduced them to the importance of road safety and children also took part in a practical road safety workshop putting their new skills to the test.

Andrew Travis worked with the children on basic self-defence, giving them practical skills to break away, run and tell. The children had a workshop on PANTS, the NSPCC scheme designed to help children with challenging issues about body safety, and the children are still singing the PANTS song which embedded the basic safety rules!

The children also worked with teachers on bikeability awareness, personal safety related craft, and had discussion sessions with teachers to address personal safety issues relevant to their age group. The day gave the children the skills and capabilities to deal with a range of personal safety issues in our modern world.







Abbey Gate College Infant & Junior School

Abbey Gate College  
Infant & Junior School

For children  
aged 2 to 11 years

# Big Outdoors *Little* Explorers



Open Day outdoor fun including:

- pond dipping
- adventure trail
- campfire songs
- build a shelter
- outdoor games
- plant a sunflower seed
- refreshments

The school will be open for  
tours throughout the morning

Saturday  
18 May  
10am -  
12.30pm

Be ready for the great British weather and bring your wellies, raincoat and suncream!

For more information contact  
01244 564170 or  
admissions@abbeygatecollege.co.uk

Independent | Co-educational | 4-18 Years  
01244 332 077 | abbeygatecollege.co.uk  
School Lane, Aldford, Chester CH3 6HZ



## WORLD BOOK DAY

7 MARCH 2019



### Year 7 Bookworms Celebrate World Book Day!

Year 7 took part in the National World Book day by dressing up, doing book-themed activities, enjoying a story throughout the day (each of their teachers have read the next chapter to them so the story builds over the whole day) and took part in lunchtime activities.

Prizes were given for best costumes, plus most correct answers in the 'Who's behind the book?' competition (teachers pictured reading a book that gives clues about their identity).

The English department also launched the 'Read for Good' sponsored reading activity. Year 7 pupils will be fundraising between now and after Easter to raise money to support reading in children's hospitals.





# College congratulates you!



Joseph Benson (J3), Kiri Kilgannon (J4), Jemima Young (J5) and Luca O' Keeffe (J6) with other pupils on World Book Day



## The AGC Debating Team

Joe Martin, Seth Harriman, Charlie Bromley-Davenport, Charlie Cheadle, Ella Dayton and Harry Tomlins as the Debating Team.

The AGC Debating Team recently won two debates out of three in a competition against The King's School.

This house believes community service should be compulsory for school leavers - proposition (lost) - Joe Martin and Seth Harriman  
This house believes rap music which glorifies violence should be banned - proposition (won) - Charlie Bromley-Davenport and Charlie Cheadle.

This house believes the burka and niqab should be banned in public places - opposition (won) - Ella Dayton and Harry Tomlins.

## Erin Matthews

the winner of this year's Infant and Junior House Music Competition.

## Red Morgan

for securing a magnificent second place at the World Cup Show Jumping Final in Belgium back in December.

## Matthew Bailey

who represented West Cheshire Athletics Club at the the Widnes Sportshall Competition Final. After taking part in four events, Matthew was victorious in taking home Gold for three of those events!

## Joseph Benson (J3), Kiri Kilgannon (J4), Jemima Young (J5) and Luca O' Keeffe (J6)

who were all crowned Spelling Bee Champion in their year as part of World Book Day.



## As well as...

We don't normally see Teachers on this page but congratulations to **Mrs Faithfull**, who was selected as the 2018 English Speaking Board (ESB) Burniston Bell Award Winner.

ESB is a national awarding organisation offering qualifications in speech and language.



## A big thank you!

from the Art Department and Sixth Form charity committee to all of the pupils, their families and staff who recently contributed to the CATH (Chester Aid To the Homeless) donations.

Your donations will all help make a difference!

# Alumni news

## Are you an Old Saughtonian?

Launched in 2018, OS Connect is the official online networking platform for the exclusive use of Abbey Gate College Alumni.

It has transformed the way in which former pupils can stay in touch with each other and with the College.

By joining OS Connect you will be able to:

- Re-connect and reminisce with fellow Old Saughtonians, share memories and photographs from your school days.
- Advance your career by contacting Alumni working in your industry for advice and mentoring.
- Use the network as a recruitment tool advertising job vacancies.
- Offer career advice and internships to younger Alumni.
- Receive information about Alumni events and College news.



The School in 1977

You can sign up in less than two minutes by visiting [www.osconnect.co.uk](http://www.osconnect.co.uk) and importing your LinkedIn or Facebook profile, or with an email address.

## Ben Tackles Three Peaks Challenge in aid of Meningitis Research Foundation

We love hearing about the exciting things former pupils are up to and this one is no different!

Ben Parslow is fundraising for Meningitis Research Foundation by taking on Three Peaks Challenge in 24 hours this Easter, as well as flying out to Tanzania in September to summit Kilimanjaro.

If you'd like to help Ben in his mission to raise £3,000 for the foundation, please search for the link online. Good luck Ben!

<https://exeter-kili-2019.everydayhero.com/uk/ben-s-kilimanjaro-climb>



Former pupil and Oxford student Ruth Siddorn has been training at Leander Rowing Club in Henley-on-Thames alongside finishing her final year of Chemistry.

Ruth's goal was to represent Great Britain at the under 23s World Rowing Championships and after some tough trials and testing she was finally selected for the team as the women's single sculler! The Championships took place in Poland where she raced against 19 countries from all over the world.

## Ruth selected for Great Britain under 23s single skulls

After making the finals, Ruth placed 5th place behind New Zealand, USA, Bulgaria and Norway, which ranks her the fifth fastest female sculler in the world! Not bad for her first international regatta!

Looking to the future, Ruth wants to train and compete full time once she has finished her degree and prepare to potentially compete in the 2020 Tokyo Olympics.

Well done Ruth!





## Year 8 Take Part in BBC Young Reporters Day!

**BBC**  
**YOUNG**  
**REPORTER**

In March, Year 8 transformed into reporters for the day for Young Reporter News Day 2019 (previously called School Report Day), a national project run by the BBC.

They focussed on print media this year, with pupils sourcing their own stories, writing articles, doing research, conducting interviews/polls with staff and pupils as well as taking photos to accompany their stories. Working collaboratively, they teamed up to produce news stories on everything from Kylie Jenner to electric cars!

## PTFA NEWS

The run up to Christmas was a busy time for the PTFA!

The Infant and Junior children designed their own Christmas cards which parents could then buy - fantastic card designs mean that £120 was raised. Thanks to parents for their support for the project.

The annual Christmas Fair was held on a wet and windy Saturday in Dec at the Infant and Junior School - the weather however did not stop the fair from being one of the most successful ones we've held! There were plenty of games and competitions for the children to play, Christmas shopping stalls for the grown-ups, raffle draws, a BBQ and café, performances by the Aldford choir, Just Sing and Belle Plates.

Huge thanks to all who helped in the planning and running of the fair -

**an amazing £2,100 was raised.**

Two Christmas Wreath making events were held - mulled wine and mince pies were enjoyed as we were shown how to make beautiful wreaths! Thanks to Aileen Muir for her superb guidance!

The twice termly cake and cookie days continue to be enjoyed at the Infant and Junior school - thanks to J5, J4 and J3 who have all provided delicious treats recently.

**Did you know our indoor and outdoor sporting, theatre, music and meeting facilities are available for hire by clubs or individuals out of school hours, during school holidays and at weekends for one off or regular bookings?**

For more information please visit [abbeygatecollege.co.uk/facilities](http://abbeygatecollege.co.uk/facilities)  
For further information about availability and rates please contact our Bookings Co-ordinator at

[bookings@abbeygatecollege.co.uk](mailto:bookings@abbeygatecollege.co.uk) or call us on 01244 332077.

## Outstanding Facilities Available to Hire



## Dates for the diary



### Taster Days

(For Year 7 entry September 2020)

**Wednesday 9 October**  
**Tuesday 12 November**  
**Thursday 21 November**

**8.35am – 2.35pm**

Give your child the opportunity to experience a day at Abbey Gate College and see how we can help them be the best they can be.



### Senior School Open Day

**Saturday 21 September**  
**9.30am – 12.30pm**

Come and see what makes Abbey Gate College so unique and how we will inspire a love of learning in your child.



### Sixth Form Information Evening

**Wednesday 16th October**  
**6.00pm – 9.00pm**

Register your interest on 01244 564170,  
email [admissions@abbeygatecollege.co.uk](mailto:admissions@abbeygatecollege.co.uk)  
or online [abbeygatecollege.co.uk/admissions](http://abbeygatecollege.co.uk/admissions).



# Keira Tackles The Slopes Once Again!

At the end of February, Keira Meadows took part in a ski race training camp run by the English Schools Ski Association (ESSKIA) in Geilo, Norway.



This is a selected group based on the results of the ESSKIA dry slope races during the previous Autumn Term. Keira was a credit to the College taking part in skills and race training and timed runs in both the slalom and giant slalom disciplines. There was also fitness activities and ski preparation.

She is hoping to be invited to the next training camp which will take place in Landgraaf, Holland in August. Good luck Keira!

## Year 7 & 8 Hockey

**Year 7 & 8 Hockey teams recently took the trip over to Birkenhead School.**

Despite the freezing temperatures all of the girls played their socks off! Y8 girls had a fantastic game with goals flying in by the minute. AGC had much possession and work extremely well as a team in both attack and defence. Final score 5-0 to AGC.

In the Y7 game the teams were evenly matched with the ball yo-yoing up and down the pitch for the duration. It was a great opportunity for both teams to consolidate their knowledge of the rules and much improvement was made during the 40 minutes.

Final score 1-1.

Well done to all of the girls who have represented AGC Hockey teams throughout this year.



## Swimming

George Young from Year 9, represented Abbey Gate College and performed exceptionally well at the Independent Schools Association Swimming Championships back in October at Huddersfield Leisure Centre, qualifying for the National I.S.A. competition held in London on Saturday 1st December.

George travelled to London with his family, to represent the North area in the National competition, where he competed in two events. He came fifth in the Individual Medley with a time of 2.46mins and his team received a bronze medal in the Medley Relay with a time of 2.15mins, which was an excellent achievement in an age category comprising Year 9 and Year 10 pupils.

George has been training hard for the Cheshire County Championships where he qualified for 11 events representing Winsford Swimming Club, competing against the very best from the County.

Good luck for the rest of the season and we look forward to hearing about your future successes.

# ISA North Cross Country Championships 2019

The ISA North Cross Country Championships 2019 at Scarisbrick Hall took place in February which saw all year groups giving highly encouraging performances on what was a very wet and cold day!

Reece Munro was an outstanding runner coming 6th as a Year 7 boy in a Y7 & Y8 combined race, displaying all-round athletic prowess and determination. Other encouraging finishes from Rufus Taylor and Oliver Bennett with commendable top 20 finishes.

Lucy Randle put in a fantastic performance, coming 12th with a strong and well-paced run in the first girls' race.

In the Y9 & Y10 boys race an impressive four top 15 places for College runners was achieved - Callum Potter in 4th, James Lanni in 5th, Zac Packer in 7th and Ben Mason in 11th. The team claimed second place in the team event overall.

In the Year 11 Boys' 4,500 metres race, Ewan Mackay led the way finishing 7th with Tristan Brady coming 10th and Luca Villano not far behind in 11th place, to eventually come out on top as overall team winners in this age group.

Well done everyone who took part!



## Year 8 Girls Handball



**Back in January, the Year 8 girls were invited to the annual Chester & District Handball Tournament Festival.**

The event is a great opportunity for girls to experience the fast and furious game of Handball. Across all schools in the district Handball is relatively new to pupils of this age, therefore it was a great learning experience for all teams. The AGC team had a fantastic time and progress was extremely evident throughout the afternoon.

**The results were as follows:**

AGC v Blacon	1 - 2
AGC v Bishops	3 - 1
AGC v Upton	1 - 3
AGC v Tarporley	2 - 2

The player of the tournament for AGC was Natalya Harrison for her wonderful shots on goal.

Well done girls, a great team effort!



# SPORT NEWS.....

## Ben Mason selected by Worcester Warriors

**Year 10 pupil Ben Mason has been shaking things up on the rugby pitch recently, playing for Club, County and Premiership Academy.**

He was recently selected by Gallagher Premiership club Worcester Warriors to move into their Player Development Group (PDG). This represents the best players in the under 15 age group in the region around Worcester covering Worcestershire, Herefordshire, Black Country, Shropshire, Greater Birmingham and South Warwickshire

In addition to training every week at Sixways Stadium, the PDG have matches arranged this season with Exeter Chiefs, London Irish, Bristol and Cardiff so there will be some great opportunities to play against some of the best teams in the UK.

He has also been selected to represent Shropshire County under 15s, with matches arranged with neighbouring counties such as Herefordshire and Worcestershire.

He manages all the training, fitness and matches, alongside his Type 1 Diabetes. An auto-immune condition which means Ben must manually manage his blood glucose levels with insulin injections. He wants to show people that Type 1 Diabetes does not stop you from achieving your goals!



## Year 7 boys success against Kings School

**A strong home cup win for Abbey Gate College Year 7 boys against Kings School started with both teams giving as good as they got**

An excellent Reece Munro run and cross saw Alex O'Hare open the scoring after 10 minutes. King's soon equalised after a goalmouth melee and the home team were lucky to go in at half-time with the lead after another deep cross was deflected in by a Kings defender. At half-time the score was 2-1.

The second half saw Abbey Gate College dominate from early on and after Harry Holt scored a rebound from close range further goals were scored on a regular basis. The driving force of everything from midfield was Reece Munro who scored a second half hat-trick to seal a convincing win as well as second goal for Alex O'Hare.

The home defence held strong in the second half and Paris Laithwaite in goal made a number of important saves and his long clearances constantly put the home team back on the attack. Hugh Parry and Aidan McCleary were a solid foundation in defence in an excellent all round team performance.

## Year 9 Boys Reach Chester Cup Finals

**An outstanding performance in early March at Bishop Heber High School saw the Year 9 deservedly win a tough semi-final 2-0.**

Abbey Gate took an early lead as Harry Green ran cleanly through and calmly slotted home after 3 minutes.

The College continued to play constructive football and were always a threat with Dan Pittard-Wheeler smashing home a second goal from just outside the box after 20 minutes.

Despite pressure from the Bishop Heber team, Christian Lewin was outstanding in goal making numerous athletic saves and also distributing well to set up counter attacks.

A real team effort on an energy sapping pitch saw all 13 players contribute to an outstanding performance.

