



AUTUMN 2019

# Insight

the Bancroft's newsletter

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# Well-Being Week

**Mrs Elizabeth Channer, Deputy Head Pastoral**

The purpose of Well-Being Week was to bring some variety, togetherness and perhaps a new activity, experience or perspective to everyone in the School, both staff and pupils, and to make everyone stop and think about their own well-being and that of others.

The definition of well-being is: "the state of being comfortable, healthy, or happy", but too often, well-being is equated only with mental health and that is both narrow and misleading.

Most of us do not strive for the Buddhist ideal of nirvana; we are all just trying to get on with our lives in the best way we can within the parameters of our circumstances. We have to accept that life will throw difficulties at us, be they emotional or practical and so we must equip ourselves with the tools and the strategies to know how to cope when things get tough. With this in mind, a programme was planned with something for everyone. Staff and pupils alike could find solace in music or physical activity, dance, artistic pursuits, the great outdoors, giving to others, learning a new skill or simply quiet contemplation.

A Taize service in Chapel started the day in contemplative fashion on three days and a host of other activities followed. The daily forest ramble at lunchtime gave the opportunity to break out of the usual routine and get into the fresh air, as did gardening in the Southern Garden. We also offered swimming, yoga, a wildly popular flash mob dance attended on the second occasion by close to two hundred staff and pupils and the Morning Mile, made extra attractive on the Friday by the arrival of the Yogurt and Juice Network and their fabulous juice bar. They also delivered a talk to L4th about the link between a healthy gut and mental health. Alex from the Self Esteem Team spoke energetically and with great warmth and honesty to pupils about choosing healthy friendships. The Library was a hive of creativity with origami lessons and the cake decorating class in the Courtyard Building was over-subscribed. It was wonderful to see that the mindful aspect of knitting was also appreciated, often by unexpected people! There was singing to get the endorphins going and a talk about music therapy for those with life-limiting conditions. The Anti-Bullying Ambassadors distributed a menu of so-called random acts of kindness for everyone to perform during the week. The crowning glory of the week was the magnificent Well-Being Tree, beautifully created by the skilled Mr Whitbread and Mr Fernandez. It now stands in the Atrium, festooned with messages of good will and positivity written by members of the school community and it is a really heart-warming sight. It is so beautiful that it seems a shame to leave it up just for one week so it will stay up at least until Christmas.

**Cover artwork by Tamsyn Hancock, L6W.  
Sixth Form Year Group Winner,  
Geography Photography Competition 2019**



Finally, let us not forget that giving to others and connectedness to our community are crucial. Mindful of those close to home who might need our support, we organised a collection for the Epping Forest Food Bank and some Sixth Formers accompanied Mrs Channer in taking the mountain of donations to Langston Road

The week could not have happened without the good will, time, creativity and expertise of the staff and the energy and open-mindedness of all those who participated in the activities. I really hope that some of them can become a regular feature of school life, not just reserved for a special week in the year, because there really was a lovely buzz around the place. Let's do it again next year!

# Epping Forest Food Bank

Aria Bapna, 5N

Our first Well-Being Week inspired us to focus some of our efforts on trying to improve the well-being of the community too. We decided the school body would donate to our local food bank. It was rewarding for us to know that we would be helping improve the well-being of people beyond our friends and classmates.



We wanted to get more involved in the food bank than just dropping off our donations, so Mrs. Channer, some Sixth Formers and I visited and participated at Epping Forest Food Bank. Whilst unpacking all the supplies we met the lovely people who make sure the Epping Forest Food Bank runs smoothly. We were shown how all the items were sorted and catalogued and even had a try ourselves! We learnt that the food was distributed to many local areas as a pack of three days' nutritionally balanced emergency food.

A common misconception about food banks is that they continually give people food, while in reality a voucher is needed from a referral agency. And they provide more than just food — they work alongside agencies such as Centrepoin to help get people's lives back on track. Together they not only help adults but also children, and as of June 2019, more than 25,000 meals have been received by children in Epping Forest.

If you would like to get involved or support the food bank for more information please see [info@eppingforest.foodbank.org.uk](mailto:info@eppingforest.foodbank.org.uk).

# Sustainability

Rohan Kondel, U6S

Over the last academic year, Mr Foley and the Bancroft's School Sustainability Team have taken on the challenge of making the school environment more sustainable. The most prominent venture of the year is, by far, the success of our sustainability garden.

Sustainability members, along with members of the Bancroft's Prep Sustainability Organisation, spent multiple Wednesday lunchtimes rejuvenating our given area of land in the Southern Garden. Our processes included having to turn the soil patch and planting the seeds for our fruits and vegetables. This coincides with Bancroft's aim of reducing our food miles as we sought to buy local produce. Our garden has produced a variety of produce from raspberries to brussel sprouts. However, the main product we harvested was our potatoes. During the "Great Potato Harvest", the Sustainability Team were able to harvest over 35kg! We also wanted to get some economic benefit out of the project, and so, we sold our produce. This leads to how Bancroft's is being sustainable outside of the Bancroft's Bubble.

The World Land Trust, a UK-based non-profit environmental organisation, was established in 1989. One of its main initiatives is the Dakatcha Project in Kenya. Dakatcha Woodland is a threatened coastal forest. It is an extensive ecosystem and multiple rare and endangered species inhabit this area, for example, the Golden-rumped Elephant Shrew which is the

prey to snakes, lizards and birds. The extensive deforestation that has taken place in Dakatcha makes loss of habitat the main factor for loss of life. For every £100 donation, Nature Kenya will purchase one acre of forest. When Dakatcha falls under the ownership of Nature Kenya, this will ensure that the area will become a certified nature reserve.

So far, the project has been able to purchase 272 acres of land in Dakatcha, however more support is needed. It is our pleasure to announce the sales of our homegrown potatoes, Bancroft's School have purchased an acre of land in the Dakatcha region





# New L6<sup>th</sup> Induction Day

David Nana, L6S

On Wednesday 20 June, the Fifth Form had the opportunity to partake in an extremely insightful L6th Induction Day following the plethora of GCSE examinations they had endured.



The day kicked off sharply as our existing Fifth Form pupils met with their new year 11 buddies and gave them a brief tour of the School prior to returning GCSE text books. Subsequently, in what was the most exciting part of the day, all pupils undertook taster lessons depending on the subjects they intended to study for A Levels. These taster lessons were a success; all pupils greatly appreciated them and they gave us all an insight into what to expect when the new academic year commenced.

Following an insightful morning, we had a very good lunch in the Sixth Form Common Room: finally we were allowed in after five years of anticipation. The Fifth Form were then given a talk by the School Congress and Mr Lee, the Head of Sixth Form, who briefed us not only about what to expect from life in the Sixth Form but also the expectations of us as new members of the Sixth Form.

The most fascinating part of the afternoon was the team building activities which tested our patience, communication and teamwork. These varied from working together to pour water into a long hollow tube without using our hands, to an escape room which saw us solve numerous puzzles and riddles. These activities bonded us as a group and allowed us to get to know our buddies better.

Overall, the day was an absolute thrill, letting us to get know each other better and prepare us for the new school year. We are grateful towards all the teachers' input which allowed this to be such an enjoyable day.

“ Taster lessons gave us an insight into what to expect in the next academic year ”

DAVID

## First Impression of Bancroft's

Arjan Singh, 3S

When I first came to Bancroft's School I was, like any other child, scared out of my bones.

As I gradually got to know the wonderful staff, the pupils and the building itself, I woke up enthusiastically every morning knowing that I would be greeted by the warm smile of my form tutors, the funny faces of my peers and, of course, the encouraging faces of the staff, the sports coaches and music teachers. I got used to the differences and calmly got on. My actual first impression, the first time I stepped onto the school site was, "I am going to get lost." But I never did. I always knew either the staff, or my caring peers had my back. I hope it will be the same for my whole career at Bancroft's.



# Public Examination Success 2019

Once again we were delighted to report a set of impressive results for our U6 leavers at A Level; the majority of our candidates achieved places at their chosen universities, with the eleven pupils who held Oxbridge offers having their places confirmed. Popular destinations this year included Nottingham, Cambridge, Durham, Warwick, Birmingham, University College London, Exeter and the London School of Economics.

Sustained application and hard work by our pupils, together with support from teachers, saw 34% of all A Levels taken graded at A\* with 86.3% graded A\*, A or B. Results in Art, Spanish, Electronics, History and Mathematics were all particularly pleasing. Very well done to the seven candidates who achieved a straight run of four A\*s: Soumya, Alex, Milo, Oscar, Zac, Neil and Martin. Congratulations to all our leavers and we wish them the very best for the future.

GCSEs also reflected the hard work and dedication of our pupils and their teachers. Again Bancroftians rose to the challenge of the restructured and more demanding examinations. This year we saw over 66% of all examinations being awarded either an 8 or 9 (equivalent to an A\*), with 99.2% of exams achieving grades 9-5. We had four pupils - Sara, Ben, Charles and Chris - who achieved the distinguished and rare feat of a clean sweep of grade 9s (it is estimated that of all the pupils who sat 7 or more GCSEs only 837 pupils nationally will have notched up clear 9s). Congratulations to all our pupils: we welcomed the majority of them back to join our Sixth Form in September and wished those who moved on from Bancroft's every success in their futures.



# UKMT Maths Team Champions

Anika Vijay, L4S



On Monday 17 June, the Junior Maths team consisting of Shivan Aggarwal, Zaki Lodhi, Shanuga Rubaraj and Anika Vijay travelled to the Royal Horticultural Halls, in Westminster, London with Mr Tse for the UKMT Maths Team Challenge National Final. We competed against the 87 schools who had won their regional heat, the heats each consisting of approximately 30 schools. Some teams had travelled by plane for the competition.

The day consisted of a poster competition, group circus round, cross-number round, the shuttle round and the relay. We lost only nine marks throughout the challenges and were very proud of our score and our effort. After a long day of Maths and what felt like an equally long time of waiting, the results were announced. Westminster Under School, who had come first three times in six years came third this time round. Eton College came second. At this point, we were growing sceptical, because City of London School hadn't yet been announced, and they had won in both 2013 and 2014. We had no reason to doubt ourselves, however, as it was announced that Bancroft's School had come first, making us the best maths team of our age group in the whole of the country!

All of us were very proud of our achievement, and we would like to convey special thanks to Mr Tse, who diligently prepared us for the competition, gave us several pep talks which boosted our confidence and helped us perform on the day - we couldn't have done it without him. Thank you, Mr Tse, for a great day out!

## Sixth Form Chemistry Research

Aksaan Arif, U6S

Three other pupils, Aditi Rasal, Anusha Talukder, Thajkera Khanom, and I were lucky enough to attend The Institute of Research in Schools (IRIS) Scientific Conference Day at Queen Mary University of London.

The day's aim was to share the cutting-edge research undertaken by students over the past year on the various project schemes they offer, ranging in the disciplines of mathematics to organic chemistry. We had chosen to specialise in 'Ionic Liquids' and delved into trying to use them to solve the issue of antibiotic resistance.

Collaboratively, hundreds of hours have gone into this project: background research: understanding unfamiliar concepts; planning investigations; synthesising the actual ionic liquids; carrying out practicals and analysing results. To then formally present our findings to a multitude of scientists and other students was an amazing opportunity. Our A1-sized poster received much attention and we were met with great interest and enthusiasm from many, including a Professor from Imperial College who liked how we were applying the concept of Ionic Liquids into the medical field to find novel solutions to the antibiotic resistance crisis.

In addition to presenting our findings and learning about other students' research, we attended a fantastic talk on 'Gene-Engineered Immune Cells for the Treatment of Cancer' which completed the day.

## U6<sup>th</sup> Biology Field Trip To North Norfolk

Amrita Bhattacharyya, U6N

In September, the U6th biologists embarked on a trip to north Norfolk to investigate the biology of the terrain. Our investigation of the area was very diverse; we were able to research the rivers, the rocky shore, and the sand dunes.

Upon reaching the Youth Hostel in Sheringham, we conducted preliminary research for our task. In pairs, for two days, we had to complete different tasks: some groups had to investigate the density of certain fucoïd species, and others were to look at the relationships between the abiotic factors and the distribution of dogwhelks. I was particularly interested by the variety of species that we saw. On the fourth day we explored the woods for the effects of woodland management. Our trip to the Holkham reserve enabled us to look at gorgeous, colourful fields of flowers such as heather, daffodils and poppies.

On the final day we presented our findings about the distribution of species. It was a culmination of our efforts in using the different media to research why we really saw different species in different areas. Prior to our departure, we ascended to the peak of a cliff to see beautiful marine and rural views. We would like to thank the Biology Department for taking us on such an interesting and memorable trip.

# Modern Foreign Languages Showcase

Lucas Yates, RE



Last term, in July, I participated in one of the highlights of my year. I'd always loved languages, and I seemed to pick them up quickly as well. So, when I heard that there was to be a languages showcase, I was very happy. I come from mixed family of English (on my dad's side) and Brazilian (on my mum's side). To complicate matters further, both my parents also lived in Israel, therefore, when they don't want to be overheard, Hebrew is spoken at home. Although they don't yet realize it, I have become very acquainted with this language by now. I learned to understand Portuguese from a very young age. My mother would speak the language throughout the house, and I would respond, but only in English. So, it was no surprise that I would grow to love languages; I'd grown up in a household surrounded by them.

When my Spanish teacher offered me the opportunity of performing something, in the MFL Showcase I decided to do a Spanish poem. When the day came, I was riddled with nerves. Not because I wasn't looking forward to it, just because I had to recite it front of a huge audience of my fellow pupils.

The whole experience was a light-hearted celebration of language learning at Bancroft's. The atmosphere on the day was lively and happy, and there was a wave of excitement in the air as well as a healthy respect for the upcoming performances. The Great Hall was packed with children who, although happy for the upcoming events, were more excited about missing periods 7 and 8. The first act we experienced was the Removes singing *The Market Song* in Spanish. It was very funny and got a laugh out of everyone. This performance was followed by many others including the Removes singing *Old Town Road* in German, a song that made the crowd go wild, and then the Thirds singing the theme song from German *Sesame Street*. I was included in that song with the rest of my class and we had a blast. Then, there came me.

As the announcer called my name, nerves raced around my stomach. I stood up, took a deep breath, and walked up to the podium. I adjusted the microphone, stood up straight, and performed my poem. When I had finished and the crowd applauded, relief rushed throughout my body. Being in front of so many people was nerve racking, but at the same time I was filled with a feeling of accomplishment. After a couple more acts, we came to the finale: *Komm gib mir deine Hand* or, in English, *I Wanna Hold Your Hand* by the Beatles. It was led by the Removes, but everyone was encouraged to join in as the lyrics were in the programme. It was a joyous moment as the whole school shook with the sound of one German Song sung by so many pupils on a rainy school day afternoon.

I loved the Languages Showcase. It really boosted the School's love and interest for languages and was a great opportunity for everyone, new and experienced. I can't wait for this year's showcase and I hope I have the honour of performing in it once again. I honestly can't wait.

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LUCAS

The languages showcase really boosted the School's love and interest for languages.

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# To Charlie

**Emilia Hitching, U6W**

This year, I was lucky enough for my one-act play, *To Charlie*, to be shortlisted for the National Theatre New Views playwriting competition. Though I have had a long-standing love for performing, the Lower Sixth marked my first foray into writing and directing, which gave me totally new insight into one of my passions.

As one of nine shortlisted plays out of over three hundred entries, my play about family reconciliation in the hours before childbirth was given a rehearsed reading at the National Theatre in July. It was surreal to see actors who I'd seen on shows such as *Outnumbered* and *Waterloo Road* reading my lines, asking me for my interpretations and motivations behind my work. New Views is such a unique opportunity to work with professionals in the industry to enhance your own work; I'm very jealous of the Bancroftian cohort doing the competition this year who get to experience the whole process for the first time!

Not only was my play read out, but I got to stage a fully-fledged production in the last week of summer term. Georgia Moncur, Malini Sachdeva-Masson and Alex O'Brien helped me to realise theatrical solutions to all the problems that I'd naively assumed I wouldn't have to deal with and breathed life into characters I'd written whose experiences were way beyond our school experience, a testament to their talent. This was the main lesson I learned from New Views and the advice I'd pass on to anybody wanting to write - it is not so much about writing what you know than about breaking every emotion down to its bare essentials.



While neither Georgia nor I could necessarily relate to a thirty-something woman estranged from her mother about to give birth, anybody can write compellingly about the feelings of loneliness and inadequacy behind such a situation.

Directing, designing the tech (I was particularly proud of the 'welcome to the world' card I made online with some artsy black-and-white mother-and-baby photos) and staging the physical theatre would have been impossible without the help of Ms Middleton and Gareth, our tech assistant. I am so grateful for a fantastic opportunity which I will never forget and a view into a possible career.

# Junior Musical *Bugsy Malone*

**Mathew Pinto, U4E**



On the 19, 20 and 21 June this year, the Lower School put on a production of Alan Parker's *Bugsy Malone*. We started rehearsing much further back in the year, giving us a lot of time for preparation. We had a wonderful musical accompaniment, both in rehearsals with Mr Kelsall, and in the show with a full band.

On the Wednesday we performed twice, first to the Prep School and then an evening show for all. This was followed by two evening shows on the Thursday and the Friday. I think a vast improvement was made just from the experience of actually performing to an audience rather than to a wall. Performing taught us discipline both on-stage and off-stage and was very helpful to all the cast. We ended up having two of each of the female lead roles because there aren't a lot of them, so we had to spread it out.

I would like to say thank you to all the cast and crew for making the show what it was. It was a marvellous experience and I think we all would say the same. I would like to say thank you to both Mrs Whitbread and Ms Entwistle for directing and putting so much of their extra time into working with us in rehearsals, thank you to Mr Kelsall and the band for such a wonderful accompaniment and to Mr Whitbread for building the set. The difference in our performance and discipline from that first Wednesday afternoon show to the final one on Friday was enormous.





# Exhibition Review: Postcards at the British Museum

Victoria Morgan-Couch, U6E



*Victoria Morgan-Couch represented Bancroft's in the 2019 ARTiculation Prize, with her talk on the Tracey Emin postcard 'Sad Shower in New York' which won 1st place at the London Regional Heat at the Whitechapel Gallery. At the London Final held at the National Gallery, she was awarded 3rd place. Her personal review of the British Museum's exhibition 'The World Exists To Be Put On A Postcard: Artists' Postcards from 1960 to now' appeared on the ARTiculation website.*

Before I set foot in the British Museum's exhibition of postcards taken from the collection of the auctioneer Jeremy Cooper, I struggled to imagine what I would be faced with. A global expanse of postcards from across continents to showcase experiences I could never even dream about? A selection of cards that had no cohesion, proving just how large this 'world' really is? Or perhaps a smaller selection, some token favourites, to exhibit the microcosmic sensation of the individual's 'world'? With these ideas in mind, the attempt to showcase the energy of a domestic home was not what I had expected.

What it lacked in personality it made up in archaic essence, displaying the cards in a manner perhaps more suited to that of ancient artefacts, a choice that befitted the presentation of the collection from the point of view of movements and politics, creating structure and a certain ease of viewing. As a self-proclaimed hoarder of postcards, I felt that this strategy strayed from the point of postcards as things to be handled, touched and received. This was obvious when viewing those cards that had been sent out as invitations to events, creating an atmosphere, albeit informative, devoid of life. This was understandable in the terms of practicality for a temporary display, yet felt entirely impersonal. If my own cards were to be displayed in the form of 'a collection', I would hope that a life of experience, travel and beauty would be seen from the moment viewing began. Nevertheless, as there was a mention in the description of a focus on '[highlighting] political and social issues', it should be noted that the structured approach aided in a simpler understanding of these topics; moreover, the informative nature of this form of display added to the 'world' feel which was largely due to the recognition of the global reach of movements such as feminism, fluxus and performance art. This contributed to the idea of the postcards as a snapshot of a life lived, and perhaps my critique of the formality of the display could possibly be flipped when viewing it as an effort to romanticise the life of an individual by displaying each moment behind a screen (this may be due to my own personal inclinations).

The 'Collection of Mr and Mrs L. M. Kane, 2009' illustrated that idea of romanticism, with their own personal effects in postcard form having been 'professionally photographed against a black background to resemble objects from a museum', capturing the intimacy of human connection that I expected. I believe postcards

to be almost akin to family photos. They should remind you of what you experienced on that day and how you felt in that moment, like listening to an old favourite song. Maybe one's own 'world' is captured on the back, in a message from a loved one? When looking at a postcard that depicted Mr and Mrs L. M. Kane meeting Pope John Paul II, I was reminded of the relationship I believe postcards have with the consumer:

Cooper's focus on the inexpensive nature of postcards in comparison with traditionally recognised pieces of 'art' was an important discovery that heightened the idea of the 'world existing' for a postcard: everyone should be able to experience that 'world' for only a nominal fee. This added to the understanding of Cooper as an individual, rejecting the elitist world of art collectors and making a statement by donating his collection of cards as his version of art and so leaning away from a capitalist approach to appreciation of culture, politics and society that is commonly implied by the possession of an extensive 'traditional art collection'.

This was the first major museum exhibition surrounding postcards as 'works of art in their own right', and I am hopeful that something of greater immersion and scale is possible in the future. Jeremy Cooper, albeit fascinating, is only one person, and thus the title of the installation seems slightly hyperbolic and is more akin to the microcosm of an individual's world. However, if the original aim of the exhibition was to view a world as encapsulated through postcards then I believe introducing the collections of others in a following exhibition may be the next step in increasing the overall appreciation for what a collection of postcards can really mean to any individual.



# Thirds at Hindleap Warren

Zubair Ashraf, 3S

All our new Thirds visited Hindleap Warren, accompanied by their Tutors and the Junior House Staff, for a mini residential. Zubair Ashraf gives his account of the trip.



"My experience of Hindleap was not bad, I was scared for most of it as I have a fear of heights, so I feared Jacob's ladder and the climbing wall. I did enjoy the climbing wall though. I found team building the most fun. We were in a forest: just children and a map in our tutor groups but girls versus boys. We got lost and it was chucking it down. It was fun to explore and then get warm. I also enjoyed the night walk as it was pitch black and we were walking through the mud; it was really fun. But the best bit of Hindleap Warren for me was definitely overcoming my fear of the climbing wall, I got halfway up and I am proud of that. Another good thing was shelter building, we were all good at it. In conclusion, Hindleap Warren was an amazing place everyone should go."

# Sixth Form Art Trip *Paula Rego – Obedience & Defiance*

Madhu Sanjeevan, U6S and Puja Sharm, U6E

On the 18 September, U6th and L6th art students embarked on a journey into the life of Portuguese-born visual artist, Paula Rego. After a prompt meet up at Euston Station we travelled to Milton Keynes via a Virgin train which was a new experience for us both and was one that we would like to explore again in the near future.



Once we arrived at Milton Keynes, we relied on Mrs. O Sullivan and Mrs. Ward's navigational skills to get us to the exhibition and the journey was as exciting as the destination. For us, Milton Keynes lived up to our utopian ideals with its sustainable grid street plan, electric vehicle charging points and an abundance of beautiful flora and fauna; not to mention the futuristic architecture as well as roads being dropped or raised so that ground level could be devoted to pedestrians.

Upon arriving at the MK Gallery in Milton Keynes, we saw the range of Paula Rego's work, from her earlier politically infused abstract paintings to realistic portraits of fairy-tale inspired scenes, which often hold feminist messages along with touches of influence from her home country of Portugal.

It was interesting to see the range of her work as it was displayed over five galleries in an almost chronological fashion, with each having a very different feel to the last.

As we walked through the gallery, the atmosphere was very sombre, partially due to the sheer size of the portraits - most of them depicted at least one whole figure, with some of them being almost life size.

This was particularly shocking having previously only seen images of her work in books or on the internet, but also gave us a chance to see the immense energy of each piece as many of them such as *Sleeper* were created with the use of oil pastels, which gave an incredibly realistic, almost fleshy feel to them, which was interesting to see in real life.

Following a morning of admiring the work and an enjoyable lunch, we had the opportunity to draw from observation with both oil pastels and graphite, much like the artist herself, which was an experience that we both got quickly absorbed in, so much so, that before we knew it, it was time to head back to London. All in all, we found that this was a valuable experience for us, and enriched our study of A-level art.

# Thirds' Castle Trip

Mr Luke Brennand, Head of History



At the end of the summer term, the Thirds visited not one but two castles during a day out with the History Department.

Most of year group enjoyed sunshine and views across the English Channel to France as they explored the history of Dover Castle as planned. Around one third of the year group, however, ended up visiting Leeds Castle after their coach broke down in Epping Forest soon after leaving school. The delay, caused by the need for a replacement vehicle to arrive on the

scene, meant that Dover Castle was too far to be properly experience so, instead, picturesque Leeds Castle was chosen as a new destination. Although these pupils missed out on seeing the White Cliffs and exploring the medieval tunnels beneath Dover Castle, they did get the chance to watch a falconry display and find their way out of a tricky hedge maze in the gardens of Leeds Castle. Despite Leeds Castle being beautiful, hopefully next year everyone will make as far as Dover!

# L4<sup>th</sup> Latin Trip to St Albans

Nimran Dhaliwal U4S

On Wednesday 26 July, all L4 students studying Latin visited the Verulamium Museum in St Albans. Built on the site of one of the largest Roman cities in Britain, the museum is filled with ancient treasures and provided us with a vivid insight into Roman life and culture. The day comprised of numerous activities within the museum's site, supporting our studies of the historical aspect of our Latin curriculum.

One very enjoyable part of the day was touring the museum, where we found out information and saw ancient artefacts used during this era covering many parts of Roman life, ranging from authentic building tools to skeletons of wealthy individuals in their elaborate tombs. The tour also explained more of the history of this empire in Britain: we learnt about the factors that were crucial to the success of the empire (such as the structured system of *client kings*) as well as the factors ultimately leading to its dissolution (such as the destructive revolt led by Boudicca.) We participated in an engaging workshop in which we were given the opportunity to touch and look at some artefacts from thousands of years ago during the Roman Britain period. Like the tour of the museum itself, the workshop contained artefacts from various aspects of Roman life, namely: cooking, building, hygiene and storage methods. We were encouraged to think of what these unfamiliar looking artefacts were, a task which proved challenging at first; however, with the guidance of the workshop leader, we soon became accustomed to asking ourselves the questions archaeologists ask themselves and it was remarkable what we could conclude from just a few ancient artefacts with some cracks in them.



After lunch in the fields of the Verulamium Park, upon which the prosperous city used to be situated, we visited the *hypocaust*, - an ancient underfloor heating system that was a huge improvement to Roman engineering and an excellent example of the first indoor heating systems installed in Britain. The intricacy of the numerous small cubes of tiles (or *tesserae*) surprised us - it was incredible what beautiful pieces of art the Romans managed to make without the help of modern technology.

To finish the day, we visited the Roman Theatre of Verulamium, a unique Roman theatre that was excavated first in the 19th century and again in the 1930s, with raised seating, upon which spectators would have intently watched performances at events such as religious festivals, armed combat shows and wild beast shows.

The day was not only enjoyable but also exceedingly informative and it vastly broadened our knowledge of the Roman Empire which thrived in Britain until 410 AD. I would like to thank all the teachers involved in the trip for what was such an insightful day for everyone

# Senior Girls' Sports Tour

Victoria Morgan Couch, U6E



Hit with the humidity and heat the moment we stepped off the plane, the two netball and hockey teams sent to the Caribbean realised just why we had been given complimentary ice-creams before leaving check-in at Gatwick airport 12 hours prior.

At the start of the summer holidays I, along with twenty six other Bancroft's athletes, had the privilege to embark on a ten day excursion to Barbados, home of flying fish and sunny skies. With every morning beginning with a student-led beach workout and evenings ending with an assortment of local cuisine, it was truly an experience that I will fail to find elsewhere. Hospitality, sporting talent and souvenirs galore: Barbados had it all.

We started straight away, no hesitation for this Bancroft's lot, running headlong into both the sea and into the scorching 28 degree heat for our first (and subsequently last) training session of the trip. A silver lining to Charlotte Peters' horrific sunburn was definitely the kitschy bandanas bought by every pupil. Armed with our touristy purchases, we took every match by storm, hockey and netball alike, resulting in an impressive sporting feat all round. Most impressive was the undefeated second netball team who ran circles round their opponents, much to the delight and dismay of the locals who came to watch and support us in our sporting triumphs. Faced with high intensity, rough and naturally skilled teams, a sense of community was inevitably felt by each member of the squads. The relentless sun forced us to cultivate a different level of teamwork which we had never before experienced, with each player supporting her fellow Bancroftians. This type of team spirit was not felt solely on the court or pitch, with my personal highlight of the trip being that of 'White Night' at Blakey's on the Boardwalk, where personal anecdotes from the tour about every girl were shared, making everyone feel recognised and included for their own skills and attributes.

This notion of community was already something very important to all of us even before embarking on our Caribbean experience; we held weekly bake sales which allowed us to donate £200 to a turtle sanctuary to preserve and aid the egg-laying process in the face of urban sprawl and tourism, some of the many issues we learnt about on a late night turtle spotting adventure.

From a catamaran ride and swimming with turtles to a nature safari, on which Rhianna's birthplace was one of the many important features of the landscape, each athlete experienced Barbados to its fullest potential. I am sure I don't only speak for myself when I say just how grateful we all are for being lucky enough to experience such an amazing island. We thank all the staff who made the trip possible; it would not have been the same without them..

# Montenegro Swim Trek

Jemima Strong 5W



“

MRS CHESHIRE

This is a journey, not a race.

When I was invited on the first school swimming tour, I was honoured to have been offered such an amazing opportunity. Little did I know this was to be more than swimming training. As Mrs Cheshire said from the outset, “This is a journey, not a race” and what a journey it was!

”

Against the breath-taking backdrop of Montenegro, we swam at least 5k a day in a variety of open water types: fjords, the beautiful Lake Skadar, the tranquil Maraca River, the Adriatic Sea, hidden coves and the famous cave of Plava Spilja. We explored the Bay of Kotor whilst visiting historic towns dotted along the shoreline. This was a challenge that took me outside of my comfort zone, involved much risk taking but with perseverance, determination and resilience, I have a newfound confidence, made lasting friendships and have the most unforgettable memories.

Eleven pupils, accompanied by Mrs Cheshire, Miss Korcz and Mr Pollock, stayed at the Perast Palace, just metres from the water’s edge and my room had spectacular views over Kotor. After an acclimatisation swim, we explored the local town. We met ‘Grandma’, our amazing chef, who prepared our daily traditional breakfasts and packed lunches and occasionally dinner, if we did not go out to a local restaurant.

I was extremely nervous for our first swim which took us to two islands just off Perast: St George and Our Lady of the Rocks. We travelled everywhere on a private boat piloted by SwimTrek guides. The water was crystal clear and warm; the weather balmy, but I had 5k ahead of me and had to find courage and stamina. There was always the opportunity to climb on the boat if you needed a break and we all encouraged and supported each other. We were given sweet drinks at regular intervals to keep our sugar levels up. The group was tested to the limit but formed a great bond and knew we were looking out for each other.

The fourth day was the most daunting for me as we visited Lake Skadar, a freshwater swimming experience which was deep and quite cold. Nevertheless, there was always good humour amongst the group. We would play music in between swims, dance on the deck with our guides Morgan and Marlys, or sunbathe on the front of the boat. Saving the best until last, day six was my most memorable. We travelled to Zanjica on the border of Croatia. There we explored the WWII submarine tunnels in Prstan. We swam in and out of caves along the Adriatic coast ending in “Plava Spilja”, a nine-metre-high cave which we explored.

This was the first of many Swim Treks that Mrs Cheshire hopes to arrange. This was my most rewarding school trip. It was beyond my expectations and I understand the water so much more. I have lost my fear of the unknown and have improved my fitness and endurance. We had the perfect balance of work and play, and I have returned self-assured, with a positive mindset. In the words of Summer Sanders (USA gold medallist in swimming), “The things you learn from sports - setting goals, being part of a team, confidence – that’s invaluable. It’s not about trophies and ribbons. It’s about being on time for practice, accepting challenges and being fearful of the elements.” And to remember the words of Mrs Cheshire, “It’s a journey not a race”; this is a philosophy I will now be applying to everything going forward.

# Science Summer School

Fawzan Siddiqui, 5S and Aria Bapna, 5N

On Thursday 4 July, selected pupils, from the U4 to the L6, led by Mr Choy and Mr Prole, attended the eighth St Paul's Way Trust Science Summer School hosted by the school's Patron, Professor Brian Cox OBE. The event places science at the heart of the curriculum, and aims to inspire young people to become the next generation of Britain's scientists.

Whilst there, we received a taste of the opportunities for exciting and innovative careers in STEAM subjects (science, technology, engineering, arts and maths) through a series of seminars, discussions and hands-on experiments that were all unequivocally thrilling. We also followed a very different routine for a school day compared to that at Bancroft's. In a fresh, interactive environment, we learnt a lot from all the cordial and knowledgeable staff and pupils which provided a truly educational experience.

A personal highlight of the trip was the talk given by Andrew Smyth; those who watch *The Great British Bake Off* might recognise him as one of 2016's finalists. His being one of my favourite contestants, on *Bake Off* wasn't the only reason I enjoyed his talk. He combined the daunting topic of aerospace engineering with baking to make something he called 'bakineering'. By relating the complicated concepts of engineering to an everyday activity he made it easier to understand. A few of us in the audience, myself included, were slightly apprehensive about 'bakineering' at first. But when we learnt about the mechanics of the rotating jet engine cake he made for Prince William we were all stunned at just how much engineering was involved in baking.



By the time we got to comparing the merits of using thermo protection tiles and using Baked Alaska to protect a space shuttle during re-entry we had all become firm believers in that baking and engineering do have a lot in common. If you think about it, a Baked Alaska dessert keeps ice-cream cold by harnessing the same physical principle as a thermal protection tile on a space shuttle. By engineering pockets of air in a material (like in a meringue), the material acts as an insulator to protect against high temperatures.

A great day on which to finish the school year!

# Sports Day

Sabina Talbot, L4W

Sports day 2019 was an overall fantastic and very exciting day. In the end, West House won, which I think no one was expecting.

The day was very rainy so we had to go inside but I think that people enjoyed it more because we were all closer to the events and we felt more involved. The day started quite tense because the long-distance races were first, and many people were nervous. Throughout the day there was an excited energy going around as we watched everyone ace their events. At the same time as the main track events there were also many field events happening. The day finished with the relays; this was the best bit of the day. Everyone had to participate in a relay, so lots of pupils had to face their fears and do it for their House. There was no one who did not try their absolute best, so all of the Houses did an amazing job.

My favourite event to watch was hurdles because some of the people racing were so good at it, but there were a few people who fell over because they had never done it before. There was a person in my year group who was pushing each hurdle over, and was far behind everyone else yet he continued the race, which showed dedication and was very entertaining for everyone else. I participated in shot putt, javelin and relay, in which I fell over! Once again, I will say how much of a fun and exciting day it was, and I can't wait for next year



# Bancroft's U18s Through to Regional Finals

It has been a fantastic half term for our U18 hockey team. Firstly, the girls defended their Essex title in style at Old Loughtonians Hockey Club. In a series of superb performances against Coopers' Coborn, Chelmsford CHS and Brentwood as well as local rivals Chigwell, they notched up a grand total of 21 goals while goalie and captain Anika Mayor kept a clean sheet.

The following week, as undisputed county champions, they travelled to Ipswich for the East Regional Play Offs, to face teams from Kent, Hertfordshire, Suffolk and Norfolk. Matches against Tonbridge Wells Grammar School and the Royal Masonic School both resulted in goalless draws. Goals from Emilia Parsons, Eleanor Channer and, England U16 player, Grace O'Malley-Kumar, gave them victory against Culford School and a place in the day's Final. In the Final they faced Suffolk's Saffron Walden High School where a fine individual effort from Saskia Murphy brought the Bancroft's girls victory and a place in the Regional Finals.

They now progress to the Regional Finals in November having played eight matches without a defeat and without conceding a single goal. Mrs Jo Fryer-Green, their Coach, was fulsome in her praise for this team, "I have rarely seen a better team performance



from a Bancroft's team than at the Essex Championships. The girls were on tour together during the summer holidays and the experience clearly bonded them and taught them a lot about the importance of teamwork. They are now looking forward to and training hard for the Regional Finals later this term."

Athletics at Bancroft's is thriving with a number of girls and boys committing to meets and training on a regular basis. The season started off in the winter term with some very exciting indoor meets at Lee Valley Athletics Centre. The atmosphere was thrilling and our U15 girls and boys progressed through to the semi-finals of this event.

During the summer term there were individual meets with New Hall and Brentwood, as well as a girls inter years' event at West Grove and all year groups took part in the District event held at Ashton Playing Fields as well as the English Schools Track and Field Cup and the Lee Valley Outdoor Cup.



## Athletics Summer 2019

**Mrs Hannah Marchant, Head of Athletics**

The Districts proved hugely successful with the L4 and U4 girls coming 1st overall and a number of 2nd place finishes across the rest of the age groups. Despite the Thirds girls only coming 2nd some noticeable performances came from Maia Fisher, Deeya Arora, Lara Whalley, Isabella Worwood and Imaan Hussain. Consequently, they were selected for the Redbridge team at the Essex Schools Championships. Maia Fisher made the final of her 70m hurdle race and narrowly missed out on a medal finishing in 4th place.

The boys' junior team can boast great success as they progressed through the first round of the English Schools Track and Field cup to compete at the Regional level, a great achievement.

I would like to congratulate all those athletes who took part in athletics last season. We have some superb talent and it fills me with great pride to see the pupils working really hard to beat their personal best times and distances and show such great commitment to their teams and training.

# Thirds' Cricket Week

Louis Channer, RS

During the first week of the summer holidays, twelve Thirds boys took part in a cricket week organised by Mr Flaherty, playing eight matches against some good sides from around Essex and Kent.

Our first game of the tour was against Champion School. We batted strongly to end up at a score of 161-6. With this strong score, our position became dominant with some brilliant bowling from Arman Bashi, which brought the opposing side to a sudden halt at 125 all out. This set us on the first win of many on this tour.

Our next game was against Bancroft's Lions. In this game, several of our players played for both sides as they play for the club outside of school! We saw brilliant batting performances from both sides with our opening batsmen Dhruv Verma scoring 52 not out and also a score of 50 from Henry Knight, also of Bancroft's School, but playing for the Lions. This game was closer than anticipated with the Lions coming within 20 runs of the target.

The third fixture came in the shape of a T20 tournament with four teams. In our first game, we came up against Coopers' Coborn. We batted first and came with a score of 145-5. With tight bowling, we cut them down to 105-6 to advance to the final against Shenfield High School. During this game, our batting started well but soon collapsed and came down to the wire with slow scoring and good bowling. In the end we won by 2 wickets to take the trophy home.

In our fifth game we came against the strong side of KEGS. In this game, we simply did not turn up! We are just glad Arman Bashir, who top scored with 28, and Aashay Rao helped us to post a reasonable score. KEGS came out strong and with our wayward bowling, they stormed to victory: our only loss.

In the game against CRGS, we bowled well. Aashay Rao achieved figures of 3-6, reducing them to a score of 92 all out. When we batted, we opened with new opening batters but, after their disappointing performance, Dhruv Verma and Louis Channer batted well to finish the job. The next game against Westcliff included tight bowling from Alex Hancock and we emerged victorious with some lusty blows from Aryan Chandel. Our final match took us south to face the might of Judd School in Tonbridge and we won our seventh game from eight matches. Overall, a great deal of enjoyment was had by all; we blended as a team and learned a great deal about the importance of team work.



# Cricket Legend Retires



At the end of the summer term a local cricketing legend retired – for a second time. John Lever MBE, former Essex CCC and regular England player in both test and one-day matches, retired from professional cricket in 1989. A few weeks later he began a new career as a member of the PE Department at Bancroft's, becoming Master in Charge of Cricket in 1997.

For the past thirty years, John Lever has passed on his expertise and wisdom to successive generations of aspiring young cricketers. He encouraged talent from a young age and Bancroft's cricket earned a reputation as some of the best on the schools' circuit. On Wednesday 3 July, a group of past players from Bancroft's were invited by Mr Lever back to school to play for a John Lever XI in a friendly match against the School's current 1st XI. Victory was enjoyed by the John Lever XI who won by 54 runs, bowling the 1st XI out for 119.

Speaking to the returning Old Bancroftians it was obvious that John Lever was a man much respected and valued by the Bancroft's sporting community. Neville Jacobs and Rahul Patel agreed that, "He is the most knowledgeable person about cricket we have ever met. He taught us everything we know about the game. From John Lever we learnt how to conduct ourselves both on and off the field. He also had a great sense of humour and was the king of fancy dress!" These sentiments were echoed by current players who regard him as their cricketing mentor. Ben Bagley described John Lever as, "very wise" and Rohan Patel said that he was "insightful and kind".

Our current Head of Cricket, Carl Greenidge, said, "John Lever was a great servant to the game and indeed Bancroft's School. Thirty years of committed service speaks volumes of the man considering his glittering CV. A man who is way more generous with his time than with his words but when he speaks to you it is with true wisdom and humility."



# Classical Society Quiz

Jude Dannawi, L6S

After school on the 26 September, Mrs Baker held the annual Classical Society Quiz. Six teams, each consisting of four to five members from a range of age groups, took part in this friendly competition.

Before the quiz began, we were given a chance to convene in our groups and eat some cake, allowing us to take on the challenge with filled stomachs. Soon after, we took on a variety of questions of a classical nature in four separate, heated rounds. The first round was hosted by Mrs Carter, who asked us challenging questions about the classical roots of biology and some Latin-based adjectives connected with various groups of animals. Mrs Baker was the question master for the other three rounds: "gods and heroes", the picture round and "who am I?" After tireless efforts from all teams, our excellent scorer Mrs Burnside revealed that Team 6, Alice Layzell-Smith, Anjali Tohani, Berfin Laursen and Jude Dannawi) had been victorious by half a mark. Not only was this quiz a great opportunity to get us thinking and show our Classical knowledge on a competitive level, but it was also an occasion to interact and socialise with new people.



# Beekeeping Club

Lewis Grout, 5S

When I heard about a beekeeping club coming to Bancroft's I was very surprised but it was always something that had interested me so I decided to give it a go. I was expecting it to involve a lot of classroom work and learning about beekeeping but to my surprise we were allowed to go almost straight to the apiary (after the necessary warnings of course) where we were able to get some hands on experience.

The thing that amazed me most about the bees is how calm they are. They are often portrayed as black and yellow striped balls of rage but this simply isn't the case (though still fairly accurate for wasps). They will just fly around and have a look at what's going on. It is a nice change from what is so common in lessons to be actively doing an activity and learning about it practically. I can confidently say that I've learnt more about bees in the last couple of weeks than the rest of my life put together.

Altogether I would highly recommend beekeeping to anyone who is curious about it. It has been very enjoyable for everyone involved and I look forward to continuing it in the future.

# Army Camp 2019

CSM Anissa Patel, Head of Army Section, OB



This year after a few complications and superb organisation from Mr Pascal and Mr Hitching we managed to land ourselves a spot at Lydd Camp in Kent. This was a new camp for the staff and pupils, so it was exciting to see what it had to offer, although the early arrival of the U6th NCOs along with Mr Hitching and Mr Pascal caused unrest in the camp by setting off the Armoury alarm for twenty minutes while unpacking!

Once the remainder of the troops arrived the following day and the stores had been arranged in an orderly fashion, we were all ready to begin training. On the first few days we headed to the training area on camp to set up various stations of room and urban clearance drills, first aid, section attacks and obstacle course practice. This programme was slightly different to previous years due to the access to the urban patrolling and clearance facilities on camp, yet the cadets were still able to fire blank rounds and practice essential infantry skills. Special thanks to Captain Pollard and my fellow U6th whose legendary banana selling set the atmosphere of a village market in the urban patrolling activity!



Bowl Water, our only "non-green" day when cadets are permitted to wear civilian clothes, involved a day of fun activities such as kayaking, laser tag, team building, mountain biking and trying out the new Aquapark. This day always acts as a great bonding experience between cadets across the five year groups and is a well-deserved break from the intense training week.



To round things off, the cadets competed in the traditional Dan Clack Trophy with eight different stands led by staff and the U6th NCOs. This always proves to be a difficult but rewarding day with high levels of competitive spirit between the L6th section commanders. This year the new RSM Madhav Narayanan led his section to victory with an excellent performance.

All in all, this year's camp was very successful and I would like to thank all the staff for their hard work throughout the year to make weekly training and trips away run as smoothly as possible.

# Royal Navy Recognition Retained by Bancroft's Sea Scouts

John Haselgren, Group Secretary  
4th Epping Forest Sea Scouts



The Bancroft's Sea Scout Group was reviewed by Lt Toby Milligan RN in mid-September. The Scouts demonstrated three activities normally run by them as part of their programme. These included undertaking the staged Swimmer Badge - which all Scouts need before being allowed afloat - pioneering by building a bridge using poles and ropes, and an RN Field Gun Race, albeit with miniature guns instead of the full sized ones.

This was followed by a formal parade with the Colours Ceremony. During this Lt Milligan presented the Chief Scout's Challenge Award to Sarah Dean, Ellie Joyce and George Metson-Bailey, all of whom have reached the age when they transfer to the Explorer Section run by the Epping Forest South Scout District. This Challenge is the highest award that can be earned at this level of Scouting. Lt Milligan also recommended that the Group's RN Recognition be continued. This is important as it allows the Group to bid for places on the RN Sea Scout Camp on board HMS Bristol at Portsmouth where those attending spend a week using a range of boats in the harbour; last term fifteen Scouts from Bancroft's gained places at this event.

Further information about the Group and its activities can be found on its website, [4thefsscouts.org.uk](http://4thefsscouts.org.uk). Photographs and videos are posted both here and on the Group's FaceBook page, which is available via a link from the web site.



## My Final CCF Year

RSM Martin Prusa, Head of CCF, OB

My last year in the CCF has provided me with memories which I shall cherish for years to come. Not only has it been a jam-packed year, but I also had the honour of commanding the contingent through both Remembrance Sunday and the Biennial Review. The year was also very special given that it was 100 years since the end of the Great War; every cadet played their part expertly as they took part in a moving parade in November. I would be lying if I did not say that I felt a little pressure during the commemoration.

Subsequently, in March, we had the Biennial Review during which cadets took part in an inter-section competition designed to test their powers of teamwork and leadership. This time CSgt Adam Agbamu got to put his name on the trophy with a great performance by him and his section. After the competition, I had the opportunity to parade the CCF around the Quad with CSM Anissa Patel commanding the Guard of Honour which performed brilliantly.

The CCF year ended with the highlight for many: Army Camp. Yet again, the contingent was put to the test with the Dan Clack competition, a tightly fought contest between the sections. To sum up, my last year in the CCF was incredible and I am truly honoured to have been in command of it. Given that five out of my seven years at Bancroft's have been in the CCF, I am sad to be leaving but glad that I have been a part of something so unique to the school.



MARTIN

My last year in the CCF was incredible and I am truly honoured to have been in command of it



# The Prep's Well-Being Week

Mrs Sarah Strong



We held a Well-Being Week this half-term. It provided the opportunity for both staff and pupils to gain an overall awareness for the various aspects of well-being, including social, physical, emotional and environmental.

Origami, which is the latest mindfulness craze, took place in the Library with Miss Houghton. This involves an element of concentration and takes your mind off everyday problems. Simple shapes are very satisfying to do and you ultimately have something to cherish at the end.

Meanwhile, in Mindfulness Club, which meets every Thursday at 8am, children practised Mindful Eating. Pupils engaged their senses by noticing colours, smells, sounds, texture, and flavours of Skittles and made them last; appreciating their treat. The menu on offer at lunchtime had well-being at the heart of it with many healthy dishes full of delicious fruits and vegetables.

Many took to doing the Morning Mile at the beginning of the school day or joining in Martin Yelverton's yoga sessions at the end.

We were treated to a performance of Taizé by the Senior School's Chapel Choir. This is a calming set of songs which include community prayer and periods of silence in between the singing and allows time for personal reflection. Everyone learnt how trying relaxation techniques, doing things we enjoy or learning something new can all lead to a healthy mind and body.



# Outward Bound in the Lake District

Emma Diebel, 2TP



On 16 September, the Prep 2s went on the Outward Bound trip to the Lake District National Park. I must admit it really pushed me to my limits, but it was a trip I will never forget.

The journey was tedious, but when we arrived it was very exciting and the view was a sight for sore eyes. The activities ranged from hiking up a waterfall, to a blindfolded obstacle course at night. I have to say my favourite activity was the 'jog and dip' into the lake. This is where we plunged into Ullswater for five minutes. Trust me the water was freezing, but we got used to it. I tried jumping in once without getting my whole body wet, it actually wasn't so bad, so I went for it four more times! Another activity was the expedition, when our group, Bonington, tied two canoes together to prevent capsizing, and canoed right across the lake to the campsite. It was lucky that we actually had toilets! We had rationed meals in packets which weren't so bad and we put up our own tents, which did take some time but we got there eventually! There were lots of other activities consisting of rock climbing, tunnelling and team building exercises.

This Outward Bound adventure pushed us to our limits and did help us face our fears, and my fear of tight spaces. This trip will help us through hard times in life, no matter what they are. It was, indeed, one to remember.



# Learn to Ride

Mrs Lisa Life

During September some very resilient Prep children have conquered fears and difficulties and have mastered how to ride a bike.

The courses were spread over a weekend and the children cycled in small groups with some very focussed teaching. The instructors from Cycle Confident were kind and patient and certainly wove some magic. In addition to learning this valuable life skill, these 32 children had a lot of fun and took great pride in their achievements. We hope to be able to offer this Learn 2 Ride opportunity again alongside our Bikeability 1 and 2 courses for more confident cyclists which will happen in the spring.



# The Ragged School

Nuha Rahman ISS

On Friday 20 September, the Prep Is visited the Ragged School in Mile End. It was founded by Dr Barnardo. Some parents came along with Mrs Strong, Mrs Yelverton and Mr Bleasdale.

Our first activity was in a Victorian kitchen! It looked completely different to our kitchens nowadays. It had quite strange looking items and they used fire as a microwave because they didn't have any electricity. Also, if someone couldn't afford a house, they would live in their kitchen. They would have slept on the floor and they did not have a toilet so they had to do their business in a little pot! It was a bit disgusting but that was the Victorian life. A kind lady called Katie explained about the kitchen and split us into four groups. In the groups she gave us items and we had to investigate and find out what they were. When we found out what they were, I was so surprised!

The second activity was great fun, but scary. We went into a Victorian classroom. Once we entered the room, we could not smile or say a single word. We sat down very quietly, trying not to laugh. There was a teacher called Miss Perkins. She was super strict and she shouted at everyone, even if they fiddled or even whispered! She always had an angry face. There were monitors and I was one of them. They handed out slates, pencil and a piece of cloth to rub out our mistakes. We wrote the alphabet in a very unusual font called Copperplate. It was very curly! It was quite hard to copy the writing but we got the hang of it. After this, we learnt the value of money. There were farthings,

pennies and shillings. Then we had to repeat some proverbs. Last but not least, we learnt about phases of the moon. When the lesson ended, the teacher told us her real name was Sally. Everyone noticed her bottom was a bit big but it actually wasn't. She was wearing a bustle which was fashionable in Victorian times.

The trip overall was phenomenal! It was so amazing to experience the life of a Victorian child. We are so lucky now that we have kind teachers who don't hit us! An interesting fact I learnt was that if you fiddled, the teacher would tie your hands behind your back. Also, if you were a bit stupid and not smart at all, you would sit at the front with a 'dunce's hat'! My highlight was when we went in the classroom because I liked writing on the slate in the unusual font.



# OBA News

Mrs Susan Day, OBA and Foundation Officer

The Old Bancroftians' Association continues in its aims to maintain links between its members, the School and the Bancroft's Foundation. Over the last few months we have run a series of very successful events.

Looking ahead, the Association continues its programme with the 114th OBA Annual Dinner in October. Our annual London drinks will be held in November at Balls Brothers.

## OBA Northern Dinner - Chester

Steve Dodd OBA President

The annual Northern Dinner took place at the Rossett Hall Hotel in North Wales on Friday 4 October. Old Bancroftians and their partners had an excellent dinner and had the chance to meet again and enjoy each other's company at a function that has been running since the mid 1980s. Not least, we all had the opportunity to tell again the many stories of adventures we had at School – most of which wouldn't pass today's safeguarding guidelines!

Unfortunately, the annual round of golf did not take place owing to inclement weather over the previous few days which rendered the course unplayable. Nevertheless, the event co-ordinated by Graham Perch, was a great success going on until the early hours. We all enjoyed a 3 course dinner and were entertained and informed by speeches from Steve Dodd (President) and Chris Butler (Assistant Head – Foundation, Outreach and Partnerships) about the Bancroft's Society, School and the Foundation. Once again the heritage of this event was much appreciated by all and we are all looking forward to next year.



# Leavers' Evening 2019



On the evening of the 5 September the School held an informal drinks evening in the Quad for the U6 leavers of 2019 and their parents/guardians.

The evening was a great success and well attended. The Head, Simon Marshall, encouraged all pupils to remain in touch with the Old Bancroftians' Association and to join [bancroftsconnect.org](http://bancroftsconnect.org) a new engagement platform as well as inviting parents and guardians to join the Bancroft's Society.

## Old Bancroftians' Day



We were very fortunate to have a glorious sunny Sunday on the 1 July for the school to open its doors and welcome many Old Bancroftians and their families to the School from both the UK and

overseas. This year saw a first 5k cross country run for OBs organised by Chris Butler. There was a great turnout and Bob Baker kindly started the race. Conditions were great for the golf course and forest, so it could become an annual event! Traditionally reunion groups for the 40/50/60/65 and 70 years+ came together to enjoy the Founders' Fizz on the Quad followed by the Chapel Service. After the wreath laying ceremony at the War Memorial around 200 guests were treated to a superb lunch prepared by our talented Bancroft's catering team in the Great Hall

Throughout the day over 400 OBs and their families were able to have guided tours of the school by our L6 pupils, play crazy golf and croquet on the Quad, cool down in the swimming pool, watch the OBs vs School netball and cricket over a pint or a glass of Pimms, as well as feast on afternoon teas in the Dining Hall.

# Bancroft's Singers' 40 year on reunion May 2019

Kevin Campbell OB (1974-1981)



To mark the 40th Anniversary of the founding of the Bancroft's Singers by John Dunston in 1979 the OBA hosted a reunion of Bancroft's Singers on May 11. By kind permission of the Head some sixty singers, including three of the four previous conductors of the Singers and the current Director of Music, Julia Whitbread, met in the Great Hall to sing through a selection of songs chosen from across the forty years. This included: *Lollipop*; *Sing We and Chant It*; *Goodnight*; *I Got Rhythm*; *Cantate*; *The Way We Were*; *Now is the Month*; *Wild Mountain Thyme*. There was also a commission piece composed especially for the occasion, *The Skylark* written by Chris Brammell.,

We were put through our paces by John Dunston, John Pearce, Enid Weaver and Julia Whitbread and it was encouraging to see how quickly the harmonies and quality of singing soon came back. Which was

just as well as there was a concert planned for the evening. During lunch there was much reminiscing prompted by memorabilia brought along by many but principally by John Dunston who brought his treasured scrapbooks from the very first days of the singers. After further rehearsal in the afternoon, the OBA provided a well-earned tea break and the conductors chose the songs and running order for the evening concert. Having put out chairs for about thirty we were overwhelmed by an audience of over sixty, including Chris Brammell himself. Considering not all the singers knew all the music and had not sung together the end result was, so we are reliably informed, pleasing to the ear and unmistakably the Bancroft's Singers.

The evening before some forty Singers and guests joined for Dinner in the Dining Hall at the school and reminisced. Some had not been back to the school since they left. Others had organised trips to the UK to coincide with the weekend.

Thanks must go to John Pearce for tracking down paper copies of all the music from many sources, to Julia Whitbread for her support both before the day and on the day and to John Dunston for forming the Singers all those years ago and being present to impart his constant enthusiasm for everything connected with the Singers. It was fantastic to see Old Bancroftians from across the decades joining together at the School and meeting old and new friends. £100 was raised for the Foundation and it is hoped the next reunion will be well before the next forty years!

## OB Golfers visit Suffolk



Eight OB golfers and one guest visited Suffolk in mid-September, playing at Felixstowe Ferry GC, Thorpeness GC and Ipswich GC and staying and dining at The Thorpeness Hotel. We were also joined by a couple of Suffolk resident OBs on some of the days.

It drizzled for most of the round at Felixstowe, but at least it wasn't windy, which makes a links course play quite a lot easier than usual. We also managed not to bounce any golf balls off the Martello tower! The weather at Thorpeness was good, but the combination of firm fairways, heather, gorse and bracken was very challenging. Ipswich was similar to Thorpeness, although not quite as challenging. The competition winners were Frank Davis at Thorpeness GC and Andrew Montlake and John Seabrook at Ipswich GC.

Our next meeting is golf followed by lunch and our AGM at Chigwell GC on 28 November. For more details about OB Golf, contact our Hon Secretary, Adam Kodish via Bancrofts Connect



# Chair of Governors' Report

**Professor Peter Kopelman**

I write during uncertain times with the Labour Party's conference committing the Party, if they should come to power, to abolishing independent schools and seizing assets. The reality that the latter would likely be illegal came subsequent to the conference.

The independent sector is bracing itself against such challenges that might include the loss of charitable status, business rate relief and VAT exemption. The Head of the school situated at the foot of Grenfell Tower has recently praised private schools for supporting his pupils following the disaster by enabling them to join their sixth forms at no charge, and helping to train their science teachers. He commended the existence of an independent sector and concluded: "this is real partnership work, not window dressing for their websites ... I can see why people feel that private schools create a two-tier system. But the reality is more complex and divisions in our society are not going to be fixed by abolishing them."

Bancroft's governors share the delight of pupils, parents and teachers following the excellent A Level and GCSE results this summer. The results confirm the academic strengths of the School. But Bancroft's is more than just academic endeavours, it should, and does, include co-curricular activities. Activities where the collegiality of Bancroft's is expressed through sport, music, drama, and into our local community and schools. We are proud of our developing links with the Drapers' Academy in Havering and the recent initiatives, which included careers evening and universities day. The School's long standing "Shine" programme has now evolved into "Saturday Morning Challenge", an aspirations programme that draws Year 5 primary school pupils from feeder primaries for the Drapers' Academy, as well as pupils from schools in Walthamstow. Such activities broaden our pupils' minds and provide rich experiences for successful progression in life. I quote Martin Luther King: "The function of education is to teach one to think intensively and to think critically. Intelligence plus character—that is the goal of true education. The complete education gives one not only power of concentration, but worthy objectives upon which to concentrate."

Bancroft's rightly places enormous importance on a broad education that introduces and familiarises all our pupils with the continuity of learning – lifelong learning – in preparation for university and beyond. I believe that an independent schools' sector leads by example – and long may it do so.

## From the PA

**Andrew Ross, PA Secretary**

We hope you all enjoyed your long summer holidays, which probably seem like a lifetime ago now as we enter the second half of October. The Parents' Association is busy planning the Christmas calendar of events, as those jolly holidays will soon be upon us. The Christmas period is always one of our favourite seasons as we organise festive events, such as the magical Christmas Fayre which is on Saturday 30 November. Join us in the Prep School if you can - there's always lots of delicious food and hot drinks to keep you warm, whilst the children enjoy the stalls and activities.

Prior to the summer holidays we hosted our amazing Summer Ball and more recently held the ever popular Quiz Night on Saturday 12 October, where our qualified Quiz Master kept everyone entertained for the evening. Following our debut Curry and Comedy night earlier in the year, we had our first Fireworks Night on Friday 8 November at Bancroft's Rugby Club. You may have noticed that all ticketing for events is now online, which we hope you find much easier. Please keep an eye on the ticket site and your emails for releases of upcoming events such as Bollywood Night on Saturday 14 March and the Summer Ball on May 30 2020.

So, as we welcome in the second half of a new term, we also welcome in some new faces and Officers to the Bancroft's Parents' Association. The AGM was held on 3 October, where we said a sad farewell to Simmi and Sally, but gave a huge welcome to our new Chair (Shiwani Arora), Vice-Chair (Mina Patel), Treasurer (Samia Dar), Vice-Treasurer (Manveen Liddar) and Secretary (Andrew Ross).

In the 2019 year, the PA has raised almost £10,000 in profit. All funds are raised to enhance our children's experiences at Bancroft's School and it's your generosity at these events, which help us to achieve this. We're always looking for new members – so get in touch if you're interested in helping your school's Parents' Association. Thank you for your continued support and we look forward to seeing you at some forthcoming PA events.

The PA is represented on Facebook and Twitter so please "Like" and "Follow" us, so you can stay up to date with our events.

# Bancroft's

Independent Co-educational Day School 7–18

### SENIOR SCHOOL

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