



The Journal of the Bancroft's School CCF

Honour & Glory

www.bancrofts.org

2017 - 2018



**BANCROFT'S SCHOOL
COMBINED CADET FORCE
2017-2018**



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From the Contingent Commander

Often I am asked why the CCF at Bancroft's is so consistently buoyant in numbers and popular with both pupils and parents. Perhaps it is because at its heart the CCF enables the development of personal responsibility, leadership and self-discipline in a fun and challenging environment in both a military and civilian setting and therefore the CCF's merits are obvious? As true as this stock pamphlet answer is, I encourage you to read the articles and look at the photos that follow and judge for yourself.

This year we have said goodbye to Lt Fiona Graham and Lt Mohammed Salam as they left Bancroft's. Salam made a great impact in a short time and Fiona was a committed member of the CCF staff team, finding time as a successful Head of Department to support the CCF each week and to attend Adventurous Training and Army Camp annually. Her commitment, professionalism and Scottish humour will be missed greatly. I am grateful also for the ongoing support and commitment of the other CCF staff and Old Bancrotians. To have such a diverse range of skilled, talented and supportive volunteers is fantastic and sadly increasingly unusual in many schools. It is their hard work, alongside that of our devoted SSI Mr Pascal that enables the CCF to continue.

2018 also marked the retirement of Paul Rollinson (Rollo) after nearly 30 years of providing expert and suitably blunt and forthright northern support to our Adventurous Training camps at Easter. His no nonsense, matter of fact and utterly professional approach has given generations of Bancroftians a fantastic taste of the great outdoors. The Contingent wishes Rollo every success and good health in retirement and thanks him for his many years of service; we will toast him again in Coniston in 2019.

It is also right to thank the U6th Leavers of 2018, a committed and talented cohort who contributed a great deal and who led the younger cadets successfully. Tom Dean - Head of the RAF Section, Ben Harris - Head of the Army Section and Ciaran Simpkins - Head of the Contingent, all led by example and were very ably supported by an excellent crop of fellow Senior NCOs. It is the nature of many U6th NCOs that they contribute across the full realm of the academic and co-curricular life of the school and it was no different with this talented group of sports people, actors, Prefects, Heads of House, musicians and all round good eggs.

This year's crop of cadets are no less talented and dedicated, led by Martin Prusa as RSM and Anissa Patel - Head of Army Section and Juliette Balchin and Simone Luis - Heads of the RAF Section. Future NCO stocks are equally healthy with 35 members of the 5th Form, over a quarter of the school year group, currently in the Army Section - the great bulk of who have attended Army Camp and Adventurous Training. They are midway through the Cadet Forces Instructional Techniques Course having already completed military and outdoor pursuits training in the L4th and U4th through trips to Harlow Outdoors, Bronze D of E, Exercise Self Reliance, Annual Camps, Adventurous Training and weekly training. The 5th Form are clearly developing a taste for responsibility, leadership and self-discipline and it is great to see them enjoying it. In addition to school run activities, recent members of the contingent have attended external courses in Cadet Leadership, [Adventurous Training](#) and the [Canada Cadet Exchange Scheme](#). I encourage the cadets to seize these great opportunities.

Thank you to all who have supported the CCF in 2017/18 and those who are already contributing so much in 2018/19.

Major R M Hitching

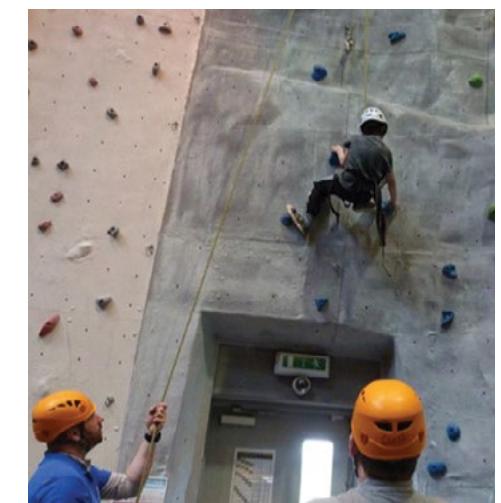
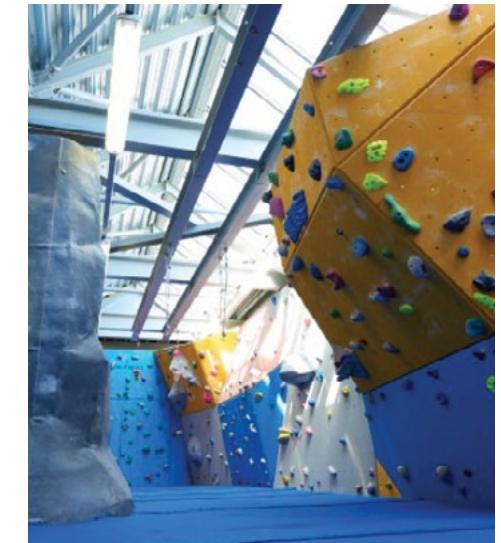


Army Camp, Normandy Battlefield Tour. Sites visited included Pegasus Bridge, an important strategic objective secured by Major John Howard - great uncle of cadets Archie and Millie Woods.

Army Section October Field Day

One of the great benefits of being a member of the Bancroft's CCF is the variety of the field trips that you will take part in, one that I particularly enjoyed was the Harlow outdoors trip. The centre provided us with four activities; mountain boarding, indoor rock climbing, high ropes and canoeing. Mountain boarding was something that was very unique that many people had not taken part in before, and our expertise was limited to a little skateboarding experience! However by the end of the session we were all confidently riding down the hill and everyone found this new activity extremely enjoyable and something that we all hoped to do again. Indoor rock climbing was the activity that saw everyone pushing the limits of their abilities with some intense angles to the walls yet many of us took up the challenges leading to a friendly yet competitive atmosphere. The supportive nature of the CCF was particularly seen in the high ropes with many people who had a fear of heights being able to overcome this through the moral support of their group and those with an adventurous spirit able to test the extreme obstacles towering above everyone viewing from the ground. The activity that was my favourite was the canoeing since it was a great switch up from the dry events throughout the rest of the day and it allowed many of us to talk to people that we would not have necessarily talked with. There were many races and competitions and the game of 'conquering the world' got all of us throwing tennis balls in the canals at each other's canoes with the aim of capturing them. Harlow outdoors was a great experience and I look forward to being able to return in L6th.

LCpl M Arora





Army Section March Field Day

Early in the morning of the 26th March the Army Section met at school to travel up to Thetford Forest to undertake a fun day of activities at the Viking Laser Sports Centre.

When we arrived, we were placed into designated groups, with a range of pupils from the L4th all the way to the U6th. This was a great experience as it allowed us to get to know other students from different year groups that we would otherwise not mix with.

The first activity my group took part in was the best of the day; the laser tag ambush. This consisted of the group being divided into two teams and playing a laser tag battle amongst abandoned buildings and caravans. This always proves the most popular with the cadets using simulated kills and hits to win the ambush! After this we were whisked away to learn how to battle with lightsabres with a Jedi and then with swords and horned Viking helmets which was a new experience for everyone but nevertheless, very entertaining.

Following on from this, we were taken to the airsoft area where we practiced our room clearance skills with spherical plastic BBs launched from replica weapons, proving to be a very energetic and fast-moving activity. This imitated the pressures in a real-life situation.



Finally, to end an amazing day out our group concluded with a practice patrol activity with laser guns which was a useful insight into the patrols carried out at army camp in the summer.

After an action-packed day, exhausted and tired, we all boarded the coach back to school where most of us fell asleep. It was a fun day and I for one will be sad not to be able to attend the next field day here in two years' time.

CSM A Patel, Head of Army Section 2018-2019.

Bronze Duke of Edinburgh Expedition

Nervous but excited on the unclouded day of June 24th, we were driven down to Folkestone to start the route of our Bronze DofE expedition. After packing the remaining essential kit (and silently offering to carry a tent) we were all eager to get started. Thus, with confidence and our rucksacks weighted on our shoulders, we set off in the sun. The panic, I must admit, starting to creep in as we made a few errors on route and my group getting lost in a few instances. However with the use of teamwork and a lack of arguing (and the slight help of Mr Hitching) our mistakes were solved. Basic first aid skills were also put in place with the occasional blister forming or injury, demonstrating that DofE can in fact teach us necessary life skills.

Ignoring the burning of our muscles and the sweat pouring down our backs we enthusiastically powered through the day, over hills, through forests and towns determined to reach our destination. When we had finally reached the campsite, exhaustion flooded over us but, we were ready to attempt to cook our meals.

With our stomachs full as a result of our successful 'cooking' we were ready to crawl into our tents to sleep. After a fairly restful night we were fervent to complete our second day of walking; breakfasts were made, and tents were soon packed away along with water bottles being refilled. And so, we walked through fields upon fields much more fruitfully this time round, having learnt from our inaccuracies from the previous day. Our route ended with a daunting incline, nonetheless, our delight of having succeeded and accomplished our Bronze DofE propelled us up this hill where, at the top, we were congratulated by our teachers, piled onto a minibus and driven back to school, memories of the two days replaying in our heads; recalls of contentment as well as difficulty and, most importantly, of all the skills we had learnt over the two days, proving that powering through the tough times was definitely worth it.

Cdt S Patel





Shooting



The CCF offers so many new opportunities and experiences for anyone involved (army camp, sniper stalks, field days etc.), but an inevitable draw to it is the chance to shoot a rifle. We use the rifle in a number of ways, but only after our Skill At Arms training as recruits. All drills, tests and weapon cleaning are taught before we even touch a loaded rifle (whether it be blanks or live ammunition), and this ensures whenever we use a rifle it is done as safely as possible.

Blanks are commonly used in training exercises – a practice snap ambush when I was in the L4th was my first chance to fire them, and even though we were simply shooting at empty space the experience of lying prone in the forest and feeling the kick of my shots has stayed with me.

We also take part in a day at Hythe Ranges, in order to shoot live ammunition at targets. DCCT is my favorite however, as it is the culmination of all our marksmanship training. You fire at a huge screen

with either targets or moving soldiers, and your score gives you an idea of your progress- we use it during the Dan Clack section competition so it always inspires fierce competition!

These short practices gear up to our day-long section attack during camp, for many the highlight of the CCF calendar. We organise and take part in many different ambushes using formations, signals, marksmanship principles and methods of cover, and I would say it is the culmination of all that we have learnt throughout the year.

LCpl B Hughes

An Army Section Recruit's First Term

In September the Lower Fourth were given the opportunity to join the CCF, in the Army or RAF section. I decided that I would join the Army section alongside many others.

After a few weeks of learning all about the rifle we had a field weekend. During this weekend we had to pass our Weapon Handling Test in order to participate in the offsite field day on the Monday. I failed the first time but I tried again, determined to pass, and I did, much to my delight!

On the Monday we headed out to Colchester, for a jam packed day. My favourite thing was definitely the Laser Shoot and it was very fun running around hiding in the bushes, trying to get your friends out.

All in all I have really enjoyed being part of the CCF this term and I am looking forward to the field day at the end of this term and the army camp in the summer.

Cdt C E Hitching





A reflection on my year as CSM

The past year in CCF has been an action-packed one. All year groups from L4 to U6 were very busy in their roles, whether that be learning the basic drills in the classroom or leading platoon attacks in the field. Our annual Remembrance Day parade went very well, with every cadet playing a part in the school's act of remembrance. This year the occasion was well informed by our trip to Normandy to visit World War II sites such as Omaha Beach and Pegasus Bridge, something that proved hard-hitting and poignant for all. Army Camp in Folkestone was the highlight of the year for many, with all cadets competing in the annual Dan Clack Competition. The eight stands that made up the contest called upon the cadets' leadership,



teamwork and individual skills and knowledge. This year it was the mighty RSM to be, Martin Prusa, who led his section to success.

All in all the year wrapped up what has been a massive and fun-filled part of my Bancroft's career. I was proud to be able to have a leadership role in the Army Section. Although I am sad to leave,

I am grateful for the things that being in the CCF has taught me and for the memories that it has given me.

CSM B Harris, Head of Army Section 2017-2018.





RAF Camp 2018 - RAF Wittering



Last summer, five RAF recruits went to RAF base Wittering near Cambridgeshire. This RAF base was already familiar to us, as this is where we take to the skies on flying days. The first port of call was to the barracks, where we got to relax before starting the proper military routine. Then there was a bit of

drill practice which we had to complete to prepare for a competition on the last day. We came second, but who's counting? Those of us who weren't completely shattered got to see the Hawk T1s which were due to fly over Buckingham Palace for the centenary of the RAF the following day lined up on



the runway and ready for take-off. We took some cool pictures, and got to see the flight control tower,



where the engineers prevent any collisions from occurring in the air. We also went to a museum that housed retired RAF planes (the legendary harriers were particularly notable as they are in such short supply) and had the chance to put the full flying suits on. We also saw the bomb diffuser robots they use for IEDs, which was extremely interesting.

Another one of the highlights was going to a huge inflatable course on a river in the middle of the Lincolnshire countryside. After donning our wetsuits, we climbed 15-foot platforms as we watched the thrill seekers jump into the freezing lake. I was initially terrified by this but after encouragement from my friends, we took each other's hands and leapt off together. We mastered the art of parkour as we jumped from platform to platform, however, none of this was made easy by the constantly spinning hamster wheels. We slid down lots of slides and later recovered in the sun with ice creams. On top of visiting the base fire station and planning a Humanitarian Aid mission, we also got to meet loads of interesting people who made this trip memorable!

Cdts K Shah & D Ferguson



Adventurous Training 2018

During the Easter break, Bancroft's CCF set off on the 7th of April to the Lake District, Cumbria. After a tiring six hour coach journey, we arrived and excitedly unpacked our bags at the Thurston Outdoor Centre in Coniston. This would be our base for the next week.

Our first full day commenced with a delicious breakfast (prepared by our school chef Mr Barnard), followed by our choice of activity which included rock climbing and abseiling, pot-holing, gorge walking, canoeing, caving and mountain biking. I chose to spend my day gorge walking, which I thoroughly enjoyed. However, jumping into a pool of freezing cold water at the end and managing to loose both my wellies was an experience I will never forget! Thankfully our instructor Pete dived down and retrieved the lost wellies from the bottom of the pool! The next two days were spent filled with further new and exciting activities of our choice. I personally was lucky to experience caving and my favourite highlight was crawling through "the cheese press", a narrow crack in the rock. I will also never forget the thrill of abseiling down a 50m rock face or almost falling off the giant paddle board!

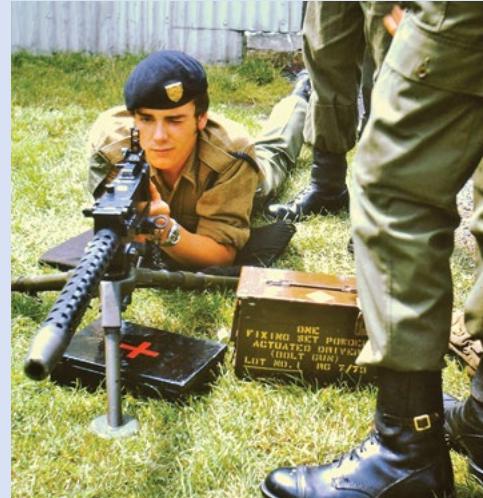


After very full days, our evenings were more relaxed. After dinner back at the centre, we had time to unwind, play table tennis or pool in the barn or watch the sunset down by the lake. On our fifth, sixth and seventh days, we left the centre to embark on a two night camping trip with our rations and supplies. These two days were spent walking mountainous routes using our navigation skills, exploring the breath-taking area and taking in all the memorable views. The whole trip was an opportunity to experience different and challenging activities, gain useful skills, make new friends and take home unforgettable memories to treasure.

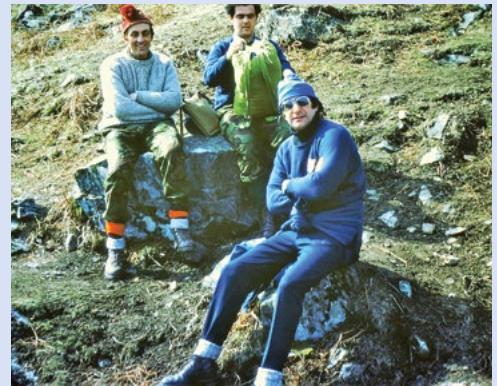
Cdt H Cohen



From the Archive...CCF in the 1970s



C/Sgt John Lockwood, later Major Lockwood in the Regular Army.



An Officers' Mess Meeting at Hardknot Fort Cumbria, left to right are Sqn Ldr David Giles (OC 1970 - 1979), Wing Cdr Bob Baker (OC 1983 - 1994) and Major Carl Murray (OC 1979 - 1983). Photo credited to the then very junior officer Lt Col Jeremy Bromfield (OC 1994 - 2007).



Army Camp at Penhale 1978. Major Carl Murray, Lt Col Jeremy Bromfield, Wing Cdr Bob Baker and Mr Albert Kilbey, SSI.



Adventurous Training 1974. The first self-run AT by the Contingent in Horton in Ribblesdale, Yorkshire. Staff include Sqn Ldr David Giles, Wing Cdr Bob Baker, Major Carl Murray, Lt Col Jeremy Bromfield. Pupils, centre back row is the later Brigadier Greenwood and extreme right of the centre row is Norman Blight, later WO1 Blight, RMP.



On the range, stood nearest the camera is CSM Jonathan Moss, later Major Moss RRF.



A Parent's View of The CCF

If the truth be told, the Cadets was never for me – my natural tendency to push back against authority together with an innate indiscipline meant the two years I spent as an Air Cadet were not as successful as they could have been. It was, however, probably the regurgitated banana sandwich which made its second appearance after a loop-the-loop on a flying day that probably finished it off for me altogether. By contrast, my son, Fred Thomas-Bowman, ended up as Cadet Regimental Sergeant Major having gained a number of instructing and leadership qualifications along the way.

Without doubt as an extra-curricular activity, the CCF has much to recommend it, and I was never less than 100% certain the experience Fred gained would be beneficial at any number of levels – it helped bring him to his full potential, and will serve him well as he progresses through life. It strengthens cadets both physically and mentally. It gave him an extended family – developing relationships with fellow cadets, and officers, that were markedly different to those formed within the school itself. That sense of community is hugely important to any organisation and is something he's taken with him in his work as a ski instructor (Austria), a teacher (Germany), a climbing wall supervisor (Scotland) and a boat skipper (Norway).

It has also served him well by giving him the skills to be comfortable taking charge and to being able to make decisions. Since leaving Bancroft's he has travelled and worked extensively on the continent and he has found that having a form of military record has been hugely advantageous when applying for jobs. No doubt it didn't do harm on his UCAS to Edinburgh University either. Fred saw first hand how working hard and being diligent and self disciplined led to "career progression" – that is a lesson that's best learnt young.

CCF gave Fred a taste of rock climbing, something that has been quite a passion for him, and has allowed him to get a job at the Edinburgh University rock-climbing centre as a way of combining a hobby with paying his way through higher education.

Generally extra-curricular activities are good at helping turn out more rounded individuals, in the case of the CCF it helped him develop the knack for timetabling and juggling priorities. Practically it gave huge self-belief, self knowledge and the ability to

grit his teeth and suffer every once in a while (ski touring at 23 in Norway and or fire fighting and sea rescue courses).

So I regarded the CCF as a great experience for him emotionally, physically and from a skills perspective. It certainly brought a tear to my eye when he was selected to carry a flag at the Royal British Legion Festival of Remembrance at the Albert Hall. From my perspective as a parent, it was rewarding to see how the Cadets added character and polish to a young lad...and from a very selfish point of view, there wasn't a week when he was in the Cadets that I went without highly polished shoes.

Mr N Bowman, OB



Combined Cadet Force

Contingent Strength

Army Section	138
RAF Section	37

Contingent Officers

Contingent Commander	Major R M Hitching
SSI	WOII D Pascal

Army Section Officers

OC Army Section	Capt L J Coyne Capt J C Pollard Lt N E Lee Lt R C Fairers Lt S C Hampson Mr J Barnard
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RAF Section Officers

OC RAF Section	Flt Lt S Hunn Flying Officer H E Stewart Pilot Officer S L Brand
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Residential Camps

Adventurous Training	April, Coniston, Lake District.
Army Camp	July, St Martins Plain, Kent.
RAF Camp	July, RAF Wittering, Cambridgeshire

RAF Section Promotions

Head of RAF Section	Cpls Juliette Balchin and Simone Luis
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Army Section Competitions

Air Squadron Trophy Team	Cpls Dean and Lockley; L/Cpls Balchin, Krishna Kumar, Luis and Swarnaprabha; Cdts Adam, Chowdhury, French, Godbole, Kumar, Page and Shah
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Army Section Awards

Army Sixth Form Scholarship	CSgt Thomas Meyers
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Bromfield Cup for the Senior NCO in the Contingent	RSM Ciaran Simpkins
Army Proficiency Certificates	Army Proficiency Certificates
Manav	Arora, Arish Bothra, Tamara Chadda, Swaraat Chakraborty, Emily Christaki, Holly Cohen, Eleanor Channer, Matthew Dean, Simran Dhamu, Anna Francesca Hammond, Henri Hobbs, Ben Hughes, Danya Lakshman, Olivia Lamb, Berfin Laursen, Manpreet Multani, David Nana, Dylan Nicholls, James Ormsby, Sanjana Pamneja, Meera Patel, Rohan Patel, Sarika Patel, Maiya Patni, Naveen Prabhakar, Sonia Sagoo, Varsha, Sethuraman, Qasim Sheikh, Afri Sowe, Lucy Surtees, Ezyar Tilki, Dami Ogundiya, Shreya Valera & Lewis Wood.



The Lord-Lieutenant of Greater London, Sir Kenneth Olisa OBE, presenting Major Rob Hitching with the London District Contingent Commander of The Year Award 2017.



Cadet Forces Instructional Techniques Course & Advanced Army Proficiency Certificates

Adam Agbamu, Abu Khan, Ellie Larsson-Brown, Mustafa Lodhi, Harvey Martin, Andrew McGregor, Madhav Narayanan, Alex O'Brien, Ozairr Rana, Lewis Shine, Nikita Shah, Anusha Talukder, Tom Taylor, Ali Ullah, Millie Woods & Ibrahim Younis.

Army Camp 2018 Awards

Winners of the Recruit Inter Section Competition

2 Section: Emily Harris, Akhila Natarajan, Ria Patel, Anja Schumacher, Manon Senthilnathon, Zakir Sharif & Eesa Farooqui.

Best Recruits at Army Camp 2018

2 Section: Emily Harris, Akhila Natarajan, Ria Patel, Anja Schumacher, Manon Senthilnathon, Zakir Sharif & Eesa Farooqui.

Thurston Prize for the best performance at Army Camp 2018

Martin Prusa

Lt Daniel Clack Trophy 2018

Presented to the winners of the Army Camp Inter-Section Competition – 1 Section, led by Martin Prusa.

Army Camp 2018 Promotions

To Lance Corporal

Ranveer Gill, Mustafa Lodhi, Ozair Rana, Nikhita Shah, Manav Arora, Ben Hughes, David Nana, Ezyar Tilki, Qasim Sheikh & Lewis Wood.

To Corporal

Amar Chima, Killian Flynn Zach Foster, Adam Agbamu, Harvey Martin, Andrew McGregor, Madhav Narayanan, Alex O'Brien, Tom Taylor, Ali Ullah & Emre Yildirim.

To Sergeant

Ekam Gill, Tom Gillan & Oscar Saharoy.

To Colour Sergeant

Jake Botha, Daniel Lockley & Tom Meyers.

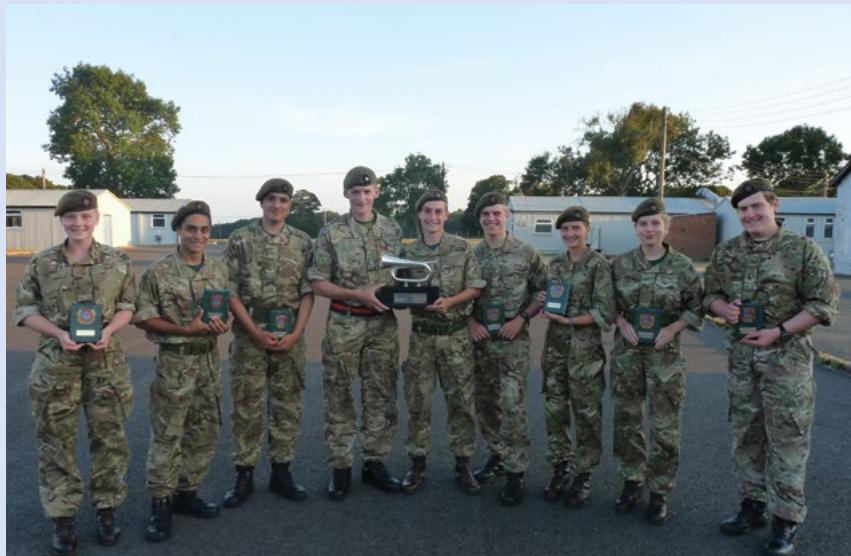
To Company Sergeant Major, Head of Army Section

Anissa Patel

Contingent Promotions

To RSM, Head of Contingent

Martin Prusa



1 Section, led by Martin Prusa, winners of the Lt Daniel Clack Trophy 2018