



Durham

HIGHLIFE

SPRING 2019 ISSUE 71

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Editorial



Now that Easter is almost upon us, it seems such a long time since we were celebrating Christmas in the Cathedral with our glorious Nine Lessons and Carols. The event was truly wondrous, and we were all extremely proud when the Assistant Canon gave a speech of thanks, commenting on how marvellous our girls were and how successful the event had been. As a new Headmistress, celebrating my first official event at the Cathedral, I was awestruck by the sheer beauty and magnificence of the occasion, and felt blessed that we are fortunate enough to have Durham Cathedral as a venue.

Since then, school life has been as hectic as ever, with our Year 11 and Upper Sixth girls undertaking their mock examinations straight after the Christmas holidays. They should be congratulated upon their hard work and

perseverance, and I know that the feedback received after these examinations will prove invaluable for the 'real thing' in the Summer Term. We wish them the very best of luck for their revision period and beyond.

At this time of year, the Upper Sixth are also deciding on their final choices of university places. We have been delighted with the offers that girls have received, including two from the University of Cambridge to read Medicine. This year's marvellous Upper Sixth are an extremely eclectic group of young women in their degree choices: from Aeronautical Engineering to Psychology, Politics, History, English, airline pilot training and drama, our girls are really embodying the idea that there are no barriers to learning and that DHS promotes excellence in all areas.

Earlier this term, girls and staff spent much of their spare time rehearsing for *The Sound of Music*. This fabulous production was staged at the Gala Theatre from 7-9 February, and the audiences were wowed by the sheer spectacle of the musical. Mrs Lonsdale's theatrical direction was inspirational, whilst her choreography was witty and imaginative. Mrs Lawrence-Wills' musical direction was equally superb and elicited stunning performances from both soloists and ensembles. I received many congratulatory notes from parents and Governors, who all agreed that it was one of our most outstanding productions.

As a still relatively new Headmistress, I have been very fortunate to have been invited to a variety of events around the City of Durham as the guest of local dignitaries. I have been wined and dined by Town and Gown and the Rotary Club and have been a special guest of Josephine Butler College this term, and a guest of the Dean of the Cathedral for the St. Cuthbert's Day service. My thanks go to all those who have extended these invitations, but particularly to Mr Alan Ribchester, MBE, one of our esteemed governors, who has been most generous of his time.

Simone Niblock

Mrs Simone Niblock



Paris 2018

When a group of Sixth Form and staff embarked on our annual Christmas shopping trip to Paris, a playlist of Christmas songs and a stop at McDonald's ensured spirits remained high on the 17-hour journey. The next day we visited the Palace of Versailles, where it appeared we were more interested in the 'Instagramable' photo opportunities than the stunning architecture and interiors. After the Val D'Europe shopping centre, with wallets empty and shopping bags full, it was time to head back to the hotel.

The next day was the one we had all been waiting for: Disneyland! I'm sure it was rather surreal for the teachers to have 36 teenagers on the bus, all sporting in Mickey Mouse ears and screaming Disney songs, but I think they secretly loved it! The Christmas markets in Lille on the final day got us in the festive spirit and we arrived home well and truly ready for Christmas.

Varsha Krishnan, Upper Sixth



University Offers

As the Upper Sixth approach the end of their final year at DHS, we've been watching intently the offers of university places come in. What is fascinating is the wide range of courses the girls will be embarking on, from Fashion to Aeronautics and Astronautics. As ever, many have their sights set on science and science-related degrees, as well as Maths and Medicine, while others will be reading English, History and Law. Pilot training is a first for a High School student and others will be studying Business or Languages. The girls' planned destinations are equally impressive, with an 86% offer rate from Russell Group universities, while two of our Medics have offers from Cambridge.



Sri Lanka 2019

This summer will see a team of Sixth Form and staff heading off to Sri Lanka for a 3 week charitable project. The girls will work in three schools, with their main focus being the building of a sensory garden for children who currently have very poor facilities for play.

The team launched their fund-raising efforts this term, with a dinner in aid of the project in March. Bag-packing at B&M in Washington, an Easter egg tombola (with eggs kindly donated by Asda), the staff pantomime and a team Sri Lanka v Teachers table tennis tournament have all helped build funds. The girls still have a long way to go to reach their goal of £4,000 and would welcome any donations!



Emma and Olivia planning to study Fashion and Textiles



Maya and Varsha have offers from Cambridge for Medicine



FABULOUS PHARAOHS!

Year 3 enjoyed a fascinating visit to the Oriental Museum as part of their work on the Ancient Egyptians. They learnt about the clothing, food and drink, writing and the gods and goddesses of the ancients by examining the exhibits in the public gallery. The girls then got their hands on some genuine Ancient Egyptian artefacts and used their skills of deduction to work out what they might have been used for. In the afternoon, they relished the opportunity to 'mummify' one of their classmates, sending her on the journey to the afterlife in style. Finally, we looked at a real mummy and learned how the museum staff had studied it to discover more about its history.



Segedunum



Year 4 visited Segedunum Roman Fort and in our workshop we learnt about the Roman soldiers who lived there. We also learnt about what they wore in battle. They wore 10 items of clothing and the ring mail and helmet were very sturdy and extremely heavy. We found out that the soldiers stepped forward with their shield in their left hand and their spear in their right.

We took a glass lift to the top of the tower and looked at the fort and the landscape from above. We then walked around the fort at ground level and discovered that the hospital had toilets with running water! A Roman toilet seat had been found by archaeologists and was in the museum.

Before we left, we visited the remains of Hadrian's Wall, which stretched almost 80 miles to the west to keep out the barbarians. We all had a great day at Segedunum and we had fun learning a lot about the Romans.

Lucy Addinall and Meenu Nair, Year 4

Cathedral Visit

Some would say that the girls in Year 5 are saints... Well, that may or may not be true, but they are learning about saints as part of their RE curriculum, so a visit to Durham Cathedral was arranged to improve their knowledge of well-known 'northern' saints.



We were given an excellent guided tour by one of the Cathedral education staff (herself an Old Girl) who introduced us first to the story of King (later to be Saint) Oswald. Charlotte was duly delegated to be Oswald incarnate, donning appropriate robes and a suitably regal manner. We then encountered St Aidan, the Irish monk whom Oswald charged with converting the heathen Northumbrians. Daisy duly took on this role (along with his itchy habit) and a symbolic beacon. Hearing about St Hild, we learned that it was not only males who pioneered the new religion in the north east, and Eva, in her bright green and gold robes, set about turning any snakes into stone.

A visit to Cuthbert's shrine came next as we learned about his life as a preacher, hermit and bishop and, of course, the famed journey of his coffin. It was Lilac's turn to take on the role of Cuthbert, complete with bishop's mitre and robes. The tour ended at the tomb of Bede, the great historian who recorded all the knowledge that had formed the basis of our learning that morning.



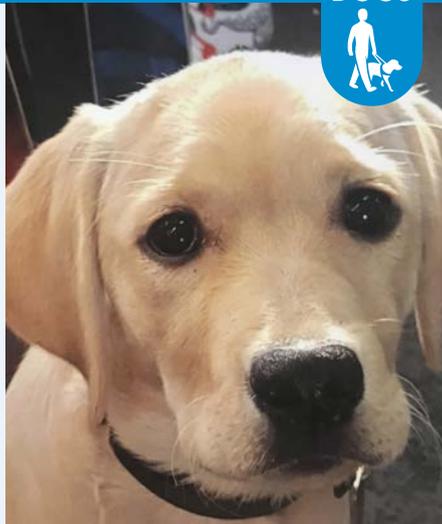
Junior House Quiz Competition

Four girls from Years 3 to 6 were selected to take part in a Quiz Club event at Yarm School in January. The girls worked hard to prepare for the event, developing their general knowledge and teamwork skills. The competition included some very tough questions, but the girls worked well together and enjoyed the challenge of competing against the other schools.



Luna

We were delighted to welcome Luna to Durham High School, having raised £1500 from last year's sponsored walk for her training. Junior House participated in the 'Name a Puppy' scheme and the name 'Luna' was accepted by Guide Dogs for the Blind. We had a very interesting talk from Mr John Hopper on the charity and Mrs Liz Churchill, Luna's handler, talked to us about her training and daily routines. We hope to keep in touch and hear more about her development in the future.



BEAMISH

THE LIVING MUSEUM OF THE NORTH

Sweet Treats

When Year 1 braved the cold weather for a visit to Beamish Museum, the girls were able to step back in time and become servants for the master of Pockerley Manor. They were tasked with jobs such as polishing, baking and making lavender bags. They then travelled to the town by bus to explore the old-fashioned shops and homes. It will come as no surprise that the favourite by far was the sweet shop where they got to sample some of the traditional boiled sweets.



seven stories

The National Centre for Children's Books

Year 2 had a great trip to Seven Stories in Newcastle where they took part in lots of activities designed to encourage them to explore books in greater depth. They also enjoyed listening to some exciting stories and dressing up as a range of characters, including Elmer the elephant.





Time for Yoga

Nursery loved performing 'Betsy the Banana' yoga story with Miss Dobson. Check out their amazing moves!



Year of the Pig

Reception and Nursery had great fun celebrating Chinese New Year. We tried delicious Chinese food followed by dragon dancing. We owe a very big 'thank you' to Isabelle's mummy and big sister, Katelyn, who prepared a wonderful presentation to tell us all about how they celebrate Chinese New Year. We enjoyed receiving a lucky red envelope and tangerines too.



Safe Sam

We were delighted to welcome members of Interserve Construction to our Junior House assemblies in January. Interserve is leading on the construction of the Mount Oswald site for Durham University and representatives of the company came into school to talk about the wide



range of careers within construction, including architecture, quantity surveying, marketing and engineering. The speakers included a Senior Project Manager and Design Manager as well as Safe Sam, sporting his hard hat. The girls were highly engaged and put the speakers through their paces with many questions.

BEAMISH



Year 5 Go Back in Time for School

In the shops, I learnt that wealthy people could afford to buy clothes but the working class had to either recycle their clothes or make their own. Working class people could afford meat and vegetables but couldn't afford expensive foods like coffee, chocolate, biscuits and especially tea.

Eva Ibbotson

When we had a Victorian lesson the teacher insisted on punctuality and politeness. It was very unusual as we had to use a quill and an ink pot. Our teacher would not take our idea into account unless we said 'Sir' after every sentence.

Grace Boyle

In the pit cottages I learned that there could be seven children sleeping in one bed. The people living in the cottages would have a routine that was the same each week; Monday would be washing day and Tuesday would be ironing day, for example.

Harriet Lewis

The teacher told us about the three Rs - reading, writing and arithmetic - but two of the words didn't start with R!

Lilac got in trouble for writing with her left hand because in Victorian times if you wrote with your left hand you were said to be a child of the devil. Then we did PT (Physical Training) which is like PE but you have to do it at your desk.

Isabelle Crossley

When we went down into the coal mine I learnt that the miners took a canary down with them. The bird was like an alarm; if it passed out, there would be poisonous gas in the mine. That would let the miners have a chance to get out.

Charlotte Richardson

VENIMUS, VIDIMUS, VICIMUS!

WE CAME, WE SAW, WE CONQUERED!



What a pleasure it was to introduce the girls to Rome's marvels, both above and below ground! Coming out of the metro station and seeing the Colosseum towering ahead caused gasps of amazement. We did a massive amount of walking - 70km according to my Fitbit - and saw nearly everything I had hoped. We all loved the day out at Tivoli too, where the gardens, fountains and majestic views provided great backdrops for photos.

Mrs Murray

Visiting the Colosseum was amazing and gave us a further insight into the Roman architecture for our Classical Civilisation GCSE. Hadrian's villa in Tivoli was much larger than we had anticipated; we especially enjoyed looking at the Canopus (large pool) and the Serapeum (outdoor dining room) as it was incredible to see them in such good condition. We thoroughly enjoyed our visit to Rome and, after tossing a coin into the Trevi fountain, we hope to visit again soon!

Nell Guthrie, Charlotte Eynon, Ellie Harkin and Olivia Warne, Year 11

All the historical sites and museums were really interesting and everyone had loads of fun. We learned about the history of Rome everywhere we went, whilst laughing the whole time. It was definitely the best school trip that I've been on.

Georgia Smith, Year 9





Charity Stars

A special 'thank you' to **Alice** and **Ava** in Year 2 who both recently carried out special acts of kindness. Alice had her long hair cut short and donated it to a charity who will make a wig for children who lose their own hair. Ava also thought about others less fortunate than herself before Christmas and donated a beautiful box of gifts for a boy aged 5 to 7 years of age in the Treetops Ward at the University Hospital of North Durham.



COMIC
RELIEF

RED
NOSE
DAY

FRIDAY 15 MARCH

RED
NOSE
DAY

RED
NOSE
DAY



Durham High School's support of Comic Relief on 15 March was kick-started by a wonderful assembly from 10DDR about the importance of humour in life and the great causes which Red Nose Day supports. The message obviously hit home as we sold out of red noses within a few minutes! Girls raised further money through a non-uniform day, with the challenge of wearing a red item of clothing. The lunchtime Treasure Hunt also proved popular, with girls racing around school to solve the clues. However, the undoubted highlight was the breaktime 'Bake Off' competition and cake sale. Judged in different categories, entrants rose to the challenge of baking with a Red Nose theme. We hope to have raised over £400 for this fantastic cause.

RED
NOSE
DAY



Gold Duke of Edinburgh's Award



Many congratulations to five of last year's Upper Sixth who met up again to receive their Gold Duke of Edinburgh's Award in February at St James's Palace. Elle Forbes, Lara Herriott, Lydia Kent, Phoebe Sowerby and Caitlin Whitaker were presented with their awards by Victoria Coren-Mitchell, in the presence of HRH The Earl of Wessex.

Elle is now at Northumbria University studying Business, Lara is reading Natural Sciences at Cambridge University (Gonville and Caius), Lydia is reading Law at the University of Liverpool, Phoebe is studying International Development at East Anglia University and Caitlin is at the University of Edinburgh studying Fine Art.

Oldest Old Girl

We were delighted to receive some lovely photos of our oldest Old Girl, Phyllis Bristow, celebrating her 102nd birthday at her home in Surrey. Phyllis attended DHS in the 1920s when her father worked at Sherburn Hill Hospital.



Old Girl

Old Girl, Jessica Crompton, who is currently reading Chemistry at Somerville College, Oxford, has been elected by her tutors to a Bryant Scholarship in Chemistry, in recognition of her overall first class marks in a public examination and sustained first class tutorial performance. This award allows Jessica to wear a Scholar's gown, instead of the Commoner's Gown (pictured).



Women in Engineering

Amy Wright (Class of 2008) is flying the flag for women in engineering. Recently qualifying as a Chartered Engineer, Amy was nominated for the Telegraph top 50 female engineers under 35 years of age award and got down to the last six in the IET Young Woman Engineer of the Year Award 2018.



At Durham High, Amy studied A levels in Maths, Physics and Biology before heading off to the University of Nottingham to study for a Master's Degree in Civil Engineering.

Amy now works as a civil engineer for Farrans Engineering and, as the section engineer working on the New Wear Crossing at Sunderland, she was featured on Tyne Tees news greeting the Duke and Duchess of Cambridge as they visited Amy's bridge project.

Keen to encourage other young women to follow her example, Amy is a STEM ambassador to schools and colleges and is also involved in the Institution of Civil Engineers (ICE) schools projects. We are fortunate that Amy is always happy to return to DHS, providing an inspiring role-model for our current students.

WHICH CAREER



This term our biennial Careers Fair was bigger and more successful than ever, as we welcomed 50 representatives on 30 different stalls. Girls from Year 5 to the Upper Sixth interacted with the wide range of employers and training providers, representing banking, architecture, digital, heritage, pharmaceuticals, art, healthcare and many other areas. Higher and Degree Apprenticeship options were also represented, along with the more traditional university route. We were delighted that a number of parents took up our invitation to join us in the after-school session.





Careers Talks

Again, we have been fortunate this term to run a number of lunchtime careers talks, forming part of our annual series which looks to introduce girls to careers that they may not previously have considered. The talks are also intended to raise awareness of what employers are looking for. Marketing and Pharmacy have been represented this term: thank you to Junior House parents, Emma Antunes and Mark Burdon who kindly came in to speak on these two careers. Mrs Green (careers@dhsfg.org.uk) is always keen to hear from any other parent who would be willing to give a brief lunchtime talk on their own career.

BBC Bitesize Creative Careers Event



Following on from our Careers Fair, we were delighted to host a BBC Bitesize Creative Careers event for Years 8 to 11. Nick Bright of BBC Radio 5 Live Sport and BBC 1 Extra hosted the event and he used his fantastic communication skills to interview a panel of business people involved in the creative world: a television producer, a fashion designer and the director of a model agency. Pupils from Durham School joined us to hear our guests describe their inspirational career journeys and tell us what they had learned along the way.



Year 7 Careers Event

In March, Year 7 enjoyed two careers-focused sessions. The first, run by Business Durham under the 'Future Business Magnates' banner saw the girls engage in an enterprise activity, working in groups to develop a product and take it to market. Congratulations to Team SoapyShowerz who were victorious with their colourful voice-activated shower: just the thing to start the day!

The following week we welcomed a representative from Newcastle University, who introduced the girls to the many different aspects of Higher Education through a team quiz. The girls were highly engaged and keen to learn about all that university could offer them in the future.



National Citizen Service

Representatives of The National Citizen Service recently presented DHS with a Gold Award as one of its Champion Schools. The NCS is a potentially life-changing programme open to all pupils aged 15-17 and was founded to help young people achieve their potential and build bridges between communities.



The Gold Award is given to schools that embrace NCS and encourage high levels of participation. It was received by Mrs Niblock and some of the Sixth Form who have already participated in the project. The NCS volunteers also introduced the scheme to Year 11 and we look forward to even higher levels of participation this summer.

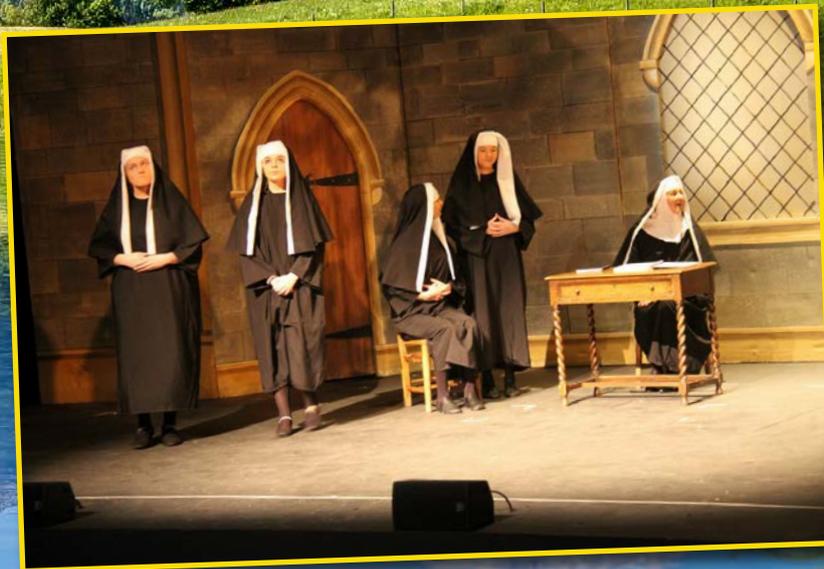
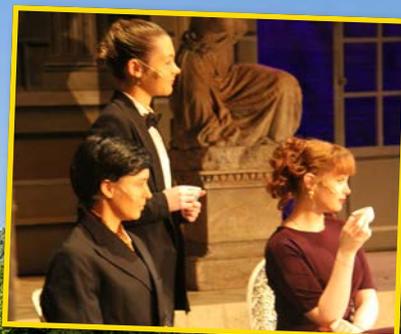
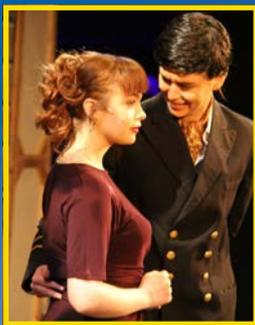


The Sound of Music

In February we were delighted to perform at the Durham Theatre with 'The Sound of Music'. The cast of 30 performers. The production should be very sensitive and entertaining performance. We set foot onto the bare, blinding morning to begin unloading the hard to imagine that in just a few of timber would so convincingly create the world of the musical. At last, and meticulous preparation, the atmosphere was truly magical.

The school production should be a chance to make friends, develop new memories; as we gathered under the curtain came down on Saturday. I say it had been a huge success. The fabulous costumes and brilliant music. 'The Sound of Music' will be a difficult act to forget.

The Sound of Music



ighted to be filling the Gala
Music' for four outstanding
t and crew of this year's
proud of their professional,
performance. When we first
back stage on the Tuesday
the one-tonne truck, it was
a few hours those flat sheets
ingly re-create the colourful
st, the months of rehearsal
were coming to fruition and
ense with excitement.

d always be a wonderful way
ew skills and create special
on the stage after the final
day evening, we could safely
ess. With the beautiful set,
illiant band, 'The Sound of
t for us to follow next year.

Performing Arts Day

'The singing inspired me to continue so that I could perform in a concert one day.'

'The second I entered the room I felt different and alive.'

'Whilst in character we had to open a letter and react to what was inside. My letter told me that I had been expelled from school! This made me laugh – I hope it never happens in real life!'

'African drumming was very loud, wild and free!'

'The Ceilidh and dancing gave me more confidence.'

'As soon as I walked into the drama studio I was transformed into a new world.'

'African drumming is not just banging on a drum, but actually making incredible music.'

'I had a great time banging on the drums. I thought the teacher was really inspiring.'

'It was a great day, even if it made me so tired I fell asleep whilst doing my homework that night.'





BEAMISH
THE LIVING MUSEUM OF THE NORTH



As part of our English GCSE we will study the Victorian world of Charles Dickens' 'A Christmas Carol' and a trip to Beamish allowed us to almost relive some of the aspects of the 19th century, helping us imagine what life would be like for the characters in the novel.

The staff were incredible and had organised some very cleverly thought out activities that accommodated our needs. They allowed us to immerse ourselves in the learning aspects of the visit whilst, at the same time, having fun.



In the course of the morning we debated with the Beamish staff, arguing our views surrounding a hypothetical, tragic event that had taken place on the streets of Beamish at night involving the homeless. The debating was extremely engaging, especially as it involved speaking to 'real' Victorians - or so we thought - as they were so convincingly in character.

There were also 'residents' of 19th century Beamish all around the town, so we even got the opportunity to see exactly how people would have dressed and spoken. Trying to persuade them to donate to the poor was a brilliant activity showing what the common views and beliefs of the Victorian people were. In speaking to one of the Beamish residents in particular, the Banker's son, we were able to see exactly what inspired Dickens to create Scrooge, the unloving, rich old miser who is the main character of 'A Christmas Carol'.



Deeply rooted in the heart of Victorian life was prejudice. The lower class was often seen as worthless by the wealthy. Of course, we have been told this many times in class, but seeing it first-hand really forced us to acknowledge just how much money ruled the Victorians. It determined how you were treated, it determined whether your life was worth living, and some subscribed to the views of Malthus and believed you were better off dying than putting a strain on the economy. This mindset became increasingly evident the more people we spoke to; Beamish really helped us to have a clear view of the morals and ideals that make up a society like that of the Victorians.

Madeleine Deacon and Georgia Smith, Year 9

Antarctica Talk

Since the theme for this year's British Science Week in March was 'Journeys', we were delighted to welcome Antarctic researcher, Dr Kate Winter, as our guest speaker. Dr Winter is a Vice Chancellor's Research Fellow in the Faculty of Engineering and Environment at Northumbria University and Years 7 and 8 were bursting with questions following her inspirational talk about her journeys to Antarctica.

She told us about her career path and her recent experiences of living and working at Antarctica's Princess Elizabeth research station and described current research on ice flows, focusing on the British Halley research station move. We appreciated learning about climate change issues from someone with first-hand experience, as well as the opportunity to meet such a great role model.



Science and Faith

During British Science week, in a service after school we focused on Science and Faith. We gave thanks for technology, prayed that it is used wisely and reflected on how science and faith are not in conflict, but instead can work together to give us a deeper understanding of life.

As well as Bible readings and prayers, we had seven science experiments to try, including making music with jam jars, tornadoes in bottles and chemical reactions with pennies. Each experiment helped us explore the world of science and reflect on faith. The students who helped with the service and demonstrated the experiments did a fantastic job and it was great that parents joined in our worship.

"The service made me realise the impact of science on our lives, and the amount of things we take for granted that were invented or discovered many years ago. My favourite experiment was holding a cup of water upside down with only a laminated card holding the water in by air pressure."

"The service was an amazing way to get closer to God. We demonstrated faith when I held a cup of water upside down over Reverend Vallis' head and, because of science, he didn't get a soaking. We thought about how we can know that God is there when we can't see God."

Phoebe and Rachael, Year 8



MaD Day at Newcastle University

When Year 9 attended a MaD Day at Newcastle University we took part in lectures and practicals designed to give us a better idea of careers in medicine and dentistry. A dentistry lecture included a quiz to see what we already knew and one of our groups achieved the highest score out of all the schools there! In the dentistry practical labs we learned about the structure of teeth and made our own tooth model out of resin. We also had a chance to look at teeth under a microscope and examine real teeth from other animals.

After lunch, we went to a medicine lecture where we got to ask medical students any questions we had which was good fun! During the medicine practical, we learned how to take each other's blood pressure, practised saving a dummy's life and painted the muscle structure on each other's faces in order to identify strokes. We also learned how to use a defibrillator.

Annika Mitchell, Year 9

CyberFirst

During January, the whole of Year 8 took part in the CyberFirst Girls competition run by the National Cyber Security Centre, which is a part of GCHQ. During the week-long competition, the girls spent at least one lesson a day answering challenges on topics such as Cyber Security, Cryptography, Logic & Coding and Networking. All the challenges were derived from skills used every day by cyber security professionals, using open source tools such as CyberChef.

There was a definite buzz about the ICT rooms and everyone thoroughly enjoyed the challenges. Of the 3,389 teams who entered from 841 schools across the UK, our winning team achieved an impressive 60th place and will attend a four day residential course on Cyber Security in Lancaster during the Easter holidays. Their achievement was celebrated with a themed cake, courtesy of Mrs Rabot.

Join
cyber
first.



Top of the Bench

At the end of last term four keen DHS chemists represented the High School at the regional heat of the Royal Society of Chemistry's Top of the Bench competition at Teesside University.



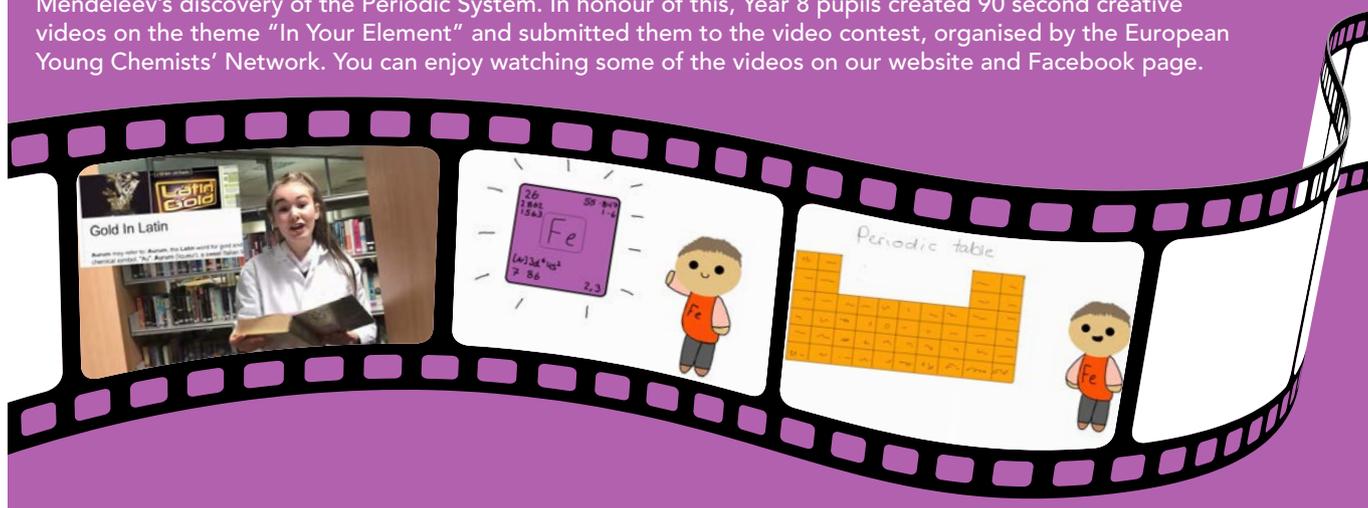
Our brilliant team of Jenny Hu and Isabella Thompson in Year 9, Year 10 student Aaliya Hyder and from Year 11, Prakriti Shriyan, faced four rounds of questioning then completed a test paper and a model challenge in which they had to memorise the shape of a molecule.

The girls were up against stiff competition from 10 other schools, but as they appeared to be progressing well, adrenaline levels rose. It was only at the end, once the points had been counted, that we were thrilled to discover our team had won!

The DHS team will now progress to the National Final to be held at Birmingham University on Saturday 9th March 2019.

Year 8 Element videos

2019 was proclaimed International Year of the Periodic Table since it marks the 150th anniversary of Mendeleev's discovery of the Periodic System. In honour of this, Year 8 pupils created 90 second creative videos on the theme "In Your Element" and submitted them to the video contest, organised by the European Young Chemists' Network. You can enjoy watching some of the videos on our website and Facebook page.





HALO

This term we welcomed students from Durham University HALO Project into PSHE. The students are all studying law and are trained by the North East based Charity, HALO, which works to support people affected by forced marriage, honour-based violence and FGM. These issues affecting people all over the world, including the UK, are violations of their human rights and can cause huge physical, mental and emotional suffering. The volunteers helped us to understand the issues and be able to recognise some of the warning signs of people being affected. The talk ended with a story of hope, of a young person who had experienced these abuses, but with the support of HALO is beginning to rebuild their life and is now living safely and independently and studying at University.



To mark Anti-Bullying Week last term, Durham High was visited by up-and-coming band, The Hara, as part of a workshop run by the Prime Agency. As well as performing several numbers, the band talked to the Senior House girls about their own personal experiences at school and gave advice on how to deal with cyber-bullying and upsetting behaviour online. The boys offered practical advice as well as tips for staying safe online; they even stayed to sign autographs and pose for photos!

Girl Kind North East

Several Year 10 girls were asked to participate in Girl Kind North East, a project run by Northumbria and Newcastle University that considers the challenges and opportunities for girls growing up in the north east of England. The girls took part in two workshops held in school to design a creative project that they would showcase at a celebration day at Northumbria University.



The celebration day was held to coincide with International Day of the Girl, with over 120 girls from schools throughout the north east taking part. In workshops they investigated gender stereotypes and looked at how girls have been represented in magazines and comics since the 1950s. We also got the chance to see a short film written, produced and filmed with some of the girls and organised by the Young Women's Film Academy in Newcastle.

In the afternoon, all the schools showcased their creative projects which included poetry, art work and dance. Particularly effective was the performance art where girls threw paint bombs to represent the insults and stereotypes often used against young women. The event was attended by parents, past participants and the Mayor of Newcastle. It was fantastic to see young women from across the region celebrating all that is empowering about growing up as a girl in the region. Such was its success that we will certainly be participating in the project again next year.

Diana Anti-bullying Ambassador Training

Girls from Years 7 to 10 went to Framwellgate Moor School to undertake their Anti-Bullying Ambassador training, led by the Diana Award



charitable organisation. After a day full of workshops and planning, the girls came back to school with lots of ideas for our new Anti-Bullying Group. The group now meets fortnightly and is currently planning a whole school assembly to explain its work to the rest of Senior House. Among the future events planned are a balloon release and a 'compliment' or 'shout out' board to recognise the positive achievements of individuals.



International Women's Day

We marked International Women's Day on Friday 8th March by thinking about gender equality. This year's theme was #BalanceForBetter and many students and staff struck a balanced pose, imitating the scales of justice. We also reflected together on 5 questions and displayed our responses in the Schroder Library. We all shared some really interesting ideas, relevant both to the UK and elsewhere in the world. Some of the ideas shared are:

What examples of gender discrimination are you aware of?

Gender stereotypes such as 'girls play with Barbie' and 'Boys play with cars'; higher wages for men; some girls don't get the chance to go to school.

What needs to change to make this a more gender-balanced world?

Everyone needs to understand we are all equal; females must not be treated as objects; people should be aware that men can be feminists too; men can be victims of gender discrimination; recognise that only together are we stronger; remove the pay gap.

Why do you think a gender-balanced world would be better?

Everyone would be equal; girls could change the world; all members of society would have the opportunity to achieve their goals; it would be happier and more peaceful.

What achievements by women would you like to celebrate?

Marie Curie's scientific discoveries; author Cassandra Clare's inclusivity; Catherine Parr's achievement in being the first woman to have a book under her own name in English and for being a religious reformer; Jessica Mitford's principled, ambitious and persistent investigative journalism; the many women who succeeded in ensuring we all have the right to vote.

I'm celebrating International women's day because...

"We are stronger if we stand together", "I'm celebrating Suffragettes", "Women are amazing", "We are all equal", "I am a woman" and "I am a man."



International Women's Day

North East Teenage Book Award

When a group of Year 10 girls attended the North East Teenage Book Awards in Newcastle, we were all very excited, and just a little nervous as four of us were to be introducing author, Paula Rawsthorne, whose novel, 'Shell', was our absolute favourite on the shortlist. We had been meeting each week since October to discuss six newly published Young Adult novels. All were highly thought-provoking, tackling issues such as terrorism, fairness, medical ethics and votes for women, in exciting stories that kept us interested from start to finish.

This was the 20th year of the North East Teenage Book Awards, where young people in schools all over the region read the same books, then vote for a winner, to be announced at the event itself, after the authors have spoken about their works. We listened with great interest while the other authors spoke, but were delighted when 'our' author's book won. Everyone had read 'Shell' in record time; if read it yourself, you'll understand why!



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Nursery World Book Day

World Book Day was a wonderful opportunity to come to Nursery in our pyjamas with our favourite book. Nursery love to read and you can't get better than a huge bed, your favourite story and lots of special friends to share it with. Just perfect!





Junior House Cross Country

This year's Junior House Cross Country Competition in February proved to be the most competitive yet: the effort and enthusiasm shown by all girls from Year 3 to 6 was simply outstanding. The winner of the Year 3 & 4 competition was Millie Slane, with Hannah O'Neil in second place and Taylor Millar coming third. Darcy Metcalf won the Year 5 & 6 race, Kaitlin Major came second and in third place was Jessica Wood. Heath was the winning House.

Double Cross Country Winners

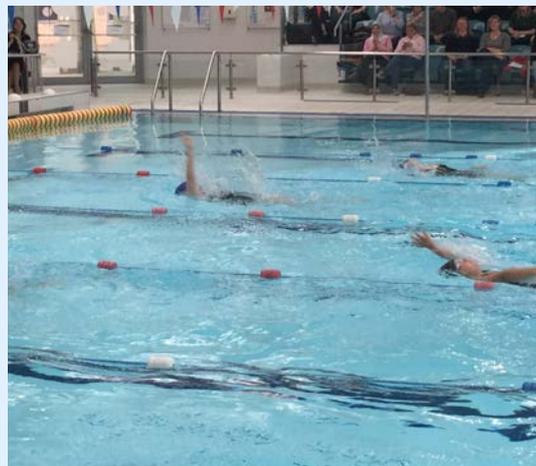
Teams from Years 4, 5 and 6 did us proud when they travelled to Teesside High for the Cluster Cross Country Competition in March. All three teams were outstanding, with the Year 4 and Year 6 teams finishing first overall and Year 5 finishing in third place.

It was a true team effort, with significant performances in Year 4 from Millie Slane who finished in first place and from Taylor Millar and Hannah O'Neil who were joint second. In Year 5, Harriett Lewis took third place and in Year 6 Kaitlin Major was second, with Darcy Metcalf in third place.



Swimming Gala 2019

On Wednesday 6th March the annual Junior House Swimming Gala took place at Freeman's Quay. As usual it was a very competitive, noisy and fun event with every girl in Years 4, 5 and 6 taking part. All girls should be very proud of their individual achievements and an amazing 6 records were broken by Millie Slane (Year 4 Breaststroke), Charlotte Strugnell (Year 4 Frontcrawl), Chloe McCarthy (Year 4 Backcrawl), Grace Boyle (Year 5 Fly) and Charlotte Adamson (Year 5 IM). As well as breaking the record for the Year 4 Freestyle Relay, Neville was also the winning House.



U11 Tournament Winners

DHS fielded two U11 teams in the Newcastle High School Invitational Netball Tournament in March. Both teams played exceptionally well, with Team 1 winning all their games in the group stage, scoring 34 goals and conceding none. The team went on to win 8-0 in the semi-final then beat NHS in the final to become tournament winners.



U11 Double Cluster Winners

On Friday 15th March two DHS U11 teams entered the Polam Hall Cluster Netball Tournaments, playing matches against Barnard Castle, Bow School, Choristers, Polam Hall and Teesside High. In the A section, the DHS team won all their games to become tournament winners. Meanwhile, the DHS team playing in the B section also won all four of their matches, scoring a total of 39 goals and conceded only 2 to win their tournament.



U10 Tournament Winners

The U10 Netball team played their best netball of the season when they travelled to Mowden Hall for an Invitational Tournament with RGS, Newcastle High School, Bede Academy and Ponteland school. They convincingly won all their first round matches before meeting Newcastle High's A team in the semi-final to win 6-1. It was a determined team that then met Mowden Hall in the final, beating them 5-3 to become the tournament winners.



U10 Tournament Runners-up

The Year 5 Netball had a successful time at the Durham School Invitational Tournament when they finished in second place. Well done girls!



U9 Tournament Runners-up

The U9 Netball team performed brilliantly at the Yarm Prep School Invitational Tournament, beating Yarm B, Bow School and Teesside High to progress to the semi-final where they also beat Cundal Manor. The team suffered its only defeat in the final, narrowly losing to Yarm A to become tournament runners-up.



National Schools Netball 2019

Senior netball teams have performed brilliantly this season, with the Under 14 team progressing to the National Finals – an amazing achievement.



U14 Netball Team: Alex Julian, Flora Kent, Issy Howe, Lucy Helm, Lily Foster, Kirstin Greatorex, Isabella Thompson, Abigail Forster, Imogen Atkinson.

The U14, U16 and U19 teams had all taken part in the Regional Finals at The Beacon of Light, where the U19s won four of their matches and were narrowly beaten by two teams. The U16s won 5 matches and were also narrowly beaten two teams. Both finished in a respectable third place, just missing out on the National Finals.



U16 Netball Team

Meanwhile, the U14s 'wowed' the crowds with their outstanding performance to win the tournament. And so it was that on Friday 15th March the team was filled with excitement - and nerves – as the girls travelled to St Albans, ahead of the National Finals.



U19 Netball Team

The following morning at Stanborough School in Welwyn Garden City, conditions weren't ideal for the tournament, with drizzle and a yellow weather warning for high winds. Undaunted by the weather and by facing the finest opposition in the country, the team improved match on match and confidence grew. The DHS girls played their best netball ever, beating Millfield, Oakham, Woodhouse Grove and Surbiton High School in competitive, challenging matches.

The girls were absolutely exceptional, approaching every match with determination, showing extraordinary control and skill. Winning half their matches made Durham High School history and the team must be congratulated for all the hard work and enthusiasm, which certainly paid off on the day. Well done girls - we are extremely proud of you all!



Federation International Acro Competition



At the beginning of February, gymnasts Georgia Hewison and Keira Redford competed in the FIG Acro Competition in Bristol. There were 544 competitors, with 19 in their category from England, Scotland, Wales, Israel, Belgium, Holland and Portugal. In their trio, the girls performed in three different routines and won a fantastic bronze medal. As this was their first international competition as a trio, to come away with a medal was an outstanding result. Well done to both Georgia and Keira - we are extremely proud of you both.

Senior Cross Country

This year's Cross Country season has seen some fantastic team and individual performances as the girls contended with challenging inclines and lots of mud. Following the Area Cross Country Championships in November, Madeleine Liddell, Logan Wilson, Lucy Hayes, Ava Local, Anna Slane, Aaliya Hyder and Laura Hopper were selected to represent Central Durham at the County Cross Country Championships at Barnard Castle School in January. The girls all performed extremely well in tough conditions, with Sixth Former, Laura Hopper, qualifying for the Northern Schools' Inter-County Cross Country Championships.



Equestrian Team



Sasha Cowie and Fern Anderson

Our Equestrian Team has grown, with the addition of Logan Wilson and Fern Anderson (Year 7) contributing to our NSEA successes. Logan came 4th in 70cm show jumping and Fern 5th in 90cm show cross, while Sasha Cowie placed 3rd in the 80cm show cross and won a dressage.

At the British Show Jumping 'Just for schools', Sasha achieved 3rd in the 90cm, and Olivia Davison qualified for the national championships in two classes.



Jessica Walton

Meanwhile, Sasha, Fern and Hollie qualified for the Pony Club Grassroots and Novice championships in Scotland where Fern placed 2nd. Sisters, Katie and Jessica Walton, qualified for the National Pony Club Championships, where Katie won her arena and Jessica qualified at open level in the show jumping. At the National British Show Jumping championships, Olivia placed 4th in the 1m20 qualifier.



Katie Walton

Both Jessica and Katie have represented the Northern region at the National u18 Eventing Championships and Jessica was selected for the GB youth development squad.



SESTRIERE SKI TRIP 2019

On 15th December 35 girls from Years 9 to the Sixth Form, along with four members of staff, set off for the ski resort of Sestriere in the Italian Alps. Despite the lengthy journey, spirits were high and everyone was looking forward to the challenge of the week ahead.

We woke to sunshine and after a hectic boot fit everyone headed to the nursery slopes where we were organised into ability groups. For the 17 members of the group who were complete beginners this was a new and exciting challenge. The more experienced skiers set off to explore the slopes and tested their nerve by



learning to ski backwards and on one ski. Naturally, there were several falls which were a source of great hilarity, but we all made it to the end of the week unscathed. The beginners in particular made excellent progress and were able to ski some long and challenging runs by the end of the week.

Great fun was also had during the après ski activities which included a crêpe evening, bum-boarding and swimming. A fantastic disco evening brought the trip to a close and left us all looking forward to the next one.

