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# Grey Coat

NUMBER 142



THE PARENTS' NEWS LETTER OF THE GREY COAT HOSPITAL

APRIL 2008

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*Dear Parents,*

*By the time you read this we shall be well into the examination season of the academic year. Practical exams in art and drama will already have taken place, and language orals will probably be over too. The first full week in May will be an important time for Year 9 doing Key Stage 3 tests, and not long after that written exams for GCSE and AS level will be starting, followed by A levels. Parents will, of course want to do everything possible to support their daughters and sons as they prepare for these examinations. I would like to draw your attention to the article on the importance of sleep on page six. Research has shown that it is not just a matter of it being harder to perform when tired – sleep actually has a necessary part to play in fixing what has been learned in the memory. It is often very hard for conscientious students to be strict with themselves about getting enough sleep, and parental reminders can be very helpful.*

*From 6<sup>th</sup> April there have been changes to the rules about entitlement to free school meals, which may allow more people to benefit. Now, children whose parents receive Income Support, Income based Jobseekers Allowance, or Child Tax credit (under certain conditions) are eligible for free school meals. If you think you might qualify under the new rules, please contact Amanda Peart, Manager for Student and Pupil Support on 020 7641 1839, or email [apeart@westminster.gov.uk](mailto:apeart@westminster.gov.uk) for further details. It is well worth applying, if you would be eligible now, because not only will it be of benefit to your daughter directly, it will also benefit the school, by giving us access to additional funding. The cashless catering system has abolished the need for those on free school meals to collect a dinner ticket, which may make difference to your daughter's feelings about it too.*

*On 7<sup>th</sup> May there will be another public consultation about the proposals for Grey Coat under Building Schools for the Future. The consultation will take place at St Andrew's, from 3.30 – 7.00p.m. If you would like to see how the designs are coming along, and give us the benefit of your comments and suggestions, please do come along. It is not an event where you have to turn up at the beginning and stay to the end – just drop in at any time during the consultation period. There will be representatives from the architects, Anshen and Allen, and the building company, Bouygues, who will be able to answer questions and listen to your ideas.*

*Saturday 17<sup>th</sup> May is the International Fair, which will be held at St Michael's, as it was last year. This means that between the sports hall and the courtyard we will have a large continuous space which works equally well whatever the weather. The students will be pulling out all the stops, as they always do, and I hope that many more parents will also come along, to visit the stalls, buy food of various kinds for lunch, and watch the performances. If you are able to offer practical help on the day, please contact the Guild (see page fourteen) to find out how you can join in.*

*I look forward to meeting as many of you as possible on 7<sup>th</sup> or 17<sup>th</sup> May*

*Rachel Allard*

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# Attendance & Punctuality

If your child is absent for any reason, please remember to phone the school between 8 and 9am to let us know. The phone number for reporting absences is 0207 969 1998. For years 7-9, please press option 1 and for years 10-13 please press Option 2.



Please make sure we are notified in writing as far in advance as possible of any medical appointments. Please make sure the letter clearly states the time the students need to leave and the time and type of appointment. Your daughter's full name and Form should be on the note. Attendance and Punctuality is taken into account in all aspects of school life.

*Angela Trainor & Vivien Moore  
Attendance and Punctuality Officers*

## Attendance and Punctuality Years 7,8 & 9

Firstly I hope you all had a very relaxing break and you have come back healthy and rested. The last term saw many viruses and bugs and the winter months are always the times when students do tend to get these. However we are going forward now into the summer Term and hopefully some good weather. There are several trips and outings planned so please make sure you attend every day so that you don't miss out on these.

Punctuality should also improve with the lighter mornings. Please make sure you allow sufficient time, bearing in mind the constant difficulties with London Transport and traffic. We are an eight minute walk from Victoria so please do not take a bus or train from there for this short distance as that in itself may well make you late. *Angela Trainor, Attendance & Punctuality Officer, St Andrew's*

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## Spring Tracking 2008

100% Attendance & Punctuality Year 7  
18<sup>TH</sup> October 2007 – 6<sup>TH</sup> March 2008

7G  
Shannon Blackwood  
Oluwagbotemi Braithwaite  
Eva Dubickaite  
Sara Sacramento

7R  
Jadene Aguilar  
Ruby Alufohai  
Hannah De-Guzman  
Andreia De-Lima  
Anita Iyawe  
Bethany Lees  
Aimee McLeod-Sale

7Y  
Tasnia Ahmed  
Ashley ekeh  
Alice Forward  
Niga Ghafur  
Hannah Holmer  
Rebecca Read  
Renee Sarpong-Amankwah  
Dionne Ward-Anderson  
Ann-Marie Williams  
Nadine Wilson-Jones

7C  
Eleanor Atkinson  
Amelia Fluin  
Phoebe Fraser-Cobb  
Emma Jemson  
Philsy Jlu-Johnson  
Emily Marsh  
Chanelle Nimblette  
Lettisha Plummer  
Bethel Teklebrhan

7T  
Emefa Ansah  
Anna Blacknell  
Meron Dagnachew  
Raymonde Edwards  
Rachel Oguntimehin  
Keziah Reed  
Shrijana Thapa

7H  
Deborah Agbana  
Tara Citro  
Molly Clark  
Hannah Edigin  
Ayesha Ekeh  
Deborah Fawibe  
Eleanor Hawke  
Nazya Hoque  
Sian Mennell  
Simisola Otusanya  
Elizabeth Taylor

**100% Attendance & Punctuality Year 8**  
**18<sup>TH</sup> October 2007 – 6<sup>TH</sup> March 2008**

<p>8G          Lucy Anderson          Rebekah Brown          Natasha Little          Alexandra Smith          Kelly Wray</p>	<p>8R          Oluwatobi Asunloye          Mariam El-Ghazzaoui          Kar kai lo          Aneeqa Rahman          Rosemary Steel</p>	<p>8Y          Lucy Coates          Hephzibah Kabuye          Charis Lord          Shakira Noel          Esther Ounounou</p>
<p>8C          Stephanie Black          Simonette Carlton-Carew          Ramona Oppong</p>	<p>8T          Esther Abban-Mensah          Eva Cheuk          Elisabete Diogo          Rachel Ditchfield          Khadijat Mansaray          Maia Reddy-Devlin          Dou-Dou Wang-Chandler</p>	<p>8H          Demi Aristotelous          Luisa-Maria Bennett          Cassandra Esan          Paige James          Shazelle Joseph-Peters          Djenaba Sall</p>

**100% Attendance & Punctuality Year 9**  
**18<sup>TH</sup> October 2007 – 6<sup>TH</sup> March 2008**

<p>9G          Esi Armah-Tetteh          Blaire Bacchus          Madison Ball          Elizabeth Holti          Elizabeth Koledoye          Joanna Mansy</p>	<p>9R          Gabriella Blunden          Adeposola Karunwi          Nina Wise</p>	<p>9Y          Preye Berenengia-Sambo          Helen Gaughan          AnnaMary Goodall</p>
<p>9C          Anna Maria Macauley          Damilola Shokunbi          Dalida Taha</p>	<p>9T          Theresa Awolesi          Jia Ying Dai          Mary Min          Joanne Oguntimehin          Diana Thayil</p>	<p>9H          Shan Black-Matharu          Manna Constantine          Amanda Iyawe          Hannah Williams</p>

**Year 7, 8 & 9 Attendance & Punctuality League Tables**  
**5<sup>TH</sup> September - 3<sup>RD</sup> April 2008**

1st	7H	245 Points
2nd	7Y	241 Points
3rd	7C	240 Points
4th	7G	234 Points
Joint 5th	7R	231 Points
	7T	231 Points

1st	8T	249 Points
2nd	8C	236 Points
3rd	8Y	232 Points
4th	8G	229 Points
Joint 5th	8R	220 Points
	8H	220 Points

1st	9Y	227 Points
2nd	9G	211 Points
3rd	9T	207 Points
4th	9C	205 Points
5th	9H	204 Points
6th	9R	200 Points

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# DOUBLE VICTORY!

I am very pleased to report that Grey Coat had a very successful day at the Westminster Football Finals.

After playing 4 matches each, both the year 7's and year 8's had won all games!!

To top it all off we kept ALL our oppositions from scoring even one goal against us!

Congratulations to the following girls, who not only played well, but their behaviour was exceptional



Lily Andoh-Cunnell, Lily Kiang, Eleanor Atkinson,

Thomasin Adams, Philsy Jlu-Johnson Ivy Rowe,

Danielle Belcher, Florrie Maxwell, Athalia John, Shazelle Joseph-Peters,

Claudine Jantuah-Bonsu, Hoda Kalabizadeh, Audrey Maduiké, Josie Petrie.

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## Westminster Celebration Awards

On Thursday 3<sup>rd</sup> April Rachel Allard (Headteacher) and I were invited to the second Westminster Celebration of Work Experience. This event is a thank you to employers who participate in the schools work experience programme and to recognise the achievements of students who have made Work Experience in Westminster such a success.

The event was held in the Pacific Area at the London Aquarium. All the secondary schools had been asked to nominate a student and an employer for an award. This year the employer nominated for the award by Grey Coat was Lakefield girls catering college, they have taken a vast number of students over the years and have helped them gain skills in catering and hospitality. Our nominated student was Daisy Machin 11H. Daisy committed herself fully to her placement, working as part of a team and gaining an insight into administrative work.

Many congratulations to Daisy. She was a credit to herself and Grey Coat as she volunteered to go back to her placement and work during two weeks of her summer holiday. At the event Daisy delivered an account of her work experience placement, the skills she had gained and how she had benefited from the placement. Her certificate and prize of a voucher were well deserved. *Sue O'Sullivan*



Daisy Machin pictured with her award

## Geography News

**D**ue to the Geography department's involvement in the Geographical Association's Worldwide activities, we won a free fieldwork weekend for six students at the Field Studies Council's centre near Dorking, Surrey. Over the course of the weekend, the girls were competing for the annual Worldwide trophy. They had to demonstrate their Geographical capabilities the whole time they were there and they conducted themselves very well. Sadly, our teams did not win, but we were assured the standard was the highest the competition had seen. Two judges separately came up to me at the end of the weekend to praise the Grey Coat girls for their conduct and excellent work over the weekend.

On the weekend of 28<sup>th</sup>-30<sup>th</sup> March six Grey Coat girls visited Juniper Hall in Surrey. We had loads of fun, completing Geographical tasks and enjoying the countryside. We had to prepare a presentation on what we had learnt about the area, which overall was fun and stimulating. Our Grey Coat groups carried out their presentations perfectly but unfortunately we did not win the prize. In conclusion the trip was interesting, enlightening and it brought a smile to all of our faces. See photos below.  
*Emily Miller, Elia Baker, Millie Rowswell; Blaire Bacchus, Amber Tallon and Preye Berenengia-Sambo.*



## The Importance of Sleep Over Exam Time

**A**s we are approaching exam season it is worth mentioning how important it is to ensure that your daughters get enough sleep and go to bed at a reasonable time – rather than staying up late revising into the small hours. A recent article in the TES highlighted the importance of sleep and the role it plays in improving memory.

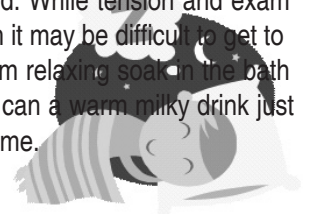
### Scientific angle:

The 'Hippocampus'. Situated deep in the brain, the hippocampus structure plays an important part in encoding spatial memories. Sleep helps to store these new memories, ready to be encoded by the Cortex, the outer layers of the brain. It is during sleep that low frequency rhythms enable the hippocampus and cortex to synchronise, allowing the transfer of memories from one region to another. Sleep also encourages new hippocampal cells to grow.

### A good night's sleep:

Ensuring that your daughter gets AT LEAST 8 hours sleep is essential to her exam success. Forcing themselves to stay awake into the small hours cramming so much information into their brains can actually be detrimental to a students' success and they will likely be so tired anyway that the usefulness of this and how much they will actually remember is questionable.

To ensure that your daughter gets 8 hours sleep, agree a revision cut - off time with her where she will put down the books. Your daughter should ideally have some time to reflect on and talk to you about what she has learnt, before retiring to bed. While tension and exam stress is high it may be difficult to get to sleep. A warm relaxing soak in the bath can help, as can a warm milky drink just before bed time.



# A Review of Recent Events and

## WESTMINSTER YOUTH ORCHESTRA

Fourteen Grey Coat students took part in the Westminster Youth Orchestra workshop on Friday 29 February and Saturday 1 March. The musicians were drawn from schools across the borough and the event was a wonderful way of making music with other Westminster students. The weekend was hard work (they had two days to learn all the pieces from scratch!) but was enormous fun and culminated in a very enjoyable concert.

Once again the standard was high and our students played a leading role in performances of Palladio, Take Five and Grease! Mr Jones directed the Junior Section in their exciting performances of Hava Nagila, Jamaican Rumba and the Can-Can. We look forward to the next workshop in June. Congratulations to all those involved: Hannah Robbins 12G; Efua Boakye 11Y, Clara Hallifax 10R, Hope Macfarlane-Edmond 10H, Theresa Awolesi 9T, Nancy Dai 9T, Lizzie Holti 9G, Ramona Oppong 8C, Nicole John 8G, Tania Waqanika 8T, Molly Clark 7H, Bethany Lees 7R, Charis Richards 7T, Tara West 7T



## SOUTHWARK CATHEDRAL

On Wednesday 12 March, the Chamber Choir was invited to perform Evensong at Southwark Cathedral. Under the direction of Miss Platt, the choir had spent weeks rehearsing the difficult repertoire for this service (namely, Herbert Howells' Magnificat and Nunc Dimittis in D). However, the work clearly paid off as the choir impressed everyone with their stunning performance and professionalism. A particular highlight for those present was the unaccompanied Psalm singing, a very difficult feat in itself. We would like to thank Southwark Cathedral for their kind invitation for us to perform and we hope to visit again in the near future.



## LONDON SYMPHONY ORCHESTRA

On Monday 17 March some Year 9 students visited the Barbican for a concert given by the London Symphony Orchestra. The Fast Forward concert featured several high-energy pieces including the theme from Mission Impossible, John Adams' Short Ride in a Fast Machine (the most often performed piece of classical music in the world today!) and two pieces we have been studying in class, Dvorak's New World Symphony and Elgar's Enigma Variations. We were lucky enough to have front row seats from where we could watch the musicians in action and experience the full sound of the orchestra. The concert was presented by one of the musicians who helpfully explained what to listen out for in each piece helping us to get the most from the experience. Overall, the trip was, in the words of Sophie Wheeler 9H, "awesome!".



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# Examination Success in the Music Department



## SENIOR GOSPEL CHOIR

On Good Friday the Senior Gospel Choir, led by Debbie Okeowo, were invited to take perform in the Good Friday service at Westminster Abbey. The service is an extremely prestigious event and is the culmination of the procession of the cross from Central Methodist Hall to Westminster Cathedral to Westminster Abbey. Looking out over the extremely large congregation from the heights of the organ loft, the choir gave a stirring a cappella performance of Crucified and Not Guilty which many of the congregation commented was the highlight of the service. Well done to Debbie and all the performers and thank you to Westminster Abbey for the invitation to perform during such an important service.

## SPRING CONCERT

On Thursday 27 March, St Andrew's Hall was transformed for the annual Spring Concert. The African Drummers performed as the audience were arriving which helped create a wonderful atmosphere. The varied performances which followed reflected the talented musicians we have at The Grey Coat Hospital and many of the audience commented on the overall quality of the concert. The Senior Orchestra opened the concert in style with the 1812 Overture which was followed by the debut performance of Junior Jazz and the Flute Choir featuring all of Miss Bertolaccini's flute students.



Mr Jones would like to thank everybody involved for their help in making the Spring Concert a success, particularly; Miss Platt and Miss Koerner and the music team, the staff who performed in the orchestra and especially all the students involved! A recording of the concert is available to buy for £3 – please see Mr Jones.

## HANDEL HOUSE

On Monday 31 March, the Year 10 GCSE class visited the famous Handel House Museum near Bond Street. George Frederic Handel is the world-famous composer whose most popular work is probably The Messiah which contains the Hallelujah chorus. Amazingly, we were working in the room in which he composed this piece! During our visit we worked with the composer-in-residence at the house (Jon Habron) who explained how much of the music of the time was constructed before setting us a composition task of our own. A very useful and enjoyable morning - thanks to all those involved.

## MUSIC EXAMS

Congratulations to the following students who recently passed Associated Board of the Royal Schools of Music practical exams:

Claudia Minett Grade 1 VIOLIN PASS	Lydia Calder Grade 1 VIOLIN PASS	Alex Law Grade 1 PIANO MERIT
Bethel Eskender Grade 2 PIANO PASS	Theresa Awolesi Grade 2 CELLO MERIT	Mary Okere Grade 2 PIANO MERIT
Emily Varma Grade 2 PIANO MERIT	Lisa James Grade 3 SAX MERIT	Lucy Kernick Grade 3 FLUTE PASS
Charlotte Hitchcock Grade 4 FLUTE PASS	Eleanor Armstrong Grade 4 FLUTE PASS	
Louise Hamilton-Vickers Grade 5 TRUMPET PASS	Katie Godding Grade 5 SINGING MERIT	
Megumi Aoki Grade 7 VIOLIN PASS	Morgan Bestwick-Green Grade 5 THEORY PASS	
Takiyiwa Danso Grade 5 THEORY PASS	Martha Kilpatrick Grade 8 FLUTE MERIT	

Mr Mariani's Guitar students are still awaiting their results – fingers crossed!

email: [music@gch.org.uk](mailto:music@gch.org.uk)

# Shakespearean Play Performed at GCH

On Monday 31<sup>st</sup> of March the Globe Players performed an edited version of Shakespeare's *Much Ado About Nothing* to Year 9. We are studying *Much Ado About Nothing* in our English lessons as it is the play we will be tested on in our Key Stage 3 Shakespeare Examination, so this was very helpful for our revision. When we read the play in lessons it was difficult to visualise what was going on (thanks to

Shakespeare's famous lack of stage directions!) so actually watching it really helped us to understand the play.

There were only four actors for the entire performance and they used several different costumes to show the different characters. At the end of each scene the actors would stop and explain what was happening in the play and about the language being used. Both Beatrice and Benedick wore red, and Hero and Claudio wore blue so you could tell who everyone was. All of the actors had to double up so then they would have a



different jacket or robe to put over the top, and the two villains Borachio and Don John had silly black cloaks and hats.

The scenes where Beatrice and Benedick get tricked into falling in love with each other were very funny. Where Don Pedro, Claudio and Leonato were deliberately talking loudly so that Benedick would overhear, the actor playing Benedick was really good. As he listened to the men talk about how much Beatrice loved him, he was hiding badly, then popping up behind the screen and trying to cover himself with flowers. He also crept through the audience and it was really funny to watch.

At the end of the performance the Globe Players held a question and answer session where we could ask them about the play.

This was very helpful and allowed us to understand it in more depth. I think that now we have been able to see the lines acted out so well on stage, it has helped us to think about it differently and have a better understanding of Shakespeare. *Ruth Pearson 9G*



Scenes from the play performed in the Great Hall, St Andrew's

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# Year Eight Dance Interform Competition

Since February, Year 8 tutor groups have been working hard preparing a dance for the Interform competition. This year the dance teams were given the challenge of choreographing a group dance that reflected the cultural diversity of our school.

8C and 8G won their semi-final competitions against the other tutor groups in the year and went on to compete in the final on Thursday 27<sup>th</sup> March 2008. Both teams choreographed excellent dances that showed a variety of dance styles and included a range of multi-cultural music. 8C were the winners of the competition with an amazing score of 20/20 for performance and choreography and 8G were Runners Up with 18/20. Recognition also goes to 8H, who achieved 3<sup>rd</sup> place after scoring 17/20 in the semi-final stages.

All of the students involved should be praised for the immense amount of effort, energy and enthusiasm that they showed when performing their pieces.

In recognition of their fantastic score, the dance piece that 8C have choreographed will be entered into the Westminster Dance Challenge competition that will be taking place in July 2008.

## 8C - Winners

Mayowa Ayodeji  
Sabrina Brown  
Simonette Carlton-Carew  
Nadia Futa  
Claudine Jantuah-Bonsu  
Jessica Kadir  
Jordan Myers-Williams  
Ramona Oppong  
Melissa Peprah-Boadu  
Eunice Raciwu  
Sabiha Sabhur

## 8G - Runners Up

Reem Ayoubi  
Shona Bonsu  
Danielle Fearon-Kidd  
Camille Fraser  
Kirsty Korley  
Audrey Maduike  
Goldba Quaker-Dukobu  
Oluyemi Sobogun  
Bianca Watson

## 8H - 3<sup>rd</sup> Place

Cassie Esan  
Shazelle Joseph-Peters  
Golda Kesse  
Josephine Sesay  
Titlayo Odumala



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## Library Corner

As part of the National Year of Reading on Wednesday lunchtimes in the St Andrew's Library, Miss McMellan has been reading 'Marianne Dreams'.

This story, about a young girl who, while ill in bed, discovers that a drawing pencil that she finds has the ability to make her dream about



whatever she draws. In these mysterious dreams she meets an invalid, Mark. Together they eventually find a way to escape from the sinister house and the watching ominous stones all drawn by Marianne.



Ms McMellan reading to students

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# A level Art Students visit New York City

**S**team swirled up from man holes against a backdrop of the neon lit Times Square as we trundled in sub zero temperatures along the sidewalk on our first night in the Big Apple. It was exactly like the countless movies and TV programmes we'd seen so often but this time we were on set! This was the first ever Grey Coat Art trip to New York and the itinerary was overwhelmingly exciting and extremely ambitious for 4 days.

Our first evening meal of burgers and cheesy singing waiters in Ellen's diner was followed by a much needed, jet-lag induced sleep ready to start the Art-packed visit. The subsequent three and a half days were filled with visits to no fewer than seven museums, walks through Central Park, Grand Central Station, across Brooklyn Bridge, a visit to Ground Zero and an ascent of the Empire State Building.

Highlights included the butterfly and moth vivarium in the American Natural History Museum: This incredible array of the live creatures was perfect inspiration for our Year 12 students who had uncannily just been given 'Butterflies and Moths' as a possible exam title. The butterflies were stunning as were the students' sketches and the tropical humidity of the greenhouse provided great relief from the bitter cold outside.

The Museum of Modern Art, PS1 Contemporary Art Centre, Whitney Museum, Metropolitan Museum and Chelsea galleries also featured in our itinerary and gave all of us a real taste of the New York Art Scene. However, it wasn't just the Art that inspired us as students also had the chance to stop and sketch in Central Park, surrounded by the thawing snow and the grandeur of the Art Deco buildings on the Upper West Side.

In addition to the Art and scenery, we managed to squeeze in some time for shopping: visits to the clothes shops in Soho and on 5<sup>th</sup> Avenue resembled a frenzied supermarket sweep and we returned to our meeting point laden with bags full of our purchases. The range of food eaten was as impressive as the number of Art galleries visited as we aimed to cover the New York classics of burgers, pizzas, hot-dogs, a delicious last night dinner in a more sophisticated restaurant and a final breakfast in a traditional American diner of pancakes, crispy bacon and maple syrup, eggs Benedict and an endless flow of coffee.

The students all said they enjoyed the trip immensely and we in the Art department would definitely like to run the trip again. The New Yorkers we met were really impressed by the quality of students' drawing in their sketchbooks and commented on how well mannered they were. All the students completed a journal of their observations of Artwork they saw there and New York life; this will support their exam work and be part of their portfolio for Art college applications.

Thanks to everyone who went for making it a success and also to Ms Miller for agreeing to accompany us. Some comments from students:

*"It was a fantastic trip...but it was over too quickly". Katy Brock Yr 12*

*"One of my favourite days was when we were allowed to wander off in small groups around Chelsea, which had lots of smaller, commercial galleries. Some of the work there was stunning and they were happy to let us sit, sketch and take photos for as long as we liked. We made it to around 3 or 4 galleries in our time allowance, but beforehand found an amazing little deli with food as close to healthy and nutritional as we had found so far in America. Whilst eating a wholemeal sandwich, the chefs spent ten minutes trying to discover whether we spoke Cockney rhyming slang or the Queen's English. Although we were declared 'posh girls', we taught them as much Cockney as we knew and they promised to spread it throughout America, we sincerely hope it happens." Bryony Wellburn Yr 12*

*"Being in New York was a fantastic experience. The people were friendly and willing to help which was a pleasant surprise considering that there is a myth that states that all New Yorkers are harsh to visitors. The galleries were stunningly amazing and the range of different artists and movements showed just how much of a diverse culture America has. Some fantastic moments included walking across Brooklyn Bridge on a windy evening, a lovely last night meal and finally getting to see paintings by Hopper!" Holly Harris Yr 13*

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# Barbados Netball Tour 2008

**O**n the 16<sup>th</sup> February 2008 during the half term a group of 48 girls accompanied by 5 teachers set off to Barbados for a thrilling and exciting holiday. We met at Heathrow early on the Saturday morning, checked in and made ourselves ready for the 8 hour flight there.

We arrived in Barbados at 5:35 and we escorted by coaches to The Dover Beach Hotel where we were to be staying. On our arrival we were allocated our rooms and we made our way there to start unpacking our stuff. After that we were given a brief meeting by our tour rep. and were given time to answer any questions. By this time we were all very tired and after a buffet at the hotel we all made our way back to our rooms to sleep and prepare for the next day.

**Day One:** What better way to kick start our holiday in Barbados than an island jeep safari. A fantastic way to visit some of the island's top tourist attractions and enjoy our first installment of the sun. This was a great opportunity to photograph some truly amazing sights and explore Barbados. That night we went for dinner at Woodpeckers where we enjoyed our first tastes of Bajan cuisine.



Playing one of our netball games

**Day two:** We set off to The Boatyard where we had three hours of beach access and loads of beach activities. A wide range of activities, volleyball, swimming, trampolines in the water and inflatable climbing walls made it enjoyable for everyone. After lunch we all returned to the hotel to prepare for our first netball game. Our first game was against a primary school St. Mary's. On hearing this we immediately thought 'a primary school, this will be easy!' In fact we were proved wrong when they beat us 22-3!! I guess someone had failed to mention that they were the champions of Barbados and they took netball VERY seriously! Anyway we had to be gracious in our defeat and were all extremely glad that game was over! We made our way back to the hotel to get ready for dinner at a restaurant called 'Jumbie's'.



Enjoying the glorious seaside activities

**Day Three:** Shopping time in Bridgetown, finally some time to shop! We walked around the capital, Bridgetown for two hours shopping. Later we had transfers to C.O Williams Rangers for the other team's first netball game. They also lost but at least their opponents were the same age as them! We returned to the hotel after yet another defeat and made our way to Bert's Bar for dinner.

**Day Four:** After eating breakfast at the hotel it was time for relaxing. Lazing by the poolside or down on the beach; after all we'd earned it! Then after some last minute coaching tips from Miss Morrish (we definitely needed them if we were going to even try and win!) teams A and B made their way to St. Lucy Secondary School

whilst teams C and D set off for Queen's College. After two hours of netball both groups were eager to get back to find out how the other teams had done. Team C won against Queen's College whilst all of the other teams had played some great games of netball. That evening we went to Harbour Lights Beach Extravaganza and Dinner show. This consisted of live entertainment, limbo dancing and a BBQ dinner. A fantastic night accompanied by a sensational show!

# Bullish Dulwich too much for Grey Coat

**Day Five:** Tours of the Harrison Caves. Another one of Barbados's main tourist attractions. A guided tour showed us around the caves and told us about the history. After, it was time for our final games of netball against Alexandra School and Unity Stars. Unfortunately no one won any of their games but by this time we were all glad that the netball was over and felt that our netball skills had improved enormously over the week. After a tiring day it was back to the hotel for dinner and one other celebration, Khadija's Birthday! Cakes had been provided for us and we all sung her happy birthday.

**Day Six:** Our most enjoyable day so far. For six hours we lay relaxing on a Tiami Catamaran Cruise. Snorkeling with turtles, sunbathing and dancing on the roof, accompanied by the warm sunshine and crystal-clear sea made this a fantastic experience. This day really gave us the chance to appreciate the gorgeous weather in Barbados. To finish the day off we went to a Bajan Roots and Rhythms show full of dancing, fire-eating and plenty of limbo dancing! Miss Bryant even had a chance to show off her limbo skills!

**Day Seven:** Our last day in Barbados. After our final breakfast in the hotel we made our way to Ocean Park, an outdoor aquarium. It was great fun and we all got the opportunity to view all of the sea life Barbados had to offer. That evening we went to Jumbie's for our last meal together. After we walked back to the hotel, took one final look at Barbados and got on a coach to the airport.

**Thank you** to Miss Heiskanen, Miss Bryant, Miss Morrish, Mrs Pickard and Mr. Pickard for an amazing holiday!

*Lucy Bairstow 9G*

**G**rey Coat Hospital put on another brave performance, but awful pitch conditions, blatantly bad refereeing and even the weather conspired against them to leave them on the wrong end of a 3-1 scoreline, despite a fine performance that saw Kahn becoming the club's record goal scorer with his second in two games.

GCH are fast becoming a respected side in the world of Sixth Form football and increasingly top sides are having to work harder to get results against the newly formed club, but still the illusive victory remains beyond them. The match began dreadfully, with GCH going 1-0 down after only ten minutes to an excellent run from Dulwich's William John-Collins; it was the sort of run GCH knew they would be missing in the absence of Banks, but Dulwich also would not see the likes of again, as John-Collins was promptly dismissed for his exhibitionist celebration. The goal jolted GCH into life and with the pitch leaving route one football the only viable option; Ayoko spent most of his time trying to hold the ball up while all too often taking a clattering from Dulwich's defence. Frustration clearly was taking its toll before a calm knock down to Kahn allowed the supporting striker to calmly slot past the keeper just before half time.

Wild was replaced by the attack-minded Conlon for the second half, and with Dulwich now playing with the wind, GCH's back three were constantly busy, Lawrence and Quanrud putting in fine performances against the feisty Dulwich wingers. Robinson added something to the GCH left wing, where most of the play now took place, but ultimately playing into the wind on an awful surface, GCH could get nothing from the game. It was no surprise when Dulwich scored a wonderful goal through Cornelius Clarence-Smith and Dulwich's third was not far behind; Rapuano was unlucky to be awarded the own goal considering there was little he could do to keep out a tame but accurate drive. GCH continued to push, but with every decision going against them, even the tireless running of Agbo was in vain. Ellesawy made a few trademark late runs, but time and again Dulwich players went to ground, or took GCH players down unpunished and in the end all players were happy to leave the pitch. Grey Coat knew they deserved more, but were never going to get it.



**Attendance:** 2

**Team:** Robert Edwards, Ahmed Ellesawy, Nicholas Quanrud, Simon Lawrence, Andrew Aldridge, Giorgio Rapuano, Patrick Conlon, Joe Wild, Kalim Khan, Stevie Robinson, Kingsley Agbo, Ryan Reid, Kevin Ayoko (Captain)

**Goals:** Kahn (29) **Manager:** Mr. Stephenson

**Coach:** Mr Powell