



## International Skiing

From Friday 26 January to Thursday 1 February, the boys' and girls' ski teams went to compete in the British International School Races. The girls' trip, led by Max Vendrig and Georgina Black, headed for Flaine, France, while the boys, led by James Bonomi and Gwilym Jones, returned to Wengen, Switzerland.

The Stoics all showed a tremendous amount of resilience, focus and discipline, competing over the course of several days following an intense training regime in the mountains. Martha Bond (Lower Sixth, West) and Harrison Debbage-Price (Lower Sixth, Chandos) unfortunately were injured during this training and so were unable to compete in the main event.

After two days of tough competition in both the Slalom and Giant Slalom, the girls were proud to come away with some personal bests and strong team times; especially given that this was the first time racing for several of the girls.

Returning to Wengen after their strong showing last year, the boys once again dominated the U21s, with Barnaby Schilder (Upper Sixth, Temple) taking a Gold, Bronze and a Cup in the final rankings. Special congratulations also go to Brooks Stevens (Fifth Form, Walpole), who very narrowly missed out on a Bronze in his division against some world-class competition.

Overall, they were incredibly successful and enjoyable trips. Both the boys and girls learned a great deal during their time away, and the teams returned to Stowe exhilarated and excited for the skiing to come. We look forward to next year and the competitions it holds.

### The Boys' Teams:

**A Team** - Captain - Conall Clarke (Upper Sixth, Bruce), Brooks Stevens (Fifth Form, Walpole), Barnaby Schilder (Upper Sixth, Temple) and Jasper Farhadi (Fourth Form, Bruce)

**B Team** - Captain - Harry Langford (Lower Sixth, Chandos), Toby Gross (Lower Sixth, Croft), Stepan Volkov (Lower Sixth, Bruce) and James Wilson (Fifth Form, Chandos)

**Individuals** - Henry Williams (Fifth Form, Grafton) and Harrison Debbage-Price (Lower Sixth, Chandos)

### The Girls' Teams:

Martha Bond (Lower Sixth, West) - Race Captain

**A Team** - Captain - Darcey Moran (Lower Sixth, West), Clover Longsdon (Third Form, Queen's) and Amber Gaskell-Brown (Fifth Form, Lyttelton)

**B Team** - Diana Horton (Third Form, Lyttelton) and Hope Bonsor (Third Form, Queen's)

**James Bonomi, Head of Skiing**



## Netball

Huge congratulations to our 1st team netball squad who have qualified for the National Finals and are therefore ranked in the top 16 teams in the Country.

The Regional tournament we attend is notoriously difficult to get through, as there are so many strong netball schools in the South of England region. On Saturday 3 February, Stowe were triumphant over Brighton College, Wellington College and Hurst, as well as three other schools, to emerge as one of the top two and therefore win our qualifying place. Another first was that Stowe also had the U14s and U16s playing at the same tournament. Both squads performed well and can be proud of their achievements. This is a big step forward for Stowe Netball, congratulations to all involved!

**Charlotte Calland, Head of Netball**





# Holocaust Memorial Evening

Stowe's annual Holocaust Memorial evening took place on Tuesday 30 January. The event featured a number of moving and thought-provoking contributions from the Drama, Modern Foreign Languages (MFL) and Music Departments, which focused on the 2024 theme: *Fragility of Freedom*.

Emily Gauvain (Fourth Form, Queen's) began the evening with a recital of Pavel Friedman's poem 'The Butterfly'. Julia Likierman (Fourth Form, Stanhope), along with other Fourth Form drama pupils shared a thought-provoking poem, 'Ballad of the Doomed Jews of Europe' written by her Uncle Arthur Szyk, a Polish Jew who was living in the USA during the war.

We also enjoyed a group performance from Drama of Paul King's 'Arbeit Macht Frei' and a very moving monologue from Orlando Mayhew (Fourth Form, Chatham). The monologue 'Stop Crying' was written by Ian Embelton and compiled from the personal accounts of Holocaust survivors. The contributions from Drama concluded with a recitation from Annabel Lloyd (Fifth Form, Stanhope) of Alexander Kimel's poem 'I Cannot Forget'.

The Music Department also provided

some emotionally resonating pieces, which added to the reflective mood of the evening. Jemima Pearson-Gee (Upper Sixth, Nugent) sang Hannah Szenes' 'Eli Eli' and we were delighted to welcome back Old Stoic Audrey Au (Lyttelton 21), who gave a very affecting performance of Samuel Cohen's 'Hatikvah' (The Hope).

We also enjoyed a review from The Lower School Academic Society (LSAS), who had recently been to see 'One Life', the biopic of Sir Nicolas Winton, one of the first Stoics. The review by Third Formers Leo Berry (Winton), Libby Doughty (Cheshire) and Patrick Kingsman (Winton) highlighted how much difference one person can make and reminded us why Winton remains such an inspiration to us all at Stowe today.

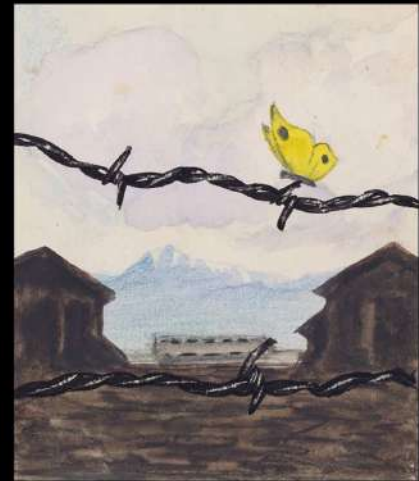
The evening closed with a performance by Stowe's Hebrew Choir, who sang 'Avinu Malkeinu'.

I would like to thank the Music, Drama and MFL Departments, LSAS and the Head who closed the evening with a thought-provoking reflection.

**Francesca Holloway,**  
**Head of Philosophy & Religion**



## Holocaust Memorial Evening



An evening of reflection, drama and music.  
Holocaust Memorial Day's 2024 Theme: *Fragility of Freedom*

Tuesday 30th January  
7.45pm Uglund Auditorium



# Valentine's Masquerade Ball



On Saturday 10 February the fundraising group organised a Sixth Form Masquerade Ball in the Marble Hall for Valentine's Day. The funds raised from the event were donated to Willen Hospice. This is an organisation who care for end-of-life patients. Not only does Willen Hospice care for those who are ill, but they also provide support and care for the families and friends of the patients. The Ball provided a welcome break from studies, with the opportunity to get dressed up and socialise. The photobooth was a major highlight

of the evening; always having a queue leading to the door. The vast array of props made each photo unique and special - a nice keepsake from the evening. The DJs in the Temple Room yielded their own crowd, with Stoics enjoying the upbeat music and opportunity for a good dance!

£4,000 was raised from the evening, which the fundraising team are delighted to donate to Willen Hospice.

**Sienna Houghton (Upper Sixth, West)**



# OBITUARY



# Ken Melber

Ken Melber, Stowe Head of Art 1987-1992, and Bruce Houseparent 1992-2000, sadly passed away on Friday 9 February 2024 after a relatively short battle with Alzheimer's.

When freed from the terraces at Middlesborough, Ken taught at Gateshead Tech, then at Okeni Teachers' Training College in Nigeria. After a spell back in the North-East, he went to Malawi, to help set up the brand new school of Kamuzo Academy, where he was Head of Art and a Housemaster. He spent a brief period at Framlingham, before he came to Stowe, becoming Head of Art and then Houseparent of Bruce House.

As Head of the Art Department, Ken's success and example were equally amazing, always working in harmony with Guy Scott (Father of current Head of Art Daniel Scott); his enthusiasm carried that mighty department along to levels of national fame, bringing Stowe enormous credit.

Bruce House was run by Ken in a very special way. Adjectives like unorthodox or even unique were used not inappropriately. It was seat-of-the-pants stuff sometimes, to be sure, but, behind the façade of the Northern wide boy, there was in fact shrewd and meticulous planning. Bruce House excelled in sport under Ken, even if it also distinguished itself by regularly coming last in the House singing competition. And what about those home-spun House plays, all blondes and lavatories? The boys respected Ken the way they respect all gifted Schoolmasters. They were grateful for his genial tolerance. At the same time, structures were set up and lines were drawn. They were generous ones but they could never be crossed. The boys were given reasons for their existence and this, of course, encouraged respect and obedience. More importantly, their loyalty came from their appreciation of Ken's instinctive kindness, his spontaneous awareness of another person's unease or need; also earning him the friendship of a number of grateful colleagues. Ken was technically an excellent artist, with a breadth of range, being a sculptor as well as a painter.

It was to his credit that he had the self-discipline to continue painting, even after he became a Houseparent. Alongside his strong sense of draughtmanship in drawing, he was inventive and experimental in painting, bringing this combination of discipline and imagination together in the final realisation of his work. The fact that he was a real practitioner, of course, made him such an inspirational teacher.

This connected with Ken's understanding of the pictures of the great artists: his ability to see their unique and extraordinary strengths and to explain this to others. In the Art and History of Art Department excursions to Venice, Florence and Paris, organised by Ken with

Crispin Robinson, many of Ken's strengths were brought together. He communicated his enthusiasm for his subject, not only in his obvious joy in seeing the works of the Great Masters, but also in finding a quiet couple of hours to go sketching by himself, thus, in both ways, setting an example to his pupils. These trips were among the highlights of some Stoics careers at School. They were meticulously structured and the pupils worked extremely hard. They will be remembered for their breath-taking cultural richness and also for their sense of fun and freedom. This was the magic of the Ken Melber balance. To achieve this, one must be an accomplished administrator, a fine teacher and a good companion; Ken was all of these.

Rugby was important in Ken's life. He played internationally for Malawi and, here, was much involved in the Buckingham Rugby Club. He helped with a number of different School teams at various levels, getting the most out of the boys with a mixture of enthusiasm, encouragement and sheer terror! As a referee, he never stopped talking and, when 'supporting' his own team on the touch-line, remarks would be heard such as "This team has more soft centres than a box of chocolates."

Behind all this is the figure of 'Our lass'. Ken and Annie supported and complemented each other wonderfully. And what Annie sometimes had to put up with! In Florence on one occasion, Ken thought that it would be a nice present to take her back a box of chocolates, each one wrapped in a picture of a different naked lady. When he gave a party for the Upper Sixth in 1999, all the boys (and the Houseparents) were instructed to turn up wearing the most vile ties and shirts that they could find. The only person not let into the secret was the hostess Annie, whose astonishment, after slaving away in preparation all day, might be imagined. Annie helped to keep Ken's feet on the ground and her disapproval struck more anguish into his being than an entire opposing Rugby Fifteen could ever begin to do.

Ken Melber's strength of administration, temperament, judgment, compassion and humour came together on the day of the Bruce House fire. These qualities assisted him after he left Stowe for his new post as Second Master and Head of Art at Wycliffe College in Gloucestershire and Head of a Junior School in the USA.

We send Annie, Kate and Steve (their daughter and son) our love, best wishes and condolences at the loss of such a wonderful and inspirational teacher, role model, father and husband.

The provisional date for Ken's funeral is Friday 1 March, in Harrogate, Yorkshire. If anyone would like to attend, please email [Steve Melber](mailto:Steve.Melber@stowe.org).



# HOCKEY

## County Tournament

In very tough, sodden and cold conditions the Third Form U14B hockey team had a spectacular day at the Bourbon astros, filled with some excellent hockey. The tournament included four matches, each with 15-minute halves, against some strong opposition.

The day started with a tough opponent in Sir William Borlase's Grammar School (SWBGS), both teams started brightly and the match was an even affair before Josh Reynolds (Winton) put home a quick counter attack to put Stowe 1-0 in front. In the second half Oscar Chiang's (Walpole) pace up the right wing was the difference with him scoring two more goals in quick succession to put the result beyond a doubt. The game finished 3-0 to Stowe in a game which had been played very evenly. Stowe had taken their chances and defended well. Most Valuable Player (MVP) was awarded to Oscar Chiang.

Stowe then played the Royal Grammar School High Wycombe, the opposition was struggling a little early on with some illness and injuries, and Stowe made it count with a goal in the first half from Josh Reynolds. The second half saw Stowe continued to dominate possession and territory. RGS defended well with their backs against the wall with Jimmy Speir (Chatham) finishing well on the back post. The game finished 2-0 to Stowe with the team feeling in the groove and ready for their next opponent. MVP was awarded to Jimmy Speir.

Great Marlow School were up next and had some impressive club players for Stowe to contend with, which proved a different challenge. Stowe managed to grab the first goal in an even game through Ralph Wessel (Chatham), with a messy but necessary finish. The Stoics went into half time with the game balanced and close, knowing they needed to improve their tackling and continue their great work rate. Stowe put all of this into place in the second half, however GMS broke through on the counter and James Gorton (Cobham) in goal had one vital save to prevent what would have been a crucial equaliser. From James' save the ball was picked up by Stowe and the team countered at pace, and a delightful through ball found its way to Josh Reynolds who finished the move with a brilliant first-time finish. The game ended 2-0 in a tough match with excellent quality all over the pitch from Stowe. MVP was awarded to Thomas Comino.

Stowe went into the last match knowing a win or draw would win them the tournament as John Hampden Grammar School (JHGS) were unbeaten, their only draw being against SWBGS. Stowe were very excited for the match knowing what a good result would mean and started at an electric pace that JHGS could not keep up with. Josh Reynolds quickly bagged himself two goals, then the match stayed much tighter. At half time with the score 2-0 the boys were reminded that only half the job was done and there was plenty more hockey to be played. The second half saw the Stoics continue to play great hockey, with Ogwe Ng'ong'a (Temple) scoring the goal of the day - after a great floated pass from Josh Reynolds, Ogwe finished from an acute angle, the ball pinging of the bottom left post and going in off the bottom of the right post, an incredible goal that boosted the boys' morale even higher. JHGS came back into the game and put together a great move to make it through Stowe's defence and finished neatly in the corner - this would be the only goal Stowe would concede on the day. Stowe finished the game strongly with Josh Reynolds getting the goal to complete his hat-trick and was duly awarded MVP. Stowe finished with a 4-1 win, to win the tournament.

A great day for the U14B team where they grew so much as a squad in a short amount of time and they can be very proud of their performances and results.

**Dominic Blackmore-Beales, Assistant Head of Hockey**



# Badminton

On Saturday 3 February, the boys' and girls' badminton teams travelled to Oundle School. The boys' 1st team produced an emphatic 15-3 win. 1st pair Arin Chatsuan (Upper Sixth, Grenville) and Oliver Dickmann-Peña (Fifth Form, Winton) were outstanding, winning all six of their games comfortably.

The boys' 2nd team produced another strong performance to win 12-6. All three pairs won four of their six games; a measure of the strength in depth of this team. All the boys' badminton teams remain unbeaten this term.

A valiant effort from our 1st team girls saw them go down 16-2 to a very strong Oundle side. It wasn't as one-sided as the score suggests as Stowe lost three games 14-15. A jubilant girls' 2nd team celebrated their first win of the season with a convincing 16-2 victory. All the girls' hard work in training is clearly paying off having lost 4-5 to the same team earlier in the season.

**Isaac Michael, Head of Badminton**



# Squash

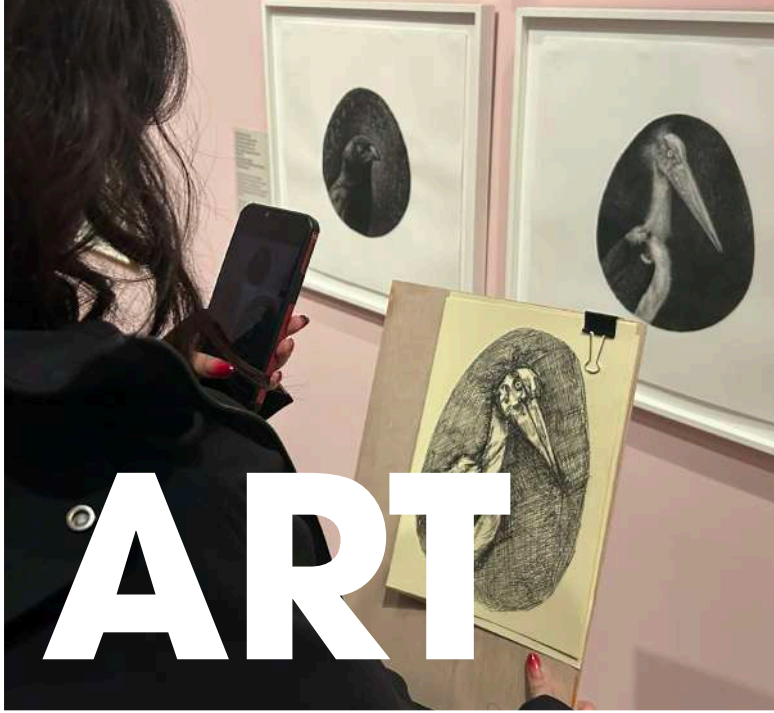
Our two boys' teams took on Rugby School on Saturday 20 January on the Drayson courts. Well done to both teams who recorded victories.

Squash is another sport that is on the rise at Stowe. The 1st team have had nine matches already this term, winning seven of them, beating Wellington, Marlborough, Cheltenham, St Edward's, Berkhamsted, The Leys and Rugby. Well done to the 1st team of Max Broom Smith (Upper Sixth, Cobham), Ronan Dhariwal-Mann (Lower Sixth, Temple), Henry Roberts (Lower Sixth, Chatham) and Toby Sutliff (Fourth Form, Bruce).

It was great to see the return of the Inter-House competition on Sunday 4 February. This year's Champions are:

Senior Boys - Temple  
Senior Girls - Nugent  
Junior Boys - Bruce

**James Knott, Head of Squash**



# ART

On Thursday 11 January the Fourth Form and Lower Sixth art pupils travelled to the Milton Keynes Gallery to see 'Beyond the Page' - a fascinating, eclectic exhibition of works celebrating South-Asian art, particularly miniature paintings, ranging from the Mughal Empire to contemporary works from Anglo-Indian heritage and perspectives. Both Year Groups, exploring their themes of 'reinvention' and 'past, present and future' had a wealth of material to inspire and draw from for their personal investigations and kick start their personal investigations.

Closer to home, our Watson Gallery has been busily hosting various still-life installations so Lower School pupils can learn how to make drawings from direct observation, exploring ratio, perspective and composition. At the end of January it was put to great use to test our new crop of hopeful Scholars, producing some fantastic, confident drawings. Ever changing, this space will now be returned to its white cube state in preparation for our eagerly awaited exhibition 'The Curwen Press Archives'.

With signed lithographs by Henry Moore, Graham Sutherland, Elisabeth Frink, John Piper, Lyn Chadwick, Paula Rego and the Centre's founder Stanley Jones, it is hard to imagine a finer selection of British 20th Century artists outside a National museum.

We warmly invite members of the Stowe community to join us on Saturday 2 March, 12.30pm for its official opening.

The exhibition runs from Saturday 2 to Friday 22 March 2024.

**Daniel Scott, Head of Art**



# CCF

## RAF Section: Inter-flight Competition

On Monday 5 February, the RAF section were delighted to welcome Sergeant Jones, our RAF Training Evaluations Support Officer, to judge a keenly fought inter-flight competition. The Cadets had already been praised at the parade by Major Arnold for the quality of their turnout; Cadets had been judged scrupulously on the turnout of their uniform and demonstrated key drill movements.

All flights impressed us in different ways, but congratulations to C Flight, led by Cpl Sunny He (Lower Sixth, Chatham), who was the overall winner.

**Imogen Adkins, CCF Acting Pilot Officer**

# Languages Society

On Wednesday 15 January, the Languages Society members were treated to four presentations by the Lower Sixth.

Leyla Baser (Lyttelton) gave a passionate talk about Austria and its culture, making us all want to visit Mozart's birthplace and enjoy a Schnitzel and an apfel strudel! George Smith (Winton) gave us an illuminated talk about Ancient Greece, its political system, and culture, reminding us how advanced the Greeks were thousands of years ago and how much we owe them. Greg Taylor (Chandos) spoke enthusiastically about Mauritius, his place of birth, bringing to life an island in the middle of the Indian Ocean, 2,000km East of Madagascar, its vibrant landscape and unique mix of cultures. Amélie Chue Nevertton, Isabella Fuller and Freddie Palmer (all Cheshire) finished the evening with a melting-pot of Occident versus Orient facts. Cleverly interweaving music with food, they showed us how different yet similar Eastern and Western cultures are.

Two weeks later, the Society had a global culinary quiz night, consisting of different rounds, all based on cuisine specifics, ingredient knowledge and culinary history. Much fun was had by all!

We are now looking forward to the next events, which will include a talk about the Languages of India (Wednesday 6 March) and the Languages Society Open Mic Night (Wednesday 20 March). If you would like to participate or find out more information, please [email me](#).

**Egle Formichetti (Upper Sixth, West)**



# Chinese New Year



Lunar New Year is one of the most important celebrations of the year within East and Southeast Asian cultures, including Chinese, Vietnamese and Korean communities, among others. Tied to the lunar calendar, the holiday began as a time for feasting and to honour household and heavenly deities, as well as ancestors.

Stowe held a dinner to celebrate this event on Saturday 10 February, and welcomed in the Year of the Dragon. The dragon symbolises energy, wisdom and protection. These are qualities which we all need to rise to the challenges of the modern world. 2024 is also the Year of Wood, which is associated with strength, warmth, co-operation and generosity. These traits were well displayed by Stoics during the dinner,

which was a wonderful meal of Cantonese style chicken, sauteed mooli and vegetables, crispy tofu in black bean sauce, rice noodles, chop suey noodles, prawn crackers and fortune cookies. This was followed by a desert of lemon grass, mango and coconut cheesecake pots, as well as chocolate brownies.

The International Prefects, Arin Chatsuan (Upper Sixth, Grenville), Danny Flames (Upper Sixth, Cobham), Molly Muhoho (Upper Sixth, Nugent) and Natalie Nylaende (Upper Sixth, Queen's) did an excellent job of welcoming people to the event and ensuring all had an enjoyable evening. The dinner was a fantastic way to bring in the New Year and mark the beginning of the Spring months.

**Fran Shah, Head of International Pupils**



## French Debating

On Thursday 9 February, Isabella Fuller and Amélie Chue Neverton (both Lower Sixth, Cheshire) took part in the Regional Finals of the Joutes Oratoires, a prestigious French debating competition organised by the French Institute. They debated two motions against Repton School with style and flair.

Both girls were congratulated for the quality of their French and excellent debating language. The girls lost only by one point and are ready to take on the next competition. Well done!

**Fanny Leluan, Head of French**



## Business

### Stowe Pupils Step Up to the Crease

On Friday 2 February, Harrison Newman (Fifth Form, Croft), Kaito Mbanefo and Martin Zhang (both Fifth Form, Grenville) showcased their commitment and innovative approach towards enhancing the digital footprint of the Stony Stratford Cricket Club (SSCC). Through their involvement in a competitive analysis and a social media audit, these Stoics demonstrated key Change Maker skills.

Their preparation for the meeting with SSCC illustrated their analytical abilities, understanding of social media dynamics, and strategic thinking. These skills are essential for working with the club and growing SSCC's presence across various digital platforms, aligning with the Club's objectives for 2024.

Their efforts reflect their capability to engage with current digital marketing trends and their potential to contribute significantly to SSCC's goals of increasing engagement, updating members, providing value to sponsors, and leveraging new sponsorship opportunities.

As we await the outcome of the interview, their initiative serves as an exemplary demonstration of the practical application of Change Maker skills in a real-world context.

**Dr Gordon West, Teacher of Business**





# ROWING

The conditions for our rowers on Saturday 20 January at the Northampton Regatta were challenging. You must be a tough person to be a rower, it is not an easy sport, so all the Stoics who went have our respect!

Stowe had three singles - Oliver Bicknell (Upper Sixth, Croft), Ari Lewis (Fifth Form, Walpole) and Hecco Harrison (Fourth Form, Temple); three doubles - Benjamin Cousins and Jasper Farhadi (both Fourth Form, Bruce), Omar Curtis-Bennett (Fourth Form, Chatham) and Max Poliza (Upper Sixth, Grenville), and India Gordon and Alice Watson (both Lower Sixth, Nugent). We also had two girls' quads; well done to Avá Taylor (Fourth Form, Lyttelton) who completed her first ever race; and a boys' eight and girls' eight.

## Hampton

The Stowe rowers took part in the big event at Hampton on Saturday 3 February. This event was eagerly anticipated because, due to the heavy Autumn rains, the current has been too fast-flowing for any events on the Thames since October.

It is a great credit to their enthusiasm that all the Stoics were at the coach by 6am, to arrive at Hampton before 8am. Juniors from far and wide did the same and the trailer park at Hampton was buzzing as nearly 2,000 Juniors piled-in, to fill the 600 boats taking part.

Stowe's morning racing was led by Ben Cousins (Fourth Form, Bruce) and Hecco Harrison (Fourth Form, Temple) in the boys' U15 doubles, and new rowers Alice Watson (Lower Sixth, Nugent) and India Gordon (Lower Sixth, Nugent), in the girls' U18 doubles. They were followed by the girls' quad, made up of Fourth Form Stanhope girls Bella Bawden, Jasmine Zheng, Agnès Edwards, Lorraine Yan and coxed by Aizere Brekesh. The boys' quad of Luca Grimble (Fourth Form, Croft),

Max Frohnsdorff (Fourth Form, Temple), Cameron Gray (Fifth Form, Temple), Ari Lewis (Fifth Form, Walpole) and coxed by Will Crabb (Upper Sixth, Croft) then competed.

In the afternoon they were joined in the boys' and girls' eights by Max Poliza (Upper Sixth, Grenville), Max Cowper-Hart (Upper Sixth, Winton), Oscar Beumer (Fourth Form, Chatham), Siri Zamir (Fourth Form, Stanhope) and Coco Bartoszewski (Fifth Form, Nugent). Both eights threw off the gremlins that had troubled them at Northampton and had solid rows. The girls' quad beat crews from several strong rowing schools including Tiffin, Surbiton High, three crews from Putney High, Godolfin, Sir William Perkins, Kew House. These schools all have clubs of 100 or more girls - so a great effort from our Stoics.

Ben and Hecco put in the most competitive performance of the day. They were not quite fast enough to beat the four doubles ahead of them, but there were only seconds in it; those crews were from clubs like Tideway Scullers - with a track record of not just competing at Henley but winning. Ben and Hecco are mixing with the pros. When compared to other schools, they were only two seconds adrift of Eton's U15 eight.

We now have a little time before the main event of the term, the Schools' Head at Putney. We hope that everyone can learn from our competitors, and we can raise the standard of our eights in the remaining weeks.

Many thanks to the Stowe families who supported the team at Hampton and to Mr Lewis for his beautiful pictures, which capture the moment, and to our two travelling reserves Luca Grimble and Avá Taylor (Fourth Form, Lyttelton), without whom the eights might not have raced.

**Andrew Rudkin, Head of Rowing**



# Equestrian

On Saturday 27 January, the Equestrian Team travelled to the Berkshire College of Agriculture (BCA) for the NSEA Eventer Challenge and Showjumping competition. It was a busy day with pupils competing in four classes. The main success came in the 90cm showjumping with Daisy Edwards (Fourth Form, Cheshire) taking First place, along with Lola Price (Third Form, Cheshire) taking Third and Honor Henry (Fifth Form, Stanhope) also in the top ten.

Sunday 4 February was a fantastic day for the Equestrian Team on a very windy day at Eland Lodge for the NSEA Eventer Challenge. Flora Edwards (Third Form, Queen's), Bunny Hales and Anabelle Robbins (both Fourth Form, Nugent) started the day with Team Second in the 80cm class. This trio, along with Daisy Edwards, then won First place in the 90cm class, with Anabelle Robbins winning First place individually as well. The girls all rode positively against strong competition around a very technical course of both show jumps and cross-country fences. All four girls have qualified for the Championships at Hickstead in May.

Our next big event is the Bloxham Eventer Challenge Championships on Sunday 18 February - we wish all our equestrian Stoics the best of luck!

Follow our new Stowe Equestrian Instagram account for all things horsey at Stowe! [@StoweEquestrian](#)

**Becky Coote, Head of Equestrian**



## Polo

Congratulations to Archie Heseltine (Lower Sixth, Cobham) who has been selected into the Hurlingham Polo Association (HPA) England Development Pathway. He played for a British Juniors team at Hickstead over the weekend.

Stowe's A team Captained by Lucas Stern (Upper Sixth, Grenville), with Luca Natella (Lower Sixth, Cobham) and Archie Hestletine took on Harrow A team. Harrow started with a six-goal head start due to the handicapping rules, so we had plenty of work to do from the beginning! In an exceptionally fast and furious game with an epic 2-point goal from Archie and amazing goals from both captain Lucas and Luca, our A team beat Harrow 18-16 in a nail-biting final chukka.

**Fiona Corthine, Head of Polo**



# Cross Country

Stowe held the Bucks Schools County Championships on Wednesday 7 February, with over 900 hundred runners taking part. Following their success at this event, the Cheshire girls of Lauren Webb (Fourth Form), Elsie Jacobs (Fourth Form) and Molly Davis (Third Form) will all represent Bucks at the National Finals in a month's time.

The next day, Thursday 8 February, Stowe sent a boys and girls U15 team of five runners each down to the Wellington College relays. Stowe again dominated the event, winning both categories comfortably. Both teams covered the 5 x 2k 10k relay in under 38 minutes in very soft conditions, showcasing the outstanding talent in our cross-country teams. Congratulations to all who competed.

**Andrew Arnold, Head of Cross Country**



# Digital Learning

## Do parents have the right skills?

As adults and even children, we are not taught ways of learning digital. Liz Williams CEO from Future Dot Now (a coalition of industry leaders focused on closing the digital skills gap for working age adults) highlighted this point recently when she was invited to Westminster to discuss the digital skills gap. "Culturally, it needs to change," she said. "We just assume that if we give somebody something, that's easy to use, that they'll be able to work it out. This needs to change, we need to train them in it."

So, none of us are taught digital, yet, as adults, we are thrust into the digital world, whether that be in our social lives or at work. Some of us adopt the transitions in technology and digital with enthusiasm but many do not.

## Why do some adults struggle?

When it comes to technology, its misuse might come down to:

- **Fear:** Many have fear: fear of change, fear of misunderstanding, fear they are behind others.
- **Lack of motivation:** Many do not feel motivated to use technology and might ask why they need to understand it.
- **Mistrust:** Many adults do not even trust technology.

If children grow up with 'easy to use' technology, they might develop gaps in digital skills when it comes to more complex technology. They then become adults who lack confidence to handle new technology in the workplace and beyond.

## How could this impact children?

Parents are not inclined to positively reinforce anything they fear or do not trust themselves. Parents and adults who work with children need to reflect on their own digital literacy. If they themselves don't think about their own positive and negative interactions, adjusting their use of technology accordingly, they might struggle to pass these skills on to their children.

In fact, **Internet Matters research** shows that parents who feel more confident online are more likely to see the positives of the internet.

## Engage with the same content

Engage with the same content that interests your children. Be present and try to understand as much as possible about the digital landscape your child interacts with to support greater understanding.

This could look like joining in with online gaming or using the same social media platforms. It means you get to understand how the apps and platforms work and the pitfalls to avoid. Additionally, you gain insight into the positives within these online spaces.

As parents, we cannot shy away from technology or the digital world. We have to adapt and learn to embrace it. After all, it will only grow and become an even more present part of the next generation's lives.

## Keep up open communication

Keep talking to your child about how they use their online spaces and why.

For example, your child might want to create content for platforms like YouTube or TikTok. After all, it's a fun activity to do with their friends. However, do they understand the implications of posting content online? Do they know the potential harms or how to handle them?

Discussing these interactions not only helps a child think critically about their digital space; it also helps you learn about platforms and your child's knowledge on dealing with issue. An open, positive narrative allows both parties to adapt and remain in control of their digital lives.

**Mike Rickner, Designated Safeguarding Lead**



# POLITICS

## Trip to London

After an inauspicious start to Thursday 11 January, which involved one Stoic sleeping through their alarm, our coach briefly breaking down, and a traffic jam that started just outside Chackmore and ended at Whitehall, we finally made it to the Houses of Parliament. There is nothing like stepping off the coach and visually drinking in Charles Barry's Neo-Gothic masterpiece. Its intricate detailing, vertical emphasis and large windows are a fitting expression of British conservative values and a beautiful, romanticised throwback to the past.

We didn't have long to admire its architectural merits before we were quickly ushered in for our guided tour of the Houses. We listened to Penny Mordaunt (Leader of the House of Commons) at the despatch box answering questions from the floor about the business of the House, but even more exciting were The Lords, who were discussing the Safety of Rwanda Bill. The Lords were in a fiery mood (especially many of the Conservative backbenchers) as the Government attempts to legally redefine Rwanda as a safe country. It was a perfect example to the pupils that whilst the Commons might have legal primacy over the Lords, those in the Lords are far more likely to defy the whips.

Whilst down in the visitor's centre, we met up with Greg Smith, our local Buckingham MP, who kindly popped down to speak to the pupils in between addressing the House of Commons about the importance of nuclear energy and energy security. Greg has always been the ultimate raconteur, although he did seem pleased to face fewer questions on fox hunting than in previous years, the contingent of Beaglers amongst the politics pupils being less than it has been.

An excellent 'pub lunch' in the Cabinet Room (the name of the function room of the Red Lion pub in Westminster, rather than 10 Downing Street) and a brief visit to the Supreme Court before heading to Covent Garden for a bit of retail therapy and dessert. The coach ride home was fortunately as uneventful as the trip down had been eventful. The Stoics, of course, behaved wonderfully and asked intelligent and knowledgeable questions throughout the day.

I'd also like to thank Ms Shah for coming with us - she perhaps shouldered the most essential and onerous burden of the day - myself!

**Simon Cole, Head of Politics**



## Chandos House Dinner

On Monday 5 February, the Chandos Sixth Form went out for dinner to the Grand Junction in Buckingham. It provided a welcome break from exam revision and UCAS preparation, and it was excellent to see the boys spend time together socially.

A large quantity of burgers and pizza were consumed, and all returned with very full stomachs! Many thanks to Ms Carter and Mr Freeman who helped to coordinate the trip, and to the boys for excellent behaviour whilst out of School.

**Francesca Shah, Chandos House Sixth Form Tutor**



## Service@Stowe

## Visiting the Elderly

Every Friday during Lent Term, a group of Stoics visit residents of the Hamilton House Care Home in Buckingham. Whilst there, they engage in conversations with the residents, ranging from the sports and musical activities the Stoics have been doing this term, to national events they are looking forward to. The Stoics have demonstrated some great development in their Change Maker skills whilst participating in this activity and have begun to forge some strong relationships with those they visit.

**Francesca Shah, Teacher of History and Politics**



# Basketball

On Thursday 25 January the 1st team hosted Radley. Radley started much the stronger team going in 14-10 up at the end of the first quarter. By half time, Stowe had levelled the game 19 a-piece. Harry Langford (Lower Sixth, Chandos) hit eight points including two 3-pointers as the team went ahead 39-35 at the end of the third quarter. Stowe edged the final quarter by one point to secure a hard-fought win 47-42. Harry Langford (Lower Sixth, Chandos) top scored with 23 points.

The ever-improving U16 team played Abingdon on Thursday 1 February. The U16 team made a strong start playing some great defence and by the end of the first quarter they led 10-4. The team continued their defensive dominance and went in at half-time 20-10 up. In the third quarter it was the Will Catley (Fourth Form, Chatham) (6 points) and Trisstan Prabakaran (Fourth Form, Winton) (5 points) show as they scored all the team's points.

The team continued to keep Abingdon at bay in the second half and ran out comfortable winners 42-28. Although he didn't score Tomisin Ibitoye (Fifth Form, Chandos) had an outstanding defensive game making multiple blocks and rebounds. Will Catley (Fourth Form, Chatham) top scored with 19 points.

On Saturday 3 February the 1st and U16 teams played Oundle. In the 1st team match, a strong start from Stowe saw the 1st team race into a 19-6 first quarter lead. Stowe continued their dominance for the rest of the match and ran out 57-25 winners. This was a strong whole team performance with nine out of the ten players getting on the scoresheet. The leading point scorers were: Harry Langford (Lower Sixth, Chandos) 13 points, Gilbert Xu (Lower Sixth, Chandos) 9 points, Edward Tyrer

(Lower Sixth, Grafton) 8 points and Emmanuel Brobby-Gyening (Upper Sixth, Chatham) 8 points.

The U16 team broke the School record for the U16s with a fantastic 99-24 win against Oundle. At the start of the game Stowe scored 30 points before Oundle were able to get any points on the board. The team worked very hard in defence and were prepared to break quickly whenever the opportunity arose. All ten players scored two or more baskets. The points scorers were:

Santiago Fernandez Garcia-Ramos (Third Form, Grenville) 22 points, Alexander Humphreys-von Bittschwan (Fifth Form, Grenville) 14 points, Will Catley (Fourth Form, Chatham) 14 points, Kaito Mbanefo (Fifth Form, Grenville) 10 points, Tomisin Ibitoye (Fifth Form, Chandos) 10 points, Trisstan Prabakaran (Fourth Form, Winton) 8 points, Amory Baxter (Fifth Form, Cobham) 7 points, Sasha Whowell (Fifth Form, Walpole) 6 points, Will Harrison (Fourth Form, Chandos) 4 points and Ziggy Shannon (Fourth Form, Walpole) 4 points.

The Junior Inter-House Basketball Competition for Third and Fourth Form boys and girls took place on Sunday 4 February 2024.

In the girls' competition, Queen's and Lytton tied on four points each, but Queen's were crowned 2024 Champions as they had a better goal difference.

In the boys' competition, Walpole won group two and played Chandos in the Semi-Final, which Walpole won 9-2. Grenville won group one and went on to beat Winton 6-2. Grenville were crowned Champions after a 4-2 win over Walpole in the Final.

**Isaac Michael, Head of Basketball**



## England 300m Indoor Silver Medalist

Congratulations to Mary Taylor (Third Form, Stanhope) who competed in the National Indoor Athletics Championships at Sheffield over the weekend of 10-11 February. Having qualified for the Final of the 300m by Winning her heat on Saturday, she then lined up in the Final on Sunday.

Mary ran the race of her life to come Second in the Country, running 40.99 seconds; which beats the School record by nearly five seconds!

Mary was in one of the fastest U15 England Indoor Finals that has ever been run, and her time puts her at ninth on the all-time list of UK girls in the U15 300m Indoor Event - quite an achievement, well done Mary!

**Grant Seeley, Head of Athletics**

## Hockey

The 1st team had a thrilling Cup match against Sir William Borlase's Grammar School on Wednesday 10 January. Stowe were 4-0 down to a very experienced opposition team for much of the match, however, with 12 minutes to go Jonty Fraser (Upper Sixth, Cobham) scored a miraculous reverse hit off a speculative aerial and the team suddenly came to life. Louis Morgan-Smith (Lower Sixth, Bruce) scored two good team goals and in the last seconds of the match Wilf Pickard (Upper Sixth, Cobham) smashed home a short corner to even the game at full time. We then played alternate shuffles, but after ten each we were still level. In the end we didn't win, but it was a superb and very exciting performance.

On Saturday 20 January twelve teams played Rugby School, with the highlights coming for the U15As who won 1-0 after a last-minute short corner, and the U15Bs who won 2-0. In another well-matched block, there were four draws, well done in particular to the 2nd team and Yearling Bs.

In the Inter-House competition held on Saturday 3 February, the Junior final was between Winton and Chatham. Winton are this year's Champions winning 1-0. In the Intermediate competition Croft beat Walpole 1-0 and are this year's Champions.

**Ben Scott, Head of Hockey**

# LAW Mock Trial 2024

On Saturday 3 February, Stowe hosted the Regional Heats for the Young Citizens' Independent School Mock Trial Competition. We were joined by pupils from St John's College Oxford International College, Edgbaston High School for Girls, Cardiff Sixth Form College, Princethorpe College and Piper's Corner School.

The Independent School Mock Trial Competition helps young people understand how the law touches every aspect of their lives, gaining an insight into how the legal justice system works. Schools are given access to resources, including specially written criminal cases, to help teams prepare legal arguments. After preparation, teams take part in Regional Heats and go head-to-head with other schools to prosecute and defend the cases.

In the first round of the day, Stowe were the prosecution for a case about the theft of data on a computer. Lily-Anne Moon (Upper Sixth, Nugent) and Alina Rabyk (Upper Sixth, West) took on the role of barristers very well, making some strong statements to the court and also questioning witnesses well. The prosecution witnesses for this case were played by Romayo Seaton (Lower Sixth, Cobham) and Araan Sobhan (Upper Sixth, Bruce), who had learnt their witness statements so well, they were able to answer all questions posed to them on the stand.

The second round involved Stowe acting as the defence team in a case about a protestor causing a public nuisance. Sirmour Bala (Lower Sixth, Grenville) and Isabelle Hunponu-Wusu (Lower Sixth, Stanhope) were the barristers for the case, and put together some strong speeches arguing that the defendant was not guilty. The defence witnesses for this case were played by Xavier Nylaende (Lower Sixth, Bruce) and Andrii Mamakin (Fifth Form, Temple), who effectively played on the emotions of the court to garner sympathy from the jury. This worked in their favour, with the jury deciding that the defendant was not guilty. A great win for the Stowe team!

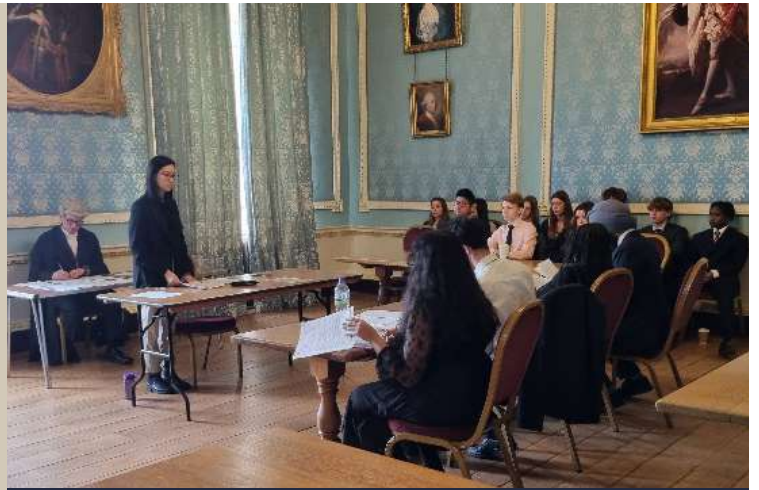
Round Three saw the defence team in action again, this time trying to defend a case related to theft of digital property. Again, Stowe gave an excellent performance in this round, aided by Harry Langford (Lower Sixth, Chandos), who was the Court Clerk and usher in all three rounds.

After some difficult trials, the pupils were then granted the opportunity to have a Q&A session with the judges, all of whom have worked in a Magistrates Court, and some have even worked in the High Courts. Jos Honour, Christopher Tyrer, Peter Marquard, Sharzad Aziz and Nicholas Easterman all answered the questions well and gave a really great insight into life in the legal profession. It was an excellent opportunity to learn more about the UK legal system and roles involved in this.

The day ended with the Winners of the Regional Heat being announced, the honour being given to Piper's Corner School. Despite not winning the overall competition, Stowe pupils were highly commended for their efforts.

The team from Stowe did an excellent job in preparing for the trial, and also represented the School fantastically on the day itself, not just in terms of the trials, but also in terms of ensuring all visitors were well cared for. I would like to take this opportunity to thank the Catering Department and House Staff teams for supporting the event, which would not have been able to go ahead without their help.

**Fran Shah, Teacher of Politics & History**



## Pupil Perspective

Five schools came to Stowe for the Regional Heats of the Mock Trial Competition. Stowe itself submitted a prosecution and defence team. As part of the Mock Trial Competition, we had to learn how a court works as well as what each role carried out entails. Unfortunately, Stowe did not qualify for the next round of the competition. There were two different cases throughout the day, with the first one following unauthorised access to a computer and the second following disorderly behaviour during a protest. During this process our barristers learnt how to examine large amounts of evidence and present them in a clear and convincing manner. Our witnesses learnt to follow their statements and improvise when asked questions that didn't relate to statements. Our advice for the team next year is to assess all possible answers to questions they may be asked and therefore be more prepared. Next year's team should also take more advantage of opening and closing statements as they are the only time that a barrister directly addresses the jury and is able to affect the outcome of the case.

**Araan Sobhan (Upper Sixth, Bruce)**



## Law Society: Insight into Corporate Fraud

The Law Society hosted a talk on Thursday 25 January, delving into the complex corporate fraud world. The evening started with a pre-talk BBQ for Law Society members, followed by the highlight of the evening, a presentation by Simon Cuerden.

Currently a Senior Partner at Deloitte, Simon leads the Fraud, Data, and Disputes Team within the Forensic business sector in the UK. His team, comprising 140 dedicated professionals, specialises in navigating the intricate landscapes of corporate fraud, data analysis and dispute resolution.

Simon's career, notably as a forensic partner with both Deloitte and PwC, has equipped him with invaluable insights into the mechanics of corporate fraud

and the measures required to combat it. Throughout his tenure, Simon has played a pivotal role in overseeing investigations into sensitive incidents that have attracted public, regulatory and government scrutiny, both in the UK and internationally.

The presentation was not only informative but also incredibly relevant for anyone with an interest in business, economics and law. It provided a rare opportunity for pupils studying these subjects, and for younger pupils contemplating their A Level choices, to gain first hand knowledge from a leading expert in the field.

**Dr Gordon West, Law Society & Head of Futures**



# Harry Potter Book Night

Friday 2 February saw the Library transformed into Hogwarts for the evening for Harry Potter Book Night. The pupils were split into the Hogwarts Houses of Gryffindor, Slytherin and Hufflepuff. Sadly, we didn't have any Ravenclaws, as they were attending an additional Potions Class!

The atmosphere was very tense as pupils answered questions on the wizarding world, creatures from the Harry Potter books, as well as a 'who's who' round.

The Harry Potter fans knowledge was really put to the test when they were quizzed on statistics

and facts from Potter World! Would you be able to answer when the first Harry Potter book was released or name Ron Weasley's brothers?

The winners of the quiz were Slytherin, consisting of Joseph Albertella, James Bartle-Jones, Arthur Gee, Finlay Nasmyth and Samuel Watson (all Upper Sixth, Chandos), with Hufflepuff and Gryffindor not far behind.

Congratulations to everyone who took part in a very lively and entertaining evening.

**Lucinda Stockley-Battams, School Librarian**  
**& Samantha Keiller, Assistant Librarian**



## Rhian Tracey's new book launch

Thursday 29 February sees the release of our very own teacher of Skills Development, Rhian Tracey's new book 'Hide and Seek'.

The book is a thrilling mystery adventure based on true historical events. Before the war starts, Ned is resigned to a future working in the family funeral parlour. Then the covert operations at Bletchley Park begin and his life is transformed. Ned and his mother leave Bletchley Park on a vital wartime mission into the remote Welsh countryside. Their task: to protect the priceless artwork that is being stored in a slate mine in the village of Manod. As long as its whereabouts are secret, they'll keep the national treasures out of the hands of the enemy. But when it appears that someone in the village is trying to expose the truth, suspicion turns to the newcomers - Ned, his Mother, and a young Jewish refugee Anni. Can Ned, Anni and their friend Harri prove their loyalty to the mission and keep the secret safe? A gripping wartime story, perfect for fans of Phil Earle, Robin Stevens, Lesley Parr and Hilary McKay.

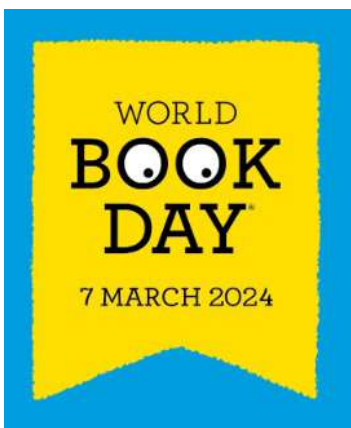
Rhian has been writing books (including 'I, Spy: A Bletchley Park Mystery') since she was five years old. Rhian has a BA in English Literature from Aberystwyth University and a PGCE in English and Drama Teaching from Cheltenham and Gloucester University.

On World Book Day, Thursday 7 March, Rhian will be talking to our Third Formers with pupils from Swanbourne House and Winchester House Schools also joining. Pupils will hear what the story is about and have the opportunity to ask questions; they will also be able to purchase books and have them signed at the event.

In partnership with World Book Day, Rhian has made a **video**, filmed at Stowe, about her novels, reading outside and books she recommends.

**Lucinda Stockley-Battams, School Librarian**

**You can pre-order here**



## Get Caught Reading - World Book Day Competition

To have a bit of fun this Half Term in the lead up to World Book Day on Thursday 7 March, the Library is running a competition for pupils to read in unusual places. This could be on a roller coaster, in a tractor, on top of a bookcase or at a holiday destination - we know our pupils will enjoy being creative and we can't wait to see what and where they have been caught out reading!

Please send your pictures by **email** by Friday 1 March.

**Lucinda Stockley-Battams, School Librarian**



# RUGBY

On Wednesday 7 February, the Junior Colts took on St Ambrose College in the Quarter Finals of the National Schools Cup. The 3pm kick off ensured there was a lively atmosphere and plenty of support for the Stoics on the pitch and they responded with a spectacular start!

Centre Will Catley (Chatham) powered his way over for the first try in the opening minutes and this was followed by Charlie King (Croft) winning possession in his own half and sprinting home from 60m to send the Stoics on the sidelines into raptures. Scrum half Finn Cloete (Bruce) used his pace and vision to set up flying winger Josh Williams (Grenville) to race under the posts. King was on hand again to crash over the line as the Stowe pack drove their opponents over the line from a lineout maul from 15m. Centre Ollie Jones (Bruce) used his magical footwork to unlock the defence and finished with an equally impressive swan dive to spark further celebrations which saw the Stoics take a commanding 29-0 lead into the break.

The second half started in much the same vein, despite St Ambrose throwing everything into their attack, the Stoics held firm in defence as Williams crossed for his second try. The press defence was on hand again a few minutes later as they forced St Ambrose into a mistake and Catley pounced to win the loose ball and dive over for his second of the match. With the opposition tiring, winger Dan Calland (Chatham) was on hand to dive over in the corner and fly half Eddie Hartigan (Grafton) slotted the touchline conversion which brought a premature end to the match with the score reaching 50-0.

We now travel to Aylesbury RFC on Sunday 3 March to play last year's winners; Northampton School for Boys, for the chance to get to the Final at Twickenham.

**Grant Seely, Director of Rugby & Head of Athletics**



# Lacrosse

An extremely mature and calculated performance from the 1st X in their 6-4 win over Loughborough University 3rd team on Friday 19 January. Maddie Baker (Lower Sixth, Queen's) contributed four goals and one assist, and it was a top-to-bottom team win to be proud of.

Although the 2nd X game was called off, the 3rd X were able to play on St Albans' Astro, finishing with a 7-2 loss. Beatrice Pinner (Third Form, Stanhope) in her Senior debut in net made some great saves, while Martha Robertson (Upper Sixth, Stanhope) got a brace of goals.

The U15s, led by Emily Gauvain (Fourth Form, Queen's), had a good match against Tudor Hall 1st team on Friday 2 February under floodlights, with Mary Jones (Fourth Form, Cheshire) and Eva Muirhead (Fourth Form, Queen's) getting on the scoresheet.

The 1st and 2nd teams travelled to Cheltenham on Saturday 3 February to continue their preparations for the big tournaments at the end of term. The 2nd team continue their particularly strong season.

**Rob Ingham Clark, Head of Lacrosse**

# Sport In Brief



## Hockey

The 16A hockey team are currently undefeated on a Saturday this season, after a win against Bromsgrove on Saturday 10 February.

## Netball

The 1st team put on a dominant and very impressive display in the Drayson Hall on Friday 19 January, convincingly beating Rugby School 42-18. Izzy Kaye (Upper Sixth, Cheshire), Anna-Maria Collinge (Lower Sixth, Nugent), Lottie Moffat (Upper Sixth, Nugent) and N'dea Lambert (Lower Sixth, West) were outstanding. On Saturday 20 January, the highlights of the 16-team block against Rugby were another win for the 2nd team and the U14D team and draws for the U15C and Ds.

## Rugby

The Seniors and U16s went to Pangbourne College on Sunday 4 February. The 1st squad won all four of their matches with Thomas Mayo (Upper Sixth, Croft) and Giovanni Way (Lower Sixth, Bruce) leading the scoring. The U16s won two and lost two.

## Football

On Thursday 25 January, before Exeat, our girls' 1st team played Rugby School on the North Front. Stowe won the match 1-0 with Flora McCullough (Lower Sixth, West) scoring the winning goal.

On Wednesday 31 January, the boys' teams played Pangbourne, winning all three matches with an aggregate of 12 goals to 1.

## Tennis

The boys Winter 1st team beat Bedford Modern on Wednesday 17 January, with Arin Chatsuwon (Upper Sixth, Grenville) and Bear Hewlett (Lower Sixth, Cobham) on fine form winning all their matches.

## Table Tennis

Emmanuel Brobbey-Gyening (Upper Sixth, Chatham) has been the driving force behind getting a team together to play Inter-School matches. We played Radley in the first match on Thursday 1 February, with more to come this term.

# POLITICS

## Parliament Teacher Ambassador Programme

From Monday 29 to Wednesday 31 January, I spent three days in Parliament, as part of the Parliament Teacher Ambassador Programme. 70 teachers from across the UK came together to learn more about the inner workings of the Houses of Commons and Lords, with the aim that they will utilise this knowledge to educate as many young people as possible.

During my time on the course, I had the pleasure of having a tour of the Speaker's House, and meeting with Sir Lindsay Hoyle (Speaker of the House of Commons since 2019) to discover more about his unique role in the House of Commons. He was incredibly enthusiastic about encouraging young people to get involved in the political process, especially as this year is likely to be an election year. I was also granted the opportunity to meet with Baroness McIntosh of Hudnall and the Rt Hon Lord McFall, the Lord Speaker, to find out more about the relationship between the two Houses which make up our Parliament, and the work of the peers.

On Tuesday 30 January, I was given a tour of the House of Lords, including the Monarch's robing room and entrance, and was also able to witness the procession of the Speaker into the Commons and observe Question Time on topics related to the Foreign Office. On the final day of the course, I spent time with Elliott Colburn (MP), who gave a fascinating insight into the work of the Petitions Committee. Having developed my own subject knowledge, I now hope to bring this back to the Politics and PSHE Departments at Stowe, as well as to other schools. This would allow the Stowe to become a Parliament Teacher Ambassador School.

**Fran Shah, Teacher of History & Politics**



## Myles Henry Award and Gap Award

On Monday 5 February Stowe awarded the Myles Henry Award and Gap Award to deserving Sixth Form applicants. Both awards assist pupils financially in their planned volunteering project abroad or closer to home. The chosen volunteering project can be environmental or humanitarian, however it must be a nonprofit organisation. Applicants should spend a minimum of two months volunteering for the Gap Award and a minimum of two weeks for the Myles Henry Award. The winners will have to attend a travel safety course and after completion pupils will have to write a report for one of Stowe's publications and present their travel and volunteering experience to Stoics.

Applicants presented their project and travel plans to an experienced panel of judges who had the opportunity to ask probing questions at the end of the presentation. For the first time, this year, all the volunteering destinations are in Africa. Presentations included the introduction to the volunteering project, the benefits to the Stoics as well as financial budgeting and how the funds will be raised.

This year the judging panel consisted of past winners Alex Dens (Grenville 22) (Gap Award 2022), Martha Blake (Upper Sixth, Cheshire), Annie Flint (Upper Sixth, Queen's), Martha Robertson (Upper Sixth, Stanhope) and Jemima Dare (Upper Sixth, Queen's) (Gap/Myles Henry Award 2023) as well as Ms Shah and Ms Guntner.

Congratulations to this year's winner of the Gap Award, Alice Bryant (Upper Sixth, Queen's) and Sandrine Van Grembergen (Lower Sixth, Queen's) and Amadea Baxter (Lower Sixth, Nugent) for their Myles Henry Award.

Any Stoics interested in applying for either award next year or who would like some gap year inspiration should [email me](#).

**Luci Guntner, Gap Award Coordinator**





# OLD STOIC SOCIETY



The Old Stoic Society team are busy planning the 2024 OSS events programme. After the extraordinary Centenary Year, we are keen to keep the high levels of engagement and attendance at events, bringing the Old Stoic community together. Following feedback from our members and from the OSS Committees, we will see the return of some of our favourites, as well as some new events in the calendar.

On Sunday 17 March, the OS Sport Festival returns. It promises great sporting rivalry in a range of sports, with OS teams pitted against some of our finest Stoic teams. Sports include mens' and womens' hockey, football, cross country, squash, clay pigeon shooting, lacrosse, fives and tennis. After the competition, all OS competitors and their families will come together for lunch. Tickets are free and can be booked [here](#).

New for this year, there is an inaugural launch event in April for our OS Croft Committee, who are dedicated in making the Society work hard for its younger members (aged 18-30). We will also be extending our university drinks events for younger members around the country where they can meet, mingle and mentor. Keep an eye on our website for a venue near you.

The OSS is proud of the business networking and careers support we give to Old Stoics and Stoics alike. Once again, this year we will be hosting careers events at Stowe where our members will be sharing advice, guidance and inspirational tales from their own personal journeys. We will also be hosting industry events in London relating to property, banking and insurance - what better way to inform and motivate Stoics in future decision-making.

In addition, our ever-popular horse racing events will be in the calendar, and you still have the chance to buy a share in a Stowe racehorse. Plus, we will be hosting wine tasting, class reunions, regional lunches and a new Christmas event.

During 2024, we will remain true to our aims of connecting our members across the generations and rekindling friendships. To learn more about the Society and what it can do for you, please go to our [website](#) or [email us](#).

**Charlie Evans, OSS Events Manager**

# Old Stoics Rugby Success

Three Old Stoics, Will Plessis (Grenville 23), Henry Pollock (Grafton 23) and Archie McParland (Temple 23), have been selected for the Under 20s Six Nations squads. The first match saw Will, who plays for Wales, lining up against Henry and Archie for England. England won the match on Friday 9 February with Archie scoring a try!

Stowe mail



**Coming Soon:**

## The Fray (or How I made my Return)

As Stowemail readers will know, next Month I will be performing over a dozen new songs at a concert in The Ugland on Thursday 7 March at 7.45pm entitled 'An Evening with Dr Andrew Webber and the (new) Hyacinth Girls'. As well as the Hyacinth Girls, I will be joined by a number of special guests on the evening.

Tickets can be reserved [here](#).

As we are beginning to move out of the darker months and the snowdrops are in bloom, you might like to read the lyrics I wrote for one of the songs we will be playing. It was given a "sneak peek" at a Lunchtime Concert last December, but now, as Spring gathers momentum, it seems appropriate to share it with you.

I am sure I speak for most of us when I say that we are all looking forward to being lost, again, in the colours of the Stowe Landscape Gardens.

### Lost in Colour

*I'm lost in colour, lost in colour, lost in colour.  
I'm lost in colours of my own creation,  
I'm lost in places I can never see,  
You're wandering through woods, 'cross streams and cornfields,  
I dream in words that never ought to be.*

*The more I speak the more I lose my language,  
The more I hear the less I know my tongue,  
The more I feel the heartbeat of my children,  
The more I wonder what I have become.*

*I'm thinking of an ending that is perfect,  
I'm searching for a way to make it rhyme,  
In earth, we are connected with the ancients,  
At one with things that no words can define.*

*I'm lost in colour, lost in colour, lost in colour.*

**Dr Andrew Webber, Teacher of Film, Media & English**





# Healthy Diet, Healthy Body

## Top tips for healthy eating and exercise

On Tuesday 23 January, George Coote (Stowe Head of Strength and Conditioning) presented about diet and exercise. The talk was tailored for 13-18 year olds in an active School setting and George shared valuable insights to enhance the health and wellbeing of busy pupils.

### Eat a rainbow-coloured plate of food:

Incorporating a variety of fruits and vegetables into every meal is important. The different colours represent different nutrients and vitamins, which are essential for a growing body. For instance, reds (like tomatoes and strawberries) are good for the heart, while greens (such as spinach and broccoli) strengthen bones and muscles.

### Avoid Processed Foods:

Processed foods often contain high levels of sugar, salt and unhealthy fats, which can lead to health issues such as obesity, high blood pressure, and diabetes. Encourage eating whole, unprocessed foods, for example whole grains, lean proteins, and healthy fats found in nuts and seeds.

### Balanced Meals Are Key:

Ensure that each meal is well-balanced, containing a good mix of carbohydrates, proteins, and fats. Carbohydrates provide energy, which is particularly important for active children. Proteins are essential for growth and repair, whilst healthy fats support brain development.

### Stay Hydrated:

Drinking enough water is crucial, especially for active individuals. It helps to maintain concentration levels and supports overall physical performance. Avoid sugary drinks and opt for water, herbal teas, or diluted fruit juices.

### Regular, Varied Exercise:

Encourage a mix of aerobic (like running, swimming, or cycling), strength-building (such as bodyweight exercises or light resistance training), and flexibility exercises (yoga or stretching). This variety helps prevent boredom and ensures a well-rounded fitness regime.

### Listen to Your Body:

Teach children to be mindful of their bodies' signals. Eating when hungry and stopping when full can help maintain a healthy weight. Rest and recovery are also vital, especially after exercise or during periods of growth.

### Plan Ahead:

For busy school days, planning meals and snacks in advance can ensure that children have access to healthy options. Preparing food at home allows control over ingredients and portions, promoting better food choices.

### Limit Screen Time:

Encourage activities that get children moving and limit sedentary behaviours like prolonged screen time. This promotes a more active lifestyle and better sleep patterns.

George's recommendations focus on creating a healthy, sustainable lifestyle for Stoics, recognising the challenges of balancing academic commitments with physical well-being. Adopting these habits early can set the foundation for a lifetime of health and fitness.

**Dr Gordon West, Croft Houseparent**

# LGBT History Month

The 2024 theme celebrates LGBT+ peoples' contribution to the field of medicine and healthcare both historically and today.

LGBT+ History Month first took place in the UK in 2005 and it now takes place in February every year. This month raises awareness on the impact that LGBT+ people have had on history and recognises their achievements in shaping all of our lives today. Celebrating LGBT+ History Month means learning about some of the amazing LGBT+ historical icons that have trailblazed through history and

brought about changes that benefit us all.

What can you do to support people who are LGBT+; Stand up for the rights of others by being an ally and support our young pupils by making Stowe an inclusive safe for everyone.

Pride Society meets every Monday at 4.30 pm in the Ante Library. Pupils, Staff and allies of the community are very welcome to come along. There is cake or biscuits most weeks!

**Lucinda Stockley-Battams, Pride Society**





# Chemistry & Medicinal Chemistry at Newcastle University

Kiera Haines (Lyttelton 22) a second year student at Newcastle University, offered an in-depth overview of the University's Chemistry programme and its significance both within the UK and globally.

The presentation began by outlining the Chemistry programme at Newcastle University, emphasising its contribution to the UK economy and its importance across various industries.

## **Career Opportunities for Graduates:**

Kiera highlights the diverse career paths available to chemistry graduates, encompassing roles in research and development, teaching, and beyond. This section underscores the versatility of a chemistry degree.

## **Commitment to Research and Sustainability:**

The University's dedication to cutting-edge research and sustainable practices is emphasised. This part of the presentation showcases Newcastle's leadership in environmentally conscious scientific exploration.

## **Studying for Enjoyment and Personal Interest:**

A unique aspect of the presentation is the encouragement to pursue chemistry for personal growth and satisfaction, not just for career prospects.

**Course Structure and Facilities:** Kiera details the course offerings, including the balance between theoretical knowledge and practical

skills. The modern facilities available to students at Newcastle University are also highlighted.

**Student Support and Wellbeing:** The presentation addresses the comprehensive support system available for students, including mental health resources and academic assistance, ensuring a well-rounded university experience.

**Global Reach and Diverse Community:** The global impact of the University and its diverse, inclusive community is showcased, highlighting its international connections and multicultural environment.

## **Practical Skills and Workplace Preparation:**

The focus on equipping students with practical skills that are directly applicable in the workplace and preparing graduates for immediate entry into the professional world is discussed.

Kiera's presentation concludes with an invitation to prospective students to explore what Newcastle University has to offer, emphasising the unique blend of academic excellence, practical skills training, and a supportive community. This presentation, with its comprehensive and engaging content, would be a valuable resource for prospective students and those interested in the field of chemistry.

You can watch the presentation [here](#).

**Dr Gordon West, Head of Futures**

# FUTURES

## **Embarking on the Journey to Elite US Colleges: Insights from Harvard Graduates**

In an inspiring session recorded on Tuesday 30 January 2024, esteemed Harvard graduates Vanesa Perea and Felix Bulwa offered an enlightening overview of the path to prestigious US colleges. Their comprehensive talk, aimed at prospective students and their supporters, shed light on the intricacies of the US college application process, with a spotlight on life at Harvard University.

The Common Application, a pivotal platform for undergraduate admissions across many US colleges, was demystified by our speakers. They underscored the critical role of a meticulously crafted personal statement in illustrating an applicant's unique personality and accomplishments. Vanesa and Felix shared indispensable advice on how to make a personal statement not just informative but genuinely engaging, ensuring it reflects the individual's distinct journey and aspirations.

A standout personal statement is more than just a list of achievements; it is a narrative that intertwines one's experiences, dreams, and traits. Our Harvard alumni provided strategic tips on composing a compelling narrative that captures the attention of admissions committees, highlighting the importance of authenticity and a clear, personal voice in making an application memorable.

Choosing the right recommenders and guiding them to highlight key aspects of your character and achievements is vital. The session covered the significance of recommenders' contributions to an application, offering insights into selecting individuals who can provide the most impactful endorsements and how they can craft letters that resonate with admissions officers.

## **Experiencing Life at Harvard University**

Vanesa and Felix offered a glimpse into the life of a Harvard student, covering the academic challenges, the vibrant extracurricular scene, and opportunities for personal growth. They shared their experiences with Harvard's esteemed sports teams, like the Crimson Football Team, and involvement in student-run publications, such as The Harvard Crimson, painting a vivid picture of campus life.

The session wrapped up with a question and answer segment, allowing Vanesa and Felix to address specific queries from the audience. This segment provided a personalised touch, offering bespoke advice and further insights into navigating the journey to an elite college. You can watch the session [here](#).

**Dr Gordon West, Head of Futures**

# Cancer Sciences at the University of Nottingham

On Friday 2 February, pupils from across the School, ranging from Fifth Form to Upper Sixth, gathered for a thought-provoking presentation on Cancer Sciences. This talk was led by Professor Kevin Gaston, Professor of Cancer Services, University of Nottingham, who shared his extensive knowledge on the subject through a live stream.

The talk covered a broad spectrum of topics within the field of cancer research, including the global incidence rates of cancer, the role of viruses in its causation, and the exciting prospects of new drug approvals. Professor Gaston's presentation was factual, focusing on the latest research and developments in the fight against cancer.

Pupils learned about the various career opportunities available in the sector, touching upon innovative

approaches in drug development, targeted therapies, and the indispensable role of academic research in advancing our understanding and treatment of cancer.

The session was particularly relevant for those pursuing degrees in medicine, biomedical sciences, and biological sciences. It highlighted the essential nature of exploring new topics and staying informed about advancements in these fields, underpinning the importance of such knowledge in their future careers.

Professor Gaston's expertise and the engaging questions from Stoics made the event not only educational but also a critical step in inspiring future professionals in the ongoing battle against cancer. You can watch the talk [here](#).

**Dr Gordon West, Head of Futures**





# STOWE HOUSE

With 2024 ahead of us, there is a wide variety of new events and activities to enjoy at Stowe House.

Proceeds from the events hosted by Stowe House Preservation Trust go back into restoring and maintaining this Grade I listed 18th Century masterpiece.

**Mel Whitrow, Stowe House Preservation Trust**

**UNLEASH THE MAGIC OF CHINESE NEW YEAR WITH OUR PAPER DRAGON-MAKING CRAFT ACTIVITY AND CHINESE NEW YEAR-THEMED HOUSE TRAIL!**

**Kids go free\***

## Half Term Family Fun

Saturday 17 to Sunday 25 February, 11am-3.30pm

Families can celebrate Chinese New Year with a themed house trail and dragon-making crafts. Follow the challenge to discover animals from the Chinese zodiac hidden throughout the decoration in The State Rooms. 2024 is the year of the dragon - have you spotted the most recent addition to the House? Look closely at the 'Triumph of Ceres' tapestry wallpaper in The State Dining Room.

The activities and child admission are free with a paying adult.

## Secrets of Stowe Tours

Thursday 22 and Saturday 24 February, 1pm

With only a limited number of tickets remaining, be quick to book a space on our behind-the-scenes tour. A highlight for visitors will include seeing the latest addition to the Gothic Library - the Soane table - an original piece of Stowe furniture that has now returned thanks to a generous donation by the George Clarke Foundation.

**Book your tickets here.** Adult £12, Under 16s £8.

## Stowe Tots

**Mondays: 4 March, 29 April, 20 May, 10-10.45am**

New to our visitor offer is a fun-filled sensory play session for families with young babies and preschool toddlers. Once a month, sessions will vary from a treasure hunt to music makers to animal crafts. Held in our Visitor Centre, activities will be led by our friendly learning and community team.

Booking is essential. Adult and child ticket £5.

**Book your space here.**

## 2024 Photography Competition



**Categories: Interiors; Exteriors; Up-close; Seasons; Under 18s.**

**For further info, T&C's and submission forms visit our website. Closing date 31 August 2024.**



In celebration of 25 years of restoration at Stowe House, we are thrilled to announce a photography competition inviting enthusiasts of all levels to immortalise the architectural beauty of this local historic landmark. As part of the celebration, photographers are encouraged to submit their best shots for a chance to be featured in the 2025 Stowe House Calendar and an accompanying exhibition. Throughout the year, supporting workshops and events will nurture new talent and offer skill-refining opportunities for photography enthusiasts. We welcome entries from all experience levels, and submissions of images taken within the last three years are eligible.

The competition encompasses various categories, inviting participants to explore and capture the elegance within Stowe House's interiors, the vast symmetrical features of its exteriors, the atmospheric essence of each season, and the intricate details of the meticulously restored State Rooms. Additionally, a dedicated category for entrants under 18 ensures the inclusion of young talents.

To find out more information and to get involved visit the **competition web page**.

## Art-Tastic Tuesday - Print Making

**Tuesday 20 February, 10.30-11.30am or 12.30-1.30pm**

These immersive workshops for children aged 5-11 will explore their creativity to create a series of multi-coloured prints to take home. With expert guidance and different techniques to experiment with, your child will have a blast bringing their artistic vision to life.

Booking is essential via the **website**. Children go free with a paying adult.



**SOCIAL MEDIA**

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*Stowe*