

Stowe mail

V12 ISSUE 7
26 MARCH 2021
NEWS FROM STOWE

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I started my Change Maker journey looking at nationwide and global issues such as mental health and violent crime. I quickly realised that there weren't many platforms for young people such as myself, to have a voice in shaping the world we live in. We look at figures such as Malala and Greta Thunberg who have accomplished extraordinary amounts as young people but have also made significant sacrifices. You don't need to do this to become a Change Maker. Anyone can be a Change Maker. Change Makers identify issues and create solutions.

CHANGE MAKERS

The work begins when trying to create the solution. First you must breakdown the solution into manageable steps, then form a network of people to help you accomplish each step, and lastly assess the impact your solution has on society.

Change Maker philosophy is not to sit back and complain, but to make a difference, to have an impact within your own communities and the world. A politician once said to me that there is more power within than without, and I never really understood what he meant until I was sitting in his office and we heard the Extinction Rebellion climate change protesters outside, fighting for climate change and for government attention. The Member of Parliament then said to me 'it's funny they think that's making a change, it's funny they think we're actually listening.'

This is when I realised that you need to be on the inside, you need to enlist the help of an insider, or your approach has to be non-confrontational. I wanted to change policy, focusing on mental health, I spoke to UN groups, wrote an article on mental health which went to Members of European Parliament, worked with the global goodwill ambassadors creating a mental health course. I replicated these kinds of connections across different sectors and industries which led to my membership at Chatham House, the Royal Institute of International Affairs and fellowship at the Royal Society of the Arts, Business Manufacturing and Commerce, both of which I am the youngest in history. I started mixing with policy-makers, and Change Makers, started thinking like them and I suppose in some way sought to join the institutions in which change was made, which was when I realised Change Makers are just people.

I was in Portcullis House; Parliament had just been dismissed and out walked hundreds of politicians. The Prime Minister, former Prime Ministers, Cabinet Members, Government Advisors, policy-makers. All as individuals, all as normal people, nothing particularly special about them. I'd been approaching the insiders in the wrong way. They're not these big institutions for us to fear, they're individual people, who will listen to you if you provide them with a solution to an issue that is beneficial for the both of you. Speaking to a Government Advisor I pleaded with him listen to the youth more and his reply was 'but how does this help us' you need to create solutions that are mutually beneficial. How can your solutions and policy suggestions help multiple people across society? So instead of creating a panel of young people to sit and criticise government, I'm in the process of creating a youth policy forum in partnership with the Conservative Party so that policy ideas and suggestions are created and discussed constructively and fed directly to the heart of government.

At the end of the day Change Makers are just people, just like you, just like me. So, collectively what changes are we going to make, starting today?

Tiffany Osibanjo (Lower Sixth, Lyttelton)

HAPPY GIRL

Singer/songwriter, Ruby Cooke (Fifth Form, Lyttelton) has recently recorded Happy Girl which she will be releasing on several music streaming platforms including Spotify and Apple Music. Any proceeds will be donated to the mental health charity, Young Minds UK.

How long have you been songwriting?

I have been writing songs since I was in year 7.

Who or what inspires you to write?

Many things inspire my songwriting. Most of my songs are about things that have happened to me or thoughts I've had, but I've also written songs about my friends' experiences and events in books or movies I've seen, that have really had an impact on me.

What's the story behind Happy Girl?

The first verse of Happy Girl came to me in the middle of the night during the first lockdown. I recorded it on my phone and went to sleep. I woke up the next day and wrote the whole song in one sitting, which was incredible for me as I hadn't written a single song during the first lockdown. I think many people struggled during the first lockdown and the song is about checking on your friends, even if they seem fine and "happy". Most of the time the ones who seem the most perfect are the ones struggling the most, so I wrote this song to bring awareness to that.

What makes you happy?

I have the most supportive and loving family and the most incredible friends in the world, so they are a big source of my happiness. I also love to read so if I'm not writing music or watching shows on Netflix, I'm probably doing that.

What comes first, the music or the lyrics?

With every song I write it's a different process. Some songs come to me fully formed with the melody and lyrics already there but others take time and are written over a series of months.

Do you plan to pursue a career in music?

Music has been my whole life for as long as I can remember so to be able to have a career in it is the dream.

You can watch Ruby's video [here](#).



A LEVEL DRAMA

The Upper Sixth Drama pupils have not let masks and hand sanitiser dampen their enthusiasm for performing, showcasing their talents this week in their A Level practical examination. They performed extracts from a range of topical and engaging plays, treating their select, socially distanced audience to an evening of entertaining and emotive theatre.



Oscar Esquerré Gow (Upper Sixth, Grenville), India Case (Upper Sixth, Queen's), Eleanor Butler (Upper Sixth, Lyttelton) and Marlow Turner (Upper Sixth, Cobham) tackled extracts from Nina Raine's modern day tragi-comedy, *Consent*. In the play, lawyer friends find themselves on opposite sides of a contentious rape case, but it is their own relationships and notions of justice that end up on trial. The subject matter felt searingly resonant in the wake of the Everyone's Invited initiative and the tragic death of Sarah Everard, which have brought the topic of consent to the forefront of everyone's minds. We consider ourselves uniquely privileged in Drama to be able to provide a platform to explore, discuss and raise debate around society's most pressing concerns. Our four actors simultaneously charmed and challenged their audience, transporting us into the complicated professional and personal lives of these, at times morally questionable, characters.

Hugo Manners (Upper Sixth, Grafton) and Felicity Holmes (Upper Sixth, West) skilfully performed a duologue from *Lungs* by Duncan MacMillan. This two-hander, which is essentially a contemporary love story, played out against the backdrop of a world, stricken by the climate change and population crises, also felt urgent and pertinent in the capable

hands of Hugo and Felicity. A mature and thoughtful performance was also given by Lucy Bannister (Upper Sixth, West), who performed a monologue from the same play.

The Last of the Pelican Daughters is the story of four sisters, deciding how to divide up their late mother's estate. Tess Clarke (Upper Sixth, Nugent), Martha Shillington (Upper Sixth, Nugent), Katie Lee (Upper Sixth, Cheshire) and Poppy Baker (Upper Sixth, Cheshire) captured the delicate balance between humour and poignancy in their similarly heartfelt performances.

Stella Feehily's *Bang Bang Bang* follows two humanitarian workers trying to make a difference in the Congolese civil war. Camille Gibson (Upper Sixth, Lyttelton) and Cosima Prestwich (Upper Sixth, Nugent) deserve great credit for their mature and captivating portrayal of these two colleagues, who become friends in extreme circumstances.

In light of the many restrictions and challenges faced by our A Level pupils this past year, it was particularly elating for both them, and their small audience, to experience an eclectic evening of such intelligent, passionate and stimulating theatrical performance.

Lucy Miller, Drama Department



INTERNATIONAL

This term has been a mixed one for our international Stoics. Some were able to return to School easily, but many remained on the Stowe Distance Learning Programme (SDLP) due to difficulties in travel making it impossible to return to School physically. Despite these challenges, Stoics and Staff have continued to work hard, to ensure that all our international pupils are well supported throughout this time.

Those who have returned to Stowe physically, have all stated within feedback forms that they are very happy and pleased to be back and spending time with their friends. They were full of praise and thanks for the routine and structure provided in Houses and have thoroughly enjoyed being able to engage in sports again. All of this is a credit to the hard work of the Houseparents and their teams, as well as the Sports and Co-Curricular Departments. The Stoics have thrown themselves into School life this term and many have flourished fantastically. I never would have imagined seeing pupils so eager to get to their lessons and activities as they have been in recent weeks!

Equally, those on the SDLP have continued to make solid progress. Academic departments are still engaging them well, ensuring that Stoics are participating in discussions and debates, being put into break-out rooms to complete group

work with other class members and providing personalised projects for pupils to complete. This has allowed those working remotely, to continue to make strong strides forward within their academic subjects especially with the added tutorial support offered by Ms Felton. Alongside this, there have been numerous instances of Stoics on the SDLP being invited to join House quiz nights, and even been able to watch the House basketball tournament live. This has provided them a great opportunity to continue to socialise with their peers and has gone a great way in ensuring they remain part of the School community.

Our international Stoics have faced many challenges this academic year - not only the normal stresses and strains of School life, but many of them have not seen their friends and family from home for a very long period of time. Despite this, they continue to thrive and have shown great tenacity and strength of character. They are an absolute credit to the School. We are very excited that after Easter the majority of our international Stoics will be able to return to School physically, as they have been sorely missed. We cannot wait to welcome them back.

Fran Shah, Head of International Pupils



Change 100

Throughout lockdown, the **Change 100** campaign has continued to receive remarkable support. We are delighted that this campaign - to provide life-changing education for talented and deserving children - has been so welcomed by Stoics, Staff, Parents and Old Stoics alike.

So far, Change 100 has raised over £7 million! As a result, not only will the School be able to significantly increase the annual provision of fully-funded bursary places forever, but due to our commitment to spend the **first £1 million** raised each year to directly fund places in the following September, we are currently in the process of offering at least six places to children who will join the School this coming Autumn. Thank you to everyone in our community for making this possible.

There is more information about Change 100's progress and the outreach work that is going on to fill these new fully-funded places in our regular **Bulletin**.



Stowe Community Physical Challenge

During the third lockdown, we wanted to create a challenge that would push Stowe Cadets, Stoics and Staff, physically, but also be fun and engaging, giving people the motivation to get away from their screens and feel that sense of community which is so very cherished at Stowe.

The aim of the Stowe Challenge was to give us all a sense of much-missed travelling, with an Army theme. With this in mind, we decided on the journey from the Stowe North Front Steps to FOB Sykes in Northern Iraq as our goal, standing at a proud 3,708km.

As we were organising this event, we also decided that we wanted to choose a charity to benefit from our challenge. With CCF in mind, we were made aware of Walking With The Wounded, which Stowe has long supported, and decided this would be our chosen charity. Walking With The Wounded supports veterans with physical, mental or social injuries, on their journey to reintegrate back into society, regain their independence and secure sustainable employment.

With the Stoics, Staff and Parents going above and beyond, we passed our initial distance in half the time anticipated and in the end made it to our fifth goal at 10,069km to the Bridge over the River Kwai in Thailand. Equally, we

surpassed our donation target of £1,000 due to unexpected generosity from so many Stoics and Parents, bringing us to a grand total of £1,920 which we could not be happier with. Initially, we anticipated that only around 80 people would join the challenge, but we are delighted to say that 193 people signed up.

We again want to thank everyone who got involved either via Strava or by supporting our campaign on gofundme.com. We have been overwhelmed by the amount of people, both from the Stowe community and friends, who have been so eager to help and to do something that matters.

Honourable mentions go to Anthony Shillington, our most senior athlete competing, who beat over 50% of all Stoics and Brandon Keane for being the parent with the furthest distance covered, cycling 459,8km. Also, we would like to give massive congratulations to Lt. Col. de Gale for leading by stellar example, showing grit and resilience by not only taking part but winning the walking category for the Staff and covering a total of over 100km of distance, all while undergoing active cancer treatment. Click [here](#) to see the winners in each category.

Sgt Johnny Sutherland (Lower Sixth, Chatham)
& Cpl Philipp Benedic (Lower Sixth, Bruce)

MEDICAL DETECTION DOG

My name is Zoe, and I am very lucky to have Stowe, my Medical Alert Assistance Dog. He has changed my life so much - things used to be very different.

My health started to deteriorate in 2007 when I returned from a three-month volunteer placement in South Africa. I developed M.E. and then autoimmune hypothyroidism. Later, I was diagnosed with Ehlers Danlos syndrome and fibromyalgia. Postural tachycardia syndrome (PoTs) then became a significant problem in 2014. Life became very challenging and I'd become very unwell without any warning and collapsed regularly. Since I've had Stowe by my side I know I can cope with anything.

My conditions used to cause regular emergency ambulance call-outs and trips to hospital. Before Stowe, I would always have bruises and I regularly sprained ankles and wrists when I collapsed. I often had partial dislocations of joints as my EDS means that I am hyper-mobile and prone to this happening. I would regularly get minor injuries from passing out in confined spaces such as public toilets and busy trains and would also suffer deep cuts and grazes, particularly if out walking.

During planned surgeries last year, Stowe was able to stay with me in hospital. The Staff welcomed him, and as he was present it meant I didn't need to have a highly-monitored bed, which would have been needed because of my collapses. He even alerted the Staff that I was about to have a medical episode several times, meaning they could take the appropriate action.

I was partnered with Stowe in 2018 and he has made a huge difference to me and my family. Since I have had Stowe, I have had no ambulance call-outs and no PoTs related hospital admissions. He has been trained to warn me of an upcoming episode so I can get myself into a safe position. He also gives me time to alert somebody to help me if needed. He hasn't missed an episode and because of this, the impact is far less severe. If I do fully pass out, he will lick me constantly to bring me round and he fetches a medical kit and water for me.

Before having Stowe, I couldn't see how my future would ever change so that I would be able to live independently once more and get out and about to meet people on my own. But at the beginning of 2020 Stowe and I moved into our own home together, something that I thought was never likely to happen. Although I do require support at times for my multiple health conditions, we live on our own and can look forward to a great future together. I can go out with Stowe and I have made many new friendships on my walks as we are well known now by the other walkers in my new area.

Stowe not only helps me by managing my PoTs but he is my constant companion. He has helped me smile again and he motivates me to do things I had stopped doing. When I am out and about with Stowe people talk to us and listen to what I say.

Having health conditions that are not always visible can make life very lonely, but Stowe has taken that loneliness away both by being there and by helping me get to meet people. I feel privileged to have Stowe and can never thank Medical Detection Dogs and all their supporters enough for making this partnership possible. Stowe is my world.

If you can, please help Medical Detection Dogs with a [donation](#) so that they can help others like me.



LAW CAREERS

On Wednesday 10 February, a panel of four Old Stoics delivered a talk on Careers in Law. This talk was particularly useful not only because the speakers had been Stoics themselves, but also learning about the different paths they had taken to their Law careers. Angus Tyrrell (Grafton 15) and Anya Cook (Lyttelton 19) both chose the undergraduate route, with Angus having studied in St John's College, Oxford and Anya currently in her second year at the University of Nottingham. Our other two speakers, Barnaby Cloud (Cobham 15) and Laura Brogden (Queen's 16), chose the Law conversion route, with Barnaby first studying Politics & Sociology and Laura studying Linguistics.

The talk gave a valuable insight into the academic world of Law, including the components of a Law undergraduate course, the merits of a Law conversion course and lots of reading recommendations ([The Secret Barrister](#) and [Letters to a Law Student](#) strongly advised). Additionally, for those who are planning to do a Law undergraduate degree, there was lots of discussion on the Law National Aptitude Test and work experience. We also explored different jobs within Law, such as barrister or solicitor and what else you could do with a Law degree.

The advice from the speakers' first-hand experience was invaluable, particularly for those unsure as to which path to take.



Overall, I found this discussion interesting, informative and highly motivating. I thoroughly recommend watching the [recording](#) to anyone interested in a career in Law.

Katie Gibbs, (Lower Sixth, West)

I am incredibly grateful to Katie not only for this review of the meeting but also for hosting it. Anyone interested in a career in Law, either through an undergraduate route or through a post-graduate conversion course should join the Stowe Law Society. Please email [Katie](#) or [me](#) for more details (put Law Society in the title of your email.) You can also contact Angus, Anya, Barnaby and Laura; their details can be found on the [Ask A Stoic section of the VLE](#).

Paul Floyd, Head of Sixth Form

Weekly Lockdown Challenges

During the latest lockdown, CCF have run a series of voluntary weekly Lockdown Challenges to provide a welcome distraction and break from screens. These challenges have been run by Lower Sixth Form NCOs undertaking the Institute of Leadership and Management Qualification, providing them, in virtual times, an opportunity to exercise management and leadership.

The weekly challenges included competitions for best Personal Camouflage; Building Shelters from natural resources; constructing the highest paper tower strong enough to support a beret; to designing the CCF initial issue t-shirt and Summer Camp hoody. Entries were submitted from all over the world, neatly highlighting the need to adapt camouflage to the environment.

Take up for the challenges has been strong and there have been creative, impressive and humorous submissions. Cadets listed below secured their spot on the CCF paint ball trip, which will take place in the Summer Term, Covid-19 permitting. Along with as much pizza as they can eat.

Congratulations go to:

Fourth Form WINNERS: Cadets Jemima Hammond (Nugent), Archie Jacobs (Winton), Conall Clarke (Bruce), Katie Dens (Stanhope) and Alice Bryant (Queen's).

Fourth Form Placings: Will Crabb (Winton), Henry Clare (Winton), Archie Smail (Cobham), Martha Blake (Cheshire), Toby Bursnall (Grafton), Aston Rigoll (Bruce) and Patrick Wilmot-Smith (Winton).

Sixth Form WINNERS: Sgt J Sutherland (Chatham), Corporals Alex Goodhart (Grafton), Phil Benedic (Bruce), Harry Bryant (Cobham), Bo Jenkins (Stanhope) and LCpl Emily Sutton (Queen's).

Sixth Form Placings: Corporals Alex Dens (Grenville), Savy King (Stanhope), George Carpmael (Chandos), Sam Wardlaw (Grenville), Will King-Eccles (Walpole) and LCpl Hannah Bewes (Queen's).

The largest challenge, Stowe Community Physical Challenge, took place over the week leading up to and including, Half Term. Sgt Johnny Sutherland and Cpl Phil Benedic were set and successfully ran this challenge.

Lt Col Jan de Gale, CCF Contingent Commander



Book Cover Competition

Last year, the Third Form were challenged to enter the Chris Evans' 500 words competition on the theme of Black Lives Matter. The standard was so high that we have decided to create our own book of entries for the Library. We thought it would be great to see our Third Form's artistic talents, so we challenged them to design a front cover for the book, which will be displayed in the Library.

We had over 60 entries and there were so many inspirational covers that it made it very difficult to choose a winner, so instead we decided that we would have a front and back cover designed by two pupils.

Winners: Front cover designed by Isabella Fuller (Third Form, Cheshire). Back cover designed by Grace Huang (Third Form, Lyttelton). Congratulations to everyone who took part.

Lucinda Stockley, Assistant School Librarian

**BLACK LIVES MATTER
AT STOWE**



MUSIC



We could hardly believe what an uplifting experience it was last Half Term, to surmount the challenges which the pandemic has posed to all musicians and to get the Stoics together to produce a virtual performance of Irving Berlin's song Cheek to Cheek. It was no mean feat to put such a much-needed, mood-boosting performance together, but with a wonderful arrangement created by Mr Greene, the technical know-how of Mr Weston and, of course, such talented musicians as ours, it was a huge success! Most importantly, we were all able to rediscover the joy of performing together, even if only remotely. This entertaining American song classic from the 1935 film, Top Hat, was the ideal choice and one which provided us all with a positive memory to take out of lockdown.

Meanwhile, our musicians have continued to impress by sustaining focus on their performance skills, working at home to produce video clips. These have all featured, throughout lockdown, in our online Chapel services. This was made

possible by our Chaplain, who is always keen to showcase music, giving our musicians this regular performance opportunity and also by the Department for unfailingly supporting and encouraging our pupils. It has been inspiring to see the drive and creativity behind the making of these videos - not an easy task when at home with a mobile phone as your only technical recording kit! The Music Department is proud of the fact that the enthusiasm, courage and commitment shown by our musicians throughout this time has played its part in keeping the Stowe community together, although forced by the pandemic to be apart.

Finally, do look out for the Music Department's next exciting event as our Choir has also been working hard behind the scenes on a soon-to-be-aired, online performance of an arrangement of Bohemian Rhapsody - a video not to be missed!

Katie Potts, Head of Instrumental Studies

Design & Technology

During the latest lockdown, the Third Form have been sketching and creating, to develop their ability to produce high quality design ideas in the future. We have been working with them to ensure they have the range of skills required to create innovative and interesting product designs moving forward. The GCSE course requires a creative flair, so the ability to generate design ideas will be hugely important in the future.

The project had been designed to be delivered both in and outside of School, should pupils have to learn from home again. This became invaluable as we went into another lockdown.

As a teacher you are never quite sure how a new course is going to run and even less so delivering it to pupils working from their homes around the

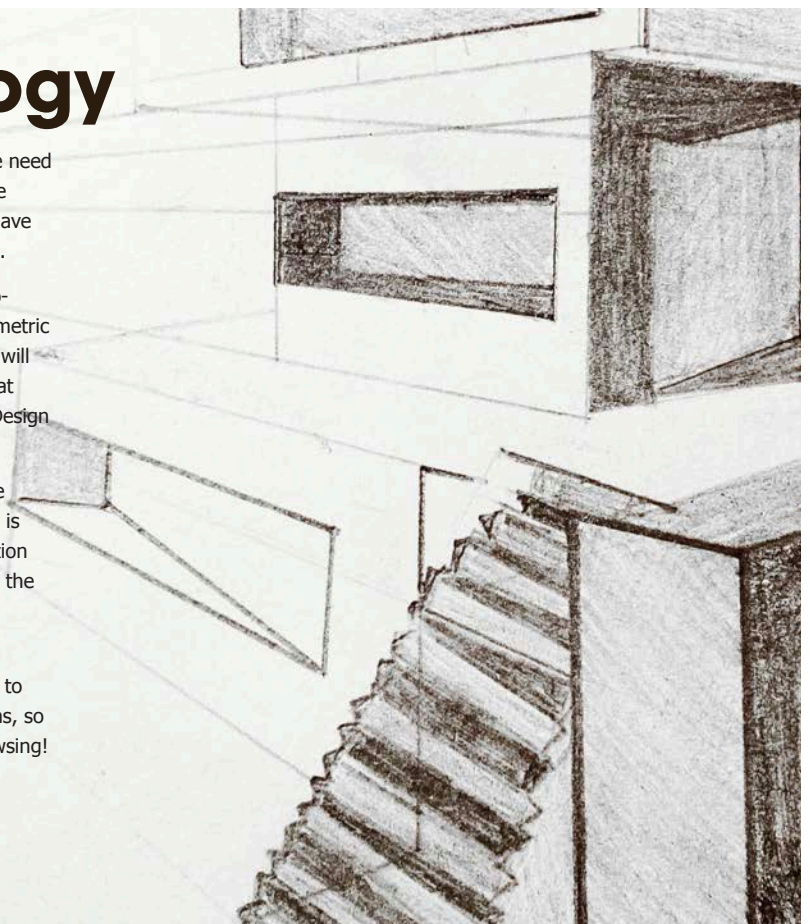
globe and across time zones! We need not have worried however, as the latest GCSE Third Form groups have more than risen to the challenge.

The course covered one and two-point perspective, as well as Isometric and Orthographic sketching. We will also be prototyping and looking at drawing using Computer Aided Design (CAD).

The level of work the pupils have produced has been fantastic and is a real testament to their application and ability to thrive, even during the challenges of a pandemic!

We have been building a virtual gallery of work and will continue to do so through the coming months, so please click [here](#) and enjoy browsing!

**Stephen Whitby,
Design Department**



Journalism & Agriculture



Jonathan Wheeler (Temple 76) is an award-winning journalist who took the traditional route from weekly papers (Chard & Ilminster News, Glamorgan Gazette, Port Talbot Guardian) to an evening newspaper (Leicester Mercury). This is where he first specialised in agriculture and moved on to freelancing for mainstream and specialist press and broadcasters, from the Daily Telegraph and BBC to Pravda. He then started taking photos to accompany his own stories, to maximise earning potential. He has also spent time working in public relations, both for agencies and as an in-house press officer, notably for the Royal Agricultural Society of England.

Jonathan started his journalistic career early, writing for his school newspaper and working for a local newspaper as a 14-year-old. After completing his Stowe education, Jonathan continued working at different local newspapers around the country specialising in agriculture. Jonathan discussed the importance of being passionate about writing and emphasised the importance of being enthusiastic about the topics on which you are reporting, to be able to write good articles. He continued to explain that a writer doesn't need to have a university degree in Journalism, however, it is important to have attended a course for Journalism. Jonathan shared a range of resources to help Stoics prepare to apply to study Journalism and their first graduate position. These resources are available on the Careers VLE pages, where there is a comprehensive list of activities and links to professional bodies and universities that specialise in Journalism.

The second part of the careers talk focussed on agriculture, the different trends in technology and the effects of Brexit. Jonathan explained that Brexit has a negative impact on agriculture currently, with long waiting times at ports affecting trade and spoiling fresh produce leaving farmers and producers out of pocket. However, agriculture will profit from new technology like drones and GPS, which will see the increase of more hands-free farming in the future. Harper Adams University is conducting experiments with driverless tractors which are already showing some great results.

To watch the talk, please click [here](#).

Luciane Guntner-Jones, Careers Advisor

International Equine and Agriculture Business Management

On Wednesday 10 February, Becky Brookes talked about her great experiences during her time at the Royal Agricultural University, as well as how she utilised the skills and knowledge she had gained during her degree, after she left university in 2012.

As part of her degree, she travelled to the USA and Europe to visit a variety of equine businesses. The course also included a placement period in her second year and Becky used this opportunity to work at a rehabilitation centre for racehorses in Kentucky for five months.

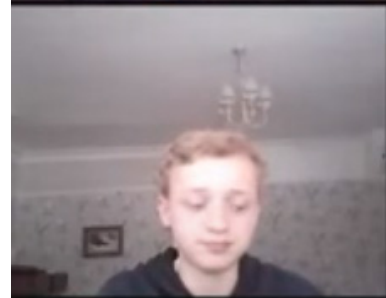
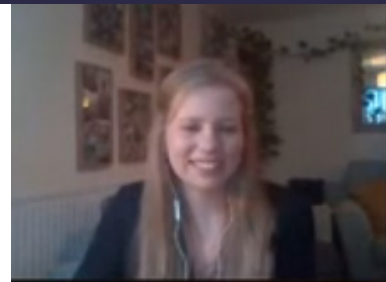
After university, Becky had a lot of knowledge about equine and agricultural businesses but as she was not from a farming family, she wanted to increase her practical skills. She went to New Zealand to work on a mixed farm and also worked in the sheep shearing industry.

When she returned to the UK she achieved her sheep shearing qualification and worked on a number of farms in Scotland. Becky then accepted the position as Farm Manager at a local open farm which also supported adults with learning difficulties. Here she was in charge of all the animals, from pigs, poultry and sheep to donkeys, goats and guinea pigs, as well as managed a team who cared for them, promoting farming and animal care to the clients and the public who visited the farm.

After five years, she decided she wanted to find a role in the wider agricultural industry and started working for the Agriculture and Horticulture Development Board (AHDB) and is still there today, supporting farmers in understanding their business and cost of production.

At the end of the talk Connie Adams (Lower Sixth, Cheshire), Tom Gibson (Lower Sixth, Cobham) and Cecily Hopkins (Lower Sixth, Queen's) inquired about the different ways horses are kept internationally compared to the UK. Becky explained that she has seen two extremes. Horses in New Zealand are often kept outside where they have plenty of space to roam. However in the US, race horses are often stabled to keep them secure (as they are so valuable) and to minimise the risk of injury. The Stoics also inquired about the use of new technologies in agriculture. Becky explained how, for example, new technology can help farmers to understand their cost and where to make savings as well as monitor the health and wellbeing of a flock of sheep or a herd of cattle. Pupils were interested to know how Becky knew what she wanted to do. She answered that she didn't know what she wanted to do as a Sixth Former, however, she explained that she tried lots of different things to find what she loved. To watch the talk, please click [here](#).

Lucia Calderon (Lower Sixth, West)



CAREERS TALKS

Business start-ups, fash-tech and the changing world of sustainability in fashion

On Wednesday 24 February, Marina Pengilly, co-founder and CMO of Little Black Door, talked Stoics through her career, from wanting to start a fish farm to founding Little Black Door, the Social Wardrobe, which allows users to 'see, style, share & sustain!'.

Marina has always had a passion for sustainability and developed a great interest in food security. She initially wanted to set up sustainable fish farms all over South Africa, so while doing a History degree at Warwick University, she also began studying for a Sustainable Fish Farming degree at the University of St Andrew's. After graduating, she started working at Caviar House & Prunier and whilst working there, Marina became aware of new trends emerging in the market including healthier lifestyles and eating habits. Back in 2012, restaurants or cafés offering healthy foods were limited, so Marina put together a business plan and launched Who Loves You, a healthy food café, in 2013. Although she found the hospitality industry challenging, this was great experience in how to run a business.

In 2017, Marina met her business partner, Lexi Willets, whilst working at Wistla, a social media platform. She then became a retail consultant, advising fashion, technology and lifestyle brands, how to market and launch physical and online stores. Later in 2019, Marina and Lexi launched Little Black Door, an app that enables its users to upload, see, style and share their wardrobes with friends and their fashion community. Marina and Lexi have now been working together for the past six years and their success is based on a strong partnership, essential with the limited resources of a start-up business.

"Our fashion behaviours suck!" - Fashion is the world's second biggest pollutant. Through Little Black Door, Marina is able to promote sustainability in fashion. On average, we only use 20% of our wardrobe. The other 80% can either be shared with friends or sold and Little Black Door helps us as consumers to be more aware of our clothing assets and become more sustainable. When building a business, targeting a specific audience is key. Little Black Door's audience is made up of high fashion spenders, Gen Zs, stylists, nomadic millennials, as well as influencers. Knowing a business' core demographics is key.



This talk was extremely informative for anyone who wants to start their own business or pursue a career in the fashion or tech industries. Little Black Door also offers a four-week programme that will teach you about how to run a fash-tech business and how to build a platform. All pupils are welcome to apply through Stowe's Careers Department.

[Click here](#) to watch Marina's talk and the Q&A session with Skye Leather (Lower Sixth, West) and Lucia Calderon (Lower Sixth, West).

Lucia Calderon (Lower Sixth, West)

STOWE BOOK CLUB

Interested in reading and discussing books?

Love tea and cake?

JOIN THE BOOK CLUB!

Wednesday - Upper School 3.30pm - 4.30pm

Thursday & Friday - Lower School 3.30pm - 4.30pm

Everyone is welcome!
(sign up for the Summer Term when picking your activities)

Please email **Miss Stockley** if you would like more information.





Ice Hockey

Whilst at home during the latest lockdown, I took part in the Moscow Open Ice Hockey Championship. It was a one-day tournament involving eight teams from different parts of Moscow. At the draw, our team was assigned to group B. We played three games at the group stage, winning all of them with the scores 3:1, 2:0, and 4:2. After that we went straight through to the Semi-Finals, where we were playing against the second-best team from group A. It was quite a tough game, but we won in overtime with a score of 5:4. In the Final we faced the strongest team in Moscow, but we were able to pull ourselves together and win 3:2, becoming the champions of Moscow. I was awarded the prize for being the highest goal-scorer in the tournament".

Artem Ezhov (Upper Sixth, Cobham)



Cricket

For the Stowe cricketers this has been a busy three weeks of pre-season preparations. The weather, for the most part, has been kind and most of the squad training has taken place outside. All year groups have been very fortunate to have had current Northants County Cricket Club professional and Old Stoic, Graeme White (Bruce 05) with them during this time. Graeme has worked on an individual basis with most of our players and offered many invaluable insights. All of the 1st XI have had a minimum of two, one to one sessions per week as have the members of the Junior Development Group. The 1st XI are back in School on Thursday 15 April for five days of pre-season training and matches and fingers are crossed that we get a full season in this year.

James Knott, Head of Cricket



Triathlon

Good luck to Daniel Roberts (Upper Sixth, Grenville) as he competes in the European Triathlon qualifier on Saturday 15 May in Llanelli. A good result (top three) will allow him to race for the British team in the European Junior Cup series, competing against the best triathletes of his age group in Europe.

Cheryl Davis, Head of Swimming

Stowe **SPORT**

Indoor Hockey

Indoor Hockey training has taken off at Stowe this season with approximately 50 girls training in their lunch break during Michaelmas Term and since our return on Monday 8 March. Indoor Hockey is a fantastic way to increase stick skills and get into good habits during this period with no School fixtures. We look forward to continuing the Indoor Hockey Programme into the Summer Term and next academic year.

Ben Scott, Head of Hockey



Girls' Hockey

Online Sessions with World Class Stars!

On Friday 26 February, the hockey girls 'Zoomed in' for a technical skills session with Marie Ronquetti of the Waterloo Ducks (Belgium Top Division). Marie talked to the girls about Hockey in Belgium, her club and international career path as well as giving the girls some goal-scoring tips and some positional advice on deflections.

The following week, the girls were lucky to have another Q&A session with Buckingham and GB star, Zoe Shipperley. Zoe works at Winchester House and many of the girls know Zoe from Buckingham Hockey Club. It was great to hear some 'behind the scenes' stories of Zoe's hockey career.

Ben Scott, Head of Hockey



MUSIC CONCERT

Despite the current restrictions regarding live performances, Stoic musicians remain steadfast in their approach to the high arts and have continued to work hard behind the scenes to prepare for virtual performances. Click [here](#) for a short concert featuring Charly Tyson (Upper Sixth, West), Alicia Wilson (Fourth Form, Lyttelton), Oscar Nichols (Third Form, Bruce) and Milo Xing (Third Form, Chandos).

Charly is currently in Cyprus, where she recently recorded an accomplished rendition of Scott Joplin's rag 'The nonpareil'. Alicia gave a highly sensitive performance of a short piano piece I wrote called 'Snowflakes'. To finish the concert, Oscar and Milo give a strong performance of the much-loved Sousa marching band theme 'The Washington Post' - Milo even adapted his part for the violin!

Ben Andrew, Head of Keyboard



LET'S TALK COUNSELLING

The School Counselling Team - Kate Sutcliffe, Gee Whitlock and Rob Young, led by Louise Springall (Senior Counsellor and Deputy Designated Safeguarding Lead) have continued to provide support to Stoics throughout the lockdown. In such a difficult time for so many, the support given to Stoics has really benefited them, by having that regular contact and space to talk.

The counsellors provide an integral service, allowing Stoics to get support and work through mental health concerns like anxiety, loss, fear, uncertainty (to name a few), so they can be better equipped for the next stage of their life.

We are extremely fortunate to be able to provide this service, funded by the School for Stoics, Monday to Friday 9am - 5pm.

Information on the Counselling Team can be found [here](#). For further information on questions regarding the service please contact [Louise Springall](#) or [Mike Rickner](#) (Designated Safeguarding Lead).

Mike Rickner, Designated Safeguarding Lead

Going Going Gone!



Over the Half Term holiday, an online auction was held for the members of the Staff Common Room, bringing the School community together during the lockdown and helping to raise funds for a good cause at the same time. Staff were provided the opportunity to place bids on a range of different items and experiences, such as a traditional curry cookery class by Mr Gupta, a caricature drawing class by Ms Trelawny Vernon, and even a crate of Black Pit Beer!

The aim of the auction was to raise funds for Helen and Douglas House, a charity close to the School's heart. Helen & Douglas House is a home from home for terminally ill babies, children and their families. It's a comforting place where families can enjoy creating happy memories together in their child's last days, weeks, months or years. They are here to support the whole family at this unimaginably difficult time, providing practical and emotional support as families face the challenges of terminal illness.

The auction was incredibly successful, with almost £1,000 raised for this good cause. If any other members of the Stowe community wish to contribute to these fundraising efforts, they can do so by donating on the [Just Giving page](#).

I would like to take this opportunity to extend my thanks to both Cheryl Davis and Helena Sundstrom, who helped to organise the event, and to all Staff who donated their time and money for this outstanding feat of generosity.

Fran Shah, Deputy Co-curricular Co-ordinator

#HOCIGOLD

Megan Lewis-Williams and Ella Jackson from Stowe Hockey coaching team, are currently international players for Wales. We are extremely lucky to have coaches at Stowe who are playing at this high level. Many of your children will have enjoyed their amazing hockey coaching, but they need our support to continue playing for Wales.

Unfortunately, sport is not immune to financial needs and Hockey Wales requires their women's national hockey team to make significant individual contributions to fund their international programme. This is clearly a concern for the athletes, many of whom are either full-time students, coaches or young professionals. Every £1,000 raised will cover the cost of one athlete, so even a £10 contribution would be very much appreciated. If you can help, please click [here](#).



Inter-House Sport

Last weekend was busy with Inter-House sport with no fewer than ten competitions being held over Saturday 20 and Sunday 21 March. The Spring-like weather helped to create a very positive atmosphere on the South Front, the Shop courts, at the Astro's and in the Drayson.



Hockey

In the Senior boys' competition, Grafton played Chatham in a closely fought match that went to extra time after ending 0-0. Grafton finally broke the stalemate and are this year's Champions.

Cobham won the plate, beating Winton in their Final.

In the Final of the Fifth Form competition, Bruce played Grafton in another tight match which also ended 0-0 at full time. Therefore, another competition was to be decided by a golden goal, and it was Grafton again who took their chance and are this year's Champions.

Temple won the plate beating Cobham in the Final.

Ben Scott, Head of Hockey

Lacrosse

In the girls' Third Form competition, this year's champions were Queen's and in the Fourth Form the winners were Nugent.

In the Sixth Form boys' competition Chandos emerged as the top team.

Robert Ingham Clark, Head of Lacrosse



Boys' Basketball

The boys' Inter-House basketball competitions involving the Fourth, Fifth, Lower Sixth and Upper Sixth Forms, took place over Sunday 14 and Sunday 21 March. Both days turned out to be fun and competitive with several nail-biting finishes. The results were as follows:-

Fourth Form Competition

Plate Final: Temple beat Chandos 10-2

Main Final: Cobham beat Bruce 6-4

Fifth Form Competition

Plate Final: Grafton beat Chatham 6-4

Main Final: Bruce beat Temple 8-0

Lower Sixth Competition

Plate Final: Temple beat Grafton 10-4

Main Final: Chatham beat Walpole 6-2

Upper Sixth Competition

Plate Final: Grafton beat Temple 11-9

Main Final: Bruce beat Chandos 10-6

Isaac Michael, Head of Basketball

Netball

The winners of the Fifth Form competition were Lyttelton - with Nugent second and Queen's third. The winners of the Seniors Competition were Queen's, with Nugent second and West third.

Victoria Dias, Head of Netball

service@stowe

Community Project

At the beginning of lockdown, Third Form pupils were asked to take part in a community project, so Harrison Debbage-Price (Third Form, Chandos) decided to support his local foodbank, by using his own allowance to buy masks, sanitiser and a food shop.

It was a great lesson on how much food you can actually buy for £40, and also how much a family need for a week, when they have nothing. The foodbank was extremely grateful for Harrison's donation.



Fundraising Goal Smashed!

Max Horton (Fourth Form, Temple) and his team of friends have completed their fundraiser travelling from Land's End to John O'Groats. They managed to raise a staggering £4,070! The money will go towards buying much-needed laptops for families of two schools near Max's home. The Horton family said of the experience "It has all been very humbling and it has rammed it home to us how desperate the situation has been for many children."



Conservation Gets Creative

Grace Huang (Third form, Lyttelton) is combining her creativity with her passion for conservation. Budding ornithologist Grace took part in the RSPB Big Garden Birdwatch this January, documenting a number of birds that visited her local woodlands. She then created beautiful paintings of the birds capturing their markings and unique features.

Last term, Grace and other members of the Stowe Conservation Project enjoyed taking part in the making sustainable bird feeders to be placed around the School grounds. Since the age of five Grace, has loved birds, she tells us "They look very beautiful when they move and their sounds can make me feel happy".

Grace is using her artistic talent to help design signs for woodland trails another project created and run by members of Stowe's Conservation Society. To learn more about Stowe's Conservation projects, please contact [Miss Rowley](#).



Lockdown Volunteer

During lockdown, Harriet Hines (Lower Sixth, Cheshire) noticed her local shops did not have a food donation collection point. Wanting to help her community, she contacted her local food bank to serve as a volunteer.

While volunteering, she realised that the donated food was not being distributed to the villages near where she lives. So Harriet took an alternative path and she sent a letter out to her village and asked if once a week her neighbours could donate one or two food items, which she would then collect to give to her local church where volunteers give food to the surrounding communities.

Harriet's project has been running for four weeks now and she is happy to say that "In the past month I have donated over 300 items to people who really need them during the lockdown. I will not stop helping after lockdown, because I really want to continue to make a difference."

Harriet shares, "I have been baking cakes once a week, to say thank you to everyone who works at the local hospital." If you would like to learn more projects, please email [Ms Westmoreland](#).



Conservation Project

SENSATIONAL 2

THE EXHIBITION WHICH WAS NOT MEANT TO BE

Some of you will remember that last year during World Book Week, members of the English Department put together the SENSATIONAL! pop-up exhibition in the Marble Hall, which was billed as a celebration of printed pages in a digital age. Included in the exhibition, were signed first editions, British quad film posters, The Beatles' White Album, Alan Moore's Watchmen and a whole range of other paper objects you wanted to pick up and hold.

This year's Book Week should have been accompanied by a follow-up (the imaginatively titled SENSATIONAL 2!) but Covid-19 has conspired to put that project on hold, which is a great shame.

It is an almost provable "fact" that people who read for pleasure (both fiction and non-fiction) tend to be those who excel at English and all sorts of research has been done into the impact reading has on well-being and emotional intelligence (just ask Ms Foden in the Library). In fact, isn't it interesting that so many people interviewed on Zoom (or similar) for TV shows carefully position themselves in front of a shelf load of books in order to add "authority" to their comments - it's quite rare to see someone being interviewed in front of a whopping great TV screen, for instance - which may actually be where a large number of people spend the majority of their time indoors.

So, it always comes as a disappointment to find that so many young people find reading to be a chore and chose the digital over the tactile. SENSATIONAL 2 would have continued with this theme and celebrated not just books but other things which used to be found on the printed page - letters, school reports, tickets, adverts, comics, film posters, CD and album covers and even good old-fashioned handwriting (a highlight of last year's exhibition must have been Walt Disney's autograph - which he had signed in charcoal!).

Books would have played their part too - as a keen reader, what I love most about reading is that without me - a book has no function. So opening one and getting lost in its words is a way of establishing who we are and why there is so much more to "us" than simply the act of consumption.

We hope SENSATIONAL 2 (or maybe even 3?) will be back next year - so, to whet your appetite, here are a number of things I'm wishing we could include:

TALK ONE:

"All downhill from here: from Macbeth to The Conjuring" Mr W Shakespeare discusses the influence of his tragedies upon modern horror and whether he is, indeed, "father" of the genre.

PERFORMANCE:

"Who's the Greatest?" Kate Bush will be playing Wuthering Heights to introduce the Brontë sisters in discussion about their literary legacy. Think The Kardashians meets The South Bank Show.

SIGNING:

Ezra Pound will be signing copies of The Waste Land on one table whilst some way away, T.S. Eliot will be signing copies of He Do the Police in Different Voices.

TALK TWO:

"Not as good as the Book": Stephen King and Stanley Kubrick in conversation about The Shining.

DISPLAY:

The original script for Citizen Kane by Orson Welles and Herman J. Mankiewicz. Would have ended in a scrap had both been present.

Sounds like the kind of exhibition I've been dreaming about - literally.

Dr Andrew Webber, English Department

WORLD BOOK DAY

4 MARCH 2021



LITERARY QUIZ

Despite being in lockdown for World Book Day on Thursday 4 March, we still wanted to go ahead with a celebration.

We asked each House to put forward two pupils from each year, to take part in an online Literary Quiz. The competition was well-attended and we are pleased to announce the winners for each year who were rewarded with a chocolate prize!

Upper Sixth - Tom May (Winton)
Lower Sixth - Rafi Mahmood (Walpole)
Fifth Form - Toby Blythe (Grafton)
Fourth Form - Hamish Rajguru (Bruce)
Third Form - Grace Callaghan (Stanhope)

The scores for each House were added together and the overall winners of the Inter-House Literary plate this year were:

First: Temple, Second: Stanhope,
Third: Walpole

Lyn Foden, School Librarian

WICKETKEEPING

James Knott, Head of Cricket at Stowe, has just published his first book.

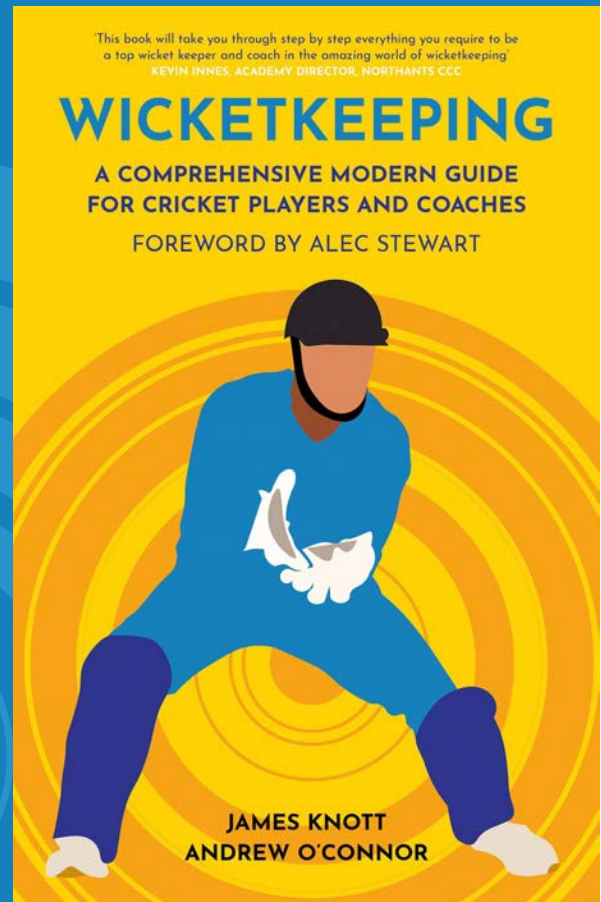
In the most comprehensive book on wicketkeeping on the market, James Knott and Andrew O'Connor provide detailed and easy-to-understand insights into all aspects of wicketkeeping, whether you are a player or coach, and no matter your level.

With contributions from some of the game's great players and coaches, including Alan Knott, Jack Russell, Peter Moores and David Ripley, this invaluable guide includes over 65 training drills, a unique 'training on your own' section, and provides clear guidance for coaches who aren't wicketkeepers themselves.

This is an essential guide for improving your game or your coaching methods.

'This book will take you through step by step everything you require to be a top wicket keeper and coach in the amazing world of wicketkeeping'

Kevin Innes, Academy Director, Northants CCC



Interview with James Knott

How did you come to write the book?

Andy and I had discussed writing a book on wicketkeeping a couple of years previously. We felt there was a gap in the market and that coaches who weren't wicketkeepers themselves would welcome a book on the subject. We made notes but never found/made the time to make a start. The first lockdown provided that opportunity back in March last year.

Would you prefer to wicketkeep against a world-class spin bowler or a world class pace bowler and why?

I was very lucky to keep to two world class spin bowlers in Saqlain Mushtaq and Ian Salisbury, whilst I played for Surrey. They could spin the ball both ways and there weren't many batsmen who could read them, so as a wicketkeeper, you were always in the game. However, the same applied to a seam bowler like Martin Bicknell - you always felt a chance would come your way and it is a great thrill as a wicket keeper to pull off a diving one handed catch. So, I am going to sit on the fence a little but - both were very enjoyable. Maybe, word class spin edges it - less chance of breaking a finger - although I did get a few balls in the head from top edge sweeps!

What is your favourite form of cricket as a player and why?

It is definitely Test match cricket for me - it's the format I grew up watching and wanted to play and it suited my own game more. T20 didn't come into the pro game until I'd finished, so I never got to experience it - keeping wicket would certainly have been fun. T20 definitely draws more crowds around the world and is a more family-friendly format - over within three hours. It's not for everyone to spend five days watching a test match - the T20 game is a lot more accessible and we are even seeing some T10 competitions springing up, which can be completed in an hour and half.

What would be your dream fixture and where in the world would it be played?

Definitely to play against Australia at Lords or the MCG Boxing Day test match. I was fortunate enough on my first class debut to play against New South Wales who were on a pre-season tour in 1995. That team included Michael Slater, Mark Waugh, Mark Taylor and a young Glenn MacGrath among many other international cricketers. Unfortunately, after we fielded on the first day, it rained for the rest of the match and didn't get an opportunity to bat!



SHIPPT

Having handed the Temple Room back to the School for the remainder of this term, the Stowe House Preservation Trust and our contractors have been hard at work conserving and restoring the State Dining Room. Nine metres above the hubbub of daily life, skilled conservators have, since January, been working on the ceiling. Their first task was carefully to re-attach flaking paint using fine Japanese tissue, before they could start consolidating and cleaning the ceiling. Although the plasterwork was in a worse condition than we had thought, there are no major structural issues and the tired areas have all been successfully attached to solid woodwork and cracks filled ready for redecoration.

The ceiling had suffered an accumulation of dirt over the years, but has cleaned up remarkably well. Up close to the coving, some incredible detail is visible, from the breath of putti gently blowing towards the figures flanking the four classical scenes, to the wings and tails of tiny dragons that were scarcely visible from ground level. Equally, minor imperfections have been spotted, where gilders missed small sections (perhaps after a long lunch or at the end of a difficult week?). All this amazing detail has been recorded and none of the original decorative errors have been rectified, so that we leave the ceiling exactly as its creator, Francesco Sletzer and patron, Earl Temple, would have seen it on completion in the late 18th Century.

Nick Morris, CEO Stowe House Preservation Trust

Chocolatey Chaos in Chandos!

Lent Term has been a busy one for Sixth Form pupils. Beginning the term undertaking their learning remotely, and then joining the School physically has already been a large undertaking in itself. Added to this, the Lower Sixth have been engaging in a range of talks and seminars led by the Careers Department, and are beginning to consider university applications. The Upper Sixth have had to face the uncertainties surrounding their exams and seen the beginning of progress tests taking place. With this hectic term coming to a close, it was clear the Stoics needed a break! The Sixth Form Chandos boys found a way to relax by spending an evening decorating chocolate Easter eggs for each other. What we hoped would be a chance for them to show off their artistic skills, soon turned into a competition to pile the most sweets and sugar onto their Easter egg! Regardless, it proved a great way to relax and socialise at the end of term, and an opportunity to celebrate the many successes the Chandos Sixth Form have had.



Stowe Virtual Medical Conference

The Stowe Virtual Medical Conference 2021, which took place on Wednesday 10 March, was an unprecedented success. Over 3,000 students joined from across the world.

We attracted high-profile speakers from the Royal Society of Psychiatrists, St George's University Medical School, UCAT, The Royal College of Surgeons, The Royal College of Pathology and talks from James Tearle and I on how Stowe supports our current and future Medical students. Medlink, who supported the event, stated that "Most medical schools provide virtual open days, but the Stowe event is unique in offering what no one has offered ever, which was an opportunity to view and

interact with so many leading institutions in medicine and surgery at a single event." We enabled our pupils to access top institutions and have developed relationships which will benefit them in years to come. Stowe has also been able to support local schools through personal invites, further increasing Stowe's reputation as a centre of excellence for preparation for a career in medicine.

Please do sign up and [watch some of the presentations given.](#)

Jessica Reinhold, Head of Medical Admissions





Running for Charity

William Eastwood of Milton Keynes, has completed a 4.4.48 challenge in support of his family friend, Megan Armstrong, a 21-year-old from Northumberland who has lived with a brain tumour since she was 14 months old. William, who has been given a Scholarship to attend Stowe's Sixth Form, took on the challenge to run four miles every four hours over a 48-hour period, to raise funds for **Brain Tumour Research**.

Through these feats of endurance, William has raised more than £2,000 to date for the charity Brain Tumour Research. He said: "I have known Megan all my life and seeing the effect her brain tumour has had on her, like so many young people, motivated me to do something about it. It would be amazing if I could get my fundraising to £2,740 which is the equivalent of one day of research sponsored and then I could dedicate it to Megan."

Brain tumours kill more children and adults under the age of 40 than any other cancer, yet historically just 1% of the national spend on cancer research has been allocated to this devastating disease.

Wear a Hat Day is on 29 March and you can find out more about the socially distanced events planned for this year [here](#).

Radio Show



Araan Sobhan (Fourth Form, Bruce) is putting together another one of his really popular radio shows. This is a show put on for the whole of the Stowe community and your contributions are vital to its success.

All you need to do is choose a song using the link below and hopefully Araan will be able to play this on his show that he will produce for us over Easter. This time we are having a dual theme; one with the thought of a 'new start' with Spring and the Summer Term ahead and the other linked to the fun around April Fools' Day. So please can you choose either a newly-released song or a novelty song that makes you laugh. For the second group, examples might include 'The Birdy Song' or 'Crazy Frog'.

Submit your song choice [here](#).

Phil Arnold, Bruce Houseparent

2021 CRICKET GEAR APPEAL

The Cricket Kindness Project collects new and pre-loved cricket equipment in great condition and fundraises to send masses of kit to disadvantaged communities throughout the Caribbean.

Stowe Collection Hub

Please drop any spare, outgrown, cricket equipment at School with Mr Knott and help Cricket Kindness up-cycle plenty of amazing cricket gear ahead of the 2021 Summer! Drop off deadline: **FRIDAY 23 APRIL**



OUR MISSION

To deliver donated cricket equipment to Caribbean children who could never hope to own a cricket bat, ball or pads of their own.

OUR VISION

Strengthening grass-roots cricket resources for Children in the Caribbean.

To donate to our [justgiving page](#) please [click here](#)

THAMES MARATHON

In August of this year, I will be running the Thames Marathon in support of **Unreal**, a mental health charity, providing an essential lifeline for those struggling with the effects of Depersonalisation and Derealisation Disorder. Unreal seeks to raise awareness of DPRD and provides support through up-to-date information, signposting, networking, the sharing of experiences and by celebrating success.

I would be hugely appreciative of any donations, big or small, so if you would like to support me, please visit my [gofundme](#) page.

Barnaby Peppiatt (Upper Sixth, Chatham)

Stowe Bike Servicing & Maintenance



For all servicing and repairs please contact:

Nick Zammit 07801 106842 or nzammit@stowe.co.uk



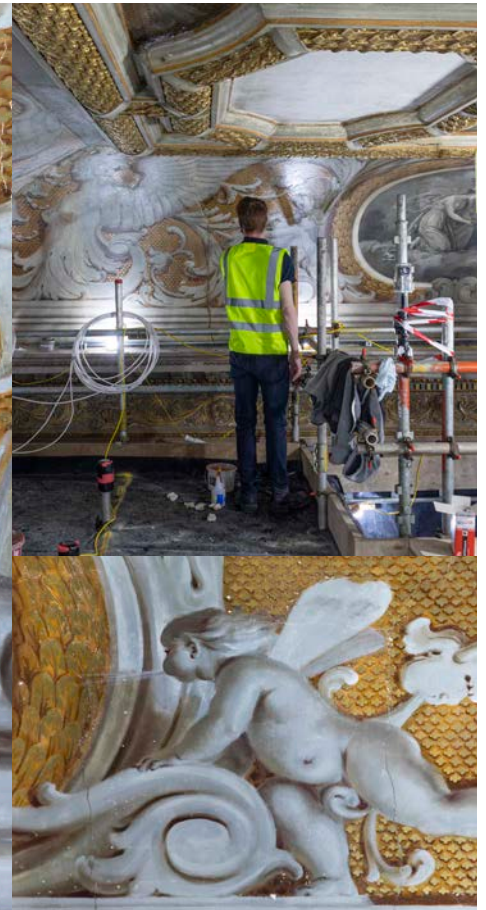
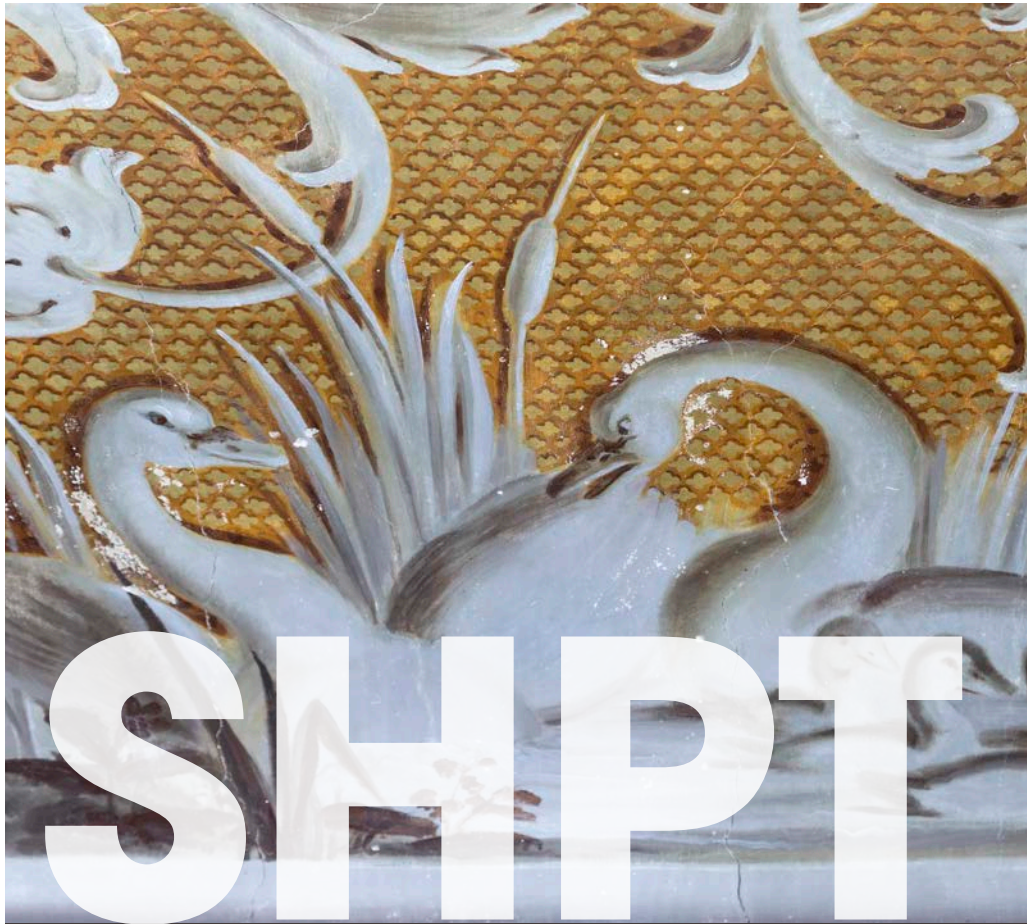
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