

Interview with **SIR RICHARD BRANSON**



Murtala Muhammed (Lower Sixth, Bruce) put forward the following questions to Old Stoic Sir Richard Branson (Lyttelton 68), as part of his EPQ project 'What makes successful entrepreneurs'.

What trait of yours do you think helps you maintain control over your work? Which character trait do you think has helped you most to achieve your goals?

I've always used my instincts to place my trust in the right people. By building a team of creative and loyal people who shared my vision, it became easy to trust their decisions, ideas and direction. By looking after one another, our ideas and shared vision became sharper too. This level of trust made it easy to delegate tasks, which meant we could grow faster and I could keep my eye on the bigger picture.

What are some of the mistakes you wished you could have avoided?

I try not to think of them as mistakes but rather opportunities to learn from. Whenever you start a business, you should always be trying to solve a problem and your product should always be different (and better!). When we launched a company called Virgin Cola, we thought we could knock Coca-Cola out of their leading position in the market. It turns out we couldn't really differentiate our product enough, and we hadn't really put our purpose at the heart of this particular business. However, mistakes are an inevitable part of the learning process and can help you improve yourself and your business.

Did you have a vision for the Virgin Group when you first started? If so what was it?

In the beginning, I had no idea Virgin would grow into what it is today! It all began when we started selling mail-order, cut price records in a magazine we ran called **Student**. From there, we opened our first record shop and record label before taking a leap and launching Virgin Atlantic, after realising the industry needed some competition. In the beginning, we simply wanted to give young people better access to information (through Student Magazine) and cheaper music records! This philosophy of giving people more choice, and putting people first has guided everything we do.

How do you handle adversity and self-doubt?

I always say you should listen more than you speak. If someone disagrees with you, try to understand where they are coming from before saying your piece. This has always helped me handle difficult conversations and situations. To overcome self-doubt, it helps to remind yourself why you started, and to really listen to your instinct. If it feels right and if you stick to your purpose, you'll find a lot more confidence within yourself to continue.

How do you plan to continue to grow your business?

To grow a business, you need to stay agile and find new ways to improve and to innovate. It helps to keep your finger on the pulse and engage with the most forward-thinking industries, products, technologies and people around.

How did you build your team, and did you only put people you already knew and trusted, to manage operations when you first started?

In the beginning, the team grew naturally. My first business partner, Nik Powell, was also my best friend from childhood and we only ever hired people we trusted. Some of these people were old friends, and others were new friends who shared our vision and brought a new set of skills and ideas to the mix.

What do you think are the top three most important traits to have as a CEO and how do you use these in becoming a leader?

Every leader has a different style, but what leadership ultimately boils down to is people. Whatever your style, nobody can be successful alone and you cannot be a great leader without great people to lead. For me personally, these three traits have been really important:

1. Listen more than you speak. This also means listening to everyone in your organisation, not just people at the top.
2. Create a positive company culture where all ideas are welcome and everyone feels that they belong.
3. Think differently. You need to think outside the box if you want to create change and solve problems in the world. This requires a lot of curiosity and creativity.

35 years ago, did you imagine Virgin was going to be at the level it currently stands in the business world?

Not at all! I couldn't be more thrilled about where the journey has taken us though.

What advice would you give to young people that aspire to attain the wealth and status you have achieved?

I actually wouldn't advise anyone to actively seek wealth and status. Instead, focus on challenging yourself, sharing your life with people you love, figuring out your purpose, chasing adventures, and using your skills to try and make the world a little bit better for everyone.

Have you experienced failure? If so, what did you learn from it?

Of course! I've made many mistakes and experienced a lot of different setbacks and failures throughout my career. I quickly learned that failure is all part of the journey and the important thing to do is pick yourself up, move on, and reflect on what you learnt from the experience. If you do this, you'll often find yourself moving in a new and wiser direction. Failure is only the end if you decide to stop.

Murtala Muhammed, (Lower Sixth, Bruce)

INTERNATIONAL AWARD

Over the course of the last year, Stowe has been continuing to work upon its development as a multicultural and international School. This has taken a huge amount of work to ensure the pastoral, academic and whole-school elements of the School, promote and encourage a celebration of diversity and identity amongst both the Staff and Stoic body. These efforts have seen Stowe be awarded the Intermediate Level of the British Council International School Award.

This Award recognises Stowe's commitment to international teaching and learning, and the appreciation the School has for embedding and developing international activities within the community. In the academic world, the School has made great efforts to incorporate greater amounts of this in a range of subjects. Most notably, this has been demonstrated within the PSHE curriculum, designed by Ms Huxley-Capurro, which ensures pupils reflect upon the formation of their own identity, and issues such as unconscious bias. These crucial elements of multiculturalism have been furthered across the entire School, with Ms Clark and members of the leadership team reflecting upon and amending School policies related to this. Ms Clark has also been sharing best practice in this area with local teacher training providers, ensuring that Stowe supports others with their journey towards internationalism.

The School has also made great strides forward in developing the activities and co-curricular provision to ensure that Stoics can engage with the entire global community. Links and connections have been fostered with Daly College in India, which saw a fruitful exchange programme take place online. The Service@Stowe programme has also seen many opportunities for Stoics to develop their understanding and awareness of the global environment. Activities such as Amnesty International, run by Ms Holloway, and the Eco Schools project led by Ms Rowley, allow Stoics to recognise the impact that their own lives can have upon those around the world. The Community Project Team has also worked hard to ensure Stoics have been able to effectively

support those living in more dangerous or vulnerable parts of the world, with initiatives such as the Operation Christmas Child Shoebox Campaign being launched.

Alongside this, the School has continued to support international pupils pastorally, with the mentoring of pupils from abroad taking place more regularly. Despite the pandemic, the School has also ensured that international festivals are celebrated, such as Thanksgiving in November, to allow all Stoics to truly feel that Stowe is a home away from home. Our international pupils are also regularly provided with the opportunity to give feedback upon how they are finding life at Stowe and make suggestions for how their culture can be further represented. This use of pupil voice is something on which the School prides itself and many Stoics engage with well.

I would like to take this opportunity to thank all those who have worked so hard in ensuring that Stowe becomes more international in its nature - without the efforts of Ms Huxley-Capurro, Ms Clark, Ms Holloway and Ms Rowley, the reach of internationalism within the School would be very limited. However, thanks to their hard efforts, we have been able to see Stowe progress on its journey to develop pupil and Staff understanding of multiculturalism and globalism.

**Fran Shah,
Deputy
Co-Curricular
Co-ordinator**

**The Intermediate
Level of the
International
School Award**



Holocaust Memorial Day

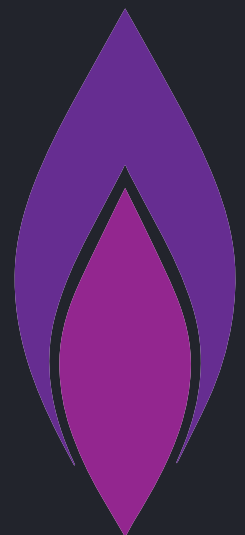
Stowe will hold its annual act of remembrance, which takes place on Wednesday 27 January.

The theme for 2021 is 'Be the light in the darkness', which encourages us to remember the darkness humanity can sink to, but also the way that individuals and communities who resist that darkness can 'be the light'. The Stowe community has a particular example in the life of Nicholas Winton MBE (Grenville 23), who we also remember at this time each year.

Stoics and their families are invited to register on the [Holocaust Memorial Day website](#) to watch the first fully digital ceremony from 7-8pm. After which, they are asked (with parental permission) to light and put a candle in their window at 8pm. This will be occurring across the UK and is a reminder of those who were murdered for who they are and to stand against prejudice today.

Following this, Sixth Form Stoics are invited to join a film screening of #AnneFrank Parallel Stories, which will be followed with group discussion. To register to join the film screening please contact [Ms Holloway](#) or [Ms Clark](#).

Frankie Holloway, Philosophy & Religion Department



service@stowe

Buckingham Free Meals



From the start of October Half Term, Stowe Librarian Lyn Foden has been volunteering with Buckingham Free Meals, a programme designed to offer school-age children meals during the holidays. Before the December lockdown Ms Foden along with other volunteers including Sulayman Idris the 14-year-old programme organiser and Buckingham resident, would meet in the Buckingham Community Kitchen where they prepared and distributed meals to hungry customers. Ms Foden said, "We cooked the meals using community donations, including donations from Stowe. Stowe donated enough fish to feed ninety people."

Unfortunately, due to Government restrictions and flooding, Ms Foden and other volunteers were unable to meet at the Community Kitchen this winter. In spite of the circumstances the Buckingham Free Meals team remained undeterred and managed to prepare and deliver a number of Christmas dinners to their customers. If you would like to learn more about this programme, become a member or make a donation to Buckingham Free Meals please click on the [link](#).

Mr Simon Rose on the Road



Physics teacher Simon Rose has found a way to combine his love of off roading with his desire to help the NHS through volunteering. As an NHS 4x4 Driver, Mr Rose and his Land Rover serve as an additional support for emergency services by transporting NHS staff and equipment to areas that a vehicle without four-wheel drive would find difficult to reach. The 4x4 Volunteers originally partnered with The South Warwickshire NHS Trust (SWFT), to help provide medical care to all areas of Warwickshire in times of extreme weather. They have since become essential to the country. As the UK battles against Covid-19 "4x4 volunteer drivers have helped distribute ten tons of PPE to hospitals and care centres in Warwickshire" states Mr Rose.

4x4 Response driving for the NHS has become a popular way to volunteer with many groups similar to the Warwickshire group, forming all over the country. Mr Rose, who is one of 250 volunteer drivers in Warwickshire County, has enjoyed his experience. He has met lots of interesting people and encourages those who are able, to become a member of their local 4x4 volunteer group, after all "more members equals more support," Mr Rose says with a smile. If you are interested in volunteering as an NHS Driver or would like to learn more about this opportunity please click on the [link](#).

Conservation and Leadership



Stowe sits at the centre of a beautiful National Trust property, allowing pupils to commune with nature daily as well as participate in a variety of conservation projects headed by Shelley Rowley. These projects encourage pupils to recognise not only the power and importance of nature, but also the responsibility that they, as future leaders, have in protecting it.

Joe Pullin (Lower Sixth, Walpole) talks about his experience leading conservation projects, Joe says, "We (the Sixth Form team) develop our leadership skills by managing a group of pupils from the Lower School when we are in the woodland. We are creating pathways for accessibility and clearing areas that are overgrown so the water can be seen through the undergrowth." When Joe is not leading a project outdoors, he is collaborating with the DT Department and the Stowe Coding Club to design and produce educational signs for nature trails or collecting data about local biodiversity.

Preserving our planet is becoming increasingly more important. Joe is one among many pupils participating in conservation projects and making a difference for the Stoics of today, while gaining the skills to become leaders in conservation for tomorrow. For more information on how to get involved with conservation projects at Stowe, please contact [Ms Rowley](#).

Big Garden Bird Watch



In 1891, Emily Williamson from Manchester, England founded the Royal Society for the Protection of Birds (RSPB) on the principle of choosing not to wear feathers as fashion, a common practice for women in the Victorian Era, a trend which in turn caused unnecessary destruction of birds and their habitats.

The RSPB, once a small all-female organisation, has become one of Britain's most popular charities and a leader in the field of wildlife conservation that continues to uphold its promise to protect birds and their precious habitats.

The RSPB is hosting the annual **BIG GARDEN BIRD WATCH** on Friday 29 to Sunday 31 January. Ms Rowley (Head of the Conservation Projects) is keen for Stoics to do their bit to help this nationwide initiative, which is particularly relevant to the Conservation Projects we are running on site. Please do let her know if you have taken part or would like further guidance. The Service@Stowe team are offering a prize for the most unusual feathered visitor recorded! Taking part is fun and easy follow the [link](#) to sign up.

Work Experience

As an Aspiring medic, it has been almost impossible to find relevant face-to-face work experience with medical institutions in the middle of a global pandemic. However, I was fortunate enough to find and complete a two-week internship in the emergency room (ER) of the Hermanus Mediclinic, South Africa over the December holidays. During these two weeks, I gained valuable insight into how all the hospital departments and staff members work together in treating patients. I have observed a wide variety of medical cases and have gained a more comprehensive understanding of emergency medicine. An even more valuable aspect of my experience was to witness all the necessary precautions taken to prevent the contraction of Covid-19 and how a hospital operates during these trying times. This is an opportunity that not many students get to experience due to the substantial risks involved.

On top of the normal daily emergency cases, there was a constant theme of Covid-19. Over 50% of the patients admitted were for this illness, and this was only the tip of the iceberg. The only Covid-19 patients allowed in the ER were suffering from severe shortness of breath, and I was told to turn away any patients who do not fall under this category. I took phone calls and had to ask countless people in old age homes to stay at home or if they had come to the hospital, to be taken back because there were not enough beds to accommodate them. In admitting only the most severe Covid-19 cases, I did get to experience the ICU. Covid-19 patients were kept in extreme isolation tents and were all on ventilators. This took over more than half the ICU, and it was heart-breaking to see dying patients who are not even allowed to see their loved ones. During my time at the hospital, I witnessed the hospital go from 70% to a shocking 100% capacity within a matter of days.

I managed to accumulate 90 hours during my internship and enjoyed



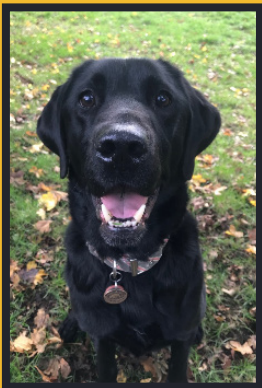
every minute of my learning experience. I feel humbled to have witnessed people in their most vulnerable hours and to have learned so much from the impressive team of staff who work tirelessly, and often to their detriment, to help others. The virus brings out the best and worst in doctors, but it was refreshing to see such devotion and dedication to patients despite so much pain and suffering. The Covid-19 aspect of medicine was the most valuable and relevant work experience I could have asked for as not many pupils have had the opportunity to intern during these trying times. I saw the behind the scenes of the real impact of the virus and how many people it has devastated. My experience was invaluable, and will no doubt prove to be extremely beneficial in the future.

Click [here](#) to read the full report.

Teagan Ralph (Lower Sixth, West)

Medical Detection Dogs 'Pup-date'

STOWE - now four, is a fully-accredited medical alert assistance dog (MAAD) and lives with Zoe. Zoe has Ehlers-Danlos syndrome with POTS and Stowe dog alerts her to potential



sudden lapses of consciousness and subsequent falls. Last year, Zoe was admitted to Guys hospital for two planned surgeries and Stowe was allowed to remain with her throughout.

This amazing dog took it all in his stride and his

calmness helped Zoe manage her own anxieties. The hospital staff got to see Stowe in action and were very impressed - they couldn't have praised him more highly. Zoe writes: "Stowe is my hero and I can't imagine life without him. I can't thank everyone at Stowe School enough for all they have done in supporting Medical Detection Dogs."

BILLY

- the Lyttelton sponsored puppy, is now 19 months old and is a cheeky and inquisitive pup who loves to chew on a good bone and play hide and seek around



the house! But, whilst most 19 month old pups are learning to catch balls and fetch toys, Billy is learning to save lives. He has mastered superb behaviour whilst out and about in the community and is moving on to the more advanced training of retrieving to hand, off-lead control and recall away from distraction. In addition, he posed as Mr September for the MDD 2021 calendar! We are very proud of Billy and his progress and hope that one day, Billy will be a fully accredited MAAD dog, like Stowe, and make a wonderful life-changing difference to someone.

BEA

- the Grafton sponsored chocolate Labrador (named in honour of matron Mrs Bosman), is now 18 months old and an adorable, playful and beautiful looking pup; she is also highly intelligent and currently taking part in a scientific 'proof of principle' study to demonstrate that dogs can reliably sniff Covid-19 positive cases in humans. Bea demonstrated (in front of the Duchess of Cornwall) an ability to detect the odour of Covid-19 positive samples on humans standing in a long queue.

A trained dog could potentially screen 250 people per hour this way.

We will be following Bea's progress (and MDD's study) with great interest.



Sheilagh Rawlins, Science Department



SHPT

Josh Harris 1750

RESTORATION OF THE TEMPLE ROOM AND THE STATE DINING ROOM

Work has begun on the restoration of the State Dining Room ceiling. With a scaffolding deck in place, conservators are now able to carry out a more detailed investigation of the condition of the ceiling. The initial results confirm earlier localised inspections in that the ceiling requires a thorough clean, but flaking paint will have to be treated before the necessary repairs, conservation and cleaning can take place. The room was originally the State Gallery, created in the 1740s and is believed to be the work of Henry Flitcroft, possibly working under Lancelot 'Capability' Brown as designer and Clerk of Works. The painted ceiling was the work of Francesco Sleter; the dated signature of his assistant, (Josh Harris 1750) can be seen above the cornice. They were paid in guineas but the current work will cost a great deal more!

The project will be completed by the end of June if all goes to plan. After that, further work will depend on fundraising but it is intended to continue in September 2021 with work to the wall, including installation of replicas of the original chimney pieces and copies of the tapestries representing classical deities.

Meanwhile, conservation work has been completed on the Temple Room, originally the State Drawing Room. SHPT will have to await further funding before more work can be carried out and the finishing touches of the wall coverings and chimney piece will be added over Easter.

SHPT is an independent charity formed to raise funds for the restoration of Stowe House, to manage restoration works and open the House to the public.

Nick Morris, CEO Stowe House Preservation Trust

CO-CURRICULAR

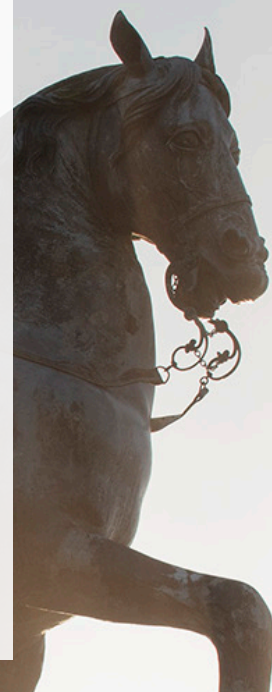
Over the course of the past twelve months, we have all become much more aware of the importance of a balanced approach to work, exercise, fresh air and personal targets in order to ensure a healthy body and mind. In this period of Lockdown, our Sport and Co-curricular offer builds upon the experience we gained during the Summer Term and also the momentum we have gained through the introduction of 'The Award' to the Third, Fourth and Lower Sixth Forms last term.

From all our communication with Stoics whilst they are at home, we are aware that the timings of everyone's days are different and that most Stoics would like to take a more flexible approach to their time outside the virtual classroom. Our Sport and Co-curricular offer this term, therefore, takes a more self-directed approach and we would like to encourage Stoics to plan their personal programme carefully and keep a record of what they are achieving. Some elements of the programme will be scheduled at specific times, whilst other elements are ideas that Stoics can explore and develop in their own time at their own pace. Once again, this programme is neither prescriptive nor exhaustive, and Stoics should feel free to explore and pursue other ideas as they wish, but Houseparents and Tutors love to hear about how you are using your time. Further details of the activities on offer can also be found here.

The StoweActive programme combines regular sessions throughout the week led by Mr Coote (Strength and Conditioning Coach) and Miss Owen (Yoga and Dance Instructor), with ideas for achieving and sharing personal goals outdoors through apps such as Strava. The sessions led by Mr Coote and Miss Owen are ideal for those who need a little bit more guidance or inspiration and parents and other family members should feel welcome to join in as well. These sessions can be found on the School's YouTube channel.

For those Stoics in the Third, Fourth and Lower Sixth Forms who wish their achievements to count towards 'The Award', they should keep a record of their achievements and we will assess this once School re-opens. For a reminder of The Award, please follow this [link](#).

Gwilym Jones, Co-Curricular Co-ordinator





The Stowe Cookbook Live on Radio!

On Saturday 23 January, **Nigel Barden**, a food and drinks broadcaster with Scala radio, will be cooking 'Pot Roast Pheasant' by Jon Murnane from our very own Stowe Lockdown Cookbook. He will be cooking the dish and promoting The Cookbook in his regular slot on Simon Mayo's Show, live between 11.30am and 12.30pm. Tune in on Saturday, or the show will be available to catch up for the week afterwards, on the Scala radio [website](#).

Nigel will be promoting Rainbow's Hospice to which all profits from the cookbook will go.

The Stowe Cookbook is available to purchase [here](#).

James Peppiatt, Winton Houseparent

The Inauguration



Wednesday 20 January 2021 was a momentous moment within the political world. Regardless of individual political beliefs and opinions, the inauguration of Joe Biden as President of America represents a huge shift within the balance of global politics. Politics pupils were encouraged to watch the ceremony during lockdown and share their thoughts upon this.

Katie Gibbs (Lower Sixth, West) did just that, and reflected upon how interesting it was that although Trump did not attend the ceremony, Vice President Pence did. Katie suggests this may be due to their recent disagreements upon the contesting of the election results. Katie has also noted how the world of celebrity has endorsed Biden much more so than Trump, with Lady Gaga, Jennifer Lopez and many others performing at the ceremony.

Jemima Howden (Lower Sixth, Stanhope) wrote the following reflection.

Donald Trump was the first President to skip his successor's Inauguration in more than 150 years.

Trump states "I want you to know the movement we started is only just the beginning." he also stated that he "will be back in some form". However, this day was not about Trump it was about Biden's Inauguration day as the 46th President of the United States. He was sworn in as the 46th President of the United States between 4.30pm and 5pm, promises to "end this uncivil war that pits red against blue". Biden also stated in his address, that "democracy has prevailed" and called for unity.

Joe Biden took the oath of office, with his hand on top of his 127-year-old family bible held by his wife. At 5.49pm the ceremony ended, and Biden has already pledged to unleash a wave of executive orders today, including repealing Donald Trump's "Muslim ban" and cancelling the wall between the US and Mexico. Kamala Harris has also made history, becoming America's first female, first African American and first South Asian American vice president. Joe Biden's Inauguration was heavily armed and with heightened security after riots in Capitol Building and all guests watched at a social distance.

Fran Shah, Politics Department



The Stowe Pyramid

In his latest film, the Head takes us back 5,000 years, on a fascinating journey around Stowe House and Gardens focusing on Egyptian Art and Monuments. The tour includes the ruins of the Vanbrugh Pyramid, from 1726, which will hopefully be restored one day to its former glory.

To watch the film [click here](#)

Society XVI

Would you employ an ex-offender?

On Friday 15 January, we had a very insightful talk from Grace Hurrell (Lower Sixth, Cheshire) based on her findings for her EPQ. The talk was about employing ex-offenders.

Grace started by asking the group "Would you employ an ex-offender?". This made us all think, as it's not something that is usually widely spoken about. Then we heard two very different stories about two ex-offenders. Ashley was convicted of manslaughter for hitting an elderly man on the way to picking up a friend. Junior turned to gang crime for money after his mother passed away when he was young, but was found with a large quantity of drugs in his house - and was sentenced to five years in prison. Both of these men, due to their convictions, had real difficulty finding employment, despite the fact that they were qualified. In fact, only one in four ex-prisoners enter employment after being released. This is due to rejection, stigma and misconceptions.

This difficulty finding stable employment then makes ex-offenders turn to crime merely to find shelter resulting in 50% of adults be reconvicted. Grace explained "Ban the Box" which is an organisation that allows ex-offenders to put their convictions into context. Barclays is an example of a business that supports this campaign and have explained that they wouldn't have found some of their best employees without it. It also offers many benefits for the business. It can reduce staff absences as they value the job more, it increases staff retention, it also increases the talent pool as there are 11 million people with convictions in the UK and finally it boosts a firm's image. Thank you so much Grace for this incredible talk!

Ollie De Winton (Upper Sixth, West)



An analysis of the McKinsey Global Institute's report on "What's next for remote work: An analysis of 2,000 tasks, 800 jobs and nine countries."

Despite the lockdown, Society XVI, Stowe's Business Society, held our first (virtual) meeting of the new year and term. We all had a very topical article to read, 'What's next for remote work'. This article provoked a very interesting discussion, led by Will Wright (Upper Sixth, Winton). Firstly, we discussed the gender disparity caused by remote work. This gap is due to the fact that 'the female workforce in economies is concentrated in healthcare, food services and customer services' and the nature of these jobs makes it hard to work online, which was very interesting as none of us had considered this. Then we looked at the development of AI and its relationship with remote working, many jobs that have 'high potential for remote work' are the jobs which later may be taken over by AI.

We also looked at the use of transport. The amount of people commuting has significantly dropped, due to 38% of adults working from home during the pandemic. This had an impact on the capacity utilisation of transport as these services must still be offered but the amount of passengers has decreased.

We finished our meeting by discussing the recent events that took place at the Capitol in Washington DC, and discussed how significant this was for democracy. This was a really insightful debate, covering a manner of topical issues.

If you would like to read the full report from McKinsey, please [click here](#).

Ollie De Winton (Upper Sixth, West)



The International Society

The International Society would like to ensure all Stoics are aware that on Monday 25 January it is Burn's Night. This is a celebration which is traditionally held in Scotland. We would really like to encourage Stoics to use this opportunity to discover more about cultures which may not be their own, and suggest that Stoics may wish to:

- Research what this celebration is about, and how it is celebrated.
- Find out about the foods people usually serve on this night and the entertainment they put on.
- Create a presentation which shares this information with other Stoics.
- Celebrate Burn's Night with your family. If you do, please take photos and send them to **Miss Shah!**

Any Third, Fourth or Lower Sixth Form Stoics who choose to take part in this celebration, would be able to utilise this as evidence that they have been participating in Thinking Differently activities for The Award.

Fran Shah, Head of International Pupils



CHARITY

Temple House in the USA

Temple House are going to virtually travel across USA from New York City to LA in California, some 3,000 miles, by Half Term. We are going to run, walk, swim, cycle or row using Strava to log our exercises, knocking off the miles to our final destination. The aim of this challenge is twofold. Firstly, to encourage the boys out and about, releasing those important endorphins. Secondly, we are raising money for Cancer Research, a charity dear to many in the Temple community. We are hoping to raise at least £1 per mile. We started at the end of last week, and have already covered about 66 miles and raised nearly £900. Clearly a long way to go as you can see from the map! If you would like to contribute to this worthy cause, please go to our **JustGiving page**.

Brian Hart, Temple Houseparent



The Library

This term, the Library and the English Department have launched **Reading Colours for the Lower School**. There are three levels (Bronze, Silver and Gold) and the aim is to work your way through the levels as you progress through the School. To start with Bronze, you need to read five works of fiction and complete a series of tasks to demonstrate your understanding of your reading. There are various criteria you need to fulfil, so please read the details on the Library VLE pages carefully and make sure you notify Mrs Foden in advance of the **new titles** you intend to read. This period of lockdown is the ideal opportunity to start engaging with this new initiative; Sixth Formers may well also take some inspiration from the challenge and further their reading too. For those who wish to join in and rise to the challenge, there are Upper School reading lists on the **Library VLE** pages.

Lyn Foden, Stowe Librarian



From Land's End to Laptops

Max Horton (Fourth Form, Temple) has teamed up with seven other local friends and have set themselves a challenge. They plan to cycle, run, row... or even swim the distance from Land's End to John O'Groats by Half Term, whilst juggling online lessons. They all feel very lucky to have access to online learning and are trying to raise funds to help a few local Newbury schools buy laptops. They have already raised a whopping £1,500 and are only one week in! If you would like donate to Max's wonderful cause please click on the **link**.

Andrea Westmoreland, Service@Stowe Co-ordinator



GOLF

Stowe's PGA Golf Professional, Andrew Hancox, managed to shoot the lights out just prior to Lockdown III by recording a superb six under par round of 64 here on our new Golf Course.

Whilst partnering Ben George, Stowe's Graduate Sports coach, Andrew rolled back the years to the time when he was competing on numerous worldwide professional tours as a full-time touring professional, by recording a magnificent and flawless round consisting of 6 birdies, 12 pars and, most importantly, no drop shot bogeys! It is widely felt that this score of 64 will stand the test of time as the new course record and, more importantly, will act as a great source of inspiration for Stowe's cohort of Golf Scholars and Golf Academy players as they strive to beat such a low score. Ben George, a keen and competent golfer, signed the scorecard and commented on how much of a privilege it was to witness golf of such a high quality.

The scorecard will be formally displayed inside the new Golf Club House and we congratulate Andrew on such a fine golfing achievement.

Craig Sutton, Director of Sport

EQUESTRIAN



On Saturday 5 December, Charity Horse Shows organised a virtual dressage competition. A dressage arena was set up at the Equestrian Centre and pupils rode their dressage test which was videoed and then sent to the competition organiser. The judges awarded the following places to the Stoics who took part.

Prelim 7

- First - Danill Nedoshovenko (Third Form, Walpole)
- Third - Libby Hayes (Lower Sixth, Lyttelton)
- Fourth - Sophie Taylor (Fifth Form, Lyttelton)
- Fifth - Lilly-Rose Tadier-Holtshausen (Third Form, Stanhope)

Novice 28

- First - Bo Jenkins (Lower Sixth, Stanhope)
- Bo was also awarded 'most stylish rider' rosette.

Angela Haycock, Equestrian Centre Manager

RUGBY

Grant Seely, Stowe's Director of Rugby, interviewed Northampton Saints Captain, Alex Waller, who gave an in-depth view of what it's like to be a professional rugby player. Alex shared his experiences of the highs and lows of his journey and gave tips and advice for young aspiring players at Stowe. Click the image below to play.



Just before Christmas, whilst Henry Hobby (Upper Sixth, Chatham) was sick in bed with Covid-19, some good news came in! Henry and his horse Harry were invited by Darrell Scaife (BE Youth Performance Manager) to be on the 2021 Youth Performance Programme Development Squad. This is a real honour for his eventing and a reflection of his commitment and hard work to the sport. He has had to qualify for this squad by reaching a certain level in 2020, which was certainly trickier last year than in previous years!

'The Youth Performance Programme identifies talented riders, and their horses, that may have the potential for International recognition, and to provide help and encouragement to develop that talent and potential. The Youth Performance Programme will also prepare and select the combinations for the annual Youth European Championships for Juniors and Young Riders.'

'Development Squad combinations are invited to attend training with the Youth Performance Coaches, along with receiving support from the wider Youth Performance team who will work closely with rider's own home team, including coaches, vet, farrier and physiotherapist. Inclusion in the Development Squad is entirely performance related.'

Liam Copely, Chatham Houseparent



Stowe Sport are pleased to announce the launch of the official Instagram account with the handle **@StoweSports**. This will be used alongside the present **@Stowesport** twitter page to inform parents present and future about everything that goes on under the substantial remit of the Sports Department. Please do follow the accounts for plenty of new content coming over the Lent term!



Rob Ingham Clark, Head of Lacrosse

FITNESS IN LOCKDOWN



George Coote is currently posting daily fitness workouts on YouTube to keep the Stowe community moving in this latest lockdown.

How did you get into fitness as a career?

Having been a Sports Scholar here at Stowe, I left to pursue a career as a rugby player which included a season in France and a season in Australia. A couple of less well-timed injuries later, I opted to study Sports Science up in Manchester instead. After leaving university, I started working as a personal trainer and a few years later did an MSc in Strength & Conditioning. It was at this time that I had the opportunity to come back to Stowe and work with the rugby 7s squad at the time, which was great experience and started me on my Strength & Conditioning career.

Why do you think exercise is especially important during lockdown?

Exercise is so important throughout the course of our lives and even more so now general activity has reduced because of the lockdown measures. General physical exercise is so good for physical and mental health and everyone should be trying to get outside as much as possible and do at least half an hour of exercise each day.

What are your top five tips for fitness at home?

The five pieces of advice I believe everyone should follow are:

1. Have three meals a day, including breakfast
2. Have protein and fibre in every meal
3. Make water your most common beverage, 90% of the liquid you consume
4. Eat five pieces of fruit and five different vegetables every day
5. Exercise for 30 minutes each day - follow the videos on YouTube they are varied and will develop everyone, regardless of their current physical conditioning.

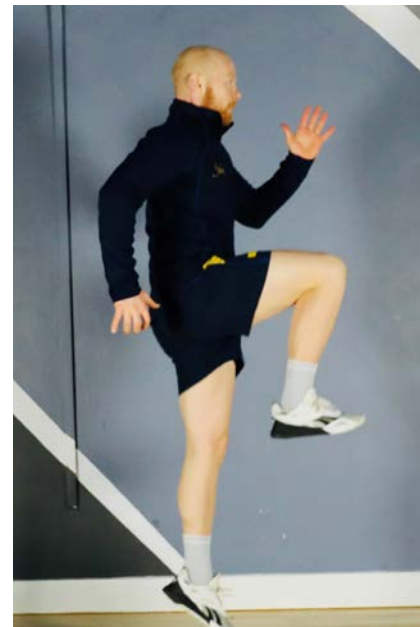
What advice would you give to someone who doesn't enjoy exercise?

Find something you enjoy doing and then exercise will not become a chore. The media forces types of exercise upon us and makes us think it's the only way. Being physically active does not need to be about losing weight, if you prioritise enjoyment then you will undoubtedly stick to a certain form of exercise and you are far more likely to be consistent and generate results. Consistency is key, so find something you want to do every day.

What motivates you?

Every time I am asked this, I think my answer changes. I used to be solely motivated by rugby, then I was obsessed by appearance. Now I am motivated by enjoyment. Every time I train it must be fun. The challenge of achieving something new or just enjoying the process of running around with friends. The last year has totally revolutionised my own fitness journey and I encourage everyone to find a form of physical activity they love, that way you will never feel like it's hard work.

George Coote,
Head of Athletic Development
Performance Programme



Yoga



During term time, the yoga classes at Stowe are not just a blend of strength work and flexibility, but also provide a chance to reset, de-stress and create a mindful approach to movement. Each class is tailored to the group and works toward small progressive goals throughout the terms that add up to huge progress by the end of the year. In our current online programme that hasn't changed.

Our new online programme has three classes a week released on a Tuesday, Thursday and Saturday. The first is a tutorial on the proper techniques of the poses used within the second class of the week which is the flow, a flow is the proper use of uninterrupted movement and breath. This term we are building towards the first 30 of 90 poses in the Rocket yoga sequence. A student could then take a Rocket yoga class anywhere in the world and know exactly what they were doing. The third session of the week is a Vinyasa yoga class, no experience required and each has a different focus including such things as:

- A seated session for achy backs that can be done at your desk
- Hips and hamstrings for runners
- Arm balances for beginners
- Lower back tension release
- Intro to inversions

The idea behind structuring the classes this way is to include not just Miss Owen's regular students and maintain their progress, but anyone who needs a 10-minute stretch at any point in their day, a mini-break from work. Stoics, Staff and Parents alike are encouraged to take a moment for themselves during these strange times, you are guaranteed to feel lifted, and if you happen to be able to touch your toes by the end of term that's just a bonus!

Mell Raine, Yoga & Dance Instructor



Intergenerational Working and Age in the Workplace with Professor Katrina Pritchard

Diversity and equality of opportunity can be found at the heart of most companies' core values, missions and strategic aims. Professor Pritchard, from Swansea University presented on the topic from the perspective of "Intergenerational Working and Age in the Workplace".

The talk was hosted by Grace Hurrell (Lower Sixth, Cheshire) and Dr West. It was well attended, with many Business pupils and Fifth Formers who are considering the Business A Level and BTEC.

In the Business A Level and the BTEC, human resources, motivation theory and recruitment, selection and training are roughly a quarter of the qualification. Professor Pritchard's talk helped pupils understand the concepts of equality of opportunity, how this might be seen in the world of work and how having an inclusive workforce might help improve productivity, profits and reputation of firms.

Having originally graduated in Geography from St Catherine's, Oxford, Katrina pursued a career as a management consultant with Accenture for ten years before returning to academia. She held previous roles at LSE, Birkbeck and the Open University before joining Swansea University in January 2017.

She is now a Professor in the Business Management Department combining this with her roles as Director of Learning and Teaching, Deputy Dean and, currently, Co-Interim Dean of the School of Management.

Katrina's research interests include identity (in a variety of employment/volunteering contexts) and diversity (with a specific focus on age and gender). Katrina is particularly interested in qualitative methodological approaches including creative, digital and visual methods.

After the presentation, Katrina answered a range of questions from pupils. Some of the questions were taken from Dr West's business pupils who had debated the topic in class earlier in the week. Some of the questions came from Grace who is currently researching equality of opportunity in recruitment in context with ex-offenders.

Here is a sample of the questions asked.

1. With up to a third of older adults who cannot work because of health issues, do you think that some employers might stereotype older workers, based on this type of information?
2. With up to 40% of the 50 to 65 age group having health problems, how can we help employers support older workers?
3. Do you think direct or indirect age discrimination is more or less common in SMEs compared to larger public and private sector employers? If it is more common in SME, especially as they employ 61% of UK workers, what can be done to encourage SMEs to recruit older workers?
4. With homeworking becoming more common, how can employers help older workers gain the skills they need to access the training and qualification required to secure these types of roles? E.g. Personnel Today 2018 stated that 78% of over 50s would like flexible hours - homeworking might offer more flexible/part time working opportunities. (e.g. Forbes mentioned common home working positions include: accountancy, HR, teaching, computer programming and customer service).
5. 14% of 45 to 64 year olds and 42% of 55 to 64 year olds in the UK are living alone. Loneliness is linked to many health conditions including depression, high blood pressure, Alzheimer's disease and even death. Should the government prioritise training and employment programmes for the over 45s, or should the money be spent on other priorities; for example, supporting the growing number of NEETs (Not in Education, Employment) in the UK? ONS (May 2020) state there are 771,000 NEETs.
6. With most government-funded training opportunities aimed at those who have not achieved an A Level equivalent qualification, are there any changes that you would like to see in further and higher education funding that could help older workers access the skills required for the UK's current skills shortages?
7. With society and legislation expecting us all to work longer in life, do you think that employers should be mandated through legislation to offer apprenticeship style schemes to older workers? Apprenticeships are open to all ages, but do you think employers should be given an age quota the same as some employers use affirmative action policies to recruit female board members and workers from BAME backgrounds? Should these programmes be rebranded to target an older demographic?

To watch Katrina's presentation, [CLICK HERE](#)

Dr Gordon West, Head of Business

CONGRATULATIONS FROM



CCF

Institute of Leadership and Management Level 3 Success

Congratulations to the CCF NCOs listed below, who have successfully achieved their Leadership and Management Level 3, City and Guilds of London Institute Award. This is a nationally recognised vocational qualification, recognised in industry.

Pupils are taught leadership theories (styles and qualities) and how to motivate, support and develop their team, enabling them to build, and select from their own toolbox, in order to lead effectively and with confidence.

Through the vehicle of CCF, pupils gain practical leadership experience, reflecting upon a range of personal leadership experience, relating this to the theoretical content overlay and in turn building up their unique leadership style; a useful qualification to add to CVs, talk confidently and competently about at interviews and a highly-transferable skill to offer any employer.

Well done to Theo Finlan (Upper Sixth, Temple), Hugo Paynter Bryant (Upper Sixth, Grenville), Katie Lee (Upper Sixth, Cheshire), Ned Ellison (Upper Sixth, Bruce), Holly Phillips (Upper Sixth, Nugent), Adrian Subowo (Upper Sixth, Chandos), Antonia White (Upper Sixth, Nugent) and Tilly Jones (Upper Sixth, Stanhope).

A new cohort of nine Lower Sixth and one Upper Sixth Learners, have commenced the new course, running this term and next.

**Lt Col Jan de Gale,
Contingent Commander Stowe CCF**



Stowe mail

THE 'STOWE' MUST GO ON

If you are creative and ambitious, anything is possible - and that's exactly what Stoics are. For that reason, this term we are working towards an online, streamed production of Annie the Musical. A cast of over 30 Stoics will be working with Miss Potts, Mr Kingston and Mr Munday-Webb to produce a version of the musical which premiered on Broadway in 1977 and has various revivals in many forms since. It is now going online as part of Stowe's SDLP activity programme.

The story follows orphan Annie, who dreams of finding her parents, escapes the clutches of Miss Hannigan and finds life outside the world she has come to know in the orphanage. When she ends up being adopted for Christmas by millionaire Warbucks, she continues the search for her parents which even involves radio and intervention from the president.

Pupils will be working hard, learning harmonies, dialogues, and overcoming the issue of acting against someone who is hundreds of miles away. I am sure you will have seen many videos over the previous lockdowns of songs and musicals, but an hour-long streamed musical is going to be a challenge. As always we are ready to overcome the challenges and give Stoics a brilliant experience.

The Art Department, under the watchful eye of Miss Trelawny-Vernon, will be supporting the visual concepts of the production with support from her pupils.

Keep an eye on communications as we announce the cast and further details of the show and how you will be able to watch it.

Sam Munday-Webb, Drama Department

The *Stowe*
Production of

Annie jr.

Book by Thomas Meehan Music by Charles Strouse Lyrics by Martin Charnin

Presented on Broadway by
Mike Nichols

Originally Produced by
Irwin Meyer Stephen R. Friedman Lewis Allen

The John F. Kennedy
Center for the Performing Arts

Based on "Little Orphan Annie"
By Permission of The Tribune Media Services, Inc.

**Performed by Stoics in the 2021 lockdown.
Streaming this Spring.**



STREAMING IS PRESENTED BY SPECIAL ARRANGEMENT WITH
MUSIC THEATRE INTERNATIONAL (MTI) LONDON, UK
All authorised performance materials are also supplied by MTI. mtishows.co.uk

Community Christmas Party

The Stoics who volunteer with Visiting the Elderly knew that there would be elderly members of our community who would very much miss coming to Stowe for the Stowe Community Christmas Party. The party hats, Christmas crackers, carols, delicious tea, chocolates and presents, appearance of Santa - and, most popular of all, the Head calling bingo - all these things had to join the ranks of other events that were cancelled the length and breadth of the country. Coming up with an alternative was a real team effort. In the weeks building up to Christmas, these Stoics made over a hundred Christmas cards (and envelopes!) and wrote kind Christmas wishes inside; Debbie Kelly-Greaves (Head of Food Services and Hospitality) tracked down some lovely pre-packaged Christmas goodies, plus extra packaging to keep the food safe in transit; Jo Bayliss (Reprographics) designed and printed invitations to a 'digital' Christmas party and franked 102 parcels; and the Tuesday Visiting Team managed to do all the packing in one sitting! All this effort made a real and wonderful difference to people in our community. One recipient wrote: 'I today received in the post a lovely surprise hamper from Stowe. Also it contained a card handmade and hand written. I will be alone for Christmas this year and for my 71st birthday in a few days' time so can't even start to say how delighted I was with this treat.'

At the same time as enjoying the Christmas nibbles, digital 'guests' were invited to watch a Christmas film made especially for them. The Head Boy interviewing the Head, followed by The 12 Days of Stowemas. The latter was a product of an Inter-House competition designed and run by the Community Project Team (special hat-tip to Mr Munday-Webb), which saw Houses film and edit their own versions of The 12 Days of Christmas. Congratulations to Cheshire who won the competition, and had their film distributed via Stowe's YouTube channel.

Invitations and handmade cards were also sent to the three local care homes that our Stoics visited every week before the outbreak. Hopefully, it will not be too long now before we can start seeing residents in person, rather than over Zoom!

Imogen Adkins, Philosophy & Religion Department



RUNNING BUDDIES

On Saturday 30 January, sisters Poppy (Lower Sixth) and Lulu Goaman (Third Form) of Lyttelton House are running 24 miles in 24 hours, running a mile on the hour, every hour. The sisters designed this running challenge to raise funds as well as awareness for 'Over and above', an amazing charity which is based in North Devon. "We chose this charity, as our godmother has recently been diagnosed with breast cancer and 'Over and above' supports the work of our local hospital's cancer ward and makes a real difference to their patients, their families and their amazing Staff that treat them" says Poppy. The Goaman sisters are ready to run and would greatly appreciate your donations, visit their JustGiving page by clicking [here](#).

Andrea Westmoreland, Service@Stowe Co-ordinator

1
GO TO THE GO-FUND ME PAGE
Link below

2
PRESS 'GIVE NOW'

3
DONATE!!
Any kind donation would be really wonderful xxx

CLICK HERE TO DONATE



MEDICAL BLOG

My aspiration is to become a doctor in the NHS. I began my blog in November 2020, as an off-shoot of **the Medical Twitter** account I had already set up. The aim of my blog is to provide information on medical topics that have caught my attention; whether that be through a short summary of my thoughts or a more structured blog post.

As we went into another lockdown, I felt motivated to write a short post about the merits of in-person schooling, and schools remaining open. We are very lucky at Stowe to be able to have an effective SDLP (Stowe Distance Learning Programme), however many schools are not so fortunate and I think, frankly, the huge negative impacts on these schools have been ignored by both the media and the government. I hope that by reading the **blog**, you may be able to understand better (as I did) the other side of the debate.

Barnaby Peppiatt (Upper Sixth, Chatham), Head Boy

VIDEO
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