

The Award *at Stowe*

One of the questions we often ask in our role as educators is 'How do we celebrate everything that our pupils are achieving in all of the different aspects of their School lives?' To help answer that question, in September we launched 'The Award' at Stowe, a programme designed to help Stoics identify and celebrate their successes and involvement in key areas of School life.

The Award is structured in a way that will encourage Stoics to consider their engagement and participation in eight key areas of School life:

- 1 Academic Achievement
- 2 Acheiving (gaining extra qualifications)
- 3 Citizenship
- 4 Beyond Term Time
- 5 Sport and Physical
- 6 In the Community
- 7 The Arts
- 8 Thinking Differently (non-physical Co-curricular)



At the end of last term, we used the Personal Report system to begin collating the data we need to generate scores for the Third, Fourth and Lower Sixth Forms (the Fifth and Upper Sixth Forms will get involved next year). This process will also enable Stoics to look back over the record of their time at School when it comes to writing UCAS Personal Statements and, of course, their CVs and future job applications.

Generating definitive scores has been delayed due to the current Lockdown, however there were some stand-out achievements over the course of the first term of the year; at this point we would like to celebrate the commitment the following Stoics have made to their personal development over the course of the Michaelmas Term.

Ben Li (Lower Sixth, Cobham)

Ben is a committed member of the Service@Stowe team and, despite Covid-19 restrictions preventing Stoics visiting local care homes, he has taken the opportunity to complete 'Dementia Friend' training to support his work in this area.

Grace Hurrell (Lower Sixth, Cheshire)

Grace has spent much of her first term at Stowe involved in this year's Congreve production, Coram Boy, in which she took responsibility for directing a scene alongside her role on stage.

Oliver Jenden (Fourth Form, Chatham)

Throughout the Covid-19 restrictions, Oliver has been helping support his local community by carrying out chores for the elderly and those who have been struggling with other commitments.

Jemima Pearson-Gee (Fourth Form, Nugent)

Jemima achieved Grade 6 in singing and is working hard towards her Grade 8 exam. Alongside the Piano and Music Tech lessons, Jemima has taken up the Oboe and is a key member of the Praise in the Nave band.

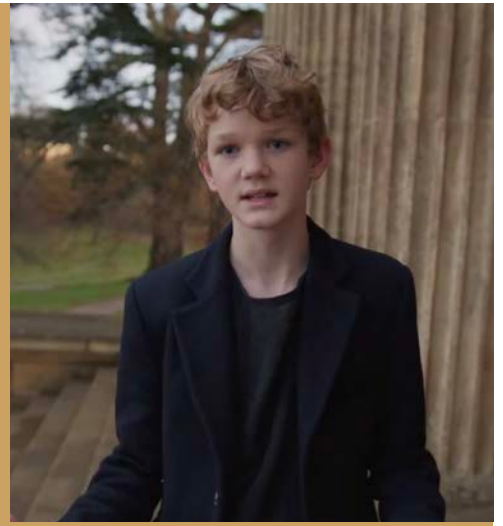
India Gordon (Third Form, Nugent)

In addition to achieving a spot in the U14B Hockey Team, last term India also devoted time to learning what is involved in looking after the Beagles down at the Kennels.

Gilbert Xu (Third Form, Chandos)

Gilbert has committed fully to the sporting aspects of the Stowe programme. He featured in the U14A rugby squad as well as the junior badminton and basketball squads, with aspirations to Captain the junior basketball team in the near future.

To read more about our Awards please click [here](#).

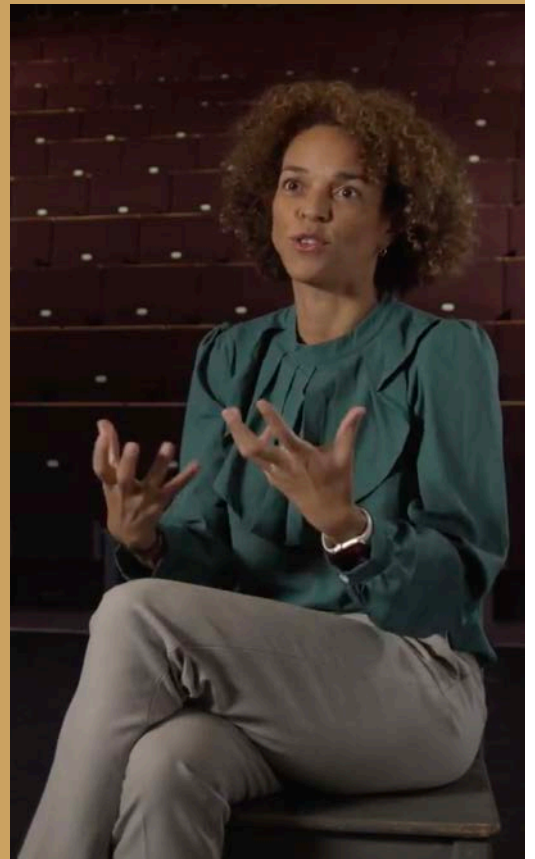


CORAM BOY

BEHIND THE SCENES

We are delighted to release our behind the scenes film of the Coram Boy production. Please do watch this great film, made by Old Stoic Will Berner (Chatham 11), of this year's Congreve production which showcases just how challenging and exciting it was to put together a play during the pandemic. [Click here to watch.](#)

Rebecca Clark, Director of Drama





Express Yourself

The week of Monday 1 February, was Children's Mental Health Week, with the focus on EXPRESS YOURSELF. Queen's House was set the challenge to do just that.

The thinking behind this challenge is, that expressing yourself through dance, song, arts and crafts then you can definitely improve your mental health.

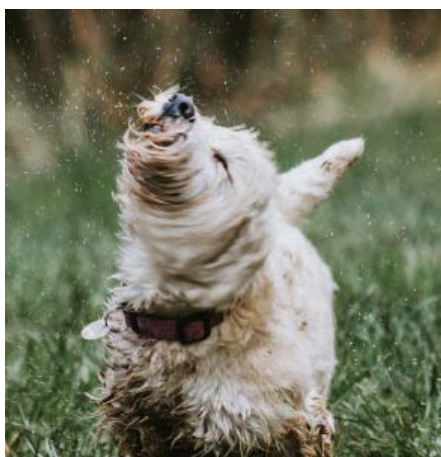
The Queen's girls rose the challenge superbly. Musically, Cecily Hopkins (Lower Sixth) and Ele Blane (Lower Sixth) put on a couple of amazing 'Raps'. Cecily's was performed in her Tack Room, which must be a first for a rap video! Annie Flint (Fourth Form) performed a moving and passionate solo with piano accompaniment.

Alice Bryant (Fourth Form) took to her needle and thread and created a beautiful letter A, whilst Violet Arkwright (Lower Sixth) put pen to paper to create a poem about stolen Macaroni Cheese. Finally, Eliza Percy (Upper Sixth) and Fleur Fenwicke-Clennell (Lower Sixth) expressed their love of Vampire Diaries with the creation of very over the top shrines to their favourite programme.

In addition, the Queen's girls were tasked with taking photos of their lockdown experience - we hope you enjoy!

The girls have also been busy in the kitchen making homemade pizzas, with toppings designed to be a self-portrait or to resemble a family member or pet!

Mike & Sophie Rickner, Queen's Houseparents





MUSIC

PIANO DUET

In what has been a challenging time for the arts, a number of Stoic pianists have been working defiantly behind the scenes to prepare piano duet performances. Although they have not been able to rehearse together in person, due to the national lockdown, the Stoics have rehearsed and recorded virtually over the past few weeks and the music-making taking place has been very impressive, especially given the unique technical challenges associated with virtual ensemble performance. **Here** is a performance of Valse impromptu composed by Leon D'Ourville performed by Baz Calkin (Lower Sixth, Chatham) and Samuel Ellis (Lower Sixth, Chandos). This is the first of a number of piano solo and duet performances to be released throughout the term.

Ben Andrew, Head of Keyboard

VALENTINE'S RADIO SHOW



As the season of love is approaching and as we are unable to be together to show it, we'd like to give you the opportunity to contribute to an exciting project. Araan Sobhan (Fourth Form, Bruce) has been producing several radio shows for Bruce for a while now. He has agreed to do a whole-School Valentine's Show and the plan is to spread a bit of love at this much needed time. He will produce this over Half Term, so please send him your favourite love song on the following form by the end of Friday 12 February: **Valentine's Song Choice**.

It gives you the opportunity to dedicate your song choice to a loved one if you would like, but equally you can remain anonymous. There will also be an accompanying Spotify playlist where everyone's choices will be added.

Many thanks in advanced for your support.

Philip Arnold, Bruce Houseparent

Stowe mail



STOWE PRIDE SOCIETY

LGBT+ History Month (February) is a month-long annual celebration of lesbian, gay, bisexual, trans and non-binary history, including the history of LGBT+ rights and related civil rights movements. It is a chance for us all to celebrate and recognise the value of LGBT+ people and culture; past and present. Stowe has recently reinvigorated its Pride Society which all Staff and Stoics are welcome to join.

Rob Ingham Clark has created a **brochure** for Stowe Lacrosse raising awareness of LGBT+ athletes and how to show support for the community through sport. The LGBT+ Pride Society are also hosting a whole-School competition to bake a Rainbow Cake.

If you would like to be involved in Pride, either as a member or the community, or an ally, please get in touch with **Miss Kenny**.

Alice Kenny, Drama Department

BAKE-OFF

- Bake a rainbow cake in celebration of LGBT + History Month
- Take a photo of you/someone you know eating the cake
- Send your photo to **Miss Kenny**

The most creative cake/photo combination wins a surprise prize!

HOLOCAUST SURVIVOR

I would like to tell you a story that is very close to my heart. I thought what better way to commemorate Holocaust Memorial Day than to tell you the very real story of a holocaust survivor. I am not going to tell you just anyone's story; I am going to tell you about my grandma's story. I am going to tell you about how she came to be caught up in the Holocaust, how she survived the persecution of the Nazi regime and what life was like as a child, being a Dutch Jew and having to deal with such terrible events and times.

We have all heard the amazing story of Anne Frank. My grandma, who also lived in Amsterdam, was in the very same camp as the Franks, Bergen Belsen.

My grandma, Zahava, was freed from Bergen Belsen in January 1945, almost exactly seventy-five years ago. Grandma Zahava is now 84 years old. So, there is much to celebrate today, for the extraordinary life she went on to lead, for the courage and kindness of people who risked their lives to help my grandma and her family and for the hope and resilience my grandma's family showed, even in the darkest of times. And here I am, only because of their strength, faith and at times incredible luck, which led to their survival.

My mum tells me that Grandma Zahava never spoke of her experiences when she was growing up, as she didn't want to upset the family or create any sense of sadness or burden. She was always so grateful for all that she had and the life she led.

Then, an incredible thing happened. When Grandma Zahava's mum Rosy died, a suitcase was found. This contained a huge amount of cards and letters which Rosy had saved. They describe life in the camps, their illnesses and those who had bravely tried to save them. The conditions they survived, from standing barefoot for hours at a time in the snow, to the brutality which seems impossible to imagine or understand. How did they survive without clothes, food of any substance and with so much illness and disease, day after day? The suitcase also contained objects - from the Yellow Star they were forced to wear, to the bowl they were given for their rations, to the beautiful long plaits of my grandma's hair, which Rosy had kept to remember how she looked as a little girl.

Can you imagine, Great Grandma Rosy had kept this suitcase with her and secret for over sixty years?

So, how did this story unfold?

Rosy married Sigmund, or Sigi, for short (my middle name) in 1932 in Germany. They lived there happily together until Hitler came to power in 1933. With his rise, the Jews in Germany were set apart from their fellow Germans and denied the right to be a part of German life.

Rosy and Sigi decided to move to Palestine (now Israel) in 1935, where Grandma Zahava was born. It was under the British Mandate, which came to play a hugely important part in their ultimate survival. They enjoyed their time there, but it came to a sudden end when Rosy became ill from the heat, so they moved to Holland in 1937, thinking this would be safer than going back to Germany.

Over the next three years things became more and more difficult for Jews in Amsterdam - for all the kindness of their neighbours and the community, restrictions became tougher and tougher.

In 1941, Rosy had another child, Yehudi. By now, there were severe restrictions on Jews and the family knew it was time to escape the Nazi regime. But they also knew that a little baby might make their escape all the

more difficult, so they trusted the Dutch resistance, who took him to a Catholic orphanage. Can you imagine what it was like for Rosy, to part with her tiny baby? Grandma Zahava remembers seeing her mum in floods of tears, not knowing if she would ever see her baby boy again.

They were taken to Westerbork in Holland, which was a Nazi transit camp. My grandma was only seven years old. Most people stayed at Westerbork for a few days or weeks, until they were sent to another camp. Grandma's family spent nine months there, before being told they were all to be sent to Auschwitz, the extermination camp. Unbelievably, just when they were on the platform to be loaded on the cattle truck to transport them, a Dutch official shouted out that the family would be staying at Westerbork. This was most likely because Grandma Zahava was born in Palestine, which was under British protection. Whilst there, Rosy received a bag of raw beans. She was baffled. Who and why had she been sent this? As she sifted through the beans she found a picture of Yehudi, a sign that he was alive and well. This picture gave Rosy great hope that she might be united with him one day. She kept the bag of beans and photo and Grandma Zahava still has them to this day.

From Westerbork they were sent to a concentration camp, Bergen Belsen. This wasn't an extermination camp with gas chambers but a work camp, where people died mostly of illness and starvation.

My grandma's memories include the awful rations - a drink of dark water with a tiny square of stale bread in the morning and in the evening a watery substance with horsemeat and root vegetables in it. She also remembers the pointless role calls every morning that would go on for hours, standing bare foot, sometimes in the snow. She remembers the sounds of dogs and guns and knowing that people had disappeared, yet not daring to ask more. She remembers the terrible, terrible sense of fear.

Grandma Zahava was very ill during her time in Belsen. She had jaundice and hepatitis and they were not sure how much longer she or the family would survive. Then on the 20 January 1945, they received a scrawled note, their ticket for survival. They were to be removed from Belsen, possibly in exchange for German prisoners. They were sent to the internment camp Biberach, where they were given food and medical care by the Red Cross. Tragically, some prisoners ate too much too quickly and died.

After some months they were liberated and now they faced rebuilding their shattered lives. They were homeless, jobless, with so much family lost and in terrible health. Hearing that Yehudi, grandma's brother, was alive was the best possible news. He had been taken first to an orphanage, then cared for by a wonderful Protestant nurse, Nurse Stohl, as though he were her own and finally to Copenhagen.

When they were strong enough, in the Autumn of 1946, Grandma Zahava and her mother Rosy went to collect Yehudi from relatives in Sweden. Grandma Zahava was now eleven years old and Yehudi five. They hadn't seen him since he was a baby.

Grandma Zahava's story has since been told in a book 'Fragments of a Lost Childhood'. Over the last ten years, she has been visiting schools and institutes to speak of her experiences, based on this book. She's done this, so we all remember what happened, how lucky we are to have what we have and to make sure such terrible hatred and intolerance doesn't occur again.

I hope my grandma's story has given you a sense of what can happen when evil takes over, the importance of never giving up hope and how the kindness and sacrifice of others is possible, even in the most terrible times. I hope I would have the courage to do the same.

My grandma and her family never gave up hope and I think that's the reason she's alive today.

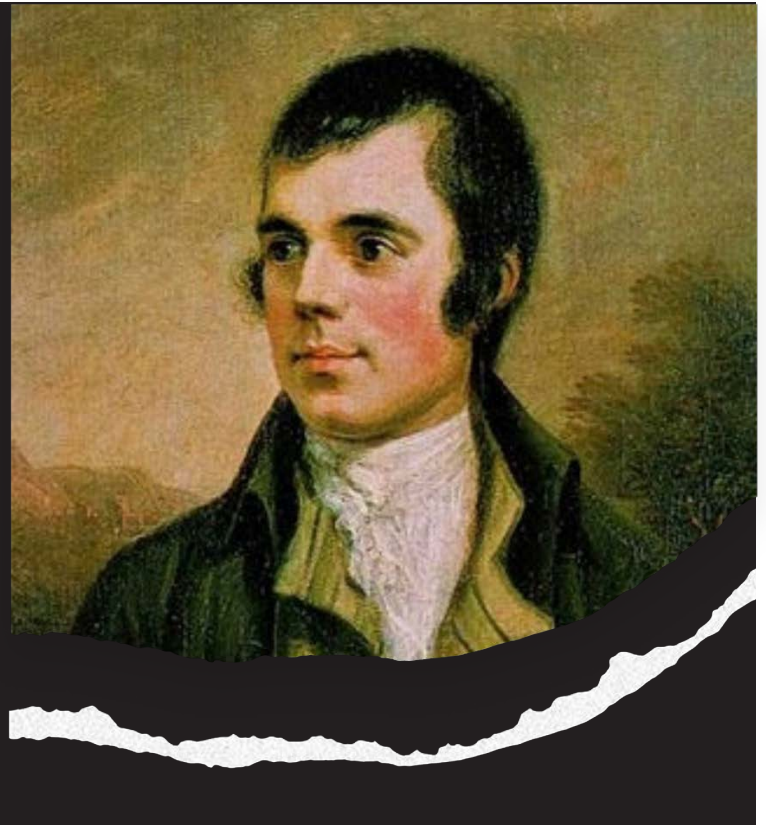
Theo da Costa (Third Form, Walpole)

Burns Night

The International Society encourages the Stowe community to learn more about other cultures. This term we suggested Stoics investigate more about the celebration of Burns Night. George Foster (Lower Sixth, Chandos) used this opportunity to discover more about his grandfather's Scottish heritage.

See the Burns Night special presentation by George [here](#).

Fran Shah,
Head of International



STEM GROUP

Head's Essay Society

The Head's Essay Society is alive and well in lockdown. The science, technology, engineering and mathematics (STEM) group have been meeting on Mondays to present and discuss the latest discoveries published in Nature Journal in 2021 including :

- Cosmic electromagnetic bomb sheds light on the origins of γ -ray bursts
- Repeat DNA expands our understanding of autism spectrum disorder
- Giant photon avalanches observed in nanoparticles
- Big data and simple models used to track the spread of Covid-19 in cities
- Artificial intelligence accelerated by light

Thanks to the group for their enthusiastic participation and interesting conversations - particularly about the giant magnetar flares, which are so bright that they blind observatories and are only now being understood thanks to the recent detection of more distant examples. Also memorable, were discussions about the use of machine learning and artificial intelligence in research, and what it means to be intelligent.

Charles Adkins, Maths Department



BEAGLES

The beagles are currently coping well with the lack of usual winter trailing due to lockdown, but are missing seeing the Stoic beaglers who are a very devoted group. We are so lucky to have the grounds to exercise them in, and a good supply of quality food from a local wholesale butcher to keep them happy.

They loved the recent snow as you can tell.

Phil Kennedy, Beagles



CAREERS TALKS



Fashion and Costume Design

On Thursday 4 February, Paul Shriek guided Stoics through his career as a costume, fashion and pantomime designer. He started as an 'enfant terrible' selling fashion in Topshop followed by 10 years designing for pantomime. He won the Best Costume Design award at The 2018 Great British Pantomime Awards.

"Costumes are for real people in the real world, they must be functional." Paul's speciality, corsetry, involves light layers and fabrics cut on the bias for greater movement. He says listen, interact and learn, communication is the most important qualification. Follow your instinct and most importantly follow the brief. Research real people. Take inspiration from the real world. Inspiration is everywhere. His passion includes Disney, his 1930s bone china collection, colour, fabrics, stage lighting and he also loves corsetry, such as Dolce and Gabbana's latest Men Collection. To watch the full 45 minutes of Paul's talk, please click on this [link](#).

Marina Holmes Smith (Third Form, Cheshire)

Performing Arts

With entertainment playing such a vital role in supporting us all through lockdown, comedian Max Fulham's careers talk gave us an amusing overview of his career to date. Engaging, entertaining and informative, Max discussed with Stoics how to forge a career in the Performing Arts. He has always loved drama and after seeing a video of a ventriloquist online, decided that that was what he wanted to do. However, this was not originally Max's career plan, just his hobby.

Every day, whilst walking to school, Max would practise ventriloquism, having fun whilst doing so and making it part of his daily routine. Honing this talent and creating a show around it, led him to entertaining at children's parties and old people's homes, which gave him great experience in performing for different audiences.

If Max had not taken his gap year, it is unlikely that he would have pursued a career in the Arts. Although he acknowledged that university is extremely valuable and should not be dismissed, sometimes it can be beneficial to get out there and give it a go! Planning a gap year with interesting work and experiences meant that by the time Max was due to go to university, he had many shows booked already. Pushing ahead, he cancelled his place and has continued to work in the Arts ever since.

The famous phrase "Standing on the Shoulders of Giants" is crucial for all careers, in particular when producing and writing new concepts for the Arts. Max explains the importance of being inspired by other people's performances. He also emphasised that for a career in the Performing Arts, networking and social media is essential to success.

He finished with an amusing and thought-provoking comment, "It's a bit of a secret of the adult world: Everyone's making it up as they go along."

This talk is extremely informative for anyone wanting to pursue a career in the Performing Arts. See the full interview [here](#).

Finn Tyson (Lower Sixth, Winton)



CAREERS TALKS



Medicine

On Wednesday 3 February, Mrs Reinhold organised a virtual interview for enthusiastic Stoics who take part in her Aspiring Medics Programme. Interviewees were Nigel Rossiter (Cobham 81), a Trauma and Orthopaedic Surgeon at the Basingstoke & North Hampshire Hospital, and his son Fin, currently a medical student.

Firstly, Fin advised us on the A Levels required by medical schools. He recommended the value of the Extended Project Qualification as a way of demonstrating an interest in research and writing, skills which are extremely important when studying medicine. He also ran through the various tests we would be expected to take depending on where we chose to study.

Finally, Fin pointed out that one of the most important parts of the application is work experience. He acknowledged that Covid-19 was limiting the opportunities available to work in hospitals but said that we would need to be proactive and try to secure a placement. Studying medicine is a big decision and one that you have to make at the age of 16, so it is important to find out if it is the right profession for you.

Nigel then explained what he felt were three important factors when planning a career in medicine. Good A Levels, not being too concerned about where you study (a degree in medicine is a degree in medicine, regardless of the university) and to take a gap year. Medicine is a tough career path and depending on where you want to end up, you can be studying for years. Nigel said that once you've started it becomes harder to step away.

This careers talk with Nigel and Fin was incredibly informative. The full interview is available to watch on the Careers Department [YouTube channel](#).

Valerie Dietrich (Lower Sixth, West)



Applying to study in the USA

On Tuesday 12 January, the team from Crimson Education presented an overview of the US college application process. Academic Advisor Sergei, a Princeton graduate, began by introducing us to the colourful college landscape by explaining the key features and benefits of US universities, including the liberal arts curriculum and high graduate salaries. He then took us behind the curtain at admissions offices and shed light on what top colleges look for in applicants, including meaningful extracurricular engagement and leadership as well as strong academics and personal qualities. This holistic approach to assessment reflects the true nature of the US college experience, with its broad curriculum and wide range of extracurricular and research opportunities. Finally, Sergei outlined the application process itself, from university strategy and essay development to extracurricular mentoring. If you would like to watch a recording of this careers talk, please click [here](#). Alternatively, pupils and parents should explore a range of topics through the Fulbright Commission who are funded by the US and British governments with an aim of supporting pupils' aspirations to progress to US colleges.

Pupils in the Fifth Form and Lower Sixth, who are considering studying in the US, should contact [Dr West](#), (Head of Careers and International Applications). This year's college preparation programme has started, but it is not too late to join. The programme supports Stoics, from exploring their own core values and beliefs and what they want from their college experience, through to college selection, test preparation and how to write competitive personal statements and supplementary essays. This includes an essay writing course that starts after Half Term that will be delivered by Shane O'Donoghue, who graduated from Harvard last year.

Luciane Guntner-Jones, Careers Advisor

EQUESTRIAN



Louise Gallavan

Louise Gallavan, Senior Groom at the Equestrian Centre, has just been offered a place onto the British Equestrian Federation (BEF) prestigious Young Professional Programme, funded by Sport England.

The Sport England funded programme, which was launched in 2017, spans for a duration of 12 months. The programme aims to aid young riders in building a wider skill-set, supporting not only their personal development but the progression of their career.

The Young Professional Programme is delivered in collaboration with British Dressage, British Eventing and British Showjumping. Through sport and business experts, it covers a range of topics delivered through a series of interactive workshops.

Last year 20 applicants were selected and only five of them were dressage riders. We would like to congratulate Louise and we look forward to hearing of the progress made.

Louise told us a bit more about herself:

After leaving school I went to Hartpury College to study a BTEC Level 3 Extended Diploma in Horse Management, I then stayed at Hartpury in their University Centre and studied for a BSc (hons) in Equestrian Sports Science. I was selected for the Hartpury Dressage Academy during my years studying there. Whilst at university I worked for Kate Cowell International Dressage and after leaving Hartpury I worked for a while as a dressage rider for Paul Friday International Dressage.

I have ridden for most of my life, originally in all three disciplines. When I was younger I had an amazing but cheeky pony which I evented and we even won the MKEC three-day event together. Since then I have specialised in dressage which is my real passion. I have qualified for the British Dressage Nationals several times on various horses. This year I was proud to win my BD Winter Championship class with over 70% on my six year old, Oliver, who I have owned since he was a just backed four year old.

I have four horses: Oliver and Rosie are both training Prix St. George and competing Advanced Medium, Fabs my four year old who I started working this year, and Leo a yearling. I really enjoy starting with youngsters and producing them as I find it so rewarding and fun!

I have the BHS Stages 1,2 and 3 Horse Knowledge and Care, and Riding (Flat and Jumping) exams with Distinction. I am now working towards my stage 4 and I also want to start my BD judge training when I can fit it in!

**For weekly reports
on all Stowe Sports
visit our website**

www.stowesport.co.uk



Rugby Podcast

Noah Cowan (Fifth Form, Chatham) has a passion for rugby so during the first lockdown, he started a podcast. He contacted two premiership rugby players via Instagram to see if they would like to join him for an interview. These two players were Charlton Kerr (Cobham 16) and Tom Parton, both London Irish and England under 20 rugby players. As another lockdown started he decided to plan more interviews and to publish them on Spotify. Through the interviews, Noah was keen to discover what life was really like as a professional rugby player.

To listen to Noah's latest podcast click [here](#).

BHS Challenge Awards

The Equestrian Centre is delighted to now be able to offer the British Horse Society 'Challenge Awards' to pupils. Having completed the training course we are able to train and assess, giving pupils instant access to recognised equine qualifications.

For further details please [click here](#).

Angela Haycock, Equestrian Centre Manager

The Weekly Lockdown Cookery Challenge

Since last March, we have all found ourselves with much more time on our hands and many of us have turned to the kitchen in order to find a source of distraction, creativity and relaxation. Stoics are no exception and during this period of lockdown we have launched a weekly Cookery Challenge to help Stoic Chefs explore and develop their culinary skills. The submissions over the past couple of weeks have been exceptional and it is clear that presentation is as important to the entrants as the way the dish tastes. We are certainly looking forward to seeing what culinary creations come our way over the final weeks of lockdown.

Challenge Week One

Create a dish from your travels.

Winner - Winter Paella by Jet West (Lower Sixth, Stanhope)

Challenge Week Two

Create a dish which uses Eggs and Cream as key ingredients.

Winner - Onion and Asparagus Quiche by Leia West (Fifth Form, Queen's)

Challenge Week Three

Create a dish for a family of Four for under £10 (Deadline for entries Sunday 21 February)

Comments from the Judges:

We have seen some fabulous entries so far. Stoics have risen to this challenge with enthusiasm and commitment; it's a delight to see so many interested in food. Here are a few tips for a winning recipe.

Always follow the brief, include a recipe with your pictures. Think about the balance and flavours you are trying to create. Seasonality is important, think about what products are in season when you decide upon a dish and perhaps include a short note about it in your recipe. Presentation is key, remember we eat with our eyes first which is even more important when submitting a recipe on paper, consider how to present the final dish – action shots are great, as are those where a scene has been set and the dish included. Keep it simple, your recipe layout and method statement should be neat, interesting and accurate to read.

Keep going, some brilliant stuff - well done all of you!

Debbie Kelly-Greaves,
Head of Food Services & Hospitality



WINNER - week 1
click for recipe



WINNER - week 2
click for recipe





OLD STOICS

GARETH BROWNE - JOURNALIST

At the age of 26, Old Stoic Gareth Browne (Bruce, 12) is an award-winning journalist, who recently spoke to the UN Security Council on Media Freedom in Belarus. You can watch his speech [here](#) (40 minutes into the film). We wanted to find out more from Gareth about his career as a journalist.

Why journalism?

I can't really remember not wanting to be a journalist. Story-telling, when done well, is a superpower, it's the bedrock of our society. If done well, it will keep you up at night, and make you go without food - how many things can we honestly say have that effect on us? Information drives everything, journalists are part of the process. I was a nosey student, so it's a continuation of that.

What particularly interests you about the Middle East?

As I finished at Stowe, the Arab spring was blazing, it was a time of great optimism, I was drawn in, like a love struck teenager. Much of that optimism has now been lost, but the people I meet in places like Iraq and Belarus give me lots of hope. There are good people in the bleakest parts of the world, I'm interested in them as much as I am the Middle East. Sadly there is a lot of conflict and suffering in the region, but it's here that you also find the most inspiring examples of hope and courage.

What drives you to pursue a story in dangerous situations?

Danger can be thrilling, but it is not what attracts me. I want to go after the most difficult, and most important story of the day, no matter how dangerous I'm told it is. We must take danger and risk into account, but we can't let it stop us doing our jobs as journalists. It's something I always consider, but it will never prevent me from going after a story.

What advice would you give anyone interested in a career in journalism?

Get experience, whether on a local paper, or writing a blog. And read lots. There are stories everywhere, if you can find the corruption in Milton Keynes, or Grimsby (it's always there, trust me) then you will flourish as a reporter somewhere like Iraq. The quieter a place is on the surface, the better a journalist you need to be. Read everything you can get your hands on, books, newspapers, poetry - all will help you find your own style as a writer.

What event in history would you have wanted to cover and why?

Wednesday 5 June, 1968. Ambassadors Hotel, Los Angeles. The assassination of Robert F. Kennedy. I feel like that event had huge implications when it comes to Vietnam, Watergate and a host of other major stories which came to define the 20th Century. I also think RFK was a fascinating character, which is a storyteller's dream. I'm fascinated by the challenge of putting in to words the atmosphere in the ballroom that night. Having said that, I'm sure I'll read this back in a few years and kick myself for not choosing something else - there are too many to choose from.

As a journalist, how do you feel about the term "fake news"?

It makes me cringe. Fake news and conspiracy derides the mainstream media, but it is also reliant on it. I'm sure an honest journalist ultimately wins through. The best way to fight fake news is supporting honest journalism. I don't think it is a particularly new thing, it's old fashioned disinformation rebranded.



service@stowe

Family Connections Inspire Acts of Service

At this unique and unparalleled time in the world's history, Stoics and their families are finding creative and inspiring ways to give back to organisations and show support for the people they love.

Conrad Flint Wood Giving Back in the Bahamas

On Thursday 24 December, School Prefect Conrad Flint Wood (Upper Sixth, Cobham) flew from his home in the Bahamas to Abaco Island to donate 100 laptop computers to the island's forgotten school children. Most of these young people have not had access to education since the island was hit by Hurricane Dorian in 2019, devastating the island.

"Along with his brother and sister, Conrad helped load and unload. He took down every serial number of every laptop and made sure every child who had waited in line received the computer" shares his mother, India Hicks, who has been a resident of the Bahamas for the past 25 years. India Hicks was in the position to partner with the disaster relief agency, Global Empowerment Mission, on the ground force and has spearheaded the GEM's Laptop Initiative to help residents in the aftermath of Hurricane Dorian. She remains on their advisory board today.

Not only is Conrad involved in the collection and delivery of laptops, he also regularly contributes his time to the Food Bank on the island where he and his family live. The Food Bank (which India Hicks helped establish) and its volunteers, are an invaluable resource to the numerous Harbour Island residents who lost their income as a result of the economic shut down in the Bahamas. Those involved with the work that he has carried out have commented that; "Conrad is a complete natural when it comes to philanthropic work, he makes everyone feel completely at ease."

If you would like to donate to GEM's Laptop Initiative or learn more about Conrad Flint Wood's service projects please click [here](#).



Lulu and Poppy Running to Success

At 10am on Sunday 31 January, sisters Lulu (Third Form) and Poppy Goaman (Sixth Form), both from Lyttelton, completed their challenge of running 24 miles in 24 hours. The sisters created the challenge to show support for Poppy's godmother who has recently been diagnosed with breast cancer.

"We wanted to do whatever we could to raise funds for this local charity which supports so many hundreds of families" says Devon native, Poppy. The money they raised will benefit Over and above, an organisation that funds medical equipment and facilities to enhance cancer patient care in North Devon.

Lulu and Poppy's event raised over £8,000, far exceeding their original £2,000 goal!

"Thank you so much for everyone in the Stowe community for all your support this weekend, we couldn't have done it without you, and for everyone's kindness and huge generosity," Poppy says with a smile.

To learn more about how you can support the Over and above charity please click [here](#).

Rhys Jordan recognises EACH Mile Counts

Rhys Jordan (Fifth Form, Bruce) has a strong connection to the East Anglia Children's Hospices (EACH). His uncle is CEO of the three hospices and his aunt is an dedicated volunteer, spending hours working in the organisation's charity shops.

"After hearing about the effects of the lockdown period on the news, I wanted to get involved and do my bit for the three children's hospices," explains Rhys "the hospices are great with the treatment of children who have been diagnosed with life-limiting illnesses and also provide help to their families. This charity relies on receiving most of its income from fundraising and from its charity shops and only a small amount of financial help from the government. Due to the lockdowns, EACH's income has been seriously reduced as the shops can't open and people can't host big fundraising events."

Rhys is doing his part to help this organisation by participating in the EACH Mile Counts, February Challenge. Rhys is travelling 100 miles by walking, running or cycling during the month of February. His goal is to raise £1 for each mile he travels. "The hardest part of this event was getting out of the house. Once you're out of the house and get going it's fine, but it is being able to find the initial enthusiasm to get out and face the weather!" commented Rhys. Even though the event has its challenges, it is also very rewarding "knowing that you're doing this for a good cause and that everything is going to this hard-working charity" serves as a great motivator for this young Stoic.

If you like would support Rhys Jordan and learn more about how you can help the EACH organisation please visit his [Just Giving Page](#).





Supporting Our Wounded Into Work

STOWE COMMUNITY PHYSICAL CHALLENGE

Monday 8 - Sunday 21 February

'The Beasty from the East' doesn't appear to have put off 71 intrepid members of our Stowe Community, already out and active on the Stowe CCF/Community Physical Challenge, which runs from the 8-21 February. A great start!

We aim to raise awareness of Walking With The Wounded, the wounded ex-veterans charity and the life-changing support they offer to wounded ex-veterans. We would be delighted if more Stowe community members joined our merry team.

ALL are welcome - Stoics, Staff and Parents alike.

Raising funds is voluntary, but any help with fundraising would go towards helping support our ex-veterans who have served their country and now find they need our help and support. Philipp Benedic (Lower Sixth, Bruce) and Johnny Sutherland (Lower Sixth, Chatham) who initiated this idea, have set up a [GOFUNDME](#) page.

Setting off virtually from the North Front steps, we have three target destinations, each with a military theme - Gallipoli (2,469 km), FOB Sykes

(Forward Operating Base) Northern Iraq (3,910 km), and Helmand Province, Afghanistan (5,987 km).

The more participants who take part, the further we'll get!

Walk, bike or run - just join [Strava: Stowe School CCF Club](#)

Achieving a minimum distance of 18kms over two weeks, even in adverse weather conditions, gives a purpose to our Stowe community team effort and also puts into context the adversity that many of our wounded ex-veterans face daily.

This challenge is open to anyone from fitness fanatics to sofa surfers. Getting off our screens, going outside and committing to be part of a meaningful Stowe community team effort is what this is all about.

Do join us. In my humble opinion, I do believe it is impossible to regret having done some exercise!

Lt Colonel Jan de Gale, Contingent Commander Stowe CCF

THE 'STOWE' MUST GO ON

The Drama Department is currently working towards an online, streamed production of Annie the Musical. Max James (Fifth Form, Cobham), who is playing Daddy Warbucks, gave us an insight into the early stages of this virtual production. Details of how to watch the show will be released in due course.

There is something very exciting when starting rehearsals on a brand-new production. The cast have not yet bonded, the songs haven't been sung, the script has yet to be tweaked, dependent on the actor's personality. However, once everyone has settled into their roles, the show really begins to evolve. I remember joining the first Teams meeting of Annie, seeing old and new faces. Everyone got to know each other immediately and after five minutes, it felt like we were all in the same room together. It wasn't long before we were back together a week later for rehearsal number two, but this time with audition tapes. Once our roles had been allocated, there was no time to waste, and we hit the ground running.

After the many singing roles that I have taken on over the years, the pitch of my voice has constantly changed. During my second rehearsal, a singing lesson with the head of the choir, Mr Kingston was much needed and very

much appreciated, even more so by the rest of the cast! After just ten minutes of working with Mr Kingston, I felt that my voice had come a long way. It's not just the one-on-one singing rehearsals that save the day, it's also Mr Munday-Webb's excellent dialogue and directing sessions. During the first rehearsal after finding out my role, I presumed the cast and I would do a line run, but no, two minutes later we were all up on our feet and beginning to recreate this heart-warming story.

Overall, rehearsals have been a mixture of fun and laughter from the start, with a lot of fantastic singing to lift everyone's spirits in this strange time. If the rehearsals are as energetic as the play is going to be, you will not want to miss this latest production.

**Max James
(Fifth Form,
Cobham)**



HISTORY



Commonwealth War Graves Commission History Society Talk

On Monday 8 February, a talk was delivered by Simon Bendry of the Commonwealth War Graves Commission. Having previously worked with the Department for Education's First World War Centenary Battlefields Tour programme, delivered to all secondary schools during the Centenary of World War One, Simon has (since 2019) been working for the Commonwealth War Graves Commission.

He was invited to speak to both History and the History of Art Sixth Form Stoics about the organisation. An illuminating and passionate talk was delivered, in which Simon not only outlined the vast amount of work undertaken by the Commonwealth War Graves Commission, but also the rich history of the organisation. He provided Stoics with a thorough understanding of the

reasoning behind the establishment of the original organisation, and how this evolved throughout the past 100 years. Alongside this, Simon gave a great insight into the design of the Commonwealth War Graves, and how this compares and contrasts to those of other memorials.

This talk provided a fantastic opportunity for Stoics to gain not only a more thorough and wide-ranging understanding of the impact of World War One upon the globe and the changing nature of the remembrance of this, but also allowed them to recognise some potential career paths and volunteering opportunities which can come from such organisations around the globe.

Fran Shah, History Department

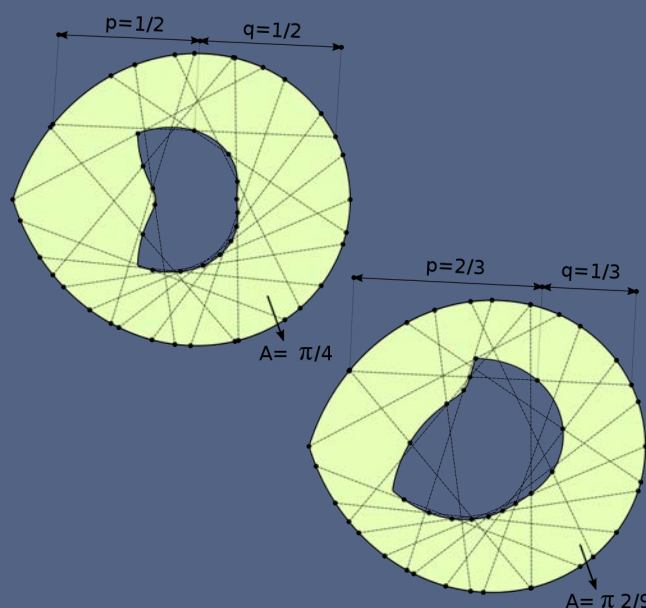
STEP MATHS

Lower Sixth mathematicians Isabel Omotajo (Stanhope), Gloris Sun (West), Cecilia Mao (West), Ben Li (Cobham) and Baz Calkin (Chatham) have been meeting online to follow Cambridge University's STEP Foundation Course.

STEP is a very challenging examination, with a focus on undergraduate-style skills such as proving general cases and solving extended problems. Whereas A Level questions can be completed in a few minutes, STEP questions are designed to take 30 minutes: making for an intense journey through a long and dark mathematical tunnel!

The group are making great progress and this week are looking at Holditch's theorem. Discovered in 1840 by the president of Gonville & Caius College Cambridge, Rev. Hamnet Holditch, this was an important milestone in geometry that just happened to turn up in a STEP exam in 2010!

Charles Adkins, Mathematics Department



MODERN FOREIGN LANGUAGES

Spanish and French

Our annual French and Spanish flash fiction competitions are now open for entries. Pupils are invited to submit a short story in French or Spanish of no more than 100 words, on a topic of their choosing. There are two categories of entry: one for pupils in Years 9-11 (Third Form to Fifth Form) and another for those in Years 12-13 (Sixth Form).

Entries will be judged on imagination and narrative flair, as well as linguistic ability. Your use of French or Spanish will be considered in the context of your age and year group: in other words, we will not expect younger pupils to compete against older pupils linguistically. The judges will award a top prize of £100 in each category as well as prizes of £25 to runners-up. If you have any questions, please email us [here](#).

The deadline for submissions is noon on Wednesday 31 March 2021.

Submit your entry in French [here](#).

Submit your entry in Spanish [here](#)

Please read the submission instructions carefully as you may need to click a link in a verification email if this is the first time you are entering one of our competitions.

Please note that pupils must enter the competition themselves: teachers cannot enter on their pupils' behalf for reasons of GDPR compliance.

You can read the winning entries to last year's French flash fiction competition [here](#).

You can read the winning entries to last year's Spanish flash fiction competition [here](#).

Should you have any queries, please kindly contact:

Sr Morales for Spanish - **Madame Danis** for French.

Bonne chance! Buena suerte!

OGN German Olympiad

The topic for the 2021 Oxford German Olympiad, hosted by the Oxford German Network (OGN), is 'Die Alpen', and there is a whole range of opportunities for school pupils from Years 5 and 6 right through to A Level to create an entry inspired by the theme. The competition closing date is Thursday 11 March 2021.

The OGN have put together various options of topics relating to the Alps, for each age group, including language, literature, wildlife and tourism.

Please see the [OGN website](#) for more details.

MFL Oxford German Olympiad 2021: DIE ALPEN

Closing date for all entries: 12 noon on Thursday 11 March 2021

Download the full competition details and guidelines [here](#).

Please note:

- Each participant must submit an **entry form** and a Teacher form.
- Each participant may only enter for one task within their age group as an INDIVIDUAL entrant.
- We require a **consent form** for under-13 participants. Click [here](#) to download the form.

Inspiration

Click [here](#) for some of our thoughts and ideas about DIE ALPEN. Some great writing competition ideas can be found [here](#).

Please contact **Frau Tearle** if you need help, including a completed Teacher Form by 5pm Monday 8 March.

Mentoring at Stowe

"We make a living by what we get, we make a life by what we give." Winston Churchill

Mentoring is a relationship between two people with the goal of professional and personal development. The mentor is usually an experienced individual who shares knowledge, experience, and advice with a less experienced person, or mentee.

Through the Old Stoic Network, we have a unique opportunity, as pupils, to tap into a diverse and experienced mentoring network. An opportunity I have taken up and am immediately benefitting from.

Before the Christmas Holidays, I updated my CV, and drafted a cover letter. Once I was happy with it, I sent it to Dr West, who then asked the Old Stoic Society to forward the documents to Old Stoics and parents who have offered to mentor current pupils. It is an honour to attend Stowe, especially when you realise that part of studying here is that we can meet and be mentored by industry leaders.

Arguably, my cover letter was the most important of the two documents. It was in this that I outlined how I plan to seek a career in Asia as a financier within the Space Industry. After a week or so, with the help of the Old Stoic Society, I was introduced to Mr David Dawes (Grenville 65). Within a few days, David contacted me, and we began to build our mentoring relationship. Dr West was copied into all of our correspondence.

David's time at Stowe saw him serving as Grenville's 1965 Head of House, and School Captain of the Athletics and Cross-Country teams. David currently serves as an international Wealth Management Counsellor. From his Mauritius and Singapore offices, he travels extensively, as part of his duties serving on several Mutual Fund and Investment Managing Boards. He also presented to Stowe as part of our Summer 2020 virtual careers talks. This is an insightful careers presentation on "The Law as a Steppingstone to other Careers". I highly recommend **David's talk**.

Through our mentee/mentor discussions, David has provided me with an invaluable wealth of information. David is generous with his time and for sharing his industry insight. From our detailed debates on working in Asia, I better understand the importance of "team mentality" in Singaporean industry, commerce and the skills needed to succeed in Asia.

Being mentored by David has led me to explore wider opportunities at university. I was not aware of these before meeting David. For example, I am now seeking a placement year with the National University of Singapore. Furthermore, mentoring allows you to explore your career aims on a deeper level. David and I recently discussed the opportunity of using astronaut's defecations as fertiliser – I am sure this will grow into a highly lucrative industry! In the long term, having an Old Stoic mentor will allow "doors to be opened" in the future that would not have been accessible without their abundance of experience and generosity of the time they invest in the Stowe mentoring scheme.

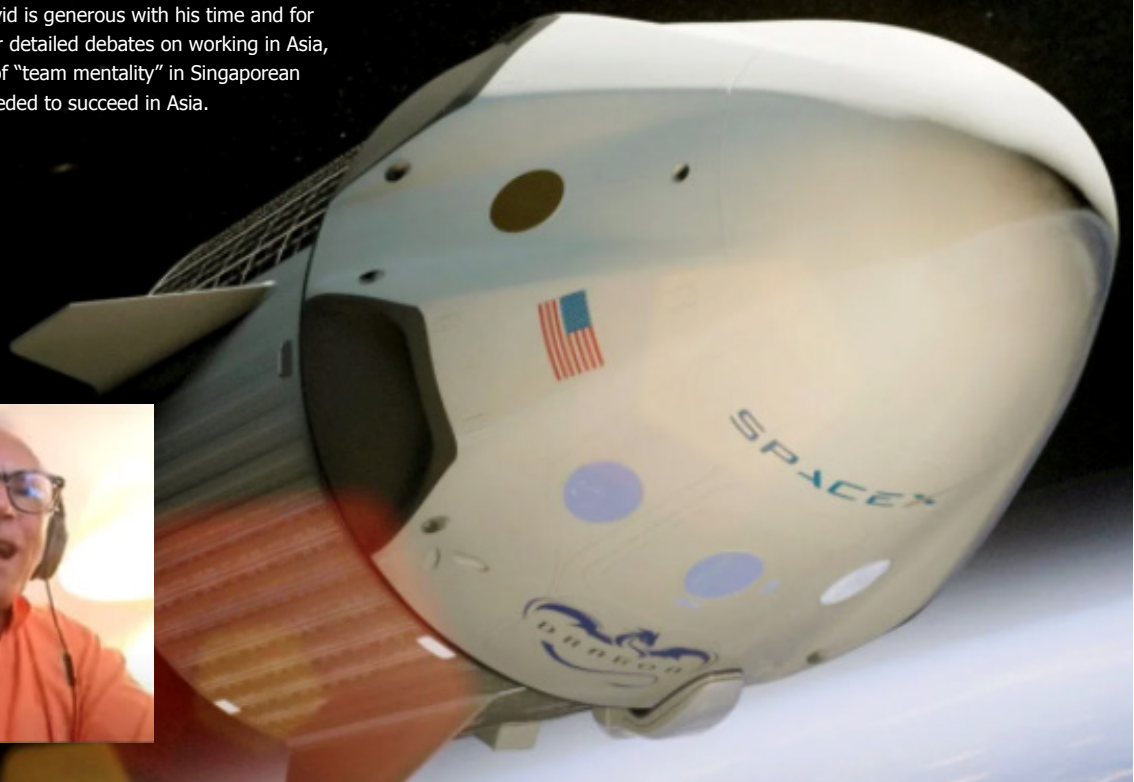
Having an Old Stoic as a mentor not only provides an excellent resource for tapping into an industry or individual passion, but can be vastly beneficial in other ways by:

- Exposing you to new ideas and ways of thinking. At times pushing you beyond your comfort zone to think differently.
- Offering advice on developing your personal strengths and overcoming weaknesses.
- Increasing your skill sets.
- Advice on professional development and advancement.

Seeking a mentor is an endlessly valuable resource Stowe offers, and I would highly recommend it to anyone, especially pupils in the Sixth Form.

If current Stoics would like to contact the Old Stoic Network, please contact **Dr West** with your CV and cover letter. The Careers Department can help you with this. Any parents or Old Stoics who are not currently registered to mentor pupils, who would like volunteer, please contact **Charlie Clare** in the Old Stoics Office.

Will Wright (Upper Sixth, Winton)





Life Peerage

In the Court Circular of The Telegraph on Tuesday 27 January, it was announced that Stephanie Fraser (née Struthers (Stanhope 86)) has been granted a life peerage with the title of Baroness Fraser of Cragmaddie. This was conferred for her work as CEO of **Cerebral Palsy Scotland**, which she joined as Chief Executive in January 2012.

After leaving Stowe, Stephanie read History at Trinity College, Cambridge and then spent five years with the advertising agency J Walter Thompson. Having trained as a professional ballet dancer before arriving at Stowe, she decided to re-train as a choreologist at the Benesh Institute. She became company choreologist for English National Ballet and then Director of Development before moving home to Glasgow where she was Head of Development at Scottish Ballet for seven years.

Stephanie is currently a Board Member of Creative Scotland and the Office of the Scottish Charity Regulator (OSCR) which are both public appointments. She is Deputy Chair of the Scottish Government's National Neurological Advisory Group and a member of the Executive Committee of the Neurological Alliance of Scotland.

She is married to Jamie and they have four children.



Food Survey

The Food Services & Hospitality Department recently carried out a food survey with all Stoices.

We have had a 78% uptake which we are absolutely delighted with! The feedback will help us align the food offering, to give Stoices what they want, based on the majority. Once we have worked through the feedback, we will publish details of the survey and actions we will take as a consequence. We work with the Food Council, chaired by Matt Burch, to listen to our customer base and we hope this type of survey will become a more regular occurrence.

From the Food Services Department; a huge thank you to all the Stoices for taking the time to complete the survey, your feedback is very important and forms the base of the food we provide. Special thanks should go to Matt Burch who has worked closely with us to get this survey up and running.

Debbie Kelly-Greaves, Head of Food Services & Hospitality

Cheshire Award

Harriet Hines (Lower Sixth, Cheshire) has been baking a cake each week for her mum to take to the hospital, where she works, for the nurses and hospital workers to enjoy in their break. She has also been baking cakes for elderly in her village of Gawcott. Harriet has been collecting for the Buckingham Food Bank by sending letters around her village asking if every Saturday people can leave out tinned, or any long-lasting food, for her to collect and deliver to the foodbank. She has looked for ways she can help others by making a small change to the local community during these difficult times.

Sarah Sutton, Cheshire Houseparent



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