



MR C C MULLER—HEAD At the GSA conference held this week in London the delegates, all Heads from single-sex girls schools, were privileged to hear a number of thought-provoking speakers, many of whom were keen to address the issues of mental health and well-being in schools.

Perhaps the most remarkable of all the speeches at the conference was the one given by Dany Cotton, the UK's first female Commissioner of the London Fire Brigade. In a wide-ranging and impressive oration (she spoke without notes fluently) she narrated to a packed hall her journey from enlisting at 18 in the Fire Service in the late 1980s, the sexism that she endured at that time being one of the very few female fighters, to her eventual rise to the very top job. Yes, she had experienced considerable sexism throughout her time in the service; yes, she was committed to stamping it out and to making the fire service a career that anyone, male or female, LGBTQ, ethnic or religious background, would see as a worthy and credible job for them. It was an inspiring and gripping story.

However, the most challenging and, I felt, most important part of what she had to say was her own struggle with mental health; her own feelings of "not being up to the job"; and her understandable and very human doubts about decisions that she has to make every day. Refreshingly she explained openly that after the horror of Grenfell she was seeing a counsellor and how she had hoped that the very act of coming out with that particular news about her life was empowering for so many others to speak freely and without judgment about their own issues. In a profession as potentially "tough" as the Fire Service, this undoubtedly took courage.

Cotton's message was two-fold and immensely uplifting: the fire service is a career for all and that it is ok to talk about one's mental health. The second message is a tremendously important one for all our young people, where too many feel that they must suffer in silence and have no one to turn to.

### Rowing—Great Britain Junior Early ID Trial

Saturday 17 November saw two SWPSBC senior squad athletes take on the rest of the country at the first set of Great Britain Junior Team Trials in Boston, Lincolnshire.

Emily Keen and Annabelle Taylor, fresh off the back of the senior sculling camp to Portugal, attacked the 5km race with all of the intent and commitment they have become known for. The trial itself is one of a series throughout the year culminating in selection for either The World Junior Rowing Championships in Toyko, or Coupe



de la Jeunesse in Italy. Sasha Glasson was also getting her first taste of the trials process as a cox, and was able to gain a really good picture of the athletes she may end up being in charge of and is looking forward to the next edition in February to see how they have progressed. The two athletes did themselves and the school proud, with Emily finishing 8th and Annabelle 13th in the highly competitive 99 strong field, showing good pace and potential to have a really strong season. The two will be waiting to hear if they have been invited to the week long GB Training camp in Spain this December.

J Keir

## Upcoming Events

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26 Nov	Careers: Y10+ Careers Workshop
27 Nov	Computer Science: L6 Computer Science in Action in London
	STEM: IET Faraday Challenge
	<b>Perkonians:</b> Alumnae Morning
28 Nov	Year 7: Parents' Evening
29 Nov— 2 Dec	MUN: Conference Trip to Paris
30 Nov	English: Y12 'Tess of the d'Urbervilles' Study Day
	STEM Dinner
1 Dec	SWPSBC: Junior Pizza & Film Night
3 Dec	Careers: Y10+ Careers Workshop
4 Dec	PSHCE: Year 9 GCSE Options Talk from Sixth Form
5 Dec	Christmas Concert
6 Dec	Year 9: Parents' Evening
7 Dec	English: Y11 AQA GCSE Poetry at Apollo Theatre

#### Y8 Lunchtime Concerts

These concerts begin at 12.55pm in the Jarvis Room. All students participate in their group's concert.

Parents, relatives and friends are most welcome to attend to support the performers. Please sign in at the Main Reception and you will be guided over to the Music Department.

Tickets are free but please reserve your seat(s) by clicking here

29 Nov



#### Forgiveness—Camilla Carr

The Sixth form lecture this week was by Camilla Carr. In April 1997, Camilla Carr and her boyfriend went to Chechnya to set up a rehabilitation centre for traumatised war-children. Three months later they were taken hostage by Chechnyan rebels. Their horrific ordeal lasted 14 months and during this time they were mentally



tortured, physically abused and threatened with execution.

They survived by using Tai Chi, meditation, humour, and by creating a dialogue with their captors, looking beneath



their masks of fear and anger to reach the small flame of love and laughter unquenched by the demonising nature of war. Camilla's fascinating story highlights the power of forgiveness in overcoming terrible ordeals.

## National Youth Choir—'Law Breaker to Law Makers'

Maya Daniel (Y8) performed at the 'Law Breakers to Law Makers' conference in Westminster on 21 November



as part of the National Youth Choir, hosted by the Government Equalities Office (GEO). The event was a celebration of the centenary of the Qualification of Women Act, which enabled women to stand for election as MPs for the first time. 'Law Breakers to Law Makers' was introduced and chaired by BBC Woman's Hour presenter Jane Garvey and speakers included Victoria Atkins MP, Minister for Women, Stella Creasy MP, Baroness Jenkin, social media abuse campaigner, Seyi Akiwowo and upskirting legislation activist, Gina Martin.

#### **Christmas Donations**

As the school's charity reps we have organised food collection boxes in the pupil entrance and sixth form centre. They are aimed to provide people who cannot afford or aren't



able to have a Christmas dinner. Some ideas of what you could bring are advent calendars, mince pies, gravy sachets, stuffing, mash potato sachets, tinned vegetables, cranberry sauce, Christmas crackers, Christmas pudding, custard, bread sauce mix, Paxo etc.

At the moment we don't have many donations in the boxes but hopefully with your help, we'll be able to donate an impressive and meaningful contribution to make somebody's Christmas more special.

Thank you.

Emily & Kitty (S6)

### RS Richmond Synagogue Trip

On Friday 16 November the whole of Year 8 visited Richmond Synagogue. Students enjoyed learning about the Shabbat, hearing about key festivals in the Jewish calendar and seeing the beautiful Torah. They particularly



e n j o y e d partaking in the Shabbat meal by trying some challah bread and grape juice.





Year 7 World Religions Project

Year 7 teams are currently working on their World Religions Project in RS. In teams they are investigating the key elements of a particular world religion including the religion's founder, their usual place

of worship along with the key beliefs, festivals and rites of passage. Students will display their knowledge via a poster board and a short presentation to the class.

In addition, students are being encouraged to reflect on, and develop, their SWPS Learning Habits of courage, grit, imagination, sociability, curiosity, organisation and reflection as they work in teams to produce their finished projects.



t t t v

These photographs show some of the students working diligently on their projects in the Library last week.

For extra credit, students are encouraged to read one of the

novels selected by our librarian to support their understanding of how being a member of a particular religion can impact a person's thoughts and actions.

Students may also choose any other age-appropriate novel which features a world religion.



More details and copies of the form are available for students on Firefly <a href="https://swps.fireflycloud.net/rs/year-7/world-religions-project">https://swps.fireflycloud.net/rs/year-7/world-religions-project</a> Hard copies of the form are also available from the Library

The RS Department

#### **Printmaking Workshop**

On Saturday 10 November we had our first ever Weekend Printmaking Workshop for SWPS students and parents. We wanted the participants to be able to spend a whole day creating artworks, and we thought it would be fun to involve both students and parents. The day went brilliantly. Guided by Ute Haring, our Printmaking Tutor, our students quickly learnt how to make



lino cuts from their abstract designs and turn them into stunning, hand-made prints. Everyone worked really hard throughout the day and had a lot of fun in the process.

















Christmas tree! I wonder what Mrs Muller made of that!

With a record attendance of over 600, the Friends managed to raise a lot of money for the school once again. It would not have been possible without our volunteers, and support from the school, with Sam coordinating things so well, and of course our various sponsors and 40 stallholders. Thanks to all.

Whisper it softly, but the dedicated Christmas Team have already started planning for next year, so if you want to be on a winning team, please contact us. We are also looking for more volunteers and committee members.

> Merry Christmas All. Olu Adetola Chair - Friends of SWPS



#### **PSHCE**

#### Crime & Justice:

#### Courtroom Roleplay

In PSHCE over the last few weeks, Year 9 have been learning about crime and justice.

On Tuesday, 9M had their court room role play. The case involved a young driver who was accused of dangerous driving, after knocking a 15 year old off their bike.

The defence and prosecution lawyers had prepared some excellent questions for the defendant and witnesses. After the questioning had finished and the judge had summed up the evidence, the jury left the court room to consider their verdict.

The jury failed to reach a majority verdict and therefore found the defendant not quilty. What a fantastic learning experience!



### MUSIC

Tickets for both the Christmas Concert and the Carol Service are selling quickly.

Seats are limited and issued on a first-come-first-served process—to avoid disappointment, please click on the relevant link to reserve your place



# 5 December 2018 Main Hall 7pm

The evening will be a celebration of our students' talents and hard work featuring festive pieces plus a special centennial armistice performance by the School Orchestra.

> Entry is free but tickets are required. To join us, please **CLICK HERE**.

Refreshments will be served by FOSWPS.

**Service of Nine Lessons and Carols** Join us for our annual Christmas service with readings and popular carols sung by the School, Chamber and Year 7 Choirs followed by mulled

## St Peter's Church, Chertsey

wine and mince pies provided by FOSWPS.

Monday 10<sup>th</sup> December 2018, 7 pm Tuesday 11<sup>th</sup> December 2018, 7 pm

**CLICK HERE TO RESERVE YOUR PLACE** 

Year 10 Classics Trip to Oxford Last week the Classics department took forty Year students to Trinity College, Oxford University. They had a lecture from an Oxford Classics fellow,



Dr Peter Haarer. They also received some very early (but meaningful) advice about university applications, then had a college tour with a chance to meet current students, including some of our own alumnae. One student



commented, was so exciting to hear an actual lecturer, meet current students. Oxford looks like a really fun place to be!"

#### Oxbridge MDV **Practice Interviews**

This Monday after school, Мr Peel organised practice interviews for all of our Oxbridge applicants, our medics, doctors and vets, and any other students who expect to be interviewed for their place. The Dining Hall was temporarily transformed into Christmassy interview factory, and almost 70



interviews took place, including pupils from Surbiton and the Howard of Effingham. Many thanks to all the staff, Perkonians and parents who helped us out. Good luck to all the students!

#### SPORTS NEWS



#### Hockey — U14 COUNTY TOURNAMENT

Monday saw the U14s head to Reigate for their County hockey tournament on a cold and wet day! They played 3 games - lost 4-0 to Tormead, lost 3-0 to

Gordon's, but went on to beat St Teresa's 4-0 in the last game.

Unfortunately this was not enough to see them through to the finals but a strong win at the end of the day left us in good spirits! Well done Year 9s.

#### Netball-U12 C&D vs PRIOR'S **FIELD**

The U12 C&D teams went to Prior's Field on Wednesday evening.



The Ds had an rexceptionally

hard game against a very tall team! In two very close games, the C team lost 6-5 and the D team lost 3-0. Alexa was awarded player of the match for the Cs and Poppy for the Ds.

Well done Year 7s, a much closer game against Prior's Field than last time!

#### U13 C&D NETBALL vs PRIOR'S **FIELD**

Two more Prior's Field matches for the Year 8s on Thursday evening.



The C team played a fantastic game and thanks to excellent shooting

and top defence, they won 15-2! Lucy was awarded player of the match for brilliant defence work.

The D team held Prior's Field to a close game for the first 3 quarters, only being 3 goals behind, however they pulled away in the last quarter to take the win 9-3. Aisha played a brave game after falling over in the first quarter but played excellently to get player of the match!

Well done Year 8s.



#### Year 7 Team Building

This half term, Year 7 students have been working on their problem solving and communication in a number of team building challenges.

They have improved their listening skills and discovered ways to work better as a team.

#### Badminton

Alexandra Oprisan has been hard at work again, this time coming second in the International U19 Wimbledon Badminton Tournament and qualifying for the Quarter Finals of the U19 French International Tournament!



Well done Alexandra!

#### Rowing

Our J14 (Y9) rowers had their first taste racing last weekend at a private fixture on our home stretch of water.

The SWPS boathouse hosted over 20 girls Wimbledon from High School and



their parents as the athletes spent an afternoon putting the term's hard work into practice in a slightly more formal environment. It was a healthy balance of Perkins vs WHS races, and several runs where the two schools rowed together in mixed-up boats.

It was great to see so many enthusiastic young rowers enjoying their rowing, and they will soon be ready for external competition. Many thanks to the parents and supporters who provided a welcoming spread refreshments for our visitors!

C Boddy

#### Rowing—Teddington Head

Katie Knott, Anna Cowell and Lucia Frigé were all competing at Teddington Head on Saturday.

Katie took part in the WJ14 4x + where her boat rowed to 4th place in a time of 25:23.9 for the 5.2km course, a great time given the headwind that persisted all day.

Later in the day Anna and Lucia took part in the WJ 14 2x putting in a great time of 24:34.00 to take 1st place by over 30 seconds from the next boat.

A great day for the girls and their club.



# Ready to Row



New Year - new challenges? Looking forward to rowing? Want to start getting prepared?

Join our new Ready to Row Programme for Years 7 and 8, commencing in January 2019.

Wednesday and Thursday mornings in the Sports Hall

7.00 - 7.45

Strength and conditioning session with

8.00 - 8.20

Breakfast based on British Rowing Association/ nutritionist advice.



Strength and conditioning; functional movement training - age-appropriate exercise,

Breakfast included, with healthy options aligned with British Rowing nutritional standards.

Patrick is an experienced, independent, British Rowing coach, who has trained Henley crews and coached both water and gym sessions. He has planned and delivered training programmes, and been Head Coach of junior rowing squads as well as assisting Directors of Rowing with senior squads,

Requires booking in advance and commitment for a whole term, ook via SOCS by 7 December

https://www.socscms.com/login/25509/parent/Wed/Thur Before School>Ready to Row





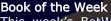


This week's DT Designs of the week are Thea and Lydia's (Y10) creative clock designs. Both have been inspired by design movements from the past to produce original and eye catching designs from acrylic cut using the laser cutter. More clock designs coming next week.

Blackman







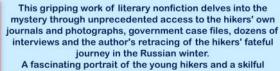
This week's BotW is 'Dead Mountain' by Donnie Eichar, selected by Mrs Vidgen.

Non-**Fiction** November **Book of** the Week

DERD

In February 1959, a group of nine experienced hikers in the Russian Ural Mountains died mysteriously on an elevation known as Dead Mountain.

Eerie aspects of the incident, unsettling and unexplained causes of death, a strange final photograph taken by one of the hikers and signs of radioactivity, have led to decades of speculation over what really happened.



interweaving of their story and the author's investigations, here for the first time is the real story of what happened that night on Dead Mountain.

#### Visiting Author-Chris Russell

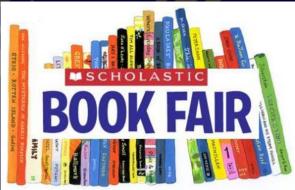
We had much fun listening to Chris singing and talking about his career from dreaming of a band to touring around the world with his group to publishing books. Later he met



with his fans in the Library to answer more questions and sign some books.



Scholastic **Book Fair** Christmas is the best time to give books as presents! So if you are stuck for ideas to fill the stockings



look at SWPS Book Fair page and chose a book or two... or three...

The address is: <a href="https://shop.scholastic.co.uk/schools/sir-">https://shop.scholastic.co.uk/schools/sir-</a> william-perkins-girls

The Fair will be open online until Wednesday, 5th of December and all books will be delivered to school, P&P free, before the end of term.



Follow the SWPS Design Technology department <mark>sign</mark> to keep up with all of their creations and activities!



What's on in the Library

Follow <u>@SWPSLibrary</u> to keep up-to-date with what's happening in the Library!

