



## SWPS NEWS



### MR C C MULLER—HEAD

Few would argue about the importance of self-esteem. It seems relatively uncontentious to suggest that all of us need to have an innate sense of self-worth. At a time when depression and mental health concerns are proving to be an increasing problem in today's society, self-esteem is clearly a crucial topic.

But do we know what self-esteem actually is? Can we easily define it or even point to it when we think we have seen it?

One definition describes self-esteem in the following terms:

*"being alive as a human being has an innate importance...every person has unique significance, simply because the precious and mysterious gift of life as a human being has been given. This is an inherent value which no adversary or adversity can take away."*

These words speak to more than self-esteem. They go to the heart of why human life is valuable and what makes it so special.

Self-worth should not be dependent on ability nor should it be measured against someone else. Self-esteem comes from the realisation that each individual, each of us, has a unique contribution to make to society. The self is the source of creativity, valuable on its own terms.

So far, so good. And yet we need to think a bit harder. There is something else which ought to be considered when we think about our inner selves. We want to celebrate those parts of us which are kind, thoughtful, and caring. We want to be socially responsible and have respect for others. In this respect a by-product of self-esteem should be a character of integrity in which the virtues of compassion, honesty and gratitude are all present.

There is, of course, a tension here: we want our young people to value themselves in terms of the contributions they can make, and yet we know that some contributions are more worthy and of greater value than others. To be kind is better than to be cruel; to be honest is better than to be dishonest. A sense of shame should follow having done a bad deed to someone else.

To raise self-esteem without being clear as to what is estimable and without the ability to decide between the good behaviour and poor behaviour is not possible nor desirable.

At SWPS we seek to raise esteem within the context of integrity – it is our service to others and what we can do for those who need our help which matters hugely for how we see ourselves and which contributes our own sense of self-worth.

### Careers—Sponsored Degrees

Congratulations to two of our Senior Sixth students, both of whom have been offered a job with a sponsored degree. Both students were also offered additional placements, but Lauren Paling has accepted a position at Ernst Young to study Business Leadership and Management, and Sriya Roy has accepted a position to study Digital and Technology Solutions at JP Morgan.

J.P.Morgan



### Upcoming Events

22—24 Mar	<b>MUN:</b> Haileybury Conference
23 Mar	<b>Year 4 Workshop:</b> DT Amazing Mazes
23—25 Mar	<b>SWPSBC:</b> GB Trials Nottingham
27 Mar	<b>Music:</b> Spring Concert
28 Mar	<b>Perkonians:</b> Alumnae Morning
30 Mar	<b>Admissions:</b> Chertsey Trail for Sept 2019 Y7 Families
	<b>SWPSBC:</b> Dinner & Awards Evening
1—5 April	<b>Wellbeing Week</b>
3 April	<b>SWPS Showcase</b>
5—6 April	<b>History:</b> Trip to WWI Battlefield, France
5 April	<b>School Breaks for Easter</b>

### Photography

An update to last week's notification – photography around the school will not take place on 25 March, but on 1 April instead.

The same request applies – we hope that all students will be in immaculate uniform as always, and ask them to avoid the camera if they would prefer not to be in a photo!  
Many thanks.

### Exam Time Support

Click below for guidance from Young Minds for supporting your child during exam time.





### Science Club

In Science Club this week, students learned how transistors can be used as amplifiers and switches. Some interesting and entertaining circuits were constructed, including a working FM radio.



### London Landmarks Half Marathon

Emily Peyton in L6 is running the London Landmarks half marathon on Sunday 24 March. She is running in support of the charity Scope who strive for a society where all disabled people enjoy equality and fairness. They campaign as well as providing practical support to disabled people and their families. Their current strategy 'everyday inequality' focusses on financial security and independence as well as making sure disabled children have plenty of opportunities.

To support her and help her smash her fundraising goal go to <https://www.justgiving.com/fundraising/Emily-Peyton>.

# SCOPE

= Equality for disabled people



### Maths Masterclass

On Tuesday, our Head of Mathematics visited Halstead School to give a Royal Institution Maths Masterclass to a group of keen Year 5 students from 8 different schools.

They explored the development of number systems around the world, and finished by counting up to 31 on five fingers using binary.

Students left buzzing with ideas and several have since passed on their knowledge to friends back at school. It was a great privilege to see young mathematicians being inspired, and we are grateful to Halstead for offering these opportunities to the community.



### Geography—Y8 Kew Gardens

Year 8 visited Kew Gardens on the 14th & 18th March to investigate how plants adapt to their environments.

Students visited the Palm House taking in the sights and smells of the plants and the amazing animal models of the Princess of Wales Conservatory.



### DofE

Sunday 17 March saw 85 Year 9 students arrive in two locations in the Surrey Hills, to be guided for a day's walking and map reading by 27 SWPS volunteers. Thankfully the high winds and heavy rain of the previous day had subsided by the time of the students' arrival.

Once in their groups the students experienced their first taste of what is required to successfully complete a Bronze expedition. Groups walked along different routes through the countryside, via pre-decided check points, to a lunch rendezvous at the Bentley Copse Scout campsite, between the villages of Shere and Ewhurst. En-route students were given instructions on how to use a map and compass to navigate accurately and how to use pacing and timing to accurately locate features on the maps or their own location. Some groups were more successful than others, but that's what the training is all about!

The weather was variable and quite cool, certainly cooler than we expect to encounter in June and September. It proved an excellent test of the students' clothing and equipment for the weather conditions encountered. Note to students, the kit list is produced for a reason, reading and complying with it may just add to your comfort levels on expedition!

After lunch the students continued on their various routes returning back to their drop off points in the late afternoon, just in time for the heavens to open with rain and then a hail storm.

Ensuring all 85 students were well supervised during the day and returned safe and well to their waiting parents was no small matter. Thanks goes to all the volunteers for giving up their time and passing on their enjoyment of a day out in the beautiful Surrey country side.





## Hockey Wednesday A & B tournament

On Wednesday 20 March the U12 A & B teams participated in the annual Epsom College hockey tournament. With 12 teams in each pool and a long day of competition, the A team finished 4th overall, with some close games that could have gone either way, a really great achievement. The B team had to do their first ever penalty flick shoot out for a spot in the semi-finals in Pool B, unfortunately we just fell short.



Huge thanks and praise goes to Millie Shuttleworth, Nikki Tridico and Inaara Jalali for stepping up to take the flicks. The B team finished 6th out of 12 so an excellent end to a lovely day in an amazing setting.

## Netball

Well done to Kate and Sarah in Year 7 who were involved in the Epsom Surrey Little League U12 Division tournament on Sunday 17 March. Both players were playing for Cobham Netball Club where Kate playing in the A team came 1st, winning Gold and Cobham B team which included Sarah played excellently too. Lots of netball experience for our Year 7s, Well done Kate and Sarah!



On Monday, a mixed U13 and U14 team went to St Teresa's. The team bonded quickly and had a storming first quarter winning 10-0! The dominance continued throughout the game with the final score being 24-6 to SWPS! Well done to all the players who worked excellently together after no practice time. Jenny was awarded player of the match for her fantastic shooting!



## House Games

Thursday saw the Year 9 House Games tournaments. Some excellent sport and support throughout the whole session with plenty of good matches and fun for all. The results were:

### Netball

1st - Montagu  
2nd- Quant  
3rd- Pankhurst  
4th- Lonsdale

### Hockey

1st - Lonsdale  
2nd Montagu  
3rd - Quant  
4th Pankhurst

The Year 9s are working hard on their Sports journalism skills; Photos and Reports to follow soon!

## Judo

### Sofia Davies

Sofia Davies (Y7) represented SWPS on Saturday 16 March, at the British Judo Association British School Championships, competing in Years 6 and 7 under 36kg category. She won 4 straight fights winning each match displaying a range of clean technique to make it into the finals losing her last match by just one point.

Her coach from Core Judo and family were very proud of her performance. She dominated for the best part of the entire match in her final and was unfortunate not to come away with Gold. Well done to Sofia for winning a Silver Medal and gaining 7 points for SWPS in her first major National Tournament.



### Anika Rabi

Congratulations to Anika Rabi (Y10), who was also in top form this weekend as she took gold for SWPS at the BJA British School Championships.

Having pre-qualified for entry last September, achieving gold in the Medway Park southern regional qualifier, Anika headed up to the EIS (English Institute of Sport) in Sheffield on Saturday morning. She was competing for SWPS in the Year 10 & 11 U57kg girls competition. After securing her first fight, Anika won the second in just 30 seconds with an armlock and then had to work hard and really dig deep to achieve success in the semi-final. The final was victorious, with Anika's opponent tapping out of a choke (submitting), earning Anika the title of BJA British Schools Champion U57kg on behalf of SWPS.

Anika also trains with Core Judo Academy four times a week and full-time in school holidays and this really is a terrific accomplishment – well done Anika!



## Swimming

The Year 7 and Year 8 swimmers performed well in a triangular gala against Notre Dame and hosts St. Teresa's this week. Of the twenty-two races, the SWPS team achieved seven first places and seven second places, several of which were extremely close.

Congratulations to all swimmers, especially those achieving new 25m PBs at this gala: Eleanor W (freestyle); Zoe C (freestyle); Feirin H (backstroke); Sophie P (backstroke); Debbie M (breaststroke and butterfly); Carys P (breaststroke); Sarah S (butterfly) and Ava N (butterfly).



## Skiing

Saturday 16 February saw 44 SWPS students and six members of staff head off to Austria for the SWPS Ski trip. With a long day of travelling we arrived in Alpendorf at just before 11pm. We



woke up the next morning to the most glorious sunshine, then off we went en-masse to collect our ski equipment, this was handled by the rental shop with the utmost efficiency and we were out of there in just over an hour!

A short walk to the Bubble and before you knew it we were at the top with the most amazing view of the surrounding valleys. Ski school selection and organisation was then underway and within half an hour skis were on and off they went. We all had multiple layers on, braced for the February half term freezing conditions, but...at +14 degrees, off came the layers, one by one and by midday we were skiing in t-shirts – unheard of normally at this time of year.

For the next 5 days the weather remained the same and the view never grew old. The students were on great form and the weather made life much easier for the beginners. By the end of the week everyone could ski, the beginners made such huge progress and were skiing over the back and down the wide open blues to the heated chair lifts, the staff couldn't have been more proud of them for their perseverance and determination. The intermediate and advanced groups had a great time, racing down the reds and blacks covering all four valleys in one day on two occasions!

Ice skating and bowling and our end of tour Disco has left everybody with some forever lasting memories, the pupils were a delight to be with and we hope the students enjoyed their first ski experience as much as the staff.

Another huge thank you to Mr Chapman, Mr Sivyier, Mrs Tham-Williams, Mr O'Connell and Mr Young without them the trip wouldn't have been possible nor would it have been the success that it was!



## SWPS Boat Club

### National Junior Sculling Head

After the disappointing wind-cancellation of the Schools' Head and Women's Eights Head, our



rowers across all age-groups had the chance to show their form at the National Junior Sculling Head at Dorney Lake last Monday. The format is somewhat unusual (two timed 1800m races creating one final cumulative time), but is an extremely popular chance for clubs from the length and breadth of the country to gather and find out where they currently sit in the national rankings.

This year's event saw our best overall results for quite some time as we had three crews register top-5 finishes in their events. Our 1st Quad (Annabelle Taylor, Emily Keen, Denise Martin, Ella Ayoade) kicked the day off with a strong 5th place out of 36 in the J18 quads category. This was quickly followed up by the J15 octuple scull (Amber David, Heidi Mayne, Eve Thomas, Jess Roles, Mara Leigh, Holly Pemberton, Maddie Jones, Alexia Fletton, Mia Rai) who revved their engines to an impressive 4th of 21 crews in their event. Not long after this, the J15 quad (Mary O'Donnell, Katya Nearcou, Bethany Illsley, Megan Postlethwaite, Alex Glasspool) raced to 5th out of a



staggering 66 crews. The latter two results clearly show how much our crews are able to kick on from their formative Year 9 season.

We are very proud of the depth of this club, and the results of our other crews; J18 2nd quad (26th), J16 quads (14th & 32nd), J15 2nd quad (31st), J14 octuples (17th & 20th) added together to see SWPSBC positioned 6th of 37 girls' programmes in the Victrix Ludorum cumulative points competition. The Year 9s rowed very well in their first national event, and we are excited to see what fruits the next block of training (both home and abroad) can bear when all our crews sit on the start line during the summer regatta season!





## DESIGN TECHNOLOGY

On Thursday the Design Technology department took delivery of a top of the range new laser cutter.

The new model will enable students to produce industry standard, precise designs from Year 7 up to Year 13.

We can not wait to get started using it with classes next week.



Follow the SWPS Design Technology department [@SWPSDesign](https://twitter.com/SWPSDesign) to keep up with all of their creations and activities!

## THE KITCHEN

### Spring is in the air at the Atrium Café this April

New Season of fresh soft fruits incorporated in the Fresh Fruit Smoothies: Cherry, Strawberry, Apricots, Peaches, Bananas, Oranges, Lime.

Fruits are a source of many essential nutrients that are under consumed, including potassium, dietary fibre, vitamin C and folate (folic acid). Diets rich in potassium help maintain blood pressure. Dietary fibre as part of a healthy diet helps reduce blood pressure, cholesterol and lowers the chance of heart disease. They also have a benefit to keep you fuller for longer, putting hunger at bay.

## LIBRARY

### Book of the Week

This week's BotW is 'The Friend' by Sigrid Nunez, selected by Mrs Vidgen.

When a woman unexpectedly loses her lifelong best friend and mentor, she finds herself burdened with the unwanted dog he has left behind. Her own battle against grief is intensified by the mute suffering of the dog, a huge Great Dane traumatised by the inexplicable disappearance of its master, and by the threat of eviction: dogs are prohibited in her apartment building.

Book of the Week

While others worry that grief has made her a victim of magical thinking, the woman refuses to be separated from the dog except for brief periods of time. Isolated from the rest of the world, increasingly obsessed with the dog's care, determined to read its mind and fathom its heart, she comes dangerously close to unravelling. But while troubles abound, rich and surprising rewards lie in store for both of them.

Elegiac and searching, *The Friend* is both a meditation on loss and a celebration of human-canine devotion.



### What's on in the Library

Follow [@SWPSLibrary](https://twitter.com/SWPSLibrary) to keep up-to-date with what's happening in the Library!

## ARTWORKS OF THE MONTH

Here is our fourth Artwork of the Month, for March, selected by the Art & Design Dept staff.

It is by Tabitha (Y11).

Take a look at more of our students' artwork on the Art Dept website: [artdesignswps.org.uk](http://artdesignswps.org.uk)





## SPRING CONCERT

Wed 27<sup>th</sup> March  
Main Hall, 7pm

Enjoy an evening of great music  
performed by our talented students.  
Plus, refreshments served by Friends of SWPS.

[CLICK HERE TO RESERVE YOUR PLACE](#)



Alumnae, Staff, Parents and S6 Students are invited to attend our London Networking Event to be held at The Union Club, Soho on Wednesday 22nd May, 6.30 pm – 9.00 pm.

We are very excited to welcome our speaker Helen Fospero, who is currently filming Watchdog and The One show.

Canapes and wine will be served during the evening. Cost is £25 per head.

**[Register your interest by clicking here!](#)**

## TEAM SWAMPIES ARE BACK!



On Sunday 19 May 2019 a Brave (and misguided) group of SWPS staff known as team SWamPieS are taking on their 6th year of charity challenges and return to - Dragon Boat Racing (sorry - no mud this year!).

The SwamPieS team are Dragon Boat racing at Goldsworth Park, Woking and need your support. This is a fun day and friends and family are welcome to cheer on the participants so please come along to support team SWamPieS!

Once again, SWamPieS are fundraising for Woking & Sam Beare Hospices and are gratefully receiving donations on their justgiving page.

**[CLICK HERE TO DONATE](#)**



## PERKONIAN NETBALL TOURNAMENT SAT 27 APR

### TEAMS WANTED:

- Current Students
- Current Staff
- Parents
- Perkonians

A fun-filled tournament  
followed by delicious  
afternoon tea!

**Email:**  
**[alumnae@swps.org.uk](mailto:alumnae@swps.org.uk)**  
**[to sign up](#)**



**Calling all Year 8/9 students interested in technology or not sure about their future careers yet.**



### *Cisco Girls Power Tech – Computer Science Opportunity*

Every year, Cisco participates in Girls in Power Tech Day. We open our doors to young women all over the world and inspire them to pursue careers in STEM through hands-on exposure to the latest technology and engagement with industry professionals. This one-day event, held at Cisco headquarters in Bedfont Lakes, provides Y8 & 9 students with a better understanding of what a career in technology is all about. Experience three main pillars of activity including Coding Buggies, Careers in Cisco and Dragons Den.

Interested? We have 25 tickets available for Thursday 2 May and if you would like to be in with a chance of attending this event, write a brief email to [Mrs Timpson \(ltimpson@swps.org.uk\)](mailto:ltimpson@swps.org.uk) answering the following question

***‘What would you connect to the Internet, and what impact would this have on your life?’***

Email Mrs Timpson by Tuesday 26 March for a chance to be selected to attend this wonderful event. Winners will be announced via email on Wednesday 27 March.

*"We're part of an amazing industry that is continuously changing the way we connect to everyone and everything. Be part of inspiring young women to imagine, innovate and build the way we connect in the future."*

Kelly Kramer, EVP, Chief Financial Officer — Cisco



If you're interested in a Be the Change Volunteer Trip, speak to Mr McGachie for more information about applying!

[SMcGachie@swps.org.uk](mailto:SMcGachie@swps.org.uk)

# A life-changing adventure awaits!

Experience India with  
WE, all-expenses paid.\*



## Build a better world on the Virgin Atlantic Be the Change Volunteer Trip.

Applicants must be aged 12-18 and eligible to travel between 29 July and 16 August 2019.

The deadline for applications is **31 March 2019**. For more information email [ukyouth@WE.org](mailto:ukyouth@WE.org).

Apply at

[WE.org/tripscholarship](http://WE.org/tripscholarship).



MADE POSSIBLE BY

virgin atlantic 

\* Please note that each student who receives a scholarship is responsible for covering their own costs for certain incidentals including passport, visa, vaccinations, insurance, travelling costs to a London airport, and spending money.

WE Charity is a registered charity in England and Wales (1138645) and Scotland (SC045815).

SWPS.ORG.UK





# **Last Chance to bring your Second-Hand Uniform in to sell at our Uniform Sale on Saturday, March 30th**

**Friends of SWPS will be holding a uniform sale  
and are requesting any second-hand uniform,  
PE Kit and DofE kit that your child has outgrown  
or no longer needs. Earn money back  
by selling through Friends of SWPS.**

Click here for instructions, terms and conditions, labels and forms from Friends of SWPS if you would like to sell your second-hand uniform through us. Or donate your uniform to the school to contribute to raising funds, helping towards our children's education.

Drop your second-hand uniform, PE Kit and DofE kit off at the storage boxes in the pupil entrance anytime up until the 29th of March.

Contact Kirsten Patient if you would like to buy second hand uniform, but cannot make the sale or if you have any queries about selling items.

**07807623498**  
**kirsten.patient@live.co.uk**

